Posters

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Comparative Study of the Mental Health and Happiness Level of Cardiovascular Patients and Healthy Inhabitants of Ilam City in 2013
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Abstract: Mental health as a theoretical formation works as a unified whole; a set of physical features, habits, desires, moods, thoughts and behaviors which become highly stable characteristics and are described as so. Mental health is one of the issues whose relationship with happiness can help us determine the different aspects of happiness. Almost always happiness is accompanied by desirable performance and mental health. Due to the importance of these two personality variables, the current study aims to comparatively investigate mental health and happiness among cardiovascular patients of Ilam City.

Materials and Methods: The current paper is a descriptive-survey research and it uses the comparison method. The statistical population of the study includes all the cardiovascular patients verified by an expert physician as well as the healthy people of Ilam City in 2013. Through simple random sampling method 165 participants (85 patient and 80 healthy) were selected. The tool for gathering the required data was the happiness questionnaire of Oxford as well as the Goldberg’s Mental Health questionnaire (GHQ 28). The obtained data was analyzed using SPSS software application version 18. The comparison between the two groups was carried out using Pearson’s Correlation Coefficient and T-Student.

Results: Based on the results of the study there is a significant difference between happiness and mental health of the healthy group and the patient group. There was a reverse but significant relationship between happiness and mental health in the significance level of 0.000. Hence, the average for happiness among the patients is lower than the healthy participants. Also there was a significant difference regarding the four factors of mental health between healthy and patient participants.

Conclusions: In a nutshell the results show that the presence of disease has a potent impact in lowering the mental health and happiness of patients. Hence, it is recommended that effective further studies are carried out in order to decrease the disease complications and increase the mental and spiritual health as well as the happiness of patients. Also it is recommended that the obtained results would be compared with the results of other studies.

Keywords: mental health, happiness, cardiovascular diseases
Evaluation of health promotion behaviors among adolescent girls schools in Qazvin

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Introduction: Health care, health promotion and community development is one of the pillars of society, but what is certain is that a lot of healthy and unhealthy habits formed in childhood and later life period is extended. The period of adolescence is critical for girls because it changes the physical, emotional and developmental accompanied she is preparing to enter adulthood. Thus, the impact of these changes, how health behaviors in adolescent girls and adult determines that affect their health and family. Thus the study of health-promoting behaviors and plan appropriate measures to protect and promote the health of this group is essential thus this study aimed to determine the health promotion behaviors in adolescent girl’s schools in Qazvin.

Methods: This descriptive - analytical. The study population consisted of 266 female students at secondary school level in Qazvin were selected by cluster sampling. Tools for data collection, standard demographic information and health promoting behavior questionnaire (HPLPII) are supplemented by examples and research data using spss win/16 software using descriptive statistics, chi-square statistic were analyzed.

Results: The findings showed that the total score achieved in the behaviors related to health promotion, health responsibility in the case study, more than half of the students, the poor are located. In the area of spiritual growth more than half of the students are good While the areas of physical activity, stress management, nutrition, and healthy interpersonal relationships more than half of middle-level students are doing these behaviors.

Conclusion: This study showed that health-related behaviors in female adolescents were at average levels, thus providing adequate health services and educational services, and in some cases counseling to adolescent girls and their families must be considered.

Keywords: health promotion, girls, teen, school
Quality of life in mothers of children with disability - Birjand – 2012

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Introduction: The relationship between health indicators and QOL is the great importance in clinical decision and health policy. Quality of life is affected by lifestyle. To maintain and enhance the health, it is necessary to correct and improve lifestyle. There children can have significant impact on the quality of life of family and mothers. The aim of this research was to study the quality of life in mothers of children with disability.

Methods: This descriptive - analytical study was performed on 252 mothers of children with disability (physical, mental, physical - mental and emotional). Sample of the research was selected with convenience sampling method. The necessary data was collected using “personal demographics” and “SF36 quality of life” scales. The collected data were analyzed by means of SPSS software using t-test for independent groups, ANOVA, Tukey and Spearman correlation coefficients, at the significant level of P<0.05.

Results: The mean total score of quality of life in mothers of children with disability was 57/71 ± 13/57. Mean QOL scores in mothers of children with disability in the domains of physical functioning (p=0.02), functional limitation due to physical problems (p = 0.003), was significantly different depending on the child's disability, but there were no significant differences in other areas.

Conclusion: The quality of life was different in mothers of children with disability (due to the problems of child). Therefore, to reduce the negative aspects of at the lives of these mothers, counseling and therapy sessions is highly recommended.

Keywords: Quality of life, mothers, children with disability
Evaluation of the Effect of Eye Movement Desensitization and Reprocessing (EMDR) Intervention on pre-post operative anxiety in patients undergoing surgery

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Background: Hospitalization, surgery and anesthesia are for some children associated with anxiety and could be a frightful experience which may result in later problematic behavior. Different strategies are suggested to reduce the anxiety. EMDR as a non-pharmacological and inexpensive intervention can be used as a complementary technique. This study aimed to investigate the effect of EMDR on pre-post operative anxiety in children undergoing surgery.

Methods: In this semi-experimental study, 56 children aged 12-18 years, were categorized into the study and control groups. Each girl subject was matched with a boy of the same age. The study was conducted at Alzahra, a Hospital in Isfahan, Iran, in spring and summer, 2013. EMDR was administered for 45 to 60 minutes for the study group. The data gathering instruments were questionnaires which included demographic information and the State-Trait Anxiety Inventory for Children (STAIC). The hypothesis was tested with repeated measurement analysis of variance (ANOVA), t-test, Fisher, Chi-square and Mann-Whitney test.

Results: Findings of the study indicated that there was a significant reduction in the anxiety level after intervention in the study group in comparison to the control group (p < 0.001).

Conclusions: This finding showed that anxiety scores in study group declined after EMDR, and remained low after surgery, compared to patients who hadn’t receive any intervention.

Keywords: Anxiety, EMDR, Surgery, Children
Sterillum and Betadine scrub to reduce the effect of microorganisms on hands in a hospital operating room and martyr Yazd University of Medical Sciences

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Introduction: Today marked one of the methods of transmission, direct transmission is through skin contact. So hand washing is the best way to prevent infection in the operating room. The most suitable material for a chemical wash in the shortest time with minimal skin irritation, resident and transient flora destroyed. Purpose of this study was to compare the effectiveness of betadine and Sterillum trial for disinfecting hands before and after washing practice of hand surgery.

Methods: In this study, two disinfectants and Sterillum Betadine surgical scrub hands were used for the study was a before and after comparison of the two disinfectants were evaluated. The study was conducted on 93 patients of surgeons and operating room personnel. Microbial flora of hands before and after washing, and also the two materials were determined after surgery. Sampling randomly stratified the samples by BA and EMB were cultured and the frequency and type of microorganisms and the effect of both substances was detected by using T-independent, ANOVA, chi-square test, T-paired, MC Nemar and Fisher's exact test data are analyzed. To compare the groups using chi-square test and Fisher's exact test, and to compare the before and after iodine Astrylym and MC Nemar and paired T-test and McNemar's test was used to compare the two.

Results: Number of samples 93 were 50 patients (9/26 %) of hospital Sadoughi, 30 patients (15/16 %) of hospital guidelines and 13 patients (0 /7%) Afshar hospital in Yazd has. In this study, the operating room staff that were randomly selected. Age of the sample between 24 years to 70 years and the mean age was 34 years. The education level of the technician to the specialty. The history of people from 1 year to 30 years and a mean of 9 years. Approximately 41 % of the subjects were male and 58% were women. Positive rate Azshstshv with disinfectant before and after Sterillum with age, gender, education level and work experience was no statistically significant relationship (05/0.p.value>). The action before washing Sterillum significant relationship was found, but after washing the relationship was significant (05/p.value <). Washing after washing with Betadine Betadine of 93 patients, 75 patients (6/80 %) had negative and 18 (4/19 %) had positive blood cultures were positive rate before and after washing with Betadine and age sex, level of education, experience and practice rooms, there was no statistically significant relationship (05/0.p.value>).

Conclusions: The study results demonstrate the efficacy Sterillum was more than satisfactory. Although these differences are not significant and lasting disinfectant Betadine also has more than Sterillum this difference was not significant. Therefore, the result obtained Sterillum high efficiency and no need to wash hands after rubbing solution and does not require a long time to scrub, to reduce the microbial load and the prevention and control of infection in the operating room is recommended Sterillum.
Inter-professional Collaboration (Multidisciplinary)
Inter-professional collaboration and multidisciplinary efforts help develop public health policy to reduce environmental noise and improve the quality of life
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Objectives: This inter-professional effort among Nursing, Medicine and Engineering faculty was aimed to investigate the influence of involuntary and persistent environmental noise on health and hearing of adult Lebanese in Beirut, Lebanon. Participants shared their experiences with persistent noise from construction sites, power generators, honking cars, and motorcycles.

Methods: Using a descriptive and exploratory design with mixed methods helped survey, interview and test participant’s hearing while street noise levels near the participant’s residents and work place were measured and compared to the WHO standards.

Results: Self reports from 83 Lebanese adults ages 18-38 who lived and worked in Beirut, identified daily experiences with irritability, anger, headaches, and sleep disturbances due to noise annoyance. Of those tested for hearing, 30% suffered from high-frequency hearing impairment. We found that environmental sound decibel (dB) has increased by 12% and sound intensity by 400% above the maximum standards when compared with the WHO report of 1999.

Conclusion: Our inter-professional public health research helped to identify local health concerns. Public policy update and health education on noise related health risks were suggested, “HUSH” program was enforced in hospitals and presented to the public school system. Authorities were encouraged to include noise safety at urban development projects to improve the quality of life and reduce premature hearing loss, especially for the iPod generation exposed to voluntary and involuntary noise.
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**Comparative outcome evaluation of a nurse-led program on patient satisfaction from patient education in hemodialysis wards of similar training hospitals in Isfahan -Iran (2013-2014)**

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**Introduction:** During implementation phase of the "Nurse-Educators' Al-Zahra Role-Expansion Action-Research" (NEAREAR project), this study was designed with the aim of "comparative outcome evaluation of this nurse-led program on Patients Satisfaction from Patient Education Services (PSPES) in hemodialysis wards of similar training hospitals in Isfahan.

**Methods:** This is an "after only comparative evaluation study " which compared patient education satisfaction in hemodialysis cases of Alzahra therapeutic center (participated in the nurse educators initiative project) with two other similar centers (Amin and Ali-Asghar) that hasn't involved in this program in autumn 2013. After validation and control of reliability, a 4-point Likert-type summed-scale (PSFPES) was distributed for all regular hemodialysis cases with 2-3 hemodialysis weekly, by 4 independent evaluators. Statistical analysis was performed in SPSS20 with ANCOVA, Chi-Square, and Kruskal-Wallis.

**Results:** A total sample of 219 regular cases with 19-89 years old, completed PSPES Analysis showed homogeneity of most confounding factors (Age, education, income, period and frequency of dialysis) (p>.05), except for sex and occupation. Al-Zahra cases pointed more involvement of nurses in collaborative patient education than other centers (33.3% to 15% respectively) (P<.0001). According to frequency of categorized scores of patient satisfaction in three levels of low (0-33), middle (33-66) and high (66-100), most Al-Zahra patients (%72) explained high level of satisfaction but highest frequency of PSPES in the two other centers belong to middle level (72% in Amin Center and 97% in Ali-Asghar center). ANCOVA by assumption of homogeneity of sex and job, showed mean PSPES score in Al-Zahra centre (76±9.4) significantly more than two other centers (Amin and Ali-Aasghar respectively 58±14 and 51±9) (p<.001)

**Conclusion:** Implementation of the nurse-led project was effective for improvement in outcome of educational services in Al-Zahra Hemodialysis because of better outcome scores in Patients satisfaction than current Clinical Governance and Accreditation programs. Therefore, expanding nurse educator role and participation of other centers in this project can increase their effectiveness in patient education. On patient education outcomes such as patient satisfaction.

**Keywords:** Patient education, nurses, patient satisfaction, Program evaluation, hemodialysis.
The effect of cacao on occupational burnout of Iran Chemical Industry Investment company’s employees in Isfahan in 2013.

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Introduction: Burnout is one of the most important problems employees encounter and by which many health problems arise to be dealt with by the employees and the owners in the industry. Amongst many different ways of dealing with this problem, herbal therapy seems to be a promising solution.

Objectives: The present study intended to investigate the effect of cocoa (Co) on burnout in employees who work in industrial environments.

Method: An experimental study was performed to see whether or not Co has an effect on burnout. A number of 66 employees, aged between 20 and 60, who had worked for at least 1 year in the technical wards of Iran Chemical Industry Investment Company, took part in the study. The participants were randomly assigned to two groups of control (n=33) and Co (n=33). The Co group received 5 gr of cocoa in 150cc daily-milk for 2 months. The control group, on the other hand, did not receive anything. The data was collected via Geldard (1989) Burnout Inventory before and after the treatment. A t-test was conducted to analyze the collected data.

Findings: A significant difference was found between the control and experimental groups in favor of the experimental group.

Conclusion: The results of the study revealed that cocoa has a positive effect on burnout in employees in this study. Further studies in this field are suggested.

Key words: Cocoa, burnout, Iran Chemical Industry Investment company’s employees.
Effect of implementing nursing process on women's reproductive and urinary systems after cesarean birth at the Maternity Teaching Hospital/Erbil city

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Background: Cesarean section is a major abdominal surgery. The quality of nursing intervention has an important role in decreasing the side effects of such operation and it is well known that nursing process is a scientific approach for rendering nursing care.

Objectives: To find out the impact of implementing nursing process on reproductive and urinary systems of women after cesarean section.

Methods: A quasi-experimental study was conducted on 66 mothers who had cesarean section during the period April 1st/2008 - September 30th/2009. Study participants included two groups of 33 mothers in each group. The study group received nursing care according to nursing process from researchers while control group received usual care. Data were collected through an interview questionnaire and 3 checklists. Both groups were assessed three times during first and second days of operation.

Results: The mean(±sd) age of the both sample of study and control groups were 28.42(±4.75) vs. 28.42(±5.66) respectively. There was no significant difference between study and control groups concerning uterine contraction, amount of lochia, cots in lochia, distention of bladder, manner of urination, urinary frequency and dysuria. The rate of difficulties with initiating stream of urine was higher in control group than study group.

Conclusion: Mothers who received care according to nursing process had less problems in the urinary system than those who received usual care.

Key words: nursing process, reproductive, urinary system, cesarean birth
Prioritize specific clinical competency indicators; providing a structured instrument using by exploratory factor analysis

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Introduction: Nursing as a clinical discipline is developing day to day in emergencies wards. The health care system should assess and prioritize clinical competence indicators in this wards continuously. The lack of clear standards in determining clinical competence indicators, evaluation will be challenged. Evaluation and prioritization of these indicators is necessary to consider the system.

Methods & Material: This study is a need Assessment of the Delphi method in three phases: the first phase (determine the specific Clinical competence indicators), Phase II (classify specific clinical competence indicators by members of the expert panel) third phase (prioritize specific clinical competence indicators) through convenience random sampling among nurses working in emergency wards the Therapeutic Educational Centers of Guilan was conducted to prioritize specific clinical competence indicators. exploratory factor analysis was used for the final prioritization.

Results: In prioritizing Phase, data were collected from 710 nurses over a period of two months. The six factors found with loading of 0.4 ≤ for 37 of expression classified by the expert panel, which provides a structured instrument in two domains; Speciality - Scientific Capability & Basic clinical skills.

Conclusion: One option to close the theory and practice in the nursing profession is determination and prioritizing clinical competence indicators in different wards, including emergency. Factor analysis can be used to prioritize these indicators. Further research on the health care system in order to achieve reliable and valid instrument is needed.

Keywords: Clinical Competence, Emergency Service, Hospital., Nursing Staff, Hospital.
Health Equity and challenges facing the health system
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Introduction: Justice for All is the essence of health. Health Equity means that everyone has a fair opportunity to achieve the highest levels are healthy. This requires measures to reduce the equity gap in health between and within societies. Simply fix inequality not get justice and we must also deal with any type of discrimination.

Methods: This study was reviewed and Descriptive to assess equity in health challenges facing the health system with multiple book review of literature in this area has and Sites and instructions Ministry of Health.

Results: Equitable participation in the equity index funds is equal to 83 percent. The index for countries such as Denmark, about 99 percent also be. Iran ranked 112 in the world in index just healthy indicators of business health system 113 which shows the weakness of the military challenges of health system. Challenges facing the health sector in various parts of the movements including:

Sector policy: Approach is the lack of transparency in the insurance sector, health insurance and insurance agencies. Sector regulations: Failure to meet the current rules. Unclear the extent and depth of government involvement in the area of insurance. Despite the shortcomings of the legislative body. Development of prospective health insurance.

Sector providers and consumer behavior: Perhaps the biggest problem with insurance agencies theme "insurance agencies, rather than taking behavior pattern is" inefficient management. Part of the organizational structure: Centralized decision-making system. Lack of integrated services based on community needs. The Supreme Council of the NHS synthesizer and the states of the full inscription Part various in the it disproportionate Enrich the strongest. Assigned to the Governments Management and Supervision of Insurance It is not clear. Multiple tasks, the Ministry of Health. Parallel activities The private sector and community councils in the area of insurance. Sector provision of health services: Multiple tasks, Ministry of Health and Medical Education is the cause of inefficiency. The main reasons for the challenges: Lack of transparency in health sector financing policy. Diverse organizations of public health funding distribution. Lack of transparency in government and public participation. Complex financing system that is based on justice and efficiency. The lack of a clear allocation of subsidies. Not the normal rate for services. The lack of a reliable mechanism to collect premiums from the villagers and the self-employed. Receipt is not income based mass premium is based on the cost of failure to pay the appropriate mechanism hospitalized. Credit sway Health.

Discussion: In order to achieve Healthy Justice: Payment based on need and Working with people who have more needs. Encourage distribution of resources towards those who are most in need. Empowering people to understand health information, analyze the choices they face and that one of the goals of health promotion is the correct decision. Empowering people means creating and enhancing decision-making power and control over the variables that are effective adaptive strategies, which requires. Means that the opportunity to support community empowerment community engagement and influence what is supposed to happen will be provided. Community empowerment approach attempts to deal effectively with the interaction of society and have the capacity to change it.

Keywords: healthy Justice - Challenges - Health System - Insurance - Empowerment.
Comparing the efficacy of cognitive therapy and assertiveness training on social anxiety and self-esteem of female students without parents Kermanshah

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Introduction: Several studies related to parents' lack of emotional disorders and behavioral Nayaftgy compromise on various aspects of negative behavior are assessed and approved, in view of the importance of this issue, the present study aimed to compare two different methods of cognitive therapy and assertiveness training on social anxiety and self-esteem of female students in the academic year 93-92 is no father in Kermanshah.

Methods: This experimental study design style pretest - posttest control group respectively. Esteem scale measuring tools Pvb Ellis (1989) and the Social Phobia Inventory (SPIN) Kanvr et al (2000) results using a t-test to calculate the effectiveness of assertiveness training and analysis of covariance was used to compare the effectiveness of cognitive therapy.

Results: The results of the analysis of covariance showed Assertiveness training and cognitive therapy plus cognitive behavior therapy group compared with the classical religious advice Women in the control group and increase the quality of the marital relationship was significantly more effective (p>0.0001). Subscales as well as the communication style was a significant difference between the three groups (p>0.0001). That religious group cognitive behavior therapy with recommendations relative to the other groups have achieved greater improvement in communication styles. There was no significant difference between the groups in the other subscales (0/05).

Conclusions: Interventions Frshnakhty and assertiveness training to reduce the symptoms of social phobia and improve self-esteem scores of female students was also positive. Given these findings, pay special attention to this group of people is necessary.

Keywords: cognitive therapy, assertiveness, social phobia, self esteem, female students.
The Effect Of Self-Management Empowering Model On The Quality Of Life In Adolescents and youths With Major Thalassemia

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Background and Aim: Today, due to medical advances longevity of chronic patients such as thalassemia is more than the past. For improvement of the quality of life in these patients, the medical treatment should be combined with emotional and psychosocial support to prevent irreparable complications. The present research attempted to investigate the effect of self-management empowerment model on the quality of life in adolescents and youth with major thalassemia.

Method: This study is a randomized clinical trial. Through census 70 Eligible adolescents and youths with major thalassemia in Bushehr & Borazjan thalassemia center were selected. Allocation of samples to case and control groups was randomly. Data collection tool was quality of life (SF-36) questionnaire. Intervention was performed in three stages and for 1.5 months. Data analysis with chi-square test, paired t-test and independent t-test were performed by using SPSS 18 software.

Results: Independent t-test showed that there was no statistically significant difference in terms of demographic data between two groups & both groups were similar (p>0.05). The results showed that the average of each of the eight dimensions of SF-36 quality of life questionnaire including Physical functioning, Role physical, Bodily pain, social functioning, General health, Role emotional, Mental health, vitality before the intervention except General health, Role emotional were statistically significant difference and in other dimensions were no statistically significant difference between case & control groups but after intervention in all dimensions differences were statistically significant (p<0.001).

Conclusion: The results showed that education base on self-management empowerment model based on patient self-management needs improve the quality of life of patients with major thalassemia. We suggest this model to be applied on thalassemic patients and other chronic diseases to improve the quality of life of these patients.

Keywords: Empowerment, Quality of life, Adolescent, Thalassemia
Assessing Burnout syndrome etiologies and stress tendency in nurses
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Introduction: Burnout syndrome is considered as emotional exhaustion and reduced individual performance that is because of the energy resources resolution and decline adaptation due to chronic job stress. This study done with aim of assessing burnout syndrome etiologies and stress tendency in nurses of Jahrom Medical University hospitals.

Methods: This was a descriptive study. Sample census of all nurses working in the hospitals of Jahrom Medical Sciences (Motahari and Pymanyh) during winter and spring 2013. The data collection was two questionnaire: burnout syndrome factors and standard Cohen stress assessment. Data were analyzed by SPSS software and descriptive statistics and Pearson and Spearman correlation coefficients.

Results: In this study 212 nurses participated. The mean burnout syndrome score 86 ± 7.5 (medium) and stress scores 24.88 ± 7.19 (moderate stress). Significant correlation was observed between the burnout and stress (p value < 0.05).

Conclusion: This study findings showed that several factors have different effects on burnout syndrome from nurses' viewpoints. Therefore incidence of burnout syndrome should decline with appropriate decision making for decrease various stressors.

Keywords: burnout syndrome, stress, nurse
The relationship between cultural intelligence and job performance with life quality of nurses in Kermanshah hospitals

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Introduction: the present study has focused on investigating the relationship between cultural intelligence and job performance with life quality of nurses in Kermanshah hospitals.

Method: this study was cross correlation. The populations of the study included all nurses of Kermanshah city who are about 2500 individuals. The sample 330 nurses were collected using Morgan Table. The participants were given ANG cultural intelligence questionnaire, Paterson job performance, and the life quality questionnaire of the World Health Organization.

Results: the findings showed that there is a positive and meaningful relationship between cultural intelligence and job performance of the nurses. There is a positive and meaningful relationship between cultural intelligence and life quality. There is a positive and meaningful relationship between job performance and life quality of nurses. There is not a meaningful relationship between job performance and life quality of male and female nurses.

Conclusion: cultural intelligence helps people to be sensitive to other cultures, to be able to connect and communicate with people of other cultures in an appropriate way and to have the ability of analyzing new cultures with which they interact.

Key Words: Cultural intelligence – Job Performance – Life Quality – Nurses
The relationship between the hope and quality of life in MS patients
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Introduction: Multiple sclerosis is a chronic debilitating disease affecting mostly young people and resulting in various degrees of physical and social disability. Quality of Life (QOL) is impaired in multiple sclerosis (MS) in part due to physical disability and emotional disturbance. Hope for satisfied life is important factor in these patients for Continue treatment and improve quality of life.

Methods: The aim of this cross sectional study was examine the relationship between hope and quality of life in patients with MS. Data were collected of 145 patients tools is demographic characteristics form, quality of life questionnaire and the Herth Hope Index. Data was analyzed using SPSS16 Software, and statistical test Pearson correlation coefficient and multiple regressions were done.

Results: The majority of cases in the age group 20 between 29 years(38.9%).86.3% were female,59.8% married, Highest level of education with 41.2% were Bachelor's degree or higher, Most ethnic group83.3% were fars and 7.9% between 2 to 3 years of their diagnosis disease.Mean of hope index is 3.2(SD=9.9). hope index in most of cases were moderate(49%) The results shows a significant relations between hope index and The physical components of health(p<0.05) and Psychosocial components of health(p<0.05).

Conclusion: hope is important factor affect on quality of life in MS patients. For improving quality of life need to create meaning in life and accept their limitations and adapt with it..hope is supportive factor for continued qualitative life.

Keyword: Multiple sclerosis, Hope, quality of life
Assessment nutritional pattern and relation with health status in old age person
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Introduction: Many elderly people suffer from malnutrition or poor nutrition. Small amount of protein, fat, carbohydrates, fiber, especially vitamins endangers the health of the elderly. Malnutrition or poor nutrition and bad nutrition habit, not just among seniors who live together with their families, but also among seniors who live independently of the community. Prevent of this problem can improve the health of the elderly.

Method: the aim of this cross sectional study is assess nutritional status and effect of this on old age health status between 240 old age people. Data was collected with MNA questionnaire and measurement BMI and Waist to Hip Ratio. Data was analyzed by SPSS software and statistical test such as T-test and Pearson correlation.

Results: 58.3% of all cases were women, mean age was 66.8 years, most of cases education under diploma 70%. Questionnaire score between 12.5 to 28 with mean 21. Data suggested only 24.8% have good nutritional status, 63.2% at risk for malnutrition and 12% malnourished. 48.1 have normal range BMI and other underweight or overweight significant difference between questionnaire score and sex (p=0.00), age(p=0.00), BMI(p=0.00).

Conclusion: aging along with gradual decline in physical activity and increase chronic disease. Improved nutrition is largely able to prevent or relieve these problems.

Key word: old age, aging, nutritional status, BMI

1 Mini Nutritional Assessment
Contributing Factors Related to Family Decision about Organ Donation for Brain Death Patients in Shahrekord, Iran.

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Introduction: The need for organ donation has been increased while consent for organ donation remained inadequate. The most important limiting factor in organ donation is family dissatisfaction. The aim of this study was to determine the contributing factors related to family decision about organ donation for brain death patients in Shahrekord, Iran.

Methods: In this descriptive analytic study, according to available information, with census sampling method, 102 family members of brain death patients who were admitted in Kashani Hospital, Shahrekord, Iran during ten years (2003-2012) were selected. Then, families were divided into refusal or willingness groups and causes of their willingness or refusal with organ donation assessed by a questionnaire. Data were analyzed by statistic tests such as T-Test and Chi square.

Results: About 37% of families had been accepted with organ donation. There was not significant differences between family members and brain death patients demographic characteristic in two study groups (P>0.05). Car accident was the most frequent cause of brain death in two groups and the majority of patients had not donation card. Religious and rewards belief, insurance about staff and the medical team trying to save the patient's life, and insurance about physician diagnosis were the most frequent effective factors related to family acceptance for deceased's organs donation. In refusal group, family did not believe brain death as patients' death and believed organ donation as a painful process for patients.

Conclusion: Organ donation rates could be increased by enhancing the quality of hospital care and meet the families' informational and emotional needs. Specific attention to these factors should be considered especially for educational programs.

Key words: Brain death, Family, Organ donation
Effect of group hiking in nature on quality of life in chronic schizophrenic inpatients
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Introduction: Physical activity promotes the human health. In this study, the effect of group hiking on chronic schizophrenic inpatients’ quality of life was evaluated.

Methods: This randomized clinical trial study was done in 2011. 62 chronic schizophrenic patients in Sina psychiatry hospital were allocated randomly in two routine treatment (n=30) and hiking(n=32) groups. The patients in routine treatment group received routine treatment. The patients in hiking group participated in group walking program(in nature), 90 minutes every morning for 2 months in addition to routine treatment. Quality of life in both groups were evaluated in two steps: at the beginning and the end of study .The data was analyzed by mean, T student test, chi square and ANOVA.

Results: Findings of the study showed that after intervention period, quality of life in hiking group was significantly improved (P<0.001), but in routine care group, this difference was not significant(P>0.05).

Conclusion: Group hiking in nature could improve chronic schizophrenic patients' quality of life, so this intervention could be use as adjunctive therapy in chronic schizophrenia.

Keywords: Nature, Quality Of Life, Hiking
Comparison the Analgesic Effect of BoswelliaSerratafithMefenamic Acid in Treatment of Primary Dysmenorrhea


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Introduction: Primary dysmenorrhea is a common and frequently disabling condition among women in adolescence and reproductive age. Based on results of large epidemiological studies, it is estimated that over a half of the population of young women suffers from dysmenorrhea. Some people are now seeking alternatives to conventional medicine such as herbal drugs. This study was designed to compare the analgesic effect of Boswelliaserrata with Mefenamic acid in treatment of primary dysmenorrhea.

Methods: A randomized,controlled trial was undertaken among 45 female aged 18 to 30 who suffered from primary dysmenorrhea referred to gynecology clinic in Hajar hospital, Shahrekord, Iran. The participants were randomly divided into two groups: Boswellia(n=24) and Mefenamic acid(n=21). Boswellia group was given Memoral(Boswellia) capsule produced by Goldarou co, and Mefenamic acid group, was given Mefenamic capsule three times a day for three days, starting from the onset of bleeding or pain. Participants were followed for three cycles. Main outcome measures was the mean of pain severity at 3 months which recorded by Visual Analogue Scale.

Results: There were no significant differences in age, menstrual duration, menstrual interval, and pain severity score at the beginning of the study in twogroups(P>0.05). After the intervention, findings of the study revealed statistically significant reductions in mean of pain score in Bosweillia (P<0 .001) and Mefenamic acid (P<0 .001) groups, but this reduction had not significant differences between two groups.

Conclusion: BothBoswellia and Mefenamic acid effectively relieved menstrual pain. More clinical trials are needed to establish the efficacy of Bosweillia in primary dysmenorrhea.

Key words:Boswellia, Mefenamic acid, Primary Dysmenorrhea
Frequency of obesity and hypertension in women older than 30 years, city Ganaveh
May 92
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Introduction: Smoking, obesity, poor diet and old age have been reported. Therefore, identification and screening for women above 30 years of obesity and hypertension is necessary.

Methods: The study was cross-sectional in May 92 by the city health department's prevention Ganaveh done. Data based on questionnaire and measurement of blood pressure, height and weight in women older than 30 years who were referred to health centers in urban and rural areas has been collected. And was analyzed by SPSS software.

Results: Results showed that 3649 women over 30 urban and rural population and 47% urban, 53% rural women participated in the study. Overweight based on their BMI 47% and 7%, hypertension 90/140 cases were referred to a specialist. The number of women with primary hypertension in a rural population compared to urban women participation was a 2% difference. Further screening of susceptible individuals can lead to disease diagnosis, disease status Brmshkhs in preventing complications and healthcare costs, has an important role to be imposed.

Key words: obesity, hypertension, women over 30 years.
Evaluation of team performance Ganaveh city school health promotion in public health and health awareness among primary students in academic year 91-92

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Introduction: More than half of all illnesses and deaths are caused by germs that enter through food and water are the child's mouth. Health education as the cornerstone of the first case considered in the light of Islamic teachings has been undoubtedly successful and dynamic society, a society that is healthy humans, is mighty happy. In order to promote health in schools program, school "health promoters "in a country songwriter has been the main target of the surveillance system , updating health information to students , parents and staff of health care . Therefore, familiarity with health care for their children, as members of the family and parents is crucial to the future.

Methods: A cross-sectional study of primary health care, school health team Ganaveh city during the 91-92 academic year at primary school level is done.is completed by the students. Methods of data collection forms and education activities by educating the students on the basis of the three good (score above 80), moderate (score 50 to 80) and low (below 50) division basis in three months. Research by collecting, monitoring, and analysis are discussed.

Results: The results obtained in this study indicate that in the first quarter of academic knowledge students 26/5 % well, 49 % moderate and 15 % were poor in the third quarter of the academic year after program activities in the school "health promoters " 41 % well, 59 % were moderate.

Conclusion: Results of this study showed that the performance of the health team to promote health in schools is significant and is consistent with other research programs, school "health promoters " a clear message that the interests of all students and it is a healthy body, self-confidence and self-esteem along with the main objective of this program is to develop positive attitudes about health issues that will stay with them after leaving school.

Keywords: health education, primary school, school health
The Effect of Family-centered Empowerment model training using multimedia on the quality of life In Asthmatic Children Of Bushehr

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Introduction: Asthma is the most common chronic disease of childhood. It is a chronic illness that influence the quality of life of all family members. Thus, the purpose of this study is to investigate effect of Family-centered Empowerment model training using multimedia on the quality of life in asthmatic children Of Bushehr.

Methods: This study is a randomized clinical trial. The study population included all asthmatic children under age of 12. First, 50 patients were selected convenience & then randomly divided into two control and intervention groups. research tools included demographic information questionnaire and general Peds QoL and asthma Peds QoL questionnaire of child. Reliability and validity of questionnaires were evaluated and family-centered empowerment model was performed by Multimedia Education on intervention group and the questionnaires were completed before and after the intervention. Findings analysed by using spss 18 software and statistical tests (chi-square) and T-test.

Results: The independent t-test results indicated significant difference between control and intervention groups in terms of general quality of life and quality of life of asthmatic children mean score after intervention.

Conclusion: According to our findings, implementation of this model by Multimedia Education increases the general quality of life of asthmatic children and asthma-related quality of life in the treatment & disease dimensions. Therefore, we suggest implementation of this model to improve outcomes in other chronic diseases of childhood by Multimedia education.

key words: empowerment, Quality of life, Education, Multimedia, Asthma, Children
Cognitive behavior training for the prevention of postpartum depression in at-risk mothers

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Introduction: This study aimed to study the effectiveness of cognitive behavior training program to antenatal women in the prevention of postpartum depression.

Methods: We screened 534 primiparous women and 208 screened positive, 135 of them were eligible to participate in study. Women will be eligible for the trial if they were between 18 to 32 years, can read and write fluently, and score over 10 on the Beck Depression Questionnaire. Women who are currently receiving formal psychological treatment will be excluded from the trial. Participants were randomly assigned into the intervention group and the control group.

Results: On completion of the program, the intervention group reported significantly lower mean Beck Depression Questionnaire and Edinburgh Postnatal Depression Scale scores than the control group, but no difference was detected when comparing the intervention group with the control group in symptoms of postnatal anxiety.

Conclusion: This pilot trial indicated the effectiveness of CBT for treating antenatal depression before the end of pregnancy. The intervention could be delivered during the antenatal period and there was some evidence to suggest that it could be effective in prevention of postpartum depression.

Keyword: Antenatal depression, postnatal anxiety, Postpartum depression, Cognitive behaviour therapy
The effect of Pilates exercises on hemoglobin A1C in women with type 2 diabetes
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Introduction: There is a lot of evidence that proves exercise therapy as an effective method to decrease blood sugar in patients with type 2 diabetes. One of these methods that has recently drawn exercise experts and physiotherapists’ attention toward itself and extensively been expanding is Pilates exercise. The present study was aimed at determining the effect of Pilates exercises on hemoglobin A1C in woman patients with type 2 diabetes.

Materials and Method: In this clinical trial study, 70 women suffering from type 2 diabetes were randomly divided into an experimental group (35 patients) and a control group (35 patients). A demographic information questionnaire was utilized to collect the required data. First, hemoglobin A1C in both groups was measured before the intervention. Then, modified Pilates exercises were carried out in the experimental group twice a week over a period of 12 weeks. During the same period, the control group received conventional medications. Afterwards, hemoglobin A1C in both groups was measured again. Finally, the collected data were analyzed through SPSS 17.0 software. Data analysis was carried out through Independent and Paired samples t-tests and chi-square test.

Results: After intervention, mean hemoglobin A1C in the experimental and the control groups were respectively 5.87±1.7 and 8.2±1.4. In this regard, Independent samples t-test proved a significant difference (p=0.003).

Conclusion: According to the findings of this study, it is concluded that Pilates exercises can be utilized as an effective and safe method to decrease hemoglobin A1C in patients with type 2 diabetes. The results introduced Pilates exercises as an effective method for patients with type 2 diabetes.

Key words: Pilates, exercises, hemoglobin A1C, women, type 2 diabetes
The effect of music upon patients’ pain level after open-heart surgery, Shahid Beheshti hospital in Kashan, 2013

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**Introduction:** The prevalence of cardiovascular diseases has been increased, during the last 2 centuries. This disease has been known as the main morbidity- and mortality factor in the world. In nursing practice, the music could be proposed as an effective intervening tool as a part of patients’ care program, and also as a therapeutic non-invasive one in order to palliate their pain. The aim of this study was to survey music effect upon patients’ pain after open heart surgery in Shahid Beheshti hospital of Kashan, Iran.

**Materials and Method:** The current study is a clinical trial research. The population of research was the patients referring to Shahid Beheshti hospital to operate open-heart surgery. The patients were randomly classified into 2 groups - control (30 ones) and trial (30 ones). For the first step, the samples filled out the demographic information form, and Visual Analogue Scale (VAS). Then trial group’s patients listened to non-vocal music by the headphone – connected to the portable cassette player – for 30 minutes. The music was not played for control group’s patients. The level of pain was controlled, again, after the intervention in mentioned 2 groups. The data were analyzed by the software SPSS v. 14, via statistical chi-square and t-tests, ultimately.

**Results:** The significant difference (P= 0.01), in contrast to control group (P= 0.21) was indicated in comparing the level of pain in trial group’s patients before- and after intervening, obtained results showed. Comparing considered group was significant after the intervention (P= 0.04).

**Conclusion:** Music could be suggested to control the post-operative pain owing to its benefits such as; less time consuming, easy facilitating, simplicity of method, less expenditure and its non-invasive feature.

**Key words:** music, pain, open-heart surgery
The effect of eye movement desensitization and reprocessing on phantom limb pain in patients with amputation
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Introduction: it has been estimated that more than 50% of patients suffer from phantom limb pain after amputation. Present study was conducted to identify efficacy of eye movement desensitization and reprocessing on the phantom limb pain of patients with amputation.

Methods: present study is semi-experimental in nature. 20 patients with amputation suffered from phantom limb pain and were under pharmacological therapy for long time selected by available sampling (2012-2013). EMDR method applied for each patient individually at consultation room of BU-ALI SINA hospital during six sessions per one hour for nine weeks. In each session, Numeric Rating Scale completed by the patients before and after intervention. In order to collect data, demographic and Numeric Rating Scale (NRS) questionnaire were used. Data gathered during six therapeutic sessions were analyzed by using SPSS 16 software as well as the descriptive statistics and the statistical tests including paired - t-test, Chi square.

Results: Mean phantom limb pain in 20 patients 7.95 ±1.63 before intervention and it was 2.25 ± 1.25 after intervention, so it showed an statistically significant difference (p<0.001).

Conclusion: The eye movement desensitization and reprocessing is effective, useful and non-invasive method for treatment and reducing phantom limb pain in patients with amputation.

Key words: phantom limb pain; eye movement desensitization and reprocessing; amputation
Eye Movement Desensitization Reprocessing (EMDR) Improves Sleep Quality, Quality of life in patients with posttraumatic stress disorder
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Introduction: It is likely that assessing and treating PTSD symptoms may improve quality of life and Sleep Quality in patients suffering from PTSD. Among themany treatments, the eye movement desensitization reprocessing (EMDR) is a therapy used specifically to treat PTSD and general trauma. Present study was conducted to identify efficacy of eye movement desensitization and reprocessing on the Sleep Quality, Quality of life in patients with PTSD.

Method: Present study is semi-experimental in nature. 25 patients with PTSD selected by available sampling (2012-2013). The sessions EMDR therapy took place once a week, lasting from 30 to 90 min each. The average number of EMDR therapy was five sessions. In order to collect data, demographic and SF-36, Sleep Quality questionnaires were used. Data were analyzed by the paired Student's t-test. The level of significance was set at P ≤ 0.05.

Results: Mean quality of life in 25 patients were (45.59 ±12.57) and (82.37±8.5) before and after intervention, respectively; therefore it statistically showed a significant difference (P<0.001). Mean Sleep Quality patients was (2.79±1.13) before intervention and it was (5.40±0.80) after intervention, so it statistically showed a significant difference (P<0.001).

Conclusion: The eye movement desensitization and reprocessing Improves Sleep Quality, Quality of life in patients with posttraumatic stress disorder.

Keywords: PTSD; EMDR; Sleep; Quality of life
The evaluation of ten years demographic specialities and risk factors in affection cases to the HIV/AIDS reported from kohgiloyeh and boirahmad province.
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Introduction: based on the estimations done, 34-36 millin persons are suffering from HIV and 30 million persons died through out the world due to this disease. This research is done with the aim to determine the ten years demographic specialities and risk factors in affection cases to the HIV/AIDS reported from kohgiloyeh and boirahmad province.

Methods: this research is a sectional- descriptive study in which all reported cases of HIV/AIDS during the years 1997-2007 were collected by researcher made check list via the surveying of available files at health center of state and infectious ward of shahidbeheshti hospital. Sampling was of accessible type. The recorded cases at the health center of state were consisting of persons who either referred to this center voluntarily or via screening carried out in the prisoners of yasouj city have been recorded. Statistical analysis was using SPSS software taking the help of descriptive tests as mean, standard deviation, absolute and relative frequency distribution table.

Results: totally 121.0 patients suffering from AIDS were recorded during the years 1997-2007 or have been hospitalized at shahidbeheshti hospital. The minimum cases related to AIDS was 21.0 persons(17.35%) in the years 2004 and the minimum(zero present) belong to the year 2007. The mean age of patients was 35.73±8.25 with the age limit of 23-60 years. 107 patients(88.4%) suffered via injection.

Conclusion: considering the stable population which is 654926 persons, about .02% have been suffered from AIDS. Since this disease is preventable therefore, it is necessary to educate people about the transmission and prevention way and also in order to prevent suffer transmission of contamination to other persons, the personal of state health system should manage the necessary following up regarding the preparation of free and accessible injection instruments for the addicts.

Key words: HIV, demographic specialties, risk factor
Correlation between learning styles with some characteristics of Nursing and Midwifery Students in yasuj university of Medical sciences through VARK Model.

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Introduction: Exploring effective factors on learning is so crucial and important in solving problems and inadequacies of educational system. One of the effective factors in learning is learning style which people use from different styles of learning based on their personal differences. The aim of this study was exploring Correlation between learning styles with some characteristics of Nursing and Midwifery Students in yasuj university of Medical sciences through VARK Model.

Methods: This study was correlative-descriptive and data collection executed by using VARK Standard Questionnaire. The study reliability level was 0/93 and calculated by Cronbach -Alpha. Understudy sample selection was Census and all of nursing and Midwifery students of yasuj university of Medical sciences who were willing took part in it. Total Number of participants in study was 262. In data analysis it had been used from statistic analysis (mean, standard deviation) and inferential statistic like Independent Sample T-Test and Chi-square. Significant level of tests was equal or lower than 0.05. For statistical analysis of data SPSS software version 18 was performed.

Results: The results of study showed that the mean and standard deviation of raw score of kinesthetic, audible, reading-writing and visual was (5.1±2.63), (5.36±2.55), (6.35±2.67) and (4.86±2.34) which the highest mean related to reading-writing style. There was significant relationship between gender and academic course (P≤ 0/05). And so there was significant relation between marital situation and reading-writing (P≤ 0/05) and academic course just had significant correlation with visual and reading-writing learning style (P≤ 0/05).

Conclusion: Nursing students have different learning styles and teachers must consider it and use different teaching methods and by selecting appropriate style of students learning, improve efficacy of learnt material.

Key Words: Learning Style, VARK, University Students, Nursing, Midwifery.
12 month follow up efficacy of Eye Movement Desensitization and Reprocessing on depression in patients with myocardial infarction

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Introduction: Depression following myocardial infarction is a common disorder with a negative effect on cardiac prognosis. The aim of present study was to assess 12 month follow up efficacy of Eye Movement Desensitization and Reprocessing on depression in patients with myocardial infarction.

Methods: This Quasi experimental study was performed in year 2013. 60 patients which suffering from myocardial infarction, based on Beck depression inventory, selected using sampling and were divided by random assignment into experimental and control groups. In experimental group, eye movement desensitization and reprocessing therapy was performed in three sessions. The control group received no intervention. Data were gathered on depressive symptoms at pretreatment, posttreatment and 12 month follow up and were analyzed using descriptive statistics, repeated measures and chi square.

Results: Mean depressive symptoms in 12 month follow up was significantly reduced (p<0.001). The results indicates that, positive effects of EMDR on reducing depression following myocardial infarction.

Conclusion: These results show that EMDR as an effective intervention for treating depressive symptoms following myocardial infarction, and effectiveness of EMDR therapy was stable in 12 month follow up.

Key words: depression; myocardial infarction, EMDR, follow up
A Comparison Between Cold Water Sponging and Fanning in Reducing Fever in Intensive Care Unit Inpatients: a Factorial Design

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Introduction: Fever is one of the most common problems for ICU inpatients and its incidence is reportedly 25–50%. Fever’s importance is not only limited to its rather high prevalence; any rise in the core temperature increases oxygen consumption and it is extremely dangerous, especially in patients with ischemic heart. Physical cooling methods can reduce patient body temperature in a short time but their efficacy and complications are different, especially in critically ill patients. This research was conducted aiming to compare the effect of cold water sponging and fanning on body temperature reduction in feverish ICU patients.

Methods: This is a randomized clinical trial with the factorial design. Using the convenient sampling method, 72 samples were selected and randomly divided into four groups: control, cold water sponging, fanning and combination groups. Samples were intervened for four hours and results were recorded on researcher-made checklist. The data so collected was analyzed using repeated measures ANOVA along with intergroup factor and Kaplan-Meier survival analysis through SPSS 16 and interaction was measured using two-way ANOVA.

Results: After four hours of intervention, the average body temperature in control, cold sponging, fanning and combination groups were 38.52 ± 0.17 degrees centigrade, 37.83 ± 0.13, 37.50 ± 0.11 and 36.82 ± 0.04, respectively (P<0.001). According to the results of two-way ANOVA no significant interaction was observed between cold water sponging and fanning methods (P=0.7).

Conclusion: Temperature reduction rate in cold sponging and fanning were faster than the control group but no significant difference was found between them. The temperature reduction rate in the cold sponging group was extremely fluctuated while it was less fluctuated in the fanning group. The combined method reduced patients’ body temperature faster with less fluctuation.

Key words: Fever, Body temperature regulation, Intensive care units, Nursing Care
Elder Abuse Prevention, Public Health Strategies and Policies
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Introduction: Elder abuse is a complex and multi-dimensional issue. It has a significant negative effect on Victim’s quality of life, and their well being is harshly threatened in the progressive form of abuse. Effective prevention program can reduce the occurrence, or prevent the consequence of elder abuse, and promote the well being and quality of life of elderly people who makes a vulnerable group of society. Prevention of elder abuse is emphasized as a key policy priority for public policy and public health. With rapidly rising of elderly population, the prevalence of elder mistreatment can be expected to lift. Without effective controlling interventions, and prevention it may get to epidemic extent in the decades to come. Indeed advocating the older people, and preventing of elder abuse in the current epidemic of elder mistreatment and neglect, is essential. In spite of this fact the majority of researches focus on the prevalence, incidence, and the numbers, but these are not sufficient on their own as a solution to the problem, what not yet clear is the effective strategies and policies for controlling, and preventing this global problem.

Conclusion: This review of articles is run to find the effective policies and programs for combating elder abuse in institutional setting, and domestic.

Key words: Elder abuse/ mistreatment, prevention, public health, public policy
Understanding Religiosity in patients with Multiple Sclerosis

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Introduction: Among healthy adults, religion and spirituality have shown strong associations with improved life satisfaction and other adaptive outcomes through mechanisms that include increased social support and improved coping skills. Multiple sclerosis (MS) is a chronic neurological disease with considerable effect on patients’ QoL. Little is known on the influence of religious life on QoL, though this relationship became a subject of recent interest in MS. Little is known on the influence of religious life on QoL, though this relationship became a subject of recent interest in MS. The purpose of the present study was to describe the extent to which religious confer unique benefits and have unique predictive value in MS patients.

Methods: In this cross-sectional study, 102 patients with MS were selected using sequential convenience sampling method. Data were collected using a three-part questionnaire. Descriptive analysis, Pearson correlation and multivariate regression analysis were used to analyses the data.

Results: Factors predicting quality of life (MCS and PCS) were intrinsic religious beliefs; Organizational religiousness and Unorganizational religiousness in sequence but There were not significant correlations between the intrinsic religious and QoL (p<0.05).

Conclusion: Religious involvement, with regular prayer, seems to represent a general protective factor that promote psychological health and improves QOL in patients with chronic diseases, including patients with MS. The results of this study emphasized on the importance of the religion as variable affecting on QoL in patients with MS. This would help nurses and clinical specialists to focus on religion in order to increase QoL in the patients.

Keyword: Religiosity, Multiple Sclerosis
The study of general health index and its relation with demographic features of women in Rasht
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Introduction: Individual or social health undoubtedly is one of the most important aspects of human life. Considering that half of the population in any society includes women and according to health statistics are in more danger in comparison to men, so this study aims to determine the index of general health and its relation with demographic features of women.

Methods: This study is a descriptive-analytic one. The study sample consists of 300 women who came to women park in Rasht. The sampling is random and on the basis of health questionnaire (GHQ) and descriptive statistics was analyzed.

Results: The results showed that the average and standard deviation of subject was 34.92±10.90 and the range of age was 20 to 67. Also average and standard deviation in general health of women was 24.39±11.28 and at least & the most grade was 66. In the study of general grade of general health, most of the women (55.3%) had full health level. T-student statistics test in the analysis of the data shows that there was a significant difference between self-esteem level of girl student and total of general health average and the average of sub-standard of general health of women (p=0.001), except social performance features (p=0.65). The results of k-square test didn’t show any kind of meaningful correlation between varieties such as age, education, marital status, woman job, being athlete and economic status of the subject with the general health level.

Discussion: More attention to women health through performing good and consistent educational programs, making examination periodically had significance for providing health and life of women and they need social welfare, exercise, employment, good education for providing health.

Key words: general health, demographic features, women, Rasht
Iranian Kurdish Women’s Experiences of Childbirth: A Qualitative Study


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Introduction: The experience of labor and birth, referred to as childbirth, is complex, multidimensional and subjective, relating to both the outcome and the process is that experienced by individual women. The aim of this study was to describe the experience of childbirth for Kurdish women giving birth at Besat Hospital in Sanandaj, Iran.

Methods: A qualitative study using phenomenological approach was conducted. Women eligible for the study were recruited from postpartum ward. Inclusion criteria were Iranian Kurdish woman, being nuliparous, having vaginal childbirth. Data collection took place between 2010 and 2011 using semi-structured, audio-taped, face to face interviews, which allowed flexibility and made it possible for the researcher to follow the interests and thoughts of the participants. Women were interviewed 6 to 12 weeks after they had given birth to their first child by first researcher. The timing was set to allow maximum time for recovery from birth, while still being close to the experience. Content analysis was used to identify themes.

Results: All participants had spontaneous vaginal births without their husbands present. None of them received any analgesia or anesthesia during labor and birth. The findings are described following four themes, feeling empower, changing life, importance of being supported during labor and the spiritual dimensions of giving birth.

Conclusion: Women communicate through telling stories and create meaning as they articulate their feelings about pivotal life events such as childbirth. The findings of this study provide a useful first step towards the identification of aspects of Kurdish women experience of giving birth. The women in this study identified that the presence or absence of effective support had a significant effect on their experience of labor and birth. It is important for midwives and other professionals to understand the benefits of support for women in childbirth.

Key words: Childbirth, Experience, Phenomenology
**Effect of self-management empowerment model on quality of life in elderly patients with hypertension**

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**Introduction:** Hypertension is such a disease which prevalence in old age and causes decrease in level of quality of life in elderly persons. Life quality improvement in elderly patients with severe hypertension requires fundamental changes in their viewpoints that increase their awareness and perception of risk factors of disease and training of preventive behaviors, can cause improvement in their quality of life. So this study investigates the effect of self-management empowerment model on quality of life in elderly patients with hypertension.

**Methods:** This study is a quasi-experimental of the clinical trial. Participants are elderly patients with hypertension in Bousher city and that are easy selected and randomly divided into case and control groups. Intervention in 5 steps was based on the empowerment model (Self-awareness of performance level and self-expectations by client, desirable targeting by client, planning, reform the structure of physical-social-psychological and evaluation). Then, using demographic data and SF36 questionnaires collected and analyzed by SPSS 18 software.

**Results:** Using a nursing empowerment training program (intervention) level of quality of life in case group in various dimensions such as limitation of activity, physical and psychological health problems, psychological and emotional energy, social activities, pain and general health increased significantly than before the training program (p<0.001). While, at the same time in the group with no training program (control group) there was no significant change in their dimension of quality of life (p>0.001).

**Conclusion:** For empowerment of elderly patients with hypertension, while strengthening their capabilities in their self-care based on their knowledge of the capabilities and expectations themselves and desirereating can cause to safeguard and improve their quality of life.

**Keywords:** quality of life, aging, hypertension, empowerment
Examining the impact of nurse notification by phone (telenursing) on anxiety level of hospitalized patient’s family in intensive care unit in Imam Khomeini hospital in Ilam in 2013

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Background and aim: Members of patient’s family have often tend to be answered to their question’s in understandable form and be aware of patient’s clinical condition as soon as possible. Closed doors of intensive care unit actually separates family from patient and this cause anxiety in family member’s. On the other hand telephone connection looks restrictions on time and place and decreased the separation between family and patient. Thus in this study the impact of telephone notification by nurse on anxiety level of family patients in intensive care unit of Imam hospital of Ilam province is investigated.

Materials and Methods: This is semi-empirical study which has been done in order to examining the impact of notification by nurse on the anxiety level in hospitalized patient’s family in intensive care unit of Imam hospital in Ilam province. Sample of this study is 35 members’ that were selected with non-probability sampling method. In this study, the questionnaire of anxiety examining which previously had been placed in member possession; once before the intervention and then after each phone call which was performed on daily basis for three days, with self-reporting method by family member was completed. Content and test – retest as well as internal consistency (cronbach’s alpha) and intraclass correlation (Icc) methods were used for validity and reliability of questionnaire respectively. The demographic data form which made by researcher completed by family member’s and also content form of phone calling completed by researcher before each call.

Finding’s: Wilcoxon test shows the significant difference between anxiety in before and after first calling and after second calling, and after third calling And also before and after end of intervention (average of three day) which it means (p <0/001). Before telephone intervention the average of anxiety in samples was 47/71 that after 3day telephone intervention decreased to 35/69. Also before telephone intervention most average of anxiety in men was observed (49), but after the end of telephone intervention this average was rather than women hence (37/81). In terms of marital most average of anxiety observed in before and after telephone calling in married people.

Conclusion: According to positive results of this study and since the telephone technology exist in each home and in other hand is easy to use and available it is recommended that this technology placed in realm of care-education for nurses.

Keywords: Phone notification, Anxiety, Family, Intensive care unit
Explaining nurses commitment to hospital in Iran ;the role of perceived procedural justice and job satisfaction
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Background: Shortage of professional nursing staff has become a serious and global challenge in several countries including Iran so that employment and particularly retaining engaged nurses is a competition between hospital managers. This study conducted to determine The role of job satisfaction and perceived procedural justice in explaining Iranian clinical nurses’ organizational commitment.

Materials and Methods: In this Descriptive - correlational, cross-sectional and multicenter study, 400 questionnaires were distributed among nurses employed in 15 hospitals affiliated to Tehran and Iran Universities of Medical Sciences located in Tehran, Iran through multi-stage cluster sampling in 2013. Data collecting tools included 4 sections as demographic specifications, Linz’s organizational commitment survey (2003), Alterman’s job satisfaction (2007) and Niehoff and Moorman’s Organizational Justice (1993). In this regard, validity, Internal consistency coefficient were approved through content method and confirmed Cronbach’s Alpha, respectively. Exclusion criteria included failure to complete all questions and having less than one year of work experience in current hospital. Ultimately, 373 questionnaires were analyzed using descriptive data and stepwise multiple regression at Confidence level of 0.95.

Findings: 22 percent of nurses were interested to leave their current workplace. Through nurses’ point of view, justice of Head Nurses and Nurse Managers to implement procedures was “relatively unfavorable” and “lower than mean”. Job satisfaction and procedural justice explained 28 and 11 percent (totally 39 percent) of hospital commitment variance, respectively, which was statistically significant (p<0.001).

Conclusion: In order to retain nurses committed to hospital, health-care managers and other Authorities need to provide conditions for better satisfaction and dealings and advantages assignments for clinical nurses should be conducted based on more objective and more regulated criteria.

Key words: Job satisfaction, Organizational commitment, Procedural Justice, clinical nurses
Investigation effects of therapeutic touch technique on acute induced-vomiting in breast cancer women in 1391-92 in Isfahan
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Introduction: Nausea and vomiting are the worst and prevalent chemotherapy induced complication experienced by 70-80% of patients. Reduction of this is one of the most important roles of oncologist nurses. The purpose of this research is to Investigate effect of therapeutic touch technique on acute induced-vomiting in breast cancer women in 2013-14 in Isfahan.

Method & material: A quasi-experimental, randomized control trial, one side blind, 3 research groups (control, placebo, intervention), with intervention of Therapeutic touch technique on breast cancer women, with same medicine regiment between 3 groups was done. The research was constructed by random allocation in 3 groups. Information was recorded by demographic form and vomiting intensity analog scale, 24h after infusion of chemotherapy drugs. Data analysis by SPSS, v16 and kruskalwallis test.

Result: Findings show therapeutic touch technique was significantly effective in reducing vomiting intensity compare to control group (p<0.0001) but it was not effective in placebo group (p=0.07).

Discussion: This research shows that TT technique is effective in reducing acute chemotherapy induced-vomiting, however patients in placebo group were affected by researcher hand movement, so more researches are proposed.

Key words: acute vomiting, Therapeutic touch, breast cancer, chemotherapy
Aloe Vera and Episiotomy Care
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Introduction: Pain has a history as old as human existence and is made by different causes same as episiotomy. Herbs have a special place to promote the public health. This study aimed to determine the effect of aloe vera gel for perineal pain and wound healing after episiotomy.

Methods: This study was a randomized clinical trial. This study included 84 women who underwent episiotomy in Saveh 17 Sahrivar hospital and had inclusion criteria. They were randomly assigned into two groups: Intervention group (receiving the aloe vera gel made by Barij Essence company) and control group (receiving Betadinesitz bath). It takes 10 days. Pain was assessed by VAS standard tool and wound healing was measured by REEDA standard tool 3 times; before intervention, 7th and 10th day post episiotomy. The data were analyzed by SPSS.

Results: Results determined there was no statistically significant difference between two groups in terms of baseline pain and the appearance of the wound (respectively P=0.20 & P=0.464). After implementation of intervention in 7th & 10th day, The pain in the intervention group was lower than control group and their difference was significant (respectively P=0.04 & P=0.001). Wound healing in the intervention group was higher than control group in 7th & 10th days and also their difference was significant (respectively P=0.02 & P=0.018).

Conclusion: Aloe vera gel not only relieved the pain but also increased the rate of wound healing in episiotomy wound in 7th and 10th day after episiotomy.

Keywords: Aloe vera, pain, wound healing, episiotomy.
The effects of Progressive Muscle Relaxation (PMR) on the quality of life in older men and women
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Introduction: The growth rate of the elderly population in developing countries is very high. In addition, the quality of life of these people is decreasing for many reason. The purpose of this paper was to determine whether PMR could improve Quality of Life (QoL) in older people.

Methods: 55 elderly men and women participated in this quasi experimental study, which was carried out in an elderly care center. In order to investigate the effects of PMR on different dimensions of their quality of life, before and after the interventions, the quality of life of both groups was measured using SF-36 questionnaire. The Mann – Whitney, Chi-square and non-parametric statistical tests were used for statistical analysis.

Results: The Mann - Whitney test showed that after using PMR, the quality of life of the experimental group significantly increased compared to previous performances on different dimensions such as physical functioning, role functioning, bodily pain, general health, vitality, social functioning, emotional functioning and mental health (P <0.01).

Conclusions: The results of this study show that the use of non-pharmacological methods such as relaxation techniques can improve the quality of life in many aspects and pave the way for healthy aging and having more health in this period.

Keywords: elderly people, quality of life, Progressive Muscular Relaxation
A group-foundation exercise schedule on quality of life and well-being in older men and women

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Introduction: The aim of this study was to determine the effect of a group-foundation exercise schedule on QoL and well-being in the elderly.

Methods: In this study fifty older people aged 60 and older were included. Group-foundation exercise schedule was administrated to the individuals for 12 weeks (3 times a week) at the rehabilitation unit. Outcome measures included a short form-36 (SF-36) and well-being questionnaires. SPSS for Windows (version 13) was used in the data analysis.

Results: The mean age of patients were 68.3 ± 5.8 years. After completion of the exercise schedule, the scores of the SF-36 for the participants were observed statistically significant improvement (p < 0.05). There was no statistically significant changes were determined with the well-being-domains evaluation.

Conclusions: Using group-foundation exercise schedule resulted improvement in the scores of QOL and well-being domains. We have shown that this exercise schedule is effective and suitable for older people.

Keywords: Exercise; Quality of life; well-being; elderly
Determine the relationship between demographic factors affecting the self-esteem of midwifery students

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Introduction: Self-esteem, is a degree approved value that persons feel about themselves, or judgment that is in relation to its value, according to the needs of the mental and emotional health of the students, which is a significant percentage of the population, is very important. This study aimed to determine the relationship between demographic factors affecting the self-esteem of midwifery students were studied.

Methods: This descriptive cross-sectional study was conducted on all midwifery students who are studying at Islamic Azad University of Rasht in the second semester of academic year 2012-2013. The information was gathered through questionnaire which has two parts, personal information and the questions about Copper-Smith inventory (for assessing self-esteem). The data was analyzed by SPSS software using descriptive and analytical statistics.

Result: This study shows, the mean age of students was 21.5±1.96 years. Also, the mean score of self-esteem among students was 32.49±4.45. 92.8% of the subjects had high levels of self-esteem. There were not significant relationship between score of self-esteem level and (age, marital status, job and education of parents). But there was significant relationship between score of self-esteem level and economic situation.

Conclusions: The results indicate that the average score of students with high self-esteem, and the importance of self-esteem does not only allow us to have a better feel, but also provides an opportunity to better our lives and enable challenges make life better face and a favorable opportunity, take more interest.

Key words: students, self-esteem, Demographic factors
The survey of relationship pre-pregnancy BMI and maternal outcomes
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Introduction: On various factors affecting people's weight, such as education, economic - social and geographical. High or low weight before pregnancy effect on pregnancy outcomes. The study aimed to determine the relationship between pre-pregnancy BMI and maternal outcomes.

Methods: This retrospective study was conducted based on existing data on 511 pregnant women in Guilan province. Data collection was based on their health record information in health centers. Delivery Outcome were studied on based BMI pre-pregnancy. Data analyses were performed with spss ver/19 and by using the test of Chi Square, T-test, and ANOVA.

Results: In this study was average of maternal primary BMI 25.69 4.88 and average age of the pregnancy was 38.84 1.20. Preterm delivery was 11 / 9% of individuals. Most methods of birth were a Caesarean section, especially in groups with normal BMI. There was a significant difference relationship between BMI pre-pregnancy of mother and gestational age, but there was not a significant difference relationship between BMI pre-pregnancy of mother and the variables of blood pressure, pre-clampsia, preterm rupture of membrane and preterm labor.

Conclusion: Necessary trainings in maternal weight gain and reached a normal BMI before pregnancy, can greatly impact the incidence of adverse maternal pregnancy prevention.

Key words: BMI, maternal outcomes, Pregnancy
Mental health status of hospital nurses in khorramabad city

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Introduction:
Due to the harsh conditions of work and employment of nurses will experience more stress and are more vulnerable. The nurses who have not suitable mental health not able to effective care of patient. Because of the importance of mental health nurses and Key role in the quality of nursing care, it was researcher to study the mental health status in the nurses do.

Methods:
This study was a cross-sectional study is correlations of the 169 nurses working in hospitals Lorestan University of Medical Sciences were studied. Data gathered by a questionnaire that included demographic information and mental health questionnaire (GHQ-28) was performed and the data collected using descriptive statistics (mean and standard deviation) and inferential statistics (chi-quar) and T-test and ANOVA and analysis was performed using spss software vulnerable.

Results:
A total of 78 patients (46/2%) were asymptomatic and 91 (53/8%) were marked. Overall mental health of the average 27/9% and a standard deviation of 13/1, respectively. sex, marital status and job history and income level), but no significant association was found between physical activity was significantly associated with mental health.

Conclusion:
In this research significant association was found between mental health and physical activity that with important found seems nescessory that nurses must be do regular physical activity in her life and Enhance Mental health

Key words: Nurse, Mental health, Hospital.
Effectiveness of stress management training on Improved quality of life in patients with type 2 diabetes
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Introduction: Quality of life in chronic diseases such as diabetes is a very important concept. As part of the health care system, nurses can have an important role to provide stress management training and improving the quality of life in diabetic patients. So quality of Life diabetic patients will improve with an adaptive techniques learning to deal with stress, such as relaxation and problem solving.

Methods: This study was a quasi-experimental intervention study. The study sample was 96 female and male patients with type 2 diabetes (48 patients in the control group and 48 patients in the intervention group), that were selected randomly accessible. Quality of life in patients before and after the intervention groups was measured with a questionnaire SF36. Data were collected and analyzed with 20spss and two sample T, paired t test, repeated measures and ANOVA.

Results: The total mean score of quality of life before and after intervention in the control group was (53/15 ± 1/54) and (69/16 ± 21/54). The total mean score of quality of life before and after intervention in the intervention group was (79/14 ± 32/54) and (41/12 ± 52/63). T-test results showed there is no significant difference in quality of life the patients in intervention group and the control group before stress management training (94/0 p =) and in the control group before and after stress management training (89/0 p =). Also T-test results showed there is significant difference in quality of life the patients in the intervention group before and after stress management training (001/0 p =) and in the intervention group and the control group after stress management training (001/0 p =).

Conclusions: The results showed that cognitive behavioral stress management will be able to improve the quality of life in intervention group. It is recommended that the treatment be provided as a supplement to medical therapy in the treatment of diabetes centers.

Keyword: Stress Management, Quality of Life, Type 2 Diabetes
Health-promoting lifestyle and its relationship with perceived stress in infertile couples referring to Infertility Center, Tabriz, Al Zahra Hospital, 2013
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Introduction: Having children and enjoying the fun of being a parent is entitled to every man and woman, but a high percentage of couples experience infertility. Despite many studies have shown the relationship between physical issues – psychological and infertility, however, aspects of infertility are still unclear. To achieve success in the treatment and support of individuals, identify lifestyle that improves health, it seems necessary. This study is carried out with the aim of describing the status of health-promoting behaviors and its association to perceived stress in infertile couples.

Methods: This study is a descriptive cross-sectional study on 322 infertile couples referring the Infertility Center; Tabriz Al-Zahra hospital. Samples were selected through simple random sampling method. Questionnaires used in the study were demographic data questionnaire Lifestyle Profile II (HPLP-II) questionnaire with 52 questions and Perceived Stress Scale (PSS = Perceived Stress Scale. Pearson test, t-test, ANOVA and multiple regression analysis used to determine Health-promoting lifestyle and its relationship to perceived stress in infertile couples. Data were analyzed by SPSS win/17

Results: The findings showed that the mean (SD) score of health-promoting behaviors in women and men, 2.4 (0.4) of the range attainable score was 1-3. The mean (SD) score of perceived stress in women 27.4 (6.0) of the range attainable score 5-47 and the mean score of perceived stress in men and 25.9 (5.3) of the range attainable score of 8 - 43, Also a significant inverse association (p< 0.001) between health-promoting behaviors and perceived stress were observed in both men and women.

Conclusion: According to The results of the study, the mean score of perceived stress in infertile women is more than men, and considering to the inverse relationship between stress and promoting health behaviors, strategies are suggested for improving health behaviors to reduce stress to help infertile couples.

Keywords: Health-promoting behaviors, perceived stress, infertile couples
Nutrition, Physical activity in menopausal women
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Introduction: Nutrition and physical activity are health promoting behaviors’ dimensions. A person’s health depends on the type of diet and activity lifestyle. Unhealthy diet and sedentary lifestyle as one of the important problems of our society. This study aimed to assess nutritional status, physical activity and predictors have been conducted in menopausal women.

Methods: In a cross-sectional study, 400 menopausal women that were 45-60 years old selected using cluster random sampling from Langroud city in Gilan, Iran. Data were collected using Health Promoting Lifestyle Profile II (HPLP-II) questionnaire. The demographic data were collected too. Data were analyzed by T- test, one way ANOVA, correlation and linear regression, using SPSS-13.

Results: Results indicated that the mean (SD) total score of nutrition in menopausal women was 2/6 (0/4). Based on linear regression analysis between the total score of feed to body mass index, marital status and number of children, there were significant relationship. Mean (SD) total score of physical activity in menopausal women was 1/6 (0/3). Based on the results of the linear regression between physical activity to age at menopause, number of children, education and life satisfaction significant relationship were found.

Conclusion: The results showed that the nutrition status in menopausal Women is average, and poor physical activity level was low. Therefore, strategies to promote dietary behavior and lifestyle changes on mobility must be designed and implemented in this segment of the population to the status of lifestyle to the optimal level of reach.

Keywords: Nutrition, physical activity, Menopausal women.
The Effect of non-pharmacological methods of pain relief in labor on Mothers’ postpartum depression: a Randomized Controlled Trial

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Introduction: The global prevalence of depression for women is roughly twice that for men and it reaches its highest possible rates during their reproductive years. In all studies, the prevalence of postpartum depression fluctuates between 4.5 and 28 percent has been reported. In Iran, the pattern of prevalence of postpartum depression follows the pattern of developing countries that is about three times higher than in developed countries. This study was conducted to investigate the effect of non-pharmacological methods of pain reduction of labor on postpartum depression in women who attending to the Alavi Training Clinical Center (ATCC) located in Ardebil, Iran.

Methods: This clinical trial research conducted on pregnant women, who had referred for delivery to the Alavi Training Clinical Center (ATCC) and met inclusion criteria for this study and randomly assigned into intervention and control groups (320 women were randomized; 158 in the intervention group and 162 in the routine care group). Initially the available sampling method was used. Whereas in the intervention group continuous support was carried out throughout the labor process, positioning and movement, music, aromatherapy, Showering, consumption of a light diet or water, the control group just received a routine care. Consequently the efficacy of the mentioned methods was compared to the control group that receives the routine intrapartum care on postpartum depression. The Edinburgh questionnaire was used to measurement of postpartum depression in two phases, before and two months after delivery. The results were compared and analyzed using Chi-square, Fisher exact test; independent t-test and ANCOVA.

Results: Considering all the context variables such as socioeconomic status and demographic, obstetric, psychological, cultural, neonatal factors both study groups equally matched up and displayed no significant differences. There were no significantly difference between the intervention (6.1 ±3.2) and control groups (6.3 ± 3.2) in the mean and standard deviation of maternal depression scores before delivery (P=0.610). The mean and standard deviation of maternal depression scores eight weeks after delivery in the intervention (7.8±4.6, MD 0.829) and control (8.8±5.4, MD -0.829) groups compared to controlled depression scores before the study found no significant differences between the two groups (P=0.124).

Conclusion: Although the comparison of the mean and standard deviation of PPD at eight weeks after birth with control of depression scores before delivery showed no significant differences in the two groups, however it shows slight reduction in the intervention group. This can be caused due to the maternal protection from exposure to acute stressors leading to their anxiety reduction during labor using non-pharmacologic labor pains and protective measures, mainly in women with underlying incidence of depression and low social support.

Keywords: Non-pharmacologic methods, labor, pain relief, postpartum depression.
Prioritize specific clinical competency indicators; providing a structured instrument using by exploratory factor analysis

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Introduction: Nursing as a clinical discipline is developing day to day in emergencies wards. The health care system should assess and prioritize clinical competence indicators in this wards continuously. The lack of clear standards in determining clinical competence indicators, evaluation will be challenged. Evaluation and prioritization of these indicators is necessary to consider the system.

Methods &Material: This study is a need Assessment of the Delphi method in three phases: the first phase (determine the specific Clinical competence indicators), Phase II (classify specific clinical competence indicators by members of the expert panel) third phase (prioritize specific clinical competence indicators) through convenience random sampling among nurses working in emergency wards the Therapeutic Educational Centers of Guilan was conducted to prioritize specific clinical competence indicators. exploratory factor analysis was used for the final prioritization.

Results: In prioritizing Phase, data were collected from 710 nurses over a period of two months. The six factors found with loading of 0.4 ≤ for 37 of expression classified by the expert panel, which provides a structured instrument in two domains; Speciality - Scientific Capability & Basic clinical skills.

Conclusion: One option to close the theory and practice in the nursing profession is determination and prioritizing clinical competence indicators in different wards, including emergency. Factor analysis can be used to prioritize these indicators. Further research on the health care system in order to achieve reliable and valid instrument is needed.

Keywords: Clinical Competence, Emergency Service, Hospital., Nursing Staff, Hospital.
Effect of end-of-life care education on the attitudes of nurses in infants’ and children’s wards


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**Introductions:** Infants palliative care becomes an important aspect of nursing when providing welfare and promoting children's life quality are the objectives of care. The number of children with life threatening diseases has increased alongside the developments in technology and medical treatment in medicine. It is a fact that our attitudes are related to our behaviors and performances. This research was conducted with the aim of assessing the effect of intensive course of children's palliative care on the attitudes of children and infants' nurses in Isfahan University of Medical Sciences.

**Methods:** This was a quasi-experimental, two-group and two-stage study in which 56 nurses working at Infants’ and children’s wards who met inclusion criteria were divided into experiment and control groups. The participants of experiment group attended in the infants' palliative care training course which lasted for 3 weeks. A reliable and already validated questionnaire of Infants and Children Wards Nurses' Attitudes Regarding the Dying Children was used before and after training.

**Results:** There was no significant difference between the two groups regarding demographic characteristics, except form marital status which was found the study findings were not confounded by it. There was a significant difference between mean test and re-test scores in the experiment group and also between the mean scores of control and experiment groups after training. There was no significant difference between mean scores before and after training in the control group.

**Conclusion:** End-of-life children care is one of the issues in modern medicine which has not gained a definite status in Iran. It is hoped that nurses would be the forerunners of this modern science in Iran.

**Keywords:** Education, child care, children, nurses, attitude.
Comparing walking and selected aerobic exercise on some blood lipids in overweight postmenopausal women

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Introduction: Regarding the importance of physical activity in preventing blood lipids disease, this study was done with the goal of comparing walking and selected aerobic exercise on some blood lipids in inactive postmenopausal women (50-60 years-old).

Methods: In this study, 45 healthy postmenopausal women were randomly divided into 3 groups of 15; selected aerobic training, walking and control. First, the heart rate was measured (04/15 ± 47/80), then maximal oxygen consumption (22.65 ± 1.46) and the body dimensions, including height (156.7 ± 6.72) weight (68.87 ± 9.22), and body mass index (28.74 ± 1.78), then, cholesterol, VLDL and triglycerides values were studied in Laboratory. Time and intensity of exercise were identical for two groups. Increasing intensity of 50-70% of maximum heart rate was in 12 weeks, 30 to 90 minutes, and 5 times a week (30 minutes at 50% MHR intensity for the first week and 90 minutes at 70 percent MHR in the last week). After the training period, systolic cholesterol, VLDL and triglycerides values were measured again and the data were analyzed with the dependent T-test, MANOVA and TUKY follow-up test. The results indicate that differences between exercise and control groups were significant.

Results: Accordingly, the results of walking and selected aerobic exercise had significant effects on reducing mean cholesterol, VLDL and triglycerides, and there was significant difference in, VLDL and triglycerides values between two groups after 12 weeks.

Conclusion: As the walking group showed higher mean, this study showed that aerobic exercise, either walking or in the form of selected aerobic exercise causes decrease in the mean of some blood lipids like cholesterol, VLDL and triglycerides in postmenopausal women, among which walking indicates greater effectiveness.

Keywords: postmenopausal, blood lipids, walking, selected aerobic exercise, overweight
Demographics characteristics, quality of life and general health in patients with irritable bowel syndrome (IBS)
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Introduction: irritable bowel syndrome (IBS) is one of chronic gastrointestinal disorders identified by a set of symptoms including abdominal pain or discomfort accompanied with a change in bowel habit (diarrhea or constipation). The aim of this research is to study the relationship of demographics characteristics with quality of life and general health in patients with IBS.

Methods: the method is descriptive-analytical. 71 patients referred to specialized clinics of Kashan province were selected by the in-access method. The tools of research include quality of life questionnaire specific to IBS patients (IBS-QOL-34), demographics characteristics questionnaire and general health questionnaire (GHQ-28).

Results: the analysis of findings shows that there is a meaningful relationship between demographics factors (gender, age, marital status, education) and stricken with IBS. In addition the average of negative bodily image component scores (one of the components of quality of life) were more in women (e.g. women felt their belly bigger than men). Depression and physical symptoms (components of general health) were found more in sub-types of under the diploma.

Conclusion: according to the findings, vulnerability in women is more than men, in married is more than single, in under diploma people is more than other sub groups and the age group 21-30 is the most.

Keywords: Irritable Bowel Syndrome, Quality Of Life, General Health, demographics characteristics.
Assessment of Personality Traits in Women With severe Dysmenorrhea

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Introduction: Dysmenorrhea is a common gynecological disorder in women of reproductive age that causes social, physical, psychological and economic problems. As the psychic factors affect the physical conditions and pain perception and its demonstrational aspects therefore this study is performed to evaluate the frequency of personality traits in Women With severe Dysmenorrhea and compare personality characteristics between Women With severe dysmenorrhea and without dysmenorrhea.

Methods: This is a descriptive analytical and cross-sectional study and the study population was the female medical students at Mashad University of Medical Sciences. 200 students were proportionately sampled using a subject selection Form. They also filled out the interview checklist. On specific days, the menses pain intensity form and the Eysenk personality questionnaire were completed. The data were analysed using SPSS software and chi – square, Fisher's exact and Mann whitneyu tests.

Results: Significant differences were found between the two groups as for the frequency of introversion: in the group with severe dysmenorrheal 66.6% and the other group only 12% were introvert. In addition, the frequency of neurosis was statistically different across the two group (%53/3 in the group with severe dysmenorrheal and %10 in the other group). Also the two groups were statistically different in the prevalence of psychosis (%53/3 versus %32 for the group with severe dysmenorrheal and without dysmenorrheal respectively).

Conclusion: Introversion, psychosis and neurosis were more prevalent in women with severe dysmenorrheal than in women dysmenorrheal.

Key word: Personality; Personality Traits; severe Dysmenorrhea.
Evaluation relationship between lifestyle and general health in students of Islamic Azad University, Bandar Abbas
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Introduction: Certainly health is the most important aspects of human life and health necessary condition for social roles(1) Lifestyle concept based on the idea that people normally discernible pattern of behavior in their daily live sex hibit. Recently, this concept has been very important(1)the aim of this study was to Evaluation relationship between lifestyle and general health in students of Islamic Azad University Bandar Abbas.

Methods: This study is a descriptive –analytic-cross sectional study in 2012, that relationship between lifestyle and general health in students were Evaluate.764 students of Islamic Azad University Bandar Abbas that before accept in the lack of mental health disorders, chronic illness and disability who formed the study population. In this study ,three questionnaires were used to collect dat.

Results: Most students were single .In digenous students were more than non-local. Most students were financially dependent. There was a significant relationship between Sex, marital status, Indigenous and general health , also a significant relationship between socioeconomic status ,nutrition ,Principles of safety and general health was there.(P <0.001).

Conclusion: This study show attention and emphasizes of role Increase awareness in these student about improving lifestyle and Habits of good behavior to Students with improve lifestyle prevent from disease outbreak and this factor should be consider edasa prevent ivefactor.

Key Word: Lifestyle, General health, Students
Effect of combining the two methods of relaxation and cognitive therapy on stress, anxiety and depression among nursing students

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Introduction:
Stress has been defined as a barrier to concentration, problem solving, decision making, and other necessary abilities for students' learning; it also has some symptoms and illnesses in the students such as depression and anxiety. In reviewing stress and its consequences, the methods of coping with stress in the method of response to it would be more important than the nature of stress itself. Therefore, this study aimed to determine the effectiveness of stress management training program on depression, anxiety and stress rate of the nursing students.

METHODS:
This parallel group randomized quasi-experimental trial, was done on 68 Bs nursing students of Nursing and Midwifery School in Isfahan University of Medical Sciences from 2010 to 2011. The questionnaires of this study consisted of individual characteristics and Depression, Anxiety and Stress Scale (DASS-42). In a random fashion, the intervention group was trained with stress management training program in 8 two hours sessions, twice a week. The questionnaires were completed by both groups before, after and one month after the study.

RESULTS:
The results of the study indicated that there was no significant difference before the intervention in depression; anxiety and stress mean scores in the two groups. After the intervention, the mean scores of anxiety and stress in the intervention group was 5.09 (4.87) and 8.93 (6.01) and in the control group was 10 (6.45) and 13.17 (7.20), that reduction in depression mean score was significantly greater in the intervention group in the control group (p = 0.040). Furthermore, the mean scores of anxiety and stress showed a significant difference between the two groups (Anxiety p = 0.001; Stress p = 0.011); this reduction also had been remained after a month.

CONCLUSIONS:
According to the results of the present study, holding stress management training program workshops in different courses of the mental health department can improve mental health of the students.

KEYWORDS:
Psychological stress, anxiety, depression, nursing students, training programs
Strategy for Improvement Stillborn Mothers Mental Health from Their Perspective: A Qualitative Study

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Introduction: when mothers are informed about the occurrence of stillbirth, Stress period begins. Many researchers believe that the failure to provide and care required by health teams during the hard times after the fetal death is the main determinant of maternal mental health in the future. In other words, psychosocial support by medical providers can significantly improve mental outcomes of mother after stillbirth. This study aimed to explore stillborn mothers’ Suggested strategies to provide maternal mental health in the experience of stillbirth

Methods: Twenty women have experienced stillbirths participated in this qualitative content analysis study. They were selected through purposeful sampling method. Data was gathered by individual interviews recorded on audiotapes, transcripted and then analyzed. Interview transcriptions were coded and then classified . Finally three main categories and nine subcategories were emerged.

Results: Analysis of participants’ viewpoints and their sayings about Suggested strategies to provide maternal mental health in the experience of stillbirth lead to development of three main categories:” Before delivery strategy” with 3 subcategories, “During labor strategy” with 3 subcategories and “Postpartum strategy” with 3 subcategories. Analysis of findings showed that, Providers can mitigate some of the long-term negative mental outcomes for mothers by spending extra time with grieving mothers, facilitating bonding, validating their emotional expressions.

Conclusion: According to the results, it seems necessary to revise and modify the care plan in the experience of stillbirth in order to improve mental health in this mothers. Midwives and health care provider according to Strategies are formulated specifically for health professionals to do effectively and properly care for the mothers

Keywords: Mental Health, Stillborn Mothers, Strategy, Qualitative Content Analysis
Comparison of Service Quality of Centering Pregnancy versus traditional Maternity care in Tabriz Health Centers and Health Posts

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Introduction: This study was aimed to improving Service Quality of maternity care from the perspective of pregnant women based on Centering Pregnancy model.

Methods:A randomized field trial carried out at Tabriz health centre and health post in Iran at 2012. The study participants was identified randomly among pregnant women’s registration list, so, 95 women in intervention group from 10 centers and 95 women from 11 health centers as control group were selected. Eligible participants were Pregnant women who live in Tabriz, receiving care from health center and health post of public health system and receiving at least 3 cares during pregnancy included in study and women who unwilling to participation excluded from study. Providing pregnancy book and organizing support group based on Centering Pregnancy was considered as intervention. Service Quality (SQ) was calculated using: $SQ = 10 - (Importance \times Performance)$ based on importance and performance of non-health aspects from the customer’ perspective. Data analyzed with SPSS-17 software.

Results: Overall service quality from the customers’ perspective in the control group was 7.63(0.91)and8.91(0.76) in intervention group, this difference was statistically significant (p<0.001). Also, the intervention group received greater score in SQ sub dimensions such as; Communication, Autonomy, Availability of support group, dignity, Safety, Prevention and availability than control groups. These differences indicate positive effect of conducted interventions on quality improvement.

Conclusion: Result of this study indicated that increase participation in care delivery and informing pregnant women’s regard to maternity care standards and their rights based on support groups and Centering Pregnancy care have important role in improving the quality of maternity care and could assist health system to achieve its objectives about delivering high quality services.

Key words: Service Quality, Patients’ Perspective, Maternity Care, Centering Pregnancy
The effect of peer-led education on physical and mental health of Mothers of Children with Cerebral Palsy

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Introduction: Cerebral palsy is a physical disability that due to involvement of all body systems and associated disorders such as visual disturbances, hearing, speech, mobility, seizures, and ... In its basic needs, are dependent on mothers who are often the primary caregivers. Thus, mothers of children with cerebral palsy compared with mothers of normal children are responsible for more caring duties, have experienced more stress in their life and have fewer physical and mental health in the community. Therefore, this study was conducted with the aim of determining the effects of peer education program based on physical and mental health of mothers of children with cerebral palsy.

Methods: This quasi-experimental study was performed by selecting 60 of cerebral palsy children’s mothers and allocation of randomized two groups of tests and control groups (each group included 30 mothers). The Bahar center of Shiraz was the research environment. After preparing the peer group, five training sessions were held during five weeks by peer group for the test group. Data collection tool was a questionnaire named physical and mental aspect quality of life questionnaire (SF36). This was completed by both groups before and 2 months after the program. The data were analyzed using chi-square test and independent T.

Result: Data analysis with independent T showed that there is a significant difference (p=0.000) in scores of physical health in experimental group with mean 10.94±16 and in control group with mean 0.020±6.90. Also in scores of mental health in experimental group with mean 7.60±4.97 and in control group with mean 4.27±6.17 was significant (p=0.000).

Conclusion: Therefore, peer education program based on the experiences of mothers about their mental and physical health and formation of the peer group in order to understand each other's experiences as a source of support seems essential.

Keywords: education program, physical and mental health, mothers of children with cerebral palsy, peer-ed
A survey about effective factors on the marital satisfaction in nurses of Rasht city, 2013

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Introduction: Marital satisfaction is an important component of married life that gives it meaning and identity. Increase marital satisfaction can improve physical health, psychological, economic development, job satisfaction and overall life satisfaction. In attention to nurses, exposure to various stressors in the workplace in several psychological and physical injuries makes them vulnerable to direct and indirect injuries; so determine marital satisfaction and factors related to it can improve the validity and efficiency of this force in human. This study has been done to determine of effective factors on marital satisfaction in nurses of centers in Rasht city.

Methods: In this descriptive study, 500 married nurses employed in 8 education-medical Centers in Rasht were selected using stratified random sampling. Information were collected by ENRICH and social-demographic characteristic questionnaire and analyzed using SPSS version 16 and descriptive analytical statistical tests (Independent t test, OneWayAnova, Pearson's test, Regression Logistic Ordinal).

Findings: Most subjects (61.6%) had relative marital satisfaction. Between marital satisfaction and age (P=0.002), age consort (P=0.001), history job (P=0.0001), personal income (P=0.002), the place of service (P=0.0001), shift work (P=0.003), employment status (P=0.0001) number children (P=0.001) there is a significant relationship.

Results: The results of this study indicate relative marital satisfaction of nurses and effect shift work as a variable affecting it. Given the importance of preserving the family seems to be the focus of strategies for improving job satisfaction and they also have hard considering it.

Keywords: marital satisfaction, effective factors, nurse
Predictors of quality of life in Iranianshemodialysis patients
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Introduction: Quality of Life is a consistent and powerful predictor of disability and mortality in patients with end-stage renal disease. The aim of this study was to determine the factors influencing quality of life among patients with end-stage renal disease on hemodialysis.

Method: This cross-sectional study was conducted at hemodialysis centers in Qom from December 2012 to June 2013. 95 patients with end-stage renal disease were selected via convenience sampling methods. Data was collected by using socio-demographic questionnaire, SF-36 quality of life scale, and anxiety and depression scale. Data were analyzed in SPSS 16 software environment utilizing descriptive statistics and logistic regression analysis.

Results: Mean and standard deviations of quality of life was 44.5 ± 29.52. Higher scores were seen in the social functioning domain (X=59.46), while the domain perceived as more compromised was role limitation due to physical (X=30.91). Anxiety (OR=0.71, P= 0.005) and time on hemodialysis (OR=1.01, P= 0.04) were the main predictors for quality of life.

Conclusions: High anxiety and shorter time on hemodialysis should be considered important predictive factors for the low quality of Life in patients end-stage renal disease and need more care and psychological interventions to improve their quality of life.

Keywords: Quality of life, Predictive factors, Hemodialysis patients.
Religious well-being as a predictor for quality of life in Iranians hemodialysis patients
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Objectives: Spiritual wellbeing is known as a main resource for adjustment and coping with stressful situations of chronic diseases. The aim of this study is to determine the relationship between spiritual wellbeing and quality of life in hemodialysis patients.

Method: A convenience sample of 95 patients with end-stage renal disease who referred to main hemodialysis centers were included from December 2012 to June 2013. Data was collected by using socio-demographic questionnaire, SF-36 quality of life scale, and spiritual wellbeing scale. Multiple logistic regressions were used to identify significant independent predictors of QOL.

Results: Mean and standard deviation of the patients’ age was 50.4±15.72 years and 61.1 percent of the patients were male. 52.6 percent of patients have higher than mean score in spiritual wellbeing scale. Both religious and existential domains of spiritual wellbeing were associated to all subscales of quality of life (P<0.05) excepting general health, physical functioning and role limitations due to physical problems. The results of multiple logistic regression showed that religious well-being was associated with better quality of life in both domains of physical (OR =1.17; p=0.01) and mental (OR =1.14; p=0.02) components after controlling for socio-demographic and clinical variables.

Conclusions: Religious well-being should be considered as an important predictive factor for the better quality of life in hemodialysis patients and nurses should incorporate spiritual supports in the care of these patients.

Keywords: Spiritual wellbeing, quality of life, hemodialysis patients.
Association between maternal hemoglobin concentration and birth weight infant health clinics in Sanandaj in 1392.

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**Introduction:**
Birth weight is an important indicator of the health of infants in each community and is one of the only means to assess pregnancy outcomes. According to studies conducted by the World Health Organization, each year approximately 25 million infants are born underweight. However, the high prevalence of anemia in pregnant women and injuries caused by low birth weight, mixed results about the impact on hemoglobin concentration and birth weight are the present study aimed to investigate the association between maternal hemoglobin concentration and birth weight in infants in the study.

**Method:**
This cross-sectional study was cross-sectional 1500 pregnant women attending public health clinics in Sanandaj, who were referred for prenatal care were enrolled. Information by examining the information recorded in the medical records of pregnant women and completion questionnaires were collected. Twin deliveries, dead infants born preterm labor, drug and alcohol abuse in women with chronic diseases and improved maternal smoking during pregnancy poisoning cases were considered as exclusion criteria. Information space with the help of SPSS and ANOVA and Pearson correlation, regression was performed.

**Results:**
The results showed that most babies with normal weight percent, 83/7% was accounted for by the prevalence of low birth weight infants 5/6% and about 30% were preterm. Maternal hemoglobin concentration in the first and third trimester of pregnancy with birth weight, found( \( P=0/98, P=0/39 \)). However, maternal age was significantly associated with birth weight (\( P = 0/000 \)) Logistic regression and correlation between maternal height and weight showed a negative impact of 1 (\( P = 0/00 \)).

**Conclusion:**
Between maternal hemoglobin concentration and birth weight was found between. Given the importance of the different studies with birth weight at birth, so more research is needed in this area.
Introduction: Many of the behaviors and actions of individuals are influenced by ethical values and are rooted in ethics. Integrity, responsibility, compassion, forgiveness are four basic principles of moral intelligence introduced for continued personal or organizational success. Organizational commitment reflects three factors: belief in organizational values and goals, more tendency to step in the organization path and too much interest in membership in the organization. Therefore, lack of attention to ethics in organizations and poor ethical principles may cause many problems and raise questions about the legitimacy of actions. 

Aim: Purpose of this study was to determine the relationship between the moral intelligence components and organizational commitment in nurses of Yasooj city.

Methods: This study is correlational. Statistical population of this study was all hospital nurses of Yasooj city in 2014 among which 120 were selected randomly. Data was collected using a questionnaire of 40 questions of moral intelligence (Lenik Wykle, 2005) and 15 questions of organizational commitment (Porter). Data analysis was conducted using Pearson correlation and multiple regression analysis.

Results: The mean and deviation value of moral intelligence and organizational commitment was 160.700 ± 16.80 and 66.20 ± 11.47, respectively. There was a significant relationship between moral intelligence and organizational commitment. The highest value was related to component of admitting mistakes and failures (p<0.653) while the lowest value was related to the component of operation based on principles, values and beliefs (p<0.458) respectively.

Conclusion: moral intelligence components are necessary to predict organizational commitment.

Keywords: moral intelligence, organizational commitment, nurses
Relationship between Caregivers Burden Components and Psychological Hardiness of Family Caregivers in Patients with Mental Disorders

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Introduction: Mental stress has many destructive and harmful effects on human health. One of the factors that cause mental stress in people is patient care. According to family system approach, the whole family system is affected by a change in one part of the system. It is believed that a caregiver receives rewards and positive reinforcement. However, the research results show that the intensity of the role of care giving cause mental problems in the caregivers family. If caregivers can identify and overcome the stress variables will have a better mental health. Psychological hardiness is one of the moderating factors to deal with the mentioned mental stress. The purpose of this of this study was to investigate the relationship between caregivers' burden components and psychological hardiness of family caregivers in patients with mental disorders. Aim is determination of the relationship between caregivers' burden components and psychological hardiness of family caregivers in patients with mental disorders.

Methods: This is a correlational study. The study population included all family caregivers patients with mental disorders admitted to the Shiraz Ibn Sina hospital in 2013. 80 caregivers were randomly assigned to respond 24 questions of Novak caregivers' burden questionnaire and 27 questions of psychological hardiness of Ahvaz. Reliability and validity of the research instrument been proven in the studies. Data analysis was conducted using Pearson correlation coefficients and multiple regression analysis.

Results: The obtained results indicate that there is a significant relationship between total score of caregivers burden and psychological hardiness (P<0.245). Among scores of caregivers burden components, there was a significant relationship between the score of social caregivers' burden(P<0.254), time dependent caregivers burden(P<0.245) and psychological hardiness. No significant relationship was observed in the score of other components. However, there was a positive directed relationship between the components and psychological hardiness.

Conclusion: Psychologically more resilient people have less mental stress and caregivers' burden.

Keywords: caregivers burden, psychological hardiness, mental disorders.

Effect of sexual psychotherapy in vaginismus in fertility years in shiraz/iran 1392.
Introduction
Female sexual problems are very extensive. Thirty-five to forty-five percent of female suffer from sexual disturbances. 8% have dyspareunia and 5% have vaginal spam. Causes of vaginismus are psychological factors such as sexual fear, history of sexual trauma and etc.
Aim: Effect of sexual psychotherapy in vaginismus in fertility years in Shiraz/Iran.

Method
This is a quasi experimental research. Samples were 42 female with diagnosed vaginismus by obstetrixt specialist. 30 female divided in experimental group and 12 female in control group. Cognitive behavioral therapy based on diagnostic and statistical manual of mental disorder 4th version text revise was done. Data collected by validated questionare that provided by literature review, consist of demographic data and signs of sexual disturbances. Data analyzed by descriptive statistic and pearson correlation coefficient and t test.

Results
This study showed that in all cases mean of vaginismus before sexual psychotherapy was 23/83 and after that was 3/8. Difference of sexual desire before intervention in control and experimental group wasn’t significant (p = 0.646). The results also showed that two groups were similar. But after psychotherapy it was meaningful in experimental group. Therefore sexual psychotherapy caused to increase sexual desire (p = 0.019). In control group difference of sexual desire in first measurement and second measurement wasn’t meaningful (p = 0.754). Sexual desire in this group wasn’t changed in duration of research.

Conclusion and Discussion
Sexual psychotherapy had positive effect in treatment of vaginismus. Rate of sexual desire after treatment was increased. Therefore all females in fertility years must are encouraged to interview about their sexual problems with health care team.
Key words: sexual psychotherapy, vaginismus, fertility years.
Nurse’s Knowledge about sexual health education to clients in hospitals and clinics in Jahrom/Iran.

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Introduction: Nurses as member of health team must know essential things about sexual problem to increase sexual health and do essential cares for confrontation with sexual difficulties. Some nurses have conservative and rigid attitude to sexuality in spite of the fact that they are very effective in sexual health education.

Method: Data were obtained by using validated questionnaire that provided based on literature review and consist of demographic data and questions related to nurse’s knowledge about sexual health education. The sample of research was 45 nurses in hospitals and clinics of Jahrom, Iran. The data were analyzed by SPSS software, X2, covariance and correlation test. This is a descriptive study the general goal is nurse’s knowledge on sexual health education in Jahrom hospitals and clinics.

Results: This descriptive study showed that 17.8% of the nurses had very high knowledge on sexual health education. Twenty percent had mild knowledge, 15.6% of them had low knowledge, and 8.9% hadn’t any knowledge about sexual health education. There was significance difference between knowledge and sexual experience (P value = 0.05). And 83.7% of nurses asked this question.

Discussion and Conclusion: The most nurses had mild knowledge about sexual health education. The similar researches indicated that members of health team such as nurses weren’t ready for client’s sexual health, because they were embarrassed or ashamed and thought this is invasion to clients’ privacy. The nurses’ sexual experience in this study was significant. Therefore, extension of self-awareness about sexual health and communication skills related to client’s sexual health education is necessary.

Keywords: knowledge-sexual health-nurse education
The Relation between Primary Dysmenorrhea and Preterm Labor in Primiparous in Rafsanjan.

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Background: Preterm labor is a major risk of public health and important neonatal morbidity and mortality agent in world thorough. Despite introducing its several risk factors, in 50% it's unknown. From biological point of view, preterm labor and Primary Dysmenorrhea share common triggering mechanisms so Primary Dysmenorrhea can consider as a preterm labor's predictive factor. In this study the relation between Primary Dysmenorrhea and Preterm Labor in Primiparous in Rafsanjan.

Methods: In this Case-Control study, 417 primiparous that refer to Rafsanjan Nick Nafs hospital, 205 in case group (term delivery) and 207 in control group (spontaneous preterm labor) with considering inclusion and exclusion criteria were selected. Two groups were matched about age, socio-economical statue, smoking and BMI. Data were collected with questionnaire and analyzed in spsssoft ware by student's t-test, χ² test, adjusted odds ratio and Logistic Regression.

Results: Logistic Regression test don't show statically increased risk of preterm delivery in women with history of primary dysmenorrheal (odds ratio=1/12). The risk of preterm labor in women with history of mild or moderate and sever dysmenorrheal was slightly strengthened but statistically non significant.

Conclusion: The exactly process of biochemical mechanismes that navigate primary dysmenorrheal and preterm labor is unknown.

Key words: Dysmenorrhea, Preterm Labor, Primiparous, Rafsanjan

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Dietary Folate intake and depressive symptoms
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Introduction: Depression is a common health problem in the workplace as well as in schools, and it is expected to become the second leading cause of global disease burden by 2020.1 Depression not only causes personal distress and social dysfunction in university students but also decreases academic work performance and motivation.2 Low folate levels appear to be closely linked to depressive disorders among persons suffering from neurological and psychiatric problems.3,4 In a study of 70 Japanese women in 2002, more than 80% of the participants aged from 17 to 41 years were found to have inadequate dietary folate intake, that is, less than the recommended daily allowance (RDA) of 240 g per day.5 The purpose of this study was to evaluate the relationship between dietary folate intake and depressive symptoms in young women of reproductive age.

Methods: We searched the PubMed database for studies on the relation of dietary folate intake with depression or depressive symptoms. The search was limited to English-language reports published up to the end of 2012.

Results: The persons diagnosed with major depressive disorder tend to have lower concentrations of serum or red cell folate. Poor folate status also has been positively associated with severity of depression and with prolonged episodes of major depressive disorder. In a previous study on 883 Latina women aged 60 to 93 years, the association between plasma folate levels and depressive symptoms was examined in a cross-sectional analysis of data. The adjusted odds ratio (OR) for increased depressive symptoms in women in the lowest percentile of plasma folate values was 2.04 (95% confidence interval [CI], 1.38-3.02), which was significantly different from the plasma folate values in women in the highest percentile of plasma folate levels.15 A population-based study by Morris et al14 found low folate status in depressed members of a general US population sample aged 15 to 39 years. After adjustment for relevant factors, participants with a lifetime diagnosis of major depression had folate concentrations in serum and red blood cells that were lower than those of never-depressed participants. Park et al16 found among 130 Korean female college students that the mean (standard deviation [SD]) dietary folate intake was significantly lower (151.8 [6.5] g) in women with high depression scores than in women with low depression scores (172.1 [7.7] g). On the other hand, inconsistent results were reported by Kendric et al,17 indicating that no relationship was found between low red blood cell folate levels and incident depressive symptoms among 5051 women aged 20 to 34 years from the United Kingdom. Thus, it is still unclear whether high folate status might reduce the risk of depressive symptoms in women of reproductive age.

Conclusion: This finding suggests that dietary folate intake may be causally related to depressive symptoms in women of reproductive age. If studies powered to determine causal relationships have similarly positive results, folate supplementation could reduce the incidence of depression. Well-controlled future studies are needed to determine whether improving folate status reduces the risk of depressive symptoms in women of reproductive age.

Keywords: depressive symptoms, folate, women
Folic acid and colorectal cancer

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Introduction: Some of women are afraid of taking folic acid because they fear cancer. What is the evidence for this? Theoretical evidence in experimental models is sharply contrasted by 3 recent meta-analyses of randomized and observational studies. Women planning to become pregnant should supplement with the folate dose they need to prevent neural tube defects. Some of studies show that the intake of folic acid may be associated with the increase of cancer specially colorectal cancer. The aim of this review was to detect the association between the intake of folic acid and colorectal cancer.

Methods: This review was carried out by using of books, journals and different sites of internet and considering the studies which were published in 2008-2011.

Findings: By 2011, a large number of studies that reported on thousands of patients have addressed the question of whether folic acid intake in the prepregnancy period increases the risk of subsequent colorectal cancer. In two meta-analyses were published in 2011, the rates of colorectal cancer were compared among those receiving or not receiving folic acid. Overall, more than 1000 patients were included in these studies and have not find the association in this regard. Other studies reported that exposure to folic acid from 0.5 to 5 mg/d and for up to 6 years was not associated with increased risk of colorectal cancer. Kennedy and colleagues reviewed and analyzed all observational studies that defined levels of folate intake and incidence of colorectal cancer in adults and did not find the association. In 1998 the United States and Canada fortified flour with 140 mg of folate per 100 g of flour, resulting in a decrease in the incidence of NTDs. In 2001 Wald et al found that, the recommended folic acid dose of 0.4 mg/d did not provide protective levels against NTDs in many women and suggested that up to 5 mg/d of folate was needed to ensure protection of 90% of the population. Their prediction was corroborated in Ontario, where despite flour fortification, 40% of pregnant women in 2005 had red blood cell folate levels below the protective level of 900 nmol/L. In 2007 the Society of Obstetricians and Gynaecologists of Canada suggested that the women would benefit from 5 mg/d of folic acid before conception and until the end of the first trimester. However, in parallel to these studies, the other studies show that excessive folate intake might confer an increased risk of cancer, with most attention focused on colorectal cancer. The evidence has come mostly from in experimental animal data and suggesting that at low folate levels, folate supplementation decreases cancer risk, and at high exposure levels in the context of precancerous cells, the risk might increase.

Conclusion
Before and after the pregnancy, it is better that the physicians administer the folic acid in appropriate dose for decreasing the fear of women.

Key Words: Folic acid, colorectal cancer
The impact of self-efficacy on job burnout among primary school teacher
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The present study aims to investigate the effect of self-efficacy on occupational (job) burnout among primary school teachers in Babol (Mazandaran, Iran). This is a descriptive correlational study clearly based on structural equation modeling (SEM) and conducted on 540 primary school teachers of public schools in Babol (Mazandaran, Iran). To measure research variables, Maslach Burnout Inventory (MBI) (1996) and Jackson and Teacher Self-Efficacy Questionnaire (by Tschannen-Moran, Woolfolk, 2001) were used and distributed among 225 primary school teachers. The reliability of self-efficacy and burnout questionnaires was assessed through Cranach’s coefficient alpha as 0.92 and 0.86, respectively. Findings of this study showed that all self-efficacy and burnout components are mutually correlated with each other (P<0.01). Implementing structural equation modeling for self-efficacy and occupational burnout tests, we found that the proposed model has a good fit and burnout is well explained by self-efficacy, i.e., self-efficacy has direct, negative and significant effect on occupational burnout.

Keywords: Education, Job Burnout, Primary School Teachers, Self-Efficacy.
Effect of spiritual intelligence on pregnant women’s anxiety, psychological well-being, marital satisfaction during pregnancy in Shiraz City

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**Introduction:** Pregnancy is a new and unique situation in which the pregnant women experience many changes both in terms of psychological and physiological. The aim of this research was an investigation on the effect of spiritual intelligence training on psychological well-being, marital satisfaction and pregnancy anxiety of women in Shiraz.

**Method:** The statistical population included of pregnant women who attended antenatal care between August to October 2013. 45 persons were selected in an elective way and after excluding those who had gone to psychological doctor due to some mental illnesses and those who had using drugs background or those who left their job because of pregnancy, finally 20 persons remained in an experimental group and 22 persons assigned to control group. Before beginning the spiritual intelligence training program, Pregnancy Related Anxiety Questionnaire (PRAQ), Golombok-Rust Inventory of Marital Status (GRIMS) and Ryff’s scales of Psychological Well-being were distributed between them. Then, experimental group received 10 sections (90 minutes sessions) Spiritual intelligence training based on TiriNoklain and Obani’s models, but the control group received no treatment.

**Results:** MANCOVA showed that receiving Spiritual intelligence training causes a very significant difference between the rate of psychological well-being, marital satisfaction and pregnancy anxiety of the experimental and control group. It means that spiritual intelligence program had a positive effect on psychological well-being, marital satisfaction and pregnancy anxiety.

**Conclusion:** Spiritual intelligence is one of the most important components that can reduce negative emotions such as pregnancy anxiety and increase psychological well-being and marital satisfaction.

**Keywords:** Anxiety, Pregnancy, psychological well-being, marital satisfaction, Spiritual Intelligence
The relation of pregnancy anxiety to spiritual intelligence and the quality of life among pregnant women in Shiraz City

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Abstract

Introduction: Pregnancy is a new and unique situation in which the pregnant women experience many changes both in terms of psychological and physiological. The aim of this research was to investigate the relationship between pregnancy anxiety, spiritual intelligence and the quality of life among pregnant women in Shiraz.

Methods: In a descriptive cross sectional study, 263 pregnant women in Shiraz City were selected using convenient sampling. The women were evaluated using Pregnancy Related Anxiety Questionnaire (PRAQ), Spiritual Sensitivity Scale, and WHO Quality of Life Questionnaire. Data were analyzed using descriptive statistics, Pearson correlation coefficient, and stepwise regression analysis.

Results: Pearson correlation test showed a significant relationship between pregnancy anxiety, spiritual intelligence and the quality of life. Pregnancy anxiety subscale also correlated with five subscales of spiritual intelligence and quality of life scores. Stepwise regression of analysis showed that pregnancy anxiety has significant association with the feeling of sociality, feeling valued, and the quality of life.

Conclusion: Spiritual intelligence is one of the most important components that can reduce negative emotions such as pregnancy anxiety.

Keywords: Anxiety, Pregnancy, quality of life, Spiritual Intelligence
The relation of pregnancy anxiety to spiritual intelligence and the quality of life among pregnant women in Shiraz City

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Keywords: Anxiety, Pregnancy, quality of life, Spiritual Intelligence
The effect of health educational programs on the sleep disorder in pregnant women
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Introduction: Background: Sleep disturbance occurs as a result of changes associated with
pregnancy. About 79% of pregnant women suffering from sleep disturbance aggravate this
disorder by disregarding health behavior. Health behavior education may be useful in
management of sleep disturbances among pregnant women. The present study aimed to evaluate
effects of health behavior education in improvement of sleep quality in pregnant women
experiencing insomnia.

Methods: This randomized controlled trial consisted of 96 pregnant women in second trimester
experiencing insomnia. A demographic data form and the Pittsburg Sleep Quality Index (PSQI)
were used to collect data. The subjects were randomly divided into two main groups. Case group
(n=48) received health behavior education in four meetings for one hour from 22 to 25 weeks of
pregnancy in addition to routine prenatal care, while control group (n=48) received only routine
prenatal care. We also designed three follow-ups in order to complete PSQI questionnaire for
both groups at 29, 33 and 37 weeks. Descriptive and Analytical statistics were used to analyze the
data.

Results: A statistically significant change was reported in the quality of sleep of the intervention
group in comparison to the control group [29 weeks (p ≤ 0. 0.009), 33 weeks (p ≤ 0. 034) and 37
weeks (p ≤ 0. 0.046)].

Conclusions: A brief and effective health behavior education programs delivered by a midwife
can improve the quality of sleep in pregnant women experiencing insomnia. Findings from this
study added support to effectiveness of health behavior education in the clinical management of
insomnia and prenatal care.

Keywords: Health Behavior Education, Quality of Sleep, Pregnant Women, Insomnia.
Maternal affectivity and the pattern of breast feeding
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Background: Although breastfeeding is a natural behavior, but for some mothers its continuity up to 6 months may be associated with difficulties and challenges. As the maternal personal characteristics affect the way of their thinking, feeling and behavior in different situations and times, it seems that negative affectivity such as negative emotions, anxiety, depression, irritability and negativity influence breastfeeding patterns. The aim of this study was to determine maternal affectivity and the pattern of breast feeding in Rafsanjan in 2011.

Methods: In this Cross-Sectional study, affectivity and breast feeding patterns of 412 mothers with 6 months infants, who referred to health care centers in Rafsanjan for infants health care monitoring and vaccination was surveyed. Sampling was randomly by considering of the inclusion criteria and data gathering was done by Watson's PANAS-X questionnaire through face to face interviews. Data was analyzed using SPSS software version 14, and considering the significant level of p>0.05, descriptive statistics, chi-square tests, t-tests, ANOVA and Fisher's exact test.

Results: About 14.3% of mothers had been unsuccessful breastfeeding experience and 69.5% had exclusive breast feeding for 6 months. Mothers who had preterm infants had higher mean score of negative affectivity (P = 0.04) and those who had exclusively breast feeding for their infants had lower mean score of negative affectivity (P = 0.01). The mean scores for positive affectivity in mothers who started the first breast feeding during the first hour after birth, was higher (P = 0.04).

Conclusion: Mothers' negative affectivity can be as a predictive factor for her breast feeding performance so mothers who experience negative affects during pregnancy and breast feeding should be consider specially.

Key words: Maternal personality, breast feeding pattern, 6 months infants, maternal affectivity
The impact of complementary and alternative medicine in female infertility: A systematic review
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Introduction: Nowadays a greater number of women attempting pregnancy at an older age when they are less fertile. In recent years use of alternative therapies as an adjunctive way to improve infertility treatment outcomes has been increased. In this systematic review we aimed at assess impact of complementary and alternative medicine in treatment of infertile women.

Method: A systematic review of literature was done using following databases and search engines: PubMed, Sciencedirect, The Cochrane Library, MagIran and ScholarGoogle. Keywords used were: Complementary medicine, alternative medicine, acupuncture, homeopathy, yoga, aromatherapy, herbal therapy, in combination with “female infertility” OR “female sterility” OR “female subfertility”. Searching articles were continued until November 2013. Only impact of complementary/alternative medicine on female infertility was considered. The literature search yielded 1024 records of which 67 met our inclusion criteria.

Results: Sixty-seven studies were included in this systematic review using different methods of complementary and alternative medicine and taking part in different countries. Findings indicate that the complementary and alternative medicine has indirect effect in treatment of infertility by reducing stress and making optimistic attitudes among infertile women.

Conclusion: Currently available literature does not provide sufficient evidence that complementary and alternative medicine improves pregnancy rates, so further RCTs and systematic reviews are required.

Keywords: complementary and alternative medicine, female infertility, systematic review
Comparison of emotional expressiveness, aggressiveness and emotional problems in fertile and infertile women

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Introduction: Inability to be fertile and current social reactions to infertile women can cause deep psychotic problems. The aim of this research was to compare emotional expressiveness, aggressiveness and emotional problems in fertile and infertile women.

Method: This study was conducted in causal-comparative method. The statistical population was all fertile and infertile women refer to Alzahra hospital in Tabriz in one recent year. Our sample was 30 fertile and 30 infertile women which were selected with randomized stratified sampling method. Data were collected using AGQ, EEQ and DASS questionnaires. Descriptive and analytic statistics were used to analyze the data.

Results: Findings from this study showed that there wasn’t statistically significant difference between fertile and infertile women in emotional expressiveness, aggressiveness and emotional problems indicators. Also there was a significant relationship between negative emotional expressiveness and aggressiveness, and between negative emotional expressiveness and depression in infertile women.

Discussion: Considering emotional problems in infertile women, presence of psychologists and counselors in diagnosis and treatment centers of infertility is crucial.

Key words: emotional expressiveness, aggressiveness, emotional problems
The critical thinking and its role in modifying the lifestyle related to health: A review study.
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Introduction: Health has been known as the human’s fundamental right, but it is an individual responsibility. The persons should be trained in order to take part actively in their health care. But, despite the trainings conducted, narcotics, tobacco products, obesity and disease caused by them are among the main problems of health in the world. Even the health personnel don’t have favorable living conditions in this regard, despite having sufficient knowledge in the field of many types of the diseases. Apparently, the awareness is not the only factor affecting the behavior and the other factor or factors should be sought. Also, the human will never have enough opportunity to learn all sciences and knowledge and achieved knowledge can be a means for thinking. So, an efficient method should be sought for screening the information and critical thinking makes it possible for person to seek the fact among the information clutter and achieve her/his goal which is to attain the most complete possible understanding, because the critical thinking is a kind of thinking process that is the base of problem solving and decision-making. Considering that, the aim of community health nursing is to help community in achieving optimal level of health, this question arises that, can it be possible to benefit from critical thinking in health promotion, too?

Method: The articles were collected using the keywords of critical thinking, high-risk behaviors, lifestyle and health in the related and accessible sites (WHO, electronic resources of Tabriz university of medical sciences, SID, Iranuc, scholar, Google).

Result: The relationship between critical thinking and the factors such as mother tongue, anxiety, self-confidence, university education, self-directed learning, professional independence, has been indicated in carried out researches.

conclusions: Considering that the nurse’s role as a therapist is not to make direct change in the others, but his/her role is to create the processes or situations for making the change and on the other hand the critical thinking teaches us how to apply our knowledge and intelligence for achieving objective and rational views, it seems that, it could be possible to benefit from critical thinking by planning and appropriate health policy-making in all areas related to education in order to promote community health.

Keywords: critical thinking, high-risk health behaviors.
Occupational Stress and mental health in nurses working in ICU

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Background: Nurses are the largest group in health services and play an important role in this system. Today, advances in technology and medical sciences and necessity of professional behavior result in increasing work load difficulties among nurses. Therefore nursing profession accompany with occupational stress and low job satisfaction. The purpose of this study was to evaluate job stress, mental health and their relationship among nurses working in the ICU.

Method: This cross-sectional study was conducted in 2013 among all of the nurses working in ICU of a government hospital located in Bandar Abbas, Iran. Seventy two nurses were selected as population study. All of them were female. Two questionnaires including GHQ-28 for assessing mental health and Philip al rice Occupational stress questionnaire for assessing job stress were used in this study. Furthermore, the relationship between occupational stress and mental health dimensions was examined.

Results: The majority of participants (83.9%) had severe stress, and 10.7% of them had moderate stress. The prevalence of mental disorders, somatic symptoms, anxiety and insomnia, social dysfunction and depression, were reported 58.9, 60.7, 62.5, 71.4 and 10.7% respectively. There was a significant relationship between anxiety and insomnia with education, somatic symptoms with age and work experience, job interest with age and work experience (P<0.05).

Conclusion: Due to the high prevalence of job stress and mental disorders in nurses working in ICU, stressors in this unit should be determined and then be decreased. Since, a significant relationship between occupational stress and mental disorders was observed, then, we suggest codifying a comprehensive health program to decrease the job stress and improve mental health of nurses and finally provide good services in ICU.

Keywords: Intensive Care Unit (ICU), Mental Health, Nurses, Occupational Stress, Bandar Abbas
The determination of effective factors on pregnancy depression in pregnant women referring to Bam health care centers

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Introduction: Women in times of pregnancy is more than of post partum depression prone to depression. The purpose of this study was to determine of effective factors on pregnancy depression in pregnant women referring to Bam health care centers.

Method: This present study was cross-sectional that on. The 257 of pregnant women referring to the health care centers was done. Instrument for data gathering was BDI. The data were analyzed using chi-square and Regression Logistic.

Results: 41.6% of study samples have depression. The make use of Regression Logistic variables related to emotional relationship with spouse, preterm labor, history of depression, history of stillbirth and history of systematic disease are determined as the strongest variables effective on depression rate in this study.

Conclusion: With regarding to high depression rate in this study, is recommended for screening of depression during pregnancy is done.

Keywords: Pregnancy, depression, Beck Depression Inventory
Relationship between General Health and Some Educational stressful Factors among Students of Kerman Nursing School
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Introduction: Entrance to university is one of the most important periods in human life which concomitant with major changes in social relationship, expectations and roles. These stressful factors make them susceptible for mental disorders. Mental disorders can disarrange the educational progress in students and prevent their further achievements. The aim of this study was to determine the relationship between general health and educational factors among students of Kerman nursing school.

Methods: This study is a cross-sectional analytical that was carried out by census sampling from all students studied in Kerman nursing school in 2008. The data were collected using GHQ-28, demographic and educational stressful factors questionnaire. The data were analyzed by SPSS version 13 software using descriptive and analytical (χ² and Pierson correlation tests) statistics. Significant level was set as 0.05.

Results: Out of a total of 300 students 28% of students are suspected to have psychological disorders. These disorders among females and males were 28.9% and 26.5%, respectively. There was a statistical association between the mental health and previous disease (p<0/05).
General health status of students was related to personal-social domain (consisted of educational dissatisfaction, separation from family, solicitous about their job and socio-economic status (p<0/05).

Conclusion: Attention to mental health and psychological needs in students is highly important. According to the results, consideration to educational stressful factors for reducing the mental disorders is recommended.

Keywords: students, general health, educational stressful factors, Kerman
Health educational needs of adolescent girls in Qom

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Introduction: As regards to the health of adolescents, especially adolescent girls is of the Millennium Development Goals and of the mission of the Countries that are member of the World Health Organization. Thus this study was conducted to assess the educational needs of adolescent girls in Qom.

Methods: This cross-sectional study was conducted between May and November 2013, in Qom. The study population was middle and high-school adolescent girls (12 to 19 years old) that were recruited through a multi-stage random sampling method. Educational needs of participants were assessed using the self-administrated culturally-sensitive Iranian adolescent girls Health Needs Questionnaire (IFAHNQ). Data were analyzed using SPSS software version 16 and descriptive and inferential statistics methods including Mann-Whitney test, Pearson correlation coefficient, Kruskal-Wallis and Wilcoxon tests.

Results: The results of this study showed that a significant difference between desirable situation and the existing situation in the area of the educational needs of adolescent girls (p=0.001). Mean scores of Educational needs of participants were 20.3±7.44 (54/19±82/20 CI % 95). The maximum score belonged to "I need to get training about the causes of drug addiction (tobacco, alcohol ...)." In addition, results showed that training on correct use of media (Cell phone, internet, etc.), suitable nutrition, and adverse effects of relationship with the opposite sex Friends, common diseases, sexual and puberty health, were respectively the most important educational needs of Female Adolescents.

Conclusion: Need to be educated about the causes of drug addiction (tobacco, alcohol ...) and the correct use of media (mobile, internet, etc.), is considered the most important educational needs of adolescent girls. Therefore this matter requires special attention of policy makers and planners in health and education domains.

Key words: Adolescents Girls, Educational Needs, Needs Assessment
The Effectiveness of Self-Management Program On The Quality Of Life In Patients With Sickle Cell Disease

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Introduction: Patients with sickle cell disease throughout their life suffer from many physical, mental and social problems that affect their quality of life so to deal this chronic condition have to compatible with a complex array of tasks in order to manage their illness and prevent SCD-related complications. The purpose of this study was to determine the effect of self-management program on quality of life in patients with sickle cell disease.

Methods: In this quasi-experimental study, 69 patients with sickle cell disease who referred to the Thalassemia Clinic of Ahwaz Shafa Hospital were entered into the study by census method. Then, the self-management program was implemented using the 5A model (Assess, Advise, Agree, Assist, Arrange) for 12 weeks. The Levels of pre-and post-intervention quality of life were assessed using the SF36 quality of life questionnaire. Descriptive statistics, Paired t test, Wilcoxon signed rank test and Hoteling T2 were used for analyzing the data.

Results: The results indicated significant differences between the eight dimensions of quality of life and total score of quality of life before and after intervention (P < 0.001).

Conclusion: The study showed that self-management interventions have been effective in promoting quality of life in patients with sickle cell disease; therefore, application of this supportive method could be useful to empower the patients and help them to manage their problems.

Key words: Self-Management, quality of life, Sickle cell
The effect of Empowerment Educational program on Quality of Life of Patients with Asthma
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Introduction: improving the quality of life in patients with asthma is one of the main objectives of controlling the disease, the present work was designed to study the effect of empowerment education on quality of life in these patients.

Methods: The sample of semi experimental investigation included 70 patients with asthma who had referred to Be'sat Clinic in Kerman in 2011 and were then randomly put into two groups of experimental and control. Based on empowerment education model patients were trained for four two-hour sessions in the experimental group, while the control group did not receive any training. Quality of life in patients before and eight weeks after the test was measured using Asthma Quality of Life Questionnaire (AQLQ).

Results: The mean overall AQLQ score was 37.4±6.15 and 32.85±12.31 in control and experimental groups respectively before training which was not significantly different. After training, the mean overall quality of life in the intervention group reached 20.37±10.18 and in the control group it was 37.37±15.38, which were statistically different (p>0.001).

Conclusion: The results of the present study showed that empowerment education program will considerably improve the quality of life in patients with asthma. Therefore we recommend that the authorities apply empowerment education programs based on patients needs as one of the effective methods used to enhance the quality of life for these patients.

Key words: Asthma, the model of Education, Empowerment, Quality of Life, Adults
Challenges and recommendations in Home-based support for palliative care families
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Introduction: Most deaths occur in hospital, but much of the dying phase occurs within the home. Despite the input offered by professional palliative care services, care within the home usually relies primarily on a family member or friend. Indeed, without the support of caregivers, home palliative care would be impossible for many people.

Content: The focus of home-based palliative care by families has changed from a simple caring role to more complex care, often involving advanced skills such as opioid administration and symptom management. The level of responsibility of a family caregiver depends on the physical and psychosocial needs of the patient and the dynamics of the relationship between caregiver and patient. For many families, the diagnosis of a life-threatening illness of a family member is their first major confrontation with death. For family palliative caregivers, the physical, emotional, financial and social impact of providing care for a dying relative may be accentuated by social burdens such as restrictions on personal time, disturbance of routines and diminished leisure time. Family care giving can have a negative impact on the family’s quality of life. Being a family caregiver may also predispose a person to health problems, such as physical exhaustion, fatigue, insomnia, burnout and weight loss and psychological problems. Family caregivers play a central role in the wellbeing of most people with a terminal illness, it is important that attention is given to their needs and experiences. However, the principle of regarding the needs of the family and the patient as equally important in care provision is not always upheld, with caregivers’ needs usually overshadowed by concerns about the patient’s comfort, practical care information needs, and emotional support. The benefits of palliative care at home include a sense of normality, choice, and comfort. Home death is commonly viewed as a more dignified and comfortable experience than death in hospital. Furthermore, many healthcare agencies promote home-based palliative care because it is more cost-effective than hospital care. Key recommendations for improving family-centered palliative care includes:
- Determine key family members, as identified by the patient.
- Include key family members in the documented multidisciplinary care plan.
- Assess the need for family meetings.
- Prepare family members for roles associated with supporting a dying relative.

Key challenges for optimal home-based palliative care:
- Equality of available resources for metropolitan and regional/rural palliative care.
- Evidence for the most appropriate models of care delivery.
- Appropriate recognition of varying cultural needs, and strategies to meet these needs.

Conclusion: Meeting the needs of families is central to providing good palliative care. All health professionals need to improve the standard of family-centered palliative care, and more evidence-based approaches are required.

Keywords: home based support, families, palliative care, challenges, recommendations
The effect of group education on knowledge and attitudes of caregivers of intellectual disability children
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Introduction: Having a family member with a disability is often challenging for each member in the family, and families are not always able to function well as a result. These families are at risk for increased stress and poorer health, child behavior and emotional difficulties, thus they are faced by the vulnerability. Many caregivers are predisposed to caregiver strain or are already experiencing severe strain. Having knowledge and desirable attitude could partly support the families and better quality of life to give them a gift.

Method: The intervention study, which randomized controlled, was conducted in Narges rehabilitation center, Miyaneh, 2013. 64 caregivers of intellectual disability children 6-18 years old were randomly divided into two groups. 6 session training classes was held for the intervention group but the control group did not receive any intervention. At both the beginning and end of the study, data were collected based on a knowledge and attitude questionnaires, that developed by the researcher. SPSS13 software and Paired t-test, t-test and chi-square test, was used for data analysis.

Results: The mean knowledge, attitude of caregivers in both groups before the intervention, there was no statistically significant difference. The results showed that 1.5 month after the intervention, an increase in knowledge and attitudes of caregivers in the intervention group before (8.54±2.80, 62.29±6.51) and after (14.50±1.86, 72.57±3.76) was significant (P<0.05).

Conclusion: The current findings provide further evidence for the importance of group training courses for caregivers and provide support that is tailored to the needs of intellectual disability family.

Keywords: Knowledge, Attitude, intellectual disability, caregivers
Family-centered empowerment: a dynamic model of the intellectual disability child caregivers
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Introduction: Families of children with disabilities are faced with ongoing challenges that impact various aspects of family life such as physical problems, emotional, mental and social well-being. One of the approach of the World Health Organization to help and assist these families has placed a priority on encouraging countries is to empowerment families and patients. The purpose of this study is to determine the effect of family-centered empowerment model on knowledge, attitude and behavior around intellectual disability child caregivers.

Method: The intervention study, which randomized controlled, was conducted in Narges rehabilitation center, Miyaneh, 2013. 64 caregivers of intellectual disability children 6-18 years old were randomly divided into two groups. 6 session workshop was held for the intervention group but the control group did not receive any intervention. At both the beginning and end of the study, data were collected based on a knowledge, attitude and behavior questionnaires, that developed by the researcher. Data through SPSS13 software and using Paired t-test, t-test and chi-square test was used for analysis.

Result: The mean knowledge, attitude and behavior of caregivers in both groups before the intervention, there was no statistically significant difference. The results showed that 1.5 month after the intervention, an increase in knowledge, attitude and behavior of caregivers in the intervention group before (8.54±2.80, 62.29±6.51, 48.64±5.63) and after the intervention (14.50±1.86, 72.57±3.76, 58.46±2.77) was significant (P<0.05).

Conclusion: The approach to empowerment, especially if a family-oriented may be any further increase the ability of the family as an interconnected system and the need for health interventions to reduce the health institutions.

Keywords: family-centered empowerment model, knowledge, attitude, behavior, intellectual disability, nurse
The effect of group education on health behaviors of caregivers of intellectual disability children
Abdollahi Hossein*, Barzanjhe Atri Shirin, Arshadi Bostanabad Mohammad, Asghari Jafarabadi Mohammad
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Introduction: Having a family member with a disability is often challenging for each member in the family, and families are not always able to function well as a result. When disability service systems attempt to support families, their role should be to help family systems function better by focusing on improving the quality of multiple aspects of family life. Provide basic information support system for families, especially for caregivers of these children can be considered an effective step in to support them.

Methods: The intervention study, which randomized controlled, was conducted in Narges rehabilitation center, Miyaneh, 2013. 64 caregivers of intellectual disability children 6-18 years old were randomly divided into two groups. 6 session training classes was held for the intervention group but the control group did not receive any intervention. At both the beginning and end of the study, data were collected based on the behavior questionnaire, that developed by the researcher. SPSS13 software and Paired t-test, t-test and chi-square test, was used for data analysis.

Results: In both groups, Before of intervention the average behavior score, was not statistically significant. The results showed that 1.5 month after the intervention, an increase in behavior of caregivers in the intervention group before (48.64±5.63) and after (58.46±2.77) was significant (P<0.05).

Conclusion: Group education and health development of families with intellectual disability children and families are encouraged to participate in promotion quality of life, can be effective in changing caring behavior.

Keywords: group training, intellectual disability, Caring behavior, nurse
The effect of group education on health behaviors of caregivers of intellectual disability children
Abdollahi Hossein * , Barzanjhe Atri Shirin, Arshadi Bostanabad Mohammad, AsghariJafarabadi Mohammad
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Keywords: group training, intellectual disability, Caring behavior, nurse
Patient Satisfaction from Pre and Postoperative Nursing Care in Hospitals Affiliated to Babol University of Medical Sciences

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Background: Patient satisfaction is an important concept and priority in health system. The aim of this study was to assess patients' satisfaction from nursing care in hospitals of Iran University of Medical Sciences.

Methods: In this cross-sectional study, 450 patients who had undergone surgery during six months were selected to the study. Data were collected using a self-structured questionnaire. Patients' satisfaction was measured in a 5-point Likert scale.

Results: The overall satisfaction of patients pre- and post operation was at an optimum level of 83.6% and 89.1%, respectively. The mean overall satisfaction with nursing care was not statistically significant before and after the surgery. Patients' satisfaction after the surgery was significantly related to the education, gender and residential area (p<0.05).

Conclusion: Most patients were satisfied with the nursing care before and after the surgery. Patient satisfaction should be measured at the time of discharge as an evaluation index.

Key words: patient satisfaction, preoperative care, post operative care, Nursing service, Iran
The effect of relaxation on the severity of pain in women with Multiple Sclerosis: a randomized clinical trial

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Introduction: Pain is one of the incident problems in MS Patients, which has been less considered in medical and nursing texts. Use of relaxation is increasing in order to decrease patients' pains. This study has been conducted in order to study the Effect of Relaxation on severity of MS Patients' pains.

Methods: a randomized clinical trial was conducted using sampling in access on 70 patients of MS association of Hamadan. Qualified patients with inclusion criteria were divided into two groups of Control and intervention. First, patients' pains were measured with VAS scale in two groups. Then, relaxation was conducted in twelve sessions of forty minute three times at week during four weeks in intervention group, and only usual cares were done in Control group. Then, patients' pains were measured again after 8 weeks. Data were analyzed using 16 version software and T-test. Significance level of tests has been considered 5 percent.

Results: Doing relaxation had significance effect on decrease of MS patients' pains (P<0.001). Average of patients' pains has been changed from 4/60±1/75 to 3/26±1/88. No significant difference was observed in control group.

Conclusion: Relaxation can be used for decreasing MS Patients' pains as complement treatment with respect to effect of relaxation on decrease chronic pain of studied patients and with regards to low cost, immunity, simplicity.

Key words: Relaxation, pain, Multiple sclerosis
Comparison of two iron supplementation methods on Mood in female students of Tabriz University of Medical Sciences: A double blind Randomized clinical trial


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Introduction:
Iron deficiency anemia not only has adverse effect on physical Performance, but also on cognitive function, mood and quality of life will also be affected. This study compared the effect of two iron supplementary prescribing methods on mood in anemic students of Tabriz University of Medical Sciences.

Methods:
In this double blind randomized clinical trial, 135 anemic students were allocated randomly into 2 groups (weekly iron supplementation and 4 days of menstrual bleeding for 16 weeks). Demographic data and the POMS SF questionnaire were completed before and after the intervention in both groups. Data analyzed using descriptive and analytical statistics including chi-square, independent and paired t-test and ANCOVA.

Results:
There was no statistically significant difference between the groups in terms of demographic characteristics and the subscales of tension, depression, anger, vigor, fatigue, confusion and TMD (Total Mood Disturbance) scores before the intervention (P>0.05). After the intervention, no significant difference in the scores of the subscales of tension, depression, vigor, fatigue, confusion and TMD scores between two groups was found (P>0.05), while this difference in scale anger between two groups was significant (p<0.05). In comparison before and after intervention in both groups weekly and period iron supplementation, no significant difference in the scores of the subscales of tension, depression, fatigue was found (P>0.05), but in weekly iron group, the difference was significant at scales of anger and confusion (p<0.05), so iron supplementation in this group improved the anger and confusion.

Conclusion:
Based on the findings of this study, however, weekly iron supplementation improved the anger and confusion, but the effect of two forms of iron supplementation (weekly and during menstrual bleeding) on mood was similar.

Key words: Anemia, Iron supplementation, Mood
The Relationship between alexithymia and borderline personality disorder in students
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Introduction: Alexithymia is a psychological construct that is prevalent in a wide range of psychiatric and medical disorders. Because of its importance in mental and physical health, many surveys today assess the different aspects of alexithymia in clinical and nonclinical populations. The purpose of this study was to examine the relationship between alexithymia and borderline personality disorder in students.

Methods: The present study is a correlation study. The statistical population includes all students of public university in 2012-2013 in Ahvaz. 150 students were selected through simple sampling. The data collection tool was the 20-item version of Toronto Alexithymia Scale (TAS-20) and Schizotypal Trait questionnaire-B form (STB). The data were analyzed by correlation and multiple regression methods.

Results: The results of this research showed that there are significant correlation between difficulty in identifying and describing feelings and borderline personality disorder. The results of multiple regression showed that difficulty in identifying feelings was best predictor of borderline personality disorder.

Conclusion: The relationship between alexithymia and BPD suggest that difficulty identifying, differentiating, understanding and communicating emotions and feelings impairs ability to regulate emotions.

Keywords: alexithymia, borderline personality disorder, students
Comparative between religious attitude, alexithymia, psychological hardiness, and borderline personality disorder of male and female students
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Introduction: Epidemiology studies show that prevalence related to mental health problems among university students is the main problem in the higher education system. The purpose of this study was to examine the Comparative between religious attitude, alexithymia, psychological hardiness, and borderline personality disorder of male and female students.

Methods: The present study is a comparison study. The statistical population includes all students of public university in 2012-2013 in Ahvaz. 150 students were selected through simple sampling. The data collection tool was the Religious Attitude Scale (RAS_R), psychological hardiness questionnaire and the Toronto Alexithymia Scale (TAS-20). We used Manova for analyzing data.

Results: The analyzing showed that male and female students have difference in borderline personality disorder and they don’t have difference in the other variables.

Conclusion: The present findings emphasized on the importance of these variables in health mental.

Keywords: religious attitude, alexithymia, psychological hardiness, alexithymia, male students, female students.
Study on Mental Health and Life Quality of Addicts Referred to DIC and MMT centers in Sari, Iran (2012)

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Introduction: The first step to prevent and reduce the occurrence of addiction in the community as well as helping the addicted people is to determine the status of their mental health and life quality. The current study aimed to investigate the mental health and life quality of addicts referred to the addiction (MMT & DIC) centers in Sari.

Methods: The present practical investigation was carried out as a descriptive and sectional model on 351 individuals which were selected accidentally in 2012. Data was obtained from questionnaire of mental health (GHQ) and life quality (SF17). The obtained data were analysed by the relevant statistical tests using statistical package software of SPSS.

Results: 70.1% of the individuals showed relatively favourable mental health while 11.1% was classified as unfavorable. Moreover, 67.55 of the addicts indicated a relatively desirable life quality but 23.6% had undesirable life quality. There were significant relationships between mental health index with job (P=0.041) and education (P=0.023) level. Also, significant relationships were found between marital status and education level with the quality of life (P=0.001). But mental health index detected significant relationships with age, gender, and marital status as life quality revealed no statistical relationships with age, gender and job (P>0.05).

Conclusion: according to the obtained results, the mental health and life quality in the units of the study was not rather favourable that may cause other mental disorders. Hence, the authorities should pay more attention to this group.

Keywords: Mental Health, Quit Addiction Center, Life Quality
Study of the mental health of patients with skin diseases in Mazandaran province

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Introduction: Since the skin is directly contacted with the external environment and impact of skin disease on the patient's personality, moral and emotional stability, patients with skin diseases are more susceptible to mental disorder than other patients. In the present we studied the mental health of patients with skin diseases in Mazandaran province which were admitted to skin clinics of Mazandaran Hospitals in 1391.

Method: This applied study has been performed using descriptive and sectional method by clustered sampling in provincial level (three point; center, east and west). In skin clinics, after confirming the presence of skin disease by Dermatologist, 404 patients were randomly selected and then their mental healths were studied using the GHQ 28 questionnaire. The criteria of entry to the study were having skin diseases and the age range of 18 to 65 years old. The criteria of remove the sample were dementia and cognitive impairment.

Results: In the present study prevalence of mental disorders was 39.4%. Psychiatric disorders was 52.6% in group 46-55 years old, 40.8% in single people, 46.2% in rural people, 62.5% in low literacy and illiterate, 58.7% in Unemployed people, 43% in patients with disease duration of 3 years or more, 65.8% in people with a history of mental illness, 44.4% in people with dermatitis, 43.3% in people with moderate lesion and 63.6% in patients with disseminated skin lesions. Results of the Education level, occupation, history of mental illness showed significant relationship with mental disorders.

Conclusion: Considering the close relationship between mental disorders and skin diseases, education, counseling and mental health in the treatment of these patients should be considered.

Keywords: Skin diseases, Mental health, Mazandaran
Risk of Cancer and Combined Oral Contraceptive in Iranian Women

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Abstract
Oral contraceptive pill is the most common type of contraception. More than 100 million women worldwide use contraceptive pills every day. However, there is a concern about the relationship between these pills and the incidence of cancer. This study aimed to investigate the relationship between the incidence of cervical and breast cancers and oral contraceptives use in Iranian women. This analytical retrospective study was conducted on 128 patients with cervical cancer, 235 subjects with breast cancer and equal number of controls. Data were collected through interviews with an organized set of questions. Details were also extracted from patient files. Data were analyzed using Student’s t-test, chi-square and Fisher’s exact tests, and Pearson’s correlation analysis. The result have revealed that there was a correlation between cervical and breast cancers and history of contraceptive pills use. While cervical cancer significantly correlated with duration of use of pills, breast cancer had significant correlations with the type of pills and age at first use of oral contraceptives. No significant relationships were found between the two types of cancer and age at discontinuation of pills, pattern of use, and interval from the last use. The use of oral contraceptives triples the incidence of cervical cancer and doubles the incidence of breast cancer. Therefore, performing Pap smears every six months and breast cancer screening are warranted for long-term contraceptive pill users.

Keywords: cancer, cervical cancer, breast cancer, oral contraceptives
The effective factors on physical health status of the psychic patients in 2013
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Introduction: psychic patients form a vulnerable group in the society. In this people, physical diseases are more than others. The present study is descriptive-analytical, sectional research with aim to evaluate the effective factors on physical health status of mental patients in 2013.

Methods: 263 patients who referred to Razipsychiatric center were examined by checklist with use of physical examination, taking history and also paraclinical test. The results were analyzed by SPSS and statistical, descriptive and analytical tests such as Chi-squared test.

Results: lack of physical health found in 70.2% women and 35.7% men. Women more experienced to physical diseases than men and this difference is meaningful statistically (p<0.001).

Statistics demonstrated that more than half of the people, who used drugs and alcohol (57.41%), suffered physical problems. While, the rate was 35.7% in people without history of substances abuse and alcohol consumption, and the difference was meaningful statistically (P<0.005).

There was not meaningful correlation between psychiatric diagnosis, smoking, having the care giving and prevalence of physical diseases.

Conclusion: it is considerable the high prevalence of physical diseases in the addicted and women with psychiatric diseases and the mental health providers should have more attention to physical status of mental patients.

Key words: psychiatric patients, physical health, co morbidity, substances abuse, gender
Comparative investigation of Beck before and after renal transplantation in patients at transplantation unit of Shahid Beheshti hospital in Babol

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Introduction: Depression is the most common psychological problem in patients with chronic renal failure. It has a negative impact on treatment outcome and quality of their life. It increases mortality in such patients. Purpose of this study was to compare Beck Depression inventory (BDI) before and after renal transplantation in patients at transplantation unit of Shahid Beheshti hospital in Babol.

Methods: This quasi-experimental study was conducted on 51 patients with renal transplantation. Collecting data tools were including collecting form of demographic information and BDI. This questionnaire was distributed in three steps between samples: before transplantation, after transplantation and at discharge time and 3 months after transplantation. Also descriptive and inferential statistical tests and SPSS V.18 software were used for data analysis, in this field.

Results: The mean depression scores obtained in the pre-transplant were 19/25±11/94, after transplantation and at discharge time were 14/78 ±11/45 and 3 months after transplantation were 12/82±9/96 . Statistical test shows a significant difference between mean scores obtained in the three steps (P=0/000). Also, statistical test didn’t show significant correlation between scores in the BDI (separating each of the triple steps of the study) and between variables such as generation, marital status, education extent, occupation and income extent (p= 0/391).

Conclusion: The depression reduction after transplantation and 3 months after discharge can be revealed that physical and mental problems which occur during disease and dialysis, ends with receiving the kidney.

Key words: Kidney transplantation, Depression, Kidney Failure
The effect of massage therapy on depression in breast cancer patient undertaking chemotherapy.

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Introduction: Breast cancer is regarded as one of the deadliest types of malignant cancers in women and chemotherapy is one of the main treatments of breast cancer. Depression is the most prevalent side effect of this method. Massage is one of the complementary medicine methods which is utilized for decreasing the level of depression.

Methods: This study is a quasi-experimental double blind clinical trial in which 34 breast cancer patients undertaking chemotherapy participated. They were randomly divided up into two groups of seventeen. To estimate their degrees of depression, Beck Depression Inventory was utilized.

Results: In the first day (control session), no statistically significant difference was seen between the two groups (P=0.06), whereas in the second (P=0.03), third (P=0.03), and forth (P=0.01) days, there was a statistically significant difference between them.

Conclusions: According to the findings, massage can decrease depression significantly. Nurses with decrease of depression by massage as a effective, inexpensive, and available method can result in a better and an optimized planning for such patients as well as a higher success in their treatment.

Keywords: Depression; massage; chemotherapy; breast cancer.
The effect of therapeutic touch as a method of complementary therapy on pain in cancer patients.

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Introduction: Pain is a common and devastating syndrome of cancer affecting patients’ lives probably even more than the cancer itself. There are several studies which have assessed the efficacy of non-pharmacological interventions on cancer pain relief; however, the results have been inconsistent. One of the non-pharmacological interventions is healing touch. Therefore, the purpose of the present study was whether therapeutic touch can have an effect on cancer pain relief, and whether it is a safe technique or it has side effects.

Methods: A systematic review literature was performed to answer the above questions. The literature search was conducted on Ovid, Elsevier, PubMed, Google scholar, and CINAHL databases between 1980 and 2013.

Results: more than 500 research articles were found. These articles were reviewed and after reading the abstracts 12 relevant articles were selected. From among these articles the ones containing interventional and cohort studies were selected (N=6).

Conclusion: Therapeutic touch seems to be helpful in controlling pain in patients with cancer. The studies assessed did not report any side effects for therapeutic touch; therefore, this technique seems to be safe.

Keywords: Healing touch, Therapeutic touch, cancer pain relief, breakthrough cancer pain, pain control
Effects of group discussion on quality of life and HbA1C in adolescents with diabetes

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Introduction: The diabetes is a chronic metabolic syndrome and the commonest endocrine disorder in childhood and adolescent periods that appears in every age but its prevalence peak is in 10 to 15 years old. This syndrome is diagnosed before 18. Owing to this the researchers surveyed group discussion effects upon quality of life and HbA1c in diabetic adolescents.

Methods: The present study is a semi-experimental one which was carried out upon diabetic adolescents of Kashan Golabchi Diabetes center. The blood glucose and HbA1c levels were taken of the patients after filling out the consent form. The mentioned patients also filled out the quality of life questionnaire. All of the participants learnt necessary educations and used the educations for four months in 4 group discussion sessions which was guided by the expert of diabetes; these patients were classified into 4 groups, previously. The blood glucose and HbA1c levels were taken and quality of life questionnaire filled out again and the comparison was done by using the statistical T-test before and after the trial.

Results: the results illustrated that there was a significant statistical difference between the quality of life before and after educating the group discussion in 56 patients with the age average 14.75 ± 1.80 and daily injection of insulin in the level 35.7 ± 13.42 units, also there was a significant statistical difference between the HbA1c before and after the education (before the education; 8.45 ± 1.35 and after the education 6.98 ± 0.89).

Conclusion: testifying educational program by group discussion method cause improving the quality of life and also controlling the metabolic of diabetic adolescents.

Keywords: group discussion, diabetes, diabetic adolescent, life quality, HbA1c
Relationship between religious orientation and hope among women nurses in Imam Khomeini hospital of Tehran

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Introduction:

Human need for religion is as old as history. It is because human beings have always been in need of support and protection One of the points that explain the relationship between mental health and religious attitudes, Sense of hope that Studies show that religion can create a Sense of hope, Sense of intimacy with others, emotional relax, opportunity of prosperity, Sense of comfort, Reduce of stress, the near to God, and is effective for help problems solve. The aim of present research was to investigate relationships between religious orientation and hope among of women nurses of Imam Khomeini hospital. The statistical population of the study was, all of women who nurses in the hospital in 2013 in Imam Khomeini hospital of Tehran have employed.

Methods:
The applied method was correlation. By using sampling method, a people of the 70 from nurses selected. Tools used in this study were questionnaires of Snyder hopes and religious orientation of Bahrami Ehsan scale.

Result:
The result of statistical analysis shows that there is significant relationship between religious orientation and hope.

Conclusion:
The results of this study show with the strengthening of the religious dimensions and the emphasis on mental health keeping in nurses can be strengthened their hope. If they have a positive understanding of the cognitive components and religious attitudes, Will have high commitments to do their duties.

Key word: Religious orientation- Hope – Mental health -Nurses
Predictors of quality of life in patients with colorectal cancer in Iran

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Introduction: Colorectal cancer (CRC) is one of the most common invasive cancers and is responsible for physical and psychosocial morbidity. Quality of life (QOL) is an important outcome for these patients. The aim of this study was to determine the predictive factors of QOL in patients with CRC.

Methods: A cross-sectional design was used to assess 110 patients with CRC who referred to Oncology Department of Razi Hospital, Guilan. Data were collected by structured interview with patients and review of medical records. Generic and specific QOL were evaluated by short form-36 and functional assessment of cancer therapy-colorectal, respectively. Generalized linear models identified variables significantly associated with QOL.

Results: Out of 110 patients with CRC, 58.2% were men. Mean age of patients was 58.33 ± 12.39 years. Mean of Generic and specific QOL were 70.92 ± 15.56 and 95.72 ± 19.18, respectively. In regression analysis, age, sex, living condition, health insurance, hospitalization frequency, Karnofsky performance status, and co-morbidity were predictors of generic QOL and age, sex, living condition, health insurance, monthly income, family history of CRC, Karnofsky performance status, and co-morbidity were predictors of specific QOL in patients.

Conclusion: There are nine socio-demographic and clinical factors that are significant predictors of QOL in patients with CRC which should be considered in treatment and care of patients. The findings of this study should be the target of future research, emphasizing the need for interventional studies that minimize the adverse impact of the disease symptoms on the QOL in patients with CRC.

Key Words: Colorectal, neoplasm, quality of life
Comparison of Ambulance Use between Urban and Rural Patients with Acute Myocardial Infarction

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Introduction: Acute Myocardial Infarction (AMI) is a clinical condition for which delays in seeking care can have significant and adverse consequences on patients’ outcomes. Minimizing delays to treatment remains a priority for emergency medical services (EMS) in the setting of AMI. Rural residents often have limited access to local health care providers and hospitals, which may affect their use of the ambulance. Comparison of ambulance use between urban and rural Patients with AMI is essential for planning and appropriate EMS use.

The aim of this study was to compare ambulance use between Urban and Rural Patients with AMI in Guilan province.

Methods: This cross-sectional survey was conducted on 162 consecutive patients with AMI (100 urban and 62 urban) admitted to Cardiac Care Unit (CCU) in Dr. Heshmat hospital in Rasht city 2011. Data collected by using a four-part data collection form including demographic, clinical, situational and cognitive by interview. Data analyzed with SPSS.V.16 by using (Chi-square, T test, logistic regression).

Results: Generally, (9.9%) urban and (7.4%) rural patients used to ambulance. This difference was not significant (P<0.58). Regression analysis showed older age (P<0.039, OR=1.95, CI=1.901-2.997), greater knowledge about quicker seeking for medical care (P<0.003, OR=7.97, CI=2.02-31.44) were related ambulance transport in urban patients. Whilst, only greater knowledge about quicker seeking for medical care (P<0.005, OR=7.09, CI=1.79-28.02) were associated ambulance transport in rural patients.

Conclusion: The results of present study showed that ambulance use did not differ based on place of residence. This finding may indicate this fact which community health care system in Iran is a universal and coordinate system and provide fairly access to health care for all Iranian people regardless of place of residence. Ambulance utilization may improve by providing public education.

Keywords: Ambulances, Myocardial Infarction, Urban Population, Rural Population
The Effect of Skin-to-skin (Kangaroo Care) Contact on the Severity of Postpartum Blues of Cesarean Sectioned Women.
F.Nematbakhsh MA of midwifery

**Introduction:** Postpartum blues is a common mood disorder in women, and if it’s symptoms last for more than two weeks, major depression should be considered as a possible diagnosis. So its prevention is important in family health. Skin-to-skin contact is a way to reduce postpartum blues. The main aim of present research was to study the effect of skin-to-skin contact of mothers and their newborns on severity of postpartum blues of cesarean sectioned women.

**Methods:** In this randomized control trial, 79 cesarean-sectioned women were allocated. The first hospital selection for groups assignment (40 women is case and 39 in control group) was random. The sampling place of two experiment and control groups was changed in five day intervals. Experiment group received skin-to-skin contact, for 20-30 minutes daily. Postpartum blues was measured with Zung’s Self-Rating Depression Scale (ZSDS) on the third, forth and the tenth days. Data were analyzed with T-student and Regression analysis.

**Results:** Findings showed that severity of postpartum blues was significantly different in two groups on the third (P=0.02) and the tenth days (P=0.009) Postpartum. The regression analysis showed that just skin-to-skin contact and duration of breastfeeding are effective on postpartum blues.

**Conclusion:** It was found out that skin-to-skin contact is not only effective on reduction of severity postpartum blues, but it can also increase the maternal attachment; so skin-to-skin contact, as a healthy and economic way to secure psychological well-being in women and their newborn, is highly recommended.

**Key Words:** Postpartum blues, skin-to-skin contact, Cesarean Section.
A comparative investigation of two methods of preparation of the surgical area with povidone iodine and chlorhexidine on the rate of microbial counts
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Introduction: To control hospital infections skin disinfection could be categorized as one of the most important items related to hygiene measurements. This study aims to compare methods of preparation of the surgical area with povidone iodine and chlorhexidine on the rate of microbial counts.

Material and Methods: This study was a double-blind clinical trial that was performed on sixty-four patients who were electively candidate for hand surgery and randomly divided into two groups. Povidone iodine and chlorhexidine were used for first and second group respectively. After gathering information through questionnaire, data were analyzed using independent t-test, repeated measure of ANOVA and chi-square.

Results: Bacterial levels significantly reduced and reached to zero when preparation of solution was based on chlorhexidine formulation (P <0.001). The average number of bacteria after preparation with chlorhexidine significantly reduced when compare to povidone iodine. The mean number of bacteria was not identical in three times, but at the end it was significantly less (P <0.001). In the povidone iodine group the mean number of bacteria was reduced significantly (P <0.001) in three times.

Conclusion: Statistical results showed that, however povidone iodine could significantly reduces the amount of bacteria, but after preparation with chlorhexidine bacterial levels reached to zero. At the end of surgery, bacterial levels in the two groups roughly reached to equal.

Key words: Povidone iodine, Chlorhexidine, Surgical area
Why the presented educations by the medical staff have not been effective on decreasing or at least on stability of caesarian delivery in the city of Kazerun?
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Introduction: Education is one of the effective ways addressed to decrease the number of caesarian deliveries. But why the presented educations by the medical staff have not been effective on decreasing or at least on stability of caesarian delivery in the city of Kazerun? This question is the main question that the present study is formed based upon it.

Methods: The present study is an analytical – descriptive study and the sample includes 450 women who went the Kazerun health centers in 2011. The data have been gathered through a questionnaire and interview and analyzed by SPSS 15 software.

Result: The results showed that the caesarian delivery had been the preferred option for 39.2% of studied women, 62.5% of medical staff and 50% of women with no delivery experience. 42.5% of visitors to physicians and 34.2% of visitors to midwives had chosen caesarian delivery as their option for delivery. Doctors and midwives consulted on 40% of cases of choosing delivery methods. 60.7% of women who are seen by private midwife, 38.7% of those who are seen by health centers and 22.41% of those who are visited by doctors have satisfied with the presented educations. And the rates of caesarian deliveries for these groups were 38.5%, 23.5% and 28.6%, respectively. 20% of women, who had chosen caesarian delivery due to pain phobia, declared they were willing to take natural delivery if there were a complete effective analgesic option.

Conclusion: It is concluded that the dissatisfaction of educations, contradicted medical staff words with their performance for themselves, high expectations of women from medical staff, abundance of professionals who respond to these expectations and, possibly, training provider focus on cognitive domain rather than affective that it's content is creation or change attitude, mindset and overall values are amongst the factors which increased the tendency of caesarian delivery and reduction of education effects.

Keywords: Delivery, women, caesarian delivery preference
The need for social support in parents of children with thalassemia; a phenomenological study.


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Introduction: Thalassemia syndromes are a heterogeneous group of disorders with reduced or absent synthesis of alpha or beta globin chains associated with alpha thalassemia and beta thalassemia and the two main groups are classified. This study aims to describe the social experiences of parents of children with beta thalassemia major is done, Because awareness makes a general knowledge and deep experience in all aspects of their lives, we find and Enhancing the quality of life in the community and take practical steps to solve their problems.

Methods: the research design is of qualitative (phenomenology) one. Sampling was carried out on a purpose-based approach and was continued until saturation of the data occurred. The participants of this study were the parents of Children with Thalassemia in Bu Ali Hospital (Ardabil city) in 2013.

Results: Interview, extracted 9 step method were analyzed colaizzi and 5 main concept of distress, lack of support and backing, grim fate, stress and illness were obtained conceal the truth.

Conclusion: The results of the present study is that parents of children with thalassemia represents a wide range of problems in different aspects of social and family experience. Social factors such innocent and helpless, stigma, isolation and compared with those parents are affected, and it is causing concern and It is instilled into a dark future. According to the findings, most individuals do not have the correct understanding of thalassemia and This lack of understanding negatively impacts the lives of patients and their families to follow. So in this context, the treatment team should play a more active role in education.

Keywords: Life experiences, Thalassemia, Parents of thalassemic patients, Phenomenology.
Comparison of total antioxidant capacity (TAC) marker in maternal and newborn cesarean delivery pain with Entonox
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Introduction: Studies show that delivery could be involved in oxidative stress. Since the provision of a safe delivery for mother and fetus is of particular importance, this research aims to review TAC in cesarean delivery and Entonox neonatal onox.

Methods: 120 women admitted for labor of 60 men and 60 women with cesarean delivery without labor pain with Entonox after consent participated in the study. After taking 5 ml of cord blood testing, FRAP (Ferric Reducing Ability Of Plasma) was performed. To evaluate the results of the descriptive statistics (mean) and inferential statistics (t-test) was used.

Results: 23.7288 ± 24.0862 of maternal age oncesareangroup was 4 ± 24.0862, and Entonox group difference was not significant (p = 0.544). FRAP marker was 0.933 ± 0.7619 and Entonox 1.028 ± 0.543 that was not significant (0.443 = p).

Conclusion: It seems that labor of Entonox can be used without risk to the fetus.

Keywords: total Antioxidant capacity, cesarean delivery, Entonox, Newborn
Evaluation the status of infection control in IUD insertion and vasectomy in health centre according to the infection control criteria in 2013.

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**Introduction:** Midwives and physicians can reduce transmission of disease like HIV and Hepatitis by considering infection control criteria. Based on remarkable IUD and vasectomy frequency, existing problems in infection control in Isfahan Health Centre and not many recent studies on infection control in family planning units in literature review, this study was designed to evaluate the status of infection control of this centre according to the infection control criteria in 2013.

**Methods:** This was a descriptive and analytical study. Research sample consisted of 78 midwives and skilled physicians who provide IUD insertion and vasectomy in 65 family planning and vasectomy units in health centre.

Data gathered by the questionnaire was related to staffs (personal and clients services protection) and checklist was related to unit’s environment (infectious waste removal, work place, cleaning, disinfection and sterilization of instruments).

Some of indexes were «MUST to do».

Responses, scoring and were evaluated in two ways:

1. Calculation scores and percentage of criterias for rating staffs and units: poor (0-59%), moderate (60-79%) and good (≥80%).
2. Calculation of desirability percentage of staffs and units: accepting at least 75% scores and 80% of «MUST to do» points.

**Results:** In infection control, the staffs and units were rated as followed. The staffs: 12.8% (n=10) poor, 60.3% (n=47) moderate, 26.9% (n=21) good and the units: 35.2% (n=19) poor, 53.7% (n=29) moderate and 11.1% (n=6) good.

11.5% of the staffs (n=9) and 7.01% (n=4) units were in desirable conditions for adaptation to infection control criteria.

**Conclusions:** The desirability of adaptation to infection control criteria is not good enough, except in the vaccination of hepatitis B and infectious waste removal. Therefore, it seems that training the staffs and continuous monitoring, as well as the purchasing standard disinfectants should be a priority in healthcare programs.

**Key-words:** Infection Control-Iran-Midwifery Unit-criteria-Sterilization
The comparison of knowledge and attitude of midwifery and nursing junior students to the Natural Childbirth and cesarean section

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Introduction: Caesarean section rates have been increasing steadily globally. Level of knowledge and attitude about childbirth mode are two of the reasons for selecting cesarean. The purpose of this study is to assess the knowledge and attitude of midwifery and nursing students about childbirth methods.

Methods: In this descriptive-analytical study, 73 juniors' students of nursing and midwifery in the Isfahan School of Nursing and Midwifery were studied with census method. The data were collected by a questioner with demographic, knowledge and attitude questions. Statistical software analysis was carried out with SPSS version 18. The validity and reliability of the questioner were evaluated.

Results: The results showed that the majority of midwifery students had moderate (10%) and high (90%) level of knowledge and nursing students had low (9.5%) and moderate (59.5%) knowledge and 31% had a high level of knowledge. The significant difference was observed between nursing/midwifery students and level of knowledge (p= 0.00).

97% of midwifery students had a positive attitude to natural childbirth and 3% had no idea to natural childbirth. 78.6% of the nursing students had a positive attitude to natural childbirth and 21.4% had no idea to natural childbirth. There was a significant difference between nursing/midwifery students and attitude to natural childbirth.

The majority of midwifery students (93.5%) had no idea to cesarean section and 6.5% had negative attitude to cesarean section. 5% of the nursing student had a positive attitude to cesarean section, and 95% had no idea to cesarean section. The significant difference was observed between nursing/midwifery student and attitude to cesarean section.

Conclusion: The majority of students in this study had a high and moderate knowledge, and in answer to questions about their attitude toward cesarean section expressed that they had no idea. Therefore, it is important to set up a positive attitude to natural childbirth and negative attitude to cesarean section in education of nursing/midwifery students.

Keywords: Knowledge, Attitude, students, nursing, midwifery, natural childbirth, cesarean section
Self reporting of staff nursing and waste management
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Introduction: The effectiveness of learning from errors and increase the quality of service is a significant part of the reform process. The error is an integral part of all aspects of healthcare that it cannot be completely eliminated, but it can be minimized. Hospital waste generated as a result of increasing population growth, expansion of hospitals and greater use of materials such as disposables, syringes, needles and incorrect disposal of them, is a significant threat to the environment and public health. It has a direct or indirect impact on public health and the environment. Given the importance of this issue, this study was conducted to evaluate the management of medical waste by nurses.

Materials and Methodology: In this cross-sectional study, 280 staff nursing of surgical wards participated. Data collection was done by self-construct questionnaire that comprised two sections, including demographic characteristics of participants, level of education, participation in educational classes and questions about their reporting nurses from Waste Management.

Results: Participants: 70/4% male, 29/6% female and 59/2% had BA. The 60/4% always used Infectious Waste in container harvesting would mean 3/3 of 4 Score and 62/5% with an average of 3/6 of 4 waste production in the four main were separated.

Discussion and Conclusion: Promotion of human development, health environment and infection control education, waste management, supply enough staff to reduce error in this field, better inform the guidelines of the health Ministry and assessment of actions were done is one of steps for qualified staff nursing of waste management.

Key words: self-reporting, Staff Nursing, Waste Management
The effectiveness of the effective communication skills training on self-inhibition and mental health of couples
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Introduction: The present study aimed to investigate the effectiveness of teaching effective communication skills on self-inhibition and mental health of couples in Babol city, Mazandaran, Iran, in the year 2013.

Method: The present study is a quasi-experimental study with pre-test, post-test design with control group and the population included all women with marital problems who referred to consulting centers. From this population, using randomization method, 40 people were selected from 4 consulting centers and were randomly assigned into two groups of control and experimental groups with 20 participants in each group. Measurement instruments, included the effective communication skills training package, self-inhibition (SRS) questionnaire, as well as mental health questionnaire (GHQ-28) which were completed by all of the subjects in both groups, in pre-test and post-test phases. The participants in experimental group were under effective communication skills training (four 120 minutes sessions) for a month, however, control group didn't receive this intervention.

Results: The findings of this study showed that teaching effective communication skills didn't cause significant difference in both groups considering mental health and the factor of self-inhibition in subscales of anger quell, impulse control, respect of others, accountability in the phase of pre-test. However, after receiving intervention and administrating the post-test, a significant difference was observed between the two groups and it was observed that teaching effective communication skills had a significant impact on the couple's mental health and self-inhibition.

Conclusion: Family is always one of the top priorities of the life, hence for the sake of the future of ourselves and our children we must have mental health and self-controlling skills. This research showed the extent of positive impact that the teaching of effective communication skills can have on the mental health and self-inhibition skills of couples. Hence, by holding classes to teach these skills, an important step can be taken forward in the direction of the family health.

Keyword: Effective communication skills, Self-inhibition, mental health, couple
The Effect of Aromatherapy Abdominal Massage on Alleviating primary dysmenorrhea in Students
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Introduction: Dysmenorrhea is one of the most common gynecologic disorders affecting more than half of menstruating women. It is defined as a pelvic pain directly related to menstruation that interferes with daily activities. This study investigated the effect of aromatherapy massage on a group of Iranshahr University of Medical Sciences students who are suffering of primary dysmenorrhea.

Methods: This study is a clinical trial that conducted on 100 students with primary dysmenorrhea who were educating in Iranshahr. group 1 received aromatherapy abdominal massage once daily for seven days prior to menstruation using the essential oils (cinnamon and lavender in a base of almond oil). Group 2 received the same intervention but with placebo oil (almond oil). Severity of pain was compared in pre intervention cycle and two cycles post intervention in both 2 groups. Results were analyzed by SPSS through chi square, ANOVA and t-test in 0.5 level of significance.

Results: The mean of dysmenorrhea severity was not significant in pre intervention cycle between two groups (P=0.3), but pain reduction in each two cycles after interventions in both groups was reported. This reduction was more in group 1 (cinnamon and lavender) and it was more significant in two cycles (P<0.05).

Conclusion: These results suggests that aromatherapy is effective in alleviating menstrual pain. Aromatherapy can be provided as a nonpharmacological pain relief measure and as a part of nursing care given to girls suffering of dysmenorrheal.

Keywords: cinnamon, lavender, Primary dysmenorrhea.
Effect of spouses prenatal education classes on quality of life and pregnancy outcomes in primiparous women referred to Hajar hospital gynecology clinic
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Introduction: Spouses’ support during pregnancy is effective on quality of life and pregnancy outcomes, but it related to cultural believes. This study was done to determine the effectiveness of spouses education classes on quality of life and pregnancy outcomes in primiparous women referred to Shahrekord, Hajar hospital gynecology clinic.

Methods: This clinical trial study was done during 2011-2012 in Hajar gynecology clinic, Shahrekord, Iran. Eligible primiparous pregnant women who participated in physiologic childbirth education classes were selected and allocated randomly in intervention (n=31) and control (n=27) groups. Physiological childbirth education classes include 8 sessions that intervention was conducted in two sessions (sessions 3 and 8) about pregnancy nature and emotional needs of women during this period for spouses. Quality of life of women was evaluated before and after intervention by SF36 questionnaire.

Results: There was no significant difference between two groups in quality of life score and demographic characteristic at the beginning of study. At the end of study, intervention group had only significantly better score in mental health dimension of quality of life(P=0.049). Furthermore, the time of hugging, kissing, and beginning of breast feeding had significant difference between two groups and intervention group had better condition(P<0.05). There were no significant differences in gestational age, gravid, abortion, pregnancy outcomes, age of mother and spouse in two groups(P>0.05).

Conclusion: The findings of the study showed that spouses classes during pregnancy could be effective in enhancing quality of life in pregnant women and the mother-infant relationship.

Key words: Education classes, Pregnancy outcome, quality of life, Spouse, primiparous
Prevalence of menstrual disorders among school girls in Shahrekord city.
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Introduction: Menstrual disorders are common among adolescent girls and may affect the life of these girls and often cause anxiety for them and their families. This paper aims to determine the prevalence of menstrual disorders among school girls and its relationship with some factors in Shahrekord city.

Methods: The study employed a descriptive cross-sectional design. A total of 411 school girls aged 13-16 years were randomly selected and asked to complete an anonymous questionnaire of 20 items. The data were analyzed using SPSS version16. Descriptive statistics were used to determine mean age of the subjects, age at menarche, and frequency of menstrual disorders. The categorical data were analyzed using by Chi-Square test the continuous data were analyzed using unpaired t-test. And correlation between data was analyzed by Pearson Correlation Coefficient. \( P < 0.05 \) was considered to be statistically significant.

Results. The mean age of the students was 15± 1.05 years and the mean age of their menarche age was 12.66 ± 0.97 years. The mean time of exercise was 3.46%± 5.91 hours in week. Menstrual bleeding lasted between 3-7 days in 92% and cycle length lasted for 21-35 days in 79.8% of the respondents. The three most important menstrual disorders they experienced were dysmenorrhea (54.5 %) menorrhagia (28.5%) and metrorrhagia (14.8%).Irregular periods were observed in 38.4% of the cases. Although the most of the girls (66.2%) had the prior information about menstruation before the occurrence of the event but The majority of girls were not seen by the gynecologist for menstrual disorders.there was a statistical significant relationship between BMI and menstrual disorders and menarche age (\( P < 0.05 \))

Conclusion: dysmenorrhea was the most frequent menstrual disorders, while dysfunctional uterine bleeding such as menorrhagia and metrorrhagia is the most urgent gynecological problem during adolescence, that needs refer to a physician in order to the exclusion of pathological conditions. So Adolescent girls should be made educated about normal physiology of menstruation and pathological conditions can have significant consequences on future reproductive health

Key words: Adolescent girls, Dysmenorrhea, menarche, menstrual disorders, school girls
Concealment of medication error reporting? A qualitative study
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Introduction: Error reporting is the first step in providing the safe health care system and
can be affected by various professions Health Care System. This study aimed to identify nurses' experiences of concealing other medication error reporting for the proper management of medication error has been made.

Methods: A phenomenological qualitative approach was used. Participants in this study were nurses working in hospitals of Isfahan who had experienced medication error. Purposive sampling was adopted in the study and sample size was dependent on the data saturation with a total of 10 participants were chosen at the end. Data collection carried out through unstructured interviews and analysis through colaiuzzi method.

Results: From the finding of this study, 40 primary code expressing participants experiences were emerged that forming the three secondary code and finally composed theme Concealment of error.

Conclusion: When a nurse attempted to hide or report errors depending on the individual situation, professional reputation and status of the patient. Fear of disturbance relations between the nurse-patient, physician participation in error, friendly relationship with the infringer, the lack of supportive health care system, exist punishment system, fear of tarnishing the reputation in work environment composed individual, group and management the error concealment. Our results suggest that hospitals should review their policies on error self-reporting to ensure their actively encourage nurses to report medication errors and to support a blame-free culture in the organization.

Keywords: Medication error, Nurses experience, Patient safety, Concealment, Reporting
Relationship Between Communication Manners Of Head Nurses with Job Satisfaction Of Nurses Under Their Supervision
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Introduction: Interpersonal communication is considered as an important and effective factor of job satisfaction and efficiency and has special significance in nursing career because of face to face relationship with patients. This study aimed to determine the association between head nurses' interpersonal communication and job satisfaction of nurses under their supervision. The study was conducted in educational hospitals of Isfahan University of Medical Sciences.

Methods: This is a descriptive and analytical study on 203 nursing personnel working in educational hospitals of Isfahan University of Medical Sciences. Data were collected using Job Descriptive Index (JDI) developed by “Smith & Kendall” and interpersonal communication was measured using a researcher-made questionnaire. Data were analyzed using SPSS software and Pearson's test and presented in tables and diagrams.

Results: Majority of the participants (148 subjects, 73%) believed that head nurses' interpersonal communication was excellent and in general Pearson's test showed a significant association between head nurses' interpersonal communication and their personnel's job satisfaction (p < 0.011).

Conclusions: Based on the results of this study on the relationship between interpersonal communication of the head nurses and job satisfaction of their personnel, we can improve the job satisfaction of nursing personnel as well as patients' satisfactory and level of services by developing educational courses and workshops on importance and effectiveness of interpersonal communication for head nurses.

Key words: Nurses, interpersonal communication, job satisfaction
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Key words: Nurses, interpersonal communication, job satisfaction
The worldwide trend of infertility, an original review and meta-analysis
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Introduction: Infertility is one of the most important conditions in reproductive system and there aren’t reliable estimates for global prevalence of infertility. Knowledge of the prevalence of infertility is important and it can be effective in the manager decision making.

Methods: We systematically reviewed all published papers in Medline database and Scopus (1988– 2010). A univariate and multivariate approach were employed to assess the causes of heterogeneity among the selected studies. Meta-regression was used to examine the relationship between the prevalence of infertility and study’s year. Data manipulation and statistical analyses were performed using STATA 11.1.

Results: The study population wasn’t similar in all papers. Studies were evaluated the prevalence of infertility in the general population, the total female population, women, married and married couples. Some studies have mentioned of infertility as failure to achieve a pregnancy within 12 months of regular sexual life without contraception methods. While other studies 24 months. Overall, 52 studies met our inclusion criteria and the pooled worldwide of infertility is 10%. Iran have been reported the highest prevalence of infertility (22%). The correlation between prevalence of secondary infertility and year of study was significance (p= 0.039).

Conclusions: Approximately 10% of the world's population suffers from infertility. Due to the negative impact of infertility on couples in various aspects of life, and the need for treatment and support programs, accurate estimate of infertility is essential in around the worldwide.

Keywords: Meta-analysis, Meta-regression, Prevalence of infertility
The Survay of compliance rate of the professional ethics codes with the midwives in Tehran’s Maternal-Child Health Centers.
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Introduction: The development of ethics codes for a profession can be an indicator of the coherence and stability of a discipline as a unique and singular entity. Applying professional ethics codes causes the welfare not only for patients/clients but also for midwives or other health services providers. This study aims to assess compliance rate of the professional ethics codes with the midwives in Tehran’s Maternal-Child Health Centers.

Material and Methods: This is a descriptive and cross-sectional study performed by 125 Maternal-Child health centers’ Midwives in Tehran. The data gathering tool consisted of a valid, reliable questionnaire including two sections of demographic information (age, learning professional ethics history, salary satisfaction, marriage status, level of education) and 43 questions in 10 areas of professional ethics based on a 5-point Likert scale. Data analysis was performed by descriptive statistics via SPSS.

Results: The overall compliance with ethical codes was 3.866 ± 0.522. The highest score belonged to “professional relationships with colleagues” (4.23 ± 0.79) and the lowest score belonged to “clients’ information disclosure” (3.74 ± 0.32). There wasn’t a significant relationship between age, level of education, marriage status and professional ethics codes application.

Conclusion: It seems that application rate of professional ethics codes among midwives in Tehran’s Maternal-Child Health Centers is moderate. It is recommended that managers, planners and instructors try to enhance Midwifery professionalism in Iran by setting relevant policies and running training services and adopted midwifery ethical codes.

Key Wordes: Midwifery, Professional Ethics codes, Maternal-Child Health centers
Effect of regular exercise on depression in hemodialysis patients

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Introduction: depression is the most common of psychological disorder in hemodialysis patients, reducing quality of live and increases mortality, attending to limitations and complications of medication components for depression in these patients, this study was performed to determine effect of regular exercise on depression of hemodialysis patients.

Methods: in a clinical trial, randomizing, 51 CRF patients in two groups (case and control) were assessed. After measuring of samples depression by Beck Depression Inventory (BDI), designed exercise program was educated to case group by poster and face-to-face methods. The program was performed for ten week and three times a week in case group, finally, the depression of the participants was determined again. The data was analyzed by descriptive and inferential statistics and SPSS 16 software.

Results: according to results of this study, there were no differences between case and control groups in depression rate at the beginning of study, but there was significant difference after intervention (p= 0.014). At first the mean and SD of depression in case group was 23.8± 9.29, and reduced to 11.07±12.64 at the end of study (p<0.001).in control group mean and SD of depression increased from 19.23±12.98 to 26.11±13.72 significantly (p=0.002).

Conclusion: the regular exercise planning reduced depression rate in hemodialysis patients, and it is suggested that this program will be considered as the routine care for improving the psychological state of hemodialysis patients.

Key words: exercise, depression, dialysis
Effects of group education on maternal attitudes toward parenting style
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Introduction: Parenting style is one of the most important and effective factors in training and growth of children and adolescents, and the way that parents communicate with their children is an effective factor on family contact patterns. The aim of this study was to determine the effect of group education on attitude of mothers about parenting style, referred to Imam Ali (AS) health care center of Isfahan in 1392.

Method: This is an experimental study which was conducted on a random sample of 25 mothers referred to this center, that divided to two groups (intervention and control). The intervention group received 5 sessions of group education and control group received a booklet about parenting styles. The instrument used in this study was the Bamerind Parenting Style Questionnaire that was completed by mothers before and after intervention and their scores was compared with each other.

Results: The results shows that the mean score of attitude toward permissive style in intervention group was less than control group after intervention (p=0.040), the mean score of attitude toward authoritarian style in intervention group was less than control group after intervention (p=0.04) and the mean score of attitude toward authoritative style in intervention group was more than control group after intervention.(p=0.01).

Conclusions: Group education can affect attitudes of mothers toward parenting styles and help them to choose the proper style in parenting.

Keywords: Group training, parenting style, attitude
The effect of educational intervention on self care in patients with diabetes type 2 by community health nurse
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**Introduction:** Diabetes is the most common metabolic disease and the sixth mortality reason all over the world. Most of the studies in this field show that the only way to control and prevent disabling side effects of this disease is to constant doing the self care behaviors. The aim of this study was to investigate the effect of education intervention by community health nurse on self care of patients with type 2 diabetes referred to imam ali health center of isfahan.

**Methods:** This study is a clinical trial done by two groups (control and intervention) in two steps (before and after intervention) on 50 patients (25 patients in each group) with type 2 diabetes (between 40-70 years old). Education intervention was done in 7 sessions for the intervention group then the mean score of self care was compared between two groups by Summary Of Diabetes Self Care Activities (SDSCA) Toobert And Glasgow Questionnaire.

**Results:** The results show that the mean score of self care between both groups was not significantly different before the intervention. (p_value=0.67 & z=0.43) However after the education intervention this score in intervention group was significantly increased. (p_value=0.002 & z=3.14)

**Conclusion:** According to the results of this study, constant education of self care in diabetes mellitus, with more emphasis on development changes in self care skills and behaviors is suggested.

**Key Words:** Self care - Diabetes Mellitus – Education Intervention - Community Health Nurse
The pattern of drug abuse based on demographic factors in drug users Represent their addicts in Quchan- Iran
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Introduction: Addiction is one of the major problems and concerns of the world today. The first step in combating a social phenomenon or disease, knowing it is correct. To determine the demographic characteristics and patterns of drug use has been done in this area.

Methods: This is descriptive cross-sectional study. The analysis of data in prospective study examines the characteristics of addicts who voluntarily to one of the centers in the city Quchan withdrawal over a year for withdrawal referred deal. Information was extracted from the file. Information extracted during ten-day sections of these cases took place. After the information encoded in software 11 - spss into the computer and were analyzed.

Results: Of the 753 cases studied 75% were male and others female. Therefore, the rate referred addicted to quit just three against women. The majority of people (1 / 86%) married and (4 / 32%) in the age group 30 to 39 years were.
Education (3 / 51%) of them were illiterate and elementary level. Majority (3 / 39 /%) self, and just (3 / 6%) Bykarbyvdnd. Consumables highest among these people (65%), syrup, and then (4 / 24%), opium (7 / 7 %) Crystal (7 / 2%) comprised of heroin. In (5 / 66%) cases the main method of extraction used, (8 / 32%) percent of eating, (26 / 0%) injection, (39 / 0%) and was sniff. Inhaler and drink any case was not reported. Majority People (9 / 58%), the first female consumption of opium, (4 / 39%), syrup and only (26 / 0%), injection materials were mentioned. (2 / 60%) have a history of drug addiction had already.

Conclusion: Considering that the majority of cases of addiction in this city in men aged 30 to 39 years, Married, employed, with primary education and illiterate, and have a history of addiction relapse form provided in relation to knowledge Damage of addiction with this group seems to be necessary. Also according to social factors, environmental and cultural education and intervention can be ways to boldly and lifestyle changes necessary training to the comrade that reduces the return will be provided addicts.

Keyword: Represent their addicts, withdrawal Center, Quchan
Epidemiology examination of reproductive infections that prevalent in married women between 15-49 years old by doing PaP SMEARS test in Khalilabad city in 1390-1391

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Introduction: POP SMEAR test is one of the tests that used for sifting (screening) of cervix diseases .among examinable cases by POP SMEAR, we can mention venereal diseases. Diseases which transferred by sexual intercourse are a sensitive issue and talking openly about them is not easy and causes disgrace. Because of this problem, patients do not refer for treatment on time or they refer to traditional therapists. Therefore these diseases don't cure properly and they cause spreading of disease . And in this article we examine this issue.

Methods: This study is descriptive-cross sectional and 300 women between 15-49 years old referred to obstetrics units in this city and filled the questionnaire for POP SMEAR test and then the acquired data analyzed by SPSS software .

Results: 72.3% of persons haven't any information about this test until the time of examination. Most infections are in CANDIDA(29%)which most cases are in age range 30-34(26.4%). Most percentage of infection is in rural region (88%). There wasn't a meaningful relation between the type of vaginal secretions and type of infections.

Conclusion: According to results, training of couples who are about to marriage respecting venereal diseases is very important. Also should be noticed to awareness of persons in relation to POP SMEAR test and necessity for doing it once every Three years . In this way we can control and prevent spreading of venereal diseases by recognizing infected persons.

Key words: women between 15-49 years old, reproductive infections, PaP SMEAR , Khalilabad
The effect of antenatal preparation for labor and pregnancy outcomes in pregnant women referred to Al-Zahra hospital, Rasht.
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Introduction: lack of education during pregnancy causes increased medical intervention and induces maternal and fetal complications. The aim of this study is to investigate the effect of antenatal preparation for labor and pregnancy outcomes in pregnant women referred to Al-Zahra hospital, Rasht.

Methods: This is a randomized clinical trial. 204 pregnant women were divided in two groups. Group 1 was pregnant mothers attended at antenatal preparation classes. And second group was indicated as pregnant women who participated in routine prenatal care. Data were gathered by a form which consisted of 2 parts. Part 1 included demographic characteristics and Part 2 involved delivery type, duration of active phase and second stage of labor, analgesics, anti-spasmodic drugs and oxytocin consumption, episiotomy, weight and apgar score. Data were analyzed by Mann Whitney and chi square test.

Results: results showed that there were no significant difference between groups regarding to duration of active phase, delivery types and first-minute apgar score. Consumption of analgesics during labor in first group was significantly less than second group. Also, there was significantly less episiotomy in first group. Comparing groups with respect to birth weight demonstrated that mean weight in first and second groups were respectively 3.227 g and 3.044 g which showed significant difference.

Conclusion: regarding to the results mentioned above, it seems that antenatal preparation courses could induce fewer complications and provide pleasant delivery which can eventually reduce maternal and fetal complications.

Key words: antenatal preparation, labor, pregnancy outcomes, mothers, child.
The Role of Electronic-Health in Improvement of Kids Nursing Care

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Electronic health (E-health) using mobile phone and wireless devices has metamorphosed traditional health care. Electronic devices cause health care staff, kids as patients, and others to efficiently communicate with together. An E-health system creates coordination between consumers, new solutions, desired standards, ability to transfer data, and security well.

In this paper, improvement of health and daily kids nursing care functionalities has been evaluated from different aspects such as reliability and environmental factors such as traffic jam in traditional health care systems and e-health systems. The results of the research have been showed in figure 1.

Keywords: E-health, Tele-medicine, Kids nursing Care
A study of quality of life in menopausal stage in Karaj Health center
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Introduction: Menopause is a transition in life and problems of menopause can affect on quality of life during this transition. This study was designed to define quality of life in menopausal women in different menopausal stages.

Methods: This is a descriptive cross-sectional study. Samples were taken with multistage randomized sampling method and consisted 276 healthy women 40-60 years old. Data was earned with special questionnaire through interview and then collected by using SPSS and descriptive statistics and X2.

Results: The results of research indicated that 72.3% of women in premenopause and 49.3% perimenopause women had high QOL. 87.1% menopausal women with <5y and 79.2% with >5y had average QOL. The finding show that QOL was related to menopausal stage as well as the highest QOL was belonged to peri menopause. According the finding QOL was affected with severity of symptoms.

Conclusion: The results of research indicated that QOL in menopausal stage is different and it depended to severity of symptoms. Therefore raising women’s health and knowledge, teaching health providers is recommended and suggests adequate counseling about menopause.

Key words: Quality of life, Menopausal stage.
Team-based learning: Effective strategies to boost nursing care for patients with chronic illness
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Introduction: In the era of innovation and development in the field of medical education, nursing education in various strategies to determine the impact of education on health-related behaviors of patients. Team-based learning, interactive teaching methods as an alternative to traditional lecture-based pervasive learning environment in which small groups can be as innovative strategies, high effective learning health-related behaviors to increase the level of self-care the patients.

Methods: This study reviewed the results of published studies in scientific databases and relevant journals.

Discussion: Patients with chronic diseases and having a good quality of life to adapt to the living conditions requires special knowledge and skills. Teams of nurses as health professionals have an important impact on achieving these goals. Due to the special needs of patients in self-care education to patients at increased rates is of particular importance. Team-based learning as a teaching strategy can be viewed as a unique training method for patients to access health-related behaviors to be used. Research has shown that its application to patient education, a desire to increase knowledge and understanding to the training needs to be and Learning capacity issues related to the disease process and treatment increases levels also lead to improved communication with other treatment team and the development of learning skills and the skills to take care of your copper. And increase the health care and quality of care.

Conclusion: According to the results of research regarding the benefits of this approach, especially in patients who achieve higher levels of learning skills and self-care Can be used as a teaching method to be used in patient treatment centers.

Keywords: team-based training, self-care, nursing, chronic disease.
Evaluation of health promotion behaviors among adolescent girls schools in Qazvin


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Introduction: Health care, health promotion and community development is one of the pillars of society, but what is certain is that a lot of healthy and unhealthy habits formed in childhood and later life period is extended. The period of adolescence is critical for girls because it changes the physical, emotional and developmental accompanied she is preparing to enter adulthood. Thus, the impact of these changes, how health behaviors in adolescent girls and adult determines that affect their health and family. Thus the study of health-promoting behaviors and plan appropriate measures to protect and promote the health of this group is essential thus this study aimed to determine the health promotion behaviors in adolescent girl’s schools in Qazvin.

Methods: This descriptive - analytical. The study population consisted of 266 female students at secondary school level in Qazvin were selected by cluster sampling. Tools for data collection, standard demographic information and health promoting behavior questionnaire (HPLPII) are supplemented by examples and research data using Spss win/16 software using descriptive statistics, chi-square statistic were analyzed.

Results: The findings showed that the total score achieved in the behaviors related to health promotion, health responsibility in the case study, more than half of the students, the poor are located. In the area of spiritual growth more than half of the students are good While the areas of physical activity, stress management, nutrition, and healthy interpersonal relationships more than half of middle-level students are doing these behaviors.

Conclusion: This study showed that health-related behaviors in female adolescents were at average levels, thus providing adequate health services and educational services, and in some cases counseling to adolescent girls and their families must be considered.

Keywords: health promotion, girls, teen, school
The impact of mental imagery on learning some badminton skills and some psychological characteristics
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Introduction: Since most of motor skills include physical and cognitive factors, then it's suggested that along with physical exercise, cognitive interventions can also facilitate learning skills (Magill 2007). On the other hand, too much competition stress and anxiety can lead to both physically and mentally reaction that can have a negative impact on athletes performance (Mohammadi, 1391). Hanton and Jones showed that psychological skills such as imagery have a major impact on changing the negative interpretations due to stress and anxiety and improve athletics performance (1999).

Methods: 30 people based on VMIQ-2 questionnaire results purposefully selected and randomly divided into two groups of 15. All participant trained long and short services together. Subjects completed the DASS-21 questionnaire for measuring their stress and anxiety then did Scott and Fox's badminton long service and French' badminton short services tests as the pre-test. Every session, relaxation program for 10 minutes and imagery program were run for 10 minutes. Then the subjects were asked to practice services for 20 minutes. Afterwards, participants properly exercised services for 20 minutes. The control group just exercised services. After 36 sessions, post test was used. The Kolmogorov Smirnov & T-affiliated were used

Results: Findings show the effectiveness of mental imagery on learning badminton skills and reducing stress and anxiety.

Discussion: Due to the impact of mental imagery, muscle electrical activity creates, thus the structure of the neural pathways activate during imagery. This activation by creating and strengthening consonant harmony patterns whose existence is necessary helps to learn skills.

Positive reinforcement of a behavior will strengthen the possibility of repeating the behavior therefore; mental imagery could be a way to help athletes to eliminate negative experiences that lead to loss of confidence, anxiety and stress that ultimately result in bad performance.

Keywords: mental imagery, learning, badminton skills, stress, anxiety
The study of loneliness among female students of Social Welfare and Rehabilitation Sciences 2013
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Introduction: The experience of loneliness is a universal problem that more or less all men have experienced and it is associated with life. The aim of this work was to determine the state of loneliness in students of Tehran Welfare and Rehabilitation Sciences University.

Methods: In this descriptive-analytical study, 118 students of Tehran Welfare and Rehabilitation Sciences University were selected through random sampling. Data collection was carried out through “Loneliness Scale” and demographic variables questionnaire. Data was analyzed by SPSS/21.

Results: Based on the age range of subjects from 18 to 29, 88/1% of their undergraduate and 11/4% in graduate school were enrolled. Also, 37/1% of loneliness were low, 32/8% of loneliness and 30/2% had moderate feelings of loneliness. There was no significant correlation between factors such as age, education level with loneliness.

Conclusion: It is recommended to provide appropriate and effective consultation times for the students, identify the causes of loneliness in them and providing appropriate solutions for the reduction, prevent secondary complications such as loneliness and isolation.

Keywords: Loneliness, Students.
The survey status of Internet addiction and its related factors among nursing students in Tehran University of Medical Sciences in 2013
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Introduction: The Internet using has become an important part of individuals, especially universities’ daily life activity in recent years. Regarding changes due to using this technology, the question comes to mind is which How is internet addiction status among nursing of universities. The aim of this study was internet addiction and its related factors among nursing students in Tehran University of Medical Sciences in 2013.

Methods: In this analytical, 330 Nursing Students Universities of Medical Sciences, Tehran, Iran. Date collection was carried out through Yang “Internet Addiction Test” and demographic variables questionnaire. The data was analyzed by SPSS 21.

Results: Based on our findings, 82.3% of the students did not have Internet addiction 17.7% of them had an Internet addiction. There were statistically significant relations between Internet addiction and demographic variables including: gender, status, personal computers, science websites, personal blogs, personal websites, Webchat (chat), listen to music, surf the Web, make friends, play games online, blogging, duration of Internet use hours a day, time of week, time of Internet use (P < 0.001).

Conclusion: The findings of this study indicate that 17.7% of the nursing students in this study had an Internet addiction. Regarding the increasing pattern of the Internet using among students, designed appropriate trained programs and effectiveness Internet-based intervention to promote increase knowledge and inspire healthy behaviors in the nursing students, is essential.

Keywords: Internet, Internet Addiction, Nursing student.
Quality of Sleep and its Relationship to Quality of Life in Hemodialysis Patients

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Introduction: Despite many advances in the treatment of chronic renal failure, the quality of sleep in patients who suffer from this disease is at the risk. The high prevalence of sleep disorders in hemodialysis patients, which is concomitant with physical, behavioral, and psychological problems, has always affected these patients’ quality of life (QOL). This study aimed to determine the relationship between quality of sleep and quality of life in hemodialysis patients.

Methods: By using a descriptive and correlational design, this study was conducted on 245 hemodialysis patients in 2012. Patients were selected by convenience sampling from the hemodialysis ward of four training hospitals of Tabriz and Maragheh. Quality of sleep was measured by the Pittsburgh Sleep Quality Index (PSQI), and the quality of life for patients was measured by the Kidney Disease Quality Of Life questionnaire (KDQOL-SF).

Results: 83.3% of hemodialysis patients had poor quality of sleep. Poor quality of life was significantly associated with poor quality of sleep. There was a significant negative correlation between global PSQI and important aspects of quality of life including physical health, symptoms and problems, the impact of kidney disease on daily life, burden of kidney disease, mental health, social support, and sexual function.

Conclusion: The low quality of sleep in hemodialysis patients has an effect on the deterioration of their quality of life. Therefore, training, counseling, and advocacy programs should be developed to improve the patients’ quality of sleep and quality of life, especially those with lower education level and income, and older people.

Keywords: Quality of sleep, Quality of life, Hemodialysis
Knowledge and Practices Regarding HIV Infection and AIDS Prevention of the Attendees to Shatareh Health Center in Islamshar.

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Introduction: About forty million people are currently living with HIV/AIDS worldwide. This disease is the leading cause of morbidity and mortality in developed and developing countries such as Iran. Inadequate knowledge, negative attitudes and risky practices are major hindrances to preventing the spread of HIV. Little is known about the knowledge and practice of people living in the remote areas, therefore, this study with the aim “to determine Knowledge and Practices Regarding HIV Infection and AIDS Prevention of the Attendees to Shatareh Health Center in Islamshar” was conducted.

Methods: A descriptive, cross-sectional study design was employed. A structured face to face interviewer-administered questionnaire was administered to the clients whom attended to Shatareh health center during the study period. The easy accessible method was chosen for sampling. The inclusion criteria were the clients should be more than 15 years old and willing to attend in the study. Descriptive statistical was performed for data analysis. Before conducting the study all ethical issues were considered.

Results: 83% of clients were female. Most of women (36/6%) were 25-34 years old and 38/7% of men were in 35-49 range of age. 31/2% of them had high school diploma. 90/3% of female were housewife and majority of men (73/6%) had their own business. 73/6% of men and 68/8% of women had heard about HIV/AIDS. Only 12/5% of them have been attended in a formal classes related to HIV/AIDS. 66% of clients mentioned that they have gotten their information about this health problem from the media (TV or radio). The study results showed that although majority of female (73/1%) and male (78/9%) clients’ knowledge were in the unpleasant range, but 59/8% of them had acceptable range of practice on HIV/AIDS prevention (62/3% female and 57/8% male).

Conclusion: Although the samples had poor knowledge but their performance on HIV/AIDS were acceptable. This probably related to that most of clients mentioned that they used condoms for family planning issues. According to the study findings these group of people need some appropriate interventional program with the workshop format on HIV/AIDS education and prevention.

Key words: Knowledge, Practice, HIV/AIDS, Prevention
An Evaluation of Training performance of Health Care Workers in Training Clients and the Patients.

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Introduction: Health training is considered the most important component of the preliminary health care and is among the fundamental duties of the health workers. Therefore, the current study aims to examine the training performance of the healthcare centers workers.

Methods: This is a descriptive cross sectional study conducted in Mashhad’s health care centers in 1392 through using classifying cluster probability sampling. A number of 250 health care workers in vaccination, mothers and babies, fighting disease, midwifery and environmental health departments participated in the study. The research instrument included checklist of observing the measurement of training performance of the workers. The data were analyzed through descriptive analysis and analytical tests including Spearman correlational tests, Pearson, independent T-test, one way variance analysis, Mann Whitney and Cruscal-Walis.

Results: The results showed that the training performance of 166 workers (66.4%) (Sd_+1.79, mean 13.27) were at good and acceptable level. There was a significant difference between training performance of the workers with their individual characteristics such as age, gender, marital status, field of study, work place, employment status, and the experience of participating in training workshop based on promoting training skills.(p<0.005)

Conclusion: The training performance of the workers in health care centers were measured good and acceptable, and there was a significant difference between training performances with other individual factors. Thus, a plan for promoting the training performance of the workers and further studies for discovering effective factors on training performance are recommended.

Key words: Health workers, Training Performance, Training
Examination of awareness level of women between 40-60 years old in relation to menopause signs, treatment and prevention of its complications in Khalilabad city in 1390

Hassan Makaram, Zahra Raee

Introduction: Menopause is a physiologic event that in it, physicians and patients cooperate together to hold patients healthy and they continue natural living with peace of mind. Women awareness with respect to changes of this period is of vital importance in prevention and its treatment. Recent study is deal with examining of women awareness in relation to menopause signs and prevention of its complications.

Methods: This is a descriptive-analytical study to examining of women awareness level regarding menopause signs and prevention of its complications. The community under study was all the women between 40-60 years old who referred to women infirmary. The sample number was 600 persons and Results: the findings showed that majority of under research units (51.8% of signs and menopause complications) had ideal awareness and 48.2% had little awareness. 80.5% of them had little awareness about ways and methods for prevention of complications and 19.5% had ideal awareness about methods. There was a meaningful relation between awareness of menopause signs and residence (p<0.05). In this study determined that awareness level of villagers in relation to menopause complications is more than city dwellers. Also there wasn't a meaningful relation between awareness of menopause signs and income (p>0.05).

Conclusion: With respect to little awareness regarding prevention and treatment for complications in menopause duration, there should be noticed to the necessity of training women in this field.

Key words: Menopause, awareness, women, signs, prevention, treatment, Khalilabad
The relationship between respiratory status in chemical victims with their quality of life
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Introduction: Many of chemical warfare capabilities shows a significant decline in performing activities of daily living to cope with chronic respiratory effects of sulfur mustard. Respiratory complications are the major causes of disability that considered in victims of war. The quality of life can be considered as a basis for evaluating the quality of health care. This study is done in purpose of describes the relationship between quality of life and severity of respiratory disorders of chemical warfare.

Methods: This research is a descriptive - cross sectional study. 140 chemical veterans by available sampling were selected. Patients completed the quality of life questionnaire SF-12 and after doing spirometry examination to determine the severity of respiratory problems, they ranking in four groups. Data analysis by SPSS 18 software using independent t-test and one-way analysis is conducted.

Results: All participants were male with a mean age (SD) times 48 (±9.88) years and the mean (SD) interval between study and exposure to chemicals 25 (±1.45) years. Average of two-scale physical health (PCS) and the mental health scale (MCS) was 20.33 and 29.6. The mean (SD) of FEV1 and FEV1/FVC spirometric indices respectively 56/7 (±22.17) and 60.02 (±10.08). Also between spirometric parameters and quality of life questionnaire scores for each dimension based on the Pearson correlation test, a statistically significant inverse relationship (P >0.01) was found.

Conclusion: This Study, showed the decreased in quality of life for chemical veterans for both physical and mental health. In view of these findings, the significant relationship between quality of life and severity of respiratory support and so the importance of recognizing and treating of respiratory difficulty in this group is clarified.

Key words: Quality of life, respiratory disorders, chemical victims, chemical agent
The psychometric properties of the Persian 'Multidimensional Fatigue Inventory' in chemical warfare victims with respiratory disorders

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Introduction: Mustard chemical victims experience some chronic respiratory problems. Fatigue is one of the most weakening symptoms in patients with chronic respiratory disorders and extensively affects many aspects of their life various questionnaires for measuring fatigue have been developed, but currently no validated questionnaire exists in Persian language which measures fatigue among chemical victims. The aim of this study was to determine the cultural adjustment and psychometric properties of the Persian version of MFI in Mustard chemical victims with respiratory disorders.

Methods: This study was a methodological research. After finishing the steps of forward-backward translation, to determine the psychometry of Persian version, by using a non-probability, convenience, and purposeful sampling method, 140 chemical warfare victims selected to fill out the questionnaire. To determine the validity of tools, a judgment of the expert panel, Content Validity Index, and Pearson Correlation Coefficient was used. To evaluate construct validity three separate methods of divergent validity, factor analysis, and known group was used. And, the reliability of the questionnaire was tested by Cronbach Coefficient Alpha.

Results: Persian version of the MFI-20 questionnaire was consisting of both good face and content validity. Pearson Correlation Coefficient with P<0.001 showed the reverse correlation between the results of fatigue and the outcomes of spirometry parameters. Reverse correlation (0.682-0.827) with scores of SF-12 and fatigue confirm the divergent validity. Also the consequences of factor analysis and known groups supported the construct validity. Cronbach Coefficient Alpha was 0.94. The most fatigue score in chemical victims was respectively in physical fatigue, general fatigue, reduce activity, mental fatigue, and reduce motivation.

Conclusion: The Persian version of the MFI showed satisfactory psychometric properties and can be confirmed as a valid instrument in assessing fatigue of chemical victims.

Key words: Fatigue measurement, Reliability and Validity, Mustard Gas
Improvement of glucose and lipid profile status with Aloe vera in pre-diabetic subjects: A Double blind Randomized controlled-trial

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Introduction: Pre-Diabetes, is a disturbing trend in the population, who are at risk for developing type 2 diabetes. According to multiple effects of conventional drugs, herbal medicine is considered. Aloe Vera is taken into consideration, because of, its unique pharmacological effects. The aim of this study is to determination the effect use of 4 and 8 weeks of Aloe vera in two different doses on glucose and lipid profile in pre-diabetic subjects.

Method: This was A Double blind Randomized controlled – trial, that Approved by the Ethics Committee of the University, that Was done on 72 subjects with pre-diabetes symptoms. After explaining the method and obtain written consent by the investigator, the people with randomly assigned and use of blocking method, were devided in 3 group include Capsules of Aloe Vera (300 mg and 500 mg) and placebo. The subjects used capsules twice a day in morning and evening for 8 weeks. The Blood samples, was taken for measurement of glucose and lipid profile at the end of the fourth and eighth week.

Results: The level of Fasting blood glucose in two groups that receiving 300 and 500 mg capsules of Aloe vera, in fourth week after the intervention (respectively: p = 0/001 and p = 0/006) and at eight weeks after that (respectively p = 0 / 002 and p <0/001) showed significantly decreased, compared to the control group in the same time. Also, HbA1C level in both groups receiving 300 and 500 mg capsules of Aloe vera in the eighth week after the intervention (P = 0/042 and P = 0/011), had a significant decrease, compared to the control group. While the levels of Total cholesterol and LDL-C, only in the group that taking 500 mg capsules of aloe vera in the eighth week after the intervention (P <0/001 and P = 0/01), was significantly reduced, Significant increase was observed in HDL-C levels in this group compared to the control group at eight weeks after intervention (P = 0.004). The groups taking 500 mg capsules of aloe vera in the fourth week after the intervention (P = 0/045) And at eight weeks after that (P = 0/005) Triglyceride levels showed a significant decrease than the control group.

Conclusion: Use of Aloe vera extract in pre-diabetic patients, significantly Control levels of Fast blood glucose within four weeks and reduced the levels of lipid profile, during eight weeks.

Key words: Aloe vera, prediabetic status, blood glucose, lipid profile, herbal medicine.
The effectiveness of station designed sports on mental health of midwives: A Randomized Clinical Trial

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Introduction: In this century, 25 percent of people are with diagnosable mental disorders and approximately 450 million people in worldwide suffering from some form of mental disorder. The aim of this study was to determine the effect of designed sport on mental health of midwives.

Methods: In this randomized clinical trial, 60 healthy midwives, 25-50 years old, working in Health Centers of Mashhad were selected through purposeful methods then they were randomly divided in two groups: 30 in intervention, 30 in control group. Participant filled up General Health Questionnaire 28, before and after the study and Bruce test was taken by techno gym treadmill in order to determine maximal oxygen uptake. The intervention group performed 45 minutes sport training program in three times a week, within 8 weeks. Data were analyzed with SPSS 19 software and using Independent t-student, Paired sample t-test, Mann-Whitney u and Chi squared test. P<0.05 was considered significant.

Results: There was a significant differences between sport training and mental health, subscales of anxiety and insomnia, physical complaints and social dysfunction (p<0.05). However there was no significant differences between sport training and subscale of depression (p>0.05).

Conclusions: Designed sport training promotion, mental health of midwives by reducing anxiety and insomnia, physical complaints and social dysfunction.

Key words: Designed sport, Mental health, Midwives
The effect of inhalation aromatherapy with Damask Rose (Rose Damascene) essential oil on the pain of after dressing in the patients with burns
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Introduction: Pain is a common problem in patients with burns, and intensity of this pain increases after each dressing. This study aimed to investigate the effect of inhalation aromatherapy with Damask Rose essential oil on the pain of burns patients after dressing.

Methods: This study was a randomized clinical trial that Fifty patients hospitalized in burns unit of Beast hospital in Hamadan within September to October, 2013 were selected by convenience sampling and were randomly assigned to either experimental or control groups. For two days of intervention in the similar way, the baseline pain of the patients was assessed in thirty minutes before entering into the dressing room in both experimental and control groups. Then the patients in experimental group inhaled 5 drops of Damask Rose essential oil 40% in distilled water as aromatherapy and the patients in the control group inhaled 5 drops of distilled water as placebo, and patients in both groups for exchange their dressings went to dressing room. The pain of the patients was assessed in the minutes of 15 and 30 after exiting of dressing room. Data were collected using Visual Analogue Scale (VAS) and analyzed by SPSS 16.

Results: In the present study, the effect of inhalation aromatherapy on reduction of pain was confirmed in the patients. The finding indicated that there was a significant reduction of severity of pain after dressing in the patient with burns in the experimental group in compare with control group (p < 0.05).

Conclusion: Inhalation aromatherapy with Damask Rose can be effective in reduction of severity of pain patients with burns. Therefore, it could be suggested for using as a therapeutic way in order to reduce pain in the patients suffering pains due to burns.

Key words: Inhalation aromatherapy, Damask Rose, pain, burn dressing
Relation between Moral distress and mental health in female nurses

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Introduction: The purpose of this study was to investigate the relationship between moral distress and mental health in female nurses.

Method: The statistical population of this study were 826 female nurses of public and private hospitals of Yazd in 2011 that 300 employed female nurses in Yazd hospitals were chosen by classified random sampling and were assessed by Corley moral distress scale (1995), and General health questionnaire-12 (Goldberg, 1972).

Results: The result of data analysis showed there is significant negative relationship between moral distress and the dimension of self-esteem of mental health. The results of t-test showed that the mean of moral distress and mental health in private hospitals nurses is higher than public ones.

Conclusion: Considering to the results, it is necessary that official managers of hospitals create supporting systems for detecting and also preventing the environments that cause repetition of moral distress, and decrease of mental health in this important group of society.

Key words: Moral distress, Burnout, Mental health, Nurse
Effect of self-management program on lung function status and exercise tolerance in patients with chronic obstructive pulmonary disease

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Introduction: The major increasing in chronic illnesses such as chronic obstructive pulmonary disease, can lead to caring systems challenges. The exacerbation of symptoms in this patient lead to progressive decrease in lung function, a lot use of health care service and death. So this patients suffer from low pulmonary function. Thus, the present study have been performed with the aim of investigating the effect of self-management program on lung function status and exercise tolerance in patients with chronic obstructive pulmonary disease.

Methods: In this clinical trial study, 50 chronic obstructive pulmonary disease patients with moderate and severe grade which having the inclusion criteria were randomly assigned to control and intervention groups. The control group received usual care and intervention group received usual care plus the self-management program based on the 5A model. Patients were assessed by spirometric test and 6-minute walking test for lung function status and exercise tolerance at baseline and after 12 weeks. SPSS software, chi-square and independent t-test were used for data analysis.

Results: There was not seen the significant statistically difference in spirometric indexes difference mean in two groups (P>0.05). Also, this difference between groups in exercise tolerance at baseline was not significant. But, the difference between two groups was significant at the end of 12 weeks (P=0.007).

Conclusion: Using the self-management program in short term can lead to increased exercise tolerance in patients with chronic obstructive pulmonary disease, thus this program is recommended as an effective way to improve the functional status of these patients.

Keywords: chronic obstructive pulmonary disease, self-management, pulmonary functional test, exercise tolerance.
Effect of Red Clover on severity of physical and Psychological symptoms of menopausal women by MRS.
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Introduction: Today physicians and menopausal women are interested in using complementary and alternative medicine for relieving severity of menopausal symptoms. Interest in phytoestrogens contain Isoflavones has increased. Selective binding properties of Isoflavones to β estrogenic receptors distinguish them from other herbal remedies. The present study aim was to investigate the impact of red clover on the physical and Psychological menopausal symptoms.

Methods: This tripled blinded controlled clinical trial was conducted on 72 healthy postmenopausal women between 50-59 years old. The intervention group daily received 2 capsules containing 40 mg dried leaves of red clover for two months, while the control group received 2 capsules containing 40 mg starch in the same way. The intensity of menopausal symptoms obtained through physical and psychological dimension of Menopause Rating Scale at the baseline and at the end of the study. The socio-demographic data were collected by a questionnaire. Data were analyzed by SPSS version 14.

Results: No significant difference was found between the two groups regarding the demographic information and the physical and psychological symptoms of menopausal women before the intervention. The comparison of mean and standard deviation between two groups by using Student t test showed the intensity of physical (P=0.036) and psychological symptoms (P=0.01) of menopausal women remarkably decreased in the intervention group.

Conclusion: The results of the study showed that compared to the placebo, red clover supplementation was more effective in reducing the intensity of menopausal symptoms in post menopausal women.

Key words: Red Clover, Physical Symptoms, Psychological Symptoms, Menopausal Symptoms, MRS
The effect of massage and reflexology on the pain intensity in the 30-40 year old women suffering from Chronic non-specific low back pain
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Introduction: In spite of developing the sciences related to the spine diseases as well as discovering therapeutically new ways, low back pain is still considered one of the popular health problems in both industrial countries and other ones. Being as an offensive disease, it makes patients not to be able to do their daily activities and also take a rest for a long time. On the other hand, by causing some physical or mental problems, low back pain may affect the economical condition of families badly. Nowadays, there are several methods including medicinal ways, electrotherapy, relaxation techniques plus medically complementary ways like massage and reflexology to cure the following disease. Determining the effects of reflexology and massage on the pain intensity in the 30-40 year old women with chronic non-specific low back pain has been defined the main purpose in this empirical research.

Methods: A 60-man group consists of the 30-40 year old women being afflicted with chronic low back pain during 32/23 ± 21/4 months with the average age of 35/31 ± 3/33 was collected to be tested here. Then, all of those people under investigation were classified accidentally in 3 categories of reflexology, massage and control. The pain intensity of patients was evaluated by Visual Analog Scale before and immediately after treating them as well. Next, the procedures of massage and reflexology were implemented on the so-called individuals during 18 sessions (for 6 weeks and 3 20-minute sessions per week). It should be noted that the control group was not under any treatment programs in this examination. Finally, the raw data was calculated by the help of SPSS software, the 20th version, and also analyzed through the t-independent, t-coupled and ANOVA tests.

Results: In the recent survey, the average age, weight and height of female patients who suffered for 32/23 ±21/4 months were 35/31 ±31/33, 65/63 ±5/86 kg and 157/15 ±5/71 cm respectively. Following the curative period passed, the members of 2 groups (massage and reflexology) experienced a special improvement in themselves and their pain was relieved but no remarkable difference was observed in the control group (p < 0/05).

Conclusion: According to the results, not only massage but also reflexology plays an important role in relieving the pain intensity in the patients suffering from chronic non-specific low back pain in a short time. So, we can use the advantages of these 2 techniques to prevent low back pain onset in people or relieve its pain.

Keywords: Pain, chronic backache, reflexology, massage
The Effect of Family-Center Empowerment Model in patient Compliance of therapeutic plan Undergoing Coronary Bypass Graft Surgery

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Introduction: Coronary artery disease is considered one of the biggest causes of disability. Coronary artery bypass surgery is one of the main methods of treatment. Improve compliance to therapy after surgery is considered one of the most important goals of care. The aim of this study was to investigate the effect of Family-Center Empowerment Model in patient compliance undergoing Coronary Bypass Graft Surgery.

Methods: The present study was a non random clinical trial, with a comparison group was conducted with 102 patients and 102 active member patient's family from 2010 to 2011 in ICU open heart. All patients undergoing elective heart surgery and possibility of a direct telephone call home with not mental illness randomly divided in two groups. For experimental group, family–center empowerment model implement with four dimensional that including: Perceived threat, self–efficacy, Educational partnership and Evaluation; and control group received only routine care. Data gathered through questionnaires of demographic and compliance of therapeutic plan (include nutrition, physical activity and drug) for 8 weeks in two groups.

Results: data revealed that before the intervention, Demographic variables and patient compliance (include nutrition, physical activity and drug plan) in two groups were equivalent (P>0.05), but after the intervention, all of dimension have deeply been significant difference (P<0.0000) 

Conclusion: The results of this study probably appear that family–center empowerment model in patient under coronary artery bypass graft is practically feasible and improved of compliance of therapeutic plan in patient and his or her family.

Key words: Family–Center Empowerment Model, Coronary Artery Bypass Surgery, compliance of therapeutic plan
Comparing the effects of the second- and third-generation oral contraceptives on sexual functioning
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Introduction: The aim of this study was to compare the effects of the second- and third-generation oral contraceptives on women’s reproductive sexual function.

Methods: This randomized, double-blind, placebo-controlled clinical trial was conducted on 82 married women of reproductive age in Tehran. Samples were randomized into the groups receiving second- and third-generation oral contraceptive pills. Female Sexual Function Index (FSFI) tool was used before the intervention and 2 and 4 months after the intervention. Data analysis was carried out using analysis of variance (ANOVA) inter repeated measures and P values <0.05 were considered significant.

Results: There was a statistically significant difference in the positive and negative moods between the experimental and control groups before the intervention in the second and fourth months. The second-generation pills caused a decrease in sexual function in the second month and an increase in sexual function in the fourth month, but the third-generation pills led to an increase in sexual function in the second and fourth months. The increase in sexual function that resulted from using the third-generation pills was significantly higher than that resulted on using the second-generation pills.

Conclusion: According to the results of this study, sexual functioning decreased in the second month of using the second-generation pills and sexual performance was significantly more on using the third-generation pills compared to second-generation pills. The most common type of oral contraceptive used in Iran is the second-generation oral contraceptive LD™ (low-dose estrogen), which is freely distributed in health centers. Therefore, it is necessary for women who wish to use these contraceptive methods to be educated and consulted before they start using them. The third-generation contraceptive pills can be recommended to women who wish to use oral contraceptives.

Keywords: Second-generation combined oral contraceptives, sexual function, third-generation combine oral contraceptives
Palliative Care Nursing

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Introduction: Palliative care includes symptom management during both acute and chronic illness and end of life care. Palliative care nurses focus on patients and their families to optimize quality of life by anticipating, preventing and treating suffering. It is also consist of addressing physical, intellectual, emotional, social and spiritual needs and to facilitate patient autonomy, access to information and choice.

Content: One of the key elements mentioned during palliative care nursing, is the inherent interdisciplinary nature of care. The term "life-threatening or debilitating illness" is assumed to encompass the population of patients of all ages and a broad range of diagnostic categories, who are living with a persistent or recurring condition that adversely affects their daily functioning or will reduce life expectancy. Based on this definition, the patient population refers to children and adults and people of any age with acute, serious and life-threatening illnesses that result in poor quality of life. Studies show that these nurses demonstrate leadership in autonomous and collaborative practice, in modeling end of life care, and in providing mentorship and education to other health care professionals and are expected to provide basic elements of palliative care like pain management.

Conclusion: Palliative care programs will continue to be grow in response to growth of the aging patient population living with chronic, debilitating and life threatening illness. This include nurses and clinicians in all specialties and disciplines of health care. While it is commonly agreed that palliative care is health care provided by an interdisciplinary team, the nurses role is very important. The focus of palliative care nursing is optimal functioning with the relief of suffering for patients facing serious life-threatening illness and support for the best possible quality of life for both patients and their families.

Keywords: Interdisciplinary team, Nurse, Palliative care.
Assessment of Psychiatric problems in infertile patient
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Introduction: Infertility is one of personal and social problems that Puts patients at risk for various psychological pressures. The purpose of this study was to assessment the different psychological aspects of infertility.

Method: In this review study, books, articles and some sites that are related to mental health of infertile people were used. Then, the subjects were studied and the obtained findings were compiled as an essay.

Result: Firstly, though, fertility is a clinical condition, but it can affect on emotional status of couples with this problem. Experience of infertility can be ruinous, and Create mental and emotional problems. This study show, infertility several aspects of the Couples Performance are affected, such as disorder in sexual activity, self-esteem, communication between couples, sexual identity and feelings of rejection, cognitive function, costly and laborious Encounter therapy, anxiety and depression, guilt and failure noted. On the other hand, the prevalence of infertility in men and women are approximately equal, but women endure more pressure and discomfort.

Conclusion: According to multiple effects inappropriate of infertility on infertile people, and presence of factors such as of social and economic factors in this problem, attention and planning authorities for further decreases psychological symptoms in these people seems necessary.

Key words: Infertility, Psychiatric problems, infertile patient
Assessment of discharge with personal satisfaction in the emergency department as one of the major challenges for health system

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Introduction: Personal discharge of the main problems in the health system, and is when the patient despite doctor’s advice, leave the hospital. Personal satisfaction makes treatment is stopped and the patient may be worse, or worse, death or complications may occur that not compensated in the long term, and eventually can lead to Stagnation of work and inappropriate financial status in health centers. Therefore, the aim of this study was to determine the frequency of discharge with personal satisfaction as the most important barrier to providing care to patients presenting to the emergency department.

Method: In this cross-sectional study, all patients who were discharged with personal satisfaction and have not received any medical care in the emergency department, were studied this patients were referred to emergency department in one hospitals of Lorestan University of Medical Sciences in 2013. Data analyzed using SPSS 18 software.

Results: In this study, 29 patients were evaluated that 58/6% were males. Median age was 42 years. The most common reasons for referring the patients in order of frequency include: heart disease 34.5%, trauma and laceration each 17.2%, poisoning 10.3%, abdominal pain and loss of consciousness each 6.9%, cerebrovascular disease and vaginal bleeding each are 3.4%. Most references were in the night shift. Study has shown that 55.2% patients require counseling, 31% required the dispatch of 13.8% were in need of outpatient treatment. The most common reason for discharge with personal satisfaction was issues related to the patient (such as economic problems, not wanting to Hospitalization and ...).

Conclusion: According to this study, patients did not received any medical care, and the most common cause for referring of patient was heart disease, and the most common reason for discharge with personal satisfaction was issues related to the patient. Presence of social worker in the emergency department, increased knowledge of patients about possible side effects of discharge of hospital, and outpatient treatment programs for this group of patients is recommended.

Keywords: discharge with personal satisfaction, health care, emergency department
Review of cardiovascular risk factors in hemodialysis patients

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Introduction: Mortality from cardiovascular diseases (CVD) is increasing in hemodialysis patients. So that 50% cause of death in hemodialysis patient is cardiovascular & mortality rate due to CVD in under 45 years patients is more than 100 times of similar age people and also is more than 5-30 times in each age group in non uremic population. According to high incidence of cardiovascular events in patient with renal failure, this research want to review cardiovascular risk factors in these patients.

Methods: This descriptive study was performed on 37 patients referred to dialysis ward of 9th Dey hospital of TorbatHeydarieh in 2013. Tools of data collection was demographic questionnaires and check list of contextual and non-contextual risk factors. Blood Pressure (BP) of patients was measured 2 times from right hand in sitting position. Once in the beginning and for second time, after 10 minutes rest, and mean of two times was considered as patients BP. Laboratory tests was done after 12 hours fast. Standard 12-lead ECG was taken from all patients in supine position. Data analysis performed by SPSS 18.

Findings: The mean age of participants was 50.8±29.3. 64.9% were male and 35.1% were female. 75.7% had a history of hypertension, 64.9 had diabetes, 83.8% were smokers & 5.4% of participants had signs in ECG that it was pertaining to Ischemic Heart Disease (IHD).

Conclusion: According to high incidence of cardiovascular risk factors in hemodialysis patients, training and screening program must be performed for these patients.

Keywords: Cardiovascular risk factor, hemodialysis, patient.
Title: Perceived social supports in cancer patients

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**Introduction:** Cancer is uncomfortable and unbelievable experience for everyone which has many sings such as pain and physical and psychological disturbance. Social support is a trusty source that helps patients with cancer to cope with illness and its symptom that increase quality of life. This study has done for investigation of perceived social supports in cancer patients and its relation with demographic characteristics in them.

**Method:** This descriptive analytic study has done in 117 patients with cancer treated with chemotherapy in Seied Al-shohadahospital selected through convenient sampling in 1392. The data, collected by a questionnaire including two sections of demographic characteristics and, perceived social support and analyzed by descriptive and analytical statistical tests.

**Result:** Social support with mean 59.21, was at two low (57.3%) and moderate levels (42.7%). And it had inverse association with age (p=0.02), and right association with graduation (p=0.134). Mean of social support was higher in single patients than married and widow or divorced patients (p=0.02) and in females was higher than males (p=0.01).

**Conclusion:** Based on result Social support was low in patients. Also males, older, divorced and widow patients and who were in low graduated levels received low Social support, it decreased with old age too. Then it's necessary to more attention to social support specify in groups with low Social support.

**Key words:** social supports, cancer, chemotherapy
Title: Spirituality health in patients with hemodialysis

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Introduction: End stage renal disease (ESRD) is one the chronic & threatening life disease. Disorders from illness & cure indicated that these patients need help for coping with this condition. Since human is a multi-dimensional person each of this dimensions and spiritual dimension lies at the center of these dimensions, paying attention to spiritual dimension can have a great impact on health gain. Also implementation of spiritual cares depends on nurses’ awareness from basis factor. Therefore this study was performed to examine the spiritual health in patients undergoing hemodialysis treatment.

Method: This descriptive analytical study was done in 96 patients selected from hemodialysis centers of Isfahan University of medical science a questionnaire consisting two parts was used; the first part on the demographic characteristics & the second part on spiritual health was used for obtaining data. In order to evaluate the spiritual health Polotzyn and Ellison spiritual health questionnaire was used. For data analysis descriptive and analytical tests were used.

Result: The result indicated that 25 % of patients had high level, 74% had intermediate level & 1% had low level spirituality. It had right association graduation (p=0.000) also Mean of spirituality was higher in married patients than singles (p=0.03).

Conclusion: Outcomes indicated that most of patient had intermediate spirituality whereas high spirituality associated with healing and coping in patients. Also spirituality were lower in single patients and who were in low graduated levels. So its necessary to more attention to spiritual care specify in groups with low level and it should provide base on patients need.

Key words: Spirituality health, hemodialysis, ESRD
Knowledge and attitudes toward Complementary Medicine in the general population of Mashhad

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Introduction and Methods: This is a descriptive study of individuals aged 30-70 years formed the study population. Among which 600 were eligible for the criteria selected. Then the sample was random. Methods of data collection and interviewing, data collection tool was a questionnaire consisted of three parts: questions related to demographic units, questions to assess knowledge of energy healing units, and questions about attitudes towards the subjects are in energy Complementary Medicine. Required data were collected on a stage. Sought to SPSS data analysis software was used to achieve the objectives of descriptive statistics and Chi-square and Fisher's exact test was used and was set at 26 tables.

Conclusion: The relationship between attitudes toward health and education Complementary Medicine subjects concluded that there is a direct relationship between attitudes and education and how education increases positive attitude and is more positive. In connection with the we studied the relationship between knowledge and attitudes towards Complementary Medicine statistical findings show that the relationship between knowledge and attitude there is a direct. With increased awareness of Complementary Medicine that is more positive and sympathetic attitude towards the application of the results of the study can be used in the fields of health and health policy makers to give knowledge and attitude and beliefs of the to the correct beliefs and principles may lead.

Key words: knowledge, attitude, Complementary Medicine
Role of registered nurses in error discovery
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Introduction: The number of errors reported at each hospital represents only the tip of the iceberg. Improving safety at the point of care is the most important aspect of error prevention. Spontaneous reporting is the main tool in most countries today. Registered nurses have a vital role in discovering medical error.

Method: The studies included in this review were sourced via Google Scholar, sciencedirect, pubmed, using the search terms Registered Nurse, Discovery, Error.

Results: A study to describe the type and frequency of errors detected by American nurses in a sample of 502 nurses during a 28-day period has shown that the errors being discovered by nurses include medications, procedural errors, charting and transcription errors. A randomized controlled trial to study the impact of having dedicated medication nurses on the medication administration error rate has shown that medication errors are usually related to systems design issues and management rather than just nurses. A study to investigate the strategies used by nurses to recover medical errors in an emergency department setting has revealed five themes to describe the methods used by the nurses to interrupt errors, namely, patient advocacy, offer of assistance, clarification, verbal interruption, and creation of delay.

Conclusion: Nurses can take a more prospective, risk-reduction approach to medical errors. Adoption of appropriate technology blended with a confidential error reporting system that protects the professional interests of nurses will be effective in reducing, preventing and correcting medical errors.

Key words: Registered Nurse, Discovery, Error.
Main principles in prevention of Q-fever
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Introduction: Q fever, a zoonosis caused by the gram-negative bacterium coxiella burnetii, occurs worldwide and affects both humans and animals. Ruminants are considered to be the main source of infection of humans, with the main route of infection being through inhalation of the organism of fine-particle aerosols. Abortion is the main clinical sign in ruminants. Q fever can cause serious long-term health problems including heart and liver complications, and post-Q fever chronic fatigue syndrome. Only 1%-2% of people with acute Q fever die of the disease but is a much more serious disease. About 5-10% of patients who have had acute Q fever may develop the chronic form as soon as 1 year or as long as 20 years after initial infection. The simplest way how to avoid the development and spreading of Q fever is prevention.

Methods: The studies included in this review were sourced via Google Scholar, science direct, pubmed, using the search terms Principles, Prevention, Q fever.

Results: The main principles of prevention are educate the public on sources of infection, appropriately dispose of placenta, birth products, fetal membranes, and aborted fetuses at facilities housing sheep and goats, restrict access to barns and laboratories used in housing potentially infected animals, use only pasteurized milk and milk products, use appropriate procedures for bagging, autoclaving, and washing of laboratory clothing, quarantine imported animals, periodical monitoring of seroprevalence in cattle, sheeps and goats, vaccination of the risk groups

Conclusion: The important feature of the organism is its ability to withstand harsh environmental conditions; resisting heating, drying and sunlight to survive for more than a year at 4ºC in a dried state. Prevention and control efforts should be directed primarily toward high risk groups and environments.

Key words: Principles, Prevention, Q fever
Effect of Foot Reflexology on Blood Pressure in Patients with Stroke

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Introduction: Vascular events and strokes are third leading causes of death worldwide. There are also major causes of human morbidity. Various pharmacological and non-pharmacological treatments are proposed to patients with stroke. The purpose of this study was to determine effect of foot reflexology, as a nonpharmacological procedure, on systolic and diastolic blood pressures in patients with stroke.

Methods: In this clinical trial, 68 patients with stroke were selected and divided randomly into two experiment (n=34) and control (n=34) groups. Each patient in the experiment group received foot reflexology for 30 minutes. Data were recorded in the demographic and blood pressure record form. Data were analyzed using t-tests and ANOVAs in the SPSS-20.

Results: There were no significant differences between the mean systolic and diastolic blood pressures of patients in experiment and control groups at baseline. The blood pressure was significantly reduced among the experiment group after receiving the foot reflexology (P<0.05). The mean systolic blood pressure was significantly reduced in the experiment group after 10 and 30 minutes of massage; and the diastolic blood pressure was reduced significantly in all measured times (P<0.05).

Conclusion: Results showed positive effects of foot reflexology on reducing blood pressure in patients with stroke. Foot reflexology should be recommended as a supplement treatment in patients with stroke.

Key words: Foot Reflexology- Blood Pressure- stroke
The Effect of Massage therapy on Lung Function in Child Asthmatic Subjects
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Introduction: Asthma is the most common chronic medical illness of childhood. The chronic and potentially life threatening nature of these disease, and the lack of definite preventive and curative therapies lead many families to seek complementary and alternative medicine (CAM) treatments. The aim of this study was to investigate the effect of mixed method massage therapy on spirometric indexes in children suffered from asthma.

Methods: 60 children with asthma of 6 - 13 year - old were invited to participate in this study; only 58 of them agreed. They were divided into two equal groups randomly. Subjects in the massage therapy group received a 30 minute acupressure and massage therapy by their parents at home before bedtime every night for 4 weeks in addition to the standard asthma treatment. The control group received the standard asthma treatment alone for 4 weeks. A spirometry Test with exercise was done in both groups at the first and last days of the study. Data was analyzed use of SPSS18 software independent t-test, paired t-test, chi-square and covariance were used for data analysis.

Results: The mean age of the children was 8.16 ± 1.50 years. %51.7 of children were girls and %48.3 were boys and the mean onset age of asthma was 4.61 ± 2.67. At the end of the study, there was no significant difference in mean spirometric indices (FEV1, FVC, PEF, FEV1/FVC), (p>0.05).

Conclusions: According to the obtained results, Mixed Method massage therapy in asthmatic children, can’t improve spirometric indexes and pulmonary functions. However, further research in this area is needed.

Keywords: Massage, Asthma, Child, Spirometry.
Neglect in Providing Medical Care services for the Elderly Admitted to the Bahman 22 Didactic Hospital of Gonabad: Action Research

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Introduction: With the increasing prevalence of chronic diseases, demographic changes in the health care systems are challenges for the elderly. It is necessary to improve the quality of care for the elderly and the relationship between the elderly patient and care provider. This study aimed to understand the factors influencing the neglect in providing medical care services for the elderly admitted to the Bahman 22 Didactic Hospital of Gonabad.

Methods: This is a qualitative action research study. In the first step after obtaining the consent of the 11 elderly people with the ages between 65 to 89 years who were admitted to the different wards of the hospital, the data was collected, recorded and rewritten purposefully by unstructured interviews for 30 minutes. In order to analyze data, a qualitative content analysis was used. Then, the focus group was formed which included 12 members of treatment team; the group's attitudes towards providing the optimal care and its obstacles and the problems that the elderly faced were proposed and suggested. At the end, didactic workshops were held for the care group and evaluation was performed in different stages.

Findings: Interviews obtained from the elderly patients were analyzed and categorized into the following concepts: 1. The quality of nursing care 2. Participation in decision making 3. facilities 5. Medical expenses 7. Nutrition 8. The following problems was also proposed in the focus group by the care team. The crowding of wards, the shortage of nursing staff, hearing disorders and forgetfulness in the elderly, reduction of learning and dialect.

Discussion: The results show that improving the quality of care for the elderly and training of the nurses and care team regarding the aging process and the physical and emotional needs of this vulnerable group is essential. Therefore the action research is effective way for improving the Providing Medical Care services for the Elderly.

Keywords: Neglect of the Elderly, Medical Care Services, Hospital, Action Research
Prevalence and risk factors in the diabetic foot in Guilan provience
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Introduction: Foot ulceration is one of the most serious and disabling complications of Diabetes Mellitus and affects around 15 to 20% of patients with diabetes. The Global Lower Extremity Amputation Study Group estimated that 25 to 90% of all amputations were associated with diabetes. Hence identifying the at-risk patient is the most important step in reducing the rate of foot ulceration. Therefore a study of the foot situation in diabetic patients with and without foot ulcers was conducted in 2013.

Method: This cross- sectional study was performed on 355 diabetic patients referred to the Razi Hospital, including patients with type 1 or 2 except gestational diabetes. The questionnaire was considered by a panel of consulting experts. Questionnaire contained five parts: demographic details, characteristics of diabetes, skin status, structural abnormalities, foot ulcer and its graded. Data were analyzed using analytical statistics such as Chi-square and logistic regression Test by SPSS16 software.

Result: 16.1% of patients had foot ulcer. According to Chi-square test between foot ulcer and dry skin without sweating (P=0.01), fissure (P=0.004), impaired growth toenails(P=0.02), blister(P=0.008), hammer toe(P=0.05), clawing toe(P=0.001), Charcot joint(P=0.02), cause of hospitalization and history of hospitalization due to foot problems and injuries(P=0.001) is a significant relationship. Moreover based on logistic regression analysis showed that the variables associated with diabetic foot conditions are blister (P=0.03/OR=10.60), clawing toe (p=0.003/OR=4.62) and cause of hospitalization due to diabetes(P<0.0001/ OR=176.28).

Conclusion: Since blister, clawing toe and cause of hospitalization due to diabetes affecting the foot ulcer, nurses by identifying risk factors played a role in the prevention and treatment of foot ulcers.

Keywords: Diabetic foot, Foot ulcer, Diabetes mellitus
Effect of individual learning style and support group on early symptoms of menopause: a randomized controlled trial
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Introduction: This study was done with aimed to investigate the effect of individual learning style and support group on early symptoms of menopause.

Methods: In this randomized controlled clinical trial, 186 postmenopausal women 45-59 years of health records in health center participatory Valiasr Eslamshahr city in 1392 eligible for inclusion were classified into 3 groups of 62 persons with blocking method (two intervention groups and one control group). Support group in 6 groups (4 groups of 10 persons and 2 groups of 11 persons) was developed. Support group sessions on a particular day in a week for 60 minutes and was held during three consecutive weekly sessions. In self-directed learning was accessed three guide notebook, component of menopausal symptoms and ways of coping with the symptoms on a particular day during 3 consecutive. in control group was not performed nothing intervention. menopause symptoms were assessed by using a scale of Greene (0-63) before and 4 weeks after the end of intervention that was completed by participants. Data analysis was performed with software spss13 by using ANCOVA statistical analysis.

Result: The mean overall score Greene 4 weeks after the end of the intervention in two intervention group was significantly protective than the control group.(P<0.001) The results of data analysis showed support group could reduce early symptoms of menopause more than self-directed learning.(mean difference -3/3, 95% confidence interval: -4/9 to -1/8)

Conclusion: self-directed learning and support group teaching style could be reduce early symptoms of menopause. So using this educational methods in health interventions are appropriate in promoting women's health and confront them with the annoyer symptoms of menopause.

Key Words: Education, early symptoms of menopause, support groups, self-directed learning
Comparison of web-delivered and printed reproductive health education on modern contraceptive beliefs and practices of married women in a public university, Malaysia

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Background: In spite of the widely available family planning services in Malaysia during past three decades, the contraceptive prevalence rate (CPR) has a steady rate, only 34% of women use modern contraceptive methods. The aim of this study was to evaluate the effect of web delivered and printed reproductive health educational module on improving reproductive health knowledge, contraceptive beliefs, and practices for preventing unintended pregnancy among married female staff in a public university in Malaysia.

Methods: This study was a cluster randomized controlled trial and multi stage random sampling was used for selection of faculties. Self-administered questionnaire based on Health Belief Model (HBM) was used for collecting data on women’s contraceptive beliefs and practices at baseline, three and six months after intervention. Reproductive health education modules were delivered through website and booklet to the respective intervention groups. A Family Planning Expert was introduced to the website to answer questions about women’s reproductive health. For the booklet group, question and answer sessions were held by researcher at the work place. Both intervention groups received weekly reminder emails and tailored health messages during six months post intervention.

Results: Among website group modern contraceptive use significantly increased over time (p=0.01). There were significant and consistent increase in the mean knowledge score (p<0.001), perceived susceptibility (p=0.002), severity (p=0.001), benefits (p=0.02), cue to action (p=0.008), contraceptive self-efficacy (p=0.003), and decreased barriers for using modern contraception (p=0.047) over time. Within booklet from baseline to 6 months there were significant increase in the mean score of knowledge (p<0.001), perceived susceptibility (p=0.001), severity (p=0.005), benefits (p=0.015), self-efficacy (p=0.041). In the control group with the exception of reproductive health knowledge score which significantly changed from baseline to 6 months (p<0.001) no significant improvement was found in all other aspects.

Conclusion: Web-delivered reproductive health education module which is accompanied by family planning counseling provide safe environment for discussing about sexual topics including contraceptive practices that is culturally sensitive among Malaysian women. Web-delivered health education intervention was more effective in decreasing barriers and improving contraceptives use, knowledge, and beliefs of educated married women as compared to printed reproductive health education module.

Key words: web-delivered, printed, reproductive health education, contraceptive, beliefs, practice,
Spousal communication on family planning and perceived social support for contraceptive practices in a sample of Malaysian women
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Background: The use of modern contraceptive methods is critical in preventing unintended pregnancies and adverse maternal and perinatal health outcomes. In Malaysia Contraceptive Prevalence Rate (CPR) during past three decades has a steady rate, only 34% of women practice modern contraception. The aim of this study was to determine factors associated with modern contraceptive practices with focus on spousal communication and perceived social support among married women working in the university.

Methods: A cross-sectional study was carried out using self-administered structured questionnaire among 386 academic and non-academic female staff from nine faculties. The association between modern contraceptive practice and explanatory variable were assessed in bivariate analysis using chi-square test, independent sample t-test. The associations were further explored using multivariate logistic regression.

Results: Overall 36.8% of women used modern contraceptive methods. Significant association was found between contraceptive practice and ethnicity (p=0.003), number of pregnancies (p<0.001), having child (p=0.003), number of children (p<0.001), positive history of mistimed pregnancy (p=0.006), and experience of unwanted pregnancy (p=0.003). Contraceptive users had higher knowledge about contraception (p=0.002), higher perception of social support for contraceptive practice (p<0.001), more frequently discussed about family planning with their spouses (p<0.001), as compared to non-users of contraceptives. Logistic regression analysis in the final model showed Malay women were 92% less likely to use modern contraception as compared to non-Malay women. Women who discussed about family planning with their spouses were more likely to practice modern contraception than women who did not (OR, 2.2; CI, 1.3-3.7). Those women with moderate (OR, 4.9; CI, 1.6-10.8) and strong (OR, 14; CI, 4.5-26.4) perception of social support for contraceptive usage were more likely to use the modern contraception than women with poor perception of social support.

Conclusion: Spousal communication regarding family planning would be an effective way to motivate men for support and use of contraceptives. Family planning education initiatives should target both men and women particularly high risk cases for promoting healthy timing and spacing of pregnancies. Ethnic disparities need to be considered in planning reproductive health program.

Key words: Spousal communication, family planning, social support, contraceptive practices
Validation of the Iranian Edinburgh Postnatal Depression Scale for Screening postpartum depression
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Introduction: This study was done with the aim of predicting the evaluation of the diagnostic test of the Edinburgh Postnatal Depression Scale (EPDS) in an Iranian sample. The statistical society include all mothers who have had maternity during a season (three months) and have been visited for the first care in Sanandaj health centers.

Methods: among The mothers who had maternity for the first time (first time birth) during a season and have referred for first and second round postpartum care during 2 to 4 weeks after delivery, 361 participants completed the Beck and Edinburgh Postnatal Depression Depression questionnaire. And if these participants Achieved high score on the above scales, Structured Interview (SCID-I) for mood disorders were completed and done by a clinical diagnosis psychiatrist.

Results: 31.6% participants of The Beck Depression Inventory and 67.3% of Edinburgh test were diagnosed as depressed. And of all subjects diagnosed with BDI and EPDS only 19.7% of the women were diagnosed as patient with a diagnosis psychiatric and a structured interview. Cronbach's alpha values for the test of Edinburgh, is 0/70. The validity of Edinburgh with Beck scale is 0/44.

Conclusion: According to the findings, the questionnaire has high validity. And using the Edinburgh scale, a Fast and short pathway can be arranged to diagnosis. In health care systems, this short test can help to diagnose the patients quickly and helping to identify for treatment and improving them.
Effectiveness of training on some risk factors of identified cardiovascular disease, in health center Sanandaj staff, 91-90
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Introduction: Non-communicable diseases, especially cardiovascular diseases is a public health problem in all societies. The goal of this study, the effect of education survey on cardiovascular disease risk factors in the course of change - for vascular health center staff in Sanandaj.

Method: This cross-sectional study - intervention within 6 months in the second stage, with a sample of 50 people was Sanandaj health center staff that Initially the demographic level, lipids, blood glucose, blood pressure, body mass index and waist circumference were measured and after training variables were evaluated for the second time. Data were analyzed using spss software.

Results: Average total cholesterol in first stage of the 182/3 to 185/3 in the second stage, the first phase triglyceride LDL 149/4 to 139/2, from 106/2 to 103, HDL from 43/3 to 50 and from 108 cm to waist circumference 91 cm in the second round, a significant differences were observed after training in the second stage.

Conclusion: In this study, Sanandaj city health center staff in a six-month process of reduction of serum cholesterol and triglyceride LDL, waist circumference overweight and increased HDL showed. With Considering to findings of this study appear to have instruction on reducing risk factors.

Keywords: cardiovascular diseases, risk factors, cholesterol, blood sugar.
Comparison of the effects of two levels of negative pressure in open endotracheal tube suction on the physiological indices among patients in intensive care units
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Background: Most of the patients admitted in the intensive care units (ICUs) require an endotracheal tube and mechanical ventilation. In order to clear and maintain patency of the airways, endotracheal suctioning is required. Therefore, the least detrimental way of endotracheal tube suctioning which can diminish the complications should be selected. The present study aimed to compare the effect of two levels of negative pressure (100 mmHg and 200 mmHg) in open endotracheal tube suction on the physiological indices among patients in the ICUs.

Materials and Methods: In this single-blind clinical trial, 60 patients meeting the inclusion criteria were selected by convenience sampling and randomly allocated in two groups. First group of patients were suctioned with negative pressure of 100 mmHg and the second group with 200 mmHg. Effects of two levels of suction pressure on oxygen saturation (SPO2) and heart rate (HR) values were measured and recorded at four time points. Repeated measure analysis of variance (ANOVA), chi-square test, and independent t-test were adopted to analyze the data.

Results: In the two groups consisting of totally 60 subjects (30 in each group), 34 subjects were males and 26 were females, with a mean age of 60.63 years (minimum 18 years and maximum 75 years). Repeated measure ANOVA showed a significant difference in the mean SpO2 and HR before, during, and 5 and 20 min after suction within each group (P < 0.05), but not between the two groups (P > 0.05).

Conclusions: The present study revealed that with regard to the detrimental effect of endotracheal tube suctioning on arterial oxygen saturation and HR, suctioning with negative pressure of 200 mmHg is considered to be a low-risk procedure compared to suctioning with negative pressure of 100 mmHg, if standard procedures in open suction system are followed.

Key words: Intensive care unit, physiological indices, suction
The effect of sensory stimulation provided by family on arterial blood oxygen saturation in critical care patients
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Background: Stressors in ICU impair patient’s comfort, excite the stress response and increase oxygen consumption in their body. Non-medical interventions are recommended as a treatment to improve comfort in ICU patients by multiple research studies. Sensory stimulation is one of the most important interventions. Since one of the important patient’s clinical index and respiration is arterial blood oxygen saturation, this study aimed to investigate the effect of sensory stimulation provided by family on arterial blood oxygen saturation in critical care patients.

Materials and methods: This study is a clinical trial conducted on 64 patients hospitalized in the ICU wards of Al-Zahra and Kashani Hospitals, in Isfahan, Iran, in 2012 & 2013. The patients were selected by simple sampling method and were randomly assigned to two groups (study and control). Patients’ arterial blood oxygen saturations were measured 10 minutes before, immediately, 10 minutes and 30 minutes after sensory stimulation in study group, and simultaneously, in control group without any intervention.

Results: Repeated measures ANOVA showed a significant difference in mean of arterial blood oxygen saturation levels 10 minutes before, immediately, 10 minutes and 30 minutes after sensory stimulation in study group (p<0.001), but in control group, the difference was not significant (p=0.8). Pair wise comparison of mean arterial blood oxygen saturation levels in different time points by Fisher's Least Significant Difference (LSD) showed that there was a significant difference in intervention group (p<0.022). But in control group, there was no significant difference between pairs of time points (p>0.18).

Conclusion: Application of sensory stimulations by family members improves patients’ comfort and increases the level of blood oxygen saturation in critical care patients as a nursing and non-medical intervention.

Keywords: sensory stimulation, touch, talk oxygen saturation, family visitors
Self Care in patients after eye surgery
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Introduction: Today, many eye surgeries conducted as same day surgery or in outpatient basis. Therefore, empowering patients to self-care is very crucial to improve surgical outcomes. This study was done to determining of self-care in patients after eye surgery at 2 eye clinic centers at least 1 week to 3 months after of eye surgery.

Methods: 80 patients (33 males and 47 females) were selected. Data collecting instrument was a self-care questionnaire consists of daily activities and quality of care of operated eye(s) and demographic data sheet. Data were analyzed using SPSS (ver., 16), chi-square and t-test.

Results: The mean age of the patients was 66 ±1.08 years old. %57.5 of samples (n =46) were taught after eye surgery. Of this patients % 55.4 was educated by nurses through pamphlets or family and %44.6 were also taught by the surgeon. Results showed that % 43.91 of patients was answered correctly to self-care questions after eye surgery. Regarding to self-care, % 70.3 of patients their responses was good to questions and in %29.7 it was very good. In the second domain (how to protect the operated eye), %88 their responses were rated very good. Chi-square test did not show statistically relationship between the first and second objective (P=0.243) but, there was significantly correlation between the first objective, demographic characteristics and education after eye surgery (P= 0.022).

Conclusion: patient education is necessary to provide optimal self care activities. It is recommended to conduct more investigations to explore the education outcomes after eye surgery.

Key Words: eye surgery, self care
Evaluation of academic procrastination in mental health among students of Qazvin

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Abstract
Entering college, major changes in social life, family and individual creates. In this period a great change of social relations and human faces and new roles and expectations are met. Exposure to these conditions often been accompanied by pressure and anxiety, can affect people's performance and efficiency. Students are not familiar with the campus arrival, departure, and separation from family, lack of interest courses, incompatibility with other people in the economic environment and inadequate amenities, including conditions that can cause problems and mental disorders and disability provides health will affect them psychologically. So these are people with negligence and procrastination, which makes boredom, frustration, dropout, absenteeism and failure to physical or psychological problems of the student.

This article is adapted from a survey research results - descriptive and population all research students studying in Qazvin light messaging account. Statistical sample consisted of persons that have been selected by multistage cluster sampling, the findings indicate that between academic procrastination and mental health, there is no significant direct relationship.

Keywords: mental health, academic procrastination, students PNU
Quality of work life and productivity of nurses (case study of nursing students in Qazvin province)

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Abstract
High-quality working environment as a fundamental prerequisite for empowering human resources in the field of health care system is Perceptions on the quality of their work life, the largest working group in terms of its importance to the functioning of hospitals based on the On the other hand, productivity is an important factor in the success of nursing students will be organized.
The relationship between quality of work life Productivity, managers can improve the quality of student performance provide workplace. this article is drawn from research results to the analytic descriptive correlational Survey of all nurses in Qazvin University of Medical Sciences Form. Statistical sample consisted of 39 individuals who were selected through multistage cluster sampling. results showed that the majority of the subjects in the average level of productivity and quality of life in middle level is located.

Keywords: Quality of work life, productivity, nurses, Qazvin
Relationship management in public health and psychological case study of teachers in the city of Alborz

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Abstract

style managers can provide employees maturing fields. and adopting an appropriate style, encourage them to take responsibility for the area more demanding than provided The level of organization they belong more and more to take hold, would assist the organization in achieving its goals Clearly one of the major issues of social organizations and educational, Reduce the effects of stress. work environment and human activities, including cases Feel that there are several different human the most important satisfaction or dissatisfaction- Having a mental health or mental health.

This article is adapted from a survey research results - a descriptive study and a survey of all administrators and teachers in Alborz city schools are to be established. The sample size consisted of patients who were randomly - selected class.

The results obtained showed: interactive management style, managers, teachers, social health, positive relationships Significant and negative and significant relationship with the teacher's mentalhealth.task-oriented management style, manager, community health educators negative and significant relationship with the teacher's mental health has a positive and significant relationship community health and mental health among teachers, there was a significant negative relationship The findings among elementary school principals, guidance and secondary management style While there is no significant interaction between the taskoriented management style was no significant difference .

Thus, public health and mental health depends a lot on the type of school teachers is the management style. managers who interactively attitude towards their teachers, community health and mental health improves

Keywords: management style, management style, interactive, ¬ task-oriented management style, mental health
Psychosocial adjustment to lower-limb amputation: A review article
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Introduction: Amputation is the loss of a part of an organ or all parts of an organ which is removed through surgery or is occurred due to trauma. The causes of amputation include trauma, infection, diabetes, vascular disease, cancer and other diseases. The impact of amputation on psychological situation and social and family relationships is undeniable, because physical disability also affects one’s social and mental health, in addition to his/her psychological adaptation and compared to the ordinary people, these people are suffering more from social isolation. Therefore, any limb amputation not only is considered as a physical injury but is also followed by psychological-emotional damages.

Methods: To prepare this paper we searched keywords such as adjustment, Lower-limb amputation and Psychological in the data banks of Scholar.google, Sciencedirect, Pubmed, Google, IranMedex, IranDoc and some Persian articles.

Conclusion: Following the amputation, patient experiences a wide range of conditions such as depression, anxiety, fatigue, long-term changes in recreational activities, economic burdens, medical costs as well as reactions of friends and family members, in addition to a wide range of emotional reactions. This situation, in the absence of adequate support from family and society, could result in non-adaptive responses of the patient. On the other hand, today the new methods of rehabilitation have turned the problem of disability from a personal tragedy to a social problem.

In this attitude, disability is a limitation imposed by the society which prevents these people from participation in social life. Although most researches have not found any relationship between individual-social characteristics and adaptation with the loss of limb, but studies show that men and the elderly could better adaptation cope with amputation compared to the young people and women, and the level of factors such as depression and anxiety is high for two years after the amputation, but these levels gradually decrease and reach to the norm of the general population.

On the other hand, most studies have been conducted as quantitative and cross-sectional researches. In addition, some aspects of adaptation coping with amputation have been neglected in researches until now. The researcher believes that the main needs and concerns of these individuals and adaptation the way they adapt with various problems are very vague and unknown for professional staff.

As qualitative researches can play an effective role in clarifying ambiguous and unknown areas and these types of researches have special effectiveness in answering to the questions containing human mentalities and interpretations and they are considered as the best ways to describe life experiences and relevant essential social processes, it is recommended to conduct qualitative researches in this field.

Key word: Psychosocial, adjustment, amputation
Trauma Patients’ perception of Social Support in adjustment with Amputation: a Qualitative Study
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Introduction: The effect of amputation on an individual's psychological condition as well as family and social relationships is undeniable because physical disability affects not only the psycho-social adjustment, but also the mental health. When compared to normal people, such people are mostly experiencing social isolation. On the other hand, Social support is known as the most powerful force to cope with stressful situations and it allows patients to withstand problems.

Methods: The present study was conducted using qualitative content analysis. Participants included 20 patients with lower limb amputation due to trauma. Sampling was purposive initially and continued until data saturation. Unstructured interviews were used as the main method of data collection. Collected data was analyzed using qualitative content analysis and constant comparison methods.

Results: The main theme extracted from the data was support sources. The classes include "supportive family", "gaining friends' support", "gaining morale from peers", and "assurance and satisfaction with the workplace."

Conclusion: Given the high number of physical, mental and social problems in trauma patients, identifying and strengthening support sources can be effective in their adaptation with the disease and improvement of the quality of their life.

Keywords: Amputation, Adjustment, social support, qualitative study
Psychosocial Effects of Lower Limb Amputation in Traumatic Patients: A Literature Review
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Introduction: Trauma is the leading cause of limb amputations in the world. Today trauma is considered as a big health problem in every community with any health, economic, and social condition. This problem involves not only the individual but also the family, community resources, and relevant systems in a broader dimension to the extent that trauma is introduced as one of the World Health Organization priorities. Beside lower-limb amputation, a lot of people have vascular, respiratory, and neurological diseases as well as psychological problems. In general, each individual has a certain tolerance against stress in a given time and circumstances and when the stress overcomes person’s ability, emotional and behavioral disorders inevitably will be shown.

Methods: To prepare this paper we searched keywords such as adjustment, Lower-limb amputation and Psychological in the data banks of Google Scholar, Science direct, Pub Med, Google, IranMedex, IranDoc and some Persian articles.

Results: Most pains seen in the lower limb amputation are phantom sensation, residual limb pain, the contra lateral limb pain, back pain, and phantom limb pain. Except for phantom sensation, the remaining pains are below the knee, probably due to the greater community of the below knee.

Conclusion: Although most researches have not found any relationship between individual – social characteristics and adaptation with the loss of limb, but studies show that factors such as depression and anxiety is high for two years after the amputation, but these levels gradually decrease and reach to the norm of the general population. Qualitative researches can play an effective role in clarifying ambiguous and unknown areas and these types of researches have special effectiveness in answering to the questions containing human mentalities and interpretations and they are considered as the best ways to describe life experiences and relevant essential social processes, it is recommended to conduct qualitative researches in this field.

Key word: Psychosocial effects, amputation
Effects of lavender Aromatherapy on pain from blood sampling in term neonate
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Introduction: Not relieve the pain in infants can lead to harmful short-term and long-term effects. Non-pharmacological interventions for pain management in infants, it has been suggested. In this study, the effect of Lavender Lavender Aromatherapy on pain after blood sampling in term neonates is done.

Method: In this study randomized clinical trial of 80 term neonate that are selected with convenience sampling and randomly divided into 2 groups of 40 each. The first group, the control group received no special treatment. The second group, infants at night for 8 hours before blood sampling were exposed to the odor of lavender. And the time sampling, lavender was used again. Same time the needle, by one fixed and trained, DAN score are calculated and recorded. The time measured in seconds from start to cry a silent interval of at least 5 seconds was measured. Data were analyzed with SPSS 16.

Results: Average rating group routine DAN score was 5.97 ± 1.94 and in lavender odor 4.47±1.81. Man wity test results Showed a significant difference in pain scores in the tow groups (p=0.001). The crying time between groups was not significant. (P = 0.12).

Conclusion: familiar odor of lavender has been shown to reduce pain caused by sampling in term neonates but had no effect on the duration of crying infants early.

Key Word: pain- neonate- lavender aromatherapy
Title: The Effect of Two Educational Methods on the Level of Knowledge and Adherence To Treatment in Hemodialysis Patients: A Clinical Trial Study
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Introduction: Patients with chronic renal failure are facing the challenges that related to the hemodialysis in their lifetime. Patient education improves treatment outcomes. Because of the importance of preventing complications during hemodialysis and its association with lack of knowledge and lack of proper reporting on appropriate manner about education of patients, This study aimed to compare the influence of two methods of face to face training and educational pamphlet on knowledge and adherence in hemodialysis patients was conducted.

Methods: This study is a clinical trial on 58 hemodialysis patients were admitted to Yazd hospital shahid Rahnemoun in 1391, the conditions for entry into the study were carried out. Collect data, a questionnaire was included demographic characteristics, CHeKS questionnaire to assess the knowledge and MOS questionnaire was used to measure adherence in hemodialysis patients. After collecting data in order to analyze data from SPSS 16 software and descriptive statistics (frequency, mean and standard deviation) Inferential statistics (Chi-square, paired t-test, ANOVA and ANCOVA) were used.

Results: Mean knowledge score and adherence to treatment in both groups Face to Face and educational pamphlet increased significantly after the intervention and post-intervention average increase knowledge score the face to face group 2.95 ± 10.25, in educational pamphlet group 2.65 ± 6.47 and in control group was 0.99 ± 0.89 (P < 0.001). Average increase in adherence score after intervention the face to face group 2.56 ± 4.20, in educational pamphlet group 2.22 ± 2.15 and in control group was 1.19 ± 0.11 (P < 0.001).

Conclusion: The results showed that the majority of hemodialysis patients participating in the study have low awareness and poor adherence to treatment, in this study face to face training was more effective educational pamphlets, Seems to face to face training in awareness and adherence to treatment more effective, Therefore, the education of patients, face to face training method should be considered that could play a major role in improving the quality of life and increase life expectancy.

Keywords: Education, Knowledge, Adherence to treatment, Hemodialysis
Dialysis adequacy in hemodialysis patients admitted to dialysis centers of Kermanshah university of medical sciences in 2012
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Introduction: One of the main treatments of patients with chronic renal failure is hemodialysis. On the other hand, taken dialysis at best conditions have only a one of tenth of the entire performance of kidney in body waste treatment and if adequacy of dialysis was not enough, the death rate of patients increases. Therefore, present study aimed to determine the adequacy of dialysis and its relationship with demographic variables in hemodialysis patients referred to dialysis centers in Kermanshah in 2012 was done.

Methods: Cross-sectional studies, 176 patients with chronic renal failure who are admitted for hemodialysis to Kermanshah university dialysis centers and had inclusion into the study, the sampling method were studied. The data collection form and test blood urea was used to collect of datas. urea before and after dialysis were obtained by standard methods and using standard KT / V and URR were calculated. The data were analyzed with statistical software SPSS16.

Results: The results showed that the mean URR = 61 ± 10/2 and KT / V = 1/15 ± 0/29 was .and Classified according to adequacy of dialysis, respectively, only 1/32% and 6/15% of people are quite good enough, means the KT / V> 1/3 and URR> 70% had . Between dialysis adequacy and sex, weight, marital status, number of dialysis sessions per week and the difference urea before and after the relationship was statistically significant (P<0/005).

Conclusion: The results showed that dialysis adequacy according to the average level is relatively good, even though is close to the standard value ,but it is not acceptable. So must different reasons inadequacy of dialysis in the this centers are examined and ways to reduce they are proposed.

Keywords: dialysis adequacy, demographic variables, Hemodialysis patients, Kermanshah
Comparing Life satisfaction of the elderly settled in elderly’s home and inhabited in city houses of Isfahan
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Introduction and Purpose: Life satisfaction is an attitude that one's own life and is closely related to the welfare and prosperity. The aim of the present survey is to compare Life satisfaction among the elderly settled in elderly home and inhabited in city houses of Isfahan.

Material and Methods: This study is a analytic – cross sectional study and statistical population are all of the elderly over 60 years inhabited in 14 – fold zones of Isfahan and the ones settled in Sadeghieh elderly home. Participants in this survey were 300 elderly people that 102 people settled in the elderly home and 198 people inhabited in the community. The elderly inhabited in the community were selected through cluster sampling method and the ones settled in the elderly home through available sampling method and evaluated through questionnaire of life satisfaction index-Z LSI-Z. In order to analyze collected data, parametric statistical methods of K – Square test and independent –T have been used.

Findings: life satisfaction score mean was 45.9 ± 19.8 in the elderly group inhabited in houses that significantly was more than that the elderly group settled in the elderly home (p = 0.007).

Discussion and Conclusion: Life satisfaction at the elderly settled in elderly’s home is not Satisfactory. What should be considered by the relevant authorities, Not only prolong aging; It is extremely important that the extra years of life in the comfort, physical health, psychological and social is spent.

Key words: Life satisfaction, the elderly home, the elderly inhabited in city houses.
The quality of clinical documentation of patients admitted to an Iranian teaching hospital: a two-year experience of clinical governance

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Introduction: One of the basic and fundamental sources of information in healthcare service is patient record which nursing documentation is part of it but the quality of nursing documentation is still one of nursing problems and thus in healthcare service. Clinical governance is one of the main quality improvement programs that its mission is to continuously improve the quality of patient care and overcome healthcare service quality problems. The aim of this study was to identify if clinical governance improves the nursing admission documentation quality.

Methods: Quasi experimental method was used to show nursing admission documentation quality improvement after two-year clinical governance implementation. Random stratified sampling was used and 330 admission nursing documentations records were assessed structurally and contently by using a valid and reliable researcher-made checklist. All units of hospital were divided into three groups of medical-surgical, intensive care and emergency units. 55 samples were chosen randomly from each group before and after intervention.

Results: There were no differences between nurse's demographic data before and after two years (P>0.05) except attendance in training workshop. The nursing documentation score improved more structurally than contently after two-year clinical governance implementation (P<0.05).

Conclusion: Although nursing documentation was improved by implementation of clinical governance, this was not sufficient and more attempts are needed.

Key Words: Nursing documentation, Clinical governance, Quality improvement, Nursing record, Nursing admission record
Living in a foggy lagoon: the experiences of self care suffering in Iranian thalassemic patients; a qualitative study
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Introduction: Thalassemia major is the most prevalent hereditary anemia in Iran. Thalassemic patients need life-long care and experience self care suffering. Awareness of the nature, meaning and effect of suffering from patient’s perspective is necessary to determine helping interventions to reduce their suffering. This study aimed to realize of self care suffering experiences of thalassemic patients.
Methods: This qualitative study was conducted with 21 participants who were selected purposefully and theoretically using content analysis method. The study setting was a specialty clinic affiliated to kerman University of Medical Sciences. Data were collected using semi-structured interviews.
Results: The analysis of data led to emergence of 5 main categories of physical burnout, spiritual discomfort, behaviors and thoughts of society and passing a hard life, which were included in patient’s suffering theme.
Conclusion: The results show that thalassemia is stressing and painful for patients in all physical, spiritual, social and economical aspects, and culture has an important role in patients’ experience of suffering. It can assist healthcare authorities especially nurses to improve nursing care to reduce suffering based on this experience.
Keywords: self care suffering, thalassemic patients, qualitative study
The effect of self-care education on quality of life of heart failure patients who admitted to Cardiac ward FASA ValiAsr Hospital in 1392

Mostafa Bijani, Marziyeh Sadeghzadeh, Mahsa Matbouei, Abass Valizadeh

**Introduction**: Heart failure is the most common cardiovascular disorders that despite medical advances in healthcare is still a major problem. One of the major goals of care, improving the quality of life in patients with heart failure. This study aims to evaluate the impact of self-care education on quality of life in heart failure patients.

**Method**: This was an interventional study that conducted in two groups. 50 of heart failure patients were selected randomized & equal in two groups (Case & control). Data was collected by quality of life questionnaires for heart failure (MLHFQ) the reliability and validity have been verified in the same studies. Case Group, 5 of the 45 minute session was trained for 3 months and they were also given training package. Data were analysed by SPSS-18 statistical software.

**Results**: The mean total score of quality of life was 7.10 ± 15.65 to 6.8 ± 43.37 in case & 3.7 ± 63.35 to 9.8 ± 42.47 in control) as well as its dimensions (physical, psychological, social and economic) differences between experimental and control groups were statistically significant (P =.025).

**Conclusion**: Results showed that education program was effective on improve score of quality of life in case group. Therefore recommend this program can apply for improvement quality of life in heart failure patients.

**Key words**: heart failure, quality of life, self care education
The Impact of Culture study Personality Types: The Iranian And American Students
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Introduction: Today the discussion of culture due its importance and influence on various aspects of life has become a serious issue in psychology. Considering the importance of cultural influences on personality types, the present study was conducted with the aim of cross-cultural study of personality types in Iranian and American Students.

Method: The population of this descriptive comparative study were students of Ferdowsi University of Mashhad in Iran and students of the American Elcamino University in 2012-2013 academic year. They were selected based on available sampling refereeing to the University's central library. Using Cochran's sample size, 150 questionnaires were distributed among American students and 170 questionnaires Iranian students. The data collection tool is a vocational-personality questionnaire in six Holland personality type such as social, artistic, conventional, realistic, investigator and enterprising that its validity and reliability have been confirmed in different countries. Data were analyzed using descriptive statistics indexes, ANOVA and multivariate analysis test.

Results: The findings of the study indicated that among Iranian and American students there was significant difference in four type realistic (p<0.05), investigator (p=0.001), artistic (p<0.01) and conventional (p=0.001). Between male and female Iranian students in three type of realistic (p=0.001), artistic (p<0.01) and social (p<0.01) there was a significant difference.

Conclusion: According to the results, personality types preferences in Iranian and US students are not independent of their social culture.

Keyword: Culture, personality types, Holland's theory.
The Impact of Culture study Personality Types: (The Iranian And American Students)
Rafaee Saeedi Nasrin*, Ghanaei Ali, Masoudi Shahed
*Islamic Azad University of Qouchan, Iran.

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Keyword: Culture, personality types, Holland's theory.
Investigating the relationship between transition difficulty to parenthood and marital satisfaction in women with first and second child

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**Introduction:** The birth of the first child is a special course for couples and due to the various challenges that are faced in this period may be reduced marital satisfaction in couples. However, there is different potential in the couples on response to these changes, this study was done to determine the relationship between transition difficulty to parenthood and marital satisfaction in women with first and second child.

**Method:** This is a descriptive analytical study in 120 women attending to health centers (60 women with first child) and (60 women with two or more children) were entered. Healthy children aged 6 weeks through 6 months, and women with physical and mental health were inclusion criteria.

Instruments include: standard transition difficulty to parenthood scale, demographics and Enrich Marital Satisfaction Questionnaire. Then the data analyzed by using descriptive and inferential statistics (Mann-Whitney test and Pearson and Spearman correlation) and SPSS (version 16).

**Results:** The mean age was 28/97±3/3 year and 68/3 percent had academicals education. The results showed no significant difference between two groups in difficult transition to parenthood (p=0/97). Marital satisfaction was not significantly different between two groups (p=0/81). There was an inverse association between transition difficulty to parenthood and marital satisfaction (p=0/00, r= -0/53).

**Conclusion:** According the results of the present study psychological preparation to deal with the difficulties of the transition to parenthood and parental issues should be observed. In addition to consideration physical maternal health issues in prenatal care.

**Key words:** transition to parenthood, marital satisfaction, first child, second child.
The Effects of the Group Reminiscence on Cognitive Status of Mild Cognitive Impaired Elders

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Introduction: According to growth of the elderly society and contagion of various cognitive impairments and disorders among this age group, attending to accessible, inexpensive and low-side cure and care methods have become a necessary issue. The purpose of the present study was investigation of group reminiscence effects on cognitive abilities of mild cognitive impaired elders.

Materials and Methods: This research was in the semi-experimental category and with the aim of determining influences of group reminiscence on cognitive abilities of mild cognitive impaired elderly of “Jahandidegan-e-Shiraz” institute. So, Seventy-two 60-84 years old elderly people of this institute (48 females and 24 males) were purposefully chosen in access, as the subjects, and were divided to three teams of group reminiscence, group intervention and without intervention, with consideration of the same proportion between the three teams. Mini-Mental State Examination (MMSE) was implemented on the subjects, before and after the interventions. The reminiscence intervention was in a manner that the group reminiscence team attended in 8 group reminiscence sessions (one weekly session with the spans of 60 to 90 min). Meetings of the first evidence team (group talks) were similar to the group reminiscence one, except those meetings were held without any reminiscence, and its subjects were talking about usual and daily issues, as a group. The third team (the second evidence group) didn’t receive any intervention, during the research.

Results: Cognitive abilities increased significantly, among the two teams of group reminiscence and group intervention (P<0.05). Also, the increase in group reminiscence team was significantly further than those of two other groups, and the increment of group intervention team was significantly more than that of the without intervention group (P<0.05).

Conclusion: According to results of this study, it should be considered that the elderly, who have mild cognitive impairments, could improve their cognitive abilities by group reminiscence. It seems, even group talking could increase cognitive abilities of these elders. Though, it’s appropriate to execute the group talking in a group reminiscence manner. However, further researches are required, to achieve more accurate conclusions.

Keywords: Mild Cognitive Impairment, Group Reminiscence, the Elderly
Application of Health Belief Model in Nurses Education Regarding Pain Management of cancerous Patients

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**Introduction:** Some of the reasons such as: fear from side effects of anti-pain drugs, fear from decreasing concentration in disease treatment and believe that pain is an inseparable section from cancer, resulted that treatment staff such as nurses who are patients' main caregivers, don't have a suitable approach toward cancer pain management. This study aims to determine the application of Health Belief Model (HBM) in the nurses' education regarding pain management of cancerous patients.

**Method:** In this prospective quasi-experimental study, among educational hospitals of Isfahan University of Medical Sciences, two eligible hospitals (Al-zahra and Seyed Al-shohada) have been considered to do the study. Al-zahra hospital was randomly selected to determine the intervention group, and from Seyed Al-shohada comparison group, two groups have been selected. Data gathering tool was HBM base questionnaire, which after the confirmation of validity and reliability, was completed by two groups. Two and six months after educational intervention, the questionnaire was completed by two groups again. The resulted data were entered into SPSS version 18 software and analyzed by related statistical tests (Independent Sample T test, Chi-square, Mann-Whitney, Repeated Measure ANOVA) in the significant level of P<0.05.

**Results:** Finding showed that the mean scores of knowledge, attitude, HBM constructs and practice didn't have a significant difference between two groups before educational intervention. (P>0.05) Measuring the mean scores two and six months after educational intervention showed significant differences between two groups in the case of mentioned variables. (P<0.001) Repeated Measure ANOVA test indicated that two and six months after education, the mean scores of the knowledge, attitude, HBM constructs and practice have significantly increased in the intervention group. (P<0.001)

**Conclusion:** Since the palliative care is a new topic, doing similar studies with patient and care staff target groups, will be promoted pain management approach in the country.

**Key words:** Pain management, Nurse, Education, Health Belief Model
Polymorphic TAAAA repeat length in P53 gene and its association with breast cancer.
Najafidorchehsomayeh

**Introduction:** Inactivation of the p53 tumor suppressor gene is one of the commonest genetic changes identified in human breast cancer. To date, there has been no study on the relationship between TAAAA repeat in the first intron of p53 gene and breast cancer risk. In this study, we investigated the existence of polymorphisms TAAAA repeat in intron 1 of the p53 gene and its association with breast cancer risk. A case–control study of 203 breast cancer patients and 200 controls was conducted in Isfahanian women. Several different TAAAA repeat alleles of p53 were detected in both the patients and controls.

**Methods:** Bioinformatics studies of P53 gene show a region with TAAAA sequence repeats in the first intron of this gene. In order to analyze the TAAAA polymorphism in the first intron of P53 gene, first we obtained the sequence of P53 first intron from NCBI data base, and then the primers were designed by means of Oligo software. Genomic DNA was extracted from the blood of 203 patients with breast cancer and 200 matched control by using standard salting out method. After DNA extraction from blood samples, the desired fragment was amplified by PCR technique in a total volume of 25 for 33 cycles in a DNA thermal cycler.

**Results:** We observed alleles with different number of TAAAA repeats in the first intron of P53 gene. The frequencies of 5 allele in patients were significantly higher than controls. Our findings demonstrate that women who are homozygous for 2 allele of P53 gene are at higher risk of developing breast cancer. We found that the presence of 2/3 genotype has a negative relation with age(OR=0.396, P=0.021); There is a negative association between 3/3 and 4/4 genotype and having children.

**Conclusion:** To date, there has been no study on the relationship between TAAAA repeat in the first intron of p53 gene and breast cancer risk. In a population-based case–control study in Iran, we studied the existence of polymorphisms in the TAAAA repeat in intron 1 of the P53 gene and its relationship with breast cancer risk. The evidence from this study suggests a positive association between 2/2 genotype with breast cancer. It has been suggested that this polymorphism also influences the efficacy of both chemotherapy and radiotherapy. Previous studies show that chemotherapy can cause loss of heterozygosity(LOH). So we examine blood sample of 15 persons before and after chemotherapy, but we did not observe any changes in their alleles.

**Keywords:** Breast cancer, P53 gene, Polymorphism, TAAAA sequence repeats.
Spirituality means deep link with originality concept.
Zolghadr Asiyeh_

The spiritual man / the same as original one/ that is reached to calmness- hopeful happeniessng & conscience satisfaction based on a pasych ological reality. The original & spiritual man in onto long position believe in a world over the material & phy sical world & regard existence soul in cluding moral world. The spiritual man in epistemology position is form rationality/ don’t regard himself in religion possessing the all facts/ but re -gads himself demanding fact/religion of love/ the life-giving blood in janan vessals/reach him sometimes to prayer respond. How beautyful the prophet has stated: really/the faithul weapon is prayer. It is better/ our love the same prayer love/ that cause selfactualization/ self-actualization in the classic &main concept/ was first debated & analyzed by goldeshtain/the german psychiatrist/ he defineded self- actualization in the form of the present inherent powerful aloility that cause actualizing his positive capacities & believed every day in life enviro ment/ a heavy hurt is incurred on the man body/ /so/ the man should try to improvethe con fronting method with such problems. In order to reach self- actualization roorders/ means uptake & activating his all capacities.

The prayer is the most completest response to the best need of man. the prayer is glorious repetition of self–actualization lesson before origin of creation that cause body & saul healthy. Thus/ if we are demanding sham petection & spirituality & wayfarer of hereafter way & passenger of god/habitudes /ourselves/. To the beloved mention & mix the heart with remember. In islam religion /there is loessing for members & their health separately/it is given in the book sura properties that reacting takvir sura on the eyes cause strengthening it & removing eye weakness imam sadeg has said:

three things cause to eye satin: 1-looking at the grass ,2-looking at flowing water ,3-looking at beatthful face .The role of prayer as a powerful vaccination in securing against life stresses& problems & creating mental security in peoples/in addition with creating stability in character & maintaining mental lalnce that are intensively effectdloy mental problems. we can reach the main point that the prayer with creating stability in character &security against stresses/ reduce the risk of affli -cting to cardiac & cerebral failure. The prayer with the unique effect it has in creating sleep hagen play an effective role also/ because morning prayer/ in addition to creating nesscety for former/ motivate the man toward muscular calmness result from endogenous chemicals.

Along the subject/ scientific reseaches in same muslim in dicate that ansux patients who are stimulated to reading prayer& quron& even prophet narrations besides current cwres of anti-anxiety/ have been possessed higher degree of cure than others.countnies During the prayer/ our heart crystal break in mirror rate & the drown prejudice collapse& instead creature love mix with lovers to god .Dr. baparaktig in the book flood freedom point that the man should consider in praying 5 steps of cleaning- brightning- unifoming- request & acknowledgment /because the prayer cause calmnss & extention in infinite space.
Determining effective individual factors on nurses clinical decision-making
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Introduction: Clinical decision-making is a critical thinking process which is accepted as an essential part of nursing practice. Effective decision-making needs professional skills and knowledge and accurate clinical judgment. Several factors may influence on clinical decision-making. This study has been conducted to assess intensity of effective factors on clinical decision-making.

Method: This cross-sectional descriptive study was carried out among educational hospital nurses of Rasht City. 193 nurses were selected by a stratified random sampling method. Respondents filled a demographic checklist and a researcher-conducted questionnaire on effective factors on clinical decision-making. Data were analyzed by SPSS16 software.

Results: More than 80% of the participants selected education, job experience and working in present ward. About 70% believed age and tendency to work in present ward has high impact on their clinical-decision making. Less than half of them rated marriage with low effect.

Conclusion: Based on the findings of this study, designing strategies to improve education quality( In university and continues education courses) as well as assigning experienced nurses to help novice nursing staff make better clinical decisions could be recommended.

Key word: Clinical-decision, Nurse, Effective factors
Results of amblyopia screening in children aged between 2 to 6 years old in Bandar Abbas during 2010-2011

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Background: Amblyopia is an acquired defect of vision caused by abnormal visual experience which occurs during childhood. This study reports the results of amblyopia screening in 6-2 year old children to determine the prevalence of amblyopia in Bandar Abbas.

Methods: In this study, the existing raw data of amblyopia screening program in Welfare Department of Bandar Abbas during 2010-2011 were used. In the first step when kindergarten children were examined by their teachers, suspected cases were referred to specialists Optometry. Secondly, optometry experts referred patients with strabismus, amblyopia, and refractive errors to ophthalmologists.

Results: Of the 16,599 children examined in 2011 about 2486 cases were diagnosed as suspected cases among which 1374 children were admitted to the sight gauge and 308 of these were referred to the third stage. 263 children visited an ophthalmologist among whom 168 children were diagnosed with amblyopia. The prevalence rate of amblyopia was 1.1%. In 2010 of 17,733 cases 1932 children were diagnosed as suspected cases among whom 921 children visited ophthalmologist and 342 children were referred to by the sight gauge to the third level (ophthalmologist). Of 342 referred children 211 of them visited the ophthalmologist and after the final diagnosis, 171 patients were identified as amblyopic.

Conclusions: The prevalence of amblyopia in this study (96%) was 1.1, which was consistent with studies in other countries. And also due to the large influx of children in each stage of screening program much difference between screening examinations and sight gauges coaches Authorities in future screening programs should be more precise.

Keyboard: amblyopia, screening, Bandar Abbas
Incentives for Self-Management after Coronary Artery Bypass Graft Surgery
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Abstract
Objective: This study aimed to reveal the patients’ perception of the need for self-management after coronary artery bypass graft surgery (CABG).

Introduction: Coronary heart disease is a leading cause of death in Iran and worldwide. One aspect of living with chronic illness such as coronary heart disease is self-management that can reduce the illness impact on daily life and promote future health. Therefore, exploring how perceived necessity of self-management is important in order to support the self-management in this group.

Method: This qualitative study was conducted with a content analysis approach. Participants included 25 patients one year after their CABG. Sampling was conducted at first purposefully and then theoretically and was continued until data saturation. To collect data, semi-structured interview was used. Data were analyzed by descriptive qualitative content analysis and by applying Lundman and Granheim method.

Results: Participants had different perception of the necessity for self-management. Three themes of “reflective thinking”, “information revision” and “beliefs influence” comprised the base of forming patients’ perception of the need for self-management.

Conclusion: Perception of the need for self-management is different in people. The difference in perception should be the base of self-management program to guide CABG patients for a successful self-management.

Keywords: Chronic Disease, Self-Management, Coronary Artery Bypass Graft Surgery, Qualitative Study
Development of the precision control system for a serum infusion pump and automatically adjusting of the injection rate based on heart rate

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Abstract

Serum injection pumps - mostly used for pain controlling - provide a uniform and controlled injection of fluids into the body, and therefore to improve the drug efficacy. Although the system is used widely in different units of the hospitals, it is not manufactured in Iran. In this study, a prototype of this system was developed using the regular electronic components available in the country, and evaluated for its performance. The fluid injection is performed using a peristaltic pump that is powered by a stepper motor. The system includes all the usual units of a serum pump: The motor driver, an optical drop detector, occlusion detection system and air bubble detection circuitry. In addition, some novel features have been added to the system for higher performance, including an optical blood detection system in the serum tube, and a wireless module to send the warning messages to a central unit, in order to avoid sound pollution in the hospitals. Two control strategies of the motor speed and motor on time were implemented in the system and their performances were compared. The second strategy enabled a more uniform fluid injection with no transients, with less dependence on the mechanics of the system. Both micro set and normal set of the serums are supported by the system, and an adjustable compensatory coefficient was considered to increase the accuracy of injection rate for each specific model of the serum tubes. The system also includes a control option that limits or ceases the injection based on the heart rate of the patient. Simple and human experiments were conducted to assess the performance of the system. The results demonstrated a uniform injection with injection rate errors of less than 10%. This level of accuracy is comparable with the commercial systems that are used currently in the hospitals.

Keywords: Serum infusion pump, Occlusion detection, Detection of air bubble, Peristaltic, Injection control, pain control
The survey of relationship between blood lead concentration and newborn birth weight in Abadan

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Introductions: High concentration of blood lead is associated with adverse effects on growth and development in fetus and newborn. This study was carried out to determine the lead concentration and its association with birth weights in Abadan's newborns.

Method: In this cross-sectional study to determine the umbilical cord blood lead concentration, 147 newborns were selected and 3 ml heparinized venous cord blood was collected immediately after birth. All Samples was tested by one person with Atomic Absorption Spectrophotometry. Information form containing information about the mother (maternal age, gestational age, place of living, family income and parents' job), information about baby (gender, weight, height and head circumference at birth) was completed. Data analysis was performed using SPSS 16.0 software and descriptive statistics and Man Whitney test, Kruskal-Wallis and Spearman correlation coefficient.

Results: Average amount of lead cord was determined 0.65±0.32 µg/dl (Between 0.03 - 1.35 µg/dl) and was in normal range. Between blood lead and birth weight was not found positive significant correlation although with increase in blood lead levels, birth weight declined slightly (r=-0.141 p=0.092). There was not found significant statistically relationship between height and head circumference of the newborn and cord lead levels based on Spearman correlation coefficient (r=-0.22, p=0.008, r=-0.20, p=0.01)

Conclusion: Average cord lead concentration was determined in the normal range. It seems the mother's diet during pregnancy can be effective in reducing blood lead levels. More studies in this area are suggested.

Keywords: birth weight, cross-sectional study, blood lead concentration
The investigate of relationship between blood lead concentration and newborn birth weight in Abadan

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Conclusion: Average cord lead concentration was determined in low level lead exposure, PbB<10 µg/dl). It seems the mother's diet during pregnancy can be effective in reducing blood lead levels. More studies in this area are suggested.

Key words: blood lead concentration, newborn, birth weight
Effectiveness of a self-awareness education course on mental health of educational staff in Arak Medical Sciences University

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Introduction: Mental health of educational staff of the universities, have a special importance and is an important issue because they are undertaking in training of students and Quality of interaction with their students can improve students mental health. The main aim of this survey was , survey on Effectivness of an experimental self-awareness education course on mental health of educational staff in Arak University of Medical Sciences.

Method: This research was carried out with Pre test–Post test and control group. 60 persons were selected from relevant staff of University, and divided in two groups (30 in intervention group and 30 in controls) randomly. Pre-test and Post-test were done in both groups. Procedure that used, was clinical interview, Initially and then Mental health testing. After determination of samples, the intervention group learned life skills with subject of Self-Awareness over eight hours in two sessions, and the control group remained on the waiting list .The statistical data analyzed by Spss software and statistical methods were evaluated with T-test and was observed a significant difference between groups

Results: Results showed that the design goals in Upgrading of staff mental health have been achieved and self-awareness education course effects on mental health of educational staffs in our university, and differents between two groups were significant .

Conclusion: We suggest that designing of serially self-awareness education courses for staff are beneficial, Because self-awareness provide the foundations for effective management and communication skills in our working lives as well as our personal lives.

Key words: self-awareness, mental health, educational staff, Arak
Evaluation of critical thinking disposition of nursing students
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Introduction: Critical thinking is an important aspect of professional practice nurses. Nursing process, critical thinking, and the courage with dory, and flexible tool with contemporary philosophy of holistic nursing, to ensure high-quality care. The purpose of this study is the trend of critical thinking in nursing students of Tehran.

Methods: In this study, 156 students from the School of Nursing at the University of Tehran military participated sampling method. To examine samples of a questionnaire containing demographic questions and Critical Thinking Disposition Inventory (CTDI) was used. Results using the SPSS 19, descriptive and inferential statistics, were analyzed.

Results: Of the 156 students, most of whom were male (83/3 %) and single (94/2 %) respectively. Most students of critical thinking (57/7 %) had moderate level. In terms of the areas of critical thinking, most students in the area of creativity (69/2 %) and commitment to the well (59/6 %) and in the area of Perfection (82/7 %) were at moderate levels. Between age and average total score of critical thinking, there was no statistically significant relationship (p> 0.05). Also semester and critical thinking scores were inversely related Vmnadar (r = -0.16, p = 0.04). In terms of gender, significant differences were observed in the areas of critical thinking scores (p> 0.05). Statistically significant relationship between critical thinking and economic conditions, there was no (r = -0.16, p = 0.04).

Conclusions: What is the success of professional nursing practice, along with clinical decision-making is critical. Due to the great results and requires nursing students to gain the ability to respond to society's expectations, system, health system, appropriate training courses or workshops in the form of headlines training of nursing students have been proposed.

Keywords: biased thinking, nursing students, military
Assess the effect of communication between family and patient on the Incidence of delirium in hospitalized patients in cardiovascular surgery ICU of IsfahanshabidChamran hospital in 2013.

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Introduction: Cardiovascular disease is the most important cause of morbidity and mortality in the world and cardiac surgery is the one of choice treatment that have complication for patient. One of the most important and common of psychological complication after cardiac surgery is delirium that for prevention and treatment would be pay attention to the role of family. This study has been done with the purpose of assess the effect of relationship between family and patient on the Incidence of delirium in hospitalized patients in cardiovascular surgery ICU of shahid Chamran hospital in Isfahan.

Methods: This study is a clinical trial, two groups and single-blind (for researcher), that has been done on 68 patients in the cardiac surgery ICU of shahid Chamran hospital that related to Isfahan medical science university in 2013. Sampling was done in a convenience method and subjects were allocate in two groups (which each one contain 34 patients) on the basis of random numbers table. The next day of surgical operation, one of the family member of intervention group were allowed to visit patient in morning that had been received the education in before day. In control group samples received usual and without of education meeting. Two groups were assessed for delirium twice a day totally tree time (two time in the morning and one time in the evening) with using of the RASS and CAM-ICU scale.

Results: In intervention group 41.2% patients were female and 58.8% patients were male and in control group 29.4% patients were female and 70.6% were male. The mean and SD age patients in the intervention group (55.1 ± 12.1) and in the control group were (54.1 ± 13.1). In the intensive group 97.1% and the control group 94.1% were married. In the both groups, 23.5% due to heart problems and 76.5% due to coronary artery bypass graft were under surgery. On the basic of study results, Incidence delirium in the morning after surgery in intervention group were 11.8% and in control group were 23.5% and second day after surgery in intervention group were 8.8% and control group were 20.6%. Chi-square test showed that the incidence of delirium during the second (p = 0.04) and third (p = 0.03) surgery in the two groups were significantly different. In the control group, the incidence of delirium in the evening 32.4% and more in the morning and afternoon shifts in the control group (p = 0.004).

Conclusion: Effective communication between the patient and family after cardiac surgery as a non-medical method can reduce delirium after surgery, especially at the end of the day, and nurses should pay more attention to the prevention of delirium. According to the results, it is necessary for the most presence families efforts done in order to involve them in the care and treatment of anxiety and stress patients and therefore reduce the adverse effects of stress.

Keywords: Delirium, Therapeutic relationship, Open cardiac surgery, Intensive Care Unit, family, nursing care
The effect of saline lock on phlebitis in patients hospitalized in Coronary Care Unit of selected hospitals of Isfahan University of Medical Sciences in 2012

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Introduction: Although intravenous therapy saves the lives of many people, but one should not forget that like any other invasive procedure it has side effects. Peripheral venous catheter placement is one of the most commonly used procedure in clinical practice so that every year about 150 million peripheral intravenous catheters used in America. Despite scientific advances in the field of intravenous catheter complications peripheral vein phlebitis are still preventing and reducing the incidence of this complication and appropriate solution to remain challenging. One technique used in reducing the incidence of phlebitis is saline lock. Therefore this study aimed to evaluate the effect on the rate of phlebitis and criteria have been applied saline lock.

Methods: In a clinical trial, single-blind (by investigator), 88 patient with a peripheral venous catheter, hospitalized in Coronary Care Units of selected hospitals of Isfahan University of Medical Sciences, were selected by convenient sampling method, and then using a Minimazation software were divided randomly into intervention and control groups. Saline Lock was done before and after each intravenous drug or every 12 hours in intervention group and according to the routine and without Saline Lock in control group. Evaluation of location of intravenous catheter about incidence of phlebitis and its scales was done using of Jackson's visual phlebitis scale during 72 hours in 6 times means every 12 hours. Results were analyzed using of Chi-squre, independent T test and Mann-Whitney tests and descriptive statistics on version 16 SPSS.

Results: 5/54 % of the subjects were female and 5/45 % male. Mean ± SD age was obtained. 971/10 ± 93/60 in intervention group and 816/11 ± 84/64 in control group and there was no statistically difference between two groups. The results of study showed that the rate of phlebitis in control group at first day and at second day was 1/34% and 7/72 % respectively and in intervention group was 4/11 % at first day and 5/29 % in second and existed significant differences between two groups in these days (05/0> P). Also on the third day in the control group, 6/88 % (n=30) in the intervention group and 2/43 % (n=19) had suffered from phlebitis that Chi-square test showed a significant difference between two groups (0001/0 = P). According to the results of study there was a significant difference between the two study groups in phlebitis scales (003/0 = P) and risk of phlebitis in control group was 3/10 times more than intervention group, was (95 % = CI).

Conclusion: The results of this study showed that the saline lock technique in intervention group compared with control group have significant effect in reducing the incidence of phlebitis and resulted showed that saline lock is effective in reducing the incidence of phlebitis but is not effective in preventing the progression of symptoms of phlebitis.

Keywords: saline solution, phlebitis, intravenous infusion, nursing care, coronary care unit, complications
The Investigation of the Reasons for the Lack of Effective Communication between Nurses and Admitted Patients in the Ward of Surgery Emergency and Providing Proper Strategies in Amiralmomenin Hospital of Semnan in 2013.
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Abstract

Introduction:

Not only the effective communication is one of the important needs of patient, but also, the effective communication is regarded as the basis of nursing profession. However some studies indicate that the relationship between nurses and patient is poor. The aim of this study is to determine the reasons for the lack of effective communication between nurses and admitted patients in the ward of surgery emergency and providing proper strategies in Amiralmomenin hospital of Semnan.

Methods: In this study through interview with 20 nurses in the surgery emergency ward, the barriers to effective communication between nurses and patients were investigated. After determining the main problem, to change the current situation to the desired situation and providing proper strategies, the problem solving and brainstorming techniques were used.

Findings: At this stage, ideas were prioritized according to specific criteria. At this study, ideas were prioritized according to the specific criteria and the idea of communication skill classes for EMS was identified in this study as one of the proposed solutions with the highest priority. The reduction of the workload of nurses, the selection of compassionate nurses in every month to encourage other nurses and the raise of income and advantages of nursing staff are recommended.

Results: It is also expected that after the proper implementation of the above mentioned instances, the satisfaction of the admitted patients in the surgery emergency ward increase.

Keywords: Effective communication, Surgery emergency, Nurse
Survey of the causes of addiction trends in referrals to MMT units in Kermanshah Province in 2012.

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Introduction: Drug abuse and addiction is one of the most important contemporary problems, which stepped beyond the bounds of health and a psychiatric disorder, social and family life has become. Addiction is a complex and multiple causes and according to the characteristics of different communities are significant differences.

Method: This study was descriptive. Research environment was addiction treatment centers in province Kermanshah. Data were collected using a questionnaire and sampling methods were available. 766 samples and methods of data collection were interviewed and completed questionnaires.data were analyzed by SPSS version 21.

Results: The results showed that (7/92%) were male and (7/3%) were female. The average sample age (17/36 ± 43/11) and the average age of onset of drug use (09/9 ± 88/24) was. Most of the samples, respectively, with no children (42/7%), employed (51%) and under diploma (35/4%). Monthly income most of the sample was in the range of less than four hundred dollars. The most abused substance in opium samples (67/%) and lowest tamchyzk (5/1%). The most common way for drug use smoking (72/1%) and lowest use of ointments and creams (3%) mentioned. Finally, the most important reason for starting drug use among drug users communicate with friends and relatives (54 %) and the lowest due to parental divorce (3/8%).

Conclusion: According to these findings it can be concluded that, Teens and young adults because of the socialization and characterization period when most people are starting to use drugs. Individual and family education, their employment, addiction history in family, friends and curiosity of the major problems is the tendency to use drugs. Individual differences, require multidimensional solutions and family participation, community, a community vaccination that raises their resistance. Youth employment and the elimination of unemployment, leisure centers and sport for their leisure time, to explain the purpose of life that all in order to avoid the tendency to use drugs is effective.

Keyword: Tendency to cause addiction, Drugs, Addiction Treatment Centers, addiction
Effect of Entonox gas for labor pain eventually labor Beheshti Hospital Maragheh city
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*****Midwives employed in health network khorasan

Introduction: Labor pain is one of the most severe pains that women experience. And the fear of labor pain is a major cause for elective cesarean section. It has always been considered to relieve this pain. The purpose of this study was to determine the effect of Entonox gas for labor pain in pregnant women.

Methods: This cross-sectional study was conducted on 80 women who had been admitted for normal delivery Maragheh Beheshti Hospital. Parturient women from the beginning of the active phase of labor were Entonox masks. Data were collected through a questionnaire. Full dilatation of the cervix during labor, dilatation from four centimeters to full dilation until delivery was measured. Data were analyzed by SPSS and was used from Statistical tests t test, chi square test fyshr test.

Results: In majority of women (85 %) that consumed from Entonox gas the labor pains were decreased and this will lead to increased maternal satisfaction (75 %). Cooperation of Parturient women was significantly higher (p< 0/1). Women's satisfaction due to reduced pain without serious complications. Most complaints mother was sleepy after the use of Entonox gas. The most common side effects include drowsiness caused after the use of Entonox gas ( 52 % ) , dry mouth ( 5/39 % ) , dizziness ( 45 % ) nausea ( 20%) .

Conclusion: The findings indicate that Entonox gas can be used as an effective method for pain relief in labor. In addition, increased maternal satisfaction with the delivery and this factor is reduced elective caesarean section.

Keywords: Entonox gas, natural childbirth, analgesia
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Knowledge and practice of women in Maragheh about Pap tests in 1392

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**Introduction:** Cervical cancer is the most common cancer in women after skin cancer, and breast cancer. Cervical cancer is the second most common cancer in the world. Currently, Pap test is available as a screening test to detect the disease and its treatment. With education and awareness at least a third of cancers are preventable.

**Methods:** This cross-sectional study was performed on 250 married women between 20-60 years, who were selected by random sampling. A questionnaire was used to collect data. Data were analyzed by SPSS and was used from Statistical tests chi-square test, ANOVA and correlation coefficient.

**Result:** 65.8% of women had a history of Pap smears and 25.2% reported that the Pap test regularly does. There was significant correlation between family history of cervical cancer and age and doing regular Pap smears. Less than 30 years were most familiar with Pap (39%) and older than 45 years were less familiar with Pap (15%), respectively. Awareness of women with Bachelor's degree and higher was higher than other groups (60%). Employed women were more aware than housewives (70%). Women of the lower social classes (p<0.0001) Low education (p<0.0001) Knowledge and functional scores were lower.

**Conclusions:** According to the importance of awareness of women from cervical cancer screening and the role of Pap in early detection of the disease should be an extensive training program is established to enhance women's awareness. Providing educational programs is essential to raise awareness about Pap smears and performance of women.

**Keywords:** Pap, Awareness, Women's Health
Giving priority to the duty to investigate the relationship between prayer and health

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Background and Purpose: A community mental health as one of the pillars of health, especially in an efficient and productive sectors, the necessary dynamics and promote community development. Prayer as a means of connecting us to a great power and eternal, it can be a very powerful psychological support. The aim of this study was to investigate the relationship between ritual prayer priorities public health sciences university’s research Ilam

Methods: In this correlational study, 120 university students were randomly selected from Ilam research. The questionnaire has 28 items in 28 GHQ- that public health and the Czech list of demographic questions, along with questions on how to fulfill the ritual of prayer, were distributed among the students. Data using SPSS software and Pearson correlation coefficient were used for statistical analysis.

Results: According to Pearson's correlation test at the significant level (5/0 sig =) among priorities prayer time, and there are significant mental health and mental health impact of the rate increase and reduce mental health-related this dimension is

Conclusion: The results of this study, the priority and importance to the duty of prayer is greater somatization - anxiety and sleep disorders - social functioning and depression in students is reduced, it can be inferred that the education and scientific advice in relation to the prayer of effects health of body and soul is important in the student class

Keywords: prayer, mental health, priorities, prayer, students
Title: Occurrence and reports of nurses’ medication errors in pediatric wards, and its relationship with their job satisfaction
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Introduction: Medication errors are known as a preventable cause of idiopathic damage in pediatrics. These errors could entail serious direct and indirect outcomes that often lead to disruptions in the health care system. Direct outcomes include harming the patient and increased health care costs, while indirect ones harm the nurses, especially in professional, personal, and clinical terms. The present study aimed to determine the rate of occurrence and reports of nurses’ medication errors in pediatric wards and its relationship with their job satisfaction.

Methods: This cross-sectional, descriptive-analytical study was conducted in 2012 on 80 nurses working in pediatric wards in hospitals affiliated with Ahwaz University of Medical Sciences that were selected by census. For the purpose of data collection, medication errors and “Minnesota” job satisfaction questionnaires were used. Data were analyzed with SPSS-16 software using descriptive statistics, chi-square, and one-way analysis of variance tests.

Results: Mean nurses’ medication errors in pediatric wards for every nurse over a 3-month period was 11.4 cases, and mean error reporting was 1.97 cases. Nurse’s age (P≤0.01) and education level (P≤0.03) were statistically significant related with medication errors. However, there was no significant relationship between occurrence of medication errors and nurses’ job satisfaction.

Discussions: Compared to the other studies, the incidence of nurses’ medication errors was somewhat higher in this study; however the report rate was low. Therefore, nursing managers and healthcare providers should identify systematic causes of those errors and apply strategies to reduce occurrence of them as well as utilizing mechanisms to encourage reporting the actual errors. Hence, it is recommended that studies be conducted to identify barriers to reporting from pediatric nurses’ perspective.

Key words: Medication error, Nursing, Reporting, Pediatric.
Surveying of Relationship Between Marriage Satisfaction, Psychological Health And Practical Escorting To Religious Beliefs

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Introduction: health and mental disorders are effected of many functions. One of those functions is one's measure of dependence to religious beliefs. In the most researches, there is a positive relationship between psychological health and faith. otherwise religious has important role marriage satisfaction. The results of some studies show that there is positive and meaningful correlation between measure of action in faith, intimacy, kindness and dependency to obligation between couples.

Method: 105 of people who referred to Baqiyatallah hospital including patients and their members of family completed the questioners such as Enrich marriage satisfaction questioner, GHQ 28 questioner and practical escorting to religion questioner. All of them were married and from 16-19 and with average and evidence 39.43 ±9.24

Results: The results showed that there is a meaningful and reverse correlation in level P<0.05 among scores of psychological health 28 questions and Enrich marriage satisfaction questioner and practical
The Study of Undergraduate Students' life skills based on gender and field of study Status in Kangavar Payam e Noor University
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Introduction: The World Health Organization defines life skills as the ability for adaptive and positive behavior that enables individuals to deal effectively with the demands and challenges of everyday life. Due to the importance of life skills in academic and social success of students, thus, the purpose of this research was to study the undergraduate students’ life skills based on gender and field of study Status in Kangavar Payam e Noor University.

Methods: This descriptive-comparative causal study was performed on 300 (71 female, 129, males) undergraduate students in Kangavar Payam e Noor University were selected from different academic disciplines by quota sampling. Participants completed life skills questionnaire (Valipour Khajehghyasi, Vahidshahi & Salehiomran, 2012). The data in the statistical software SPSS16 were recorded and descriptive statistics, t-test for independent groups, and ANOVA were used to analyze the data.

Results: The findings indicate that there were gender differences in life skills components, so that, males scored higher in self-awareness, interpersonal skills, effective communication, coping with stress (p<0.01 and 0.05). in addition, there was no significant difference in life skills scores among student based on different academic disciplines (P>0/05).

Conclusion: Take to gather, level of life skills among students of Kangavar Payam e Noor University wasn’t acceptable. This weakness was considerable in the case of female students. So training of self efficacy for student is very important and should not be ignored role of mediator of gender.

Keywords: life skills, students, self-awareness, coping with stress, problem solving, interpersonal relations, effective communication,
The Effects of Using the Coaching Role By Clinical Supervisors On The Patient's Satisfaction of Nursing Care
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Introduction: nursing education is one of the major initiatives for improving the quality of nursing care and as consistent with the principles and requirements of nurses and patients, improving care nursing and patient satisfaction .The purpose of this study is to assessment the effect of using coaching role by clinical supervisors on patient satisfaction.

Methods : The subjects were 200 patients whose randomly allocated in two groups, case and control ( 100 patients in each one who matched in sex, age, LOS, disease diagnosis, times of stay. ). Data Collection was carried out by demographic questionnaire and patient satisfaction questionnaire that gathered in two period's of intervention before and after in each groups. The intervention plan had two stages; the first was orientation: nursing management development programmed and the second was optimizing environment by designing an applied supervision guide for coaching role of supervisors. After this stage, clinical supervisors played coaching role for four months accompanied by researcher. In this time researcher and four nurses checked supervision behaviors' in three shifts by checklist and gave them feedback. After this stage data gathered again in two groups.

Results: Data analyzed by SPSS programmed and findings showed that patients' satisfaction in case group was improved to control group. Depended t-test showed there was significantly difference between two groups (p=0.003).

Conclusion: Supervision and coaching are ways for education of nurses. Coordinate to results of this study; clinical supervision can improve quality of care and patient's satisfaction.

Key Words : nurse managers , coaching , patient satisfaction , quality, care.
The effect of the Emergency Severity Index triage education via problem-based learning on length of stay patients and triage nurses performance in the emergency department Besat hospital in Hamedan (2013) Khatiban M¹, Khazaei A²*, KimiaieAsadi H³, Salimi R², Soltanian A⁵

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Introduction: A problem-based learning, active learning method of based on problem learning two principles of learner and problem-centered that In this study, the effect of learning method on the length of stay patients and triage nurses performance in the emergency department were reviewed.

Method: The study was quasi-experimental and before and after intervention. The study populations triage nurses and patients were referred to the emergency department. Number of patients before and after intervention, 144 patients and all triage nurses also to census method were assessed. Instruments were including the ESI triage form and timing form. In the pre-intervention, ESI triage forms for patients by nurses and researcher were completed simultaneously and timing form was recorded by the researcher. Intervention phase, three 120-minute sessions, one week interval, to method PBL were performed. Two weeks after the intervention, researcher re-completed instruments.

Results: The intervention, length of stay of patients in the emergency department at two level (pre Before 65/07±1/32, after 52/47±9/96min) and five level triage (before 62/65±8/15, after 30/10± 44.72min) reduced. Nurses performance before and after the intervention (except for the first triage level) was significantly (p<0/001). In terms of the selection criteria in one triage level, The highest agreement (%66/66) relating to the selection the distress and cyanosis criteria. The lowest agreements (%12/5) were related to the selection AVPU criteria. before intervention In two level triage The highest agreements (%50), were related to the selection pain or severe distress criteria and the lowest agreement (%27/27) was related to the selection Lethargy and sleepiness criteria that after the intervention, amount These agreements to %66/66, %67/85 increased.

Conclusion: Considering of effect ESI triage at length of stay patients, requires to review and modify measures including regular and systematic education the triage system is essential.

Keywords: triage, problem based learning, nurses performance, length of stay, Emergency Severity Index
Effect of lifestyle education on knowledge and performance in patients suffering from hypertension
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Background: Hypertension is one of the important risk factors of cardiovascular diseases, thus improvement of hypertensive patient's lifestyle need effective education. This study performed for assessing the effect of lifestyle education on knowledge and performance in patients suffering from hypertension

Methods: This quasi-experimental study performed on 40 patients that suffered from primary hypertension, were selected by simple method in Peymanieh hospital of Jahrom, 2011-2012. The data collection tool was a researcher-made questionnaire and check list that, before experiment and 1 month after training was completed. The intervention was conducted like educational programs and interpreting. The data analyzed by software spss version17 and Paired T-test.

Results: The samples included 24 women (60%) and 16 men (40%) their mean age was (64/50 ± 11/70). Mean of knowledge and performance before education were, respectively (5/59 ± /91) and (11/89 ± 2/65), and after education respectively (6/58 ± 1/15) and (13/28 ± 1/78) that was significant statistically (p <0/05).

Discussion: Lifestyle educations enhance knowledge and Performance of hypertensive patients. Therefore, use of training programs, nutrition, exercise, stress, smoking, disease and use up regular medicine is necessary to improve patient knowledge and behavior.

Keywords: Hypertension, lifestyle, education
Evaluation students' awareness of patients' rights in clinical students of Jahrom Medical University

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Introduction: respecting the patients' rights is physically, mentally, spiritually and socially legitimate and reasonable needs that embodied in medical standards and rules and Treatment team is responsible and obligated to perform and observe it.

Methods: This study is a descriptive - analytic. Sampling was Census of 300 students from the Clinical students of Jahrom Medical University during the spring of 2013. The data collection was two-part questionnaire with demographic data and 29 questions in the area of patient's rights. For data analysis used SPSS statistical software version 16 and descriptive statistics (including percent, mean and standard deviation) and analytical testing (including t-tests, ANOVA and Spearman correlation coefficients).

Results: In total number of samples (n = 300), 195 patients (65%) were female. The mean knowledge score of students was 14/48 ± 3/82. The maximum samples were in average level of awareness. The highest mean score was in the area of informed consent, and lowest, in the sphere of individual freedom. Differences of student scales in terms of gender, academic degree was significant (p value <0.05).

Conclusion: Institutionalization of ethics in the students and make them aware of the career is an important part of the universities responsibility.

Keywords: Patient Rights - Clinical Student- awareness
Faculty members' perceptions of physical health in Quran.
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Introduction: Health in the high culture of Islam as a value has been raised and slam looks at health, a comprehensive look at the dimensions of physical, mental, social and spiritual. Because of the importance of building islamic sciences and The role of faculty, This study aimed to describe faculty perceptions of physical health was in the Quran.

Methods: qualitative phenomenological approach was used in this study and applied purposive sampling amongst faculty members in lorestan university of medical sciences. Purposive sampling continued until data saturation was occurred when sample size became 16 participants. The data was collected by indepth interviews. Researcher has used field notes for completing data collection process.Colaize’s method applied for data analysis.The regour of present study was based on transferability and credibility.

Results: Nine themes was extreacted from the research results(structural components of experience), including: 1- Research in Qur'an about physical health, 2- commitment to Islam in Percepting, 3- Towards spirituality and perfection, 4- Healing by the Qur'an, 5- Lawful and unlawful, 6- Nutrition in the Quran, 7- Healthy people-centered sustainable development, 8- Bondage, 9- Easy making love and love in Islam.

Conclusion: The believer understand the GOD is the most knowing and just, therefore, Laws that are designed, are in favor of our daily needs(ie; physical, emotional and spiritual), at last, God sent the Quran to the intellectual and human perfection and These areas are also references made to perfection, including physical health that Ever since the Koran have retained their freshness and new. What has been mentioned in the Quran is what scientists have achieved over time since the Quran is governed by logic. Although we do not know the reasons for many things in the Quran, we consider it as the foundation.

Key words: physical health, Quran, faculty members.
Impact of exercise on affective responses in female adolescents with type I diabetes
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Introduction: Adolescent is a time of profound biologic, intellectual, psychological, and socioeconomic change that they will face a crisis. Therefore, compatibility may be exposed to many hazards, such as depression, anxiety, and other emotional problems. Nevertheless, a planned regular exercise enhances physical and mental health of adolescent female with diabetes. The aim of this study was to determine the effect of exercise on emotional reactions of female adolescents with type I diabetes.

Methods: This study was a quasi-experimental research conducted in Endocrine and Metabolism Research Centre. A total of 72 patients were randomly allocated in the two groups. The intervention group did aerobic exercise for 45 minutes, while the control group did not aerobic exercise. Data were collected using a Symptom Checklist (SCL)-90 questionnaire. Data were analyzed and using descriptive and inferential statistics methods and SPSS software.

Results: The results showed that the mean score for physical symptoms, depression, obsession–compulsion, interpersonal sensitivity, aggression, phobia, paranoid ideation, psychosis, and anxiety in the test group significantly decreased after intervention than before intervention. The average score in the control group did not differ. The average total score of emotional reactions in the test group after the intervention decreased before the intervention significantly ($P = 0.001$). However, in the control group, the mean scores did not differ ($P = 0.97$).

Conclusion: The findings showed that regular exercise is effective on affective responses of adolescent females with type I diabetes.

Key words: Aerobic exercise, affective symptoms, female adolescents, Iran, type I diabetes mellitus
Sexual Function in Women with Rheumatoid Arthritis
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Introduction: Sexual function is one of the most important aspects of life affected by chronic disorders. The aim of this study was to investigate the women’s sexual function with rheumatoid arthritis.

Methods: This was a case-control study conducted on 50 cases of women with rheumatoid arthritis and 50 healthy women as a control group in Hafez hospital of Shiraz. Data were collected by demographic and Female Sexual Function Index (FSFI) questionnaires during Jun to August 2013. Statistical analysis including Chi square, independent sample t-test, and liner regression were carried out with SPSS software (version 16).

Results: Two groups were matched in age, educational level, occupation, menarche age, husband’s age, marital age, gravidity and menstrual cycle status (P>0.05). Total score of FSFI in case group (15.9±11.16) was significantly lower than control group (27.29±5.67). Also, in all subscales, the score of sexual function (desire, arousal, lubrication, orgasm, satisfaction, and pain) in the case group was lower than the control group (P<0.001). From patients’ perspective, Fatigue, limitation of joint movement, vaginal dryness, and reduction of sexual desire affected their sexual function. Also, linear regression indicated the negative association between duration of disease and sexual dysfunction.

Conclusion: Our findings have been shown that rheumatoid arthritis has adverse effects on the women’s sexual function. Thus, clinicians should pay attention to these patients, regardless of symptom severity or treatment response.

Keywords: Sexual Function, Women Health, Rheumatoid Arthritis
Quality of Life and Its Relation with Elder Women’s Mental Health
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Abstract
Background and Purpose: almost in every society women constitute the majority of elderly population. This group, because of economic inequalities, inadequacy of social and health care services and etc. are among the most vulnerable social group. Since meeting the physical, psychological and social needs of elder people is necessary for improving the quality of their lives, more studies on this ground can pave the ways to provide the best ways of enhancing the quality of life. Therefore, the current study aims at determining the quality of life and its relationship with elder women’s mental health.

Method: This is a descriptive – analytic study carried out on 2012 in Kermanshah. Elder women aged 60 - 85 make the population of this study. Using cluster random sampling, among 180 samples, 100 women were eligible with regard to inclusion criteria to enter to this study. Data are gathered using quality of life questionnaire (LIEPAD) and Goldberg’s general health questionnaire (GHQ-28). These data are analyzed using SPSS software (ver.21), independent T-test, Chi-square, and Pearson correlation coefficient.

Results: The mean age of studied elder women was 70.1±4.3. The average score for their quality of life was 57.5±12.35 which is indicative of a relatively good quality of life. In terms of mental health, with regard to their scores,22.2±5.51, they were in good condition. Investigating different dimensions of their life indicated that the level life satisfaction was more than other dimensions. as far as chronic diseases are concerned, the mean quality of life was significantly associated with catching some chronic diseases (such as musculoskeletal diseases, heart diseases, and high blood pressure). Some demographic characteristics such as marital status, age and education had significant relationship with mental health, and quality of life (P<0.005).

Discussion: generally, there was no significant relationship between individual’s mental health and the quality of life. Although, we observed that women with better mental health had better quality of life. Considering the effect of some variables on women’s quality of life, programs can be provided for even better quality of life including social and economic support, meeting elder women their emotional and mental needs. In addition to minimizing the negative effects of mentioned variables, this helps the planners to take a better step in order to improve the quality of life for this group of people. As regards, devising required strategies for these variables makes it possible to overcome the current and future problems of elder people.

Keywords: quality of life, elder people, mental health.
Effect of intermittent subglottic secretion drainage on ventilator-associated pneumonia: A clinical trial

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ABSTRACT

Background: Secretions contaminated with oral, nasal, and gastric bacteria accumulate in the subglottic space, above the endotracheal tube cuff. If these secretions are aspirated into lower airways, the intubated patient will be susceptible to ventilator-associated pneumonia (VAP). The aim of this study was to investigate the effect of inspiratory pause maneuver for intermittent subglottic secretions drainage (SSD) on the incidence of VAP in patients receiving mechanical ventilation.

Materials and Methods: This randomized clinical trial was conducted in four intensive care units of educational hospital in Isfahan, Iran. A total of 76 adult patients intubated with a conventional endotracheal tube and connected to ventilators for more than 48 h were selected through convenient sampling and were randomly assigned to undergo intermittent SSD (n= 38) or not (n=38). In this study, for SSD, we used inspiratory pause/hold key in the ventilators to hyperinflate the lungs. Pressure that produces with this maneuver could remove the secretions from the subglottic space.

Results: VAP was found in 10 (26.3%) patients receiving SSD and in 18 (47.4%) patients in the control group (P=0.04).

Conclusions: SSD using inspiratory pause during mechanical ventilation results in a significant reduction in VAP.

Key words: Critically ill patients, intensive care unit, subglottic secretions drainage, ventilator-associated pneumonia
A review on health benefits of ginger according to the Holly Quran
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Introduction: Ginger is a herb that our ancestors recommended it for treatment of paralysis and all diseases resulting from cold nature. The ginger can reduce the blood cholesterol and is an antiemetic herb. This herb is effective in the gastrointestinal disorders, rheumatoid arthritis and these effects have been proven in the modern medicine. Verse 17 of Sura Nisa and verse 26 of Sura Motafefin are referred to the beneficial effects of this herb. Holly Quran is a source of healing. Prophet Muhammad (PBUH) says: seek healing from Quran because Quran is a healing for every disease that is in your chests.

Methods: This article review was done according to the library research and using different interpretation of Quran (Almizan, Quran's Sura and Hadith.

Results: Research studies have been concluded that; there is an active chemical composition in the ginger under the names of Znyjbybrn, Bnzabvin, Jnyjrvl, Shugaoul that can be effective as an adjuvant therapy in the treatment of different diseases. In addition, the use of ginger has been recommended for treatment of different diseases in the Quran's versa and religious narratives.

Key words: Ginger, Holly Quran, Health benefits
Gynecologic cancer prevention by healthy behaviors in menopausal women.

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Shahid Sadoughi university of Yazd.

Introduction: Health status of menopausal women is a global concern. Menopausal women need intensive care and more attention. The role of healthy behaviors and lifestyle has been well documented in cancer prevention but most of menopausal women haven’t appropriate health behaviors. This study was conducted to determine healthy behaviors in gynecologic cancer prevention in menopausal women of Yazd.

Methods: In this descriptive cross-sectional study 200 menopausal women aged 58.21±7.73 referring to health centers of Shahid Sadoughi university of Yazd were selected by conventional sampling. Inclusion criteria were at least three years length of menopause, without any history of cancer. Data was collected using a self-administration questionnaire on healthy behaviors in menopause stage.

Results: The mean of women age was 58.21+_7.73 and with a mean of 10.09+_8.40 duration of menopause. The familial history of cancer was addressed by 28% of women. Six percents of women used HRT. Only eight percents of women pertained using fetosexrogen in order to decreasing menopausal symptoms. The study results showed only 42% of women had an adequate, healthy diet and healthy eating behaviors. Regular physical exercises were mentioned by 46% of women. Regular exposure to sunlight was addressed by 28% of women. Supplementary therapy was declared by 48% of women. Vaccination was mentioned by 21% of women.

Conclusion: The study results confirmed healthy behaviors in menopause women were low and not desirable. Less than of 50% of menopause women had healthy behaviors. Healthy behaviors in menopause women not only improve their quality-of-life and promote their health status but also prevent incidence of cancers especially gynecologic cancers. These behaviors can decrease burden of chronic diseases, costs of diagnosis tests and treatment and disability of menopausal women. Awareness and Appropriate training to menopausal women are two essential elements in cancer prevention.

Keywords: Healthy behaviors, menopause women, gynecologic cancer prevention
Prevalence and causes of death in infants in the delivery room Motahari hospital affiliated with the University of Medical Sciences in 2013
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Introduction: Neonatal deaths around the time of birth and the third most common cause of loss of life years are about 70 percent of neonatal deaths in the first week and half of all deaths occur in the first week, 24 hours a significant percentage of in its first few hours after childbirth. Infant mortality is an important measure of health development, and undoubtedly the first step in reducing mortality and improving the level of this index is the causes of death. The prevalence and causes of infant mortality in the delivery room during the early hours after birth in medical city hospitals were studied arranged.

Methods: This cross-sectional study - descriptive analysis is the study of documents and completion of Form practitioner for all infants in Motahari Hospital Jahrom city of Persian date April 2013 to December 2013 were born, and the during the first hours after birth in the delivery room, died, was carried out. This form includes variables such as gender, birth weight, gestational age and cause of death. Data were analyzed using SPSS 16 software for data analysis and chi-square test and T-test was used.

Results: In this study of 2418 newborns, 60 infants (25.0%) died during the first hours after birth. Causes of infant mortality include: prematurity (14.86%), congenital anomalies (12.83%), asphyxia (7.43%), and meconium aspiration (3.37%), respectively. The infant died 54.72% were male. There were 140 low birth weight infants, of whom 60 died and mortality in low birth weight, 20.5%, respectively.

Conclusion: prematurity and low birth weight (LBW), the most consistent and important determinant of neonatal mortality is the most common cause of death in newborns, who had hyaline membrane disease and sepsis. In line with the general policy of the Ministry of Health to minimize infant mortality is an important duty of all health staff to achieve international standards to reduce infant mortality in their agenda.

Keywords: baby, prematurity, birth, death
Meaning in life in cancer patients and relationship with demographics and clinical characteristics
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Introduction: Cancer diagnosis had tremendous impact on cancer patient’s life. Meaning in Life makes sense, positive emotions to cope with depression, hopelessness and despair. Therefore, this study performed for survey of meaning in life in cancer patients and relationship with demographics and clinical characteristics in gorgan, 2013.

Method: In this cross-sectional study, 150 patients referred to the Department of Oncology and Radiotherapy Center Healing Center 5-azar was participated in study through convenience sampling method during 4 months. Demographic and clinical information gathered by checklist and MiLs scale (Meaning in Life Scale). The tool consists of four domains (Life Perspective, Purpose and Goals, Confusion and Lessened Meaning, Harmony and Peace, and Benefits of Spirituality) and is comprised of 21 items. Minimum score of 4 and a maximum was 24; higher scores reflect better life (more positive view of life). Data analyzed by Spss software 16 and descriptive statistics and t-test and ANOVA were used to examine the relationship between survey.

Results: Mean age of patients were 5.1 ± 39/48 years old. In 55.3% of patients less than 12 months spend from beginning of treatment and 51.3% were treatment under chemotherapy regimen - Surgery - Radiation regimen. Mean Average of life was 13.92 ± 2/10 score from 24. Marital status (P<0.029), treatment regimen (P<0.012), number of child (P<0.018) and place of residence (P<0.046) were statistically meaning full with meaning in life. Meaning in life is higher than single patients. Patients with fewer children have higher score in meaning in life. In patients with surgical treatment regimen was also rated higher meaning in life and in patients who have been living in the city, the mean score was higher.

Conclusion: The meaning of life is average of patients in this study, were in intermediate level which can be derived from Islamic culture is full of meaningful concepts in all aspects of life (health and disease).

Key words: Meaning in life, cancer patients, MiLs

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Objective
Recent advances in Micro-Electro-Mechanical Systems (MEMS) technology, integrated circuits, and wireless communication have allowed the realization of Wireless Body Area Networks (WBANs). WBANs promise unobtrusive ambulatory health monitoring for a long period of time and provide real-time updates of the patient’s status to the physician. They are widely used for ubiquitous healthcare, entertainment, and military applications.

Materials and Methods
WBAN can be used to develop patient monitoring systems which offer flexibility to medical staff and mobility to patients. Patients monitoring could involve a range of activities including data collection from various body sensors for storage and diagnosis, transmitting data to remote medical databases, and controlling medical appliances, etc. Also, WBANs could operate in an interconnected mode to enable remote patient monitoring using telehealth/e-health applications. For such applications it is very important that a WBAN collects and transmits data reliably, and in a timely manner to a monitoring entity.

Results
In order to address the issues above, this paper presents WBAN design techniques for medical applications. We examine the WBAN design issues with particular emphasis on the design of MAC protocols and power consumption profiles of WBAN.

Conclusion
WBSN opens up a whole new field of sensor networking and intelligent technology for patient monitoring. It is a very practical way to get vital signs from human for healthcare monitoring.

Keywords: WBSN, BioMEM, wearable sensors, remote healthcare, Implant Communication, In-body Antennas
A comparison of efficacy and effectiveness between open and closed suction systems: An article review

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Introduction:
Applying of new technologies in intensive care units has many advantages such as; reducing of stay length, faster recovery and led to use less invasive procedures. One of these progresses in the field of respiratory care is innovation of closed suction system (CSS). There are several studies about CSS in comparison to open suction system (OSS) which sometimes have led to some conflicting results. This study is going to review two methods based on various aspects such as: cost, length of ICU stay, cardio-pulmonary parameters changes and rate of infection.

Methods:
This is a review study and information gathered from databases such as: Google scholar, science direct, Pubmed, scientific information database, Ovid, Iranmedex. Articles have been searched from 2000 to 2013. Keywords for search were; closed suction system and open suction system.

Discussion:
Finally, 13 articles (2299 patients) were selected and examined in most studies, there were no significant difference in efficacy variables such as; amount of drainage, incidence of VAP, mortality and length of stay in ICU between two methods. In most studies, costs for OSS were less than CSS. Changes in cardio-vascular studies parameters indicated conflicting results and Sao2 and lung volume in OSS looked more reduction in comparison to CSS.

Conclusion:
CSS seems to be a cost increase, but on the other hand, there are some advantages such as; less threat to lung volume reduction and decrease in arterial oxygen saturation in compare to OSS. However, there is not sufficient evidence on the performance of one system over another. A few local studies have been conducted about the discussed variables that show a need for further clinical trial studies.

Keywords: closed suction system, open suction system
The Relationship Between Stress, Coping Responses and Subjective Well-being in pregnant women

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Introduction: Pregnancy is one of the most stressful events in women’s lives. It may be accompanied with various psychological changes. Nowadays, in the health and therapeutic centers, prenatal care is focused on physical health is neglected. Hence, the present study aimed to investigation of relationship between stress, coping responses and subjective well-being in pregnant women.

Methods: 60 pregnant women were selected by available sampling method. Using Symptoms of Stress Questionair, Coping Responses Questionair and Subjective Well-being Questionair were gathered data. Data were analyzed by descriptive and inferential statistics.

Results: Means of scores in stress, problem-centered response, emotion-centered response, avoidance-centered response and subjective well-being were 71.49, 46.06, 40.48, 42.16 and 195.85. Results showed coefficients of correlation of stress with problem-centered response, emotion-centered response, avoidance-centered response and subjective well-being were 0.02, 0.42, 0.04 and 0.04. Also, coefficients of correlation of subjective well-being with problem-centered response, emotion-centered response and avoidance-centered response were 0.18, 0.18 and 0.26.

Conclusion: It appears that pregnant women have a complex mix of health problems and often experience fair or poor health. Regarding to importance of psychological variables in pregnancy health, it is necessary doing several investigations for better understanding the health needs of pregnant women.

Key words: Pregnancy, Stress, Coping Responses, Subjective Well-being
The effect of ginger on hyperlipidemia and Fasting Blood sugar index
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Background and Aim:
Atherosclerosis complications are the most common cause of human mortalities. Hyperlipidemia is one of the effective factors on atherosclerosis. A decline of cholesterol concentration levels decreases the incidence of coronary artery disease about 50%. Herbal medicine is one of the ancient and identical ways for treating the problems. So, this study determines the effect of ginger on hyperlipidemia and hyperglycemia.

Method and materials:
In this study 90 patient with hyperlipidemia were randomized in 3 groups. For the first group only anti-hyperlipidemic drug, for the second group anti-hyperlipidemic drug plus placebo, and for third group anti-hyperlipidemic drug plus ginger was prescribed for 7 weeks. The blood sugar and lipids were checked before and after intervention.

Results:
The levels of FBS, triglyceride, cholesterol, HDL, and LDL were not significantly different among 3 groups before intervention. However, the levels of FBS and triglycerides of intervention group were significantly different with the other 2 groups.

Conclusion:
Ginger has a significant effect on blood sugar and lipids. So, we recommend ginger for controlling of hyperlipidemia and hyperglycemia.

Key words: Ginger, Blood sugar, Hyperlipidemia
Dignity and love in nursing practice
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Introduction: Treating patients with dignity and respecting their humanity is the starting point for nursing practice that is integral to patients’ care. Although the nature of nursing practice is based on humanity and altruistic values, but sometimes we forget that nursing is nothing but love and kindness toward a fellow human. This article explores how Iranian patients perceive and describe the meaning of patients’ dignity preservation as “caring based on love and kindness”.

Methods: This is part of a phenomenological research on patients’ dignity preservation in Iran conducted during 2010-2013. In this qualitative study which was conducted using interpretive phenomenological approach, 14 participants (9 women and 5 men) were purposefully selected. Data were collected through individual, semi-structured and deep interviews. The recorded interviews were transcribed and were analyzed by Diekelmann, Allen and Tanner (1989) approach.

Findings: According to the findings of present study, one of the meanings of patients’ dignity preservation emerged as “caring based on love and kindness” including two subthemes “being with patient” (consist of two other subthemes as: “compassion” and “altruism”) and “inspiring the sense of being accepted and beloved”.

Discussion and Conclusion: Describing patient’s dignity preservation as caring based on love and kindness, could bring us back to the essence and basic values of nursing profession, where the integration of caring, love and dignity call for authenticity of being and becoming. Based on Watson’s vision ‘Perhaps it is love that underpins and connects us through our metaphors of facing and holding another in our hands, reminding us of another dimension as to how to sustain our humanity at a deeper level at this point in human history’.

Keywords: Dignity, Love, compassion, patient, nursing, phenomenology, Iran
Patients’ lived-experiences of dignity maintenance

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**Introduction**: In nursing profession, patient’s dignity preservation is one of the most important professional duties, which is emphasized by national and international nursing standards. Indeed, patient’s dignity preservation is the essence of nursing care and respecting his/her human dignity is considered as the core of nursing practice. It is essential to overview and to discover the meaning of patients’ dignity preservation based on their lived experiences to maintain and respect patients’ dignity and consequently promote the quality of provided services and patients’ satisfaction. For this purpose, the present study aimed to discover patients’ lived experiences of human dignity maintenance in bedside.

**Methods**: In this qualitative study which was conducted using interpretive phenomenological approach, 14 participants (9 women and 5 men) were purposefully selected. Data were collected through individual, semi-structured and deep interviews. The recorded interviews were transcribed and were analyzed by Diekelmann, Allen and Tanner (1989) approach.

**Findings**: The findings of this study resulted in 3 main themes and 9 subthemes regarding the meaning of patients’ dignity preservation. The first main theme emerged as: “Exigency preservation of innate human dignity” consists of two subthemes “respect equal human nature”; the second one as “serve based on love and kindness” including two subthemes “being with patient” (consist of two other subthemes as: “compassion” and “altruism”) and “inspiring the sense of being accepted and beloved”; furthermore, the third main theme emerged as “dignifying transcendental professional service” including three subthemes as: “professional commitment, accountability and responsibility”, “upholding patients’ rights” and “enlightenment”.

**Discussion and Conclusion**: Findings of this study showed that the meaning of patient’s dignity maintenance refers to healthcare agents Divine obligation regarding exigency preservation of human innate dignity, which rooted from Divine origin. Also, healthcare professionals would be able to manifest the human love that is natured in theirs and also patients’ entity, and consequently actualize patient’s dignity preservation by benefiting their numerous human capacities such as compassion and providing care based on affection, love and kindness.

Furthermore, since the other meaning of the patient’s dignity preservation refers to providing professional services in a context of enlightenment, it should be considered as a ground to reach individual and professional intellectual life.

**Keywords**: human dignity preservation, patient, interpretive phenomenology
The Knowledge of Nurses of Pediatric Wards Regarding the “Child-abuse”:
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Introduction: The second half of the 20th century could be called as the “children epoch” and for the society to reach the growth and development, the child should be educated properly and be ready for the social and normal life. In this respect, considering that, nurses are having various and wide professional responsibilities in prevention and treatment matter in any society and also as one of the persons of society play an important role in supporting and caring children in facing threatening problems of psychical and physical health. “Child-abuse” could be mentioned as such threatening problems. Since the knowledge and attitude of nurses in respect of the clinical and legal aspects of “Child-abuse” is an important challenge in nursing profession, this study has been carried out with the aim to assess the role of knowledge of nurses in connection with “Child-abuse” because, the rate of knowledge of nurses as a social and clinical challenge plays an important role in recognition and reporting the “Child-abuse” cases in order to follow and prevent such cases.

Method: This is a descriptive research carried out on 46 nurses of Pediatric Wards using a two parts questionnaire consisting of demographic characteristics and specific questions regarding “Child-abuse”. The rate of knowledge was calculated according to the obtained scores from answering the specific questions and divided into three levels of good, moderate and weak. Collected data were analyzed using SPSS software.

Results: The statistical results show that, 49.0%, 32.0% and 19.0% of research samples possess the weak, moderate and good rate of knowledge respectively and in respect of the effect of demographic characteristics on the rate of knowledge of nurses, the x² statistical test showed that, there was a significant relation between the age and service years of nurses and their rate of knowledge in such a way that, this rate was more among age group of 30-39 years having 6-10 service years.

Discussion and Conclusion: Paying attention to the object of this research and the obtained results which are indicating the low level of the rate of knowledge of nurses in connection with “Child-abuse”, it could be submitted that, the lack of knowledge of nurses as an important clinical challenge in the concern of recognition of abused children could cause the health of children to be threatened resulted in propounding the health of future makers of the society. Therefore, more attention and planning should be made to increase the knowledge of clinical nurses as one of the priorities of health system because, knowledgeable nurses could have well-deserved effect in reducing and preventing the “Child-abuse” incidence as a therapeutic and social challenge via educating and consulting parents and group interventions through health-treatment services.
Acceptance of Euthanasia and Attitudes towards it Among Intensive Care Unit (ICU) Nurses

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Introduction: Euthanasia or “easy and painless death”, is one of the most important issues in medical ethics and the most controversial subjects in the end-of-life care field. The present study aimed “to assess the acceptance rate of euthanasia and attitudes towards it among intensive care unit nurses”.

Methods: This was a descriptive-analytical study on 65 nurses who working in intensive care units at Hajar and Kashani hospitals in Shahrekord. The data collection tools included Euthanasia acceptance, Euthanasia Attitude Scale (EAS) and a demographic information form. The data was analyzed by SPSS software (v.15) using descriptive statistics, independent t-test, ANOVA, Pearson correlation coefficients and regression analysis.

Results: The results indicated that majority of nurses (60%) generally were opposed with euthanasia (3.07±2.01). Also 63.1% of the participants had a negative attitude towards euthanasia (2.6±0.74) which their opposition to the four domains of EAS was more in Practical Consideration (2.2±0.86). In this study there was a very high correlation between acceptance of euthanasia and attitude towards it (r=0.8, p<0.001). Moreover, there is no relation between age, gender and marital status of participants with their attitudes toward euthanasia. Only, euthanasia attitude positively correlated with nurses work experience (p=0.03).

Conclusion: In this study majority of nurses were opposed with euthanasia and had a negative attitude towards it. However, With regard to the significant positive relationship between nurses work experience and their attitudes to euthanasia, suitable ethics workshops are recommended for nurses with more work experience.

Keywords: Euthanasia, Nurses, Intensive Care Unit, Medical ethics.
Empowerment of women visiting the health centers of Kerman by teaching Self Breast Examination in the presence of Behvarz
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Abstract

Introduction: Teaching self-empowerment to women for performing Breast Self Examination in the outmost sections of the health services systemhas an effective role in the early diagnosis, treatment and prevention of breast cancer. In this study empowerment was done by teaching breast self examination to women in the presence of a Behvarz.

Methods: This study was a Community Trial performed by random sampling enrolling 80 women visiting two health centers. The intervention was performed for 40 women themselves and for 40 women with their Behvarz. The tool for information collection was a questionnaire, that was completed before, immediately after and then two months after the intervention. The data wasanalyzed by paired t-test, independent t-test, McNemar ’s test, linear regression, and non-parametric tests.

Results: After performing the intervention, empowerment and practice significantly increased in both groups. Among the subthemes of empowerment there was no difference seen between the two groups except for knowledge that was higher immediately after intervention in the group with the presence of the Behvarz and the self-confidence theme that was higher in the group without the presence of the Behvarz.

Conclusions: Self empowerment is low especially among women residing in villages and there is a necessity for continuous education of self-efficacy. However it did not seem like the presence of the Behvarz had a significant role in increasing self empowerment.

Keywords: Self-empowerment, Brest Self Examination, Self-efficacy, Self-confidence.
Sense of coherence as a protective factor in HQoL impairments among women with breast cancer
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Background: Breast cancer is the most common cancer in Iranian women with an age peak between 40 to 49 years. Breast cancer as a stressful life event creates different physical and psychological challenges, as well as health-related quality of life (HRQoL) impairments over time. The aim of this study was to investigate the mediating effect of sense of coherence (SOC) longitudinally on correlation between baseline HRQoL dimensions (T1) and the same dimensions at a 12-month follow up (T2) in a sample of women with breast cancer. The exploratory hypothesis was as follows: the association between HRQoL dimensions at both baseline and 12 months later is mediated by the degree of SOC at the 12-month follow-up.

Methods: This study was conducted with a prospective design on 145 Iranian women with breast cancer. Data were collected using the Persian version of the SF-12 Health Survey version 2 and the SOC scale both at T1 and T2. A general meditational model was designed to test the study hypothesis. Hierarchical multiple regression analyses in three steps together with the Sobel test were then estimated to evaluate the significant meditational effect of the SOC.

Results: The degree of SOC mediated variations of general health, social functioning, role emotional, vitality, and mental health from the pre-diagnosis of breast cancer to 12-month follow-up (p < 0.01). The longitudinal mediation effect of the SOC for the psychological dimensions of HRQoL was disclosed, but not as much for the physical dimensions.

Conclusions: The findings support the notion that the longitudinal mediation effect of SOC may be a protective factor especially regarding psychological adaptation with breast cancer, and HRQoL impairments over time. Therefore, strong SOC as a health resource can influence the patients’ recovery and there is a possibility to enhance it by applying healthy behaviors.

Keywords: Breast cancer, Health-related quality of life, Mediator, Sense of coherence, SF-12 Health Survey version 2
Impact of self care plan based on Orem Self Care model on hemodialysis patients' psychological self-care deficits

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Background and Aim:
Chronic renal failure and hemodialysis affect patients' ability due to its debilitating nature. It can cause numerous psychological self-care deficits for patients. Promoting psychological self-care behaviors can help patients to maintain their mental health and well-being. The present study was performed to determine the impact of self care plan based on Orem Self Care model on hemodialysis patients' psychological self-care deficits.

Materials and Methods: In this quasi-experimental study single group carried out in 2013, thirty-six hemodialysis patients were selected through convenience sampling method from the hemodialysis ward of Birjand Vali-e -Asr hospital. Data was collected using psychological self-care deficits questionnaire based on Orem self-care model, whose validity and reliability had been approved. The questionnaire was filled out through interview, and a Self care Program was carried out using Face to Face method considering the psychological self care deficits diagnosed. One month, after intervention, the questionnaire was filled out again. The obtained data was analysed by SPSS software Version 17 using descriptive and inferential statistics at the significant level (P<0.05)

Results: The findings showed that Psychological self-care deficits were included (deficits in knowledge of relaxation techniques and problem-solving to reduce anger, Impairment in the use of relaxation techniques and problem solving to reduce anger, deficit in use of positives of terms in life, defect in the expression of feelings with family and friends, social isolation, grief, despair,…in before intervention, the most of psychological self-care deficits were %91/7 (N=33) deficits in knowledge of relaxation techniques and problem-solving to reduce anger and impairment in the use of relaxation techniques and problem solving to reduce anger, but after the intervention psychological self-care deficits changed to %36/1 (N=13) (p< 0/001) and %50 (N=18) (p = 0/001 ) respectively had been significantly according to McNemar's test.

Conclusion: The present study showed that a self care plan based on Orem Self Care model can significantly reduce hemodialysis patients' psychological self-care deficits. Therefore, nurses can apply self care plan based on Orem Self care model to improve their mental health.

Key Words: Self care plan, psychological self care deficit, hemodialysis patients
Evaluation of logotherapy effect on physical function of cancer patients.

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Introduction: The present study aims logotherapy effects on the physical function in cancer patients who were cured in Sayed Shohada hospital, Isfahan.

Methodology: This is a quasi-experimental, two-grouped, two-step study. It contains pretests and post-tests, and a questionnaire of demographic and SF-36 domains of physical functioning information. Sampling is done by convenience method and allocation of samples to two groups of intervention and control. Each group contains 37 samples. Samples are measured by standard tools of quality of life domains of physical functioning. Then logotherapy sessions were arranged for patients in 8 session twice a week for 2 hours, and after a month they were again tested for their domains of physical function. Descriptive and analytical methods by SPSS software are used to render the statistics.

Results: The average age of the samples is 37, most of them are elementary school graduates, and 33% of them are men and 67% are women. Most of the samples were married and the average time of illness in both groups was six months. The findings of the study showed that logotherapy has increased the level of physical functioning in patients. The average of physical function points before the intervention was 51.6±26.3 and after the intervention 53.8±19.0. The average of physical function points after the intervention in comparison to what it was after the intervention in control group was 9.8±5.8 units reduced but in intervention group 14.2±4.8 units increased. According to the T test, the difference between the average physical function points in intervention group is significantly increased in comparison to control group (t=-3.18(df=72); P<0.002).

Conclusion: This shows how this method can be used to improve the physical function in cancer patients as well as their knowledge about cancer as related to the impacts of logotherapy on their lives.

Keywords: cancer, physical function, logotherapy
A one-yearsurvey of neonatal resuscitation in the delivery room arranged Motahari Hospital
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Background: Identification of high-risk deliveries and performing resuscitation at birth can lead to the prevention of asphyxia.

Materials and Methods: This cross-sectional descriptive - analytical review documents and complete form of medicine, for all neonates in Motahari Hospital Jahrom city of March 2013 to December 2013 were born, and during the first hours after birth delivery room, in need of resuscitation was performed. This form includes variables such as gender, birth weight, gestational age, risk factors for neonatal resuscitation, resuscitation procedures, and the short-term prognosis. Data were analyzed using SPSS 16 software for data analysis and chi-square test and T-test was used.

Results: 2418 infants born in the past 10 months were studied. Of the infants (0.25%) died during the first hours after birth, and (8.5%) patients were underweight. 91 cases (3.77%) were resuscitated in the delivery room needs. Among the risk factors, low birth weight, meconium-stained amniotic fluid and fetal distress and abnormal fetal heart rate and corioamnionitis and emergency cesarean delivery, factors predictive of the need for resuscitation in the delivery room were predicted. Mortality rate was 25 per thousand live births and asphyxia was one of the main causes of neonatal deaths. The incidence of asphyxia in neonatal resuscitation group were much lower in infants who revived the action was performed (P <0.0001).

Conclusion: It seems that low birth weight, meconium-stained amniotic fluid and corioamnionitis, the most significant risk factors associated with fetal distress requiring resuscitation in the delivery room are said.

Keywords: CPR, baby, birth
Study of Effectiveness of Career Counseling based on Trait- Factor Theory on Employability University of Isfahan male Students
Motaharehmoosavi

**Introduction:** The purpose of this study was to investigate the effectiveness of career counseling based on Trait- Factor Theory on Employability of University of Isfahan male students who were studying in 2012-2013. This is a quasi-experimental study with pretest-posttest design with control group. Twenty students were selected by using Volunteer sampling and randomly divided to two experiment and control groups (10 students in each group). Data was gathered by using researcher made Employability Questionnaire and was analyzed by using SPSS-16 with analysis of covariance.

**Findings** The results showed significant difference in employability and dimensions career identity, personal adaptability and social capital in two groups. Results also showed did not effect on dimension emotional intelligence.

**Results:** Career Counseling based on Trait- Factor Theory can increase employability, career identity, personal adaptability and social capital of University of Isfahan male Students.

**Keywords:** Employability, Career identity, Personal adaptability, Social capital, Human capital, Trait- Factor Theory
The effect of Social Support on Unwanted pregnancy rates, during lactation in primiparous women: Randomized Controlled Trial

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Introduction: Unwanted pregnancy and its complications, it is a global issue that women, family and community are involved. The aim of this study was to assess the effect of Social Support on Unplanned pregnancy rates during lactation in primiparous women.

Material & methods: in this randomized clinical study, 240 primiparous women were participated. The control group program included the routine trainings and intervention group program included the routine trainings plus the support from the 30 peer counselor during the 6 months after delivery. Questionnaire completed by the 154 participants (79 intervention group and 74 in the control group). Unwanted pregnancy was evaluated by the end of The 24 months postpartum. Data were collected by questionnaire and were analyzed with chi-square, fisher and t-test tests.

Results: The analysis shows that, Unwanted pregnancy rates in the control group was significantly more than intervention group at 24 months after birth (% 20/0 v% 5/1 p=0/004). , unwanted pregnancy in the control group occur significantly sooner than intervention group (9/6±3/56 monthsv 18/25±1/25months, p=0/001). The two groups were significantly difference in the onset of contraceptive methods (control group 72/71±61/35 days compared with 36/71±10/02, p=0/01).

Conclusion: The results show that with adequate planning and timely advice can prevent an unwanted pregnancy.

Keyword: Social Support, breastfeeding, unwanted pregnancy
The Role of Self – Care Education at the Life Style Promotion among Diabetic Patients

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Introduction: Following Self-care behaviors is very important in patients with chronic diseases, patients can with to obtain Self-care skills, influence on the well-being, functional ability and their disease. Self-care is the most important factor for controlling the disease. Self-care is important, not only for health but also for the economic analysis, and ultimately leads to reduction in healthcare costs. Diabetes is a chronic disease that requires lifelong self-care behaviors. Effective management of diabetes, requires perform a variety of self-care such as lifestyle changes, dietary control, regular exercise, use of medication, monitoring glucose levels, glucose levels recorded and care of the feet.

Methods: This study is a review article that through study and search the library resources and websites has been prepared with the help of latest scientific findings.

Results: Study shows successful control of diabetes depends greatly on patient care, because more than 95% of diabetes care is done by the patient. The existing studies shows the most important cause of mortality and morbidity in diabetic patients with diabetic complications, is lack of self-care.

Conclusions: Self care has led to the improvement of quality of life and effective in reducing the costs also it decreases the number of hospitalization. Self care education with the constant pursuit can be prevented of acute and chronic complication or to delay its onset.

Care, diabetes care, Self Care

Keywords:
The Role of Self-Care Education at the Life Style Promotion among Diabetic Patients

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Background: Following Self-care behaviors is very important in patients with chronic diseases, patients can with to obtain Self-care skills, influence on the well-being, functional ability and their disease. Self-care is the most important factor for controlling the disease. Self-care is important, not only for health but also for the economic analysis. and ultimately leads to reduction in healthcare costs. Diabetes is a chronic disease that requires lifelong self-care behaviors. Effective management of diabetes self-care, requires perform a variety of self-care such as lifestyle changes, dietary control, regular exercise, use of medications, monitoring glucose levels, glucose levels recorded and care of the feet.

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Conclusions: Self care has led to the improvement of quality of life and is effective in reducing the costs. It also decreases the number of hospital can be prevented with the constant pursuit of acute and chronic or to delay its onset.

Care, diabetes care, Self Care Key words:
The Effect of Psycho-Educational Interventions on the Quality of Life of the Family Caregivers of the Patients with Spinal Cord Injury
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Introduction: Family caregivers usually report the reduction of their life quality due to one of the family member’s spinal cord injury. Thus, the present study aimed to investigate the effectiveness of psycho-educational interventions on the life quality of the family caregivers of the patients with spinal cord injury.

Methods: The present randomized controlled trial was conducted on 62 family caregivers who had the primary responsibility of taking care of the patients with spinal cord injury. The participants were randomly divided into intervention (n=33) and control groups (n=29). The intervention group was involved in 90-minute educational sessions held once a week for four weeks. Both groups completed SF-36 questionnaire before and 2 and 6 weeks after the intervention. Then, the data were analyzed through independent t-test, Chi-square, and repeated measures ANOVA.

Results: All the caregivers had low quality of life and the lowest mean score was related to mental health in both groups. After the intervention, various dimensions of life quality had improved in the intervention group’s caregivers compared to the control group (P<0.05).

Conclusion: The study results revealed the positive effect of psycho-educational interventions on the life quality of the caregivers of the patients with spinal cord injury. According to the results, the authorities have to pay special attention to the problems of this group and educational interventions have to be continuously followed.

Keywords: Quality of Life, Spinal Cord Injury
Comparison of the effects of cardiopulmonary resuscitation training through modified team based learning and traditional method on knowledge and skills of nursing students in the College of Nursing and Midwifery, Shiraz, 2012.

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Abstract
Background and Objectives: Health personnel’s lack of knowledge and skills in Cardiopulmonary Resuscitation (CPR) is an important factor in the undesirable outcomes of cardiac arrest. Team-Based Learning (TBL) is a new teaching strategy which has attracted the attention of medical education communities. The present study aimed to compare the effects of CPR training through Modified Team-Based Learning (MTBL) and traditional method on the nursing students’ knowledge and skills.

Methods: Out of all the nursing students studying in the College of Nursing and Midwifery in 2012-2013, 50 junior students were selected through random cluster sampling. Then, the students were divided into a control and an experimental group. In the experimental group, CPR was trained using MTBL, while it was taught to the control group through the traditional method. The data were collected using knowledge assessment questionnaire and CPR skills assessment checklist. Then, the data were entered into the SPSS statistical software and analyzed using descriptive and inferential statistics.

Results: The results revealed a significant difference between the students’ knowledge and skills pre-test and post-test scores in both groups (P<0.001). Also, a significant difference was found between the MTBL and traditional groups’ post-test scores of knowledge and skills (P<0.007 and P<0.02, respectively). However, in contrast to the traditional group, no significant difference was observed between the MTBL group’s retention scores and post-test scores. This shows more efficient, effective, and persistent learning in the MTBL group.

Conclusion: TBL, as an appropriate method for effective learning, can be used for medical students.

Keywords: Training cardiopulmonary resuscitation, Team-based learning, Traditional training, Nursing students
The Effect Of Family-Centered Empowerment Model (FCEM) On the Blood Pressure and dimensions of Empowerment in Elderly People with Hypertension in Lenjan Health Center In2013

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Abstract
Background: Non-communicable diseases (NCDs) are important causes of mortality in elderly people. Hypertension is the most common cardiovascular disease that elderly people are encountered with. FCEM had a positive effect on improving patient care in chronic disease, whereas this model is not performed for elderly people.
Aims: the aim of this study was to evaluate the effect of FCEM on the blood pressure and dimensions of empowerment in elderly people with hypertension.
Methods: this clinical trial study accomplished on 62 elderly people with hypertension in Lenjan health center. After Sampling by randomized clustering, subjects were randomly assigned to experimental and control group and was implemented FCEM according to its four steps perception threat, problem solving, educational Participation and evaluation for experimental group and was done usual care and one educational class for control group. The research tools were demographic and dimensions of empowerment questionnaires and sphygmomanometer. Post test was carried out 1 week after the intervention and evaluated blood pressure and follow up after 1.5 months. The obtained data was analyzed by means of SPSS20 software and dedicational statistical tests Mann-Whitney, Chi – Square, t test, ANOVA.
Finding & results: both case and control groups were matched in demographic data (p > 0.05). Before intervention, both groups were matched in the mean of blood pressure (p > 0.05); but 1 week and 1.5 months after the intervention had significant differences in the mean of blood pressure in between two groups (p < 0.05). Also were matched two groups’ case and control in two groups’ elderly people and active family member groups in the mean score dimensions of empowerment (p > 0.05); but 1 week and 1.5 months after the intervention had significant differences in case group in two groups’ elderly people and active family member groups in the mean score dimensions of empowerment (p < 0.05).
Conclusion: performing FCEM for elderly people with hypertension is practically feasible and associated with improvement or control of blood pressure
Key words: family-centered empowerment model - empowerment - dimensions – hypertension - elderly people
A family oriented model for health management: a qualitative study

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Background & objective: Former studies show that despite existence of different health programs and services, yet, there are numerous health threatening problems clients and their families. Therefore, a better understanding of family health provision phenomenon and presentation of appropriate related models is essential. This study aimed to present an appropriate family health management model for clients based on socio-cultural condition of Iran in order to empower clients’ families concerning the care given to them.

Methods: This is a qualitative grounded theory study. The data were collected through unstructured deep personal interviews obtained from a group of participants (47 of health care providers, clients and their families) by purposive sampling up to data saturation. The data were analyzed through constant comparative approach and Strauss and Corbin method. Finally, an efficient health monitoring model for clients’ families was designed based on elicited theory and other related theories through Walker and Avant theory construction.

Results & Conclusion: In family oriented health care approach, the families are the best sources of information about situations, process and appropriate outcomes. In this approach, the emphasis is on the existing potentialities and resources of clients’ families. Nurses share their proficiency with the clients’ families through discussion and conducting the care. They act as counselors and help families detect their needs and priorities, and provide them with their needed support and knowledge. In this model, nurses act as a manager in family oriented care provision, and the clients’ families monitor the trend and development of the care plans. Nowadays, designing and selection of an appropriate model in provision and giving health care services is essential, and family, with a functional position, can play a crucial and key role in health promotion of the clients and their families.
Exploring the Relationship between Children's Well-being and Family Function at the Children with a Major Thalassemia in Isfahan in 2013  
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Objective: Thalassemia is a chronic disease in which various aspects of life, including emotional well-being, is affected. Since physical and mental health of patients with thalassemia major who lives in a family context that is influenced by various characteristics. So the aim of this study was to determine the relationship between well-being of children with the disease and how family functioning in the Isfahan in 1392.

Methods: This study was adescriptive correlation study in which the sampling method was census. In this study, 97 children aged 10-16 years old with thalassemia that come to Imam Reza Clinic were assessed well-being of children and family function through questionnaires and data analysis was done by spss software version 20.

Results: The results of this study showed that between the total score of the various aspects of family functioning and well-being of children with thalassemia, there is a direct relationship.

Conclusion: As the results of this study showed between family functioning and well-being of children with thalassemia, there is a direct relationship. Soone of the important tasks of community health nurses has been to promote various aspects of family functioning and planning andcarring out empowerment projects in this regard, is necessary.

Keywords: Child, Thalassemia, Well-being, Family function.
A systematic review of the literature: Workplace violence towards nurses

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Introduction: Workplace violence (WPV) in the health care setting has become an important issue of health policy in recent years. Researches show that nurses encounter with the highest rate of violence in the workplace. Although numerous studies have been conducted in this area in Iran, however, there is no consensus that reflects the current status and future research needs. The aim of this study was to determine the status of workplace violence towards nurses.

Materials and Methods: In a systematic review, all papers published during last decade (2004-2013) in both Persian and English language regarding WPV against Iranian nurses were included. Magiran, SID, IranMedex, IranDoc, PubMed, Science Direct, Ovid, Google Scholar databases were searched using the terms: Workplace Violence, Nurse, Iran. From 29 related papers, 10 articles excluded due to lack of inclusion criteria and finally 19 papers included in this study.

Findings: 18 of 19 articles were from descriptive studies, only one of them was qualitative (phenomenology) study and there was no intervention study. Eight of researches (42%) were conducted in Tehran, 9 of them (47%) using the modified World Health Organization Questionnaire, 3 studies (15.7%) were conducted on nursing students and others were carried out on nurses. Nurses are exposed to significant rate of various types of workplace violence especially verbal violence. Most researches had focused on the incidence rates of workplace violence in various departments of hospitals, reporting rate and reasons for under-reporting, description and characteristics of violence, predisposing and preventive factors. Also, lack of intervention studies in order to providing a framework for guiding evidence-based practice is considerable.

Conclusion: Prevalence of workplace violence against nurses has been documented in numerous published studies. Future research must move beyond descriptive to intervention studies in order to provide a guideline for prevent and deal with workplace violence against nurses in clinical settings.

Keywords: Workplace violence, Nurse, Systematic review
Workplace violence against Iranian nurses: A systematic review

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Introduction: Workplace violence (WPV) in the health care setting has become an important issue in recent years. Researches show that nurses encounter with the highest rate of violence in the workplace. Although numerous studies have been conducted in this area in Iran, however, there is no consensus that reflects the current status and future research needs. The aim of this study was to determine the status of workplace violence against Iranian nurses.

Methods: In a systematic review, all papers published during last decade (2004-2013) in both Persian and English language regarding WPV against Iranian nurses were included. Magiran, SID, IranMedex, IranDoc, PubMed, Science Direct, Ovid, Google Scholar, CINAHL databases were searched using the terms: Workplace Violence, Nurse, Iran. In addition to databases, national data were used. Also,"Data Extraction Form" which developed based on research aim, was used for data collection. From 31 related papers and research projects, 10 articles were excluded due to lack of inclusion criteria. Finally, 21 papers and research projects were included in this study.

Results: 19 of 21 articles (90.5%) were from descriptive studies, only two of them (9.5%) were qualitative study and there was no intervention study. Eight of researches (38%) were conducted in Tehran, 10 of them (47.5%) using the “Workplace Violence in the Health Sector Questionnaire” developed by World Health Organization, 3 studies (14%) were conducted on nursing students and others were carried out on nurses. Nurses are exposed to significant rate of various types of workplace violence especially verbal violence. Also, five main concepts were derived from the literature review including: Characteristics of Workplace Violence, Characteristics of nurses and their reaction to violence, predisposing factors, preventive factors and reporting rate and reasons for under-reporting.

Conclusion: Based on the results, prevalence of workplace violence against nurses is a serious problem. Preventive actions in order to control workplace violence is an essential requirement. Also, due to the lack of intervention studies, future research must move from descriptive to intervention studies in order to provide a guideline in clinical settings.

Keywords: Workplace violence, Nurse, Nursing, Systematic review, Iran.
Hospital at home: a new approach in the care and treatment of chronic patients

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Introduction: The number and proportion of Iranians living with chronic conditions, and the magnitude of their costs, including direct costs (annual personal health expenditures) and indirect costs to society (lost productivity due to chronic conditions and premature death) is very high. Hospital at Home provides safe, high-quality, hospital-level care to patients in the comfort of their own homes.

Method: To understand the state of the science related to Hospital at home for care and treatment of chronic patients, the authors searched the Medline, CINAHL, proquest, and some other databases using combinations of the following terms: older adults, Hospital at home, chronic patients, costs of hospitalization. The search period was from 2000 to 20014.

Results: The decision about when to discharge a patient from Hospital at Home is made in partnership between the patient, the team and the patient’s GP. Patients on Hospital at Home stay in their own homes but they receive extra care and attention from the Hospital at Home Team. The service is designed to give patients extra support so that they are not admitted to hospital or so that their admission is as short as possible. The patient can receive diagnostic studies such as electrocardiograms, echocardiograms, and x-rays at home, as well as treatments, including oxygen therapy, intravenous fluids, intravenous antibiotics, and other medicines, respiratory therapy, pharmacy services, and skilled nursing services. Once home, the patient receives extended nursing care for the initial portion of their admission, and then at least daily nursing visits according to clinical need. Nurses are available 24 hours a day/7 days a week for any urgent or emergent situation.

Key words: older adults, Hospital at home, chronic patients, costs of hospitalization.
Capacity and appropriate use of telenursing in Iran has been neglected
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Introduction: Patients need to have continuity of care after discharge from the hospital. Supporting and educating the patient and family can make us reach this goal. Guidance and distance education can be prevented a set of many diseases and disabilities. Telenursing has been defined as the delivery, management and coordination of care and services provided information and telecommunication technologies with nurse was perfect for the job. The use of this method avoids the waste of resources and money.

Method: To understand the state of the science related to telenursing and capacity, the authors searched the Medline, CINAHL, ProQuest, and some other databases using combinations of the following terms telenursing, use of telehealth, home care, telenursing practice. The search period was from 2000 to 20014.

results: Communication is the basis of a partnership based on teaching and information transfer. Nurses provide knowledge to patients and their families on how to manage living with a chronic Condition, and detect signs and symptoms of an exacerbation. Patients, in turn, discuss challenges they encounter with managing their disease. Technology-based communication Transfers information between patients and nurses so that knowledge can be integrated into self-care behaviors in the home environment. Telenursing can be used in other setting for example Nursing home and Ambulatory care, Prison settings, Mentoring, Health promotion, patients who are immobilized and live in remote difficult-to-reach places.

Key words: Capacity, appropriate, telenursing, telehealth
Effects of self-efficacy in patients with ischemic heart disease
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Introduction: Ischemic heart disease is the most common cardiovascular disease that accounts for 46% of cause of death in Iran. Although factors such as genetics, age and gender cannot be changed in Correction of lifestyle interventions, cognitive-behavioral factors such as self-efficacy can be considered to promote health behaviors. This study aimed to determine the amount of self-efficacy in patients with ischemic heart disease who were referred to selected hospitals in Isfahan in 1392.

Materials and methods: This descriptive study was performed on 100 patients with ischemic heart disease referred to cardiology wards in selective hospitals. Data was collected through an demographic questionnaire and Sullivan's cardiac self-efficacy questionnaire. Data was analyzed with using statistical software SPSS version 16.

Results: The results of this study showed the patients were in the age range 27 to 88 years and 45% of them were male. The mean score of self-efficacy was 35/28±17/48 and most patients (60%) had high levels of self-efficacy.

Discussion: The majority of patients with ischemic heart disease had high level of self-efficacy. According to the great importance of ischemic heart disease, still the necessity of strengthen the self-efficacy as a decisive factor in improving patient health behaviors by using strategies such as Targeted training and regular follow-up is recommended.

Key Words: self-efficacy ischemic heart disease cardiac patients
Assessment of effects of job’s struggles on the psychological health in nursing students in Sabzevar University of medical sciences

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Introduction: Nursing because of high pressure work, need of skill and focus and encountering with unstable patient, is full of struggles. Struggles can make psychological problems for nurses particular for students of nursing. Psychological charge for students can affects private life. Thus Assessment of psychological health is essential for providing an effective solution. This research Assess effects of job’s struggles on the psychological health in nursing students in Sabzevar University of medical sciences in 2013.

Method: 80 nursing student in the clinics answered to a GHQ standard questionnaire (includes 28 standard questions) and to some question about sudden contiguity by clinics. Data’s collected and then analyzed with spss software.

Results: 32 men (40%) and 48 women’s (60%) participate in this study. 19 was married. Age average is 21.3. 67.5% of them work more than 15 hours in clinics. Results show that 61.25% of students suffer from at least one of psychological disorders. Psychological disorders include: 41.25% anxiety, 16.25% depression, 55% disorder in sleeping and 13.75% disorder in focus for doing routine works.

Conclusion: Job’s struggles affects psychological health of nursing students that suddenly face to critical situations of patients. Therefore consulting conferences, use of experience’s of Thoroughbred nurses and suitable planning is essential for preventing of Psychological disorders to them.

Keywords: Job’s struggles, nursing students, psychological health
Palliative construal Mystic pain management for high threshold pacification

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Introduction: It has long been a mystery as to how Persian mystics, since the 8th century A.H, have been able to manage the genus of pain of which high threshold has been known to be a marking characteristic. Tow years of field research by the authors of this paper tries its best to actualize, effectuate their methodology trimmed (but not forcefully pigeonholed) for modern medicine.

Methodology: The concentration of free-floating thought by dervishes on the “non-being” entity of pains of severe nature-through the procedure they themselves call “FENCELESS GRAZING” of thinking flow has brought about miraculous temporary or long-term relieve or retreat of pain: either somatic or and psycho-somatic.

Results: we have found in and out patients having undergone the above-mention process, with (out) Dervish tutors who had already been dismissed by the medical Officialdom as “incurable”, not at the same time, receiving painkillers or strong pain-removers (morphine, etc.) they mostly express great satisfaction with the method.

Conclusion: Of the sample population we worked with in various cohortsage, sex, etc. throughout different Iranian provinces, we managed to determine a mathematical Average “satisfactory” result of less than 71%. We are thinking of experimentation design(s) whereby we might see through those who do not respond to the said Treatment or on the other hand, those who show extremely good results with what we found out to be of absolute “praxis” value. Our work is going on this and genealogically-related issues. Guesses on our are to with differences(genetic/otherwise) to do with chemically-changed transmitters of pain sensuousness.

Keywords: pain control, palliation, construal.
Effect of Problem Solving Education on Family Function of Adolescents with Type 1 Diabetes Caregivers
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Abstract
Introduction & Objective: Diabetes mellitus type 1 (T1DM) is the most common endocrine disease in children, which not only affects the child; but also affects the whole family. This study was designed to identify the effect of problem solving education on family function of adolescents with T1DM.

Material & Methods: This experimental study was done on 46 caregivers of adolescents with T1DM who have developed diabetes mellitus more than 1 year. They were randomly assigned to intervention and control groups. The intervention and control groups had received 6 sessions of the problem solving process and routine care, respectively. Caregivers’ family APGAR of both groups assessed before and three months after the program. Data analyzed with SPSS version 11.5 and independent & paired t-tests, Mann-Whitney, Wilcoxon and One Way ANOVA tests.

Findings: In intervention group, adaptation, partnership, growth, affect, resolving and total family APGAR increased by 5.13%, 8.42%, 8.66%, 8.41%, 19.44% and 9.80% respectively. There was significant relationship between insulin injection times of adolescent and their caregivers’ family APGAR (p<0.007, r=0.391). One Way ANOVA showed significant difference in family APGAR depending on father’s job and education (p<0.01, p<0.02).

Conclusion: Problem solving education can improve caregivers’ family function of adolescents with T1DM, specially resolving dimension.

Keywords: Problem solving, Family APGAR, Adolescent, Caregiver, Diabetes Mellitus
Investigating the degree of mother-infant attachment among the visitors of Bandar Abbas hospitals

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Abstract:
Introduction: Attachment theory is one of the most well-known products of contemporary psychology. Infancy is one of the most important stages of one’s life. Mother’s attachment to the infant could have a long-lasting influence on the child’s future. Considering this, the present research seeks to focus on mother-child attachment.

Methodology: The present research is of a descriptive-analytical type which aims to investigate the degree of mother’s attachment to her infant. The research population was, in fact, all mothers who had an infant and the sampling method was randomized clustering. The instrument utilized in this study was Simon’s mother-child attachment questionnaire. Subsequent analyses were done through independent t-test, spearman correlation test and ANOVA. The p level was set at 0.05.

Results: The mean age of mothers in this study was estimated to be 27.18 ±5.76. The mean attachment score was 156.96 ±13.75. The highest attachment score belonged to the supportive sub-scale (41.78±6.29). According to the findings, a significant correlation was found between: mother-infant attachment and the place of residence (p<0.001), family income and attachment (p<0.001), mother’s age and attachment (p<0.001).

Conclusion: A significant correlation exists between mother-child attachment and income, mother’s age and educational level. Such correlations need to be taken into account in planning for mothers’ mental health and instructional courses which aim to improve mothers’ attachment to their infant.

Keyword: Attachment, maternal, infant, bandarabbas
Pre-hospital Emergency personnel are expected to experience lenjan city, in 1392

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Introduction: waiting for the missions it is unavoidable for pre-hospital emergency personnel. 115 emergency personnel of permanent expecting their experiences with different attitude. This study aimed to explore experiences of pre-hospital emergency personnel expected in 1392 lenjan city.

Methods: This study was conducted using qualitative research with phenomenological style. Pre-hospital Emergency personnel are expected to experience a deep and unstructured interviews were examined. Interviews with eight members of the EMS 115, the data was saturated. These data are consistent with qualitative content analysis were analyzed using Colaizzi method.

Results: The results of this study can be expressed in terms of the general concept that includes seven main subset, moral, scientific potential and skill, psychosomatic syndromes, challenging’s work, commitment and accountability and is rethinking.

Conclusion: The results of this study represent a range of experiences in relation to the expected emergency personnel tell continuous. Therefore, awareness of this experience, the training needed for staff retraining classes and skills, self-control classes (including stress management and time management), enhancing the quality and quantity of resources, reduced working hours and improve emergency management is recommended.

Key word: Experience, emergency medical technician, emergency medical services and emergency medical dispatch.
The effect of Poetry therapy on the elderly cognitive status in

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Introduction: Aging is a critical period of human life and the issues and needs of this stage is a social necessity. Awareness of mental health and effective non-pharmacological interventions is helpful to achieve the mental health during this period. The aim of this study is to investigate the effect of a poetry therapy on the cognitive status of the elderly.

Methods: A quasi-experimental study was conducted with 72 elderly people in Arak city sanitarium who were included in sample research ,and randomly allocated in two groups of intervention (n=39) and controls (n=33) were classified. Group intervention program designed poetry therapy group and 12 sessions of 60 minutes was carried out for 6 weeks. Without special intervention group participated in regular team meetings. Additionally, the data collection tools were the questionnaire, the demographic information and the cognitive status questionnaire (AMT). To analyze and collect data, chi-square and t-tests and paired t- test were used.

Results: Findings of this study showed a significant difference between pre and post intervention, where the cognitive status mean score in experimental group increased from 7/17 to 7/38 (p<0/01). It means that cognitive status increase by means of poetry therapy technique, but no significant difference was observed in the control group (p>0/07).

Conclusion: According to this study we can say that a group poetry therapy is effective on cognitive status. It is recommended to use such an easy and low cost skill at nursing homes and even your own houses to promote mental health and cognitive status.

Keywords: Elderly, Cognitive status, Group poetry therapy.
The effect of poetry therapy on mood state in elderly

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Introduction: Considering the aged population development and the prevalence of depression in this group, especially in nursing homes, paying attention to psychotherapeutic approaches, especially in terms of ease and lack of side effects is absolutely necessary. This study investigated the effects of group poetry therapy on depression of elderly people.

Methods: A quasi-experimental study was conducted among 72 elderly living at a nursing home and also were randomly selected and classified in two groups of intervention (n=39) and control (n=33) groups. Poetry therapy group was designed for the intervention group and 12 sessions of 60 minutes were carried out for 6 weeks. Without any special interruption, the intervention group participated regularly in group meetings. The data collection tools were questionnaire, demographic information and geriatric depression scale. To analyze and collect data, chi-square, t-tests and paired t-test were utilized.

Results: Our finding showed a significant difference between pre and post intervention, where the elderly depression mean score in intervention group changed from 7.6 to 6.5 ($P<0.004$) but no significant difference was observed in the control group ($P>0.87$).

Conclusion: Having considered the results, it can be said that group poetry therapy can be effective to reduce depression in older adults. Therefore, it is recommended to use such an easy and low cost skill in nursing homes or own homes to promote mental health and improve depression symptoms.

Key words: Depression, elderly, group poetry therapy, nursing home
Is health workers in a Community-based intervention programs can affect on CVD Prevention
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Abstract
BACKGROUND: Although the relationship between unhealthy lifestyle and development of non-communicable diseases has been understood but intervention studies to improve lifestyle behaviors and role of health worker in CVD Prevention are low. Knowledge, attitude and practices could influence the health awareness of clients presenting to the centers for health and treatment. It approximately can be prevented by low cost preventive strategies. In this cross sectional descriptive and analytical study we look how our population from what sources taking informations about CVD risk factors and it's prevented behavior from different sources.

Methods: This study done by data gathering from 19 years old or above population of Isfahan and Najafabad cities in the middle of Iran based on Isfahan healthy heart program project which was described in details previously. Data were collected by using a self administered question. Analysis was done by using SPSS version 15.

Results: We studied 5436 participitants (51.4% female and 48.5 % male). There was a significant association between levels of knowledge score, place of residency and sex to using the source of taking formation especially health workers.

Discussion: In our region health workers have been the main sources of health information, so there is a need to engage policy makers and other relevant sectors to get broad support for more focuses, so it must be partnership with different sectors to implement CVD programs taking health information based on sex and education level.

Key words: sources of information devices, cardiovascular risk factors, healthy behavior
Maintain contact with the neonate: parents' spiritual need in neonatal end-of-life
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Abstract
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Introduction: spiritual is one's relationship to transcendence, finding meaning, or connecting deeply with others. Our objective was to gain a deep understanding of parent's spiritual need during their neonate's been end-of-life in NICU.

Methods: A content analysis approach was used for analyzing the participants' spiritual needs. To collect data 23 interviews were done with parents, nurses and physicians. All of the interview were audio recorded and transcribed verbatim.

Results: maintain contact with the neonate with three categories (maintaining contact with the neonate before death, during death and after death) showed that, parents want to keep contact with the neonate at before, during and after their neonate death, with seeing, touching, talking, physical presence, mementos and memorials.

Conclusion: our study showed that, parents want to maintain contact with their neonate in neonatal end-of-life. Another studies showed that maintained contact with the child is an important spiritual need. Therefore the health care team should be pay attention to this parents' spiritual need.

Key Words: contact, neonate, parents, spiritual needs
Title: The effect of self care education program on sleep quality of patients with multiple sclerosis in Jahrom

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Introduction: Due to high prevalence of sleep disorders in patients with multiple sclerosis and its effect on their performance and lives, in this study, the effect of self care education program on quality of sleep of patients with multiple sclerosis was investigated.

Methods: In this clinical trial study, 50 patients with multiple sclerosis of Jahrom MS Society in 1392, were randomly assigned to case and control groups (n = 26 case group and n = 24 control group) that self care education program were provided to these patients in case group for 6 weeks and twice in each week. Pittsburgh Sleep Quality Index (PSQI) was used for investigating sleep quality of patients before and after this intervention. Data were analyzed by using independent t-test and paired t-test with SPSS software version 18.

Results: The majority of patients were female, single, housewife who had diploma. Comparison between variations of mean for sleep quality score in both case and control groups before interventions showed that two groups were similar, also, Comparison between variations of mean for sleep quality score in both case and control groups after interventions showed that there was significant difference in all aspects of quality of sleep between two groups, except during sleep efficiency. Comparison between variations of mean for sleep quality score incase and control groups before and after intervention showed that implementing self care education programs could improve sleep quality in case group.

Conclusion: Designing and applying self care program according to needs of patients with multiple sclerosis had positive effect on their sleep quality.

Keywords: Multiple sclerosis, Self care education program, Sleep quality
Title: The effect of nurse-led telephone follow up program (telenursing) on the quality of life in patients with multiple sclerosis

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Introduction: Multiple sclerosis is one of disability diseases of central nervous system and in recent years many attempts have done to present new strategies for controlling and treating MS. The purpose of this study was to determine the influence of nurse-led telephone follow up (telenursing) on the quality of life in patients of Jahrom MS Society.

Materials and Methods: In this study subjects selected from patients with MS who referred to Jahrom MS Society. They divided to case and control groups (n = 26 case & n = 24 control) randomly that nurse-led telephone follow up program done for case group for 6 weeks and fourth in each week. The patients were guided by the home telecare units in following their individualized needs. Questionnaire (MSQOL-54) completed before and after this program in both groups. Data were analyzed by SPSS software version 18.

Results: Patients who used nurse-led telephone follow up program for 6 weeks; showed statistically significant improvement in their quality of life. Statistical independent t-test showed that total score and quality of life score didn’t have significant difference in two groups before intervention (P=0.63), while total score and quality of life score had significant difference in two groups after nurse-led telephone follow up program (P<0.001).

Discussion: Designing and applying nurse-led telephone follow up program based on the educational needs of MS patients will prevent their frequent hospitalizations, reduce their frustration, increase their confidence and improve their quality of life.

Key words: Multiple sclerosis, nurse-led telephone follow up, quality of life
The Effect of Educational Program to Caregivers of Children with Cancer Undergoing Chemotherapy on Their Adherence to Preventive Health Recommendations Oral Ulcer

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Introduction: Mucositis is one of the most debilitating side effects of chemotherapy. Approximately, 52% to 81% of children undergoing chemotherapy being affected side effects. Therefore, we must found solutions for control it. This study aimed to effect of Educational program to caregivers of children with cancer Undergoing Chemotherapy on their adherence to preventive health recommendations mouth ulcers.

Method: 60 children aged 1 to 18 years old undergoing chemotherapy in Sheikh Hospital in Mashhad in 2013 allocated randomly into two groups; Intervention and control in this clinical trial. In Intervention group, the necessary care based on clinical guideline developed by oncologists and special nurses was conducted, and cryotherapy was performed in one group. Mucositis was scored by Eilers and WHO scales. Data analysis was accomplished using independent and paired t, correlation coefficient and Mann-Whitney tests.

Results: In terms of the proportion of cancer patients, acute lymphoblastic leukemia, acute Myeloblastic leukemia, lymphoma, sarcoma and rhabdomyosarcoma, respectively 56/7, 13/3, 10, 6/7, 3/3, 20% of patients had. %61/7 of males and %38/3 were female. The mean age of the patients studied 5/6±3/23 years and the average age caregiver for the 32/1±8/08 was. Average Impact of Health Education Program recommendations for the prevention of mouth ulcers is 14/2±21/4 and educational program on compliance has a significant impact on carers intervention group (p<0/001). And the incidence of mouth ulcers intervention group compared to the control indicates significant differences (p<0/001).

Conclusion: Educational program for caregiver’s children with cancer undergoing Chemotherapy increased their adherence to treatment and reduce the incidence of oral ulcers in children.

Key words: Oral ulcer, Chemotherapy, Child, Educational, Caregivers
The impact of educational programs to caregivers of children with cancer Undergoing Chemotherapy on their adherence to preventive health recommendations mouth ulcers

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Introduction: Mucositis is one of the most debilitating side effects of chemotherapy. Approximately, 52% to 81% of children undergoing chemotherapy being affected side effects. Therefore, we must found solutions for control it. This study aimed to impact of educational programs to caregivers of children with cancer Undergoing Chemotherapy on their adherence to preventive health recommendations mouth ulcers.

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Results: In terms of the proportion of cancer patients, acute lymphoblastic leukemia, acute Myeloblastic leukemia, lymphoma, sarcoma and rhabdomyosarcoma, respectively 56/7, 13/3, 10, 6/7, 3/3, 20% of patients had. 61/7 percent of males and 38/3 percent were female. The mean age of the patients studied 5/6 ± 3/23 years and the average age caregiver for the 32/1 ± 8/08 was. Average Impact of Health Education Program recommendations for the prevention of mouth ulcers is 14/2 ± 21/4 and educational program on compliance has a significant impact on caregivers intervention group (p<0/001). And the incidence of mouth ulcers intervention group compared to the control indicate significant differences (p<0/001).

Conclusion: Educational program for caregiver’s children with cancer undergoing Chemotherapy increased their adherence to treatment and reduced the incidence of oral ulcers in children.

Key words: Mucositis - Mouth ulcers - Chemotherapy Children - Education Program - Care giver
The impact of educational program of caregivers of children with cancer undergoing chemotherapy on the prevention of chemotherapy side effects

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Introduction: Chemotherapy as a treatment method for the prolongation of life and survival of children in the treatment of chemotherapy is many side effects and in addition to the medical benefits, on the quality of life and level of patient acceptance and compliance from the patient influence. And one of the factors causing the patient's refusal for treatment completion, therefore recognizing these complications and their prevention, in the improvement of treatment and prevention of recurrence of survival of the patient's admission is very helpful.

Materials and methods: This study is a clinical trial with two groups' control and intervention in hospital Dr. Sheikh in Mashhad in 2013 years. 30 Carers of children with cancer undergoing chemotherapy in the intervention group and 30 Carers patients in the control group were. Protocol and Training Guide of cancer patients in three educational sessions with focus on complications: infectious, nausea, diarrhea, constipation, loss of appetite, mouth ulcers were trained on the experimental group. Data using standard questionnaire on chemotherapy side effects in three stages before, during and after the intervention in both groups were collected. Data using SPSS Version 11/5 and Spearman's correlation test and Friedman's test one-way analysis were analyzed.

Results: In terms of the proportion of cancer patients, acute lymphoblastic leukemia, acute myeloblastic leukemia, lymphoma, sarcoma and rhabdomyosarcoma, respectively 56/7, 13/3, 10, 6/7, 3/3, 20% of patients had. 61.7% of males and 38.3% were female. The mean age of the patients studied 5/6 ± 3/23 years and the average age caregiver for the 32/1 ± 8/08 was. Averageside effects in the intervention group after the intervention lower than the control group and the intervention group between incidence rate side effect before and after the intervention, significant differences were seen (p<0.001).

Conclusion: Educational programs to reduce side effects of chemotherapy in children with cancer undergoing chemotherapy has been.

Key words: side effect Chemotherapy - Children - Education Program - Care giver
Effectiveness of Light Pressure Stroking Massage on Pain and Fatigue of Patients after Coronary Artery Bypass Graft Surgery

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BACKGROUND: Pain and fatigue are common among patients following CABG (Coronary artery bypass graft) surgery and because of non-pharmacological methods are the preferred for decrease pain and fatigue in these patients, Thus, the aim of this study was to determine the effectiveness of massage therapy on pain and fatigue of patients after coronary artery bypass surgery.

METHODS: this is a clinical trial study. In this study 72 patients (from 165 patients), who were underwent coronary artery bypass surgery were selected. This study performed in the period of December 2010 up to May 2011 in Isfahan Chamran hospital. Then, the patients were randomly assigned to the two case and control groups. The patients of the case group(n= 36) received Light Pressure Stroking massage for 20 minutes in 4 sessions in 4 consecutive days, 3 to 6 days after the surgery. The patients in control group received only the routine care. Variables pain and fatigue before and after the intervention was recorded by the use of the visual analogue scale. SPSS software version 18 and descriptive and inferential statistical methods were used for data analysis.

RESULTS: results showed that there was a significant differences in pain levels before and after the intervention between case and control groups (p<0.001). Also, a significant differences in fatigue levels before and after the intervention between case and control groups (p<0.001).

CONCLUSION: The use of Light Pressure Stroking massage therapy can decrease pain and fatigue of patients after coronary artery bypass surgery and due to low cost and simplicity of this method, it can perhaps be used as a complement to drug therapy and postoperative interventions used in these patients.

KEY WORDS: Light Pressure Stroking Massage, Pain, Fatigue, Coronary Artery Bypass Graft Surgery.
Determination of prenatal education on health behavior during postpartum

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Background: Educating and encouraging women to change unsuitable health behavior "is very important during pregnancy and after childbirth. Forasmuch as prenatal preparation classes are a occasion for basic education to mother and her family about breastfeeding, infant care, sexual health and other health behaviors so this study aimed to assess the impact of prenatal preparation classes on health behavior during postpartum.

Materials and Methods: In this quasi-experimental study, 230 primigravida women were recruited using stratified cluster sampling method from eight family health clinics in Semnan. The participants were allocated in two groups randomly. The intervention group received the education through eight sessions with one week interval. Data were gathered using a questionnaires. Data were analyzed in the SPSS.

Results: The results showed that the two groups were not any significant difference in demographic characteristics, But there was significant difference between the intervention and control groups in terms of Start a breast feeding during the first two hours following birth, exclusive breastfeeding during the first 4 months after birth, to care for 10 days and 6 weeks after delivery and onset of contraceptive methods.

Conclusion: The results showed that prenatal education classes have a positive impact on health behaviors in the postpartum period. Indicating the importance and role of the midwife in prenatal education during pregnancy.

Keywords: education, Prenatal, health behavior, delivery
Relationships between parenting styles of women working in hospitals and preschooler's anxiety and isolation
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Background: The family is the first and most enduring factor that has been noted as a builder and underlying child's behavior and personality. Given the crucial role of parenting style and the impact of their jobs on applying nurturing styles, discussion about working women is really important. In jobs related to hospitals, because of specific job characteristics including variable shifts and rotating and excessive working hours, work-family conflict is not a rare phenomenon. Therefore, this study aimed to determine the relationships between parenting styles of women working in hospitals and preschooler's anxiety and isolation.

Methods: A correlational study was performed to see whether or not parenting styles of women working in hospitals and preschooler's anxiety and isolation are correlated. A number of 70 women employed in hospitals with children aged 3-6 years who were selected by convenience sampling, took part in the study. The data was collected through questionnaire in three parts: demographic characteristics, parenting Bamrynd (1973) and behavior problems in preschool children. Questionnaires reliability and validity have been confirmed in several studies. The collected data was analyzed through conducting a series of t-tests, Pearson Correlation and SPSS16 software.

Results: The mean age of mothers was 32 years, more than half of working women were nurses. 63.3% of the children were boys and 36.7% were girls. The children's mean age was 4 years. According to the findings of the study, rational authority parenting style and children's isolation and anxious were negatively correlated ($p \leq 0.05$). According to the findings, it is concluded that authoritarian parenting and Permissive style are positively correlated with children's isolation and anxiety.

Conclusion: Because of the central role of mothers in developing mental and emotional aspects of children and also special features of occupation in healthcare systems, parenting classes and methods that provide accurate patterns in the short periods for working women in hospitals, to promote efficient use of the principles and techniques and learn how to properly rear children from preschool age, is suggested.

Key words: parenting styles, women working in hospitals, preschooler, anxiety and isolation
Effect of massage therapy on occupational stress of intensive care units nurses

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Background: One of the main causes of stress in the lives of people is their jobs. Occupational stress is causing significant problems in a wide range of health and providing of community services. Nursing is the most stressful professions in the health provider stuff. Massage therapy is one way to deal with stress. This study was conducted to determine the effect of massage therapy on stress in nurses.

Methods: This study was a clinical trial on 66 male and female nurses working in intensive care units (dialysis, ICU, CCU) of Isfahan University of Medical Sciences in Iran 2013. Participants were selected according to the aims of the study and inclusion criteria. Then they randomly divided into experimental and control groups. Osipow job questionnaire was completed by participants of two groups, before and two weeks after the intervention. General Swedish massage was done for experimental group, 25 minutes each session, twice a week, for four-week. Data was analyzed by descriptive and inferential statistics (Chi-square, t-test and ANOVA with repeated observations), using SPSS version 20.

Results: Results showed that the overall mean job stress scores between experimental and control two weeks after the intervention was significant (p<0.001).

Conclusions: According to the results, it is recommended that the massage, as a valuable non-Invasive method, use for nurses in intensive care units to reduce their stress, promote mental health and prevent decrease of quality of the working life.

Key-words: Massage therapy, nursing, occupational stress, intensive care unit
The effect of reflexology on pain perception aspects in patients with chronic low back pain

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Introduction: Pain is one of the major senses which the human experiences during the life. It influences as an inherent phenomenon in all aspects of the individual behavior, feeling, emotional and personality. The most important part of experiment and the threshold recognition (awareness) pain is the perception of pain. Based on the McGill pain scale, Pain perception is including the four aspects of sensory perception, emotional perception, evaluation perception and the perception of varied and miscellaneous pains. Such as complementary and alternative therapies (CAM), which is rooted in the beliefs of the community and being used to maintain and promote the health of the people. Reflexology is one of the varieties of complementary and alternative therapies. The present study has been conducted with the aim of investigating the effect of reflexology on pain perception aspects in patients with chronic low back pain.

Methods: This double blind clinical trial study was performed in two groups that selected by convenient sampling Method on 50 men and women with chronic low back pain (employed at the University of Medical Sciences hospitals) and then randomly divided into experimental and control groups. The massage intervention was conducted for two weeks in the two groups, each week three sessions and each session for 40 minutes (i.e. 20 minutes for each leg). Perception aspects of pain were measured using the McGill pain perceptual dimension scale score (before and after the intervention). Data analyses were performed using SPSS software and descriptive and inferential statistical methods (t-test and T-square).

Results: Based on the findings of the study, the two groups had no significant difference before intervention in the term of Perception aspects of pain scores. But after the intervention, the reduction in Perception aspects of pain total scores and the pain intensity in experimental group had been significantly higher than control group. Perception aspects of pain, except the emotional aspect in both groups after the intervention had statistically significant difference. Perception aspects of pain, except the emotional aspect in both groups after the intervention had statistically significant difference.

Conclusion: Reflexology as a complementary treatment which can be done by nurses has the ability to reduce the intensity score and cognitive aspects of pain. Therefore, it is proposed to be included in the patients' surveillance.

Key Words: Pain intensity, Reflexology, Chronic pain, Perception aspects of pain
Empowering nurses on self care education to stroke patients: An action research study
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**Background:** Stroke is the third ranking cause of death in the world. Stroke causes a wide variety of neurologic deficits in patients. Self care education along with rehabilitation care play important roles in recovery of patients. It is also raised to decrease complications of stroke and to maintain independence. Nurses, as members of the stroke treatment and care team, spend a significant amount of time with patients. Therefore, it is reasonable to assume that to some extent, nursing interventions contribute to improving stroke patients’ outcomes. At present, however, the importance of nursing practice in stroke patients’ care is limited. Therefore we carried out a study to empower nurses on self care education to stroke patients through developing, implementing and evaluating a program of empowering using a mutual collaborative action research process.

**Methods:** This study is a mutual collaborative action research study. All nurses (n=27) from Isfahan who had worked Alzahra hospital medical neurological ward (Iran) participated in the AR process. The program was designed and implemented in collaboration with nurses. Evaluation was performed by nurses and patients. The data was collected through triangulation of Barthel Index, patients satisfaction questionnaire, and semi structured interview. Descriptive statistical analysis was used to analyze the quantitative data and content analysis for qualitative data.

**Results and Conclusions:** Because the study is in progress, the results will be announced later.

**Key Words:** empowering, nursing, self care, stroke, action research
Comparison of quality of life infertile and infertile women attending to Jahrom infertility clinics - 1391
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Introduction: Infertility is a medical problem with significant impacts on all aspects of personal and social lives of infertile people. As exposure them to physical, mental, social-economic challenges, sexual dysfunction and family problems. Although various studies have shown related to physical-mental health issues with infertility, various aspects of infertility is still shrouded in ambiguity.

Materials and Methods: In a retrospective study (case-control study) in 1391, 100 infertile women participated as a volunteer group and 200 fertile women participated as control subjects. 49-15 year old women that having a history of infertility and referred to infertility clinics were considered cases. Volunteers in the control group (fertile women) were healthy women and the children were referred to the health clinic in the city twice that of the previous group. Census sampling was used for case group and the control group was random classification of each clinic. Data collected were assessed through a two-part questionnaire including demographic data, quality of life (WHO QOL-BREF).

Results: The mean age of participant in case group was 28.26 ± 4.84, in the control group was 30.41 ± 5.71 years. 68.42% of causes of infertility were diagnosed female factor and 5.26% of it was male factor. Significant difference was between fertile and infertile groups, in general assessment of the quality of their lives. (p= 0.004) in other areas of physical, psychological, social, environmental and quality of life mean score statistically significant differences weren't observed. (p> 0.05) in the satisfaction of their health status, no significant differences were observed between the two groups. (p=0.128)

Discussion: Assessing quality of life infertile couples help with the accurate evaluation of the current situation, the strengths and weaknesses of it with priority to be taken for different therapeutic and supportive care. According to the results of this study, it seems that this problem is being accepted by the community, hoping to treatment, community support programs and recent developments in assisted reproductive technology causes no difference in quality of life between the two groups.

Key words: Infertility, Quality of life, General Health
Anthropometric Status in Postmenopausal Women
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Background: Obesity is a major health problem in the world and has extremely negative effects on people’s health. It’s also associated with different kinds of diseases such as diabetes, cardiovascular diseases, hypertension and some types of cancer. In Menopause, decrease in levels of estrogen, basal metabolism and also changes in the distribution of body fat, predispose women to cardiovascular diseases. So this study was done to evaluate the anthropometric status of postmenopausal women.

Methods: In this cross-sectional study, demographic information, waist circumference, weight, height, and Body Mass Index (BMI) of 480 postmenopausal women aged between 40 to 60 years in Jahrom clinics measured. Then these measurements compared with international standards. Analysis was done with descriptive statistics.

Results: Mean and Standard Deviation (SD) of participants’ age were 41/3±26/52 years. Educational levels of participant were 64/6% cycle and 17/9% illiterate. The mean of weight, BMI, and waist circumference were (64/80±10/81kg), (26/32±4/06 kg/m²) and (86/36±6/01cm). 45/6% of women was in the obese range, and 32/5% had BMI in the overweight range.

Conclusion: The result of this study indicates poor anthropometric status in the most of postmenopausal women that could be an alarm for the high incidence of heart diseases and cancers in the female population in future years. Therefore focus on physical health via offering nutritional education and obesity screening in population of postmenopausal women is one of the our country’s health system necessities.

Key words: Menopause, anthropometric status, weight.
A literature review: Applying professional values in medical science
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Abstract:
Introduction: professionalism has been variously termed a philosophy, behavioral disposition, skill, set, habit, concept having its roots in social justice or social contracts. In recent years, professionalism in medicine has gained increasing attention, including a set of behaviors that built trust and confidence between physicians and patients and society interactions. The aim of this study is to review published studies in this field.

Methodology: A literature review for literature reviews (130 studies) from 1964-2013 was performed. Additional information source included text books and temporary articles.

Results & Conclusion: Formulating required policies and training physicians and other healthcare groups in the fields of professional ethics seems to be necessary. Management systems and health system administrators should plan accurately and supply of manpower as well as improved conditions of service for treatment and ongoing monitoring and evaluation of professional ethics education and employment since the start of the category in order to comply with better professional ethics.

Key words: professionalism, professional ethics, medical science
Facilitators and Barriers to Career Advancement in Nurses: A Qualitative Study

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Abstract

Introduction: Recognizing the factors that affect the career advancement of nurses can contribute to the development of this process and facilitate nurses’ contribution to the career advancement program. Many of these factors can be result of interactions between interpersonal, cultural, family and organizational factors which their recognition can help managers to create a rich environment for career advancement.

Objective: This study aimed to identify factors facilitate or and barrier nurses’ career advancement in Iran.

Method: This study was performed by means of qualitative design and content analysis method. It explores experience of nurses and nurse managers regarding career advancement. The research participant in the study included 18 persons of nurses, nursing managers, with experience in the career advancement area who were working in teaching hospitals affiliated to the Medical Universities of Qazvin, shahid Beheshti and Iran Medical University. These nurses were selected based on purposive sampling. Unstructured interviews were used to collect data which then analyzed by using content analysis method.

Results: Three main themes including: flourishing work environment, work commitments and the personal/professional capabilities were identified as important facilitators of the career advancement of nurses; three main themes composing of restricting work environment, being worried to face with turbulent sea and heavy family obligations were identified as barriers.

Conclusion: With identification of facilitating factors and barriers of nurses’ career advancement nursing and health managers and policy makers could provide a basis to increase nurses’ participation in employment and career advancement process that leads to the development of skills and competency of professional nurses.

Keywords: facilitators, barriers, career, nursing advancement, content analysis, qualitative research.
The effect of Social and mental health status of family members of patients in intensive care units in Alzahra Hospital in 2014.
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Background: Family members of patients who are at risk of death, Issues such as decision-making, and concerns about patient treatment experience that provides the background for psychological symptoms. The present study was aimed to describe of social and mental health status of family members of patients in intensive care units of hospitals in Alzahra Hospital.

Materials and Methods: This study was done on 57 immediate family members of patients in intensive care units Alzahra Hospital. The data was collected via standard questionnaires Keynesian social health in five areas of social prosperity, social solidarity, social cohesion, social acceptance and social participation (20 items) and GHQ mental health in four areas of depression, anxiety, somatic symptoms, impairment of functioning social (28 items). In order to analyze the data was used of SPSS software.

Results: The findings indicate that participants in this study, 74.1% male and 19% female, aged 56-17 years, And education level (48.3% below Diploma, 6.9% degree, 19% bachelor and 12.1% graduate) that the periphery of the city (37.9%), South City (8.6%) , Downtown (20.7%) and North City (17.2%) were settled. 77.6% mentally health weak (depression 87.9%, anxiety 89.7%, somatic symptoms 86.2%, impaired social functioning 87.9%) and 55.2% partners poor social health (Social prosperity75.9 % Social Solidarity 84.9%, Social Cohesion 4/91%, Social acceptance 79.3%, and Social involvement 84.5%).

Conclusion: As the finding of this study should, admitted to the hospital family members, particularly intensive care units, mental and social pressures many imposes to family members. So be factors associated with stress, anxiety and mood swings identify and to Improve, maintain and promote mental health and social policies should be such as using family-centered care. Plus the opportunity to meet more and give information to family members about treatment will help to improve the social and psychological needs of family members of patients in intensive care units

Keywords: Mental Health, Social Health, Family, Patients, Intensive Care Unit.
Survey of mothers rights in labor and Gynecology wards of Mother-Friendly Hospital - Kerman Medical Center, Afzalipour in 2013
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Introduction: In order to maintain the sanctity and dignity of human rights, and indeed she is confident that these rights without discrimination in times of illness, age, sex, and the financial ability of the body to protect John he will be the doctors, nurses and midwives as the health care providers are responsible for maintaining and protecting these rights. The purpose of this study is evaluating the sector, the labor rights of women and Gynecology Afzalipour Hospital is as a mother and baby friend hospital.

Method: This survey is a cross-sectional. one Sample of 140 women in the labor ward and postnatal midwifery care hospital Afzalipour were formed, the data consists of 20 questions with a Likert scale, and the rights of mothers in labor supply reliability and validity which have been gathered. Information collected by spss20 software using descriptive statistics, t-test, and also ANOVA analysis was performed.

Results: In this study, the mean score of mothers in the labor rights of Medicine is 58 of 100, Also respecting the rights of mothers and wives is inversely related to maternal education (R = -1). In other words, mothers with higher education, the rights of patients were reported. Significant differences in rates of patient rights in terms of job type, location and nationality groups.

Conclusion: Based on these findings, the study population included patients' charter of the mothers will not adhere satisfactorily service providers and recipients of services. It is therefore advisable to remove the barriers and taking necessary measures to respect the rights of pregnant mothers are friendly units

Key words: human rights, mother, mother and child-friend center, teaching hospital
Compare health improving behaviors among male and female students of Medical sciences university of Yasuj, 2012
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Introduction: In order to promote the health of all health-promoting behaviors and activities that students Through regular participation in activities planned and logical order to the health aspects of physical, psychological, social and cultural. Health improving behaviors and a healthy life style are valuable means to maintain health. Regarding to the important health improving behaviors, this paper aims to study the behaviors of improving health among male and female students of Medical Sciences university of Yasuj.

Methods: This is a cross sectional study conducted on students of Medical Sciences university of Yasuj.Data gathered by HPLP II questionnaire. Those data were analyzed by SPSS version 17 and some descriptive statistics such as Mean, relative, absolute frequency and inferential chi – square statistics (α = 0/05).

Results: Data analysis showed that sex experience with students in health-related behaviors Arta. 54/7 percent of the boys and 48/1 of the girls had a total score of health promoting behaviors. And the relationship of diet components, exercise and interpersonal support was significant.

Conclusion: The health-promoting behaviors in girls Namtvb being the necessary training requirements and barriers to health-promoting behaviors among students is felt.

Key words: Health improving behaviors, health, student, Inventory HPLP II
Compare health improving behaviors among male and female students of Medical sciences university of Yasuj, 2012
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Introduction: In order to promote the health of all health-promoting behaviors and activities that students Through regular participation in activities planned and logical order to the health aspects of physical, psychological, social and cultural. Health improving behaviors and a healthy lifestyle are valuable means to maintain health. Regarding to the important health improving behaviors, this paper aims to study the behaviors of improving health among male and female students of Medical Sciences university of Yasuj.

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Conclusion: The health-promoting behaviors in girls Namtvb being the necessary training requirements and barriers to health-promoting behaviors among students isfelt.

Key words: Health improving behaviors, health, student, Inventory HPLP II
Prevalence of premenstrual syndrome in college students
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Introduction: Premenstrual syndrome (PMS) is a group of psychological and physical symptoms which regularly occur during the luteal phase of the menstrual cycle and resolve by the end of menstruation. This study was designed to provide information on prevalence of premenstrual syndrome in college students.

Methods: This research is descriptive and analytical one that carried out on college students living in Student accommodation in 2010. Six hundred and fifty four female students who had regular menstrual cycles were included in this study. They were given a questionnaire on criteria for PMS, dysmenorrhea and regularity of menstrual.

Results: Severe PMS criteria were met by 3% of female, 32.5% qualified for moderate PMS, and 64.5% had mild PMS. There was an association between dysmenorrhea and PMS. The most common physical and psychological symptom of PMS was low back pain (52/6%) and negative affect particularly in the form of stress and nervousness (44/8%).

Conclusion: This study indicates a significant prevalence of premenstrual syndrome in college students. These prevalence data provide a strong rationale for enhanced recognition and treatment of the disorders.

Key words: premenstrual syndrome, prevalence, women health
Relationship between Professional Attitude and Quality of Life in Midwives

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Introduction: Life is full of crises and tensions, could damage the physical and mental health. Midwives face with numerous stressors during their work, which has adverse effects on their quality of life.

Material & methods: This was a cross-sectional study that conducted on entire population of midwives in maternity hospitals in Kashan, Iran. Data were collected by SF36 general health questionnaire and Professional Attitude Questionnaire. Data were analyzed using SPSS software.

Results: In this study, the mean age of midwives was 34.2 (SD = 3.54) years and they had Mean work experience 10.5 (SD = 6.34) years. Most of them had a bachelor's degree (95.7%). Meantotal score of quality of life in midwives was 55.9. Mean scores in the eight domains of quality of life; General Health, Mental Health, Physical performance, Physical and emotional role, exhaustion, Physical pain and Social Performance were 55.08, 58.13, 74.43, 48.69, 44.65, 49.65, 54.86 and 62.47 respectively. Most of midwives had a positive attitude to their job (73.91 %). There was no significant association between professional attitude and quality of life in midwives (p>0.05).

Conclusion: Attention to employee's quality of life is very important for health organizations. These issues could assist managers to focus on ways to enhance the employee's quality of life, which could increase the quality of care that provided by them.

Key words: Quality of life, professional attitude, midwives
Runaway girls and disintegrated families

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Abstract

Introduction: Nowadays, the phenomenon of runaway girls is one of the dilemmas of Iranian society and families. It can be investigated from different aspects, including: mental, economical, social, and cultural aspects. The current study was done to illustrate the experiences of runaway girls in family.

Method: This qualitative phenomenological study was conducted on ten runaway girls, who were residents in specific care center of social damages of Esfahan. Unstructured interviews were used for collecting data and the obtained data were analyzed by applying Colaizzi Method.

Results and Discussion: Three main contents were extracted from data analysis: disintegrated family, poverty, and misconduct; which demonstrated these girls’ experience. Divorce, irresponsibility, addiction, demographic unmanaged trends, stepmother, sense of independence, moral decline, homelessness, unemployment, physical abuse, emotional, sexual and verbal, are secondary contents.

Conclusion: Since the social damages like “escape” bring in serious harms to community health, this research was trying to touch the reality of these girls’ life closely, and verify their problems and apprise people in charge. Our research showed that, “escape” has not been their selected option, but an answer to the situation of their families. It was an unavoidable answer which was imposed as a result of the reality of their lives.
the attitudes and behavior of mothers who refers to health care centers regarding herbs usage Pediatrics diseases in 1392
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Abstract
Introduction and Objectives: Due to the advantages and use of medicinal plants growing in the world and Iran And lack of necessary studies on medicinal plants to treat diseases in children and the need for greater public awareness in this area, This study Aimed to investigate the attitudes and behavior of mothers who refers to health care centers in Bushehr from the medicinal plants to the treatment of children's diseases in 1392.

Materials and Methods: This descriptive - analytic study, 384 mothers through a multi-stage stratified random sample was selected A questionnaire was prepared. After collecting the data, using the software spss 18 Data were analyzed

The results: The results showed that, based on the mean scores, 24/7 percent of low vision, 45/6 percent moderate, 29/7 percent attitude and the performance scores, 23/7 percent lower performance, 47/1 percent of the on average, 29/2 percent higher performance than the use of medicinal plants in the children of mothers who had. Positive and significant statistical relationship between performance, and being natives and non-natives, the different levels of mothers education were. Significant difference in performance between the different levels of mothers education were found.( P < / 05 )

Discussion: The results show that Most mother have of middle-class attitude and approach towards using Medicinal plants in Pediatrics., It is necessary to provide further information to the mothers.

Keywords: Attitude, Performance, mothers, health centers, herbs, children
Strategies to reduce the negative experiences of unmarried women face reproductive health problems: A qualitative study

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Introduction: Girls getting diseases related to reproductive health in some communities is associated with negative experiences and prolongation of these negative experiences can affect the mental health of girls. The purpose of this study was to determine strategies to reduce the negative experiences of Iranian unmarried women face reproductive health problems.

Method: This study was a qualitative study using content analysis. The process of data collection consisting of 22 semi-structured interviews with the girls and the service providers. Purposeful sampling began and continued until data saturation. Data collection and analysis of data simultaneously were done and conventional qualitative content analysis method for analysis was used.

Findings: Data analysis revealed negative experiences that all were in-category of "anxiety related experiences" and fear, anxiety, Obsession and prolonged periods of worry and Involvement with intrusive thoughts were sub categories. The two category "Education and information "with the following sub categories: Creating preparation and information services and "Removing Stigma" with Changing public attitudes and Changes in community practice as sub categories were strategies to reduce these negative experiences.

Conclusion: Education, information and making culture has been shown to decrease stress in these girls. Therefore, gradual education of girls and their families for future needs, and implementing programs to promote culture of community by educational and Health organizations - To promote physical - Mental health of girls- recommended.

Key words: unmarried women, reproductive health, negative experiences
Attitude to ethical and jurisprudential aspects of gamete donation in Jahrom

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Introduction: One of the successful ways in treating infertility is gamete donation, which causes birth of a baby that is not genetically belonging to couples receiver gametes. Therefore, in addition of therapeutic aspect, legal and ethical aspects; are complicated subject according to the terms the cultural, social and religious any country requires special attention and should be considered. In Iran, use of this method requires basic and serious assessment and is provided background of new attitudes in jurisprudence and law for the use of this method of treatment. The assessment of people attitude to gamete donation based on ethical and jurisprudential issues can help planners and medical group to evaluate the current status and improve the social conditions of using this method in infertile couples.

Methods: In a cross-sectional study, attitude of 480 people in Jahrom to ethical and Jurisprudential aspects of gamete donation in 2013 was evaluated. Data was gathered by a questionnaire containing demographic data and attitudinal questions on the ethical and jurisprudence dimensions of donated gametes then data were analyzed using SPSS software, version 16. Results: The total sample consisted of 49/4% female, 50/6% male, 87/6% married, 64/9% employed, 19/5% idle. Only 6/7% of the subjects had a history of infertility. Persons believed in the ethical dimension of gamete donation child has the right to be aware of their genetic origins (47/7%) and considered no problem for using of healthy persons gametes for infertile couples (52/3%). The most appropriate beliefs of people was couples consulting in course of treatment (97/7%) but in jurisprudence dimension, 36/5% of those with jurisprudence attitudes knew this method for infertile couples forbidden because of insemination of another person and 17/2% knew oocyte donation in conflict with God's purpose.

Conclusion: In comparison the development of new therapeutic approaches in the field of infertility and the results achieved from this study, It seems members of society are slight awareness of this issue so that it unable to change the attitude. Evaluation awareness and attitudes about gamete donation programs can shows strengths and weaknesses of knowledge and attitudes related to the implementation the program in society. Thus should try to improve the quality of gamete donation program. In most Islamic countries not are accepts donated sperm, oocytes and embryos and published few reporting on the views of ordinary people in Islamic countries; but in Iran gamete donation is permitted accordance of law and with opinion of Highest religious authority in special conditions.

Key Words: Gamete donation, infertility, attitude
The effect of baby-care educational program on the stress of first-time mothers
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Objective: Parents have pleasant and desirable experiences when they have an infant in their families. However, during such periods, women experience physical, mental and social changes as mothers in connection with their infants. There may be stresses in a woman when she encounters with such situations may be associated with perceived stress among women. High levels of stresses may threaten abilities of mothers to play desirably their roles. This study aimed to explore the effects of pre and post natal baby-care educational program on the stress of first-time mothers.

Methods: This study is a semi-experimental one which during that 100 primiparous clients of health centers of Tehran University of Medical Science were randomly chosen and divided into two control (n=50) and intervention (n=50) groups. The intervention group received routine cares as well as planned education in 3 sessions (2 sessions before the delivery and the third one 12 weeks after the delivery). Stresses were measured on the basis of questionnaires. Data analyzed using SPSS 16.0.

Results: There were meaningful differences in comparing stress mean scores between the two intervention and control groups in the 6th week (P<0.001) and also in the 12th week (P<0.001) after deliveries.

Conclusions: Taking into account the effects of baby care education on the reduction of stresses, we recommend infant care educational programs to be provided for pregnant women during the 4 last week of their pregnancies to reduce their stresses and to improve their health conditions.
The effect of pre and post natal education on maternal competence among first-time mothers.
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Objective: maternal role is one of the most fundamental roles of each woman in her life. The acceptance by a mother of her functions as a mother happens at the beginning of pregnancy and continues up to 4-6 months after the delivery. When a mother acquires her efficiencies and satisfies with her role, she will believe in her abilities and efficiently dose her duties as a mother. This study aimed to explore the effects of pre and post natal education on acquisition of maternal competence.

Methods: This study is a semi-experimental one which during that 100 primiparous clients of health centers of Tehran University of Medical Science were randomly chosen and divided into two control (n=50) and intervention (n=50) groups. The intervention group received routine cares as well as planned education in 3 sessions (2 sessions before the delivery and the third one 12 weeks after the delivery). Maternal Competence was measured on the basis of questionnaire. Data analyzed by using SPSS 16.0.

Findings: The scores of maternal competence in 12 weeks after delivery were higher than the scores of 6 weeks after delivery in both control (P=0.006) and intervention (P=0.002) groups. Furthermore, the maternal competence in intervention group was significantly higher than that of control in the 6th week (P<0.001) and the 12th week (P<0.001) of the pregnancy.

Conclusion: In view of effects of baby-care educational program on the enhancement of maternal competence, it is recommended to provide pregnant women with an educational program.
Caregivers, the silent middle man in the care of relatives with cancer
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**Introduction:** The involvement of caregiver for optimal treatment, continuity of care and support for patients is indispensable. Their important role is an intermediary for the transmission of patient data to medical staff and vice versa. The present study explained the needs of family caregivers in dealing with medical staff.

**Methods:** This is a qualitative study using conventional qualitative content analysis with an inductive approach. Based on a targeted sample of 23 family caregivers of patients with breast cancer were selected. Data were collected through depth interviews and field notes. After having read several of content, the meaning units were identified and initial codes were extracted based on semantic similarity center and eventually classes were extracted.

**Results:** The results of the analysis lead to the discovery of the four categories which include: recognition of caregivers in the treatment process, training for care in clear way, and the medical staff’s competency in meeting caregiver needs, dynamic and easy needs.

**Conclusions:** Understanding the experiences and needs of caregivers in their interaction with the health system is treated as an important issue in cancer care and cause of evidence-based health intervention designed to be comprehensive program of family-centered care.
Role reorganization in breast cancer caregiver

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Introduction: Today, families are the core of care for patients with cancer. Accept the new role of caring is a new experience for caregivers and it has many problems. So family caregiver’s views seem to be necessary in order to support and clinical interventions. This study explained the experience of breast cancer caregivers of new role.

Materials and Methods: This is a qualitative study using conventional qualitative content analysis with an inductive approach. Based on a targeted sample of 20 family caregivers of patients with breast cancer were selected. Data through unstructured interviews with purposive sampling continued until saturation. Data analyzed using Conventional content analysis approach (inductive).

Results: The results of the analysis lead to the discovery of the final theme: “role reorganization”. The final theme include: 1- confusion in new role (1-1: unfamiliar with the new role of caring, 1-2: care concerns, 1-3: faced with new tasks in the care) and 2- challenge to the new living conditions (2-1: change in everyday life, 2-2: difficult role of caring).

Conclusions: Family caregiver have a key role in the care of cancer patients. So it is important to address the challenges of caring and providing information and support and clinical interventions.
The relationship between Body Mass Index and Dental Status in elderly people in Gorgan, Iran

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Background: The number of functioning teeth decreases with age. Dental status can affect individuals intake and nutritional status therefore, role in the process of health and quality of life in the elderly. Body Mass Index (BMI) is one of the most important indicators for assessing nutritional status. The purpose of this study was to assess the relationship between dental health status and BMI in elderly people in Gorgan.

Materials and Methods: This cross-sectional study was done in two selected health centers in Gorgan Medical Sciences University and subjects were aged 60 years and above. Data were collected by questionnaire to assess demographic data (age, gender, marital status, level of education, smoking, level of exercises and so on). Anthropometric measurements (the height and weight measures) were used to derive BMI and dental examination was used to assess dental status (distribution of natural teeth and detailed information about the condition of these). The collected data was analyzed in the SPSS software by using chi-square and kruskal wallis (p≤0.05 was significant).

Results: A total of 400 subjects, 211 (52.8%) were females and 189 (47.2%) were males. Mean age of subjects were 66.7±6.7. The results showed that the mean score of BMI was 26.87±5.36 Kg/m² in the whole sample; just 7% (n=28) of the total samples were underweight (less than 20). Most of them (43%) were in normal range (between 20 and 25). 50.1 percent of them were overweight (26-30) and obese (more than 30). The results showed that 60% of subjects were edentulous, 40% of them had their own natural teeth, and only 10.5 percent of them had complete natural teeth. 19.7 participants had decayed teeth, the mean of decayed teeth was 9.2 (rang 1-28) and filled teeth was 4.8 (rang 1-16) in 12.5 percent of participants. Age, level of education and level of income were significantly associated with the number of exist teeth (p<0.05). There were statistically significant association between BMI and number of teeth (p<0.05). The findings of the present study indicated that participants with ≥ 19 teeth had more BMI than those with < 19 teeth. The participants with more than 17 teeth are more likely to have a normal BMI.

Conclusion: The results indicate that most of participants had tooth loss, in spite of increasing edentulous, being underweight was uncommon in this population. Maybe, because of edentulous, old people who cannot chew comfortably are less likely to eat nutrients foods, thereby risk of increasing calorie of food, instead of essential nutrients. According to findings researchers suggest that assessment of dental health status of older adults should be considered before aging. Nutritional education and consultation, with an emphasis on improving awareness of diet's quality would be helpful.

Keywords: Dental status, Older people, Body Mass Index (BMI), Gorgan
The comparative study of Coping Skills in Addicted and Non-addicted Individuals

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**Background & Objective:** Addiction is one of the major problems of today’s world population. The first step on combating a social issue or disease is the proper reorganization. This study was designed to compare coping skills in addicted and non-addicted group in Polyclinic Center of 5 Azar Treatment and Educational Center in Gorgan.

**Materials & Methods:** This case-control study was carried out in self-introduced addicts who seek for detoxification and normal population who refer for treatment in polyclinic of 5 Azar treatment and educational center. Data were collected by questionnaire to assess demographic data and coping skills. Coping skills was measured by the Jalowiec Coping Scale (JCS); it consists of 39 coping behaviors, which are rated on a 1- to 5-point scale to indicate degree of use. The sample consisted of 150 self-introduced addict men who volunteer for seeking detoxification (case group) and 225 non-addict men (control group) who were matched on some demographic characteristics in Polyclinic of 5 Azar Treatment and Educational Center in Gorgan. Data were analyzed by using Kruskal-Wallis and chi-square tests. P-value < 0.05 was considered significant.

**Results:** The finding showed that the range of age was 15-65 years, with mean age of 33.62 years. Academic degrees were more in control group in comparison with case group (17% versus 7.3%). Comparing the ranks of two groups was showed that there was no significant difference between emotional-based coping skills (p<0.126) and problem-based ones (p<0.457). The coping skills had more tendencies to emotional based methods in case group (mean rank of 195.3) and problem-based methods in control group (mean rank of 189.91). The frequency distribution of age in both groups showed that addict men with >46 years old and non-addict men with 15-20 years old preferred emotional-based to problem-based coping skills.

**Conclusion:** The result of this study can help the governments to design a preventing plan by recognizing the common characters of substance users. We suggest further research for recognizing risk factors of substance abuse.

**Key words:** Addiction – Coping Skills – Jalowiec Coping Scale - Gorgan city – 5Azar Treatment and Educational Center
A comparison of palliative care and quality of life in COPD and lung cancer
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Introduction: Patients with severe chronic obstructive pulmonary disease (COPD) have a poor quality of life and limited life expectancy. This study examined whether these patients were relatively disadvantaged in terms of medical and social care compared with a group with inoperable lung cancer.

Methods: An open two group comparison was made of 50 patients with severe COPD (forced expiratory volume in one second (FEV₁) <0.75l and at least one admission for hypercapnic respiratory failure) and 50 patients with unresectable non-small cell lung cancer (NSCLC). A multi-method design was used involving standardized quality of life tools, semi-structured interviews, and review of documentation.

Results: The patients with COPD had significantly worse activities of daily living and physical, social, and emotional functioning than the patients with NSCLC (p<0.05). The Hospital Anxiety and Depression Scale (HADS) scores suggested that 90% of patients with COPD suffered clinically relevant anxiety or depression compared with 52% of patients with NSCLC. Patients were generally satisfied with the medical care received, but only 4% in each group were formally assessed or treated for mental health problems. With regard to social support, the main difference between the groups was that, while 30% of patients with NSCLC received help from specialist palliative care services, none of the patients with COPD had access to a similar system of specialist care. Finally, patients in both groups reported a lack of information from professionals regarding diagnosis, prognosis and social support, although patients’ information needs were disparate and often conflicting.

Conclusion: This study suggests that patients with end stage COPD have not significantly impaired quality of life and emotional well being which may not be as well met as those of patients with lung cancer, nor do they receive holistic care appropriate to their needs.

Key words: palliative care, patient
A comparison of palliative care and quality of life in COPD and lung cancer

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Introduction: Patients with severe chronic obstructive pulmonary disease (COPD) have a poor quality of life and limited life expectancy. This study examined whether these patients were relatively disadvantaged in terms of medical and social care compared with a group with inoperable lung cancer.

METHODS: An open two group comparison was made of 50 patients with severe COPD (forced expiratory volume in one second (FEV$_1$) <0.75 l and at least one admission for hypercapnic respiratory failure) and 50 patients with unresectable non-small cell lung cancer (NSCLC). A multi-method design was used involving standardized quality of life tools, semi-structured interviews, and review of documentation.

RESULTS: The patients with COPD had significantly worse activities of daily living and physical, social, and emotional functioning than the patients with NSCLC (p<0.05). The Hospital Anxiety and Depression Scale (HADS) scores suggested that 90% of patients with COPD suffered clinically relevant anxiety or depression compared with 52% of patients with NSCLC. Patients were generally satisfied with the medical care received, but only 4% in each group were formally assessed or treated for mental health problems. With regard to social support, the main difference between the groups was that, while 30% of patients with NSCLC received help from specialist palliative care services, none of the patients with COPD had access to a similar system of specialist care. Finally, patients in both groups reported a lack of information from professionals regarding diagnosis, prognosis and social support, although patients' information needs were disparate and often conflicting.

CONCLUSION: This study suggests that patients with end stage COPD have not significantly impaired quality of life and emotional well being which may not be as well met as those of patients with lung cancer, nor do they receive holistic care appropriate to their needs.

Keywords: palliative care, patient
Health policies related to patient safety

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ABSTRACT

Background & Aim: Many hospital patients are affected by adverse events. Managers are important when improving safety. The perception of patient safety culture varies among health care staff.

Material & Method: Health care staff (n =150) working in medical, surgical or mixed medical-surgical health care divisions answered the 51 items (14 dimensions) Iranian Hospital Survey on Patient Safety Culture (S-HSOPSC).

Results: Respondents with a managerial function scored higher than non-managers for 11 of 14 dimensions, indicating patient safety culture strengths for a majority of dimensions. Enrolled nurses and staff with experience > 10 years also scored high for several dimensions. The 12 dimensions and sample characteristics explained 49% and 26% of the variance for the outcome dimensions Overall Perceptions of Safety and Frequency of Incident Reporting, respectively.

Conclusion: RNs, ENs and physicians have different views on patient safety culture. Hospital Management Support and Organizational Learning are some important factors influencing patient safety culture. Bridging the gap in health care staff’s perceptions of safety in order to improve patient safety is of utmost importance. Managers have the responsibility to foster patient safety culture at their workplace and can thus benefit from results when improving safety for patients.

Key Words: Patient Safety Culture; Hospital; Management; Perceptions
Effect of group education on glycemic control and screening of long-term complications of patients with diabetes

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Introduction: Nowadays it is so clear to everyone how important and effective is the diabetes self-management. In Iran, most studies have been done just on the indexes of metabolic control in a 3-month period while this study has been planned to assess the impact of education on changes in HbA1c levels and screening of long-term complications of diabetes, in a 18-month period.

Method: In this prospective longitudinal study, a total of 470 type 2 diabetic patients attending the clinic of Hazrat Ali were enrolled. 188 patients (40%) were randomly assigned to groups of 10-12 people that received education in four 1-hour sessions, and the other 282 patients were given the routine treatment. The HbA1c levels were measured, recorded and assessed at baseline, 3 and 6 months later, for the two mentioned groups. The rates of adherence to screening long-term complications were also recorded and assessed during 18 months for two groups.

Result: The average age was 54.7 years in the intervention group and 56.7 years in the control group. There was no significant difference in average HbA1c levels between these two groups at baseline, 3 and 6 months later (p≥0.05). Distribution of eye and kidney complications screening in the intervention group were 96.27% (181/188) and 97.9% (184/188) respectively. These items were 89.7% (253/282) and 92.9% (262/282) in the control group. Chi – square test showed a significant difference between two groups (p<0.05) but no significant difference was seen in screening of heart complications.

Conclusion: This study confirmed the positive role of education in following up the screening of eye and kidney complications of diabetes. Although it didn’t cause any decrease in the level of HbA1c.

There are several potential factors that affect the results, such as the schedule of education and learners’ ability and motivation for learning.
The Comparison of self efficacy between active and inactive old women in Isfahan

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Aging is a stage of human life which is companied by reducing physical and psychological abilities. Exercise is one of the most effective ways to prevent aging disorders. Exercise and movement postpones aging processes. The old who exercise have better health and vitality. Accordance with importance of life quality in these ages, this study investigates self efficacy between active and inactive old women. The research method was Descriptive. Statistical population was the old women who attended in Isfahan parks to exercise, as well as old women who attended to spend leisure time without any activity. Convenience sampling was used to select 170 old women as statistical sample. Personal information and activity experiences Interviews and self efficacy scale (Sherer et al. 1982) were used. The data were analyzed by SPSS-15 software and t-test. The result showed that self efficacy between active and inactive old women are significantly different, and active old women compared with inactive ones have more self efficacy. According to these results, exercise and physical activity can help old women increase self efficacy in their lives.

Key words: self efficacy, active, inactive
Patient satisfaction with services rendered by diabetes care team in the endocrine and metabolism Esfahan research center of the year 1392

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Introduction: Evaluation of patient satisfaction is an important tool to evaluate the quality of care. Dissatisfaction with health services can lead to mistrust and disconnection of the patient's health care system or at least non-participation in the follow-up. Staff inadequacy and unhappiness and consequently reducing their efficiency and declining of sanitary accuracy and wasting of expenses.

Methods: This study aims at evaluating patient satisfaction with diabetes team services in endocrine and metabolism research center in order to eliminate their defects and helps improve the outcome of care.

This is a cross-sectional study and the researcher made questionnaire was based on 5-point Likert scale set containing 32 items (8 items for doctors, nurses and laboratory and 10 items related to the Nutrition Unit). Content and face validity and reliability using Cronbach's alpha coefficient of 97% was confirmed. The case numbers estimated as 250 patients. Literacy rate for and the patient desire to collect data, interview and self-completing questionnaire was performed. Information through questionnaires were analyzed by SPSS software market.

Results: The average patient satisfaction score of doctor was 25.8; of nurse was 26.3, and of laboratory was 29.2 and of Nutrition unit was 33.1 and the total satisfaction with the medical, nursing and nutrition units was at the intermediate level and satisfaction was high with the laboratory. In overall Evaluation of Satisfaction, the majority of patients (87.9%) expressed satisfaction with the services rendered in endocrine and metabolism Research Center and only 12% were dissatisfied. Blood glucose was reduced for 89.9% of patients.

Conclusion: It is hoped the findings of this study would be helpful in planning to improve the quantity and quality of services rendered by care team in order to increasing patient satisfaction.

Key words: satisfaction, care team, diabetic patient
Using of hygiene instruction plan to increase tooth and mouth hygiene: the application

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The health of tooth and mouth can be very effective on the children's function at school and their prosperity in future. Hygienic belief pattern efforts until hygienic behavior be describe according to persons belief therefore the purpose of this research is about application hygienic belief pattern on girl students mouth and tooth hygiene at primary school in Ahwaz city. The kind of this interventional research include two groups: 1: experiment 2: example. At first questionnaire be design according to pattern sort and also be study its usefulness. This research will be complete in two stages at before and after of instruction during 8 weeks. Its statistical group include 140 of students at primary school in fifth class in Ahwaz city to appoint these examples numbers at first two schools be selected between schools by cluster then chancy from each school and according to absent and present list 70 students be selected. The intervention of this research is the instruction of tooth and mouth hygiene according to hygienic belief model by the lecture method group discussion at 5 instructional session and presentation of pamphlet and teraket. At the end all of figures and digits be collect by use of spss software (21) and be analyze by use of independent samples T test, paired samples T test. During of this study according to pattern sort between sensitivity, intensity, guidance for action, automatically act, profits and obstacle which be perceive, also mouth and tooth hygienic behaviors, mean difference especially before and after of instruction exist meaningful relation. The results show that hygienic belief model in the relation with the promotion of mouth and tooth hygienic behavior can be very effective.

Keywords: hygienic belief pattern – tooth – brush behavior - floss behavior – hygiene instruction
Evaluation of the effects of complementary and alternative medicine (CAM) on symptomatic relief multiple sclerosis

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Background: Multiple sclerosis (MS) is the most common disease of the central nervous system affecting people between the age of 20 and 40 years in the UK, Northern Europe and the USA. No definitive treatment yet exists to symptoms and disability over the years in sufferers.

Methods: This litterateur review concerns 25 articles published between 2002 and 2013. Only 11 studies present the reported use and perceived effectiveness of different CATs in patients with multiple sclerosis.

Results: Due to conventional treatments are no effective in every one, or cause unacceptable side-effects, the persons with MS are looking for beneficial CAMs. Use of (CATs) is common with people who have MS. Most of them had reported utilization of one or more CAM. Some researches suggest that the therapists’ relationship with the participants may have had more of an influence over the results than the CAT, themselves. In fact they do not support the use of CAT for symptom relief in a more disabled MS population. Even some of them suggest that CAT may have unknown side effects for some of their users.

Conclusion: Although, now a day the use of CAT in the MS patients is common, but data regarding the efficacy and safety CATs in patients with MS are not adequate. Therefore patients are using the procedure which may be potentially harmful or dangerous. Thus it is suggested that more investigation should be done on practical types of CAT and causes of tendency to CAT in patients with MS.

Key words: Multiple sclerosis, complementary and alternative medicine, CAM
Placental alterations during pregnancy in diabetic mothers

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Background: The placenta is a unique organ of limited life span interposed between two separate individuals. Placental examination is of critical value in neonat-perinatal care. Gestational diabetes specifically cause more distraction to placental structure and altering its function that have a role in disturbance of fetal growth and development.

Aim: To find out the morphological and histological changes of placenta in the mothers with gestational diabetes.

Methods: This is an observational cross section study. A 25 pregnant women with gestational diabetes were selected from Gynecology and Obstetrics Department of (Al-Hilla Teaching hospital-Iraq). The full term placenta with its umbilical cords were collected immediately after delivery. The weight of placenta, the site of attachment of umbilical cord, vascular pattern of the chorionic blood vessels, the cord coiling index (CCI), were calculated according. For light microscopy, two centimeter of tissue was taken from the center of each placenta and fixed for one week. The tissue sections were stained with hematoxyline and cosin.

Results: In case of Gestational diabetes (GDM) group, weight, diameter, central thickness greater as compared to normal, marginal insertion. The fibrinoid necrosis was seen more in diabetic group as compared to normal. Also hyalinization, villous edema, syncytial knots and villous fibrosis were observed in GDM group more than group.

Conclusion: On the basis of results of present study, it is concluded that diabetic placentae showed increase in weight, central thickness and diameter.

Key words: Placenta, Pregnancy induced hypertension, Gestational diabetes
Effect of pelvic floor muscle exercises on sexual quality of life and marital satisfaction in primiparous women after childbirth

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Introduction: Sexual problems experienced by new mothers may reduce their quality of life. Reduction of pelvic floor muscle strength in postpartum, is an important factor that has a negative impact on Women's sexual function in the postpartum period. The purpose of this study was to evaluate the effect of pelvic floor muscle exercises on the sexual quality of life in primiparous women after childbirth.

Methods: This clinical trial was performed on 104 primiparous women in 8 weeks after childbirth to receive services referred to health centers of Mashhad in 1392; were selected by easy sampling. The samples with random allocation to the intervention group (n = 52) and control (n= 52) groups. The intervention group was trained pelvic floor muscles exercises and performed exercise for 8 weeks. Both groups were evaluated at 4 and 8 weeks after start of study. The data collection tools include demographic information, sexual quality of, marital satisfaction and Brink scale. Data collected analyzed by spss software, and statistical tests, repeated measures, Friedman, T-test, Wilcoxon and Mann-Whitney analysis.

Results: The results showed significant difference in the sexual quality of life in 8 weeks after start of study in intervention and control groups (p=0.001). There was a significant increase in pelvic floor muscles (p< 0.0001) and marital satisfaction (p< 0.0001) in the intervention group. There was no significant differences in control group. There was a significant increase in sexual satisfactions 8 weeks after start of study in intervention group (p=0.001).

Conclusion: Pelvic muscle exercises improve the sexual quality of life and marital satisfaction of women in the postpartum period. Therefore suggested this simple and inexpensive method be included a part of basic education after childbirth.

Key word: pelvic floor muscle exercises, sexual quality of life, marital satisfaction, primiparous women
Skilled Midwives required for home and facility delivery: Evidence from community placement data of Bangladesh
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Introduction: In Bangladesh in spite of promoting facility delivery still 71% delivery occurred at home. Only 32% birth attended by skilled health personnel. Though 68% received at least one ANC only 26% received at least 4 ANC. According to MDG 5 maternal mortality ratio has to be reduced to 143 from 194 (BDHS 2011). About 20000 midwives required to attend each of 3.4 million births by skilled birth attendant every year. To contribute in developing midwives with the financial support of DFID BRACU started a 3 year midwifery diploma program through 6 partner organizations at 6 districts across the country.

Method: Midwifery diploma students of 6 sites collected data from 221 pregnant mothers residing in their community to explore information regarding plan of delivery, ANC service seeking behavior.

Results: 43% Pregnant women or their family members expressed intention for conducting delivery at home. Majorly reported reasons for intention to conduct delivery at home were – financial problem (16.5%), has no danger sign/symptom for any complication (13.2%), previous delivery was normal and at home (13.2%), have skilled midwives (7.7%), have skilled health provider in her village (6.6%). Though 84% pregnant women reported of visiting Doctor at least one time for receiving ANC but less proportion received at least four ANC.

Conclusion: From above evidence of community it can be inferred that midwives developed through midwifery diploma program can play vital role for safe normal delivery at home as well as facility and referral to relevant provider as and when required.
Role Modeling: Implementation of General Nursing Diploma Programme for Care in the Hospital and Community in Badakhshan, Afghanistan
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Introduction: More than three decades of war and continued political instability in Afghanistan has led to severe shortage of health care providers specifically female nurses mainly in rural compared to urban settings. Therefore, there is a dire need of quality nurse training programmes to improve nursing care of patients. To prepare a Nursing Diploma graduate who is health oriented and able to provide safe and competent care to well and sick individuals, families and communities in hospitals and other health care settings in rural and urban areas of Afghanistan.

Method: Role modeling by utilizing various strategies:
Proper infrastructure: classrooms, skills and science laboratories, library, computer laboratory.
Student admission: recruitment of students through community mobilization and Concur examination
Student training: use of monitoring tools in classroom, skills laboratory and clinical site.
Faculty Development: Exposure visits, continuous coaching, and mentoring of faculty in classroom teaching, demonstration and re-demonstration in skills lab, in the hospital and community.
Deployment: after graduation students recruited from community will go back to their own areas to serve the community.

Results: Development of innovative strategies for implementing the general nursing diploma programme; taking into consideration the strong commitment of stakeholders from public and private sectors.

Conclusion: Role modeling the implementation of the General Nursing Diploma Programme in Faizabad is a step towards replicating it nationally and consequently improving quality of care of clients.
Key words: Afghanistan, nursing education programme, concur examination, infrastructure, faculty development, role modeling, deployment.
Dynamic redefinition of profession: A grounded theory about humanistic nursing

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Introduction: Revitalization and promotion of humanistic nursing are among main missions and of the major challenges of contemporary nursing. Theory is an essential tool for guiding nursing practice and passing these challenges. The aim of this study is development a theory about humanistic nursing in acute care setting in Iran.

Method: The theory was developed using Glaserian grounded theory approach. 52 nurses, patients and families from two teaching hospitals in Tehran were selected for the study. Data were collected from interviews and observations. Data were analyzed using constant comparative analysis. Memos were written during analysis, and once theoretical saturation occurred, memos were sorted until theoretical completeness was evident.

Result: The main concern of nurses and patients/families in the substantive area of humanistic nursing is “rights violation in the context of suffering and need”. The study on how to deal with this concern, revealed fluctuating between two opposite basic social processes. “Rights violation” of nurses causes activation of “Unsuccessful rights claim and self compensation” process by them. This process leads to the “Rights violation” of patients/families and subsequently, the activation of the same process by them. This, in turn, violates the rights of nurses. With the emergence of “Synergy of situation – education/learning, that is simultaneous presence of “education and learning of values” and “sensitivity of situation” or “existence of care promotion elements”, the nurse’s way of confrontation with this problem will be changed and “unsparing response to situation” will be activated. The consequence of this process is “prosperity” of nurse/manager and patient/family.

Conclusion: According to this theory, violation of nurses’ rights is a pivotal obstacle in promotion of humanistic approaches in nursing. So, nurses’ rights should be seen as a light for the guidance of current thinks and activities of the health system and the nursing profession.

Keyword: Grounded theory, Humanistic nursing theory, Nurses’ rights.
Impact of the Implementation of the pain management program on length of stay of patients in intensive care units in patients with decreased level of consciousness admitted in Al-Zahra hospital ICUs in year 1392; A clinical trial

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Background: Critical care patients are at higher risk for untreated pain, and Pain that is persistent and untreated affects most body systems and results in development of complications chronic pain and increased length of stay. The aim of this study was to determine Impact of the Implementation of the pain management program on length of stay of patients in intensive care units in patients with decreased level of consciousness admitted in Al Zahra hospital ICUs.

Methods: This study is a clinical trial and the two groups before and after and stage to stage design. In this study 50 hospitalized patients with decreased level of consciousness in the intensive care unit selected sampling and randomly divided into two groups. Pain management program was implemented the patients level of consciousness to reach more than 8 (GCS) as or planned until 48 hours. For the control group implemented routine unit. Data collected included demographic information form (sex weight age surgery type.) and length of stay of patients in intensive care units (of the time admit to discharge). Data were analyzed by SPSS(16) software. To describe the data analytic statistics (independent t-tests chi-square) were used.

Results: Results showed that of the 25 patients in the group case (60%) male and in the group control (48%) male were (P= 0.395) Mean age ( case group 57.8 years control group 59.7) and weight (case 72.4 kg, control 73.7 kg) and type surgery was in two group and this difference was not statistically significant (p= 0.703 p= 0.558 p= 0.255) Overall mean length of stay of patients in intensive care units were significantly lower in Group case (3.2+-1.4 day) compared with group control (7.4+- 4.8 day) (p< 0.001)

Conclusion: This study showed that overall mean length of stay of patients in intensive care units were significantly lower in Group case compared with group control it is suggested to use this program for patients in intensive care units with decreased level of consciousness after general surgery.

Keywords: pain management programs length of stay in unit level consciousness ICU
Challenges for planning and implementing of internships in the evening and night shifts in nurses and nursing student perspective

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Introduction: Internship provides opportunities for nursing students to have learning experiences and increase their scientific and practical competencies without direct supervision and support of clinical teachers. This study has been designed and implemented to examine students' and nurses' viewpoints about the challenges of training in evening and night shifts.

Method: This is a descriptive study. The participants were head nurses as well as nurses working in the evening and night shifts, and nursing students. Data gathering was done through an open-ended questionnaire and structured face-to-face interviews. Descriptive and inferential statistics were used to analyze the quantitative data.

Results: About a quarter of the nurses (23%) mentioned that nursing students' familiarity with the nursing tasks and problems in the evening and night shifts are main goals of internships in the evening and night shifts. 29% of nurses mentioned that the goal is to train more productive education and increasing students' self-esteem. A quarter of students (24%) believed that the goal is to have greater student proficiency and have a good experience. 52% of students noted that their most important expectation is to be accepted by nurses as a coworker. While 81% of nurses expect the student who collaborate and coordinate with the personnel and is responsible for the duties. According to nurses, the most common educational problems in the evening and night shift were Absence of teacher/trainer (28.5%), lack of nursing education by nursing staff (24%), inadequate clinical skills of students (24%). According to the students, the most important problems were lack of transportation facilities and rest places (38%) and high threat by staff (14%) respectively. Chi-square test showed significant differences between the views of students and nurses views (p<0.05).

Conclusion: The finding of this study showed that nurses and students have common opinion about internship goals. But they have different viewpoints about problems, expectations, and strategies for promotion of education quality in the evening and night shifts. It can affect the efficiency of clinical training negatively. Considering this issue can help to promote planning of training programs.

Key word: Nursing Clinical education Field education
Relationship between forgiveness and family function in couple referred to Family therapy Centers.
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Background: It is assumed that Forgiveness as a one of the positive psychology components is related to family healthy relationship. The aim of this study was to identify relationship between family function and forgiveness in couple relationship referred to the Family Therapy Centers in Isfahan.

Methods: In cross-sectional design, 68 married people with relation problems, who have referred to Family Therapy Centers in Isfahan from March 2010 to March 2011, were recruited. Participants completed questionnaire include Family Forgiveness Scales (FFS) and Family Assessment Device (FAD). Data was analyzed by SPSS-16 software with used Pierson correlation and stepwise regression methods.

Results: Results revealed that there are significantly correlation between forgiveness in scores and Family Assessment Device scores (r=-0.49 and P <0.05). Another correlation found between family function and recognition (r=-0.56), reparation (r=-0.35), resolution (r=-0.48), and restitution (r=-0.36). Finally findings revealed that family function could be predicted by family forgiveness scale scores.

Conclusions: Result revealed that there is a positive relation between forgiveness as a new concept (positive psychology) in family therapy and family function. These findings suggest forgiveness therapy must be integrated to family therapy protocols.
Randomized clinical trial of Spirituality Integrated psychotherapy (SIPT), Cognitive Behavioral Therapy (CBT) and medication intervention on depressive symptoms and dysfunctional attitudes in patients with dysthymic disorder

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Introduction: Although Cognitive- Behavioral Therapy is very common in treatment of dysthymic disorder, recently there is an increasingly tendency toward therapeutic methods based on cultural and spiritual approaches. The aim of this research was to provide a model of Spiritual (Islamic approach) Integrated psychotherapy and compare the effectiveness of SIPT with Cognitive- Behavioral Therapy (CBT) and medication in modification of dysfunctional attitudes and reducing depressive symptoms in patients with dysthymic disorder.

Methods: In first phase through a qualitative design method a primary spiritual (Islamic approach) psychotherapy model was prepared and in second phase The research comprised a double blind quasi-experimental design using control group. Sixty two patients with dysthymic disorder were recruited from health and academic centers in Isfahan (Iran) by initial screening and interview, all of them had been diagnosed according to DSM-IV-TR criteria. The subjects were then randomly assigned into three experimental groups and one control group. Medication was consisted of antidepressants prescribed by psychiatrist. The SIPT and CBT were presented in 8 sessions. Beck Depression Inventory and Dysfunctional Attitudes Scale were completed by all of the subjects, prior, during, and after intervention, and in a 3 month follow-up as well. The data were analyzed using MANCOVA Repeated Measure method.

Results: results revealed that SIPT was found to be more effective than medication on the reduction of depressive symptoms and dysfunctional attitude (P < 0.01), and was also found to be more effective than CBT on the reduction of the dysfunctional attitude (P < 0.01), but not on the reduction of depressive symptoms. SIPT and CBT were found to have more consistent effects than medication in the follow-up (p<0.01).

Discussion: These findings support the effects of psychotherapy enriching with spiritual content and cultural backgrounds.

Keywords: Spiritually Integrated Psychotherapy, Cognitive- Behavior Therapy, Medication, Dysthymic Disorder, Depression
Healing touch in high risk neonates
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Background: Stress is one of the important experiences of high risk neonates during the hospitalization in NICU. But there are few evidences which have paid attention to these stressful experiences. It seems that alternative care (environmental and behavioral interventions) is one of the choices that we can combine with routine care to reduce the stress of neonates. Healing touch (HT) is one of these methods. The aim of this study was to determine the effect of HT on physiologic responses of high risk neonates (HRN) to stress.

Methods: This is a randomized clinical trial, in which 50 HRN (gestational age between 26-36 weeks) hospitalized in NICU of two educational hospitals of Iran were selected and assigned randomly in two groups (case: routine care+ HT, control: routine care). HT applied to HRN twice a day, 15 minute each time for 5 days. Physiologic responses (TC O2 saturation, respiratory rate (RR), heart rate (HR)) were checked 10 minute before HT, during the HT, and 10 minutes after HT.

Results: Mean (±SD) respiratory rate in five days in morning records was 48.07 (12.45) breaths/minute in case group and 40.54 (±5.56) in control group. Also on evening recordings this rate was 46.47 (8.96) in case group and 40.28 (±5.53) in control group (P= 0.005). Mean (±SD) arterial saturated oxygen (average on five days) in morning recording was 91.91 (±4.05) in case group and 94.58 (±2.08) in control group (P= 0.006). Tests done for changes in physiologic variables showed that even though respiratory rate, heart rate, arterial oxygen saturation, and behavioral reactions on two time points of morning and evening recordings is different between the two groups from day 1 to day 5, these differences were not statistically significant. There was a significant decrease in RR in case group for 3 times on the 1st and 4th days (P< 0.01); there was also a significant decrease in HR for 2 times in case group on the 1st and 3rd days (P< 0.01). TC O2 sat has a significant increase on the 4th day (P< 0.01) of intervention.

Conclusion: Healing touch may have a positive effect on reducing pulse respiration rate, and could be effective in increasing O2 sat in HRN but it doesn’t have significant effect on behavioral responses of neonates, so it is important to use this method in NICU care on HRN to decrease their stress.

Keywords: Healing touch; high risk neonates; nursing; alternative care; NICU
Nursing care quality in Jahrom university medical science hospitals 2009

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Introduction: Evaluation is main part of hospital management process. Nurses are largest group in hospitals. Hence, evaluation of nursing care quality is main factor of services quality that administrated in hospital. The goal of this study is assessment of nursing care quality in Jahrom university medical science hospitals.

Method: This is a cross-sectional study, which administrated in 12 general and 4 special wards of Jahrom university medical science hospitals. Data collection did by 244 questions checklist. Questions designed in 6 domains; management, Documentation, patient education, infection control, patient satisfaction and direct nursing care. Checklist reliability acquired by facial and content methods and that validity acquired by spilt method by Alfa-kronbakh (0.8). Data after gathering by SPSS software analyzed.

Results: Mean of nursing care quality was (2.35±0.46) that assessed in moderate level. Highest mean was related to patient's satisfaction from nurses (2.93±0.44) and lowest mean was related to infection control (1.68±0.3). In addition nursing care quality from 5 factors patient's satisfaction from nurses, patient education, direct nursing care, Documentation and ward management assessed in moderate level and from infection control factor assessed in weak level.

Conclusion: nursing care quality in under study wards assessed in moderate level, which must special plan for enhanced it.

Key word: Quality- Nursing care-Jahrom
Parenting Stress in Parents of Children with Autism

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Objectives: The study aims to: (1) assess parenting stress in parents of autistic children, (2) identify the relationship between parenting stress and parents' socio-demographic characteristics such as (age, marital status, relationship with child, educational level and monthly income) and (3) identify the relationship between parenting stress and some of children' socio-demographic characteristics such as (gender, age, birth order and mean number of children).

Method: A descriptive–analytical study that was carried out from December 12th, 2011 to May 1st, 2012. on a purposive (non-probability) sample of 120 parents (father and mother) who have children with autism and send their children to the delayed care centers in Baghdad. Data were collected through the use of the constructed questionnaire and the process of the self-administrative report. The questionnaire was consisted of three parts: parents' socio-demographic characteristics, autistic children' socio-demographic, and parenting stress scale. Content validity of the instrument was determined through the use of panel experts and the internal consistency of the instrument was determined through the pilot study and the computation of Alpha Correlation Coefficient (r = 0.83). Data were analyzed through the application of descriptive and inferential statistical approaches by using Statistical Package for Social Science (SPSS) version 10.0.

Results: The findings revealed that most of sample were married mothers of autistic children who fall in the age group 26-35 years old graduated from institute or college and living in nuclear families with barely sufficient monthly income. Most of the children were firstborn male fall in the age group of 3-7 years and most of families have 1-3 children/family. Parents of autistic children are experiencing moderate level of parenting stress. There is strong negative relationship between parents' ages with family type and there is moderate relationship among other variables. There is positive relationship between parenting stress, child's gender and birth order and there is no relationship with other variables.

Discussion: The study recommended providing adequate knowledge for parents about how to deal with their child sessions and brochure; focusing on coping strategies for parents with autistic child should be taken in consideration by media to decrease stress and further studies should be conducted as survey to include all over the country.

Key Words: Parenting Stress, Autism.
Psychological Challenges of Children with Cancer & their mothers  (A qualitative research)
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Introduction: Cancer is one of the major causes of death in children and adolescents. About 4% of deaths in children fewer than 5 years and 13% of deaths of children 5 to 15 years in an Iranian population is due to this illness. The disease can cause many problems for children and their mothers, which usually are introduced with a psychologist. Therefore, this study was aimed to identify the psychological challenges of children with cancer and their mothers as their experience.

Method: The study was a qualitative research and doing with thematic analysis approach. Semi-structured interviews were used to collect data. Purpose sampling was conducted. The number of children participating in this study was 34 persons and mothers were 32 persons.

Results: Data analysis shows problems for children with cancer and their mothers in the four main categories. These categories include: spiritual, psychological (such as aggression, anxiety, depression) communication and awareness (about disease, treatment and effects of treatment). In addition to these four categories there is another category in mothers group that named Care problems.

Conclusion: The results of this study showed that lack of awareness and spiritual problems are the most important problems of patients and their mothers. If at the time of diagnosis the necessarily information about (Disease, treatment and effects of treatment) give to children and their mothers and also during treatment spiritual care interventions occurs; other psychological problems can be reduced.
Patient satisfaction in the Iraq health system: Emergency Department is a good example
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Introduction: Patient centred healthcare is the corner stone of the health system, at meantime the patient satisfaction is one of the most important indicators, can influence the health system direction and itself can be influenced by many factors. No more focusing on disease management as main target of our healthcare, it is the time to redirect our steps. The study was done to show the real relationship between patient and health staff from patient and/or relative point of view. It’s very important that healthcare providers should play the role of patients to imagine the magnitude of their needs.

Method: Data were collected by using structured questionnaire, random sample was taken of 2100 patient/or relative from Emergency Departments of 3 teaching hospitals (AlYarmuk, AlKindy and Basrah teaching hospitals) and 2 general hospitals (Imam Ali and Sadr general hospitals). All aforementioned hospitals are public.

Results: The majority of patients and/or relatives are less or not satisfied with communication skills of healthcare staff (Doctors, nurses and others), this includes information exchange with them, instruction of using medicine or follow up of their conditions, the most important issues like procedures that to be done for patients, and the prognosis and need for next visit.

Conclusion: The efforts should be performed to improve the communication skills of healthcare staff and psychological support training of staff to deal with violence tending patients and relative, especially those who loss their relatives.

Keywords: Satisfaction, communication, questionnaire, patient centred care
The effect of mobile phone short messages system on physical activity and anthropometric measures among postmenopausal women

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Background: The main objective of this study was to evaluate the impact of mobile phone short messages system on physical activity and anthropometric measures among postmenopausal women in Iran.

Methods: This was a randomized controlled trial in which 100 postmenopausal women with body mass index (BMI) greater than 25 were recruited randomly in Ahvaz, Iran. Weight, height, BMI, waist circumference, hip circumference, waist-hip ratio and physical activity were measured at the beginning and four months after intervention. Intervention was including; 48 short messages with the content of motivating the subjects to enhance their daily physical activity that sent for participants every other day and followed for four months. The control group received the routine care. The descriptive, independent t-test, paired t-test and chi-square test were utilized for statistical purposes.

Results: Eight women dropped from the study. At the end of the study, there was not any significant difference between two groups regarding weight, BMI, waist circumference, hip circumference, waist-hip ratio and physical activity (p>0.05).

Conclusions: It seems that mobile short messages can not encourage postmenopausal women to enhance their physical activity level. Further studies with regarding to compare mobile short messages with other educational methods are recommended.

Keywords: Postmenopausal women- Physical activity- Anthropometric measures
The creation of sports grounds as a positive step towards the promotion of social health of the citizens
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Introduction: The physical and psychological health would result in happiness in the real sense of the word. These two interact with each other. Health can be defined as “a balance in all the functions of mind and body” Health does not just refer to absence of mental or physical symptoms, it comprises of complete physical, psychological and social welfare.

Methods: Considering the subject matter of this article, field work as well as applied-descriptive research method have been employed based on current circumstances and conditions.

Results: Today, due to the growing improvement of technology (age of information), people's parting from nature, the rise in pollution, malnutrition plus shortage of physical activities, and seclusion, the need for centers to help the growth and promotion of the health of the society is strongly felt. By such centers people from different walks of life may benefit considering their circumstances, cultures and needs.

In our country, according to statistical studies, attention to health has been very poor. Reconsiderations and planning in this respect, especially in metropolis, is is getting vitally important. Spatial planning for social interaction, raising public awareness and cultural health are amongst the most important strategies to improve the status quo.

Conclusion: Therefore, to realize this purpose, this article aims to analyze the need for construction of sports and recreational grounds in order to help to establish a link between man and nature, and also it would be a useful response to the need felt by citizens to exercise and spend their leisure time in a pleasant and memorable way.

Key words: recreation and sports grounds, social health, man and nature link
Folic acid and colorectal cancer

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Introduction: Some of women are afraid of taking folic acid because they fear cancer. What is the evidence for this? Theoretical evidence in experimental models is sharply contrasted by 3 recent meta-analyses of randomized and observational studies. Women planning to become pregnant should supplement with the folate dose they need to prevent neural tube defects. Some of studies show that the intake of fulic acid may be associated with the increase of cancer specially colorectal cancer. The aim of this review was to detect the association between the intake of fulic acid and colorectal cancer.

Methods: This review was carried out by using of books, journals and different sites of internet and considering the studies which were published in 2008-2011.

Results: By 2011, a large number of studies that reported on thousands of patients have addressed the question of whether folic acid intake in the prepregnancy period increases the risk of subsequent colorectal cancer. In two meta-analyses were published in 2011, the rates of colorectal cancer were compared among those receiving or not receiving folic acid. Overall, more than 1000 patients were included in these studies and have not find the association in this regard. Other studies reported that exposure to folic acid from 0.5 to 5 mg/d and for up to 6 years was not associated with increased risk of colorectal cancer. Kennedy and colleagues reviewed and analyzed all observational studies that defined levels of folate intake and incidence of colorectal cancer in adults and did not find the association. In 1998 the United States and Canada fortified flour with 140 mg of folate per 100 g of flour, resulting in a decrease in the incidence of NTDs. In 2001 Wald et al found that, the recommended folic acid dose of 0.4 mg/d did not provide protective levels against NTDs in many women and suggested that up to 5 mg/d of folate was needed to ensure protection of 90% of the population. Their prediction was corroborated in Ontario, where despite flour fortification, 40% of pregnant women in 2005 had red blood cell folate levels below the protective level of 900 nmol/L. In 2007 the Society of Obstetricians and Gynaecologists of Canada suggested that the women would benefit from 5 mg/d of folic acid before conception and until the end of the first trimester. However, in parallel to these studies, the other studies show that excessive folate intake might confer an increased risk of cancer, with most attention focused on colorectal cancer. The evidence has come mostly from in experimental animal data and suggesting that at low folate levels, folate supplementation decreases cancer risk, and at high exposure levels in the context of precancerous cells, the risk might increase.

Conclusion: Before and after the pregnancy, it is better that the physicians administer the folic acid in appropriate dose for decreasing the fear of women.

Key Words: Folic acid, colorectal cancer
Dietary Folate intake and depressive symptoms

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Introduction: Depression is a common health problem in the workplace as well as in schools, and it is expected to become the second leading cause of global disease burden by 2020.1 Depression not only causes personal distress and social dysfunction in university students but also decreases academic work performance and motivation.2 Low folate levels appear to be closely linked to depressive disorders among persons suffering from neurological and psychiatric problems.3,4 In a study of 70 Japanese women in 2002, more than 80% of the participants aged from 17 to 41 years were found to have inadequate dietary folate intake, that is, less than the recommended daily allowance (RDA) of 240 g per day.5 The purpose of this study was to evaluate the relationship between dietary folate intake and depressive symptoms in young women of reproductive age.

Methods: We searched the PubMed database for studies on the relation of dietary folate intake with depression or depressive symptoms. The search was limited to English-language reports published up to the end of 2012.

Results: The persons diagnosed with major depressive disorder tend to have lower concentrations of serum or red cell folate. Poor folate status also has been positively associated with severity of depression and with prolonged episodes of major depressive disorder. In a previous study on 883 Latina women aged 60 to 93 years, the association between plasma folate levels and depressive symptoms was examined in a cross-sectional analysis of data. The adjusted odds ratio (OR) for increased depressive symptoms in women in the lowest percentile of plasma folate values was 2.04 (95% confidence interval [CI], 1.38-3.02), which was significantly different from the plasma folate values in women in the highest percentile of plasma folate levels. A population-based study by Morris et al, found low folate status in depressed members of a general US population sample aged 15 to 39 years. After adjustment for relevant factors, participants with a lifetime diagnosis of major depression had folate concentrations in serum and red blood cells that were lower than those of never-depressed participants. Park et al, found among 130 Korean female college students that the mean dietary folate intake was significantly lower in women with high depression scores than in women with low depression scores. On the other hand, inconsistent results were reported by Kendric et al, indicating that no relationship was found between low red blood cell folate levels and incident depressive symptoms among 5051 women aged 20 to 34 years from the United Kingdom. Thus, it is still unclear whether high folate status might reduce the risk of depressive symptoms in women of reproductive age.

Conclusion: This finding suggests that dietary folate intake may be causally related to depressive symptoms in women of reproductive age. If studies powered to determine causal relationships have similarly positive results, folate supplementation could reduce the incidence of depression. Well-controlled future studies are needed to determine whether improving folate status reduces the risk of depressive symptoms in women of reproductive age.

Keywords: depressive symptoms, folate, women
The knowledge and attitude of pregnant women about cesarean delivery in 2013.
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Introduction: Increasing in cesarean’s rate is considerable matter in all of the world such as developing countries. One of the reasons of increasing of the cesarean is unawareness and negative attitude toward normal delivery and incorrect complications and gossipes about normal delivery.

Methods: In this analytical descriptive study, 306 pregnant women who are not previous cesarean history and without medical reason chose cesarean as preferable delivery method, were interviewed in health centers in Jahrom. The questionnaire included items of demographic information, midwifery history, knowledge about advantages and disadvantages of cesarean section, attitude about cesarean and some of the reasons choosing cesarean by them. Descriptive and Analytical (Chi square & Fisher exact test) were used to analyze the collected data through SPPSS software.

Results: Only 9.8% had good knowledge about advantages and disadvantages of cesarean. Attitude of most of them (82%) toward cesarean was neutral. The most knowledge of pregnant women was about "pain after surgery" (93/8%). 67/6% of them were agreed with "cesarean causes complications after surgery". The view of pregnant women about the reasons of choosing cesarean as follows: fetus health (71/2%), fear of pain (67/3%), fear of vaginal delivery (58/2%), psychological burden and anxiety (55/9%), prevention of deformity and relaxation (49/7%) and prevention of genital rapture (47/4%). Knowledge and attitude were significantly associated with some reasons of selection cesarean included fear of vaginal exam (p = 0/004, p = 0/008) and fetus health (p = 0/02, p = 0/01).

Conclusions: Most of pregnant women had low knowledge about complications of cesarean that can influence to selection of kind of delivery. Therefore, appropriate teaching planning by health providers in order to increasing of their knowledge about complications of cesarean section is necessary.

Key words: knowledge, attitude, Cesarean section, pregnant women, Iran.
The Quality of life among the diabetic patients who referred to the diabetes society of Fars in 1389.

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Introduction: One of the most important concepts in chronic disease such as diabetes is Q.O.L. Assessment of Q.O.L of diabetic patients helps nurses for organizing of activities about prevention and controlling of complication, promotion of health and improving of Q.O.L and effective paces to balance problems. The aim of this study to indicate Q.O.L of 206 diabetic patients who referred to Fars-state diabetic society.

Methods: This study is cross-sectional descriptive. A simple sample of adult diabetic outpatients were selected. Instrument was provided according to the short-36 form and review of different scientific sources. Questions includes: demographic data, Q.O.L and different health dimensions that was completed by one of investigators through interview. Data was analyzed by spss software through descriptive and analytical (ANOVA & Fisher Exact test) statistics.

Results: 47% of patients had good Q.O.L. In perception of health mode (40.2%), psychological mode (51.2%), physical mode (48.8%) and social mode (44.6%) had good Q.O.L. Results showes significant correlation between the number of children and Q.O.L (p=0.01); level of education and Q.O.L (p=0.001); kind of insurance and Q.O.L (p=0.02). But, between age, sex, marital status, BMI, job and complications of chronic disease with Q.O.L was’t seen significant correlation.

Conclusion: Only 47.4% of patients had good Q.O.L. Therefore nurses should use proper educational method in order to promotion of healthy life style of diabetic patients for increasing their knowledge.

Key words: Quality of life-diabetes-Iran.
Sense of coherence as a protective factor in health-related quality of life impairments among women with breast cancer
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Introduction: Breast cancer is the most common cancer in Iranian women with an age peak between 40 to 49 years. Breast cancer as a stressful life event creates different physical and psychological challenges, as well as health-related quality of life (HRQoL) impairments over time. The aim of this study was to investigate the mediating effect of sense of coherence (SOC) longitudinally on correlation between baseline HRQoL dimensions (T1) and the same dimensions at a 12-month follow-up (T2) in a sample of women with breast cancer. The exploratory hypothesis was as follows: the association between HRQoL dimensions from baseline (after diagnosis) to 12 months later is mediated by the degree of SOC at the 12-month follow-up.

Methods: This study was conducted with a prospective design on 145 Iranian women with breast cancer. Data were collected using the Persian version of the SF-12 Health Survey version 2 and the SOC scale both at T1 and T2. A general meditational model was designed to test the study hypothesis. Hierarchical multiple regression analyses in three steps were estimated to evaluate the significant meditational effect of the SOC.

Results: The degree of SOC mediated variations of general health, social functioning, role emotional, vitality, and mental health after diagnosis of breast cancer to 12-month follow-up (p < 0.01). The longitudinal mediation effect of SOC was stronger for the psychological than the physical dimensions of HRQoL.

Conclusions: The findings support the notion that the longitudinal mediation effect of SOC may be a protective factor especially regarding psychological adaptation with breast cancer, and HRQoL impairments over time. Therefore, a strong SOC as a health resource can influence the patients' recovery and there might be a possibility to enhance it by applying healthy behaviors.

Key words. Breast cancer, Health-related quality of life, Mediator, Sense of coherence, SF-12 Health Survey version 2
Assessment of Patients’ Compliance for Lifestyle after Percutaneous Coronary Intervention in Baghdad City

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Objectives: the study aims to assess patients’ compliance with lifestyle after percutaneous coronary intervention (PCI) and to find out relationship between patients’ compliance with lifestyle and demographic characteristics like gender, educational level, and employment.

Methodology: quantitative descriptive study design is starting from 2nd October 2012 to the 5th July 2013 was carried out at Iraqi center for heart diseases, Ibn Al-Nafees for cardiac surgery hospital and Ibn- Al-Betar specialist center for cardiac surgery in Baghdad City. purposive (non-probability) sample consist of 30 patients collected through interview method by using questionnaire composed from two parts, first part composed from demographic and medical history data and second part consists of lifestyle compliance questionnaire which composed from five domains dietary pattern, smoking domain, alcohol drinking domain, physical activity domain, and medication and follow up domain. Reliability of the questionnaires was determined by calculating Cronbach s' Coefficient alpha = .852 descriptive data analysis was done through frequency, percentage mean, standard deviation and inferential data analysis was done by analysis of variance (ANOVA) and independent two sample t test, it was used SPSS version 20

Results: the present study reveal that patients’ compliance for domains of dietary pattern and physical activity were medium level while good for domains of smoking, alcohol drinking, and medication and follow up after percutaneous coronary intervention. Also the study found that demographic characteristics like gender, educational level and employment have effect on patient’s compliance toward lifestyle and their modification after percutaneous coronary intervention at probability value 0.05

Recommendations: Based on the results of the present study the researcher recommends tray to establishing special department in cardiac center for patients rehabilitation Post PCI, designing special online contact with patients for medical consultation for PCI patients programmed the patients address and phone number in order to continues contact with patients to remember the patients about follow-up and to identify the patients problems Constructing nursing health education program for patients after PCI to encourage healthy lifestyle behaviors to promote quality of life.

Keywords: Assessment, patients, percutaneous coronary intervention, lifestyle, compliance.
Investigating the efficacy of intervention therapy of applied behavior analysis (ABA) method on reducing stereotypical behaviors of children with autism

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Abstract
The main objective of the study investigating the efficacy of training intervention of applied behavior analysis (ABA) on reducing stereotypical behaviors of children with autism. This is a pilot study with a single subject which is ABA method. For this purpose, 8 children (1 girl and 7 boys) with autism who aged from 6 up to 12 years were treated. They were selected with the method of sampling among autistic patients who had gone to the Rehabilitation Center for autistic disorders and they received treatment for 3 months (20 sessions). Data collection procedure of the study consisted of direct observation and Gillam autism. The data were obtained by using t-tests, comparing the pairs, and covariance. Results of this study showed the average indicators of child behavior problems during training have declined significantly and this shows the positive impact of the intervention treatments however, the learning speed was different. According to research findings, methods of intervention treatment (reduction of undesirable Behavior) that is used in applied behavior analysis (ABA) have been effective in reducing Stereotypical behaviors of children with autism.

Keywords Intervention therapy, applied behavior analysis, stereotypical behavior, autism.

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**Woman's Awareness about Initiation and Continuation of Breastfeeding among Cesarean Section at Baghdad City- Iraq**

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**Introduction**: Breast feeding is the best way to provide unique biological and emotional effects on mothers and their newborn babies. To identify women's awareness about initiation and continuation of breastfeeding among cesarean section and predict the variables which contribute in initiation and continuation of breastfeeding.

**Methodology**: Non probability - a purposive sample of 30 women who had caesarean section and follow them for the first month after birth at Fatima Al-Zahra'a Maternity and Pediatric Teaching Hospital through the period from 16 May to 2 August 2011. Questionnaire developed by the researcher was based on review of literature and related studies and background experience as a tool of data collection. It was consisted of four parts (demographic, reproductive, initiation and continuation of breastfeeding). Content validity was carried out through eleven experts. A pilot study was conducted to test the reliability of the questionnaire and descriptive and inferential statistics were used to analysis of data.

**Results**: Results of the study revealed that 43.3% of study sample initiation of breastfeeding during 24 hours after cesarean section, 76.7% of them had continued breastfeeding, 26% of them had exclusive breastfeeding. Prediction of six variables which contribute in initiation and continuation of breast feeding (age, parity, number of alive children, age at marriage, place of previous delivery and previous initiation of breastfeeding).

**Conclusions**: Most of the study sample did not aware about the exclusive breastfeeding; one quarter of them had discontinuation of breastfeeding due to inadequate of their milk and newborn refused to take the breast during breastfeeding.

**Recommendations**: Reactivated the role of Baby Friendly hospital Initiative in promoting breastfeeding by implementation of ten steps successful breastfeeding and counseling women during pregnancy and immediate postpartum about initiation and maintenance of breastfeeding for six months after birth.

**Key words**: Awareness, Breastfeeding, Cesarean Section, Continuation and Initiation
Mental Health in the Quran
Raahrovan, Sahar

Introduction: the secret which lies in regarding different sciences such as medical science by Muslims can be sought to messages of the Qur'an and its commentators Prophet and Imams. Besides going through knowledge and wisdom in natural phenomena as reflected by Quran, there are certain points which conduct human to learning in medical sciences. Mental problems in current age have been found of the most important and complicated problems faced in human’s life, so to solve this problem and find a suitable mental model, we explore the Word of God.

Method: this study is a descriptive type of method, which has been carried out using library studies and investigating the newest academic and research articles, and also internet.

Results: facts indicate that human is a two-dimensional beings. The Qur’an also has considered both dimensions and wants to heal both the body and soul. What perceived from Verses related to medical and mental health is that Qur’an given the mental health has referred to all aspects including cognitive techniques, behavioral techniques, spiritual-emotional cognitive and even physical health that can influence mental health.

Conclusion: Most religious orders mentioned in the Qur’an are the health care benefits in a way that consideration of them prevents the psychological and behavioral diseases. It is crystal clear that with the advancement of medical science, the wisdom will be more apparent. It is recommended to provide a list from the verses and orders related to health providing them for majority of individuals.

Key words: Mental health, Quran
Moral reasoning measurement in nursing: A systematic review

Kamali Farahnaz*, Omid Athar, Changiz Tahereh, Yousefy Alireza, Adibi Peyman

**Introduction:** In clinical practice, nurses encounter moral dilemmas and they need Competency in ethical reasoning to solve this issues; The complex situations covers the end of life care, managing brain death patient, and prioritization of care in triage. In this systematic review, the methodological approaches and the results of the studies measured moral reasoning, in nurses or nursing students are presented.

**Methods:** Three data searches were carried out for this systematic review covered: Medline, Web of science, PROQUEST databases and Scopus and Eric databases in medical field covering the years from 1990 to 2012; Also Manual search of scientific journals, and ultimately, search in references of the reached articles. The key words were moral reasoning, ethical reasoning, ethical judgment, moral judgment, ethical decision making, moral decision making, and nursing.

**Results:** A total 2337 articles yielded, that after elimination of duplicate titles and the following of inclusion/exclusion criteria, became 25 articles. These articles were categorized based on their main focus. Most studies were quantitative in nature (n = 21). Five different theoretical frameworks were found in the studies that Kohlberg’s Theory of Moral Development was the most common. Twenty different data collection instruments were applied in these studies. Particularly frequently used were “Defining Issues Test “(n=5), A total of 12,033 samples participated in these studies. The number of participants ranged from 15 to 3500 in studies. The setting of all of the studies was combinations of clinical and nursing education institution. Most studies were done in USA, Korea, Finland, and Belgium. In three studies reliability and validity, in four studies reliability alone, and in one study validity alone assessed. Their main focuses were measuring of nursing moral reasoning, and measuring and comparing of nursing moral reasoning with other groups, that was consisted sub areas.

**Conclusion:** This study showed that many instruments were developed for nurses’ moral reasoning measurement. The most common instrument is Defining Issues Test that it has relevant and acceptable reliability and validity. It is developed based on Kohlberg's theory and includes some dilemmas for measurement nurses' moral reasoning. However, it is proposed that the special instrument is chosen based on context and situation.

**Keywords:** moral reasoning, ethical reasoning, moral development, measurement, nursing, systematic review.
Labor and reliance on God

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Background: Childbirth and relying on the level of God introduction: childbirth one of the greatest events of life a woman pregnant which can have physical and emotional effects on both maternal and fetal health. The delivery is a natural process, but it is potentially dangerous. Prolonged labor is cause of 8% of maternal deaths in developing countries. Stress and Anxiety started a vicious circle of pain, fear and muscle stiffness, which leads to increased levels of adrenaline and epinephrine, anti-oxytocin has been found to be able to destroy the normal activity of uterine muscle and may prolong labor. The aim of this study was to determine the effect of reliance on God on pain severity and duration of labor in primigravida women.

Methods: This cross sectional study was conducted on 100 pregnant women referred to valiassr Hospital - Birjand. The necessary data was collected using “personal demographics”, “pain severity and duration of labor”, and “reliance on God” scales. Data analysis with SPSS software and descriptive and analytical tests were performed.

Results: The mean duration of the second stage of labor for women with medium and high trust level significantly lower than women with lower levels of reliance on God, so that the mean duration of the second stage of labor for women with a high level of reliance on God, 22.1 ± 45.5 min in women with low reliance on God was 22.5 ± 59.1 minutes (P = 0.32).

Conclusion: According to the results of this study, it seems that reliance on God effects on the duration of second stages of labor. It seems to pay more attention to religion and religious strategies can reduce stress and anxiety in mothers and decrease Duration of labor.

Key words: Duration of labor - Second stage - First stage of labor - reliance on God
Self-care self-efficacy in hemodialysis patients

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Introduction: Hemodialysis is one of the choice methods for chronic renal failure that may cause many changes in the patient's lifestyle and their behaviors. Because it’s need to repeat the procedure throughout the week, it is essential that patients acquire skills for self-care. The present survey was designed to determine self-care self-efficacy of patients.

Methods: This descriptive, correlational study was conducted at dialysis Center of Pastor Hospital in BAM with participation of 60 patients. The instrument was used a questionnaire that had two parts: demographic Information and self-care self-efficacy (SUPPH). The data were analyzed using SPSS version 16.

Results: Results showed that, means self-care self-efficacy was 85.32± 20.18. Between Dimensions of self-care self-efficacy, Allocated to the dimension of decision making the lowest mean(7.9±2.2) and Positive Attitude the highest mean(46±13.5). In the domain of self-care self-efficacy based on personal Characteristics results showed that, age and education had direct correlation with self-care self-efficacy (p< 0.05).

Conclusion: Hemodialysis patients don’t have the necessary competence in their care. So, it is essential that health care providers In order to prevent or reduce the complications of hemodialysis provide properly information for them.

Keywords: hemodialysis, self-efficacy, self-care self-efficacy
Title: Effect of Relaxation on Stress Coping Strategies of Intensive Care Units Nurses

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Introduction: Intensive care unit nurses, including those affected by high stress. In the measuring of effects of stress the way that dealing with it, is more important than Nature of stress. This means that people use variety of coping strategies to deal with stress. It will be less is; Effect of Relaxation on Stress Coping Strategies of Intensive Care Units Nurses in Al Zahra Hospital of Isfahan 2011.

Method: This study is semi-empirical research that performed on 34 critical care unit nurses in Al-Zahra hospital of Isfahan. The questionnaire consisted of personal based on entry criteria, and the samples were divided randomly into two groups, Relaxation and Control group. Relaxation group for 8 week, one-week sessions of 45 minutes participated in the classes. Questionnaires were completed in two phases, before and after intervention. For data analysis, descriptive and inferential statistical method were used by SPSS software.

Results: Statistical tests showed that the scores for each of the coping strategies before intervention in the two groups was not significant difference.

In the Relaxation group, there was significant differences in scores after the intervention in problem focus strategy (P<0.001), emotional-focus (p=0.014) and incompatible (P<0.001) than there was before.

Conclusion: Relaxation can be used as a method that can enhance and improve the coping strategies of nurses in intensive care unit. This method can be trained in various departments and hospitals, to reform coping strategies nurses reduced negative effects stress.
Association between mood status of nurses with personal and social characteristics

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Introduction: All of us tend to happy and pleasure intrinsically. However, there are some situations that make someone feel sad. Nursing is a stressful profession. Thus, effect of different factors of nurses and their environment, on nurses mood, seems to have enough importance to study. In this study we intend to determine mood status in nurses and the relationship between personal and social characteristics and mood status.

Methods: This is a descriptive– analytical study, that 214 nurses who work in the different wards (such as ICU, CCU, medical, surgical,...) of Al-Zahra hospital of Isfahan Medical Sciences University answered a two parts questionnaire consisted of personal and social data and Zung self rating depression scale. Data were analyzed with ANOVA and Mantel-Hanzel.

Results: Findings resulted from Statistical analysis showed that there are significant relationships between mood status and sex, ward, income, sleep satisfaction, job satisfaction, spouse communication and two types of spending leisure time (book study and family meeting).

Conclusions: With regard to the importance and the impact of happiness in recovery of patients and other clients, it is necessary for nurses and managers to have a complete knowledge about effects of related factors to nurses mood and, if necessary, choose appropriate policy to avoid unpleasant results of it.

Key words: Mood status, Depression, Nurses, personal and social characteristics
Quality Education leads to Improvement in Maternal and Child Health

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²Dr. Policy Analysts, France Medical Centre for Children
³Afghan Midwife Association consultant

Introduction: Decades of war and conflict have depleted the technical and operational capacity of the government institutions to train healthcare providers. Building institutional capacity of healthcare organizations is therefore vital to fulfill its functions, especially related to management of reproductive health care. The Aga Khan University Programs in Afghanistan (AKU-PA) has been supporting the two year midwifery diploma programs at Ghazanfar Institutes of Health Sciences (GIHS) from 2002.

Goal: To strengthen midwifery program at GIHS to produce competent and compassionate midwives who can provide quality health care appropriate to the reproductive health needs of the people of Afghanistan.

Methods: Different methodologies were used to support the programs, which includes providing programmatic support to the midwifery school to produce competent midwives and continuing capacity building of midwifery teachers enabling them to conduct midwifery education in accordance with the international standards. In addition, strengthening and supporting clinical teaching practice sites and improving physical environment for the training were also a part of the methodology.

Results: Since AKU-PA began providing technical assistance to GIHS, the institution has been able to provide midwifery leadership in the country. The graduates midwife providing quality care in the country. Since 2002 around 677 midwives have graduated with 80% deployment rate. Recently midwifery school had external assessment by National Accreditation Board with 99% achievement which proved the provision of quality midwifery education in the country.

Conclusion: The above mentioned strategies to strengthen midwifery education programs in Afghanistan will not only enhance the status of midwifery profession in the country but also will be able to provide mothers and newborns, safe and quality care from the competent midwives. This has also helped country improve its health indicators, in reduction high IMR and MMR to 77 and 327 respectively.

Key Words: Midwifery in Afghanistan, Education, Midwifery, Reproductive Health

Quality Education leads to Improvement in Maternal and Child Health
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**Key Words:** Midwifery in Afghanistan, Education, Midwifery, Reproductive Health
Palliative Care: “A Nursing Perspective”  
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Palliative Care has traditionally been thought to begin at the time when active treatment aimed at curing the disease or prolonging life has ceased to be effective. More recent definitions see palliative care as extending across the illness continuum. People with chronic illness often experience both periods of stability and periods of decline over the course of an illness. They may have a variety of treatments, surgeries and hospitalizations over months and years. However, a time may come for some when they may either say to themselves or hear from a health care professional, “there is nothing else we can do.” Whether it is during the time of treatment or when there are no options for further treatment, relief or palliation of symptoms can be very important to preserving one’s quality of life. Depending on the definition of ‘palliative care’ one may wonder when and where acute care ceases and palliative care commences. Is there merit/benefit in knowing? Is there a grey zone where the concepts of care blend/blur?

Historically, Medicine and education has been based on the traditional model of curative care. In the old model, the curative care focus suddenly ends, substituted by a palliative approach to care, too often only in the last hours of life. Patient goals and wishes may never be clearly established, leaving family and care providers to guess at what the patient's wishes were if at respected. If we are to provide quality palliative care, we must equate it with health care providers establishing, acknowledging, and honoring patient and family goals. A major facilitator in accomplishing palliative care goals can arise from the nursing discipline with an impeccable assessment skills. This presentation elaborates on the concept of palliative care from a nursing perspective and the vital role of nurses in this rewarding specialty.
Pre-hospital Emergency personnel are expected to experience Lenjan city, in 1392

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Introduction: Waiting for the missions it is unavoidable for pre-hospital emergency personnel. 115 emergency personnel of permanent expecting their experiences with different attitude. This study aimed to explore experiences of pre-hospital emergency personnel expected in 1392 Lenjan city.

Methods: This study was conducted using qualitative research with phenomenological style. Pre-hospital Emergency personnel are expected to experience a deep and unstructured interviews were examined. Interviews with eight members of the EMS 115, the data was saturated. These data are consistent with qualitative content analysis were analyzed using Colaizzi method.

Results: The results of this study can be expressed in terms of the general concept that includes seven main subset, moral, scientific potential and skill, psychosomatic syndromes, challenging’s work, commitment and accountability and is rethinking.

Conclusion: The results of this study represent a range of experiences in relation to the expected emergency personnel tell continuous. Therefore, awareness of this experience, the training needed for staff retraining classes and skills, self-control classes (including stress management and time management), enhancing the quality and quantity of resources, reduced working hours and improve emergency management is recommended.

Key word: Experience, emergency medical technician, emergency medical services and emergency medical dispatch.
Depression and anxiety in association between clinical blood characteristics and quality of life in Armenian Familial Mediterranean fever disease patients

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Introduction: During our preliminary investigations the significant levels for depression and anxiety in Armenian Crohn’s disease (CD) patients was registered and link between the psychoemotional status of CD patients and the effect of placebo was described [1, 2]. The aim of current investigations was to evaluate depression and anxiety in association between clinical blood characteristics and quality of life (QOL) in Armenian Familial Mediterranean fever (FMF) disease patients.

Methods: The Zung self-depression scale, Beck Anxiety Inventory and QOL scale were used to study the depression, anxiety levels and QOL of Armenian FMF disease patients. ESR measurements were performed by the Westergren method. Rheumatoid factor, C-reactive protein and erythrocyte sedimentation rate in blood were measured according to standard procedures using Stat Fax 3300 (Awareness technologies).

Result & Conclusion: The investigations on depression and anxiety levels of FMF patients, compared with healthy controls revealed significant levels of depression of Armenian patients in remission. We didn't found any association between QOL and clinical characteristics or depression and anxiety levels of these patients.

Keywords: depression, anxiety, quality of life, questionnaires, FMF, blood, patients

Health seeking behavior: an evolutionary concept analysis

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**Aim:** To report an analysis of the concept of Health seeking behavior.

**Background:** Clarification of Health seeking behavior concept is required to aid nurses and other health-care professionals. Understanding of the attributes of health-seeking behavior and to guide theory development, practice and research. Research into health seeking behavior has been evolving, but the concept remains ambiguous.

**Design:** Concept analysis

**Method:** By employing a rigorous evolutionary concept analysis approach, the concept of health seeking behavior was examined for its implications, use, and significance in the discipline of nursing between 2000 and 2012. After applying inclusion and exclusion criteria, a total of 40 articles and 3 books were included in the final analysis.

**Results:** Defining attributes, antecedents, and consequences of Health seeking behavior were identified. Core attributes include Interactive and process, intellectual, actively and decision making based and ability to measure. The antecedents of concept can be categorized as social, cultural, economic, disease pattern and issues related to health services. Health-seeking behavior results in health promotion as well as lessens the risk of disease. In addition, it leads to predicting the future probable burden of the diseases, facilitation of the health status, early diagnosis, complete and effective treatment, and complication control.

**Conclusion:** Health-seeking behavior as a multidimensional concept is dependent to time and context. Being aware of health-seeking behavior attributes, antecedents and extent consequences of it will result in promoting the status, importance and application of this concept in nursing profession.

**Keywords:** Health seeking behavior, concept analysis, evolutionary method, nursing
Prevention of Complication from Angioplasty

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Introduction: Heparin to prevent clotting in patients during angioplasty is injected. Observed in vascular access site bleeding, hematoma and end organ perfusion is essential in the first few hours after angioplasty. Angioplasty, usually by a nurse or technician sheet sections 4 to 6 hours after angioplasty catheterization when activated clotting time of 180 seconds is less than outside. Extraction sheet, mobility in bed, out of bed by angioplasty care strategies based on policies. Quest to create evidence-based care is one of the essential steps in making the quality of care for these patients. Rapid exit from the bed afterwards increased comfort, reduced hospital stay, and lower costs by reducing the effects of prolonged bed rest is noticeable.

Method: This study is a systematic review. Search the library resources and databases of scientific information using search engines on articles published from 2000 to 2013 was performed.

Results: Several studies have been done on time of leaving the bed, and the results show that the majority of them reported increased complication rate in effect on a bed rest has been observed. For example, in the study by Pollardin 2011 during bed rest after angioplasty group 2.5 hours, 2 hours of rest time Vlasic, Tkach and colleagues study break 2 hours, 4 hours of rest Klyng and colleagues, in a study MORADZADEH et al, rest 2 hours and 24 hours after removal from the bed to control the delay hematoma formation was investigated. All of these studies, clinical trials and a significant difference in complication such as bleeding and hematoma in the lower group and the control group at bed rest for 4 to 6 hours have been observed. Most common complication of hematoma less than 5 cmmdue to early discharge, is about 3 percent.

Conclusion: In addition to reducing the time patients feel comfortable at bed prepare patients for discharge will be. Resulting in reduced hospitalization costs for patients and hospitals and hospital beds will be ready for new admissions. Findings led nursing care effectively and safely based on the evidence.

Keywords: Prevention, Complication, Angioplasty
Quality of work life and productivity of nurses (case study of nursing students in Qazvin province)

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Abstract
High-quality working environment as a fundamental prerequisite for empowering human resources in the field of health care system is Perceptions on the quality of their work life, the largest working group In terms of its importance to the functioning of hospitals based on the On the other hand, productivity is an important factor in the success of nursing students will be organized. The relationship between quality of work life Productivity, managers can improve the quality of student performance provide workplace. This article is drawn from research results to the analytic descriptive correlational Survey of all nurses in 1392-1393 are studying in Qazvin University of Medical Sciences. Form Statistical sample consisted of 50 individuals who were selected through multistage cluster sampling. Results showed that the majority of the subjects in the average level of productivity and quality of life in middle level is located.

Keywords:
Quality of work life, productivity, nurses, Qazvin
Patients' perception of Postoperative Pain Management

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**Background:** Postoperative pain management is a very serious matter to deal with. The patient may be afraid from taking the decision of doing an operation may save his/her life because of pain that not handled with attention by medical team. Little researches done in Iraq those deal with the problem.

**Aims and objectives:** To explore patient's perception about quality of postoperative pain management

**Methods:** A purposive "non-probability" sample of a descriptive study postoperative patients (n=50) interviewed about their perception of pain were asked to rate the quality of pain in a scale of 3 (low, moderate, high). Data was collected in 2012

**Results:** Most of the patients reported they have moderate postoperative pain

**Conclusion:** The patients' perceptions have a significant relation between pain quality and educational level, and number of admission. Pain consider as one of the reasons discourage patient to agree on operation. Therefore, Attention should be directed toward educational program to nurses about pain management and then they can increases patient awareness about pain management to reduce feeling of pain.

**Keywords:** Patients' perception, Postoperative Pain Management
The effect of parental presence on anxiety during induction of anesthesia in children 2 to 11 years old undergoing surgery

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Introduction: The surgical procedures in the treatment of children the stressful phenomenon that obstacle to achieving the health goals, so it is important and should be prevented. This study aimed to investigate the effect Parents presence on anxiety in children aged 2-11 years old undergoing surgery.

Methods: This is randomized controlled trial research. 60 Children 2 to 11 years undergoing elective surgery were randomly divided into experimental and control groups. Parents were present in the intervention group. Anxiety Scale for children m-YPAS in two stages were examined, and finally SPSS18 software and the chi-Square test, Fisher exact test, t test and t pair, were used for data analysis.

Result: Comparison of weighted average total score of anxiety among children in the control (70/39±20/93) and test group (67/83±16/78) before surgery had no significant differences (p>0.05). But changes scores between pre and postoperative anxiety in children in the control group (-3±16/45) and test group (-8/39±22/95) were not significantly different (p>0.05).

Conclusion: Presence of parents have no significant beneficial effect on anxiety in children undergoing surgery and to reduce the adverse effects of anxiety due to surgery should other effective interventions be considered.

Keywords: Parental presence, Anxiety, Children, Surgery

Features of mood, personality and self-esteem in academic achievement: a systematic review of studies
Introduction
Everyone has unique characteristics, and these characteristics can be effective in all stages of life. There are several papers in this field, and in this study, we tried to systematically review the literature published in the period of 15 years, the role of affective features, character, and self-esteem of students, which are associated with academic failure are determined.

Materials and methods
This study was a systematic review of studies that documented the systematic review and data were aggregated. First published articles related to the academic achievement of medical students in the country from January 1995, all numbers were extracted Persian date December 2010 (1008 articles) in several stages of screening (screening articles, the screening method and method of screening in the context of access Full paper screening study subject characteristics, mood, personality and self-esteem) 9 related articles with full text available with a minimum quality of standard were extracted from the literature on mood, personality, and dignity.

Results
Based on the results obtained, probably male gender, higher age to go to college, married, one factor that can lead to failure are students, not statistically significant. Students who have personality traits of paranoia, aggression, and psychological dissociation, most of them poor academic courses. Students self-confidence, self-esteem, and self-concept had higher levels of education were more successful in some studies introverted or extroverted personality also observed indicators of confidence, nervousness, dominance being done with school success studies of the relationship was not statistically significant differences were not obtained.

Discussion and conclusions
More successful in their studies but also the health of healthy people's personality traits of youth can train for careers in social sensitivity. Especially for students in the fields of medical and public health community are responsible for their own future. It also appears to be a major cause of the obtained groups according to their probability of failure is higher and identify preventive measures applied to them.

Keywords:
Personal health - health - a systematic review - medical - student - academic achievement - academic failure - Country
ASSESSMENT OF HYPERTENSION DURING REPRODUCTIVE AGE

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Objective: The purpose of this study is (1) to examine prevalence of hypertension in women of reproductive age, (2) to identify factors associated with hypertension in this group, and (3) to create nursing interventions for wellbeing and diet.

Methods: A descriptive analytic study designed to assess the women having hypertension. Setting: Hilla surgical teaching hospital in Babylon governorate. Population: A sample was fifty women had hypertension who attended to Hilla surgical teaching hospital during the period 1/2/2014-28/2/2014. Methods: This study include a personal interview, a questionnaire format used for data collection was designed and constructed after reviewing related literatures and previous studies and used the perceived emotional distress inventory scale to assess the emotional distress for women and collected basic demographic data. Hypertension was defined by using blood pressure measurements patients with an average systolic blood pressure ≥140 mmHg and/or an average diastolic blood pressure ≥90 mmHg or those who self-reported currently taking prescribed medication for high blood pressure were defined as hypertensive. (BMI) (Obtained from height and weight measurement during the exam using standardized techniques and equipment and grouped as <25 kg/m2, 25-<30 kg/m2, 30-<35 kg/m2, and ≥35 kg/m2). The association of these variables and hypertension was determined statistical significance was defined as ** Person's correlation is significant at the 0.01 level (2-tailed), * Person's correlation is significant at the 0.05 level (2-tailed). And the Cutoff point =1. Main results: The highest percentage of age group were (30%) of study sample their age group (36- 40) years, the mean with SD. was 37.8 ± 10.09 years. The mean of Body Mass Index (BMI) was X̄=27.24,SD±4.108. 64% of the study sample were worker.68% of them living in urban and shows that the mean and stander deviation of gravida was X̄=5.42,SD±2.8. The mean and stander deviation of para was X̄=4.5,SD±2.49. 44% had abortion with (1-2) abortion. 74% had normal vaginal delivery. 34% of study sample had renal disease, 26% they had heart disease, 78% of them had family history and 66% of them exposure to passive smoking. Also the highest mean of score within item (6) was (1.32) refers to eating low-fat dairy products and the lowest mean of score within item (3) was (.36) refers to taking additional herbs. In experience common symptoms of stress, the mean of score for all items are (0.887), the highest mean of score within item (1) was (1.26) refers to headache and the lowest mean of score within item (12) was (.551) refers to restlessness and itching. The mean of score for all items are (0.821). Finally the statistical significant correlation between age, BMI, exercise, headache and some variables. Conclusion: There were risk factors as age, increase BMI, having previous disease, family history, exposure to passive smoking and there was significant correlation between experience common symptoms of stress and some variables.

Key words: Assessment, Hypertension, Reproductive age, Symptoms of Stress scale.
An Iranian model of home visit

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1) Context of the project

Due to development of medical technologies and aging of population, the number of people with chronic diseases or permanent impairments has been increasing. Long-term medical follow-ups, nursing care and rehabilitation at home are necessary for the patients with chronic situations, especially when inpatient treatments are expensive.
Spinal cord injuries (SCI) are one of the most frequently seen permanent impairments in Iran. Apart from their motor and sensory paralysis, SCI patients also suffer from accompanying symptoms and complications during their lifetime. Most of the PSCI in Iran go home and stay with their family members after the acute stage. A systematic, and longtime holistic support for PSCI at home by professionals is necessary, but there is no home care service provision system in national or provincial level.

2) Purpose and method of the project

This project is aimed at developing an Iranian model of home visit, especially for SCI patients. In order to find an applicable home visit model for Iranian patients with SCI, their living situations at home are assessed, and a home visit team provides services to the patients (now still ongoing).

3) Findings and discussion

The first home visit must be conducted by an experienced nurse, in order to assess the needs of the patients in their own living environments at home. In the panel discussion, home visit models in other countries will be introduced for comparison, and with case studies, the difficulties of implementation of home visit in Iran will be presented. Possible solutions for the problems and recommendations for roles of the nurses will be discussed with the audience.

Key words: Home visit / Spinal Cord Injuries / Nursing assessment
Studying the effect of nursing interventions on the level of patients' consciousness in neurosurgery ICU of Al-Zahra hospital, Isfahan
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Introduction: Patient in a critical condition is a complex person who is taken care of by the most skilled personnel, using the best equipment. However, plunging in a multitude of controlling tools, unidentifiable stimuli, and the uncertainty of prognosis, bring about a stressful experience which highlights the role of nurse as a protector. Thus this paper aims at studying the effect of nursing interventions on the level of patients' consciousness in neurosurgery ICU of Al Zahra hospital, Isfahan, Iran.

Method: This study was a clinical trial including two groups and multiple phases that is done on forty patients who were admitted in ICU in the year 2011. The questionnaire includes demographic data and Glasgow Coma Scale to determine the level of consciousness of samples. Sampling was done in a convenience method and subjects were allocated in groups according to random numbers table. In intervention group, nursing interventions such as reassurance, emotional support, reorientation, effective communication with patients and their families, and permission to visit the patient twice a day and in control group, regular cares were conducted. Demographic information and level of consciousness were analyzed on first, third, and fifth day, using descriptive and inferential statistics.

Results: The repeated measure ANOVA showed no significant difference between the groups in terms of consciousness level (P=0.4), but the difference in fifth day was significant only in intervention group (P< 0.003). The Student t-test also showed that there was not a significant difference between mean score of consciousness level of samples both in control and intervention groups in third and fifth days of study(P= 0.426 and P= 0.09).

Conclusion: This study showed that ICU nurses should employ non pharmacological interventions to accelerate patients' recovery.

Key words: Intensive Care Unit, level of consciousness, nursing interventions.
University students' point of views to facilitators and barriers to sexual and reproductive health services

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Abstract
Aim: The right to health is a universal human right and this includes sexual and reproductive health services. The aim of this study is to explore the opinions of Iranian university students toward facilitators and barriers to sexual and reproductive health services.

Methods: In 2012, a random sample of 548 university students completed anonymous, self-administered questionnaires. Topics covered the participants' attitudes towards facilitators and barriers to sexual and reproductive health services in personal, interpersonal and structural domains.

Results: Mean age of participants was 21.57 years and 57.82% were female. The maximum score of facilitators and barriers to sexual and reproductive health services was related to "Young people participation in sexual and reproductive health services provision" and" Fear of stigmatization" respectively. The results showed among female university students, the mean score of personal and structural facilitators was significantly higher than the mean score of interpersonal ones (F=12.23, p<0.001). This difference also reported in barrier factors (F=5.51, p=0.004).

Conclusion: Results highlight policy makers and providers' role on improving the accessibility to provided services for young by enforcement of facilitators and reducing barriers particularly in the areas of personal and structural facilitators focusing on female services.

Key words: Barriers, Facilitators, Sexual and reproductive health services, Iran
Self-care and Self-neglect among Older Adults

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Background: Self-neglect in elderly is underestimated and is a self-care issue in the majority of countries due to lack of sufficient data and suitable instrument to measure self-neglect. The purpose of this study is to quantify the prospective relationship between self-care and severity of self-neglect.

Methods: A new instrument to measure self-neglect was used in the analysis. A cross-sectional design was adopted for the study and data were gathered from 200 older persons aged 60 years and over in the state of Selangor, Malaysian through face to face interviews in their homes. The internal consistency of the new instrument showed a reliability of 0.95. Thus, this instrument could be used to measure self-neglect in a community-dwelling as well as in clinical setting and for scientific purposes. Bivariate analysis suggested significant relationship between self-care and self-neglect.

Result and Discussion:
It was also found that self-care was associated with socio-demographic factors and severity of self-neglect. Thus, skills of self-care for elderly are crucial in order to reduce the self-neglect among elderly.

Keywords: Self-care, self-neglect, cross-sectional survey
Self-Care Performance Adolescents with Type 1 Diabetes

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Introduction: the key factor in the management of diabetes is self-care behavior that may help control blood glucose in patients appropriately. This study describes and explores self care that Iranian adolescents with Type 1 diabetes mellitus experienced.

Materials and method Semi-structured interviews were conducted with ten adolescents. Participants were chosen using purposive sampling from two teaching hospitals and one high school in two urban areas of Iran. Using standard procedures for content analysis, tree main themes were identified: "self care" "self carefacilator factors" and "self care restrictor factors". The cornerstone of management of diabetes for adolescents with Type 1 diabetes mellitus is to adopt an active role in taking care of themselves

Discussion and conclusion: Identification of the needs of children and adolescents with diabetes in terms of self-care and education may help them have better performance in management, control and prevention of diabetes complications.

Keywords: diabetes type 1, self-care, needs, performance
The effect of modifying patient admission process applying “Failure Mode and Effects Analysis” on patient safety in Central Emergency Ward of Imam Reza Hospital

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Background & Aims: Patient safety is one of the critical issues in health care system. Medical errors is considered one of the serious problems facing public health and a threat to patient safety, therefore, adopting measures to prevent and reduce errors is necessary. Application of Failure Mode and Effects Analysis (FMEA) in various studies has led to identification and discovery of many errors, but there are no findings about admission process. This study was carried out with the purpose of determining the effects of modifying patient admission process on patient safety via FMEA in emergency room.

Method: In this one-group semi-empirical research, 100 hospitalized patients and 60 nurses working in Central Emergency Ward of Mashhad Imam Reza Hospital were selected through simple random sampling during before and after interventions. Through intervention stage, implementing the eight steps of FMEA, group meetings were held with the contribution of team members, and using group interviews and brainstorming the data related to error types were identified and registered in final FMEA worksheet along with proposed actions. Using a patient safety assessment form the patient safety score was determined before and after implementation of proposed interventions. It was a researcher-made form that its validity and reliability was confirmed through content validity and Cronbach's alpha (0.72) and analyzed using SPSS Version 16 software and statistical tests such as independent t-test, Wilcoxon and variance analysis.

Results: The mean score for safety dimensions showed improvement after intervention compared to before intervention and the result of Wilcoxon test showed a meaningful statistical difference. The total safety mean score of 51.2±2.5 in the stage before intervention increased to 61.1±3.1 in the stage after intervention, and this difference was meaningful statistically (P=0.000).

Conclusion: Application of FMEA led to identification and prioritizing errors of admission process in emergency ward and by modification of these errors the patient safety increased by 19.3%. Therefore, application of this method, which is simple and cheap with high functionality in different situations, is recommended in different hospital processes.

Keywords: Emergency Ward, Patient Safety, Risk Assessment, Patient Admission, FMEA, Risk Management
Iranian university students' perceived reproductive health needs

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Abstract

Aim: One proposed strategy to improve youth health is needs assessment, a process for determining and addressing needs of individual groups. The aim of this study is to explore the attitudes and perceptions of Iranian university students toward reproductive health need to promote the provision of reproductive health services.

Methods: A cross-sectional survey was conducted among 548 students randomly selected from eight universities in Sari city, Iran, using an anonymous self-administered questionnaire. Topics covered the participants' attitudes towards reproductive health needs as well as their opinion about proper source of information in this area in 5 Likert- scale type.

Results: Mean age of participants was 21.57 years and 57.82% were female. The maximum score of reproductive health needs in point of view of participants was related to "be informed about appropriate behavior with my spouse" and the majority of students (82.82%) supported family-based reproductive health education with emphasis on mothers' role. Although 65.14% of participants agreed that "when a young has been raped, it's better that she/he counsel with her/ his family, 11.67% of them stated that she/he must hide the problem. Finally, we found that 60.40% of students preferred someone in a health care center explain how to use any contraception which may be provide for them.

Conclusion: Taken as a whole, these findings support the critical importance of programming for university students as part of a comprehensive strategy to improve the health and development of young adult.

Key words: Reproductive health needs, Young people, Iran
Survey of the nursing system personnel's viewpoint about charter of patient's rights, at hospitals of Jahrom, in academic years 2009 – 2010

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Introduction
Despite the world will realize the rights of patients in practice, evidence, the facts is different from what exist on papers shows. Evidence suggests that discussions regarding patient rights and medical ethics.

Aim:
Determination of the nursing system personnel's viewpoint about charter of patient's rights, at hospitals of Jahrom, in 2009 – 2010 academic years.

Methods:
A descriptive cross-sectional and analytical study was conducted in 2009 – 2010. Total personnel (248) include: nurse, midwife, nurse assistance, operating room technicians and anesthesiotechnician were examined with convenient sampling method. Data from patients were collected by a questionnaire based on the patient rights charter (article 10). The mean score less than 2 opposition, between 2-4 indifferent and 4-6 were considered positive. After data collection, statistical analysis was done by 16th version of SPSS software. Assays were performed with $\chi^2$ test.

Results: Data indicate that 0.4(1) percent of health care workers (nurses and operating room, anesthesia) were opposed to the patient Rights Charter. 4.8 percent (12) percent indifferent and 94.8% (235) patients were compliant patients' charter. Significant relationship between the variables and perspectives of health care worker to the patient rights charter were not found (p> 0.05).

Conclusion:
However, in this study, 94.8 percent of health care workers' Rights Charter perspective positive patients. But how much influence the clinical perspectives. Recommended the use of employee performance can be evaluated patients' charter.

Keywords: patient rights charter, medical personnel, hospitals
Comparison of the effects of enteral feeding through bolus method and continuous method on blood sugar and pre albumin of the patients hospitalized in ICU

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Background:
Inappropriate nutritional intake leads to some complications and prolonged hospitalization in ICU, and consequently, an increase in treatment costs and a longer need for mechanical ventilation. This article aimed to compare the effects of enteral feeding through bolus method and continuous method on blood sugar and pre albumin.

Materials and methods:
In this clinical trial study, fifty subjects were selected by convenient sampling of the patients hospitalized in ICU of Alzahra hospital, Isfahan, Iran in 2013 and randomly assigned to two groups of study and control. The subjects in study received infusion pump feeding and control group received bolus feeding for 72 hr. Blood sugar was checked each four hour for and pre albumin was assessed on the first and fourth day in two groups.

Results:
In study group, mean blood sugar significantly decreased on the fourth day, compared to the first and the third days. In control group, mean blood sugar increased from the first day. Mean blood sugar was significantly higher in control group on the second day, compared to the study group. In study group, there was a significant difference in mean pre albumin before and after intervention, but no significant difference was observed in control group. There was significant difference between two groups after intervention.

Conclusions:
The obtained results showed that supportive nutrition through continuous method had an effect on critical patients’ blood sugar control and made a better nutritional status for these patients through increase of pre albumin level. Positive effects of this feeding method can result in appropriate outcomes for patients’ recovery and reduce the complications.

Keywords: Blood sugar, pre albumin, intensive care unit, bolus feeding, continues feeding
Patient satisfaction in the Iraq health system: Emergency Department is a good example

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Introduction: Patient centred healthcare is the corner stone of the health system, at meantime the patient satisfaction is one of the most important indicators, can influence the health system direction and itself can be influenced by many factors. No more focusing on disease management as main target of our healthcare, it is the time to redirect our steps.

The study was done to show the real relationship between patient and health staff from patient and/or relative point of view. It’s very important that healthcare providers should play the role of patients to imagine the magnitude of their needs

Method: Data were collected by using structured questionnaire, random sample was taken of 2100 patient/or relative from Emergency Departments of 3 teaching hospitals (AlYarmuk, Alkindy and Basrah teaching hospitals) and 2 general hospitals (Imam Ali and Sadr general hospitals), All aforementioned hospitals are public.

Results: The majority of patients and/or relatives are less or not satisfied with communication skills of healthcare staff (Doctors, nurses and others), this includes information exchange with them, instruction of using medicine or follow up of their conditions, the most important issues like procedures that to be done for patients, and the prognosis and need for next visit.

Conclusion: The efforts should be performed to improve the communication skills of healthcare staff and psychological support training of staff to deal with violence tending patients and relative, especially those who lost their relatives!

Keywords: Satisfaction, communication, questionnaire, patient centred care
The Role of Education on the Promotion of Health Literacy: A Review Article
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Introduction
One of the notable roles of health literacy is making people capable of increasing their knowledge, skills and potentials in order to understand and obey the health care provider’s orders, make positive behavioral changes in healthy aspect of their life. Improvement in health literacy increases the chance of making permanent behavioral changes.

Method
A systematic literature review was performed through searching databases included Scopus, Ovid, PubMed, Google scholar, ScienceDirect, Springer, EBSCO, Oxford Journals & Cochrane library. Keywords mainly used included: Health, Health literacy and Education. At last we selected articles that had been published between 1987 to 2012.

Result
The result pointed out the positive effect of different style of education (individual or group education, consultation, distance learning, teachback and pictorial education) with content regarding healthy concepts, on development and improvement of health literacy.

Conclusion
The education and health education affect with various degree, on different aspect of health literacy, from school to patients and medical clients in primary health care centers and community. Regarding this result education can be used as a means for improvement of health literacy and the relationship between health and education in different population.

Key words:
Health Literacy- Education- Review Article
Assess the knowledge and attitude of nurses Kashani hospital death shahre-kord voluntary ethical and Considerations
Shojaiemahmood, raisidekordi, dehkordi, dehkordi, hrasyah, yousafim.
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Introduction: Euthanasia is one of the topics of medical law and nurses is important to say that some of those killed or lexical meaning compassionate, good death! And the conditions that a patient's request to die a natural and peaceful not only in Iran but in most countries of the world will be illegal in certain circumstances, but some people have to accept. Objective of this study was to assess the knowledge of nurses working Terms voluntary death is the moral Ethical considerations are voluntary death.

Methods: This descriptive study randomized 58 treatment at Watch and health center Number of nurses and Midwives hospital staff were among the and data collection and completion of the study through questionnaires and analysis and Interview person Program SPSS software version 15 was used.

Results: 75% Cases and Voluntary euthanasia death have The Not heard. 25% and only 5% have heard term voluntary euthanasia death have the heard concept since it the know and 5% gave the correct definition. Those who aware of the voluntary death, 60% of their data Through Internet, 30% of publications in scientific magazines through research, 5% and 5% friends have acquired resources. 98% of voluntary death and euthanasia subject under study as opposed to the divine demands and It inhumane and Incompatible with religion. Only 2% of people agree with subject euthanasia caused distress and Brings bullying and ease patient to agree to be legally Patient and Friends and Family know the subject and can be passed, as At Thalassemia abortion issue, not areligiousosbraindead. In response to the question, if the disease is diagnosed with severe and friends terminally ill, What would you recommend? 97.5% of people trust in God, Understand, moralandreligiousissues and help both drugs also hope to make new discoveries, to resume his life support systems of the state recommended only Patient 2.5% in favor of ending life. But by no means do it. Yet 98% of people that death is part of life in stratification continue and case responsibility and Time terminate They should be seen consciously chooses opposed. It is to be considered that the deadly disease, the probability of discovering a way to improve or treating the patient's life there is no time left and Pain relief the problem becomes unbearable or when the possibility of life without depending on others or other conditions is and or Demand nos sustained donor agencies, voluntary and informed (consciously from the analysis of mentally explicitly recounted) and Or should help others be able to end his life. Euthanasia can be made? For all the individual euthanasialaw, Jurists Woolley Leader, Medical Council, announced its decision-degree viewpoint around. Inteligence of nurses Midwife Greater colleagues.

Discussion: Several groups are opposed to voluntary death. Some (minority) believe that further examination of the issue of legalization of euthanasia and somehow they have accepted. These are some of the most religious states in the matter of religious and moral plans unacceptable.

Keywords: Euthanasia, Voluntary Death, Nurse, Chahar Mahal Bakhtiari
The effect of Social and mental health status of family members of patients in intensive care units in Alzahra Hospital in 2014.
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Background: Family members of patients who are at risk of death, Issues such as decision-making, and concerns about patient treatment experience that provides the background for psychological symptoms. The present study was aimed to describe of social and mental health status of family members of patients in intensive care units of hospitals in Alzahra Hospital.

Methods: This study was done on 57 immediate family members of patients in intensive care units Alzahra Hospital. The data was collected via standard questionnaires Keynesian social health in five areas of social prosperity, social solidarity, social cohesion, social acceptance and social participation (20 items) and GHQ mental health in four areas of depression, anxiety, somatic symptoms, impairment of functioning social (28 items). In order to analyze the data was used of SPSS software.

Results: The findings indicate that participants in this study, 74.1% male and 19% female, aged 56-17 years, And education level (48.3% below Diploma, 6.9% degree, 19% bachelor and 12.1% graduate) that the periphery of the city (37.9%), South City (8.6%), Downtown (20.7%) and North City (17.2%) were settled. 77.6% mentally health weak (depression 87.9%, anxiety 89.7%, somatic symptoms 86.2%, impaired social functioning 87.9%) and 55.2% partners poor social health (Social prosperity 75.9%, Social Solidarity 84.9%, Social Cohesion 4.91%, Social acceptance 79.3%, and Social involvement 84.5%).

Conclusion: As the finding of this study should, admitted to the hospital family members, particularly intensive care units, mental and social pressures many imposes to family members. So be factors associated with stress, anxiety and mood swings identify and to Improve, maintain and promote mental health and social policies should be such as using family-centered care. Plus the opportunity to meet more and give information to family members about treatment will help to improve the social and psychological needs of family members of patients in intensive care units.

Keywords: Mental Health, Social Health, Family, Patients, Intensive Care Unit
Investigating the sense of security in students of Sahrekord University of medical sciences

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Introduction: Security is a fundamental issue in many societies so that every country considers it as one of their high priorities. Therefore, current project was conducted to determine sense of security students in Shahrekord City University of medical sciences.

Methods: This is a descriptive study in which 200 students from Shahrekord University of Medical Sciences participated in randomly. Data collection instrument was a questionnaire having two parts consisted of demographic questions about them and social security assessment section (in four dimensions including sense of occupational security, sense of emotional security, sense of security in interaction with others and sense of security physical health). Achieved data were analysed by SPSS version 16.

Results: 127 girl students (63.5%) were and 73 boy (36.5%). Average age in girls was 22.47 ±2.47 and in boys was 21.82 ± 2.64. The score average of security sense was moderate and 49/09±13/11of the boy students and 43/77±12/49 of girl students and was significant difference between two studied groups. Sense of security physical health and occupational were significantly higher in boys than girls (p<0.05) But the sense of security in interaction with others and a sense of emotional security of the two groups were not significant difference.

Conclusion: According to the obtained results suggest, experts discussed about different dimensions of security sense carefully and critically and officials use discussions results for careful planning, for future.

Key words: sense of security, medical sciences, students.
The relationship between commitment and priority to the duty of prayer and the prevalence rate of Obsessive-Compulsive disorder among middle school students in Babol city.

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Introduction: Prayer is one of the God's commands and a worship that has a fundamental role in providing human beings with a mental relaxation. A large body of literature on relationship between religion, spirituality and the influence of prayer on mental health indicated the protective and preventive effects of this healing. (Rezaei et. al, 1391). We hypothesize that students are more prone to psychological disorders than the individuals in the general population. Obsessive-Compulsive Disorder (OCD) is one of the psychological disorders that is more prevalent among today’s students. Obsession is a serious problem among students as it affects their academic progress and success. In addition, obsession imposes negative effects on different areas of their development and will lead to hindering their optimal achievements. Hence, this subject has been selected for the present research study.

Methods: this research study was an analytical-descriptive study which was conducted once in an academic year. 200 female students of secondary schools of Babol with simple random sampling method were studied. Data collection in this study included demographic scale, practical attitude and commitment to prayer (Anisi, 1390) and obsessive-compulsive inventory OCI-CV (Fva et al, 2010). A statistical method was included independent t test that was analyzed using SPSS version 14.

Results: The results showed that there was not a significant difference between students with high and low commitment to prayer and the obsessive-compulsive disorder (P=0/196). However, there was a significant difference in compulsive washing subscale (P = 0/004).

Keywords: prayer, Obsessive-Compulsive disorder
The effects of cardiac rehabilitation on quality of life after coronary artery bypass graft surgery
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Introduction: Coronary artery bypass graft surgery (CABGs) is increasing growth as a treatment of coronary artery disease. However the quality of life (QoL) after surgery in the most patients is unfavorable. The aim of this study was to examine the effects of cardiac rehabilitation on QoL in post-surgery patients.

Methods: The study was conducted with quasi-experimental design involving 70 patients (35 patients in experimental group and 35 patients in control group) undergoing CABGs. The experimental group received 12 sessions of cardiac rehabilitation program according to their health condition. The control group was not participating in the rehabilitation program. The QoL was measured through the Quality of Life Questionnaire which was developed by Ferrans and Powers. Collected data were analyzed by SPSS.

Result: The results showed there was no statistical significant difference between the experimental and the control group in terms of demographic characteristics. The QoL score in the experimental group before cardiac rehabilitation was 14.55±1.2 and for the control group was 14.26±1.6. There was no significant difference between two groups before intervention. After intervention in the experimental group, the QOL score were increased in both the experimental group and the control group respectively 19.99±1.11 and 18.49±1.48. Independent t-test showed a statistical significant difference between two groups (p≤0.001).

Conclusion: The results revealed that participation in cardiac rehabilitation program is effective in promotion of QoL post-surgery. The researchers suggest the referring patients for cardiac rehabilitation after CABGs in order to improve their QoL.

Keywords: cardiac rehabilitation, Quality of Life, Coronary artery bypasses graft.
Exploration the process of confrontation with nursing errors in critical care units: model development

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Introduction: Nurses are in the first frontier for confronting with clinical errors and nursing errors are common and sensitive in critical care units. Therefore, understanding the process of confrontation with nursing errors and exploration different dimensions of them is necessary. The aim of this study was to explore the process of confronting with nursing errors in critical care units.

Methods: A qualitative grounded theory study was conducted. The sampling method was purposive and then changed to theoretical sampling. The data were collected through in-depth interviews with 19 critical care nurses and one focus group. The data analyzed according to Strauss and Corbin (1998).

Results: Three main categories emerged out of the confrontation with nursing errors. The main categories were active cognitive scrutiny with subcategories of evaluation of error, evaluation of consequences and situation monitoring, error resolve with subcategories of self-action, group-action, declaring the change, and cover up and reporting. The findings revealed that participants confront with nursing error based on the result of active cognitive scrutiny by resolving error or reporting.

Conclusion: Active cognitive scrutiny was basic social process of the study. The findings of the present study revealed that the process of confrontations with nursing error in critical care units need to special attention from policy makers, managers and also nurses. Considering the perception of nurses and for removing predisposing factors of informal behavior among them, it is suggested to have planning to meet the needs of nurses and implementing the various strategies so that the management of this process can be more favorable. Also, making a change in perspectives and establishing the culture of patient safety is essential. Moreover, it's appropriate that necessary information about errors and correct confrontation with them be considered in nursing education programs. Investigation of the scientific and practical various strategies with research for directing confrontation in correct path are also necessary. Altogether replacement of personal approach with systems approach is recommended.

Keywords: Nursing errors, Error confrontation, Critical care nurse, Process, Grounded theory.
Study of Quranic religious awareness before and after receiving Quranic religious messages in the audience

Mohammad Javadzai, Najmeh Shahini, Fatemeh Zia, Mohammad Reza Zia, Akram Sanagu

Introduction: The Quran is a unique miracle of the Prophet and the most complete version for humanity's paintreatment and Sire of the Prophet and the Imams (Peace upon him) should be taken out from Walnutwood libraries and dustyniches corner and expand in the community, to get the best and safest way for familiar with the principles and teachings of religion. This important is the duty of all scholars and cultural authorities of the Islamic community. This study according to the method and data transfer can be one of the best ways to accompany the plans and Quran practical programs and ideas and thought of true Islam and Islam's great prophet with the fabric of society.

Method: 200 telephone number was obtained data random sample of listed telephone numbers of individuals that have code. This code is included in the questionnaire. In this study 25 messages that the content was taken from the Hadith and Quran, Send to Audience that are including students and professors of Jahrom Medical School and Department staff for 1.5 Month and awareness of audience before and after the message is evaluated. Questionnaires were analyzed by paired T-Test.

Results: In this study, 200 people, including 62.5% female and 37.5% of men had been involved. 57% of students and 43% were non-students. 5% of the audience have saved religious Quranic messages. 73% of the audience have sent religious Quranic messages for others. 12.2% of the audience had received religious Quranic messages from another source. Statistically significant differences were observed in compared the education level with audience awareness by pretest (p=0.000) and posttest (p=0.004). 33% of the audience know SMS system effective for sent religious Quranic messages” 36% high and 30% somewhat.

Conclusion: According to considerable expansion of use of mobile system and message especially among youth and students, we can use of this system for University cultural and educational programs advertising and information in addition to the transmission of religious concepts and cultural.

Keywords: Awareness, Quran, Religion, Message
Explaining the concept of health from the perspective of diabetic women

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Abstract
Introduction: Health is a key concept of nursing which has not been fully described in nursing literature from the perspectives of many different cultures, thus this study is devoted to exploring the meaning of health among Iranian women with diabetes.
Methods: Hermeneutic phenomenology based on Van Manen’s approach was used. Twenty-one diabetic women referred to the diabetes center of Imam Khomeini hospital in Ardabil were recruited using purposive sampling method. Semi-structured interviews were used for data gathering. Each interview was transcribed verbatim and analyzed with Van Manen's approach simultaneously.
Results: Data analysis led to the emergence of six main themes: Spirituality and deism, The most precious jewel of life, Feeling of overall comfort and wellbeing, Not to burden others, Illness acceptance, and Lifestyle adjustments.
Conclusion: Health is an issue that is important for patients as they try to cope with their illness using spiritual and religious incentives, as well as trying to change their lifestyles. Findings of this study can be used by health care teams to revise their opinions about patients with diabetes according to the culture of their patients.
Key words: Diabetes, Health, Iran, Phenomenology, Women
Comparison of adherence to religious practices (prayer and fasting) and Thoughts Of suicide in depressed patients and healthy subjects Ilam

Eghbali Farah, Mami Shahram, Bagherimarzieh

Introduction: Traditionally, researchers and the importance of the role of religion and religious beliefs, emotional and spiritual health are emphasized, with regard to this issue, the present study was to compare religious practices (prayer and fasting) and suicidal thoughts in depressed patients and healthy subjects were randomly assigned to Ilam in 1392.

Methods: This study causality was a comparative, population of Ilam all healthy subjects who were randomly assigned (n = 60) and those who suffered from a psychiatrist diagnosis of depression (n = 55) was chosen as a target, instrument-taking, suicidal ideation scale (BSSI) and a questionnaire was bound to religious practices. The data analysis program, chi-square test and tssp20 done.

Results: The prevalence of suicidal ideation among depressed patients was significantly higher (P < 0.01), the results of the test, with the alpha level \( T = 2.036, p < 0.05 \) indicate significant differences between groups in adherence to religious practices, the depressed patients were significantly lower than adherent to religious practices.

Conclusion: Overall, the findings showed that having religious beliefs and rituals such as prayers, fasting acts as a protective factor against suicide risk reducing suicide attempts in person.

Keywords: Religious practices, suicidal thoughts, healthy subjects, depressed patients.
Perceived social supports in cancer patients

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Introduction: Cancer is uncomfortable and unbelievable experience for everyone which has many sings such as pain and physical and psychological disturbance. Social support is a trusty source that helps patients with cancer to cope with illness and its symptom that increase quality of life. This study has done for investigation of perceived social supports in cancer patients and its relation with demographic characteristics in them.

Method: This descriptive analytic study has done in 117 patients with cancer treated with chemotherapy in Seied Al-shohada hospital selected through convenient sampling in 1392. The data, collected by a questionnaire including two sections of demographic characteristics and, perceived social support and analyzed by descriptive and analytical statistical tests.

Result: Social support with mean 59.21, was at two low (57.3%) and moderate levels (42.7%). And it had inverse association with age (p=0.02), and right association with graduation (p=0.134). Mean of social support was higher in single patients than married and widow or divorced patients (p=0.02) and in females was higher than males (p=0.01).

Conclusion: Based on result Social support was low in patients. Also males, older, divorced and widow patients and who were in low graduated levels received low Social support, it decreased with old age too. Then it’s necessary to more attention to social support specify in groups with low Social support.

Key words: social supports, cancer, chemotherapy
Quality of Sleep and its Relationship to Quality of Life in Hemodialysis Patients

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ABSTRACT

Introduction: Despite many advances in the treatment of chronic renal failure, the quality of sleep in patients who suffer from this disease is at the risk. The high prevalence of sleep disorders in hemodialysis patients, which is concomitant with physical, behavioral, and psychological problems, has always affected these patients’ quality of life (QOL). This study aimed to determine the relationship between quality of sleep and quality of life in hemodialysis patients.

Methods: By using a descriptive and correlational design, this study was conducted on 245 hemodialysis patients in 2012. Patients were selected by convenience sampling from the hemodialysis ward of four training hospitals of Tabriz and Maragheh. Quality of sleep was measured by the Pittsburgh Sleep Quality Index (PSQI), and the quality of life for patients was measured by the Kidney Disease Quality Of Life questionnaire(KDQOL-SF).

Results: 83.3% of hemodialysis patients had poor quality of sleep. Poor quality of life was significantly associated with poor quality of sleep. There was a significant negative correlation between global PSQI and important aspects of quality of life including physical health, symptoms and problems, the impact of kidney disease on daily life, burden of kidney disease, mental health, social support, and sexual function.

Conclusion: The low quality of sleep in hemodialysis patients has an effect on the deterioration of their quality of life. Therefore, training, counseling, and advocacy programs should be developed to improve the patients’ quality of sleep and quality of life, especially those with lower education level and income, and older people.

Keywords: Quality of sleep , Quality of life , Hemodialysis
Spousal communication on family planning and perceived social support for contraceptive practices in a sample of Malaysian women

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Background: The use of modern contraceptive methods is critical in preventing unintended pregnancies and adverse maternal and perinatal health outcomes. In Malaysia Contraceptive Prevalence Rate (CPR) during past three decades has a steady rate, only 34% of women practice modern contraception. The aim of this study was to determine factors associated with modern contraceptive practices with focus on spousal communication and perceived social support among married women working in the university.

Methods: A cross-sectional study was carried out using self-administered structured questionnaire among 386 academic and non-academic female staff from nine faculties. The association between modern contraceptive practice and explanatory variables were assessed in bivariate analysis using chi-square test, independent sample t-test. The associations were further explored using multivariate logistic regression.

Results: Overall 36.8% of women used modern contraceptive methods. Significant association was found between contraceptive practice and ethnicity (p=0.003), number of pregnancies (p<0.001), having child (p=0.003), number of children (p<0.001), positive history of mistimed pregnancy (p=0.006), and experience of unwanted pregnancy (p=0.003). Contraceptive users had higher knowledge about contraception (p=0.002), higher perception of social support for contraceptive practice (p<0.001), more frequently discussed about family planning with their spouses (p<0.001), as compared to non-users of contraceptives. Logistic regression analysis in the final model showed Malay women were 92% less likely to use modern contraception as compared to non-Malay women. Women who discussed about family planning with their spouses were more likely to practice modern contraception than women who did not (OR, 2.2; CI, 1.3-3.7). Those women with moderate (OR, 4.9; CI, 1.6-10.8) and strong (OR, 14; CI, 4.5-26.4) perception of social support for contraceptive usage were more likely to use the modern contraception than women with poor perception of social support.

Conclusion: Spousal communication regarding family planning would be an effective way to motivate men for support and use of contraceptives. Family planning education initiatives should target both men and women particularly high risk cases for promoting healthy timing and spacing of pregnancies. Ethnic disparities need to be considered in planning reproductive health program.
The effects of the Emergency Severity Index triage education via problem-based learning on the triage nurses' performance and the patients’ length of stay in the Emergency Department of Besat Hospital in Hamadan

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Background & Aim: Problem-based learning (PBL) is an active educational strategy established on two bases, learner and problem. This study aimed to determine the effect of the Emergency Severity Index (ESI) triage education via PBL on the triage nurses' performance and the patients’ length of stay in the Emergency Department.

Methods & Materials: In this interventional, the ESI-triage education was done via PBL for all 12 triage-nurses in the Besat Hospital. The tools were the observational time-recording checklist developed according to the Swailes et al. study and the ESI form. The validity of the tools was confirmed by experts. The observer reliability was defined by the inter-rater reliability. The Length of stay and ESI triage level of 72 patients before and 72 patients two weeks after intervention were recorded. Data was analyzed by t-test, Mann-Whitney and ANOVA with 95% confidence by the software SPSS-20.

Results: The majorities of the triage nurses were men (75%), with a bachelor’s degree (91.7%), mean age 31.5±5/51 and work experience 6/72±8/00 years. The ESI-triage education via PBL strategy significantly lead to the decrease in the “triage by the nurses” duration (p<.001) and the nurses’ performance improvement (p<.001). Following the intervention, the reduction in the length of the “patient’s entry to the triage starting by nurse” and the “door-to-doctor” duration phase for all patients were noticeable.

Conclusion: Considering the positive influence of the ESI triage, PBL strategy is proposed to train other emergency personnel.

Keywords: Triage, Problem-based learning, Nurse, Length of Stay, Emergency Department
Relationship between job stress and job satisfaction of midwives working in Isfahan maternities.

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Introduction: Job stress is one of the most leading factors causing physical and mental symptoms as well as midwives job discontent and it will consequently lead to decrease service quality. As mental and physical health of midwives can affect the health of mothers and babies directly and indirectly, thus, current study is aimed at explore the relation between job stress and job satisfaction of midwives who working in maternities of Isfahan city.

Material and methods: A cross- sectional survey using 106 midwives that working in maternities of Isfahan city was implemented. Data was collected using questionnaire, moreover; data was analyzed by using of SPSS (ver.20), descriptive and inferential statistical test including One-Way ANOVA, Pearson Correlation, Spearman Correlation and Independent t-test.

Results: It maintains that the mean of midwives job stress score was ٨/۵٢±١۴ (from 100 score) and the mean of job stress score was ٣٤/۶١±۵٧/۴. Pearson Correlation statistical test showed a significant relation between job stress and job satisfaction of midwives (p<0.001, r=-0.806). There was also a significant relationship between job stress and numerous aspects of job satisfaction (p<0.05). There were not significant relations among job stress and job satisfaction with demographic characteristics considering age, marital status, job experience and education, however, there were a significant statistical relations among job stress and job satisfaction with income and employment status( p<0.05).

Conclusion: the findings suggest that planners of health organizations using appropriate strategies strive to decrease stress, prevent mental and physical effects in midwives and increase job satisfaction. Aforementioned steps will lead probably to both increase efficacy of health organizations and quality of services to mothers and babies that can be mentioned as two at risk groups.

Keywords: job stress, job satisfaction, midwifery.
Sexual Function in Women with Rheumatoid Arthritis
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Introduction: Sexual function is one of the most important aspects of life affected by chronic disorders. This study aims to investigate sexual function in women diagnosed with rheumatoid arthritis.

Methods: This case-control study was conducted on 50 women with rheumatoid arthritis as the case group and 50 healthy women as a control group in Hafez Hospital, Shiraz, Iran. Data were collected by demographic and the Female Sexual Function Index questionnaires from June to August, 2013. Statistical analysis that included the chi square test, independent sample t-test, and liner regression were carried out with SPSS software (version 16).

Results: Two groups were matched according to age, educational level, occupation, menarche age, husband’s age, marital age, gravidity and menstrual cycle status (P>0.05). Total score from the Female Sexual Function Index in the case group (15.9±11.16) was significantly lower than control group (27.29±5.67). Also, in all subscales, the score for sexual function (desire, arousal, lubrication, orgasm, satisfaction, and pain) in the case group was lower than the control group (P<0.001). From patients’ perspective, fatigue, limitation of joint movement, vaginal dryness, and reduction of sexual desire affected their sexual function. Also, linear regression indicated a negative association between duration of disease and sexual dysfunction.

Conclusion: Our findings show that rheumatoid arthritis adversely effects women’s sexual function. Thus, clinicians should pay attention to these patients regardless of symptom severity or treatment response.

Keywords: Sexual function, Womenhealth, Rheumatoid arthritis
Effect of exercise on depression management in elderly patients on dialysis
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**Introduction:** Chronic, long-term and slow speed. Chronic diseases such as heart disease, kidney disease, cancer, diabetes, obesity, a major cause of death and disability around the world, according to the World Health Organization, 60% of deaths due to these diseases occur. Estimates indicate that the elderly population in the world in 2030 from 9 percent to 16 percent and from 5.6 percent to 17.5 percent in Iran will increase. Aging, such as childhood or adolescence, a stage of life, with the difference that childhood and youth are full of energy and effort, but aging, and reduce the amount of physical activity is associated with power analysis. Among the various issues among the elderly, social isolation and loneliness of contemporary problems and a lack of social relationships and good social relationship is defined. Social isolation is a situation in which a person or group has the desire or need to communicate with others, but is not able to establish the connection. However, Loneliness, is an unpleasant condition that occurs when the lack of a significant relationship. Literature shows that the most common cause of lonely elderly mentally unbalanced states such as depression, suicide, severe disappointment, feeling alone. Non-smoking tobacco is among the most preventable diseases, he said.

**Methods:** A review of research using books, medical books, search the Internet with keywords "elderly, hemodialysis, depression, exercise" took place.

**Results:** Depression is one of the most common diseases in the world, it is estimated that nearly one in six adults in the course of their lives are affected by this disease. Depression as a disorder does not appear, do things to reduce stress, including crushing big things to small things put right and doing some things that can be equally, moderate exercise cores, go walking, light exercise exercise could be useful and feel better for elderly patients with kidney disease prior to dialysis into the dream. Exercise can reduce pain in elderly hemodialysis, to improve the quality of daily functioning, quality of life and the acceptance condition of hemodialysis sessions to help older people with chronic kidney disease.

**Conclusion:** Studies have shown that depression can increase the severity of illness in the elderly general makes them worse. But the use of certain types of therapies such as daily activities, and exercise collective can accept hemodialysis treatment and prevention of mental health disorders induced renal failure is effectively useful.

be ........... ‘s a daily moderate physical activity regularly, such as walking 30 minutes a day can reduce cardiovascular disease, renal disease and reduce complications bone loss, improve blood flow, maintain weight, respiratory and finally a general feeling of physical and mental fitness and appropriateness ideal is peace food diet in many cases, without additional medical or surgical intervention, the disease can be stopped.

**Keywords:** Elderly Hemodialysis, depression, exercise.
The role of ethics in health and spiritual growth, nurses and patients

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**Background:** The mission of moral perfection is the issue. True perfection and real growth in humans are dependent on these institutions. True perfection is defined as values are affected. In many unitary human beings, especially moral values derived from the divine attributes. Obviously, the physical characteristics of the material and not represent the true values are divine. Therefore, this value is extracted from the essence of spirituality. The purpose of this is to claim that the path to spiritual health and promotion of human passes through ethics.

**Method:** In this paper we describe the method argument to the spiritual health and growth theory in the light of personal and professional ethics deals.

**Results:** In a model of spiritual health, all aspects of the human protect the spiritual values. If spiritual values in the language and culture, health, spiritual health is presented as the core of human existence and social well-being. Support group, we have come together to protect it. Then layer the outermost layer of the physical and mental health and physiological. All of these elements protect central values (spirituality) is preserved. If physical health damage can occur, such as illness or disability, and social support to care for mental health. Spirituality - deals. Ultimately this is a spiritual health and immortality, he will safeguard the organism. Process of life, disease, aging, accidents... Whether physical, mental and social well-being and do not like to hurt but to strengthen the spiritual health and remain until death seems to bless the world is more.

**Conclusion:** Ethical practice is the only way to strengthen the spiritual health and moral factors and the interaction of person he is. Ethical practice nurses proven effectiveness in improving patients' health, especially the spiritual. But more important is the impact of these effect on growth and moral health. Based on this logic, it seems that nurses more than any other group benefit from the performance of their moral and spiritual perfection to achieve health benefit.

**Keywords:** Spiritual Health, Nursing ethics, Spirituality, Nurses.
Effects of a family support program on self-care behaviors in patients with congestive heart failure

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Background: Heart failure is one of the chronic heart diseases and a debilitating condition of increased prevalence in the elderly. One of the important and non-pharmacological strategies for improving clinical outcomes in these patients is promotion of the self-care. Background and social environment in which a patient is trying to control his disease is an important factor in the self-care. The aim of this study was to evaluate the effects of family support intervention on the self-care behaviors in patients with heart failure.

Methods: This study was a randomized clinical trial conducted in university hospitals in Isfahan, Iran, in 2012. A total of 62 patients with heart failure were randomly assigned to experimental (n = 32) and control (n = 32) groups. Supportive intervention including three educational sessions with the delivery of educational booklet and follow-up by telephone was performed for caregivers of patients in the experimental group. Data were collected using the questionnaire of self-care behaviors, which was completed before and 1 month after the intervention in both the groups, and the questionnaires were analyzed using descriptive statistics and independent and paired t-tests.

Results: The results indicate that after the intervention, self-care behavior scores in the experimental group and control group were 47.2 and 28.4, respectively, and independent t-test revealed that the difference was statistically significant.

Conclusion: Family-focused supportive interventions can be used as an effective method for improving the self-care behaviors in patients with heart failure.

Key words: Behavior, family support, heart failure, Iran, self-care
Nurses’ Knowledge about Universal Precaution at Neonatal Intensive Care Unit of Pediatric Teaching Hospitals in Baghdad City

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Background: Infections acquired in the hospital are an important cause of morbidity and mortality in high-risk neonates who receive intensive care. The Centers for Disease Control and Prevention CDC developed a set of protocols and guidelines known as standard precautions SPs that apply to care of all patients in all healthcare settings, regardless of the suspected or confirmed presence of an infectious agent that may prevent and control infection transmission for neonates and health care workers.

Aims: to assess the level of nurses’ knowledge about universal precaution, the frequency and type of occupational accidents

Methods:A descriptive study has conducted from 1 November 2010 to 1 March 2011. The sample consisted of all nurses working in NICU of pediatric teaching hospitals at Baghdad city 50 nurses. A Questionnaire consisted of 20 structured questions, most closed and three open, enquiring about the number of occupational accidents, types, what done at the moment and the knowledge of UPs. Data has collected through the application of questionnaire and interview techniques.

Findings: of the total sample, 16% has good knowledge while 80 % has accepted knowledge about UPs, 48 % was nursing institute graduated, and majority of the sample 92 % has not educational courses about UPs. Most of the sample 80% had received anti-HBV vaccination, 54% of them had suffered occupational accidents with needles, 10 % had suffered at least one occupational accident with patient’s exposure, and 48% did nothing after accidents because they did not know what should done.

Conclusion: Half of the samples suffer from occupational accidents in their nursing practices. Most of them do nothing to prevent themselves from occupational transmitted diseases, mainly due to lack of knowledge. The study recommend that nurses should be modifying and reinforcement their knowledge about UPs by continues educational program.

Key words: universal precautions, neonatal intensive care unit
Investigating of mothers' behavior based on Health belief Model about using iron complementation in 6 to 24-month old children in Shahrekord city

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Introduction: Anemia is one of the most important issues in children's general health and among the most common type of anemia is iron deficiency anemia in this group. This study was performed with the aim to determine mothers behavior based on health belief model of using iron complementation in children 6 to 24 months in Shahrekord city.

Methods: In this cross-sectional study that was performed in 1391, 83 Mothers with children (6-24 months) were enrolled and completed the questionnaire designed based on health belief model. Validity and reliability of the questionnaire was confirmed in a pilot study (a=0.79). The data were analyzed by software SPSS16 and Pearson and Spearman correlation test.

Results: Average age of mothers was 28.95±4.05 and education higher percentage of mothers (47%) was secondary level and 83% were housewives. The mean and standard deviation awareness score was 25.56±14.28, perceived susceptibility 62.04±12.56, perceived severity 62.53±11.10, perceived benefits 68.73±13.78, perceived barriers 62.10±22.56 and Performance 46.82±25.35. Between the awareness and performance was direct significant relationship (p<0.001, r =+ 0.44), and between performance and perceived barriers was significant inverse relationship (p<0.001, r =- 0.49).

Conclusion: Results showed that the mean performance score of mothers is lower from awareness and health belief model dimensions. And due to the significant effect awareness and perceived barriers in performance of mothers, necessary to develop continuing education programs and effective in the field is felt.

Key words: anemia, iron drop, health belief model.
Spiritual care in palliative care: Exploring the concept of “Roqya” programme.

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Spiritual care is one of the corner stones of palliative care. In the moment of illness and dying, people tend to seek another type of care to relieve or comfort intangible suffering that no one can define it accept the suffers. Therefore, the definition and act of spirituality is uniquely defined within the context of religions in different cultures. Islam teaches its followers to seek healing “Sheefa” from the holy book of Quran. The instruction was cleared by the Prophet Mohammed’s act of “Roqya” which is using certain verses of Quran to cure illnesses ranged from mild psychological illness to active physical illness like cancer. Accordingly “Roqya” programme has taken its name. The programme was initiated in Saudi Arabia to find its way to United Arab Emirates’ hospitals, including Dubai health Authority hospitals. The vast advantages of the programme were revealed from stories told among Muslims and even non Muslim patients or relatives as well as health care providers who experienced and viewed the secrets of “Roqya”. This presentation will explore the implemented spiritual programme of “Roqya” in Dubai hospitals elaborating through real stories of people experienced the programme as part of end of life care.
Embracing diversity or care with adversity: a nursing challenge in Dubai

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The total number of Muslims worldwide is 1.57 billion; nearly one-fourth of the world's population (1 in 4 people) is Muslim. Although Islam is considered a worldwide culture, there may be healthcare providers who are not familiar with Islamic culture and the basic tenets of the faith. In a working environment where nurses are very diverse and new to the Muslim culture, clashes and conflicts are not far from expectations. The emotion and frustration of nurses addressing conflicts between their own cultural values and patients' values need to be discussed. In addition to other factors, religion and cultural background influence individuals' beliefs, behaviours, and attitudes toward health and illness. This is indeed a fact in a multicultural environment like Dubai in the Middle-East where more than 150 nationalities live and work in harmony and tranquillity. Nurses need to be aware of these religious and cultural factors to provide culturally competent health promotion services for this population. Nurses also need to integrate Islamic teachings into their interventions to provide appropriate care and to motivate healthy behaviours. By increasing more Emirati nurses to the nursing workforce, expatriate nurses and new comers need to learn certain cultural beliefs and values of the country and its religion. This presentation will explore cultural challenges that nurses are currently facing in the hospital and elaborates on the steps taken to embrace cultural diversity through cultural competence education for all the new comers.
Nursing and Midwifery in the Eastern Mediterranean Region: Challenges, Opportunities and the Way forward

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Human resources development is a multidisciplinary, intersectorial and an integrated process within a total system. Developing capable, motivated and supported health workers is essential for overcoming bottlenecks to achieve national and global health goals.

Transformation of the educational system that prepares health professionals is necessary to address the quantity, quality and relevance of health care providers to contribute to population health outcomes.

The Eastern Mediterranean Region continues to invest in the development of nursing and midwifery resource as a critical component of the health system and health services development; several gaps remain in the provision of well trained and motivated health workforce as a whole and in nursing and midwifery in particular.

Nurses and midwives are the main professional component of the “front line” staff in most health systems, and their contribution is recognized as essential in meeting the development goals and delivering safe and effective care.

There is a strong correlation between availability of health workforce and health outcomes. There is evidence from the Region that the density of nurses and midwives is correlated with infant and maternal mortality.

The situation in the Region requires more educated nurses with expanded skill sets capable of responding to change, greater demands and new priorities in health care and the social realities in the places they live and work.

Key issues, challenges and opportunities in developing nursing and midwifery in Member States will be discussed and the regional strategy for nursing and midwifery development 2012-2020 will be presented. The strategy aims at ensuring that countries provide quality people-centered nursing and midwifery services where nurses and midwives practice within the healthcare team or as autonomous practitioners contributing to improved health outcomes and the well-being of society.
Relationship management in public health and psychological case study of teachers in the city of Alborz

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style managers can provide employees maturing fields. and adopting an appropriate style, encourage them to take responsibility for the area more demanding than provided. The level of organization they belong more and more to take hold, would assist the organization in achieving its goals. Clearly one of the major issues of social organizations and educational. Reduce the effects of stress, work environment and human activities, including cases. Feel that there are several different human the most important satisfaction or dissatisfaction. Having a mental health or mental health

This article is adapted from a survey research results - a descriptive study and a survey of all administrators and teachers in 19-0931 Albrz city schools are to be established. The sample size consisted of 184 patients who were randomly selected class.

The results obtained showed: interactive management style, managers, teachers social health, positive relationships Significant and negative and significant relationship with the teacher's mental health. task-oriented management style, manager, community health educators negative and significant relationship with the teacher's mental health has a positive and significant relationship community health and mental health among teachers, there was a significant negative relationship the findings among elementary school principals, guidance and secondary management style. While there is no significant interaction between the task-oriented management style was no significant difference.

Thus, public health and mental health depends a lot on the type of school teachers is the management style, managers who interactively attitude towards their teachers, community health and mental health improves.

Keywords:
management style, management style, interactive, task-oriented management style, mental health
Pre-hospital Emergency personnel are expected to experience Lenjan city, in 1392

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Introduction: Waiting for the missions it is unavoidable for pre-hospital emergency personnel. 115 emergency personnel of permanent expecting their experiences with different attitude. This study aimed to explore experiences of pre-hospital emergency personnel expected in 1392 Lenjan city.

Methods: This study was conducted using qualitative research with phenomenological style. Pre-hospital Emergency personnel are expected to experience a deep and unstructured interviews were examined. Interviews with eight members of the EMS 115, the data was saturated. These data are consistent with qualitative content analysis were analyzed using Colaizzi method.

Results: The results of this study can be expressed in terms of the general concept that includes seven main subset, moral, scientific potential and skill, psychosomatic syndromes, challenging’s work, commitment and accountability and is rethinking.

Conclusion: The results of this study represent a range of experiences in relation to the expected emergency personnel tell continuous. Therefore, awareness of this experience, the training needed for staff retraining classes and skills, self-control classes (including stress management and time management), enhancing the quality and quantity of resources, reduced working hours and improve emergency management is recommended.

Key word: Experience, emergency medical technician, emergency medical services and emergency medical dispatch.
Assessing the Relation between Lifestyle and the Mental Health of the Patients with Diabetes Type II

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Introduction: Today, diabetes is one of the concerns of public health in the 21st century and generally counted as the 5th main reason of the deaths around the world and 1 to 2 percent of the world population suffering from it. This fact requires the attention of health centers. So, the purpose of the study is to assess the relation between the lifestyle of the patients with diabetes type II and their mental health.

Method: The present study is in a descriptive-correlation framework which was conducted on the patients with type II diabetes who had gone to the "Seddigheh-e-Tahereh Research Health Center, subordinating "the Medical Science University of Esfahan". 100 patients were selected based on the accessible sampling method to take part in the study. To collect data, Lifestyle Questionnaire (LSQ) and Mental Health Questionnaire (GHQ) were taken into use and to assess the data analytically, the statistical method of descriptive-correlation coefficient was done so.

Results: According to the analysis, as far as the aspects of life are concerned, only two ones of physical and mental might significantly predict general health conditions of the patients afflicted with diabetes type II. (p< 0/01)

Conclusion: Regarding the point that the mental health conditions of those afflicted with the diabetes type II according two perspectives of mental and physical, so higher level of mental health is expected through improving these two aspects.

Keywords: lifestyle, mental health, diabetes type II.
Strategy for Improvement Stillborn Mothers Mental Health from Their Perspective: A Qualitative Study

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Introduction: when mothers are informed about the occurrence of stillbirth, Stress period begins. Many researchers believe that the failure to provide and care required by health teams during the hard times after the fetal death is the main determinant of maternal mental health in the future. In other words, psychosocial support by medical providers can significantly improve mental outcomes of mother after stillbirth. This study aimed to explore stillborn mothers’ Suggested strategies to provide maternal mental health in the experience of stillbirth.

Methods: Twenty women have experienced stillbirth participated in this qualitative content analysis study. They were selected through purposeful sampling method. Data was gathered by individual interviews recorded on audiotapes, transcripted and then analyzed. Interview transcriptions were coded and then classified. Finally three main categories and nine subcategories were emerged.

Results: Analysis of participants’ viewpoints and their sayings about Suggested strategies to provide maternal mental health in the experience of stillbirth lead to development of three main categories:” Before delivery strategy” with 3 subcategories, “During labor strategy” with 3 subcategories and “Postpartum strategy” with 3 subcategories. Analysis of findings showed that, Providers can mitigate some of the long-term negative mental outcomes for mothers by spending extra time with grieving mothers, facilitating bonding, validating their emotional expressions.

Conclusion: According to the results, it seems necessary to revise and modify the care plan in the experience of stillbirth in order to improvemental health in this mothers. Midwives and health care provider according to Strategies are formulated specifically for health professionals to do effectively and properly care for the mothers.

Keywords: Mental Health, Stillborn Mothers, Strategy, Qualitative Content Analysis
Organizations that Make a Difference: the Role of Monitoring & Evaluation

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Historically, the field of traditional monitoring and evaluation (M&E) strategies shed insufficient light on developing valued outcome and real impact on society's wellbeing and prosperity.

A living tragedy in today's political arena is the whole situation of the Middle East crises. International financial aid organizations such as USAID, UNAID, and the World Bank Group failed dramatically in their M&E to impact on countries capacity building for a sustainable development.

In health care industry in general and education in particular, M&E are tools often utilized for good intentions. It has no doubt lead to significant developments on input, process, and output parameters of academic institutions, but debates amongst scholars and interest groups remain on the significance of M&E on sustainable long term impacts.

Following on the footstep of writers and the wealth of information available in literature, this paper will critique some M&E methodologies and approaches; it will present strategies and framework that enhances project/ program effectiveness, integrating principles & values.

The writer will also shed some light on evaluation culture as a growing underlying base in academic life cycle, examining what some cultures embrace and how does it look like.
The effect of Pilates exercises on hemoglobin A1C in women with type 2 diabetes

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Introduction: There is a lot of evidence that proves exercise therapy as an effective method to decrease blood sugar in patients with type 2 diabetes. One of these methods that has recently drawn exercise experts and physiotherapists’ attention toward itself and extensively been expanding is Pilates exercise. The present study was aimed at determining the effect of Pilates exercises on hemoglobin A1C in woman patients with type 2 diabetes.

Methods: In this clinical trial study, 70 women suffering from type 2 diabetes were randomly divided into an experimental group (35 patients) and a control group (35 patients). A demographic information questionnaire was utilized to collect the required data. First, hemoglobin A1C in both groups was measured before the intervention. Then, modified Pilates exercises were carried out in the experimental group twice a week over a period of 12 weeks. During the same period, the control group received conventional medications. Afterwards, hemoglobin A1C in both groups was measured again. Finally, the collected data were analyzed through SPSS 17.0 software. Data analysis was carried out through Independent and Paired samples t-tests and chi-square test.

Results: After intervention, mean hemoglobin A1C in the experimental and the control groups were respectively 5.87±1.7 and 8.2±1.4. In this regard, Independent samples t-test proved a significant difference (p=0.003).

Conclusion: According to the findings of this study, it is concluded that Pilates exercises can be utilized as an effective and safe method to decrease hemoglobin A1C in patients with type 2 diabetes. The results introduced Pilates exercises as an effective method for patients with type 2 diabetes.

Keyword: Pilates exercises; hemoglobin A1C; type 2 diabetes
Relationship between demographic characteristics and attitudes toward caring for dying patients among neonatal and pediatric nurses who Participate in a workshop on care of dying patients' in hospitals affiliated to Isfahan University of Medical Sciences, 2010.

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Introduction:
Nurses in infants and children wards, like other nurses, are permanently involved with death and dying. In various sources, several factors that influence the attitudes of nurses to care for dying patients are mentioned. Due to cultural differences that exist between different nations, the researchers try to survey several factors influencing nurses' attitudes in the relationship between demographic characteristics of nurses in department of infants and children participated in the training course caring of dying patients' attitudes toward caring for dying patients.

Methods
This study is a single group quasi-experimental study with 60 eligible nurses of infants and children wards, attendendandparticipated in a training Course about caring for dying patients. To measure nurses' attitudes, reliable questionnaires related to infants and children departments and demographic questionnaire were used.

Results:
Since there were no meaningful difference between demographic characteristics and nurses' attitudes, it seems death education for nursing student and nurses is essential.

Conclusion:
We understand that there isn't relationship between demographic characteristics and attitudes toward caring for dying patients.

Key words
Demographic characteristics, caring for dying patients, Nurses, attitudes, training, infants and children department
**Effectiveness of behavioral marital therapy on reducing anxiety and increasing marital intimacy in married women with age difference of more than 5 years of Ilam**

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**Introduction:** The age difference between husband and wife under the condition may lead to family tensions and reduce the intimacy of couples, marital and psychological problems. Among the different approaches in the field of behavioral couple therapy approach - Bernstein communication that is used for problem solving, communication partners, so Objective: The efficacy of behavioral couples therapy - Contact Bernstein on reducing anxiety and increasing marital intimacy with spouse than 5 years of age differences in Ilam is.

**Methods:** In this study, a clinical trial with a control group, the target population of women older than 10 years age difference spouses who have passed at least two years of marriage, and 30 of these women formed the Cattell Anxiety Scale and Inventory of marital intimacy needs (MINQ) scores greater than one standard deviation were selected and randomly divided into 15 groups (experimental and control) were assigned to experimental group for 8 sessions of couple therapy was 90 min.

**Results:** Analysis of hypotheses using univariate and multivariate analysis of covariance showed that behavioral couples therapy - Contact Bernstein reduce anxiety and increase marital intimacy in the eight dimensions. (P <0/001).

**Discussion:** In general, behavioral couples therapy - Contact Bernstein on reducing anxiety and increasing marital intimacy and the positive effect of negative interactions between spouses and reduced to decrease the likelihood of divorce provides.

**Keywords:** couples therapy, marital intimacy, anxiety, age difference between spouses
Integrated Program for Children Developmental Services

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Introduction: Early childhood years experiences are important infrastructure for the human life. By providing appropriate responses to early childhood needs, children health situation and their abilities will improve more. Child development is a priority of children health program in the Islamic Republic of Iran. In case of problems and disorders in children development, there will be a lot of problems during childhood and thereafter which limits her/his social opportunities’ in the adulthood period and will affect her/his social and economic situation.

Situation analysis: Developmental disorders are one of the most important health issues in the Islamic Republic of Iran. Developmental disorders make a lot of problems in childhood period, limit her/his opportunities in the adulthood and will affect her/his social and economic situation. Based on IrMIDHS 1389, addressing the children development issues, some of the indicators were as below: verbal-counting: 68.98%, physical development: 70.84% and educational/training development: 95.39%.

Practical interventions: The integrated children development program is one of the projects of National Comprehensive Document for Early Childhood Growth and Development. Having an appropriate screening program for early detection of children who has abnormal developmental process is the main objective to implement an on time intervention to solve the problems or decrease its severity and finally prevent any among them. This program will be started by modified primary screening PEDS test at the health houses, health posts and urban rural health centers level. The standard developmental screening test of ASQ will be done for the children who will refer from the previous level and all 12 months children. The children, whose tests will be below 2SD, will be referred to the medical doctor in charge. In case of approval of developmental disorder, the child will refer to the 1st Integrated Center for Developmental Disorders. Rehabilitation and curative programs will be started after final diagnosis under supervision of related specialists.
Breast Cancer Screening in Infertile Patients Undergoing In-vitro Fertilization Treatment

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Introduction: The fact that the development of breast cancer is linked to repeated or sustained exposure to high blood estrogen levels has raised obvious concern that reproductive hormones particularly estrogen, might increase the risk of breast cancer development. A significant but short-term elevation in circulating estrogen, with estrogen levels in an IVF cycle peaking at 4,000 pg/mL, compared with 300 pg/mL in a normal menstrual cycle, along with accompanying changes in other reproductive hormones, increase the concern over breast cancer in IVF patients.

Body A recent report published by Stewart LM (FertilSteril. 2012) on a large Western Australian study, comprising data from 21,025 women and spanning 20 years revealed that women who initiated their 1st IVF attempt in their mid-twenties were approximately one-and-a-half times more likely to develop breast cancer than were controls, who underwent other (non-IVF) forms of fertility treatment. The American College of Obstetricians and Gynecologists recommend that women be offered annual screening for breast cancer starting at age 40; the American Cancer Society endorses mammograms starting at the same age. However, women who have risk factors that increase the chance of breast cancer should undergo earlier screening, especially if they are planning to undergo fertility treatment. Other risk factors used in the modified GAIL MODEL are: current age, age at menarche, age at the first live birth or nulliparity, number of previous benign breast biopsies, atypical hyperplasia in a previous breast biopsy, race and a positive family history. A guideline for breast screening is provided as follow:

Breast Self-Examination:

- Monthly self-examination for all women more than 20 , Appropriate education should be provided
- Discovered masses should be examined by health professionals

Mammography: A baseline mammography for all women aged 35-39, every 2 years for those aged 40-49, per 1 year for women more than 50

Physical Examination: Annual examination by health professionals for all women more than 25, High risk women need to be assessed per 6 months, Discovered masses should be evaluated by imaging modalities

Conclusion Most major medical organizations recommended starting routine mammography) MMG (for women at age 40. MMG is not a stand-alone procedure and physical findings must be considered along with the radiographic and histological assessment. There are several studies supporting the use of US for breast cancer screening as an adjunct to MMG for high risk women. Breast MRI can be considered in addition to MMG for screening in high risk patient.
Compassion in nursing

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Introduction: The role of nurses in various stages of diagnosis, treatment and care is very clear and critical. Care nurses are an important member of the team than any other team members spend most time with patients and their families. Ethics in the care of all patients, particularly patients with chronic illnesses are very important, the importance of nurses is at least as much as other professions. Eight different sources of moral competencies identified as indicators suggest that nurses are romantic love, kindness, compassion, enjoyment, grace and gentleness, responsibility, discipline, integrity, respect, value, dignity and human rights. Among the important concepts in nursing, concepts such as compassion a deeply emotional performance in patient care is very important. Despite the proposed descriptions, compassion simplest form of a word that has been discussed for many years been foggy and then fades out. The use of this term often lost or distorted or forgotten. Identification and recognition of the concept of ambiguity is still nursing. There are several challenges in the measurement of the compassion:
1- not clearly articulated properly
2- compassion include a range of factors that can be easily reduced to a single action is not measurable.
3- compassion in different cultures, the different forms appear.
4- Different people have different meanings it has an open concept, need advice.

Methods: This article is based on an extensive review of 80 papers have been written in Persian, Latin and 10 articles. The doctoral thesis was confirmed as the framework and the implementation process is elementary.

Results: (RCN) 2008 compassion as a part of the process respect and dignity for human counts. Dewar and colleagues in an action research study, the compassion is considered a way to communicate with others and emotional support of persons believe that kindness is a virtue. Also, due to the compassion and support for vulnerable people who have experienced an emotional reaction, but in a way that is understandable for them to know. Available somewhere else (Dewar) 2009 the results of a qualitative study, believes that compassion: it is a subjective experience; the quality of the relationship is fundamental to delivering compassionate care; it is about relating to the needs of others; it requires you to acknowledge the person behind the illness; it is about human experience and preserving integrity for the individual; the need to recognize suffering and vulnerability; and, it requires emotional connection and interpersonal skills. The results of the study Burnelwith Audio taped interviews and transcripts were analyzed extensively until seven attributes emerged: personal connection, genuine caring, listen-to-me, competent practitioner, family-like, spiritual connotations, and spreading cheer.

Conclusion: In sum, we can say, the belief in Iranian culture and love of our community nurses and other fellow creatures and unique creations of God, who take care of patients, and on the other with regard to the consequences of the lack of proper, Compassionate care, which usually leads to dissatisfaction, delayed recovery and reduced quality of life of patients, with compassionate care in nursing the Iranian cultural context, Islam is considered a priority.
Different dimensions of maternal - fetal behaviors and associated factors in pregnant women

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Introduction: prenatal attachment plays an important role in the health of pregnant women, their babies and positive adaptation to motherhood. The purpose of the present study is to evaluation different dimensions of maternal - fetal behaviors and associated factors.

Materials and Methods: This cross sectional study was conducted on 241 pregnant women in 2012. Data was collected using of “personal demographics”, “social support”, “Life Satisfaction scale” and “maternal-fetal attachment (MFA)” scales. The collected data were analyzed by means of SPSS soft ware using t-test for independent groups, ANOVA, Tukey and Spearman correlation coefficients, at the significant level of P<0.05.

Results: The results showed that the mean MFA was 90.63 ± 9.23. There were significant relationship among MFA( total score and some of sub scales) and education and occupation (mother and wife) and marital satisfaction. There were significant relationship among sub scales of MFA( no total score) and , gestational age ,parity and wanted or unwanted pregnancy. There was not any significant relationship among MFA (total score and some of sub scales) and maternal age, , abortion & stillbirth history, pregnancy risk status, housing status and income status. There is weakly correlation between MFA and social support and Life Satisfaction.

Conclusion: This study found that variables influencing the maternal-fetal attachment ( total score and some of sub scales) of pregnant women. Prenatal midwives can have an important role in promoting attachment behaviors.

Keywords: Attachment, Maternal-Fetal Attachment, Pregnancy
Effect of lifestyle education on the knowledge and performance of patients affected by hypertension

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Introduction: Hypertension is a major risk factor for cardiovascular diseases; thus, effective education is required in order to enhance hypertensive patients’ lifestyles. This study aimed to evaluate the effectiveness of lifestyle education on hypertensive patients’ knowledge and performance.

Methods: This quasi-experimental study was performed on 40 patients with essential hypertension who were selected by convenient sampling in Peymanieh Hospital in Jahrom City during 2011-2012. The data collection tool consisted of a researcher-made questionnaire and check list which were completed by the patients one month before and after the intervention. Intervention was conducted by written and oral educational programs. Findings were analyzed by SPSS 17.0 and paired T-test.

Results: Participants consisted of 24 women (60%) and 16 men (40%) with the mean age of 64.50±11.70. The means of patients’ knowledge and performance were respectively 5.59±0.91 and 11.89±2.65 before educational intervention. The same means changed to 6.58±1.15 and 13.28±1.78 after the educational intervention which revealed a significant relationship (P>0.05). The difference between the means of blood pressure before and after the intervention were statistically significant (P>0.05). Conclusion: Lifestyle education enhances hypertensive patients’ knowledge and Performance. Hence, it is suggested to employ educational programs targeting nutrition, exercise, stress, smoking, disease and the regular use of medicines among these patients in order to improve their knowledge and behavior. Keywords: Hypertension, Lifestyle, Education
Evaluation Nurses' Practices toward Neonatal Resuscitation in the Delivery Room

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Objective: The study aims to evaluation of nurses' practices toward neonatal resuscitation and find the relationship between the nurses' practices and their demographic characteristics.

Methodology: A descriptive study was carried out in 4 teaching hospitals (Al-Yarmouk Teaching Hospital, Al-Karama Teaching Hospital, Al-karkh Delivery, Hospital, and Al-Kadhimiyia Teaching Hospital) in Baghdad City from the 12th September 2011 to 22th April 2012. A purposive (non probability) sample of (40) nurses who are working in the delivery room in these hospital. The data was collected through using constructed questionnaire which comprises (46) items add filled by using interview technique. The reliability of the questionnaire was determined through a pilot study and validity through a panel of experts. The data were analyzed through the application of descriptive statistic frequency, percentage, and the application of inferential statistical procedures, which include Pearson correlation coefficient and chi-square.

Results: the finding of the study was indicated that the nurses have poor practices about neonatal resuscitation in the delivery room.

Recommendation: the study recommended that nurses 'practices should be improved toward neonatal resuscitation in the delivery room.

Loneliness Status of the Elderly Living in Nursing Homes versus Those Living with Their Families in Yasuj

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**Introduction**: Aging is a sensitive period of life, and attention to the needs and an issue of this stage is a social necessity. The loneliness caused by lack of social relationship impacts on physical health, quality of life and life satisfaction of the elderly. Because of importance of this problem, we aimed at determining Loneliness Status of the elderly living in nursing homes versus those living with their families.

**Methods**: This is a comparative descriptive research. Samples consisted 70 elderly, 60 age years and over (27 male, 43 female, 38 living with their families and 32 living in nursing homes) with average of 69 years old and standard deviation 9.3 were selected. The sample was drawn by means of available method. Standard loneliness questionnaire was administered. Data were analyzed by descriptive and analytic statistics.

**Results**: Findings showed that Loneliness of elderly living in nursing homes was significantly more than the elderly living with their families (P<0.0001). Moreover, results showed that there wasn’t a significant difference between the male elderly and the female elderly in loneliness, but there were significantly difference between educated and non-educated (P=0.007), with children and without children (P=0.002) and married to non-married (Single, widowed and divorced) (P=0.024).

**Conclusion**: Results of this study showed that living with member’s family, educated, children and married has positive effect on loneliness of the elderly.

**Keywords**: Loneliness, Elderly, Aging, old age
Exploring outcomes of respect for patient autonomy in hospital: a qualitative research
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Introduction: Patient autonomy is essential element in the provision of individualized, patient-centered and ethical care. The philosophy that optimal outcomes of health care interventions may be achieved only when patients become active agents in the management of their disease. This study was performed to explore consequences of respect for patient autonomy in hospital.

Methods: 13 patients, 7 nurses and 1 doctor were interviewed over a 10-month period in three educational hospitals Tabriz and Hamadan University of Medical Sciences hospitals. Semi-structured interview was the main method for data collection. The interviews were analyzed using qualitative content analysis methods..

Result: Data analysis identified 11 categories and five themes that indicated nature and dimensions of patients’ perception from consequences of respect for patient autonomy. These themes included: 1. Mental and physical comfort 2. Compliance 3. Self-care 4. Inform consent 5. Trust.

Conclusion: The findings indicate that respect for patient autonomy had good consequences. These results can help the treatment team until motivate to respect for patient autonomy.

Key word: Outcomes, Patients, Autonomy, Qualitative study.
Evaluation of patients' awareness of risk of venous thromboembolism and prevention methods of it in the orthopedic wards of Tabriz Shohada hospital 1392.

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Introduction: Venous thromboembolism (VTE), including deep vein thrombosis (DVT) and pulmonary embolism (PE), is a serious cause of hospital mortality, which is highly preventable. Studies have shown that incidence of (VTE) in hospitalized patients is one hundred times more than healthy individuals. Venous thromboembolism prevention is most effective than treatment. Studies have shown hospital patients' awareness of this condition is not desirable. The aim of the present study was to assess patient awareness about risk of (VTE) and prevention of it.

Methods: This study was done to way descriptive - cross sectional. A questionnaire that was prepared to this order, had been filled for 163 lower limbs orthopedic surgery patients. Data were analyzed using spss software version 16.

Results: 81.6% of the patients were males and 18.4% were female. Only 52.8% of patients were aware of risk of (VTE) and 40.4% were aware of causes of this complication. 42% of them knew methods for preventing (DVT). 46.6% were aware that they were receiving anticoagulant. Only 14.9% were aware of the side effect of receiving anticoagulants.

Conclusions: Findings show that patients' awareness of (VTE) is not enough and Patients need to further training. By creating programs such as preparation of educational booklets and pamphlets about of causes and risks of (VTE) and prevention methods in simple language for Patients and also face to face education to patients during nursing care, promote patient awareness and can be effective in prevention of VTE.

Keywords: awareness, prevention, venous thromboembolism, nursing.
Survey of Nurses Mental Health in Psychiatric and ICU Wards in Tabriz University of Medical Sciences in 2013
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Background: Nurses health, particularly their mental health as providers of care is effective in the quality of care of the patients. This study was carried out to evaluate the mental health of nurses in psychiatry and ICU wards in Tabriz University of Medical Sciences.

Materials and Methods: In this cross-sectional study, all of the nurses in psychiatric and ICU wards were evaluated in 2013 (N=97). Survey instrumenta were 2 questionnaires: 1.Demographic variables and 2. General Health Questionnaire (GHQ-28). Data were analyzed using Chi-square and Fisher's tests.

Results: The mean age of nurses was 34.9 ± 6.29 years, 81.4% married, 58.1% were females and 41.9% were males, 60.6% were employed in the psychiatric ward while 39.4% were working in ICU ward. 35.8% of the nurses did not have good mental health. Nurses who worked over time had less mental health (p=0.017). Depression and hopelessness were more prevalent in psychiatric nurses than the ICU nurses (p=0.021). There was not a significant difference between shift work, employment status, work history, physical history, sex, and marital status with mental health.

Conclusion: The results showed that considerable amount of nurses do not have adequate mental health. Specifically, psychiatric ward nurses and nurses who work over time have more mental health problems. Further studies are recommended to investigate the effective causes of mental health problems of the nurses and prevention and treatment programs for mental disorders in these groups are needed.

Key words: Mental health, Nurse, General Health Questionnaire (GHQ-28)
Observance of hand hygience in “Razi Educational and Medical Center” in Tabriz (2012)
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Introduction: Target and Field: despite the importance of hand washing in infection prevention, studies show that personel don’t pay attention the hand hygience completely. The purpose of hand hygience audit is heigene in created opportunities and finding the cause of personel avoidance. Foreign studies show that rubbing hands with alcoholic solution increases hand hygiene. This study has been done to increase acceptance of hand hygience in therapy Team.

Method: this study was quasi-experimental accomplished in three general department and ICU of Tabriz Razi hospital. Hand hygene was observed by observance instruments 15 days. Data analysis was done by spss software (14edition).

Most of research samples involve nurses (68%) that 37% of them had 0-5 years of work experience.

Results: Findings show that from 6504 hand hygience opportunities 2583 cases were before care and 3922 was after care. Only in 3015 cases hand washing has done completely. The most and least acceptance for hand hygience was done by nurses and doctors respectively. Our purpose is evaluating effectiveness of works in the end half of the year.

1- Examining and providing suitable liquid soap for Therapy team.
2- Exmining and providing suitable disinfectant soluction for hand washing.
3- Providing educating package and planning annual training in departments.
4- Reminding the importance of hand hygience in visits and face to face meetings.
5- Providing and installing posters about hand heigene/

Conclusion: Training the importance of hand heigene, using alcoholic solution and encouragement, Providing solution and suitable soaps and their availability is effective in the increasing of hand heigene.

Keywords: hand heigene acceptance, soap, alcoholic solution.
Pediatric nurses’ perspective of the factor related to caring self-efficacy perception: A qualitative study

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Abstract

Introduction: Nurses, who are considered to be largest group of professional health care providers, face the challenge of maintaining, promoting and providing quality nursing care and to prepare them to function confidently and to care effectively. Among the factors affecting nursing performance, self-efficacy has been expected to have the greatest influence on nursing performance. However, their perspectives on the concept self-efficacy were not considered and no research has been done in this field in Iran. This study was conducted to explore and identify factors described by pediatric nurses as related to caring self-efficacy.

Materials and Methods: This study is a qualitative study, which was done through content analysis. 24 participants were selected through purposive sampling method from pediatric nurse and educator. Data were collected through semi-structured interviews. Data was analyzed using conventional content analysis method.

Results: The analysis of the interviews in this study, the main theme of experience, children caring professional knowledge, caring attitude and efficient educational system as factors influencing caring self-efficacy perception of pediatric nurses were obtained.

Conclusions: Based on the findings obtained and understanding of factors affecting caring self-efficacy, nursing managers and educators rely on scientific finding will be able to design and implement management and training activities in such way that the conditions for caring self-efficacy particularly in specialized areas such as pediatric nursing obtained.

Keywords: Self-Efficacy, Caring, Pediatric Nursing, Qualitative Research, Iran.
Depression in patients with chronic renal failure undergoing hemodialysis
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Introduction: Chronic renal failure damage is progressive and irreversible renal function, hemodialysis treatment, and finally renal transplantation. Dialysis is a stressful process that has been followed by numerous social and psychological problems that can occur with mental patients. The purpose of this study is to assess the prevalence of depression in hemodialysis patients.

Methods: This cross-sectional study. This study included all patients undergoing hemodialysis university torbat heydariyeh dialysis center (90 patients aged 14 to 78 years) were selected for sampling, data collection using a questionnaire, consisted of two of individual subjects and was designed to measure depression, the data were analyzed using spss software.

Results: 32% of hemodialysis patients with mild to moderate depression, and 28 percent suffered from severe depression. And severe depression variables showed a significant association between duration of dialysis and jobs. (P = 0/01, and p = 0/041)

Conclusions: Hemodialysis patients could jeopardize patient health, so that periodic psychiatric examinations are recommended for the treatment of depression in hemodialysis patients improve the quality of life of these patients is important

Keywords: chronic renal failure, hemodialysis, depression
Hypertension prevalence and relationship with lifestyle People over 30 years was referred to health centers Torbat heydareiyeh

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Introduction: Hypertension is one of the most important public health problems in the world today . One of the main factors affecting the risk of high blood pressure is lifestyle . This study aimed to determine the prevalence of hypertension in relation to lifestyle People over 30 years was referred to health centers Torbat heydariyeh city .

Methods: In this cross-sectional study of 236 subjects ( 166 females and 70 males ) , 30 - 92 years old who were referred to health centers during the first two months of 1392 . Hypertensive patients were studied in the sitting and supinposition , and according to standard methods were measured using a mercury sphygmomanometer according to the life - style questionnaire in four dimensions ( nutritional status, stress , physical activity and smoking ) were assessed through interviews by the researcher . data were analyzed by spss software.

Results: The prevalence of hypertension in this study is 29.7%.. lifestyle in the samples studied in the field of nutrition, and smoking status, physical activity and stress is not good . In this study, a statistically significant relationship between the mean systolic blood pressure with nutritional status of p = 0 / 00 activities, p = 0/001 , respectively. The significant association between hypertension and age p = 0/00 and BMI p = 0/046 , respectively.

Conclusions: Public education programs to reduce the prevalence of hypertension to changes in lifestyle such as diet , smoking cessation , regular exercise and stress management strategies is essential

Keywords: hypertension , lifestyle, prevalence
Comparison of oral intake profiles at 4 and 12 hours following cesarean section under general anesthesia

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Introduction: After cesarean section, practices vary considerably between institutions and individual practitioners, ranging from early oral fluids or food to delayed introduction of oral fluids and food which may be after 24 hours or more. This study was carried out to assess and compare the outcome of early (4 hours) and late (12 hours) postoperative feeding after uncomplicated cesarean section done under general anesthesia.

Methods: This study was a controlled trial. The research population was women delivered by cesarean section in Ommolbanin hospital. The samples consist of 82 women randomly assigned in two groups of early and late traditional feeding. The early feeding group started oral fluids 4 hours after surgery, followed by regular diet after return of bowel sounds. The traditional feeding group started oral fluids 12 hours after surgery then oral solid food was allowed after defecation. The groups were compared about gastrointestinal complications, pain 4, 12 and 24 hours after surgery. Also the groups were compared about satisfaction and wound healing. Data was analyzed using chi-square, Fisher exact test, Kruskal-Wallis test, t test and Mann Whitney.

Results. Flatulence intensity 4 (p=0.856) and 12 hours after surgery (p=0.392) was similar in both groups. However flatulence intensity 24 (p=0.030) was less in early feeding group. Pain intensity 4 hours after surgery was similar in both groups but pain intensity 12 (p=0.010) and 24 hours after surgery was less in early feeding group (p=0.000). Women’s satisfaction was more in early feeding group (p=0.000) but the mean of REEDA score for cesarean wound healing was similar in both groups (p=0.257).

Conclusion: This paper shows the early feeding (4 hours) after cesarean section with general anesthesia decrease gastrointestinal complication, pain and increase women’s satisfaction.

Keywords: Early feeding, cesarean section, gastrointestinal complications, pain, wound, satisfaction

Caregiver quality of life of women with breast cancer

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Introduction: Major changes accord around the world in providing care to patients affected with cancer. Major have been shifted from treatment center to homes, Due to this phenomenal caregiver has appeared. Some studies have highlighted damaging aspects of care which affect their actions. To help caregivers it is important to evaluate, the effect of caregivers on their lives to arrange a proper schedule this has not been measured in Isfahan City, therefore the aim of this study is to assessed caregiver quality of life.

Methods: This descriptive cross-sectional study in Seyed Al-Shohada(AS) hospital and private center treatment of cancer in 1391 was done. In this study quality life of caregivers were assessed. After obtaining informed consent from 110 caregivers at home had the criteria of entrance of this study were available. World Health Organization questionnaire was used for data collection.

Result: Result showed average time to affect a disease was 6 months. Average age of patients 48±2.3, Average age of caregivers 35±1.4, average income of caregiver 550000±250000, 66.4% of participant were women, 42.21% had high education, 80.4% married, 42% employed, 75% had partners in care giving, 80.4% had ill children. Result showed the average grade of caregivers physical domain 65±2, mental domain 57±3, social domain 60±2 and environment domain was 51±2.

Conclusion: As the result has shown, even tho one year has passed from affected the disease by the population, but it’s effect can be felt majorly on all domain of caregivers quality of life. Keeping in mind most of care givers were married, employed and had ill child, therefore caregiving has effected their lives immensely, proper programs to decrease this impact should be presented.

Key Words: Breast Cancer, Care Givers, Quality of Life
Technology Management Challenges In Nursing

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Introduction: In recent decades, health care systems have been greatly influenced by technology development so technology helps practice to enhance quality of care, reduce costs, and improve patient care. Technology can be more helpful if it is managed and applied in the correct way, therefore, it is essential to investigate about technology challenges and the impact of it on nursing care.

Methods: This is a qualitative study in which the data were collected from the nurses (23 nurses and nurse managers) working in the hospitals. The participants were selected using purposive sampling. In-dept semi-structured interviews were done and recorded. The interviews were transcribed into a text that was then fragmented into meaning units. Qualitative content analysis was used for data coding and classification.

Results: Five major category were inferred from analysis: No Effectiveness In Training, No Effectiveness In Providing Technology, No Effectiveness In Applying Technology, No Effectiveness In Maintaining Technology, And No Effectiveness In Repairing Technology.

Conclusion: The results showed that training about technology application has been conducted but quality of formal training has not been “sufficient and qualified”. In addition, Technology management in nursing need to be revised and improved for better technology application and maintenance.

Keywords: Biomedical technology; Nursing research; Qualitative research; Management
Evaluate the prevalence of cardiac vascular diseases and associated risk factors in elderly people of Samen Health Center in Mashhad (2014).

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**Introduction:** Cardiac vascular diseases are the first of mortality in developed countries and cause mortality 46% in Iran and its prevalence is increasing. Several factors contribute to this disease with early detection and prevention of this disease can be prevented. The aim of this study was to determine the risk factors of elderly people of Samen Health Center in Mashhad.

**Methods:** This descriptive study has been done on 6906 elderly people of Samen Health Center in Mashhad. Hajj Norooz Health center selected by cluster sampling method and data collected from 155 elderly people health center. Data was collected by questionnaire that in included demographic questions and risk factors of cardiac vascular diseases questionnaire. The SPSS software analyzed the collected data.

**Results:** risk factors of cardiac vascular diseases (and their prevalence) included lack of exercise (77.7%), high blood pressure (61.5%), obesity and overweight (52%), cardiovascular disease (27.3%), positive family history (17.6%), Tabaco consumption (15.5%), high fasting blood sugar (20.3%), high cholesterol (8.1%), high triglyceride (4.1%) and physical inactivity (4.7%). Prevalence of different risk factors of cardiac vascular diseases was significantly higher in women than men (P<0.05) except obesity overweight, Tabaco consumption, physical inactivity and lack of exercise.

**Conclusion:** The results of the present study showed that prevalence of risk factors for cardiac vascular diseases was high in elderly people of Samen Health Center in Mashhad and higher in women that men. Appropriate training toward their lifestyle change to prevent this disease and its complications is necessary.

**Key words:** Cardiac vascular diseases, Risk factors, Elderly people
Inter-professional care: a necessity for the management of Multiple Sclerosis
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Introduction: Increasing prevalence of chronic diseases in the world are faced patients and health care delivery systems with many challenges. Health care delivery systems in the world are designed for acute diseases and patients with chronic diseases experience problems for receiving services. This study was performed to explore ways to improve the delivery of health services to patients with multiple sclerosis.

Methods: This study was performed with qualitative method. Participants were selected by propusive sampling method. Semi structured interview about services was performed with 20 individuals with MS, 10 family members and 13 health care providers and policy makers. Participants’ age range was between 22 to 63 years old. Data analysis was performed via qualitative content analysis technique.

Results: The study findings showed that patients with multiple sclerosis are faced challenges for receiving services. One of the challenges was related to health care providers function and unmet needs. Lack of coherence of services was the main challenge. So, inter-professional care is a main strategy for overcoming to these challenges. Inter-professional care must be provided for patients in all disease stages (early until advanced stages) in health delivery centers and home patients.

Conclusion: health care providers must take inter-professional care in service delivery centers to holistic view and team performance are met all patients' needs at all stages of the disease.

Key words: care, inter-professional, multiple sclerosis
Need to revision health policies to improve service delivery situation to patients with multiple sclerosis

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Introduction: multiple sclerosis is a prevalent neurological disease among young individuals. Multiple sclerosis is characterized by multiple relapse periods, unknown prognosis and progress. People with multiple sclerosis have several needs. This study was conducted with the aim of determining policy making revision.

Methods: This study was performed with qualitative method. Participants were selected by propusive sampling method. Semi structured interview was performed with 13 health care providers and policy makers. Data analysis was performed via qualitative content analysis technique.

Results: the study data has been categorized in 3 main category such as educational policy revision (students education improvement, employers retraining), research revision (epidemiologic studies, study about health services situation), therapeutic (cover costs, improved care to progressive patients, improve medical supplies, drafting national guidelines).

Conclusion: health care policy makers should pay attention to the challenges of providing services and try to meet patients’ needs with revisions in the areas of education, research and therapeutic services.

Keywords: health policy, multiple sclerosis
Related factors to Medication Errors in Neonatal and Neonatal Intensive Care Units

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**Introduction:** Medication errors, drug adverse events and patient safety are significant issues in throughout world studies, because these errors may be to be making injuries for patients and their families and increase period of time of stay in hospital and their costs. Medication therapy in children especially in neonates is very important. Medication errors occur in neonatal intensive care unit 8 times more than adult unit. This study is aimed to determine the factors related to medication errors in neonatal and neonatal intensive care units.

**Methods:** In this descriptive study 119 nurses working in the neonatal units and neonatal intensive care units of 5 educational hospitals affiliated to Shahid Beheshti University of Medical Sciences were recruited by census. Data was collected by a demographic sheet and the Medication Administration Error questionnaire. Significant differences between the related factors of medication errors were determined by ANOVA-R. The mean and standard deviation was used to determine the amount of differences. Independent t-test and ANOVA was used to determine the correlations using SPSS-PC (v. 18).

**Results:** The finding revealed that the most influential factors in incidence of medication errors were related to the working conditions and transcription factors \((P<0.0001)\). The effect of each factor in incidence of medication errors was: communication factor \((M=2.91, SD=0.7\pm0.4)\), medication packaging factors \((M=2.79, SD=0.7\pm0.4)\), transcription factors \((M=3.22, SD=0.94\pm0.4)\), work situation factors \((M=3.3, SD=0.2\pm0.4)\) and pharmacy factors \((M=2.67, SD=0.79)\).

**Conclusion:** Recognition of factors related to medication errors results in an attempt to decrease these factors and medication errors, and an increase in patient safety and promotion of the quality of care.

**Keywords:** Medication Errors, Neonatal Intensive Care Unit, Nursing Care, Related Factor
Correlation between Spiritual Health and Quality of Life in Patients with Chronic Disease

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Introduction: The aim of this manuscript was to describe the correlation between spiritual health and quality of life in patients with chronic diseases.

Method: A narrative literature review was performed within articles published at “PubMed”, “Elsevier”, “SID” and some original text books to reach the purpose.

Results: Spiritual health, the only force that coordinate physical, mental and social dimension, is one of the four aspects of health. Spiritual health consists of feeling of integrated relation between self, others, environment and a “transcendent power” which leads to perception of “Goal of life”. Threatened spiritual health may cause mental disorders like depression. On the other hand, improved spiritual health can help individuals for adaptation and better mental health. Chronic diseases cause discomfort, dysfunction, hopelessness and decreased quality of life for patients. However, based on studies, there is a significant correlation between spiritual health and quality of life in these patients. Researchers have indicated that improving “spirituality” can affect mental health, adaptation and symptomatic relief, significantly. Some studies have demonstrated that more spiritual patients tend to experience less stress and discomfort.

Conclusion: With respect to our findings, we can conclude that spirituality, being prosperous and optimistic in patients with chronic disease can improve their quality of life. In fact, improving spiritual health in this group of patients, can improve their social skills and life quality.

Key words: spiritual health, chronic disease, quality of life, spirituality.
Embracing diversity or care with adversity: a nursing challenge in Dubai

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The total number of Muslims worldwide is 1.57 billion; nearly one-fourth of the world's population (1 in 4 people) is Muslim. Although Islam is considered a worldwide culture, there may be healthcare providers who are not familiar with Islamic culture and the basic tenets of the faith. In a working environment where nurses are very diverse and new to the Muslim culture, clashes and conflicts are not far from expectations. The emotion and frustration of nurses addressing conflicts between their own cultural values and patients' values need to be discussed. In addition to other factors, religion and cultural background influence individuals' beliefs, behaviours, and attitudes toward health and illness. This is indeed a fact in a multicultural environment like Dubai in the Middle-East where more than 150 nationalities live and work in harmony and tranquillity. Nurses need to be aware of these religious and cultural factors to provide culturally competent health promotion services for this population. Nurses also need to integrate Islamic teachings into their interventions to provide appropriate care and to motivate healthy behaviours. By increasing more Emirati nurses to the nursing workforce, expatriate nurses and new comers need to learn certain cultural beliefs and values of the country and its religion. This presentation will explore cultural challenges that nurses are currently facing in the hospital and elaborates on the steps taken to embrace cultural diversity through cultural competence education for all the new comers.

Spiritual care in palliative care: Exploring the concept of ‘’Roqya’’ programme.
Albaloooshi, M*
Spiritual care is one of the cornerstones of palliative care. In the moment of illness and dying, people tend to seek another type of care to relieve or comfort intangible suffering that no one can define it accept the suffers. Therefore, the definition and act of spirituality is uniquely defined within the context of religions in different cultures. Islam teaches its followers to seek healing “Sheefa” from the holy book of Quran. The instruction was cleared by the Prophet Mohammed’s act of ‘Roqya’ which is using certain verses of Quran to cure illnesses ranged from mild psychological illness to active physical illness like cancer. Accordingly “Roqya” programme has taken its name. The programme was initiated in Saudi Arabia to find its way to United Arab Emirates’ hospitals, including Dubai health Authority hospitals. The vast advantages of the programme were revealed from stories told among Muslims and even non Muslim patients or relatives as well as health care providers who experienced and viewed the secrets of “Roqya”. This presentation will explore the implemented spiritual programme of “Roqya” in Dubai hospitals elaborating through real stories of people experienced the programme as part of end of life care.
Does Healthy Index Modify Social Capital and Participatory Actions of Elderly Females?  
A Research on Aged Women in Ahwaz City/Iran

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Introduction: Attendance to the social capital has been rare in literacy of aging health. Elderly behaviour is as a behavioural background for the youth generation. Social capital indicators, voluntary and participating actions are important in area of healthy aging and behaviour.

Method: the study has applied Stone & Hough’s (2001) theoretical model to investigate participating actions of elderly females in Ahwaz city. About 194 samples were chosen upon stratified-random sampling in the two equal experiment and control groups (with and without voluntary actions).

Results: The mean age of elderly women was 75.2 (SD=12.05), about 21.9% smoked, 75.9% having chronic diseases in the recent 6 to 10 years, hence majority of them were cardiovascular disease and arthritis (32.4%). Less than 9% live alone and others (43.3%) live with their spouses. About 42.8% acclaimed their overall health is uncomfortable but could be manageable. Their nutrition was unsuitable (21.18%) and 42.2% have no any pension and social security. There was significant relationship between networks and norms (structure and quality of relations) with the elderly voluntary actions \[ F(7,187)= 8.010, \rho = .001, \text{Partial } \eta^2 = .239, \text{Radj } ^2= .209 \], hence they have more effect on the background variables i.e. gender, loneliness, year of age, and especially on healthy behavior index \[ F(7,187)= 21.102, \rho = .001, \text{Partial } \eta^2 = .348 \].

Conclusion: The social distrust of institutions, reduced participation and social capital components have been resulted to reducing the amount of healthy behaviors in elderly. Investment in strengthening social capital for seniors has high impact on their attitude to the effective end-of-life, individual and social, greater self-esteem, favorable feedback to live a happier and successful aging.

Keywords: Ahwazi Elderly Females, Healthy Aging, Social Capital, Voluntary Actions, Healthy Behavior Index.

The effect of protective health promotion program in primiparous mothers in neonate complication
Introduction: Infancy is the most vulnerable period of life often faced with mortality and morbidity. Appropriate care is important for maintaining and improving the health of newborns. Therefore, this study was designed to determine the effect of protective health promotion program in primiparous mothers in newborn health.

Methods: this study is semi-experimental with two groups, test (30 people) and control (33 people) that were selected with census. Tools for data collection include the demographic information questionnaire, Questionnaire to assess performance knowledge, List of neonate complication( jaundice, colic and respiratory aspiration and Diaper dermatitis). Validity of data collection tools designed with content validity, And reliability of information assess tool with test-retest reliability /84, and in neoneta complication tool through simultaneous testing ./87 Was estimated.The designed program for test group In three-phase, assessment and Recognition, Support and evaluation in 2 stage :before and after of delivery Was carried. And the results was analyzed in compared with control group with spss16.

Results: Chi-square test showed Two groups in terms of demographic variables Such as age,work, education level and being a housewife are identical. knowledge level of performance in two group before intervention with Q square wasn’t significant (p/>05). and Q square test showed significant differences in neonate complications in both groups after the intervention (p</05).

Conclusions: The results showed that the implementation of the program of educational and emotional support and counseling during pregnancy and Continue to support after childbirth and during the postpartum home visit And track how the mothers care is effective in neonate health, It is suggested that the support program as an effective method for improving neonatal health be used.

Key words: designed program, primiparous mothers, neonate complication
Introduction: Multiple sclerosis (MS) is one of the most common CNS\(^1\) diseases. Patients with the debilitating disease of MS have several problems that cause a negative impact on their quality of life. Since the MS is a chronic and prolonged, then to prevent complications and relapses, continuous care is remarkable. Therefore the aim of this study is to investigate the effects of continuous care model, on the quality of life patients with MS.

Methods: In this randomized semi-experimental study with intervention and control groups that was performed in Hamadan in 2013, 72 patients divided into two groups. Patients in the intervention group were educated according to continuous care model for 1 month and they were followed for 2 months and the control group will receive routine care. The quality of life in MS patients assessed by MSQoL-54\(^2\) standard questionnaire, before, 1 month and 2 months after education. For the analysis of data from repeated measures and SPSS 21 statistical software was used.

Results: Administrating of continuous care model enhanced quality of life in all physical and mental dimensions in intervention group than the control group. The mean score of mental health, in the intervention group than the control group after the intervention, there was a significant difference in the final stage (P<0.05). Also, The mean score of physical health, in the intervention group than the control group, there was a significant difference in the final stage (P<0.05).

Conclusion: According to no exact treatment of chronic diseases, applying of effective care models such as continuous care model can positively effects the quality of life in MS patients. Therefore, continuous care model is important and this effect is evident in the study well.

Keywords: Continuous Care Model, Quality of Life, multiple sclerosis
Correlations between severity of disease and quality of life in patients with multiple sclerosis referred to the multiple sclerosis association of Hamadan in 2013

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Introduction: Multiple sclerosis is the most common chronic, progressive inflammatory disease of the central nervous system affecting young and middle-aged people, often accompanied by sudden relapses. Living with MS is living with adjustment to both physical and psychological difficulties brought on by the disease MS being a progressive disease with an unpredictable prognosis, experiences of uncertainty are often reported by MS patients as being a major source of emotional distress. Debilitating patients multiple sclerosis suffers many problems which ultimately have a negative impact on their quality of life. Quality of Life (QoL) is impaired in multiple sclerosis (MS) due to physical disability.

The aim of this study was conducted in order to assess the association between the severity of disease and patients' quality of life in Hamadan City, the west of Iran.

Methods: In this cross-sectional study, 72 patients with multiple sclerosis were selected using simple random in Hamadan in 2013. Patients were divided into 3 groups based on their score of Expanded Disability Status Scale (EDSS). EDSS at three levels 0-3/5, 4/0-6/5, 7/0-9/5 were classified. These 3 groups will be equalized based on the type of MS, education, occupation, sex and age distribution. Data were collected using Multiple Sclerosis quality of Life-54 Instrument (MSQoL-54). Data analyzed with ANOVA and the statistical software SPSS 21 was used.

Results: outcomes showed that quality of Life in three groups of MS patients was a significant difference both mental and physical health (P<0.05).

Conclusions: This study showed that our patients generally achieved middle and low scores in all MSQoL-54 dimensions. MS patients with EDSS 0-3/5 had higher quality of life than other EDSS level. This difference was significant at the level of quality of life.

Key Words: multiple sclerosis, quality of life, EDSS, patient, MSQoL-54
The Role of Exercising and Physical Activities on the Social Health of Nurses

(A Case Study on the Nurses of Al-Zahra Hospital)

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Introduction: The direct relationship between human’s physical and mental aspects is what specialists pay attention in the 21st century. Physic and psyche have an undeniable effect on each other in a way that the whole body organisms change by every physical or mental change. Obviously physical activities, mobility, and vitality cause mental vividness. The objective of the present study is to examine the relationship between exercising or doing physical activities and the social health of the nurses of Al-Zahra Hospital.

Methods: This is a descriptive-correlational Study. Its statistical population includes all nurses who work in Al-Zahra Hospital that the number of whom is 1125. By using Cochran Formula and also by taking gender and the number of the nurses into consideration 311 of them have been selected which has been done through stratified sampling. Data collection has been done through two questionnaires namely the researcher-developed questionnaire of physical activities and the standard questionnaire of social health (Keyes). Their facial and content validity has been confirmed. By the use of alfa kronbakh coefficient alpha the reliability of them is counted as 0.92 and 0.85 respectively.

Results: The findings have shown that the average of nurse’s physical activities is lower than the mean (x = 2/91). Also the mean of social health is equal with (x = 2/87). In addition, the statistical analyses have shown a significant and positive correlation between exercising and doing physical activities and the nurse’s social health (R = 0/659 P=0/001).

Conclusion: Exercising and doing sports activities cause excitement to be drained away; it means that exercising cause leaving the negative emotions and feelings, the internal conflicts and cause them to have self-confidence, self-respect, mental and physical vividness or better to say it causes the social health.

Key words: Exercising and physical activities, Social health, Nurses

On the Analysis of the Relationship between Women`s Happiness and the Quality of Their Life
(A Case Study on the Female Employees of Isfahan University of Medical Sciences)

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Introduction: The quality of the carrier life refers to the set of the results for the employees like job satisfaction, progress opportunities, psychological issues, job security, the employer’s proper behavior with employees, and scarcity of bad events in their carrier life. Happiness in organizations related to the frequency and the degree of the positive feeling or the enjoyment, the higher level of satisfaction and the lack of negative feelings like stress and depression. The objective of the present study is to examine the relationship between the qualities of the carrier life with the female employees of Isfahan University of Medical Sciences.

Material and method :This is a descriptive correlational study. The statistical population includes all female employees of Isfahan University of Medical Sciences that the number of whom in 2013 was 911. By using the Cochran Formula 211 employees have been selected through random sampling method. Data collection has been done through both Walton’s carrier life quality (1999) and Oxford standard questionnaire of happiness (1989) that its facial and content validity has been confirmed by the theorists. Also, by using the Cronbach’s coefficient alpha its reliability is counted as 0.92 and 0.88 respectively.

Results :Findings have shown that the mean of the female employees’ carrier life quality is more than the mean  x = 3/91. Also the mean of the happiness is equal with  x = 3/25. the statistical analysis show that there is a positive and significant correlation between women’s carrier life’s quality and their happiness (R= 0.659 , P= 0.001).

Conclusion : As the results of this survey have shown, the satisfaction of people, conditions of the job environment and also having a good feeling of the factors of the carrier life quality has a major role in people’s happiness. In fact one of the factors that cause happiness and then such outcome like commitment, having job satisfaction, and not having depreciation is taking the infrastructure and the effective factors of promoting the factors of carrier life’s quality into consideration.

Keywords: Carrier life’s quality, Happiness, Women, Isfahan University of Medical Sciences
Explaining euthanasia Doctrines Koran and Islam

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Introduction: In Islamic teachings, autonomous beings and animals is considered superior to a single score in the spirit realm, which is a gift from God. After his death, but death does not destroy the world is transported to another world. Therefore, decisions about patient should not only physical benefits but should he be found, he is the spiritual interests. Islam “euthanasia” to any form of crime knows, because the verse of Surah Al-Imran Allah says: “No one except God be the death of the man who died has been recorded on CD Divine Justice. The purpose of this study is to explain the Euthanasia Doctrines Koran and Islam.

Methods: In this review, all relevant verses of euthanasia and death were analyzed. Verses extracted using content analysis method was used for analysis.

Results: Results show that in 27 verses in the Holy Quran, Surah 16 forbids euthanasia. That most references to Nisa and Surah Baqara and Al-Imran. Subjects derived from these verses themes “He will live and die, only to be killed in the way of God in truth, being patient against unpleasant and being tested, is to return to God.”

Conclusion: Islam is believed that distress and troubles, God in His mercy has invited us to wait. Therefore, any euthanasia and suicides not held. In many verses, such as verse 33 Surah Maedeh Verse 151 of Sura tips, Verse 29 Surah Nisa: It's important to point out that the narratives of Islam, they can be concluded that humans do not recognize the right to die. And life as a man of integrity and human knows his own life so that it could not affect the action and sanctity of action.

Keywords: Islam, Quran, euthanasia, medical ethics
Survey of the nursing system personnel's viewpoint about charter of patient's rights, at hospitals of Jahrom, in academic years. 2009 – 2010

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Introduction

Despite the world will realize the rights of patients, in practice, evidence, the facts is different from what exists on paper shows. Evidence suggests that discussions regarding patient rights and medical ethics. Determination of the nursing system personnel's viewpoint about charter of patient's rights, at hospitals of Jahrom, in 2009 – 2010 academic years.

Methods: A descriptive cross-sectional and analytical study was conducted in 2009 – 2010. Total personnel (248) include: nurse, midwife, nurse assistsances, operating room technicians and anesthesiatechnician were examined with convenient sampling method. Data from patients were collected by a questionnaire based on The patient Rights Charter (article 10). The meanscore less than 2 opposition, between 2-4 indifferent and 4-6 were considered positive. After data collection, statistical analysis was done by 16th version of SPSS software. Assays were performed with $\chi^2$ test.

Results: Data indicate that 0.4% (1) percent of health care workers (nurses and operating room, anesthesia) were opposed to The patient Rights Charter. 4.8% (12) percent indifferent and 94.8% (235) patients were compliant patients' charter. Significant relationship between the variables and perspectives of health care workers to the The patient Rights Charter were not found, $p > 0.05$

Conclusion: However, in this study, 94.8% percent of health care workers’ Rights Charter perspective positive patients. But how much influence the clinical perspectives. Recommended the use of employee performance can be evaluated patients' charter.

Keywords: patient Rights Charter, medical personnel, hospitals
Study of Quranic religious awareness before and after receiving Quranic religious messages in the audience

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Introduction: The Quran’ A uniquemiracle of the Prophet and the most complete version for humanity's pain treatment and Sire of the Prophet and the Imams (Peace upon him) should be taken out from Walnutwood libraries and dustyniches corner Andexpand in the community, togethThe bestandsafestway for familiarwith the principles and teachingsof religion. This is important isthe duty of Allscholars and cultural authorities of the Islamic community. This study According to themethod and data transfer can be one of the bestways To accompany the theplans and Quran practical programs and ideas and thoughtsof truelIslam and Islam's great prophet with the fabricof society.

Methods: 200 telephone number was Obtained as a random sample of listed telephone numbers of individuals that each have a code. This code is included on the questionnaire. In this study 25 message that the content is taken from the Hadith and Quran, Send to audience that are including students and professors of Jahrom Medical School and Department staff for 1.5 Month And awareness of audience before and after the message is evaluated. Questionnaires were analyzed by paired T-Test.

Results: In this study, 200 people, including 62.5% female and 37.5% of men had been involved. 57% Students and 43% were non-students. 5% of the audience has saved religious Quranic messages. 73% of the audience has sent Religious Quranic messages for others. 12.2% of the audience had received Religious Quranic messages from another source. Statistically significant differences were observed in Compared the educational level with audience awareness by pre test (p=0.000) and post test (p=0.004). 33% of the audience Know SMS system effective for sent Religious Quranic messages” 36% high and 30% somewhat.

Conclusion: According to considerable expansion of Use of the mobile system and message especially among youth and Students, we can Use this system for University cultural and educational programs advertising and Information in addition to the transmission of religious concepts and cultural. Keywords: Awareness, Quran, Religion, Message
Study of Social – Psychosocial – Physical Factors Following Female Circumcision

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Introduction: Female circumcision is defined by the World Health Organization (WHO) as all procedures that involve partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons. Female genital mutilation is classified into four major types ranging from clitoridectomy (partial or total removal of the clitoris) to excision of the labia majora [3].

According to WHO (2006), some sort of female genital mutilation is practiced throughout Africa, Asia and the Middle East. About 130 million girls underwent one or another form of circumcision and about 230,000 of them live in the United States (p. 1134) [1].

UNICEF’s latest report says that, in spite of prohibition of female circumcision in many countries, about 8000 girls and women continue to have their genitals mutilated every day in the world now being 150 million women [6]. WHO announced in Summer 2007 that some six thousand women and girls are circumcised in Africa and some parts of Asia. That alarming rate led to the 6th day of February to be designated the international day to fight female circumcision. According to WHO 2007 statistics 91 percent of the victims were 4 to 10 year old girls to the end of that year. Unicef announced in 2003 that more than 97 percent of the Egyptian married women were circumcised. [6]

Six thousand girls are circumcised every day (Varis Dairy, p. 276) [2].

Female genital mutilation is one of the most serious violence against girls and women and its cause include among others:

1. Sexual relations aspects: In order to diminish sexual temptation in women, keep chastity and virginity before marriage, loyalty to husband and increase made mental satisfaction.
2. Sociological aspect: In order to initiate appreciation of cultural heritance, girls entering womanhood, social texture, solidarity and acceptance.
3. Religion: Female circumcision is wrongly believed by some communities to be demanded by their religion.
4. Health and esthetics: Some communities have considered the genitals ugly and dirty; therefore, the genitals or trimmed to help balance health and attain beauty.
5. Other: Promoting pregnancy, ensuring survival of children, better marriage possibilities and aiding childbirth. [5]

Female circumcision entails some disorders including: Immediate and short-term problems, such as severe pain, shock, internal bleeding, lockjaw, septisemic infection, urine absorption, open cuts in vagina or around vaginal tissue.
Long-term problems, such as frequent urinal system infection, cystitis, infertility, higher risky childbirth and newborn death, failing cure, abscess, infection, painful intercourse, hepatitis and other blood conditions, infections in reproductive system, infections pelvic disease, painful menstruation, urinal stones vast obstacle chronic, preventing labor and stopped labor, higher risks of bleeding and infection in childbirth, higher exposure to AIDS. [4]

Unfortunately, with all these problems, families claim that female circumcision is a religious right of heirs demanded by Koran. Mothers accept to have their daughters genitals mutilated fearing that otherwise they will lose the chance to be married. Their wrong beliefs such as: (1) This is according to the Sharia; (2) It is good hygienically’ (3) We need to help girls protect their virginity before they are married; (4) This way we ensure the girl’s future husband of his wife’s virginity; (5) We must control girls’ sexual desires before marriage lead to this violent practice, (p. 279) [2]

This research study was conducted due to the large statistical figures of female circumcision in the world including in Iran and its complications for girls who undergo this violent practice based on their families’ wrong wishes, suffer from great pain for the rest of their lives and succumb to so many physical, mental and social damages.

Methods: This cross-sectional descriptive-analytic study was conducted on 32 women of Minab city ranging from 14 to 49 years of age in 2010-11. The study environment was the maternity and family planning words of three clinics and Shahrak Health Center of Minab city.

The number of samples of this study was estimated considering time, budget, researcher’s possibilities and all accessible samples during sampling.

Data collection was done through a researcher-made questionnaire including personal and family data, sexual relations quality (7 questions), physical problems (18 questions), psychological problems (14 questions), social problems (4 questions), women’s attitude (10 question) and Beck’s depression test. In order to determine test reliability, a re-test was used: 5 persons were asked to fill out the questionnaire. The same questionnaire was filed out again by the same five subjects one week later. The necessary corrections were made to the questionnaire this way. In order to determine test validity, the questionnaire was submitted to the faculty members of the university department of midwifery following whose ideas, the necessary changes and corrections were made.

To collect data, the researcher attended one of the clinics, identified the persons qualifying for the study by a selection criteria checklist, explained in detail the study and its goals to attract the subjects’ consent, and handed the questionnaire to them.

The data were analyzed by using descriptive statistics (minimum, maximum, average, mean, frequency distribution table, etc.) SPSS and SAS.

Results: 32 circumcised women were studied. According to the results of the study, female circumcision was significantly related to demographic data (low levels of education, illiteracy, homemaking as occupation), sexual disorders, urinary disorders, menstruation problems,
psychological problems (including but not limited to nightmares, insomnia, unrest, moodiness, hopelessness, weakness, loneliness, feeling useless, feeling having been castigated for no good reason, willing to abandon family, confidence and depression.

However, female circumcision was not significantly related to pregnancy and childbirth problems, defecation problems, ovarian cysts, social disorders – such as losing occupational status, violent behavior, less acceptance around oneself, feeling less harmonized with surrounding women and girls.

Female circumcision was significantly related to low educational levels and illiteracy which agreed with Mesua et al. (1999) who found female circumcision related to education. [7]

**Conclusion:**

As indicated above, unfortunately, female circumcision is widely practiced in some communities. With the disorders it entails, female circumcision imposes a hard life on women in communities. Despite its prevalence, the literature on female gentle mutilation has been limited.

In this study, different social, physical and psychological effects of female circumcision were examined. Female circumcision was significantly related to low levels of education and illiteracy confirming Mesua et al. (1999) significantly relating female circumcision to levels of education. Female circumcision is significantly related to sexual and urinary problems, painful menstruation, more infection during pregnancy, early childbirth, psychological problems, depression, and enhanced confidence. Unfortunately, no research has been done in these regards.

Since many complication follow female circumcision in this study, it is recommended that the awareness and attitude of the men and women in favor of its practice be enhanced through training courses, and make the circumcised women understand that such problems are not natural and that those who have not been circumcised do not have such problems. To remove those problems, counseling and information support from midwives and medical staff can be used.

**Key words:** Circumcision, Social, Psychological, Physical Problems
The relationship between decision making balance and physical activity's self-efficacy in Guilanian elders based on trans-theoretical model

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Introduction: regular physical activity is considered to be an appropriate behavior to enhance health. Identification of different psychological-social variables which affect physical activities is greatly important. The aim of this study is to determine the level of physical activity, and the relationship between the balance in decision making and self-efficacy of physical activity based on trans-theoretical model in the elders of Guilan, Iran, who are the members of retirement center.

Methods: the present work is a cross-sectional study with available sampling method. Besides, 262 elders were chosen to be included in this study. The applied questionnaires are changing levels, decision making balance, self-efficacy, and physical activity measurement. SPSS V. 16 software, statistical description and deduction were applied to analyze the data.

Results: the most of the individuals who had accepted to be included in this study were at the stage of maintenance. The mean and standard deviation of elders' physical activity are 119.35±51.50. The results showed that the changing level and physical activity have significant and direct relationship with decision making balance, except for conceptual impediments which has reverse, but significant relationship (P< 0.0001). In addition, ordinal regression analysis showed that several factors make the elders to move during the changing level, including physical activity, conceptual impediments and interests, self-efficacy (P< 0.05).

Conclusion: Based on the results, the increase of conceptual interests and self-efficacy in conducting physical activity contributes to a better chance in providing interventional programs for the elders.

Keywords: physical activity; elder; decision making balance; self-efficacy; trans-theoretical model
Postpartum Depression, Social Support, and Maternal parental self-efficacy

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Introduction: Postpartum depression is a major public health issue. Existing data suggest that stressors and social support play role in postpartum depression. Accordingly, it is important to elucidate both social support and maternal parental self-efficacy factors to development of post-partum depression (PPD) among first time mothers at 12 weeks post delivery

Methods: A prospective cohort study was conducted among 838 first-time mothers in Mazandaran province, Iran by Edinburgh Postnatal Depression Scale (EPDS), Social Support Appraisals Scale (SSA), Network Orientation Scale (NOS), Marital Inventory (MI), Parental Expectation Survey (PES), and socio-demographic questionnaire. Logistic regression was used for data analysis.

Results: The incidence of depression was to be 10.7%. The adjusted odds ratio (OR) showed the post-partum depression was associated with no- social support (OR=1.06; 95% CI=1.01-1.12), lack of marital satisfaction (OR=0.91; 95% CI=0.86-0.97), and low parental self-efficacy (OR=0.74; 95% CI=0.65-0.85), at three months after birth.

Conclusion: A high incidence of PPD was identified among the first-time mothers, making PPD one of the major women’s problems in Iran. Therefore, it is necessary to emphasize on the importance of considering lack of social support, maternal parental self-efficacy, and marital satisfaction in reducing the risk of PPD.

Key words: marital satisfaction, maternal parental self-efficacy, social support, postpartum depression
The correlation between physical activity with body mass index and a fear of negative evaluation in young adults Rafsanjan

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Introduction: Fear of negative evaluation (FNE) is regarded as being the core feature of social anxiety. FNE affects school children at all ages. The present study examined how FNE is associated with physical activity (PA), body mass index (BMI) in adolescents Rafsanjan.

Methode: This is a descriptive study. Data were collected from 576 middle and high school students. Data collected by the Fear of Negative Evaluation Scale - Short Form Questionnaire FNES-B. Physical activity data is evaluated by metabolic equivalent (METs) accelerometers.

Results: The mean BMI was in girls 20/8±4/3 male and 20/7 ±4/2. Significant difference was observed between boys and girls in physical activity. The mean score on fear of negative evaluation were in girls 5/9 ± 33, and the boys 1/8 ± 31. Statistically significant difference was observed between the scores fear of negative evaluation in boys and girls. The mean score for fear of negative evaluation, were higher in overweight boys (30±8/4 in boys with normal weight versus 32/4 ± 7/4 overweight boys. Negative and significant relationship between the fear of negative evaluation and adolescents with severe activity was observed. Statistically significant difference was found between the fear of negative evaluation and educational level (p<0/05).

Conclusion: low physical activity and increased BMI is a potential risk factor for having a score higher fear of negative evaluation. Therefore, interventions to increase physical activity in adolescents are recommended.

Keyword: Physical activity - Body mass index - Fear of negative evaluation - Teens.
The sociological study of a decisive influence on capital structure and healthy lifestyle-oriented citizens (case of study: Ahwaz citizens 15 years and above)

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Abstract

In the past two or three decades, the concept of lifestyle-oriented general health and lifestyle, in particular, the attention of many social thinkers, researchers, health and medical sociology has to Jebel. In a detailed view, health-oriented lifestyle as a multi factorial phenomenon, multi-dimensional and multi implicate the collective patterns of behavior are related to health-threatening issues will be the way to ensure their safety. Closer look at the literature shows that some researchers have sought to explain patterns of health behavior, while others seek to explain the determinants of individual choices such as raised. This choices could not in social, cultural and political vacuum and Influenced of the underlying determinants such as gender, social class and marital status. Adopting the same approach relying on medical sociology background, this article seeks to survey-based health and lifestyle and underlying determinants of capital among citizens over 15 years in Ahwaz. To achieve this aim, 384 citizens selected by proportional stratified random sampling And data were collected by questionnaire. Result of research indicate lifestyle-oriented of citizens in terms of gender, age, education, the marital status, is different. Between different forms of human capital (social, cultural, economic) and Healthy lifestyle oriented is correlated.
Experiences of pregnancy among Iranian Adolescents

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Introduction: Pregnancy rate is prevalent among Iranian adolescents under 20. Pregnancy during adolescence is considered a social issue associated with medical, emotional and social outcomes for the mother, child and family. The current research examines experience of pregnancy among Iranian Adolescents.

Methods: The qualitative content analysis method was used. A purposive sample of fourteen pregnant adolescents was recruited. Deep interviews were carried out with them.

Results: Three themes were came up after analyzing the interviews: 1. Psychological reactions including three subthemes of feelings, concerns, fears, 2. physical reactions including the subthemes of symptoms and feelings and 3. spiritual reactions including religious beliefs and faith.

Conclusions: The present study showed that for the purpose of assessing pregnancy in adolescents, one should consider the context and culture in which the adolescent lives. This is because such factors as preplanned or unwanted pregnancy, imposed or consensual marriage within or outside the family may draw different reactions from adolescents. Hence, all those factors need to be considered in order to plan health education during pregnancy for this age group.

Keywords: Experiences, Pregnancy, Adolescents
Effect of patient care giver education on cancer related self efficacy of breast cancer patients undergoing chemotherapy.

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Introduction: Breast cancer is the most common cancers among women population and adaptive strategies play an important role regarding adjustment to disease and treatment. One of the most important needs of breast cancer patients regarding adjustment is information. The aim of this study is to investigate the effect of patient care giver education on cancer related self efficacy of breast cancer patients undergoing chemotherapy.

Method: This is a controlled randomized clinical trial. 30 patient care giver pair allocated randomly to intervention or control group. Intervention group received 2 verbal education sessions along with 4 telephones follow up and a written booklet. Education was given to patient and her care giver simultaneously. Control group received routine care only. Post test was taken 6 weeks after the pre test in both groups using Cancer related self efficacy scale. Data was analyzed using SPSS software version 13.

Results: Finding showed that patient care giver education can improve cancer related self efficacy of patients in intervention group rather than control group (p<0.05).

Conclusion: Results of this study confirm our hypothesis that patient care giver education can increase cancer related self efficacy of patients undergoing chemotherapy.

Keywords: breast cancer, care giver, self efficacy.
Comparative Study of Home Care Model in Selected Countries

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Introduction: In the recent years, due to increasing aging population, we face with rapid growth in the number of elderly population. Reports indicate that great efforts are being donate reduce the vulnerability of the elderly in front of the potential risks. The World Health Organization (WHO) has emphasized that we should have strategies for providing support services to these people especially in their homes to prevent them against of growth in expenditures. Now, most countries have welcomed to the new initiatives plans, such as homecare. Hence, this paper presents a comparative study of home care systems in different countries in order to prepared underlying toward creating the provision of home care for drawing a better future for our country.

Method: This review was performed in 2012. To search related articles keywords of home care were used in databases. After reviewing respectively, the title, abstract and full text, some of them selected and with considering to article aims were studied.

Results: The findings indicate Canada through regional delegation transfer the budget of services from health care centers to home care providers. British government’s policy is to encourage local authorities to increase levels of homecare outsourcing. In Germany program is designed cover partial costs of care tasks. In Japan, government deregulation after the introduction of long-term insurance plan, have created opportunity to compete home care providers with nonprofit corporations.

Conclusion: Delivery of home care services in different countries showed it has gained increasing acceptance. It is because of the good sense of stay in the family, keeping the dignity and social status of elderly, save costs as well as using the help of family members or relatives. On the other side, this method leads to increasing the efficiency and effectiveness of services and reducing the imposed costs burdened on government. For this reason, policy makers and decision-makers of health system in the studied countries are seeking to initiatives methods for improving service delivery in this field.

Keywords: Home Care, Model, System
Comparative Study of Home Care Model in Selected Countries

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Introduction: In the recent years, due to increasing aging population, we face with rapid growth in the number of elderly population. Reports indicate that great efforts are being donate reduce the vulnerability of the elderly in front of the potential risks. The World Health Organization (WHO) has emphasized that we should have strategies for providing support services to these people especially in their homes to prevent them against of growth in expenditures. Now, most countries have welcomed to the new initiatives plans, such as homecare. Hence, this paper presents a comparative study of home care systems in different countries in order to prepared underlying toward creating the provision of home care for drawing a better future for our country.

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The effect of empowerment program on empowerment level and self-care self-efficacy of patients on hemodialysis treatment

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**Introduction:** Patients with end-stage renal disease (ESRD) who receive dialysis must confront the burdens of long-term illness and numerous physical problems. This paper reports a study investigating the effectiveness of an empowerment program training to help patients with (ESRD) to improve empowerment level and self-care self-efficacy thus to increase compliance to treatment and change behaviour perceive as promoting physical and psychological well-being.

**Methods:** It was a quasi experimental study using a randomized controlled trial; qualified patients in Gorgan dialysis center were randomly assigned into an empowerment group (n = 40) and a control group (n = 40). The empowerment program included identification of problem areas for self-management; development of a set of goals and strategies to overcome these problems to achieve these goals; and stress management. Instrument comprised the empowerment Scale, the Strategies Used by People to Promote Health (SUPPH). Data were collected at baseline and at six weeks following the intervention.

**Results:** The results of the study indicated that there was no significant difference before the intervention in empowerment level and self-care self-efficacy mean scores in the two groups. After the intervention, the mean scores of empowerment level and self-care self-efficacy in the intervention group was 25.6 (3.2) and 62.12 (10.72) and in the control group was 20.15 (4.42) and 52.93 (15.42), that empowerment mean score was significantly greater in the intervention group in the control group (p ≤ 0.001). Furthermore, the mean scores of self-care self-efficacy showed a significant difference between the two groups (p = 0.003); this increase also had been remained after 6 weeks.

**Conclusion:** This study showed that empowerment program training can be useful to promote The ability of these patients to manage this problem, cope with and adapt to these stresses, whether related to their medical regimen, has an important influence on physical and psychological well-being.

**Key Words:** empowerment, self-care self-efficacy, Hemodialysis.
Assessment of some fatigue’s related factors based on theory of unpleasant symptoms in Kerman Hemodialysis patient

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Introduction: Fatigue is the most common side effects in hemodialysis patients. According to the unpleasant theory, Fatigue including 3 dimensions: Physical factors, psychological factors and situational factors. This study sought to examine these factors in hemodialysis patients in the Kerman.

Method: This is an analytical-descriptive study. All patients were eligible census method. Data were collected through questionnaires including demographic information, Fatigue Severity Scale, ESSI and Beck Depression. Data was analyzed by SPSS 16 software descriptive statistic, Chi-Square test and ANOVA.

Results: The fatigue score mean of the patients was 3/94±1/22. 83% of patients had good social support. There was no significant association between malnutrition and anemia with fatigue. Another finding of this study, there was a significant relationship between Depression, Duration of dialysis and Social Support with fatigue.

Conclusion: Recording to the high prevalence of fatigue in dialysis patients and also Impact of various factors on that, recommended care providers gain more knowledge about contributing factors and how to reduce its impact on quality of life.

Key word: fatigue, hemodialysis, social support and depression

Effect of telephone follow up on anxiety and depression of mothers with gestational diabetes
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**Introduction:** Gestational diabetes is associated with a number of maternal and neonatal adverse outcomes. Anxiety and depression are health disorders which studies showed more prevalent in diabetics. The prevalence of GDM has risen 122% in the last 20 years. Aim of this study was to determine the effect of telephone follow up on anxiety and depression of mothers with gestational diabetes.

**Methods:** This study was a clinical trial in which 80 mothers with gestational diabetes in prenatal clinic of Imam Khomeini Hospital in Tehran, randomly assigned into intervention and control group. Data collection tools including Exicheck, demographic form, check list of telephone follow up and GHQ questionnaire. Data were collected at 28 weeks of pregnancy and 6 weeks after delivery. Telephone follow up was applied for the experimental group in the field of adherence of diet, insulin injections, lab tests and remembering later visit for 10 weeks. Questions of mothers about pregnancy, diabetes and general health were answered. Data analysis was done using SPSS.

**Results:** Telephone follow up leads to reduced levels of anxiety (P≤0.001) and depression (P=0.001) in the intervention group and was associated with higher general health rate after delivery (P value < 0.001).

**Conclusion:** In order to improve pregnancy outcomes, follow up pregnant women by midwives is essential.

**Key Words:** Telephone follow up, Gestational diabetes, Anxiety, Depression, GHQ
Title: The Relationship between Nutrition Pattern and Menstrual Distress in high-school females in Mashhad city in 2012

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Introduction: Nutrition pattern is one of the important factors predicting menstrual distress which varies among different cultures and countries. The purpose of this study is to determine the relationship between nutrition pattern and menstrual distress in high-school females in Mashhad city.

Methods: This cross sectional study was conducted on 407 high-school female in Mashhad city in 2012 with inclusion criteria through a two-stage sampling method. Participants completed questionnaires about demographic, nutrition pattern and Menstrual Distress Questionnaire (MDQ) that during the three phases of the menstrual cycle (a week before bleeding, menstrual bleeding period and a week after menstruation) was completed. Collected data were analyzed using SPSS version 14 software, statistical test such as, Pearson correlation coefficient tests independent t-student, one way ANOVA and linear regression.

Results: Results showed that 87.7% students were at moderate economic status, 82.2% were exposed to cigarette smoke, 94.8% had mothers without university education, and 9.4% had working mothers. 71% of the students reported minor pre-menstruation distress, 81% reported minor distress during bleeding, and 39% reported minor post-menstruation distress. Also the mean (SD) value for Sweet-fat foods, salty-fat, fast food and caffeine were 3.6, 3.3, 1.3, 10.2 per week. In addition, Pearson correlation coefficient test showed a not significant correlation between total menstruation distress and nutrition pattern (P > 0.05).

Conclusion: With regard to the inappropriate nutrition pattern and high intensity of menstrual distress in high school students Therefore, as regards that duties of health workers is including health care and educational efforts for prevention and health promotion in society The results of this study is a warning to officials involved in education to emphasize that the nutrition and menstrual health of students.

Keywords: Nutrition, Menstruation, Student
Title: The Relationship between clinical Competence and clinical Self-Efficacy among students of Isfahan nursing and midwifery school in 2013

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Introduction: Self-Efficacy In Clinical Performance play an important role in applying competencies also Competencies and Self-Efficacy In Clinical Performance Influenced to quality care of nursing and midwifery students, so the present study aimed to define the Relationship between clinical Competencies and clinical Self-Efficacy among students of Isfahan nursing and midwifery school in 2013 was done.

Methods: This is a cross-sectional study conducted on 150 of nursing and midwifery students in Isfahan University of medical science, selected through two stage sampling in 2013. The participate completed questionnaires about personal/ educational characteristics and Nursing Competencies Questionnaire (18 items) and clinical Self-Efficacy Scale (37 items). The data were analyzed by, Pearson statistical test, T-test, variance analysis through SPSS ver16.

Results: the results showed that subjects’ mean age was 24.05± 1.4 years with range of 20-40 years. 61.4% were female and 59% were single. Also the mean±SD Nursing and midwifery Competencies and Self-Efficacy in Clinical Performance scores were 35.05± 1.2 and 76.03± 0.4 respectively. Pearson correlation coefficient showed that there was a linear correlation between the score of clinical Competence and clinical Self-Efficacy (p=0.001, r=0.73).

Conclusion: Clinical competence is main goal of nursing and midwifery students’ education and achieving the maximum desired result depends on the Self-Efficacy in Clinical Performance and best utilization of facilities and resources. The next step should be seeking possible methods to achieve the highest level of clinical competence and Self-Efficacy In Clinical Performance in nursing students during and after their education.

Key word: Competence, Self-Efficacy, Clinical Performance, Nurse, Midwife, Iran
The Relationship between awareness, attitude and tendency to take care of HIV patients among personnel employed at public hospitals and health-care centers in Iran (Isfahan) in the year 2013

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**Introduction**: Aware, attitude and tendency to take care of HIV patients Influenced to quality care of health providers, so the present study aimed to define the association between awareness, attitude and tendency to take care of HIV patients among personnel employed at public hospitals and health-care centers in Iran (Isfahan) in the year 2013 was done.

**Methods**: This is a cross-sectional study conducted on 400 of nurses, midwives and doctors of public hospitals and health centers in Isfahan, selected through two stage sampling in 2013. The participate completed questionnaires about personal/work characteristics, awareness, attitude and tendency to take care of AIDS patients scales. The data were analyzed by, Pearson statistical test, T-test, variance analysis through SPSS ver16.

**Results**: The findings showed that 59.5% of the participates low aware, 98% negative attitude about AIDS and 87% had nill to take care of AIDS patients. Pearson correlation coefficient showed that there was a linear correlation between the score of aware and attitude toward to AIDS/HIV (p=0.043, r=-54), attitude toward to AIDS/HIV and tendency to take care of AIDS patients (p=0.032, r=-0.41).

**Discussion**: Since personnel’ aware, attitude level and the tendency to take care of the patients was not good, so In order to change the attitude and willingness to care for AIDS patients in their Suggested that more accurate planning in hospitals.

**Key word**: awareness, attitude, tendency, nurse, midwife, doctor
The Role of the Spirituality Factors in the Workplace on the Mental Health of the Nurse(A Case Study on the Nurses of Day Hospital)

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Introduction: Wherever nurses work, they seek something more than the material reward. They want to do something that is meaningful, and cause their life to be balanced. Organizations are having the perfect employees that are mature and educated people who want to do a valuable and purposeful work and their target is the promotion and progression in the workplace. The objective of the present study is to examine the relationship between spirituality factors in the workplace with the mental health of the nurses in Day Hospital which is located in Tehran.

Method: This is a descriptive and correlational study. The population size includes all nurses of Day Hospital which are 229 in 1392. By using CocranFormula by taking gender and the number of nurses into consideration through random sampling 134 of them have been selected The data analysis have been done through both Militon’s spirituality questionnaire in the workplace (2002) and general health questionnaire (GHQ). Their content and facial validity is confirmed by theorists. By using Cronbach’s coefficient alpha their reliability is counted as 0.91 and 0.88 respectively.

Results: The findings have shown that the mean of spirituality factors in the workplace (individual, group, and organizational) is equal with ( \( \bar{x} = 3/25 \)) and also the mean of mental health is equal with ( \( \bar{x} = 3/25 \)) that shows that both variable in the sample are lower than the mean. Also the statistical analysis show that there is a positive and significant correlation between spirituality in the workplace and the nurse’s mental health (\( R = 0.659, P = 0.001 \)).

Conclusion: Based on the statistical analysis, different conditions and situations and spirituality factors in the workplace has a great effect on the nurse’s mental health. By taking spirituality into consideration either in individual or group and organizational level cause decreasing the stresses and depressions.

Keywords: Spirituality in the workplace, Mental health, Nurses
Reviewing and Acculturation of the Lifestyle of Shiite Innocent Imams as a Warranty of the Psychosocial Health of Community

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Introduction: Human beings should first know themselves to be able to know their Creator. Then, they may recognize the purpose of the creation of the universe and the method of how to live and to notice their own nature and essence. In this way, the mankind could perceive the divine messages and revelations and believe that they may reach their goals only and only in the light of extraordinary divine drives and motivations. This paper reviews the acculturation of the lifestyle of the Shiite innocent Imams as a warranty for the psychosocial health of the community.

Method: This is a descriptive-comparative restatement of the divine guidelines of the powerfully and clearly expressed religion of Islam on the quality of human life conducted in 2013-2014. The data collection instruments included information sources as books, articles, journals, and the study of texts available in libraries, websites and search engines.

Results: In the Ahl-al-Bait School, all the divine prescriptions and remedies are linked to the origin of the existence, i.e., Allah, affecting the psychosomatic aspects of human existence and leading to the health and well-being of mankind and his wisdom. The divine sciences of Islam and Ahl-al-Bait possess comprehensive, multidimensional, interdisciplinary, and multidisciplinary attitude towards mankind and avoid a detailed individual-based outlook. The musts and mustn'ts of Islam are not excreted from the crude and incompatible mind of a weak human imposed on other members; rather, they are derived from the divine revelation and the holy book of Qur'an.

Conclusion: Lifestyle consists of two components: instrumental and fundamental. The instrumental component is composed of issues as knowledge, innovation, constructions, and political empowerment observed in the governmental strategies contained in state documents; however, the main component of lifestyle consists of elaborating on the details of the context of life. The main focus of all the processes of this component is humanization. This should be considered from the establishment of the family structure and marriage and cover all the periods and fluctuations of life span events.

Key Words: Lifestyle, the Shiite innocent Imams' tradition, mental and moral health.
The effect of pregnant women empowerment program on elements of empowerment and their satisfaction.

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Introduction: The concept of empowerment focuses on individual responsibility and authority to achieve a healthy state. An important goal for everyone is accepting personal responsibility for individual health, and this is even more during pregnancy, because the developing fetus depends on the activities of the mother.

Method: A randomized controlled trial was conducted at a prenatal clinic in Tehran. The total number of samples were 70; that pregnant women were randomly assigned to control (n=35) and experimental group (n=35). Women in the experimental group received their prenatal care (5 sessions) through four groups of women with same gestational age. Data collected by two scales as follows: empowerment scale for pregnant women, and participation and satisfaction questionnaire.

Results: 70 womens were recruited to the study and 61 ultimately received all their prenatal care (5 sessions). There were no significant differences between control and experimental groups, with whole demographic variables. There were significant differences between control and experimental groups, whit empowerment score (p= .013), and satisfaction score (p< .001).

Conclusion: Pregnant women empowerment program provided three components of care as follows: prenatal assesment, education, and social support. These components enhanced empowerment of pregnant women.

Key words: empowerment, self-efficacy, social support, prenatal care, satisfaction

Preference of management factors Associated with not reported and recorded professional errors from the perspective of health care team

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Introduction: Professional errors as a problematic fact in health care system could be increased patient's security if they are reported but unfortunately several factors block their reaction to these errors. This article is tried to determinemanagement factors for not reporting these professional errors in view of health care team.

Methods: This descriptive search is accompany with 300 staffs who were worked in different part of educational hospitals affiliated to Jahrom University of medical sciences such as nursing group, midwifery and paramedical subcategory in 2012. Valid and reliable data collection questionnaire was 13-item questionnaire which examines individual factors failing to report professional errors based on a five Likert scale from 0-4. Data analysis was performed by using SPSS-16 software with descriptive statistics and analytical tests.

Results: The mean age and experience of participants were about 28.80±6.48 and 6.92±6.35. The majority of staffs were female (70%) and in nursing and midwifery position (57/6%). Among the managerial factors, Managers focus on the person wrongdoing rather than systemic causes of error(74/6%), managers discrimination against wrongdoer( 62/3%), Inappropriate responses of nurse managers with severity and importance of what went wrong(62.0%), Lack of professional staff support by health system in the event errors (60/4%) agreed to dedicate respectively. In this study other variable such as age, gender, Employment Type, period of precedence wasn't related to not reporting professional errors.

Conclusion: The results indicate the need for effective manager's communication with personnel so that managers view to errors with taught and problem solving, check errors systematically till personnel without any fear of the consequences of reporting, report errors and follow the principles of professional ethics.

Key words: manager's factors, error reporting, professional errors, medical team

Pitfalls in today’s nutrition and drug treatment according to Avicenna point of view

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Introduction: Traditional Iranian Medicine (TIM), mostly known in the west by its pioneer: Avicenna (980 – 1037 A.D), is a potential valuable treasure to be used in today’s medical sciences. According to Avicenna medicine, lots of the routine nutritional materials used in our daily food basket are in fact “drugs” that may have specific effects on the body and should be used only under physician’s prescription. In this paper, considering the different definition of drug in the Avicenna traditional medicine, we are going to describe the concepts of drugs and the
mechanisms for their effects on the body based on the TIM, and its translation with the conventional medical science.

**Methods:** By reviewing available references from TIM on drug treatments, as well as scholar documents on drug and nutrition from conventional medicine, we made a comparative study in this field.

**Results:** Our investigation demonstrated that according to TIM, eatable materials are divided into drugs and foods. The drugs act in our body not only by their “quality” (the four qualities include hot- cold and dry- moist) but also by their “properties” (acting beyond the qualities effect, by a special feature in the drug). The conception and criteria of the mentioned mechanisms are described in details in this paper. Moreover, these mechanisms are being matched with chemical drugs used in the conventional medicine.

**Conclusion:** A portion of the food basket in our today’s life is drug remedy and its usage over the safe dose may be harmful and result in disease. In addition, some of the chemical drugs used in the conventional medicine may have important side effects based on their “quality” and therefore should be prescribed in accordance with each individual’s temperament to avoid undesired side effects.

**Key words:** Nutrition, Drug treatments, Traditional Iranian Medicine, Avicenna.

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**Assessing the Relation between Lifestyle and the Mental Health of the Patients with Diabetes Type II**

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**Introduction:** Today, diabetes is one of the concerns of public health in the 21st century and generally counted as the 5th main reason of the deaths around the world and 1 to 2 percent of the world population suffering from it. This fact requires the attention of health centers. So, the purpose of the study is to assess the relation between the lifestyle of the patients with diabetes type II and their mental health.

**Methods:** The present study is in a descriptive-correlation framework which was conducted on the patients with type II diabetes who had gone to the "Seddigheh-e-Tahereh Research Health Center, subordinating "the Medical Science University of Esfahan". 100 patients were selected based on the accessible sampling method to take part in the study. To collect data, Lifestyle Questionnaire (LSQ) and Mental Health Questionnaire (GHQ) were taken into use and to assess the data analytically, the statistical method of descriptive-correlation coefficient was done so.

**Results:** According to the analysis, as far as the aspects of life are concerned, only two ones of physical and mental might significantly predict general health conditions of the patients afflicted with diabetes type II. (p < 0/01)
**Conclusion:** Regarding the point that the mental health conditions of those afflicted with the diabetes type II according two perspectives of mental and physical, so higher level of mental health is expected through improving these two aspects.

**Keywords:** lifestyle, mental health, diabetes type II.

**Assessing the Relation between Lifestyle and the Mental Health of the Patients with Diabetes Type II**

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**Background:** Today, diabetes is one of the concerns of public health in the 21st century and generally counted as the 5th main reason of the deaths around the world and 1 to 2 percent of the world population suffering from it. This fact requires the attention of health centers. So, the purpose of the study is to assess the relation between the lifestyle of the patients with diabetes type II and their mental health.

**Method:** The present study is in a descriptive-correlation framework which was conducted on the patients with type II diabetes who had gone to the "Seddigheh-e-Tahereh Research Health Center, subordinating "the Medical Science University of Esfahan". 100 patients were selected based on the accessible sampling method to take part in the study. To collect data, Lifestyle Questionnaire (LSQ) and Mental Health Questionnaire (GHQ) were taken into use and to assess the data analytically, the statistical method of descriptive-correlation coefficient was done so.

**Results:** According to the results, the R observed at the level of P<0.05 indicated a meaningful correlation between the sub-scales of lifestyle and mental health.

**Conclusion:** So, regarding the point that mental health of the patients with diabetes type II is affected by their lifestyles, improving their mental health through changes in lifestyle can be expected.

**Keywords:** lifestyle, mental health, diabetes type II.

**Body image and its relationship with sexual function and Marital Adjustment in infertile women**

Karamidehkordi Akram*, Latifnejad Roudsari Robab **
Introduction: Body image is related to cognitive, emotional and physical aspects of women's life. It is therefore expected to have a role in women's sexual health and marital adjustment too. This issue seems to be salient in infertile women who suffer from psychological consequences of infertility. In this regard, this study aimed to investigate the relationship of body image with sexual function and marital adjustment in infertile women in 2011 in Mashhad, Iran.

Methods: This correlational study was carried out on 130 infertile women referred to Montaserie Infertility Research Center, Mashhad who was selected using convenient sampling. Research tools were consisted of valid and reliable demographic questionnaires including personal and infertility-related information, modified Younesi body image questionnaire, ROSEN Female Sexual Function Index (FSFI) and Spanier marital adjustment (DAS) scale which were completed by subjects. Data analysis was carried out by SPSS software using t-tests, one way ANOVA, and Spearman and Pearson correlation test.

Results: The mean score of body image, sexual function and marital adjustment in women were 308/1±45/8, 27/23±3/8 and 113/8±19/73 respectively. 93/1% of women reported positive body image, 45/4% had high sexual function and 76/9% had high marital adjustment. There was a direct correlation between the overall body image with sexual function (P<0/001) and overall body image with marital adjustment (P<0/001).

Conclusion: Improved sexual function and marital adjustment in cases with higher body image reflects the fact that one of the solutions to reduce sexual dysfunction and marital dispute in infertile women is education and counseling programs to improve their body image.

Keywords: body image, sexual function, marital adjustment, infertility
Effectiveness of 3 surgical alcohol-based hand rubs on skin flora

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Introduction: It is proved surgical hand disinfectant contain alcohol, have preferable properties such as strong and rapid antibacterial effect, ease application and suitable effect on skin. Therefore, nowadays use of them have gradually substitute for traditional surgical hand scrub with antibacterial soap. Hence, several domesticand imported products are available to health care facilities in Iran. This study was done in order to determine antibacterial effect of Decosept, Sterillium and Cepticidine on skin flora.

Methods: this clinical trial was carried out on 20 volunteers. Subjects disinfected their hands with 3 test products. At first subjects washed their hands with soap, then prevalue sample was taken from finger trips in TSB. After that hands were disinfected with one of surgical hand rubs with as much volume as necessary to keep hands wet, at recommended application time. Immediate post value sample was taken from one hand, other hand was gloved for 3hour, after removing of surgical glove, 3h post value sample(sustain effect) was taken from the hand.

Results: all products remarkably decreased colony forming unit (cfu) immediately (P=0) and 3h (P=0) after disinfection. ANOVA revealed a significant differences among immediate post values (P=0.005). Cepticidin was significantly the least effective than the others, whereas, 3 h effect of 3 products was similar ( p=0.630 ANOVA).

Conclusion: our results confirm the effectiveness of 3 alcohol-based hand rubs. Considering short application time, low used volume and more antibacterial effect, however, Sterillium seems to be as a better choice.

Key words: surgical hand disinfection, Sterillium, Decosept, Cepticidine
Survey of intent to leave job and its causes and factors of job satisfaction of operating room nurses of educational hospitals of Hamadan

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**Introduction:** Intent to leave job is a negative and boring sense that lead to leave job or perform unfavorable work, nowadays to prevent its consequences, factors influencing job satisfaction and causes of leave job have been considered. Hence this survey was performed in order to determine intent to causes of leave job and factors of job satisfaction on operating room nurses of educational hospitals of Hamadan.

**Methods:** This analytic-descriptive study was done on all surgical and anesthesiologist nurses of operating room of Hamadan educational hospitals. Data collection tool was a questionnaire consist of 4 section: demographic data, questions of environmental factors of job satisfaction, questions of motivational factors of job satisfaction and job leave questions.

**Results:** Most samples (58/4%) have moderate and least of them (0/7%) have high job satisfaction. In terms of environmental and motivational factors of job satisfaction most samples respectively 58/4% and 55/5% have moderate job satisfaction. Just significant difference was found between sex and job satisfaction (p: 0/004). 60.58% have intent to leave job and the most cause of it was dissatisfaction of job that has significant relation with education, type of job.

**Conclusion:** In this study the most of nurses had intent to leave job due to job conditions and moderate job satisfaction. Therefore to provide appropriate condition to retention operating room nurses in their job and to prevent to waste resources for training of nurses, it should enhance influencing factors such as improving physical environment of operating room, increasing pay, providing virtual and material thank and enhancing leadership style cause to increasing nurses job satisfaction and patient satisfaction.

**Key words:** Job satisfaction, leave of job, nurse, operating room
Specific infertility characteristics of infertile couples
Nekuei Nafisehsadat-Kazemi Ashraf - Mohammad Ali Beigi Nastaran
Faculty member of Isfahan University of Medical Sciences'

Introduction:
Infertility is a major health problem in today's society and its treatment is associated with high costs. Every applicant that could offer a way to improve the treatment of infertility is considered by medical system. Purpose of this study was to examine the specific characteristics of infertile couples.

Methods:
This study is a descriptive study on 260 infertile couples attending the infertility Center of Isfahan. Sampling tool was a questionnaire and was completed by use of patients' records and interviews. Data were analyzed using SPSS software and descriptive statistical methods.

Results:
The results showed that 88% of patients had primary infertility. Most common etiology were male factor, PCO unknown ovarian failure and tubal factors respectively. The history of abortion and premature labor was 17.9% and 5.6% respectively. Most common treatment was ovulation induction, IUI and ART. Maximum treatment cycle was 2 times (8/44%) and 3, 1, 4, 6, 5 and 7 times respectively. Highest incidence of previous treatments outcome was treatment failure (69%) and miscarriage, premature labor, blighted ovum respectively.

Conclusions:
This study is a basis descriptive study for future analytical studies. Due to primary infertility causes and prevention of it, evaluation of factors affecting the common causes and efficacy of treatment are important. This practice reduces the cycles of treatment and improves the treatment of infertile couples. Analysis of these characteristics may be considered in infertile couple treatment programs.

Key Words:
Infertility-Infertile couples- previous history
**Spiritual care during pregnancy from view point of Islam**
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**Introduction:**
Embryonic period is the most critical period of life. Uterus of mother is the place of formation of the different stages of the ego. Islam has pay special attention to this period of humans like other subjects and stated the instructions that effective in the fetal and maternal health. Purpose of this study provides important advice on Islam during pregnancy.

**Methods:**
This study uses scientific sources, the Qur'an and the online libraries.

**Results:**
Following recommends are provided for pregnancy period in our religious references:
Decision not to repent of sin and guilt before pregnancy by asking God, to perform duties and left the guilt, study, on time praying, recite the Qur'an, visit the inmate, participate in the inmate ceremonies and celebrations, review religious principles, permanent ablution, mouthful solvent, familial suitable atmosphere, peace in the family, the company of righteous people, Chant, charity, vows, blessings, apology from God, baptism recommended, avoid stress and excitement, Ashura pilgrimage, not overeating, eating of variety of foods and plants, notice to the inheritance, verbal communication with the fetus, eating dates, sesame seeds, milk, fenugreek extract, fruit (grape, apple, pomegranate, sweet), jujube, fig, eggs, honey, fish, sesame, abundant water, the pear.

**Conclusions:**
According to the importance of pregnancy and permanent effect on the fate of a man and the comprehensive and complete content of Islam for all parts of persons, it is necessary that the spiritual side of healthcare for pre-pregnancy to breastfeeding (mothers and their families) in Quran is offered. So we have future healthy and successful generate.

**Key Words:**
Prenatal –Quran-Principle
Sexual dysfunction in patients with multiple sclerosis
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Introduction:
Since the age of onset of multiple sclerosis (MS) is 20-40 years, mean peak sexual activity, sexual dysfunction caused by this disease is considered as a major problem in this patient. Purpose of this study was to evaluate sexual dysfunction in these patients.

Methods:
This study had been done by use of more than 30 articles from library resources and the Internet in the past 10 years.

Results and Findings:
%50 - 90% of MS patients is diagnosed with sexual dysfunction. According to some studies, this dysfunction is related to the severity of the disease, bladder dysfunction and severity of disability. These disorders are higher in men.

Causes:
Primary: damage to nerves involved in sexual function
Secondary: Physical disability resulting from MS
Tertiary: Psychotic complications due to MS

Symptoms:
Men: Erection and ejaculation disorders, decreased libido and orgasm
Women: decreased libido, orgasmic dysfunction, vaginal dryness, impaired genital sensation, vaginal spasms
Other problems: dissatisfaction of the intercourse frequency and sexual activity, loss of romantic relationship

Conclusions:
According to the importance of sexual activity in a normal life and sexual dysfunction in multiple sclerosis, assessing of this complication should be done by the expert team (neurologist, urologist, psychiatrics and consultant). The most important part is to provide information about the symptoms and causes of sexual dysfunction. This action, along with treatment and counseling improves quality of life for both the patient and his partner.

Keywords:
Sexual Dysfunction - Multiple Sclerosis
Determination of prenatal education on health behavior during postpartum
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Introduction: Educating and encouraging women to health behavior change particularly difficult "is very important during pregnancy and after childbirth preparation classes and place them as far as basic training provided a good opportunity for the mother during pregnancy and postpartum Her family -Infant care, And other acts of sexual health Are. This study aimed to assess the impact of prenatal preparation classes on health behavior during postpartum.

Methods: This quasi-experimental study. 230 nulliparous pregnant women attending 8 health centers in Semnan sampling method. Cluster-randomized intervention and control groups were included. During the 8 hour class sessions in the intervention group and the group was held within a week. Information gathered through demographic and health behaviors. Analysis of software SPSS Was used.

Results: showed that the two groups were matched in terms of demographic characteristics, But there was significant difference between the intervention and control groups in terms of Start a breast feeding during the first two hours following birth, exclusive breastfeeding during the first 4 months after birth, to care for 10 days and 6 weeks after delivery and onset of contraceptive methods.

Conclusion: The results showed that prenatal education classes have a positive impact on health behaviors in the postpartum period. Indicating the importance and role of the midwife in prenatal education during pregnancy.

Keywords: education, Prenatal, health behavior, delivery
The association of prenatal care quantity and pregnancy outcomes

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Introduction: Adequate prenatal care provides an opportunity for consultation and reduces complications related to pregnancy and delivery. One of the new indices to assess the adequacy of care is Revised Graduated Index of Prenatal Care Utilization (R-GINDEX). The study aims to assess the relationship between quantitative prenatal care factors and preterm labor and low birth weight using R-GINDEX.

Methods: This historical cohort study has been conducted on 420 mothers during the first two years after delivery in 2010. The adequacy of care was calculated by R-GINDEX. Based on this index, participants have been divided into three care groups including inadequate, adequate and intensive care groups.

Conclusion: A significant relationship has been found between R-GINDEX and preterm birth and low birth weight (P<0.05). Thus the probability of premature labor in inadequate care group (RR=3.93) and low birth weight (RR= 2.53) was higher than that of the adequate and intensive care group.

Conclusion: The results showed that the quantity of prenatal care is effective in reducing preterm birth and low birth weight. Increasing the interval of cares may result in losing many opportunities for the management of gradual or sudden complications in pregnancy.

Keywords: prenatal care, revised G Index, premature labor, low birth weight, neonate
Effect of nutrition education on nutritional knowledge and behaviors among Primary Students Torbat Heydariyeh City

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Introduction: Children and adolescents more than other age groups need adequate and healthy nutrition to achieve adequate physical growth and mental development. Children need nutrition education to obtain necessary skills to select the correct food. This research performed in order to survey the Effect of Health education on knowledge and behavior in Elementary school students in Torbate heydarieh city in 2011-2012.

Method: In this quasi-experimental study, 160 students at elementary school students were selected via simple multi-stage random sampling and divided to two intervention and control group. The data collection tools was researcher made questionnaire that its validity and reliability were reviewed and confirmed. pre-test performed from two groups. Based on the results of the pre-test need assessment was done and educational intervention was performed through questions and answers technique by trained peers on intervention group. the training meeting was 45 minutes. post-test was conducted 2 month later. The collected data were inserting in SPSS software and analyzed by the statistical independent t-test, paired t-test analysis.

Result: Our findings showed that before education, case and control groups didn't show significant difference. But after that knowledge and behavior score was significantly higher (P < 0.05).

Conclusion: Our finding shows the importance of nutritional education on improving nutritional behaviors in students.

Key Words: nutrition, students, knowledge, behavior
Determinants of decision making for vaginal delivery in the north of Iran (Tonekabon): a focused ethnographic study
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Introduction: Many factors have been stated on decision making for different kinds of delivery. Decision making for vaginal delivery is done under the influence of culture, perceptions, beliefs, values, attitudes, personalities and knowledge. The current study aims at exploring the determinants of decision making for vaginal delivery in the north of Iran from women’s perspective.

Method: A focused ethnographic method has been used. Semi-structured interviews and observation were conducted with 22 pregnant women in postpartum, 7 midwives, 7 gynecologist and 9 non-pregnant women in Tonekabon clinics with purposeful sampling methods. Interviews and observations were recorded and transcribed. The accuracy of extract codes and theme by restoration of arranged and coded texts to the participants (member check) and by an expert person from outside the study context were confirmed. Data were analysed using thematic analysis and MAXqda software.

Result: Five themes were extracted from the data: economic determinants, cultural values and norms, Positive attitudes about vaginal delivery, social networks and normal delivery facilitators. Several sub-themes and sub-sub themes also emerged from the data (e.g. safe delivery, forming maternal feelings, painful but tolerable, maternal role facilitator, inexpensive delivery, a process with good conclusion and low complications, relief messenger).

Conclusion: Giving enough information about vaginal delivery for pregnant women and their family members, training pregnant women to increase tolerance during labor pain, and modifying expenses can increase economic affordability, positive cultural norms and attitudes about vaginal delivery, proper social support, using of normal delivery facilitators and direct them toward vaginal delivery.

Keywords: Vaginal delivery, qualitative study, focused ethnography, decision making, culture
Study of the pregnant women’s perceptions and preferences about cesarean delivery in the north of Iran (Tonekabon): a focused ethnographic study

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Introduction: Results of studies conducted in Iran in 2013 showed that almost 42 percent of deliveries in public hospitals and 90 percent in private hospitals were performed with cesarean method. So, this issue requires careful consideration. Decision making for cesarean is done under the influence of culture, perceptions and beliefs. So, this study has performed to determine pregnant women’s preferences and their perceptions about cesarean delivery.

Method: A focused ethnographic method has been used. Semi-structured in-depth interviews and observation were conducted with 12 pregnant women and 10 delivered women, 7 midwives, 7 gynecologist and 9 non-pregnant women in Tonekabon clinics with purposive sampling method. Participants’ recruitment continued until data saturation occurred. Interviews and observations were recorded and transcribed. Study rigor was confirmed through prolonged engagement, member check, expert debriefing, and thick description of the data. Data were analysed using thematic analysis and MAXqda software.

Results: Four themes were extracted from the data: fear of vaginal delivery, personal beliefs, cultural norms and social network. Several sub-themes and sub-sub themes also emerged from the data (e.g. a process without pain, a surgical technique, a process with future complications, and protecting the genital anatomy).

Conclusion: The results showed that fear of vaginal delivery, personal beliefs, cultural norms and social network played main roles in the formation of cesarean meaning and its perception and preference by pregnant women as a social stimulus and support. But most of pregnant women believe that fear of vaginal delivery is a major factor in preferring cesarean. Hence, midwives and physicians can help improve prenatal cares quality and positive perception toward vaginal delivery through presentation of useful training about the nature of different kinds of deliveries, their advantages and disadvantages, and controlling labor pain.

Keywords: cesarean delivery, qualitative study, decision making, focused ethnography
Correlation of depression with social support in patients undergoing hemodialysis in Kerman


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Introduction: Depression is a common disorder in patients treated with hemodialysis, that has increasing. However, it seems that social support for patients in this condition improve their health and compatibility with the conditions. Therefore this study was to examine relation between depression with social support in patients undergoing hemodialysis in Kerman.

Method: This Study was a descriptive-analytical study and 182 patients undergoing hemodialysis at 2013 in Kerman were selected by simple random sampling. Data gathered by Questionnaires of Beck's Depression Inventory (BDI), ESSI social support and demographic information. Data was analyzed by SPSS-PC (version 16).

Results: The results showed that 68.1% of the subjects had some degree of depression and 83% had good social support. In examining the relationship between depression and social support, that analyzed by Spearman correlation coefficient, it was clear that there was a significant association between depression and social support (P =0.005).

Conclusion: In regard with the salient role of high social support in providing their psychosocial health, such as decreased depression and since of this study, the results showed that the high prevalence of depression in these patients, appears in the dialysis patients, special attention should be paid to psychosocial problems.

Key words: depression, social support, hemodialysis
Investigation of effects of family empowerment model on Quality of Life in Children With Chronic Kidney Disease

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Introduction: Quality of life is a concept, which in recent years is considered a measure of health in chronic diseases such as kidney disease. Complications of Chronic disease could affect the quality of life in children and their families over times. So empowerment programs is necessary to improve their quality of life. Therefore, this study examines the impact of family empowerment model on quality of life in children with chronic kidney disease.

Methods: In one quasi-experimental study, 64 children with chronic kidney disease and their families participated. The research tools included the questionnaire of demographic information and quality of life questionnaire 4th ed. After the collection data in first phase the family empowerment model implemented in the intervention group and the test was repeated after 1 month. For comparison between two groups, independent t-test for paired t-test was used to compare the data in each group.

Results: Independent t-test showed the average quality of life score was not significantly different between the two groups before the intervention. But after intervention these differences were significant. Paired t-test showed before and after the study, the intervention group had a significant difference in quality of life.

Conclusions: Our finding showed that the family empowerment model was effective on increased the quality of life of children with chronic kidney disease. Thus, we are suggested this model used to Inpatient and outpatient children's care health.

Key Words: quality of life, chronic kidney disease, Family Empowerment
relationship of the pain relief guideline implementation and Quality of Services in Golestan Hospitals, Iran 2011

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Introduction: Pain management is important for ongoing pain control, especially if you suffer with long-term or chronic pain. After getting a pain assessment, your doctor can prescribe pain medicine or other pain treatments to help you get pain relief.

In order to promote the processes of presenting medical services, respect of patient's rights and establishing of unity in methods, the pain relief guideline were communicated to hospitals in 2002.

Therefore, this research carried out for investigation of performance the pain relief guideline before their communication as Quality Indexes of hospitals and their relation with communication and quality degree of services done.

Methods: This research was an analytical and retrospective survey. Checklist and informative form was the survey Data collection method. Data have been analyzed by K2 test in SPSS software.

Results: In 57.8% of evaluated documents in 2002 and in 1.1% in 2001 the pain relief guideline was performed (P=0.001). In 38.2% of documents in 2002 the type of prescribed analgesic, method and times of prescription wasn’t performed that to be reduced to 14.1% in 2001 (P=0.002). Establishing of pain management guideline in Iran has been positive effect on quality of all hospitals services except 1 of them. Establishing of pain relief guideline has been most effect on General operation as compared with others.

Generally, there was positive and significant relation between Establishing of pain management guideline in Iran hospitals and quality of services.

Conclusion: Result of many researches show that most doctors use Opioid analgesics for first step in reduce pain after operation. But because of dysfunction of respiratory tract, drowsiness and solidarity to these drugs, use of NSAIDS may be particularly well suited to long-term management of pain.

But Prescribe of vaginal and oral analgesic are safe, effective and simple means of managing pain in patients.

Implementation of pain management guideline led to improvement of quality in medical services. Establishing of guarantees and continuous rechecking regarding the quality assessment communications, the quality of services can be improved in the future.

Key words: managed care, pain relief, pain, Quality, Hospital
The Effects of Medicinal plants of *Melissa officinalis* and *Salvia officinalis* on primary dysmenorrhea

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**Introduction**: Primary dysmenorrhea is one of the common problems in women, especially in young women. Although dysmenorrhea is not life threatening but it can have adverse effect on quality of life and it can cause disability or ineffectiveness. In regard to young society, various treatments are offered for dysmenorrhea that one of them is *Melissa officinalis* and *Salvia officinalis*. This study investigated the effect of them on primary dysmenorrhea.

**Methods**: this study was a clinical trial study and was performed on 50 students with primary dysmenorrhea. Experimental group used *Melissa officinalis* and *Salvia officinalis* five days before menstruation until five days during the menstruation and continue to next during. The rate nausea, vomiting, pain, blood duration, dysmenorrheal with use of VAS (Visual Analog Scale) Questionnaire were evaluated. Data were analyzed by chi-Square, T-test and WILCOXON statistical test.

**Results**: results showed that pain severity and pain duration reduced significantly (p <0.01). So that, pain severity of before treatment was 6.30 that after first and second duration of medicinal using, this value reduced to 3.94 and 3.24, respectively (range 1 to 10). The maximum pain duration of before treatment was observed 1 to 6 h (28.6%) that this number reduced to less than 1 h after using of this medicinal plants (38.0%). Blood duration mean was 6.36 days before treatment. After first and second duration, this value reached to 6.48 and 6.34 days, respectively. It was determined that using of oral sedative drugs reduced from 56% to 26% and 22% after first and second duration, respectively. Finally, after second duration, 42% of girls declared high satisfactory of medicinal using.

**Conclusion**: Generally, it was showed that *Melissa officinalis* and *Salvia officinalis* reduced pain severity and pain duration in students with primary dysmenorrhea, significantly. These medicinal plants can be used as a cure method and raise the quality of women life that have with primary dysmenorrhea.

**Keywords**: Primary dysmenorrhea, *Melissa officinalis, Salvia officinalis*
Studying the relationship between demographic variables and depression in hemodialysis patients in Shahid Mohammadi hospital in Bandar Abbas

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Introduction: Dialysis is a stressful process and has several psychological and social problems as its consequences which could lead to the expression of psychological disorders in patients. Results of the studies show a high prevalence of psycho-social disorders among the dialysis patients. The aim of the present study was to study the relationship existed between the demographic variables with depression among the dialysis patients.

Method: the present study is of the descriptive sectional type. The study population involves all the patients under hemodialysis treatment in 2012 in Martyr Mohammadi hospital of Bandar Abbas, which 114 patients were selected based on the convenience method. Beck’s depression inventory (BDI) with 21 questions was used to collect the data.

Results: 57.9% of the samples were males and 42.1% were females. 74.4% were single and 52.6% were married. A significant correlation (P<0.01) was found between the variables of sex, age, marital status, level of education, and income level with depression. The results showed that there was a higher depression among female patients than the male ones, and also in singles compared to married patients. Concerning the income variable it was found that those with lower incomes were suffering more from depression.

Conclusion: the results showed that there is a significant correlation between the variables of sex, age, income, level of education, and the marital status with depression among the hemodialysis patients. It can be said that social and individual problems as consequences of dialysis could lead to such tensions among these patients. Therefore, paying attention to the hemodialysis patients and providing them with the counseling services and psychotherapy could be very useful.

Key words: Hemodialysis, Depression, Martyr Mohammadi Hospital, Patient

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The effect of parental presence on anxiety during induction of anesthesia in children 2 to 11 years old undergoing surgery

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Introduction: The surgical procedures in the treatment of children the stressful phenomenon that obstacle to achieving the health goals, so it is important and should be prevented. This study aimed to investigate the effect Parents presence on anxiety in children aged 2-11 years old undergoing surgery.

Methods: This is randomized controlled trial research. 60 Children 2 to 11 years undergoing elective surgery were randomly divided into experimental and control groups. Parents were present in the intervention group. Anxiety Scale for children m-YPAS in two stages were examined, and finally SPSS18 software and the chi-Square test, Fisher exact test, t test and t pair, were used for data analysis.

Result: Comparison of weighted average total score of anxiety among children in the control (70/39±20/93) and test group (67/83±16/78) before surgery had no significant differences (p>0.05). But changes scores between pre and postoperative anxiety in children in the control group (-3±16/45) and test (-8/39±22/95) were not significantly different (p>0.05).

Conclusions: Presence of parents have no significant beneficial effect on anxiety in children undergoing surgery and to reduce the adverse effects of anxiety due to surgery should other effective interventions be considered.

Keywords: Parental presence, Anxiety, Children, Surgery
Effect of delivery preparation courses on mothers' attitude toward mode of delivery

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Introduction: High level of fear is accompanied by a prolonged labor, more delivery problems and a more demand for cesarean section. The present study has been designed to define the effect of delivery preparation courses on mothers' attitude toward mode of delivery.

Methods: This is a clinical trial study on 117 pregnant women (n=59 in study and n=58 in control group) in their 20th week of pregnancy. The questionnaire of attitude toward mode of delivery was filled through interviews for three times. The data were analyzed by inferential statistical tests through SPSS16.

Results: The results showed that there was a significant difference between the attitude toward the mode of delivery in study group before and after intervention, and before intervention and after delivery. While, there was no significant difference after intervention and after delivery.

Conclusion: With regard to the obtained results from the present study and other studies, attending delivery preparation courses can be recommended to improve mothers' attitude toward natural mode of delivery.

Keywords: Delivery preparation course, attitude toward the mode of delivery, attitude change methods
Significant Concurrence between Lifestyle Activities and Cognitive Speed in older Women

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Introduction: Increasing evidence has shown that remaining physically, cognitively, or socially active confers health benefits by delaying or preventing the onset of disease and disability in older adults. The desire to be generative, or to make a difference, has long been considered an important developmental objective in later years in order to give meaning to one's life, and may provide the necessary impetus for older women to initiate and maintain health-promoting activities.

Methods: In this review article, electronic searches are undertaken in PubMed, Scholar Google and up to date since 2012.

Results: An active and socially integrated lifestyle in late life protects against dementia and Alzheimer's disease. Mental well-being in later life is modifiable through exercise and physical activity. Participation in a variety of lifestyle activities is more predictive than frequency or level of cognitive challenge for significant reductions in risk of incident impairment on measures sensitive to cognitive aging and risk for dementia. Living with other(s), defining health as wellness, better perceived mental health, more sources of health information and provider counseling are significantly associated with health-promoting lifestyle behaviors. Activity is a significant predictor of current levels of speed, picture naming, incidental recall, and verbal fluency, and of cognitive change in speed, picture naming, and incidental recall.

Conclusions: The results support the dual contention that (a) lifestyle engagement may buffer some of the cognitive changes observed in late life, and (b) persons who are exhibiting poorer cognitive performance may also relinquish some lifestyle activities. These findings suggest that engaging in general lifestyle activities may help to promote successful cognitive aging. Because the prevalence of disability is greatest in older women, it is critical to find ways to maximize their opportunities for generative activity to promote healthier life-styles.

Key words: Lifestyle, Cognitive, Older women
Professional Commitment, Patient Safety, and Patient-Perceived Care Quality

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Introduction: Patient safety is one of the major indicators of quality of care in health service delivery system and is affected by various direct and indirect factors. Nurses have an important role in maintaining and improving standards of patient safety. Because of their ongoing contact with patients, nurses can detect violations of safety, and report them timely. To examine how professional commitment influences patient safety and patient-perceived care quality.

Methods: In a cross-sectional-correlation study, 300 nurses with the certificate higher than Associate degree (AD) and with at least 1 year of experience in the hospital were participated in medical centers in Tehran-Iran. Frequencies of six adverse patient events were used to measure patient safety; and the Service Quality Scale was used to measure patient-perceived care quality. Four items of the Professional Commitment Questionnaire were used to measure professional commitment. Pearson were used for the analyses.

Results: The participants’ age range was between 22-50, and most of them were women (86.7%) and married (64%). Significant statistical relationship was found between professional commitment and patient safety indexes (medication error, falling, nosocomial infection, delay in care, misidentification and damage to the patient during care) (p<.031). Professional commitment also positively influenced care quality in terms of responsiveness (p<.22).

Conclusions: Professional commitment may enhance patient safety and patient-perceived care quality. This study indicates that nurse professional commitment can enhance patient safety and patient-perceived care quality.

Key words: Professional commitment, patient safety, patient-perceived care quality, care outcomes, hospital nurse
Survey of the demographic status of married couple in East Ahvaz premarital Counseling Health Center

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Introduction: Marriage is the only way to start healthy family formation, the best way to satisfy sexual, psychological, social, and prevention of sexually transmitted diseases. Body, biological, sex, psycho, social and emotional maturity is necessary for marriage and acceptance of responsibility. Marriage is one social agreement between men and women, which is the beginning of marital life, they are sharing sadness, happiness, pleasure and pain and each other solves their problems in life.

Methods: Reading this description study, the study population consisted of 759,935 that 10,981 couple referred East Premarital Counseling Center of Ahvaz in 2012.

Results: Of the 10,981 couples registered the number of 9175 cases (58.3%) were urban, 1806 women (16.5%) rural, 2933 of females aged 10-19 years (26.7%), 6832 (62.2%) women aged 20-29 years, 1022 (9.3%) in 30-39, 150 women (1.4%) in 40-49 and 50 women (0.4%) in 50 years and over age group. 961 (8.75%) were employed, 8101 (73.77%) were housewives, and 17% were students.

Conclusion: This study shows thereferrals of age group 20-29 years had formed (62.6%) more. So education before marriage can increasing awareness of counseling centers in particular bride under 19 yearsof age and over 35 years, considering the fact that 2933 (26.7%) of married were under 19 and 1172 (10.7%) over 35 years of age, it should be fruitful for people planning pregnancy in safe age.

Keywords: urban-rural-old bride-Education-employment-East Ahvaz.
An investigation of the types of aggression in daycare and pre-school children

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Introduction: children, as one of the vulnerable age-groups are susceptible to a variety of psychological disorders including aggression. Vulnerability in this age is attributed to the active developmental process, on one hand, and parents' control over environmental and positional conditions of the child. Thus, the present study aims to determine the types of aggression among daycare and pre-school children.

Method: this study is a descriptive, cross-sectional study that is conducted in order to determine the types of aggression among daycare and pre-school children in Mohr city in 2013. The sample consists of 60 individuals and is taken using random cluster sampling techniques. Data are collected using interview forms which included two sections, the first comprising of demographic questions and the second was ShahramVahedi etal's daycare children aggression questionnaire for daycare teachers. It includes 4 clusters used for measuring types of aggression including verbal-assaultive, physical-assaultive, relational and impulsive anger. Descriptive inferential statistics was used for analyzing the data.

Results: the results indicated that the amount of aggression among children according to the type is 33.37% verbal, 31.15% physical, 22.29% relational and 13.11% impulsive anger.

Conclusion: given the higher amount of verbal and physical aggression and the lower amount of relational aggression as well as impulsive anger due to its nature being unknown and also considering the negative effects of aggression on children's social and educational behavior, primary intervention is recommended to prevent from the disorder, which is highly preferable to therapy.

Key words: aggression, daycare center, pre-school.
Survey of mother's behave or based on health belief model on using iron complementation in children 6 to 24 months in Shahrekord city

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Introduction: Anemia is one of the most important issues in children's general health and among the most common type of anemia is iron deficiency anemia in this group. This study was performed with the aim to determine mothers behavior based on health belief model of using iron complementation in children 6 to 24 months in Shahrekord city.

Methods: In this cross-sectional study that was performed in 1391, 83 mothers with children (6-24 months) were enrolled and completed the questionnaire designed based on health belief model. Validity and reliability of the questionnaire was confirmed in a pilot study (α = 0.79). The data were analyzed by software SPSS 16 and Pearson and Spearman correlation test.

Results: Average age of mothers was 28.95 ± 4.05 and education higher percentage of mothers (47%) was secondary level and 83% were housewives. The mean and standard deviation awareness score was 25.56 ± 14.28, perceived susceptibility 62.04 ± 12.56, perceived severity 62.53 ± 11.10, perceived benefits 68.73 ± 13.78, perceived barriers 62.10 ± 22.56 and Performance 46.82 ± 25.35. Between the awareness and performance was direct significant relationship (p < 0.001, r = + 0.44), and between performance and perceived barriers was significant inverse relationship (p < 0.001, r = - 0.49).

Conclusion: Results showed that the mean performance score of mothers is lower from awareness and health belief model dimensions. And due to the significant effect awareness and perceived barriers in performance of mothers, necessary to develop continuing education programs and effective in the field is felt.

Key words: anemia, iron drop, health belief model.
The study of social security among students in Shahrekord University of medical sciences

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Introduction: Security is a fundamental issue in many societies so that every country considers it as one of their high priorities. Therefore, current project was conducted to determine social security among students in Shahrekord City University of medical sciences. Method and Method: This is a descriptive study in which 200 students from Shahrekord University of Medical Sciences participated in randomly. Data collection instrument was a questionnaire having two parts consisted of demographic questions about them and social security assessment section (in four dimensions including sense of occupational security, sense of emotional security, sense of security in interaction with others and sense of security physical health). Achieved data were analysed by SPSS version 16.

Results: 63/5% of cases (127 ones) were girl and 36/5% of them (73 ones) were also boy students. The age average of studied girls and boys were, in turn, 22/47±2/47 and 21/82±2/46. There were no any significant correlations between age averages and parents education levels in both groups. The score average of security sense was moderate and 49/09±13/11 of the boy students and 43/77±12/49 of girl students and was significant difference between two studied groups. Sense of security physical health and occupational were significantly higher in boys than girls (p<0.05) But the sense of security in interaction with others and a sense of emotional security of the two groups were not significant difference.

Conclusion: According to the obtained results suggest, experts discussed about different dimensions of security sense carefully and critically and officials use discussions results for careful planning, for future.

Key wors: sense of social security, occupational, emotional, in interaction with others, physical health, students.
Enhancing quality of care for elderly patients using effective communication strategies.

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Introduction: Currently, for every 10 people in the society, there is an elderly person and for every 5 people in the next 40 years, will be a hit. Participation of elderly patients and their caregivers results in increase in the satisfaction and trust in the clients, increasing their anxiety and excitement, understanding the needs of individuals, better and positive communication of professionals and steady and positive effects on health. The purpose of this article is to examine effective communication strategies for the treatment of elderly patients and their caregivers to create a sense of participation in the treatment process to achieve optimal health, the patients' satisfaction and his companions and finally providing a peaceful environment for elderly patients and increasing the quality of presented care to the patients.

Methods: This paper is presented by reviewing the textbooks and checking a comprehensive collection of articles by different databases such as Medline, SID, PUBMED, Google and using keywords "Communication ", " Elderly ", " Patient Satisfaction " and with an emphasis on articles since 2005, then findings were carefully studied.

Results: Effective medical communication is an inevitable aspect of nursing care, and an important factor in achieving a positive outcome of treatment and reducing stress and patient satisfaction. If the communication is not properly established, needs of patients are not satisfied, their social processes are impaired and their collaboration will reduce which may increase stress in caregivers and reduce the quality of medical care and desirable services to patients. There are ten golden rules for effective communication with the elderly patients which enables the staff to provide patient care and comfort to the elderly, to gain his trust and partnership.

Conclusions: In case of an elderly patient cooperation and proper communication, they are actively participated in their healing process, and thus elderly patients health are maintained and it would certainly increase the quality of care, and patient care will play an important role.

Keywords: communication, elderly, patient satisfaction.
Subject: Earn of Communication skills Highway of satisfaction OF PATIENT Sand their families

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Introduction: Pain and illness is one of the most difficult processes in the life of every human being that is shaped and passed in the position of the patient, his family and the medical team with this hard experience. This result leads to the conclusion that, like health, rehabilitation, or death only thing that is remains forever in the hearts and thoughts are memories. The transition from the hard times and sometimes overwhelming lives, human behavior and professional staff, particularly nurses can treat most effective and most enduring role in the heart and soul of the patient and his family. We need to earn communication skills and empathy with patient especially in Section of Hospitalization ward, after that we can see the individual and organization successful in the dimension of satisfaction of patient and his family.

Goals: The purpose of this article reviews is consideration of behavior and manner of nursing ward, earn of different skills in the personal management, and emotional intelligence and effectiveness of professional ethics behavior with patient and his family.

Methods: This is a systematic review of literature and we used articles from PubMed, Emerald, Google Scholar, SID. These articles are related to Communication Skills, “Ethics”, “cancer”, “Empathy” especially emphasis on research after 2005.

Clinical findings: More than anything else the patient needs to be treated with respect and understanding by trained staff in terms of communication skills, emotional intelligence, self-management and... earn of this skills have a major role in the effectiveness of the process and satisfaction patients and their families. For the family of patient needs more this kind of skills.

RESULT: Staff especially nurses than any other groups need to earn of communication skills and behaviors and it is essential to invest this skills in the country's macro-level on this expertise will be done.

Keywords: medical team, communication skills, emotional intelligence and self-management.
A practical model for nurse-led organizational change in a hospital in Iran: Expanding nurses' educational role and management of patient education through action research as case

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Introduction: The aim of this study was "Introducing beneficial aspects of a practical model of nurse-led organizational change for expanding nurses' educational role and managing patient education through action research project in a hospital in Iran."

Methods: This is a study using exploratory design on a case of professional development program entitled "nurses' educational role expansion project" conducted in a training hospital in Iran from 2012 to 2014. Data was gathered through participant observations and field notes, project records, documents, artifacts, official transactions, letters and reports which transcript by accountable researcher based on the research protocol and conceptual frameworks including "Mobilizing for action through Planning and Partnerships (MAPP) process and Leadership for change skills. Directed and summative qualitative content analysis was used for analyzing data.

Findings: Qualitative content analysis represented a practical model for leading organizational change through participatory action research project management in a hospital. In this project, participatory managerial principles considering strategic and systems thinking, dialogue, objective data alongside visionary leadership skills, through a process applied. The process of change derived from academic-service partnership and were realized in an action research project. "NEARER Process" consists of: 1- Preparation 2- Organize for success & partnerships, 3- Visioning 4- Four comprehensive assessment 5- Identify strategic issues 6- strategic plan 7- action plan 8- action research cycles A number of important leadership skills were as: external awareness, communication, negotiation, team building, networking, political issues, accountability, customer focus, visionary strategic thinking, creativity, motivation and etc.
Discussion: This study revealed a practical framework which increases transferability by direction of action research steps and its process through planning steps and partnerships in role expansion. The main issues were the strategic management through leadership for change principles and skills. By rehearsal of leadership for change skills through action research project, we can better manage multi-professional team and lead patient education in hospitals.

Key words: case study, change, Leadership, Nurses, Practical Model, Project management, Patient education, Role expansion.
Effectiveness of stress coping skills training with psycho-educational approach among caregivers’ of schizophrenic patients on family function and psychological wellbeing

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**Introduction**: present study was conducted to determine the Effectiveness of stress coping skills training with psycho-educational approach on family function and psychological wellbeing of schizophrenic patients with history of hospital admission to Shafa outpatient clinic Rasht city.

**Methods**: This is an experimental study with pretest_ post test control group. Study environment included Shafa educational _ therapeutic center in Rasht city and study community consisted of 220 caregivers’ of schizophrenic patients with history of hospitalization in the center sample size consisted of 30 caregivers’ who were eligible to enter the study were divided randomly into two groups of experiment and control (15 in each group). Twelve session intervention was conducted twice a week for each session of 90 minutes. Data collection instrument included caregivers and schizophrenic patients, demographic, Ryf Psychological wellbeing questionnaire and family function questionnaire which where completed by both group simultaneously before and after intervention and then analyzed by SPSS software.

**Results**: that effectiveness of training method was significant related to combination variables (p<0.001). Also univariate analysis of variance showed that the effect on the variable of family functioning and psychological wellbeing scores in the experimental group showed statistically significant association.

**Conclusion**: These finding suggest that coping skills and mental approach training is effective on family functioning and psychological wellbeing of caregivers’ of patients with schizophrenia.

**Keywords**: coping skill, stress, psycho-educational, family function, wellbeing.
Value gaps and psychological well-being among generations

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Abstract:

Introduction: Values play a very significant role in people’s lives and mental health. The difference of values among generations is sometimes as much as resulting in a value gap between them. Numerous previous research studies have been conducted in order to reveal the relationship between values, psychological well-being, self-esteem, mastery etc.

Objectives: The aim of this study is to explore whether there are value gaps among values of two generation of Iranian university students and their parents. And also whether there is a relationship between the value gaps and students’ psychological well-being.

Methods: 80 Iranian university students (aged 18 to 25, mean: 20.65; Sd=1.94) and one of their parents participated this research and completed questionnaires about value priorities and self-esteem and mastery as the main indicators of psychological well-being. Data was analyzed by SPSS 16, using Pearson’s correlation test.

Results: Findings reveal that there is a significant value gap between Iranian offspring and their parents in Power (at the 0.01 level), Hedonism, Stimulation, Tradition, Conformity and Security (at the 0.05 level). Findings also show that when there is a significant value gap on Stimulation value between Iranian offspring and their parents, they have higher scores of self-esteem and mastery.

Conclusion: There are different value priorities among two generations of parents and offspring. This difference in some values results in value gaps between two generations, which is also evidenced in previous research. The higher score of self-esteem and mastery as indicators of psychological well-being when there is a value gap among offspring and their parents, shows that they feel more satisfied with life when they think they value stimulation more than their parents.

Key words: Values, psychological well-being, self-esteem, mastery.
Strategies of Mobile Health in Care

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Background: The use of mobile communication technology in the healthcare field is growing rapidly. The mobile phone can be used as a key technology to expand access of healthcare. The aim of the present study was to describe why Mobile phones are an attractive instrument for health care delivery, what are embedded technologies of cell phone, and mobile based health care strategies.

Methods: This study is a comprehensive review that was conducted in 1392 through search of PubMed, Elsevier, CINAHL and related journals. Our key words were mobile health, cell phone, messaging, sensors, and applications. We identified articles that described about health care delivery with cell phone.

Results: Use of mobile phone in healthcare increased because: 1) the widespread use of mobile phones and their technological capabilities 2) the willingness of people to carry mobile phones everywhere and their dependency to that 3) changing acute disease to chronic that required special management. Mobile phones have technologies that delivery of healthcare intervention with them is possible. These technologies include voice calls, text messaging, camera, applications, sensors and monitoring device, and access to the Internet. Availability of health information, establishment of communication channels between patients and care providers, and remote monitoring of health status are provided with mobile phone based care.

Conclusion: Mobile phones capabilities provide services in broad areas of disease prevention and treatment, managing chronic disease, remote monitoring of patients, health behaviors education, and withdrawal of dangerous behaviors, and so on.

Keywords: mobile phone, mobile health, application, remote monitoring.
Study of hydatiform mole and its relative of patients demographic characteristics in referring Alzahrahospital, Isfahan, in 1390-1391

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Introduction: Hydatiform mole is a gestational trophoblastic disease characterized by a different range of locally invasive and metastasizing. It is observed that complete hydatiform mole can invasive to uterus or metastas to any part of the body. Invasive to uterus in 15% patients and metastatic in 4% was observed after the uterine evacuation. Choriocarcinoma has high proliferation with invasive to vascular. Its much higher rates in Asian African countries. Limited data are available in Iran.

The aim of the study is determination condition of hydatiform mole and its relative by some patients demographic characteristic in Alzahrahospital, Isfahan in 1390-1391.

Methods: This was a descriptive retrospective study of women with the diagnosis of hydatiform mole by ultrasonographic examination who admitted in Alzahra hospital and were cured. During 1 year period (1390-1391) were retrospectively reviewed. The data were analyzed using spss software and statistical test including Kelmogrofesmerinof and T test.

Results: 73 patients that fallow up in Alzahra hospital were study. The mean age of subjects was 28 years. 63% of patients were illiterate and 37% were literacy. 61/6% of subjects were lived in village and 38/4% of them were lived in city. In this study 16% of patients were nulliparous. 5% of them had history of family. And 10% of them had choriocarcinoma.

Conclusion: Molar pregnancy is an emergency situation. Hydatiform mole should be considered as one of the probable diagnosis women in their reproductive age who refer with bleeding.

Key Words: Hydatiform Mole, Demographic characteristic.
How fragmentation in the health system and task-orientation might hinder nurses’ assessment of cancer patients’ Quality of Life?

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Introduction: Based on the literature review that was conducted, no research study has been found in Iran to provide a detailed understanding of nurses’ assessment of cancer patients’ Quality of Life (QoL). A research study, therefore, was conducted to explore in depth factors might influence nurses’ assessment of cancer patients’ QoL.

Methods: This descriptive exploratory qualitative research study was a part of a bigger study which was conducted in 2014 in one public oncology hospital in Iran. For purposes of this presentation, results arising from semi-structured interviews with 10 nurses working in an oncology setting and frequent observations of the researcher from this centre are presented. The interviews were transcribed and analysed together with field notes based on the first and second parts of grounded theory approach (open and axial coding).

Results: For purposes of this presentation following important themes are presented 1) fragmentation in the health system and 2) focus on tasks.

Conclusion: Nurses have different tasks and they focus more on finishing them rather than assessing patients’ QoL thoroughly. Also fragmentation in the health system might prevent patients from receiving a seamless or an integrated care which is in fact a care without any gaps. This is mainly related to this matter that there are a number of disciplines each of which has its own boundary.

Keywords: Nursing; Quality of Life; Oncology; Health system; Task-orientation
Iranian nurses’ experience of essential technical competences in disaster response: a qualitative content analysis study

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Introduction: Today disasters, are a part of many people’s lives. Iran has a long history of disaster events and nurses are one of the most significant groups within Iranian disaster relief operations, providing immediate and longer term care for those affected by the disaster. However, the technical competence of Iranian nurses and their training for this work has received little attention. This paper presented the results of a study aimed to explore the context.

Methods: A qualitative study was conducted using in-depth interviews to collect data from 35 nurses who were selected purposefully from the health centers affiliated with Isfahan University of Medical Sciences. Themes were identified using inductive qualitative content analysis. Trustworthiness of the study was supported considering auditability, neutrality, consistency, and transferability. The study lasted from 2011 to 2012.

Results: Data analysis undertaken for the qualitative study resulted in the identification of five main themes included 1- management competences 2- ethical and legal competences 3- team working 4- personal abilities and specific technical competences that the specific technical competences presented in this report.

Conclusions: This report presents an overview of nursing technical capabilities required for Iranian nurses in disaster relief. It is argued that additional competencies are required for nurses who care in high-risk situations, including disaster. Nurses need to prepare themselves more effectively to be responsible and effective in the nursing care.

Key words: Disaster nursing; Technical Competences; Response phase
Survey Prevalence of Women's abuse and its effective factors in women referring to Health Care Centers of Rasht City by their husbands

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Introduction: Women abuse is reported in all societies and all social and economic levels. Today, in the world, women abuse is considered a major public health problem and its side effects involve themselves and the society. If abuse becomes regular and continuous, it can end in divorce or even murder and its effect on family and society is known such as disorganization, vagrancy, and guardian less and its neglect is for seen.

The aim of this study is to determine the prevalence of abuse and its effective factors in women referring to health care centers of Rasht by their husbands

Methods: This is a descriptive study. Sample included 550 women referring to health care centers of Rasht city. Data collection instrument consisted of a three part questionnaire. Sampling method used cluster sampling and samples were randomly chosen.

Results: Findings of this study showed that 71.6% of women were abused by their spouses, 30% physical abuse, 65.5% emotional abuse and 32% reported sexual abuse. In addition, statistical tests indicated that there was a significant relationship between a number of samples’ demographic characteristics (place of birth, condition of living place, level of education, occupation, salary, number of children, forced marriage, having support person in time of problem and physical or psychological illnesses) and abuse by their spouses. Also there was a positive correlation between many of spouses’ demographic characteristics (place of birth, level of education, salary, order of birth, having violent parent, violent behavior of parents with each other, considering abuse as ordinary in family, being abused as a child by parents, being the sole decision maker, parents’ interference, physical illness, nervous and psychological problem and having relationship with friends and family) and women’s abuse.

Conclusion: Results revealed a high prevalence of women abused by their spouse in Rasht city. Primary assessment of women's and environment and characteristics men’s can predict the probable prevalence of women’s abuse in families. By education and in time support of women, we can prevent harm to them. Women’s abuse is a multi-dimensional phenomena and it also needs multi-dimensional therapies. Family therapy, establishing safe houses, lawful supports of abused women, participating in pre-marriage educational classes, marriage counseling increasing women and men’s knowledge level through educational sessions and emphasizing religious beliefs are effective in prevention of women’s abuse by their spouses.

Key words: Prevalence - woman’s abuse – effective factors
Survey consultation needs of elderly on promotion of safety of home environment referring to retirement institute of university of medical sciences, Rasht

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Introduction: Old age due to changes in structure and function of systems makes elderly prone to a number of problems and accidents are among the most common of these problems. It ranks as the seventh cause of mortality in elderly up to 85 years old and fifth cause of mortality in elderly older than 85. Environment factors are among the most effective factors on its high prevalence. In addition studies show that most accidents happen at home.

Therefore it's necessary to know the elderly better and meet their needs regarding probable dangers.

Nurses as the pioneers of primary prevention can use consultation as an important strategy cost benefit which promotes participation, can identify safety needs of elderly and use education to overcome their needs. The aim of this study was to determine the consulting needs of elderly regarding safety of home environment referring to retirement institute of university of medical sciences in Rasht.

Methods: This is a descriptive study sample consisted of 71 retired men and women who referred to retirement institution and they were randomly chosen. Data collection instrument consisted of a self-made section questionnaire which covered demographic data and specific section regarding home safety measures.

Results: Findings indicated that the mean average age of samples were in "young aging" group. From the total sample, 50/7% were female, 98 % married, 90 % had personal house, 70 % lived with wife and children, 66 % had high school diploma or less. There was no positive correlation between demographic characteristics and safety of different parts of elderly homes in both columns of knowledge and practice of standards. More than 50 % of samples didn't have complete knowledge regarding home safety measure and those who had the knowledge (48. 4%) were not able to completely practice the standard (19/6%).

Conclusion: Samples felt the need their knowledge in all goal of study was not effective, therefore it’s necessary to pay attention to it. Although there is a relationship between education and consultation, but education by itself can not meet the needs of clients and it's necessary that the person participate actively in a unique planned program with alternatives which he can choose from and this is only possible through counseling.
Behavioral prevention in relation to genital tract infections in women referring to health centers of Tabriz

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Introduction: Reproductive tract infections (RTIs) recognized as one of the most serious health problems in world. These infections can be associated with many consequences, including infertility in men and women, ectopic pregnancy, chronic pelvic pain, miscarriage and increased risk of HIV. This study aimed to determining the behavioral prevention in relation to genital tract infections and its influencing factors.

Methods: This cross-sectional analytic study was done on 584 women aged 15-49 referring to health centers of Tabriz in 2013 through random multi-stage sampling. A researcher-regulated questionnaire was used in this study that determined its validity and reliability. T-test, one-way ANOVA, multivariate and univariate tests were used for data analysis.

Results: The mean (SD) score of behavioral prevention was 25/39 (4/6) from the range of zero to 34. Weakest behavioral prevention was in relation to the not using of condoms by spouse in occasions that couples were suspected in any of genital infections. Multivariate analysis adjusting for potential confounders showed statistically significant correlation between behavioral prevention with knowledge score, income, sex only with spouse, Anal, oral, anal-oral sex and a history of blood transfusion.

Conclusion: education about genital infections, especially in school age and before marriage as well as providing public services seems essential. Health educators must be match with this strategy. Primary prevention of these infections should be a health priority.

Key words: behavioral prevention, genital tract infections, Women
Evaluation relationship between illness related worries and dignity conserving repertoire in heart failure patients

Begheri hossein

**Introduction:** Most patients with heart failure, are concerned from pain, loss of independence and dignity in their lives due to heart failure disease. This study was conducted to investigate relationship between illness related worries and dignity conserving repertoire in heart failure patients.

**Methods:** In this descriptive-analytical study, 130 patients with class II to IV heart failure were selected upon to researcher characteristics and in unrandomized sampling from patients of Hazrate Rasoolakram, Imam Hossein and Shariati Hospital of Tehran in 2013. After obtaining written and oral consent from samples, demographic questionnaire, Illness Related Worries Questionnaire (IRWQ) and Dignity Conserving Repertoire Questionnaire (DCRQ) were completed by them. The data were analyzed using SPSS version 19.

**Results:** Upon to result, the highest mean score of Illness Related Worries Questionnaire calculated for physical-psychological complications dimension and the lowest mean score, calculated for worry about the future of the disease dimension. The highest mean score of Dignity Conserving Repertoire Questionnaire (DCRQ) calculated for acceptance dimension and the lowest mean score, calculated for role function dimension. Pearson statistic test with P<0.05 showed significant correlation between illness related worries score and dignity conserving repertoire score.

**Conclusion:** Because result of this study showed that reducing illness related worries in patients with heart failure can improve their attitudes and behavior for conserving dignity, so, using strategies to eliminate worries and promote dignity conserving repertoire in these patients, is recommended.

**Keywords:** Heart failure, Illness related worries, Dignity conserving repertoire
Identify the causes of Work - Family Conflict among female nurses

)Bu-Ali Sina Hospital in Sari : Case study(

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* sari,mazandaran,iran

**Introduction:** Simultaneous family and working roles have instigated role interference that has led to a phenomenon called Work - Family conflict. Generally, due to family role expectations, women more than men face incompatibility with these conditions, and is something natural and inevitable among different professions including nursing; Family. The aim of the study is to Identify the causes of Work - Family Conflict among female nurses at Boualisina hospital in Sari, In order to deliver solutions that provide balance.

**Methods:** Research in 1392 Between 130 nurses randomly carried. Materials and Methods Descriptive survey and tools data questionnaire the researcher is made. Analysis of data with SPSS software statistical tests Kolmogorov–Smirnov and non-parametric binomial distribution has been used.

**Results:** The coefficient of variation of less than 0.5 Variables, indicative close view of respondents is . The findings show that the data are abnormally distributed. Analysis were taken been shown to sig <0.05 is , this means that all three factors( Responsibilities and expectations, Psychological requirements, Space and organizational policies) is Incidence of Work - Family Conflict among nurses at Bu-Ali Sina Hospital in Sari.

**Conclusion:** The results show that all three of these factors caused Work - Family Conflict among nurses, it is suggested to reduce the harmful effects protection and management measures to be put on the agenda.

**Key words:** Work - Family Conflict, nurses, responsibilities and expectations, psychological requirements, organizational policies and climate
Self care, The heart of health

Nurse Follow-up on the Effect of Diet Adherence in Hemodialysis Patients in the Dialysis Hospital, Imam Jafar Sadiq (AS) Aligoodarz City in 2013

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Introduction: Several factors such as age, gender, dialysis adequacy, dialysis period, the amount of knowledge about the disease and its treatment are associated with diet and fluid non-adherence in hemodialysis patients. Efforts to find effective new methods are necessary. This study aimed to evaluate the impact of Telenursing follow-up on diet adherence in hemodialysis patients.

Method: In this quasi-experimental study, 44 hemodialysis patients were selected using census sampling from hemodialysis patients admitted to Imam Jafar Sadiq in Aligoodarz in 1392. All the participants underwent a three-day training routine self-care course in dialysis by the researcher. After completing the course, participants were randomly divided into two groups of experiment and control group. Telephone intervention was conducted in the experimental group for 12 weeks. Data collection instruments were questionnaires and physiological measurement instruments to conduct experiments and clinical changes which were used in admission time and after the intervention. Data analysis was performed using paired T and independent T-test.

Findings: The mean of low fat diet adherence in the experimental group and control group was respectively, 2.95 and 1.86, and the mean of protein diet in the experimental group and control group was respectively 3.00 and 1.72, and the mean of water and electrolytes diet was respectively 2.95 and 1.72. P values for comparison of the mean of diet adherence with fat, protein, water, and electrolytes control after the telephone follow-up between the two groups of experiments and control was p<0.05.

Result: Telenursing follow-up in hemodialysis patients significantly increased diet adherence which does not require a lot of manpower, time, and expense.

Keywords: Telenursing, Hemodialysis, Diet adherence.
Postpartum depression and its relationship to Child caring behavior of mothers and developmental milestones of children

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Introduction: Depression is 2-3 times more common in women, particularly among women of childbearing age and especially in the postpartum period. A tremendous of studies showed adverse impactsof depression in women after childbirth on children's psychological development in developed countries but somatic development is ignored in most studies. This study aimed to evaluate the adverse effect of postpartum depression on somatic development of children.

Methods: We assessed 6627 women, two to 12 months after delivery in rural area of Isfahan province (Iran), for depression and their children somatic developmental milestones. Beck Depression inventory-II IS completed to asses depression in mothers and children developmental milestones assed by trained health workers.

Collected data analyzed with correlation tests using SPSS-19 software.

Results: 38.1% of mothers had clinical depression (score of above 21 on the BDI). Unemployment, low education, mothers' young age, undesired gender of the child, unplanned pregnancy, and history of depression were the main risk factors of postpartum depression. Depression score of women showed significant negative correlation with their child caring behavior and thereby with their children head circumference.

Conclusion: Maternal child caring behavior and some developmental milestones of children may be negatively affected by postpartum depression.

Keywords: Postpartum depression, child caring behavior, developmental milestones
Burnout and the impact of Shift schedule on burnout among nurses in Tabriz

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Introduction: Burnout is a syndrome containing three dimensions of emotional exhaustion, depersonalization, and reduction of personal accomplishment. Nurses are exposed to professional burnout (PB) due to their exposure to physical, mental, and emotional stressors, which can lead to numerous complications in their personal, social, and organizational life. This study aimed to define the impact of Shift schedule on burnout amongst nurses working in hospitals in Tabriz.

Methods: This is a cross-sectional analytical study conducted on all selected nurses working in hospitals in Tabriz. The questionnaires were filled and returned by 712 subjects after taking their consent. The data were collected by a questionnaire including questions on demographic characteristics and Maslach Burnout Inventory (MBI). Independent t-test was employed to compare mean quantitative variables in two groups of individuals with and without PB. Chi-square test was also adopted to compare the prevalence of PB in levels of qualitative variables. Logistic regression test was employed for multiple analyses of PB related factors. In this analysis, variables in level of 0.2 which had an association with PB as a single variable were entered to the model.

Results: Among the nurses taking part in the study, 156 (21.9%, CI 95%: 19.0-25.1) suffered from PB based on its definition. The risk of burnout is increased by 1.12-folds for each overwork night shift.

Conclusion: The prevalence of burnout among nurses in Tabriz was revealed. Night shift was shown to have an association with professional burnout.

Key words: Depersonalization, educational status, emotional exhaustion, Iran, nursing, personal accomplishment, professional burnout, shift work
Using focus groups to characterize the impact of addiction on families
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Introduction: Drug addiction is a widespread problem in many societies of the world is concerned. These phenomena primarily reflect an image of an individual hazard problem, while health and security of socio-economic problems in the. (Asayesh et al1389 drug addiction refers to the disposition to something (Dehkhoda, 1387)

METHODS: A series of five people, including two families that two of the family members are already addicted and six years have left. Focus groups as well as for the purpose of research, describing their experiences in the field of addiction in the family of their impact on performance.

Results: Participants in the focus groups were mentioned as a price to be paid by the family of a drug addict, very devastating. If a family member has a problem, all family members are affected
This is a family problem, such as strength, stability, unity, and mental and physical health of family influence. Children especially are more affected by this problem.

Conclusions: Addiction is a matter for the individual and for his family no longer an issue. He not only their existence, which can be an enormous resource for the community, endangering the life of his wife and children are brought to ruin any of issue of addiction is the decay of lead, and the fall of the descendants of ADO Arguecharacter addicted Kola family’s.
**Professional partnerships centered care: The way to achieve to teaching effectiveness**

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**Introduction**: Today one of the greatest challenges facing individual academics of nursing is trying to cope with all problems they met in teaching process in higher education. Although professional consultation and collaboration skills have been identified as necessary for the advanced practice nurse, yet teaching such skills can be a challenge. The aim of study was to explore the comprehension and experience of Iranian nursing teacher regarding efficient education process in both classroom and clinical setting.

**Method**: Experience of 28 educators through in-depth semi-structured interviews were collected and analyzed using the Strauss and Corbin constant comparative analysis method. Accuracy and consistency of study was obtain with regard to the four axes of real value, applicability, continuity and fact-based.

**Result**: The data analysis showed that the main concern express by participants was non-effective implementation that was concurrent combination of debate, teaching with loss role of care and static evaluation process. “Try for professional corroboration based on care center “was the main strategy used to resolve their main concerns that emerged as core variable. This core concept was in relating with six other concepts including: perceiving” Divergence Management Planning” as context,” ”non-effective implementation of the educational process' condition, 'motivation’ as an intervening circumstances, 'professional qualification' and 'non-participation status' as a means of "relative efficiency training” as consequence of core variable. After emerging theory of “professional corroboration based on care center’, a nursing model was designed as “professional participant based on care center’.

**Conclusion**: The result of this study are expected to provide a deeper understanding of ability of collaboration between nursing teacher and staff in vocational education to function effectively.

The result identified there are different interactional factors influencing facing educators and student with effectiveness of education that centralize in professional corroboration based on care center. According, utilization of the proposed model in this study may help to educators and educational managers can schedule training with emphasis on the experience of nursing teachers and students to identify weaknesses in the education. They can designed an effectiveness education approach to advocate good and efficacy education in health science.

**Key word**: Effectiveness education, Professional participant, Qualitative study, Grounded theory, Nursing
The effect of applying Orem self-care model on quality of life of the mothers having children with phenylketonuria

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Introduction: Phenylketonuria is a children’s metabolic disease in which most patients suffer from severe mental retardation. The mothers of these children are responsible for the caring and education of their children in addition to their life responsibilities. This can affect their quality of life. This study is carried out with the goal of determining the effect of applying Orem self-care model on the quality of life of the mothers having children with phenylketonuria.

Method: This is a quasi-experimental study with purposeful sampling conducted on 31 mothers of children with phenylketonuria who had filed in Amin hospital in Isfahan city. Data collection tools consisted of demographic information, health status forms based on Orem model and the standard instrument of quality of life measurement SF-36. Quality of life scores were determined in a pre-test and the health status forms were completed. Then educational needs were determined and essential education was given during two sessions (2 hours) within two months, individually. After one month of the last educational session, the quality of life questionnaire was completed again and the results were analyzed by SPSS-16 software using descriptive statistics, paired T test, one way ANOVA and $\chi^2$.

Results: After applying Orem self-care model, the all sub-scales of quality of life were enhanced significantly (P value <0.05). Also, the mean of quality of life in total were improved from 64/58 before intervention to 113/80 after intervention which is statistically meaningful. (P value <0.05)

Discussion: The results confirm that the Orem self-care model has positive impact. Therefore application of self care programs based on educational needs and principles of client education with scientific approach can enhance quality of life of mothers having children with Phenylketonuria and others with the same condition.

Key words: Quality of life, Phenylketonuria, Self care.
Breast Cancer Screening in Infertile Patients Undergoing In-vitro Fertilization Treatment

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Introduction: The aim of this article was to describe the necessity of breast cancer screening among infertile patients undergoing IVF treatment and introduce its guideline for midwives.

Methods: A systematic review was performed within articles published at “PubMed”, “Elsevier”, “SID” and original text books to reach the purpose.

Results: Breast cancer is linked to repeated or sustained exposure to high blood estrogen levels. A significant but short-term elevation in circulating estrogen in an IVF treatment cycle, with estrogen levels peaking at 4,000 pg/mL compared with 300 pg/mL in a normal menstrual cycle, along with accompanying changes in other reproductive hormones, increase the concern “over breast cancer” in IVF patients. Some researchers reported that women who initiated their 1st IVF attempt in their mid-twenties are approximately one-and-a-half times more likely to develop breast cancer than controls (who undergo non-IVF infertility treatment).

The American College of Obstetricians and Gynecologists recommend that women be offered annual screening for breast cancer starting at age 40; the American Cancer Society endorses mammograms starting at the same age. However, women who have risk factors that increase the chance of breast cancer should undergo earlier screening, especially if they are planning to undergo fertility treatment. In this Article, we explained the guideline for screening and evaluating breast abnormalities in infertile patients undergoing IVF cycles.

Conclusion: The concern that “further reproductive hormones, particularly estrogen, might increase the risk of breast cancer development in IVF patients” reveals the necessity of breast screening among infertile patients undergoing IVF treatment. Thus, any midwife working at infertility treatment centers should be aware of screening guidelines.

Key words: Breast Cancer, Screening, Infertile woman, In-vitro Fertilization
Burnoutsyndromeandassociatedfactorsinnursing job

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**Background:** Burnout in long term has several negative consequences for individuals, organizations, and society. In addition to personal suffering, this syndrome not only reduced cognitive abilities, job satisfaction, organizational commitment but also is associated with job turnover. The results of this study lead to increased customer satisfaction from nursing services and finally increased nursing productivity, and community health promotion.

**Method:** 500 nurses working in hospitals of Hamadan participated in this cross-sectional study. Data were collected via two questionnaires such as Maslach burnout inventory and demographic characteristics. Statistical tests, Spearman and Pearson correlation analyses were used with spss16 software to analyze the data.

**Results:** Mean and standard deviation of decreased personal accomplishment and emotional exhaustion was (33.41±9.51) and (25.03±12.24) respectively. 44% of nurses who participated in this study showed high levels of emotional exhaustion and 12.4% showed high levels of depersonalization. 36.8% showed low sense of personal accomplishment. The results showed that depersonalization has a significant inverse correlation with age (r=-0.109, p=0.015). Reduced personal accomplishment scale has a significant relationship with sex (p=0.050) and had a significant relationship with age (r=0.097, p=0.031), monthly income (r=0.103, p=0.021) and job satisfaction (r=0.126, p=0.005) and has a significant inverse correlation with life satisfaction (r=-0.093, p=0.038). Emotional exhaustion not only had a significant relationship with gender and intention to leave job (p=0.035) and (p=0.001) respectively. But also had a significant inverse correlation with job and life satisfaction (r=-0.114, p=0.011) (r=-0.136, p=0.002) respectively.

**Conclusion:** The results of this research can provide basis for macro-ergonomics intervention on nursing job redesign to improve nursing mental health, increase in efficiency and effectiveness of the activities of nurses in hospitals, helping managers and decision-makers in the healthcare industry, to reduce the stress levels for the prevention of burnout in nursing jobs, and also the results of this study lead to increased customer satisfaction from nursing services and finally increased nursing productivity, and community health promotion.

**Key words:** Mental health, Nursing job, job burnout.
The relationship between academic achievement with locus of control and study skills at the Medical University of Jiroft

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Introduction: Academic achievement is one of the most important aspects are considered by those involved in education. And will be affected by several factors including psychosocial factors.

Method: The study was conducted on male and female medical, nursing and midwifery students, all students participated in this study (174). In this study, study habits questionnaire (palsane&Harmer study Inventory) and Rotter's locus of control questionnaire was used. General average point of before semester was considered as indicator of academic achievement.

Results: The results of this study have shown that the mean total score of the students' study habits was 45/8±8/6, the mean score on students' locus of control was, 8 / 7± 3 / 8 . 4/6 of students had” good” study habits, and 89 / 1 of students had “relatively good” study habits. Also positive and significant correlation was between study habits scores and academic achievement. The findings showed that Students who had external locus of control had average less than students with internal locus of control.

Conclusion: According to these findings can be recommended to arrange students' study habits workshops to improve their study habits. And since the internal locus of control has a positive effect on academic achievement and is available to teach, should pay more attention to these students' personality trait.

Key words: locus of control, study still, academic achievement
Survey the effects of using Eyemask on sleep quality of coronary care unit (CCU) patients

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Patients in coronary care unit (CCU) are at risk of sleep deprivation. This study investigated effects of eye mask on sleep quality in patients of CCU in Southeast of Iran by a cross-over design. Using Verran and Snyder-Halpern Sleep Scale (VSH Sleep Scale), quality sleep of 60 patients with and without usage of eye mask were evaluated. This tool consists of 16 items that includes three main sleep sub scales: disturbance, effectiveness, and supplementation. 34, 22 and 4 out of 60 patients were admitted to CCU due to myocardial infarction (MI), chest pain and angina pectoris, respectively. Mean time of patients’ nocturnal sleep was 6.6 ± 1.1 hours. Using eye mask have statistically significant increased the quality of sleep in subscales disturbance and effectiveness ($P<0.05$). However, subscale supplementation did not show any significant difference after using eye mask ($P>0.05$). In general, the use of eye mask is an easy and cheap method to improve the quality of sleep in CCU patients.

Keywords: Eye mask, sleep, quality, CCU
The Effect of Earplugs on Sleep Quality of Patients in Intensive Care Unit

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Introduction: Sleep disturbance is depends on a couple of factors such as noise, light and dark cycle disorder in Intensive care unit (ICU). Therefore, the present study was performed to investigate the effect of earplugs on the quality of patients’ sleep.

Methods: This clinical trial was performed using the cross over method on 60 patients who had the inclusion criteria in intensive care unit. Samples were randomly divided into two groups. The intervention group patients slept with earplugs during the first night and were considered as control during the second night, and conversely the second group. Verran and Snyder- Halpern visual Scale was used to collect the data. Data were analyzed with chi-square test, paired t-test, independent T-test and ANOVA using SPSS 16 software. P<0.05 was considered as significant.

Results: There was a significant difference between mean score of sleep quality in all areas of sleep (supplementary sleep, sleep disturbance, and sleep efficiency) before and after intervention (p=0.000) in a way that earplugs increased the effectiveness of sleep and reduced supplementary sleep and sleep disturbance (p<0.001).

Conclusion: Earplug as a cheap, convenient and uncomplicated device is associated with the quality of sleep in patients hospitalized in ICU, and nurses can use this device in reducing the environmental factors to help patients sleep.

Key words: Sleep quality, intensive care unit, Earplug
The survey of pain relief methods after surgery in Emam Khomaini hospital of Jiroft in 1391

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Introduction: Pain is the chief complaint of many diseases and is the main reason for seeking care. Successful management of pain depends on the health team effort in investigating pain. Effective control of pain, increase patients recovery and reduce the length of hospitalization. Considering the importance of pain control and the rights of patients, this study aims to investigate methods of pain relief after elective surgery in Imam Khomeini Hospital was Jiroft.

Methods: In this retrospective study of 385 cases elective surgery in the first six months 91 years, the research instrument given a list that was prepared by the Ministry of Health Pain Relief guideline and literature by the researchers. Nurses as self-reported information was collected. Data was analyzed by using SPSS v.18. The significance level (p<0.05).

Results: In 6 % of patients, pain intensity was assessed by nurses, but had not used any of the tools assess pain and the pain was described as mentally. In 310 cases of postoperative analgesic injections used and received more than half of the narcotic analgesic injections that were not according the Ministry of Health Pain Relief guideline and Non-pharmacological interventions for pain relief were not used. With logistic regression analysis determined that the chances of pain assessment by nurses with a experience of over 15 years, 3/7 more nurses were under 6 years of experience, and Chance assessment of pain in patients famel 2/5 times the patients were male been. Negative relationship between time assessment pain and pain symptoms was observed (p=0.01, r=-0.013), that assessment was less pain during the night.

Conclusion: Given the intensity and quality of pain and associated symptoms were not well evaluated, this could be due to lack of knowledge and attitude to pain management, so training and motivate nurses more and more felt.

Key words: Relieve pain, elective surgery, nurse
Relationship between exercise capacity and clinical measures in patients with chronic obstructive pulmonary disease

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**Background**: The 6MWT is commonly used to assess the exercise tolerance and to identify functional changes resulting from disease progression or therapeutic intervention in patients with COPD. Understanding the factors related to exercise capacity can create a way to a better understanding of physical activity limitations. The aim of this study was to determine the relationship between 6MWT, dyspnea, quality of life, and disease severity and identify the predictors of 6MWT in COPD patients.

**Methods**: A total of 72 patients (66 male, 6 female) with mild to very severe COPD participated in this study. The 6MWT was performed based on American Thorax Society’s protocol. Disease severity was evaluated using spirometry. The health-related quality of life was assessed by the St George’s Respiratory Questionnaire (SGRQ) and the exersional dyspnea was measured by Borg score. The data was evaluated using Pearson’s linear correlation coefficient, Spearman’s correlation coefficient and Multivariate linear regression.

**Result**: The 6MWD correlated positively with FEV₁ (r=0.36, p<0.05) and FVC (r=0.37, p<0.05), while there was no significant correlation between disease severity based on GOLD classification and 6MWD. Moreover, no statically significant correlation was found between exersional dyspnea and 6MWT. A negative correlation was observed between 6MWD and total score of QOL, activity and impact domain respectively (r=-0.39, r=-0.44, r=-0.40, P<0.01). Multiple regression analysis indicated that the age was identified as independent predictor of the 6MWD.

**Conclusion**: This study showed that there is stronger relationship between 6MWD and HRQL (activity and impact) compared to physiological measures of disease severity such as FEV₁.

**Keywords**: chronic obstructive pulmonary disease, dyspnea, exercise capacity, quality of life, six minute walk distance test
Title: Effect of motivational interviewing on the weight self-efficacy lifestyle in overweight and obese teenage boys

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Introduction: Teenager obesity is growing international health problem. Purpose of study was to determine the effect of motivational interviewing on the lifestyle self-efficacy in terms of weight in teenage boys suffering from overweight and obesity.

Method: Controlled clinical trial with repeated measurements design, was conducted in 1391 on 90 boys in highschool between 15-19 years old with BMI over than 25, were selected and allocated randomly to 3 groups (each group =30). Control group without intervention, instruction group with regular weight controlling instruction in 4 sessions and experimental group concurrently with 4 sessions regular weight controlling instruction received motivational interview in 10 individual groups in 5 sessions during 5 weeks. Data were collected during 4 stages of measurement via weight efficacy lifestyle questionnaire with 0.8 reliability so were analyzed using statistical tests.

Results: Increasing mean of self-efficacy scores in both experimental and instruction groups but more increase in experimental group. In comparison between groups with ANOVA test, was not found out statistical significant different in pretest and post test but statistical significant different in follow up1 (4 weeks after post test) (p=0.002) and follow up2 (12 weeks after post test) (p=0.024). In comparison within each of groups with RMANOVA test was found out statistical significant different in experimental group (p=0.0001) and instruction group (p=0.0001) and no statistical significant different in control group (p=0.65). In comparison between groups during total stages of measurement with RMANOVA was found out statistical significant different (p=0.0001).

Conclusion: Motivational interview with regular weight controlling instruction can increase weight self-efficacy lifestyle for changing behavior and weight controlling in teenager boys with overweight and obesity.

Key words: self-efficacy, lifestyle, motivational interview, obese, overweight, teenager
Relationship between energy and macronutrient intake with abdominal obesity in Sabzevarian women, Iran

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Abstract:

Background: Since overweight and obesity increase the risk of affecting metabolic and cardiovascular diseases, this study was conducted to determine the relationship between energy and macronutrient intake with Iranian female abdominal obesity.

Materials and Methods: 225 female nurses and medicine staff in Vase’e hospital of Sabzevar, Iran, entered the study. In order to assess dietary intake, data were gathered by completing Food Frequency Questionnaire (FFQ). Anthropometric indices including: height, weight, waist circumference, hip circumference of the samples was measured according to standard guideline and waist to hip circumference ratio (WHR) and Body Mass Index (BMI) were calculated. WHR> 0.8 was considered as abdominal obesity. The data were analyzed by SPSS software and one sample t- test, Pearson coefficient and ANOVA tests with level of significance (P<0.05).

Results: Mean of waist circumference was 80.73 ± 12.58 cm, hip circumference was 102.29 ± 11.57 cm and women WHR was 0.80±0.15. Mean of energy, fat, protein, carbohydrate and cholesterol intake in assessed women was more than standard dietary intake. There was no significant relationship between abdominal obesity and energy and macro-nutrients intake.

Conclusions: This study showed that the incidence of female abdominal obesity is high and energy and macro-nutrients intake is recommended more than standard. This problem emphasizes the necessity of converting dietary habits and pattern of worker women in order to enhance dietary status, reducing obesity and improving women health.

Key words: macro-nutrients, energy, abdominal obesity, women
A Comparative Study of the Physical Health Condition of Female and Male Elementary School of Abadans Villages Based on Assessment Standards of School Health Nurse in 2012

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Introduction: One of the main indices of the development of countries is the health standard of the people of each society and the school health program is an integral part of the health of society. Therefore, the present study was carried out in the aim of comparative study of the physical health condition of female and male elementary school of Abadans villages based on assessment standards of school health nurse in 2012.

Methods: In this descriptive study, 624 students (322 females-302 males) from 26 village school were selected by random and were investigated by the community health nurse and based on the evaluation standards, then the results were recorded in the checklist. Finally, the obtained data were analyzed using SPSS software 18 and central and distribution statistics.

Results: The health status of students in some cases was not normal, in which, the highest item was belong to the skin and hair, including 50.80% secondary damages (mostly males), in the field of vision, 17.15% disorder in the right eye (mostly females) and in the field of hearing 9.62% disorder in the appearance of ears (mostly females). Also in the field of teeth and mouth 29.01% dark gum (mostly females) and 87.50% of decayed teeth were seen in the males more than the females. In the field of height and weight were often normal and in the field spinal column and the vaccination and contagion diseases were 100% normal but in the field of non-contagion diseases (chronic) 5.45% were recognized most of them were among females.

Conclusion: The result of this study shows the necessity of more attention to the physical health of the students especially in the fields of skin, mouth and teeth and specially females students. In this regard, the community health nurse can be very effective.

Key words: Physical health, School health nurse
A Comparative Study of the Phisycal Health Condition of Female and Male Elementary School of Abadans Villages Based on Assessment Standards of School Health Nurse in 2012

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Key words: Phisycal health, School health nurse
Comparing Quality of life in children with cancer reported by them and their fathers

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Abstract

Background: Approximately 75% of children diagnosed with cancer are expected to achieve disease-free survival using current treatments. However, these treatments are sophisticated and since they are aggressive, they are capable of affecting children's quality of life. Although previous work has shown increased anxiety and depression among fathers after diagnosis, the recent development of standardised measures of QOL enables us to look more directly at the impact of diagnosis on fathers and children's QOL. The aim of this study is to describe QOL for children reported by children and their fathers after diagnosis by comparing their scores with each other.

Method: A total of 150 families, all eligible participated in this study. The children included 96 males and 54 females aged between 8 to 16 years old (mean = 10 years). Diagnoses were acute lymphoblastic leukaemia (n = 92), Lymphoma (n = 16), Sarcoma (n = 11) and other cancers (n = 31). child and fathers completed questionnaires about child’s QOL.

Results: Though quality of life reported by child and fathers was greater than average, fathers generally report a poorer QoL for their children with cancer this is while some of QOL domains experienced as problematic.

Conclusion: more research is needed to better understand the variations in quality of life over time; how the quality of life perspective is influenced by different cultural, ethnic, or socioeconomic backgrounds as well as gender and age; and how problems and responsibilities related to caregiving interference with daily life.

KEYWORDS: Quality of life; Cancer; Children; Fathers; Reports
Violence in the Hospital from the Viewpoint of Support–Administrative Staff: a Qualitative Study

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Introduction: Today, violence is considered as one of the topics related to health and occupational safety of individuals and for many jobs, workplace violence represents a serious occupational hazard. Therefore this study aimed to investigate and identify how violence occurs and its risk factors from the viewpoint of support-administrative staff of hospital, then by using data, the necessary steps should be taken to eliminate or reduce it.

Method: The study was conducted qualitatively with semi-structured interview and opinions of 10 authorities and staff of support-administrative units in Alzahra University Hospital about violence and risk factors were collected. Thus, the contents were transcribed after each interview and then the interview data was reduced and structured using thematic analysis.

Results: Subjects’ views about causes and risk factors of violence in the hospital were classified into 40 sub-themes and 7 themes including economic factors, social factors, structural factors, problems of the hospital, problems related to the patients and their companions, problems arising from the interaction of individual and problems with staff.

Conclusion: According to the high prevalence of violence in hospitals and its risk factors associated with society, organization and individuals are propose measures such as excess insurance coverage, changes in the physical structure of the hospital to increase security and limit the passage of persons, transparency of administrative processes, culture making about terms of visiting and patient companionship, holding workshops about violence and proper and respectful relationship with patients and families, increase the number of staff, involvement them based on skill and ability and using experienced staff to interact with clients.

Keywords: Violence, Hospital, Support-Administrative Staff, Qualitative Study
The knowledge, performance and attitude of students toward breast self-examination

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Introduction: Breast cancer is the most common cancer in Iran and the world. One of the ways to early detection of this type of cancer is regular breast self-examination. This study aimed to assess the knowledge, attitude and performance of students Chamran about BSE.

Method: In this cross-sectional study, 200 students were selected by random cluster sampling from different schools of Chamran University in 1391. Data were collected through a four-part questionnaire to assess demographic information, knowledge, performance and attitude, and analyzed using t-test and correlation by SPSS19.

Results: The mean age of the sample was 22.75 ± 3.03 years. In this study, only 36% of the subjects had performed BSE at least once. Most of them have low levels of attitudes, performance and knowledge to the SBE(Respectively 71%, 78.5% and 78%). Most important information was through friends (89% cases) There was a negative association between performance and knowledge in students with family history of breast diseases.

Conclusion: Our results indicate the need to familiarize students with this simple and affordable method. It is suggested to adhere and practice BSE, to be used the methods increasing motivation.

Key words: Breast self-examination, knowledge, performance, attitude, students
Healthandspirituality relationship: A qualitative study

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Introduction: Spirituality is often defined as a basic or inherent quality in all humans that involves a belief in God and facilitates connectedness with the self, other people, and natureand search for meaning and purpose. There have been many evidences that link spirituality to health. According to some studies spirituality is associated with positive health outcomes. The patients experiencing a life-threatening condition achieve a new insight about health and spirituality. The aim of this study which is a part of a greater research was exploring the relationship between spirituality and health from the viewpoint of patients experiencing myocardial infarction.

Method: In this qualitative research fifteen participants, who were hospitalized in coronary care units or were under follow-up in OPDs of three hospitals in Shiraz, were interviewed. Data gathering and analysis were performed simultaneously and continued until data saturation. All the interviews were tape-recorded and transcribed word by word. Thematic analysis method is used for data analysis.

Results: The participants’ experience was explained in four themes. These themes were providing support, enhancing hope, guiding healthy life style, and providing peace and comfort. The participants believed that spirituality can improve physical, mental, and social health by providing support from God, family, and others and enhancing hope. Religious recommendations can lead to healthier life style and intensify physical health. Peace and comfort which are the results of spiritual and religious beliefs and behaviors are the essential factors in mental health that can lead to better physical health.

Conclusions: Spirituality can enhance physical, mental and social health. It is essential for health care providers and health managers to consider spirituality in their planning and interventions for health promotion.

Key words: spirituality, health, women
Quality of life and effective factors in cancer patients undergoing chemotherapy in Qom

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Introduction: Many patients with cancer have multiple problems and symptoms that affect their feeling of well-being and physical and social function. Several investigations showed that these difficulties are associated with poorer patient’s outcome. Thus, this study designed to evaluate factors that effect on quality of life (QOL) in cancer patients undergoing chemotherapy.

Methods: A cross-sectional analytical study with Convenience Sampling, including 118 cancer patients undergoing chemotherapy, was conducted at Hazrate Fatemeh Zahra chemotherapy center (related to Qom university of medical science), from January 2009 through June 2010. The questioner was include an Iranian version of the brief form of the WHO quality of life assessment instrument and demographic check list. Data were analyzed by SPSS-PC software and descriptive analysis, independent-samples T test, one way ANOVA test, Tukey’s Post Hoc test and Pearson Correlation Coefficient.

Results: Patient’s mean age was (52.11 ± 1.57) years. The majorities were married (85.3%). Most subjects were housewife (32.2%) and (27.1%) were workless. (36.4%) had no schooling, (52.5%) lesser than diploma and only (8.4%) had academic education. The mean time since cancer diagnosis was (16.76 ± 2.32) months. As to the site of cancer, the largest proportion had Brest cancer (34.7%), followed by bowels (16.9%), and lung (10.2%). More patients demonstrated a relatively average level of global QOL. patients with higher age and lower education levels had lower levels of QOL scores. Similar QOL scores were seen for marital status and cancer types. No significant correlation was seen between duration of disease and treatment length and mean QOL scores.

Conclusions: Our results emphasize that patients with higher age and lower education levels had lower levels of QOL scores. Thus, this patients may need a greater level of support and education to improve their QOL. Entirely Patients in the present study demonstrated a relatively average levels of global QOL that can be emphasized on effects of religious beliefs and family supports on QOL.

Keywords: Quality of Life, Cancer, chemotherapy, WHOQOL-BREF
Exploration the process of confrontation with nursing errors in critical care units: model development

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Introduction: Nurses are in the first frontier for confronting with clinical errors and nursing errors are common and sensitive in critical care units. Therefore, understanding the process of confrontation with nursing errors and exploration different dimensions of them is necessary. The aim of this study was to explore the process of confronting with nursing errors in critical care units.

Methods: A qualitative grounded theory study was conducted. The sampling method was purposive and then changed to theoretical sampling. The data were collected through in-depth interviews with 19 critical care nurses and one focus group. The data analyzed according to Strauss and Corbin (1998).

Results: Three main categories emerged out of the confrontation with nursing errors. The main categories were situation analysis with subcategories of evaluation of error, evaluation of consequences and situation monitoring, error resolve with subcategories of self-action, group-action, declaring the change, and cover up and reporting. The findings revealed that participants confront with nursing error based on the result of continuous situation analysis by resolving error or reporting.

Conclusion: Continuous Situation Analysis was basic social process of the study. The findings of the present study revealed that the process of confrontations with nursing error in critical care units need to special attention from policy makers, managers and also nurses. Considering the perception of nurses and for removing predisposing factors of informal behavior among them, it is suggested to have planning to meet the needs of nurses and implementing the various strategies so that the management of this process can be more favorable. Also, making a change in perspectives and establishing the culture of patient safety is essential. Moreover, it's appropriate that necessary information about errors and correct confrontation with them be considered in nursing education programs. Investigation of the scientific and practical various strategies with research for directing confrontation in correct path are also necessary. Altogether replacement of personal approach with systems approach is recommended.

Keywords: Nursing errors, Error confrontation, Critical care nurse, Process, Grounded theory.
Experiences of Life in Patients with Tuberculosis in Buali Hospital in Zahedan 1392

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Introduction: Chronic diseases such as tuberculosis not only affect physical health but also influence mental, social and economic health. There are also indirect negative effects on the quality of life of patients or their family members. This study aims to investigate the problems caused by experiences of patients with tuberculosis.

Method: In this qualitative study, phenomenological approach was used. A purposive sampling method was used, and the study population was composed of patients with tuberculosis who had a history of taking the drug for about 3 months. Data were collected using in-depth unstructured interviews and after eight participants reached saturation. Colaizzi’s analysis method was used as the guide for the research activities. Precision of the study was due to the four facets of real value, applicability, consistency, and factual information.

Result: After analyzing the interview transcripts, 280 original codes obtained and were placed in 35 categories and eight major themes with titles: diagnosis-surveillance deficiency, escaping from reality, multi-faceted silent disease, dark world of illness, behavioral reflection, treatment and support processes, depersonalization, changing attitudes toward the disease were extracted from patients.

Conclusion: In this study, due to the extracted themes, we found out that a chronic physical disease such as tuberculosis that a patient is involved with several months, can affect all aspects of the patient’s and his family life and cause some unexpected problems for the person which only can be seen in this disease. While with removing the deficiencies found in this study, health road will be smoother, and by changing the patient’s attitude towards the disease, acceptance of the disease will be easier and behavioral reflection will become common. With follow-up treatment and patient support, this dark world could be enlightened, and depersonalization can be prevented.

Keywords: Life experiences, Tuberculosis patients, Phenomenology, Nursing society.
The Relationship between Health-Promoting Lifestyle, Mental Health and Religious Orientation among Isfahan University Students

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Introduction: Individual’s lifestyle affects health. Health-Promoting Lifestyle promotes health and welfare, induces satisfaction, self-persuasion and self-improvement. Physical, mental and spiritual health of students as future human resources of each country has particular importance in order to improve and promote it. This study was conducted to determine the relationship between health-promoting lifestyle, mental health and religious orientation among Isfahan university students.

Methods: The study population consisted of the whole Isfahan university students. 92 students (46 females and 46 males), were randomly selected and filled out health-promoting lifestyle profile (HPLP II), general health questionnaire-28 (GHQ-28) and Azarbaijani’s religious orientation with reliance on Islam test. The data were analyzed using correlation coefficient, Multiple Analysis of Variance (MANOVA), regression and t test.

Results: There was a negative significant relationship between health-promoting lifestyle and mental health and between mental health and religious orientation (P<0.01). Lower scores on the GHQ-28 is indicator of more mental health. There was a positive significant relationship between health-promoting lifestyle and religious orientation. Furthermore, the results showed that there was no significant difference between the scores of males and females in health-promoting lifestyle and mental health. There was a significant difference between them in religious orientation (P<0.05). The results of regression showed that social dysfunction and morality subscales had significant portion in explaining health-promoting lifestyle (P<0.01).

Conclusion: Regarding to the lifestyle evolving in Iran and the situation of health-promoting behaviors among students and it’s relation with the religious dimension, design and implementation of health education programs among different groups of people, especially students, is recommended.

Key words: Health-Promoting Lifestyle, Mental Health, Religious Orientation, University Students
Determine of birth date or delivery date with guidance of Quran

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Introduction: The moment of child birth is one of the most important experiences in every woman's life. This significance moment lasts for whole her life. Also, the way it happens can affect physical and mental health of mum and her baby. Medical science has been achieved an impressive development to predict the childbirth. Despite, the precise and perfect physiological mechanism of this beautiful moment is still unknown for human being. The delivery time is important to set a proper care plan for during the pregnancy and preparation in delivery time. For this purpose, the probable delivery time is added and subtracted to two weeks. In other words, it is determined in a four weeks period time.

God has an extraordinary agility and accuracy to determine the childbirth. However, the plenty of this mysteries has not been discovered for humans. Unfortunately, the country is faced with a high statistics in Caesarean operation these days. Moreover, the childbirth time is set by the prescription of the liable doctor who does the delivery. As it is noticed earlier, the delivery time is specified in a day of the four weeks. Noticeably, this time is coordinated with doctor's schedule instead of studying the physiological conditions of mother and fetus.

Therefore, along with reducing the Caesarean operation and its irrecoverable dues, this research is inspired by the guidance of Quran book to illustrate for natural childbirth in its specific time.

Methods: The research method is a review technique and library research method however, it is proceeded an innovative perspective to the issue. The research about prenatal development, duration of pregnancy and the childbirth has been done in Quran by Noor-Al-Anvar software.

Results: Quran book indicates "Ajal-e-Mosamma" expression about the duration of pregnancy and the childbirth in Ayah-5th, Sura-22. This expression is also used 20 times in Quran book which 12 cases about the end of the life in this world or Gods' punishments. 4 cases, the sun and moon lifetime and also, the end of their orbits. 2 cases, skies and earth lifetime, 1 case about using the livestock and 1 case about the refunds.

Conclusions: "Ajal-e-Mosamma" expression is mostly used in date of death in Quran book. It has been noticeable for me that the birth and coming to this life is certainly an inner uterus death. Moreover, the delivery time is important as the date of death. As it is mentioned, the delivery time is predictable but we do not have the direct interference permit especially in the earlier time. At last, proceed to the earlier childbirth of a baby with Caesarean operation or inducing the delivery before the natural time is as considerable and unfavorable as Euthanasia.

Key words: Ajal-e-Mosamma , birth , delivery , Quran .

Health-promoting behaviors among Adolescents: a cross-sectional descriptive study

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Introduction: Health maintenance and promotion are the fundamental prerequisites to community development. The best time for establishing healthy lifestyle habits is during adolescence. Due to importance of health promotion behaviors in adolescents, this study was conducted to investigate health-promoting behaviors and its related factors among high school students in Rasht, Iran.

Method: A cross-sectional study was conducted among 424 students during the first semester of 2012. We employed the multistage sampling design to recruit from private and public high schools in Rasht, Iran. The study instrument was a self-report questionnaire consisting of two parts. The first part of instrument was consisted of demographic questionnaire and the second part was Adolescent Health Promotion Scale questionnaire. Adolescent Health Promotion Scale questionnaire was consisted of six dimensions (Nutrition, Social Support, Health Responsibility, Life Appreciation, Physical Activity and Stress Management) to measure health-promoting lifestyles. Statistical analysis was performed with SPSS 16 software by using ANOVA test, t-test, Mann-Whitney and the Kruskal-Wallis.

Results: The score of total Adolescent Health Promotion Scale was 3.58±0.52 (possible range was 1–5). Highest mean score was in life appreciation dimension (3.99±0.068) and lowest mean score was in health responsibility dimension. Moreover, Significant associations were found between the Adolescent Health Promotion Scale with their age (p< 0.001), gender(p< 0.003), school grade (p< 0.011), father’s educational level (p<0.045), mother’s educational level (p<0.021) and mother’s job (p< 0.008).

Conclusion: Female and older students are more at risk for developing unhealthy lifestyle. Consequently, healthcare providers, health instructors, schoolteachers, and families need to pay more attention to these students. Moreover, as most of lifelong healthy and unhealthy lifestyle habits are established during adolescence, developing effective health promotion and disease prevention strategies for adolescents seems crucial.

Keywords: Health promotion, Health-promoting behaviors, Lifestyle, Adolescents
Dietary behaviors status and physical activity of high school students and its related factors

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Introduction: Dietary behavior and proper physical activity in adolescents is among most important health promoting behaviors which can prevent increased risk of chronic diseases. This study aimed to determine dietary behaviors condition and physical activity of high school students and its related factors in 2013.

Methods: In this cross sectional descriptive study, 432 high school students from Rasht city were selected by multi-stage sampling method. Data collection instrument consisted of 25 item questionnaire designed in two sections. First section (15 questions) covered demographic factors (personal, family and social factors) and section two (10 questions) included a part of adolescent health promotion questionnaire which were completed by self report. Data were analyzed using descriptive and analytical statistical tests by SPSS version16.

Results: Study findings indicated that high school students in Rasht obtained 74.36% of dietary behavior and 67.8% of physical activity score. Dietary behavior was significantly related to age, sex, grade level, birth order, mother's job, mother and father's job, family monthly income and number of family members (P<0.05). Physical activity was also significantly related to age, sex, grade level, mother's education and number of family members (P<0.05). Age, sex and mother's education were predictors of these behaviors.

Conclusion: High school students in Rasht city performed dietary behaviors "usually" and physical activity "sometimes" to "usually". Therefore in attention to health promoting behavior condition, it is necessary to implement proper planning to provide essential information in schools and conduct continuous evaluation of these behaviors especially in at risk groups.

Key words: Dietary behavior, physical activity, adolescents, students
The relationship between religious beliefs and mental health among Nurses

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Introduction: With regard to the nurses as the largest provider of health services offered in the group in the world, and in other side, Correlation between of spiritual and religious aspects of this job with mental health nurses staff’s, is essential. How to their practice. So where the main purpose of this research was to study the relationship between religious beliefs with mental health among Nurses of in the hospitals of Nadjafabad city in the 2013 spring.

Method: Research method was descriptive correlational study and statistical population of the research included all employees of mentioned organizations nurses’ out of them, 182 persons were selected via simple random selection. In this research a set of questionnaires consisting of Muslim religious beliefs (Serajzade, 1998) and mental health (GHQ, 1979).

Results: Results were analyzed with use of Pearson’s correlation coefficient and Regression Analysis. The results showed that there was significant relationship (P<0.05) between religious belief’s dimensions with mental health (anxiety symptoms). Furthermore, results of regression Analysis showed that religious beliefs were able to anticipate the anxiety symptoms of mental health. Moreover, test result showed there was no significant difference in that variable among hospitals.

Discussion: As a result we can through With regard to the importance of the spiritual and religious aspects of the nursing jobs in the influence of psychological nursing staff, can be the basis for better performance and their effectiveness in working places. By the way, we can be with achieving high level of physical and mental health of the employees, certainly, we would be witness of the broad implications of optimal control very wide in public health upgrading and the level of quality clinical care for nurses in healthily provider organizations.

Keywords: religious beliefs, mental health, nurses.
The effect of self care educations on the level of fatigue in patients of Shiraz MS Society

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Introduction: Multiple Sclerosis is a demyelization disease of the central nervous system that can result in impaired motor system, increased symptomatic fatigue and affected activity of daily living. This research has been conducted to evaluate the effect of self care educations on level of fatigue in patients of Shiraz MS Society.

Methods: This research is a quasi-experimental study. Study sample included 80 MS patients were referred to Shiraz MS Society. Who voluntarily and then randomly selected two groups were divided to experimental and control. A two-part questionnaire was used to collect data. The first part included demographic information and the second part including questionnaires FSS for measuring fatigue. The questionnaires were filled out by the patients before education. After 3 sessions in each week during three months, the same questionnaire was again completed by the participants. Finally, data were analyzed by using descriptive statistics, including, number, percentage, mean and standard deviation and analytical statistics, including independent t-test and paired t-test by SPSS software version 18.

Results: Statistical independent t-test showed the score of fatigue didn’t have significant difference in two groups before educations (P=0.54), while score of fatigue had significant difference in two groups after educations (P<0.001).

Discussion: Designing and applying the selfcare programs based on the educational needs of MS patients has a positive effect on level of fatigue.

Key words: Multiple sclerosis, self care education, level of fatigue
The prevalence of depression and its relationship with disability in patients with multiple sclerosis

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Introduction: Multiple sclerosis is one of the most common neurologic diseases and an important cause of disability in young adults. According to high prevalence of depression in patients with chronic disease especially multiple sclerosis and lack of accurate statistics of its prevalence, this study was done on patients with multiple sclerosis that referred to Jahrom Peymanieh Hospital from 2012 to 2013. The purpose of this study was to assess the prevalence of depression and determine its relationship with disability in patients with Multiple sclerosis.

Methods: This descriptive study was done on 50 patients with MS. The subjects selected from patients with MS who referred to the hospital randomly. Demographics data including age, sex, educational level, marital status, family history of depression, substance abuse, were recorded. Beck's 21-item questionnaire and EDSS criteria form was used to test for depression and disability diagnosis. The test score higher than 16, were considered as depression according to DSM-IV diagnostic criteria. Data were collected and analyzed by using descriptive statistic and Pearson correlation in SPSS software version 18.

Results: This study evaluated 50 MS patients (48 females and 2 males). Demographic data showed 60% of the subjects were single and 40% of them were married. The prevalence of depression was high (78% female & 50% male). Greatest depression was found in 20 to 30 year old patients. The results showed that there was a significantly positive correlation between disease and severity of disability; female; single and depression (P<0.01).

Discussion: Depression is Prevalent in MS patients. So, educational-counseling programs about their disability will be useful to treat depression in this group of patients.

Keywords: depression, disability, multiple sclerosis
The effect of self care education on the quality of life in patients with multiple sclerosis

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Introduction: Multiple sclerosis is a chronic and progressive disease of the central nervous system with debilitating symptoms and complications. Therefore, education and appropriate interventions, including self care education, are necessary to increase the quality of life in these patients. The purpose of this study was to determine the influence of self care education on the quality of life in MS patients referred to Shiraz MS Society.

Methods: This quasi-experimental study assessed two groups (case, control) of MS patients before and after education. Totally, 80 MS patients were selected non-randomly from patients referring to Shiraz MS Association. A two-part questionnaire was used to collect data. The first part was included demographic information and the second part was included quality of life questionnaire (MSQOL-54) consist of 54 items in 3 sections and 14 subgroups. The reliability of the questionnaire has been confirmed (Cronbach's alpha = 0.96). After 3 sessions in each week during three months, the same questionnaire was again completed by the participants. Finally, data were analyzed by using descriptive statistics, including, number, percentage, mean and standard deviation and analytical statistics, including independent t-test and paired t-test by SPSS software version 18.

Results: Statistical independent t-test showed that total score and quality of life score didn’t have significant difference in two groups before intervention (P=0.48), while total score and quality of life score had significant difference in two groups after intervention (P<0.001). Paired t-test also showed significant difference in total score and quality of life score before and after intervention (P<0.001).

Discussion: Designing and applying the selfcare programs based on the educational needs of MS patients has positive effect on their quality of life.

Key words: Multiple sclerosis, self care education, quality of life
The effect of self care education program on sleep quality of patients with multiple sclerosis in Jahrom

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Introduction: Due to high prevalence of sleep disorders in patients with multiple sclerosis and its effect on their performance and lives, in this study, the effect of self care education program on quality of sleep of patients with multiple sclerosis was investigated.

Methods: In this clinical trial study, 50 patients with multiple sclerosis of Jahrom MS Society in 1392, were randomly assigned to case and control groups (n = 26 case group and n = 24 control group) that self care education program were provided to these patients in case group for 6 weeks and twice in each week. Pittsburgh Sleep Quality Index (PSQI) was used for investigating sleep quality of patients before and after this intervention. Data were analyzed by using independent t-test and paired t-test with SPSS software version 18.

Results: The majority of patients were female, single, housewife who had diploma. Comparison between variations of mean for sleep quality score in both case and control groups before interventions showed that two groups were similar, also, Comparison between variations of mean for sleep quality score in both case and control groups after interventions showed that there was significant difference in all aspects of quality of sleep between two groups except during sleep efficiency. Comparison between variations of mean for sleep quality score in case and control groups before and after intervention showed that implementing self care education programs could improve sleep quality in case group.

Conclusion: Designing and applying self care program according to needs of patients with multiple sclerosis had positive effects on their sleep quality.

Keywords: Multiple sclerosis, Self care education program, Sleep quality
Effect of yoga program on quality of life in breast cancer patients receiving chemotherapy: A Clinical trial
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Introduction: This study investigated the effects of short-term yoga program on quality of life in breast cancer patients receiving chemotherapy at a cancer treatment center.

Methods: This study is a clinical trial in two stages, before and after the intervention. In total, 40 patients in stage II and III breast cancer patients were randomly assigned and the effect of yoga on quality of life in chemotherapy wards at Seyed-Al-Shohada Hospital Isfahan were studied. The yoga intervention program was 75 minutes a day in between, versus the control group 8 weeks without getting any CAM. The instrument was used data gathering including questionnaire demographic and health and quality of life questionnaire Organization for Research and Treatment of Cancer Europe EORTC QLQ-C30) and a standard questionnaire specifically to assess quality of life in breast cancer (EORTC QLQ-BR23) which a face to face interview with the patient by a specialist oncologist within 3 months from the beginning June to the end of August 2011 was completed. Descriptive and analytical methods for data analysis were used paired t-test, independent t-test, chi-square test, Fisher's exact test, Mann-Whitney, ANOVA, Pearson and Spearman correlation coefficients.

Results: Before the intervention the mean global quality of life scores in the yoga group was 49.6 with a standard deviation of 1.3 and after the intervention, score of 1.34 ± 81.7. Eight weeks after the yoga program, experimental group than the control group increase on all measures of function scale and global quality of life, and reduction the scale of symptom was observed, that these changes in cognitive performance scale (p=0.033) and symptom scales of fatigue (p=0.009), and nausea and vomiting (p=0.039) and sleep (p=0.001) and the side effects of treatment (p=0.030) were significantly. In the overall, experimental group showed a significant improvement.

Conclusion: The results demonstrate the potential role of yoga on quality of life. So the yoga program can be used as an effective, convenient and low cost to improve the quality of life of patients in medical centers to support them.

Keywords: yoga, quality of life, breast cancer, chemotherapy, nursing.
The relationship between sexual function and quality of marital relationship of women with patient cancer

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Introduction: The concept of sexual dysfunction is dysfunction in desire and emotional-social that it is impact on the sexual response cycle and can cause stress and interpersonal difficulties. Quality of marital relationship is one of the important factors predicting sexual function disorders which varies among different cancers. The purpose of this study is to determine the relationship between sexual dysfunction and quality of marital relationship in genital and breast cancers in women.

Methods: This correlational study was conducted on 150 breast and genital cancers in women referred to Sayedoshohada and Milad hospital in Isfahan city through a two-stage sampling method. Participants completed questionnaires about demographic/disease and sexual function questionnaire (44 questions) and quality of marital relationship (11 questions) was completed. Collected data were analyzed using SPSS version 14 software, statistical test such as, Pearson correlation coefficient tests independent t-student, one way ANOVA.

Results: The results showed that 70.7% of women had breast cancer and 29.3% had gynaecological cancer. 60% of patient had good quality of marital relationship and 19.3% sexual dysfunction. There was a significant correlation between sexual function and quality of marital relationship (p=0.000).

Conclusion: there was a significant correlation between sexual function disorder and quality of marital relationship So quality of marital relationship treatment be seemed in investigation and treatment of symptoms. In addition, the inclusion of patients educational programs and couple therapy in cancer disease rehabilitation program is important in order to improve the quality of marital relationship and subsequent sexual dysfunction in cancer patients.

Keywords: sexual function, marital, cancer
Assessment of Sleep quality in pregnant women

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Introduction: Pregnancy can affect on sleep pattern. About 2.3 of pregnant women complain of their sleep pattern. The hormonal changes and physical discomforts associated with pregnancy can affect a pregnant woman's quality of sleep. Each trimester of pregnancy brings its own unique sleep challenges. Besides having physical and psychological outcomes, the pattern can influence on labor and the type of delivery. This descriptive cross-sectional study was conducted to determine the sleep quality in pregnant women who was referred to shooshtari delivery unit in Shiraz, 2013.

Methods: 33 subjects were selected by sequential sampling. A questionnaire, an observation form and a checklist were used for data collection. Data were collected from participants on demographic information, sleep quality using a researcher-designed demographic form, the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed using the Statistical Package of the Social Sciences Program (SPSS) for Windows 15.0. Sample characteristics and variables of interest were summarized by descriptive statistics.

Results: The mean of age in pregnant women was 25.8±4.7, and the mean of gestational age was 31 weeks. 24.2 Percent of women was stated that they have an unwanted pregnancy. The results showed that 75.8 percent of women do not enjoy a good quality of sleep. Heartburn, back pain and nausea were the reasons cited for insomnia.

Conclusion: The intense physical and psychological changes which women undergo during pregnancy may be associated with increased stress and reduced quantity and quality of sleep. These effects may in turn affect the mother-infant relationship either through pregnancy-related hormonal changes, changes in inflammatory markers, maternal fatigue or postpartum depression.

Key Words: Sleep quality, Pregnancy.
Assessment of Sleep quality in pregnant women

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Key Words: Sleep quality, Pregnancy.
The Effect of Massage Therapy on Mood Disorder in women underwent Mastectomy referred to SayedAllshohada hospital in Isfahan in 2012

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Introduction: Breast cancer is the most important factor in women's health is worrying Surgical treatment of breast cancer, breast conservative surgery and mastectomy are two types. In 81% of breast surgery and mastectomy are cancer patients, typically a range of symptoms and different types of physical and psychological discomfort they experienced. One of the duties of therapists and caregivers of these patients control their symptoms. Furthermore the objective of this study was to determine the effect of Massage Therapy on Mood Disorder in women with Breast cancer underwent Mastectomy.

Methods: This research was performed in a clinical trial, With simple random sampling, which is clinic chemotherapy in Sayed Alshohada in Isfahan in 2012. the participants consisted of 72 with breast cancer patients were selected and randomly placed into two Intervention group and control. The control group was treated by only usual medical therapy but the Intervention group were treated by combined medical and Massage therapy, the Intervention group performed Massage therapy. data collection tools was specific questionnaire of depression, anxiety, stress DASS42 and demographic questionnaire. Then data were analyzed with SPSS and the collected data were analyzed by descriptive, repeated measurement test and chi-square.

Results: The mean depression, anxiety and stress score in the Intervention group were significantly different before and after treatment (p<0.05). The mean depression, anxiety and stress score in control group had no significant deference before and after treatment. The mean depression, anxiety and stress score had not significant difference between Intervention group and control group before treatment. The mean depression, anxiety and stress score had significant difference between Intervention group and control group after treatment.

Conclusion: Performing Massage therapy were effective in improvement depression, anxiety and stress therefore massage therapy can be recommended as an effective care program.

Key word: Massage therapy, Mood Disorder, Mastectomy, Breast cancer
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Key word: Massage therapy, Mood Disorder, Mastectomy, Breast cancer
The effect of Roy adaptation model of quality of life and Increases in life expectancy inpatients with breast cancer

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Introduction: Breast cancer is the oldest known forms of cancer tumors and it is one of the most common cancers in the world with Attention to factor gender, breast cancer ranked second in prevalence in women, after lung cancer. Also, in terms of mortality in women, has been after lung cancer. Oftentimes breast cancer leads to the complete removal of the breast tissue, chemotherapy, radiotherapy and hormone therapy. No compromise with the disease can affect interpersonal communications, clinical course and prognosis. Quality of life concerns have been expressed by patients with breast cancer is included threats of physical, social, emotional, functional, fear of death, pain and recurrence. Therefore this study has done to determine the effect of Roy adaptation model of quality of life and Increases in life expectancy in patients with breast cancer.

Methods: This study was conducted as a randomized clinical trial on 43 Breast cancer patients referred to the Chemotherapy clinic during the month's May-september 2013 in Isfahan on the 21 patients in the case group, and 22 patients in the control group. Case group received a care plan based on the Roy model in 4 sessions of face-to-face training during the 4 weeks and then they were followed for 4 weeks. Data were collected by demographic questionnaire data questionnaire and patient records and QOL_BC questionnaire and MillerHopeScale and Roy Model Consistency. Then the data were analyzed by paired and independent t-test and ANOVA by SPSS software.

Results: There were no significant differences between the two groups before intervention (p=0.625). While significant difference was observed between the two groups after the intervention (p>0.001).

Conclusion: Care plan can be used based on Roy Consistent pattern in breast cancer patients as an Low-cost and effective care in quality of life and Increases in life expectancy in patients with breast cancer.

Key word: Roy adaptation model, quality of life, Increases in life expectancy, breast cancer, nursing
The effect of Roy adaptation model of quality of life and Increases in life expectancy in patients with breast cancer

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Key word: Roy adaptation model, quality of life, Increases in life expectancy, breast cancer, nursing
The effect of Benson relaxation on the quality of sleep in breast cancer patients

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Introduction: Annually, about 6000 new cases are diagnosed with breast cancer in Iran. In Iran, more women are affected with breast cancer than a decade earlier in comparison with other countries, and 70% of them are diagnosed at an advanced phase. Insomnia is the most common disorder following breast cancer, and interference in sleep quality and rest causes changes in physiological functions and reduces the body’s daily performance. The objective of this study was to determine the effect of Benson relaxation on the quality of sleep in patients with breast cancer.

Methods: This clinical trial was conducted for about 1 month in a referral chemotherapy clinic of a teaching hospital in Isfahan, Iran. The participants consisted of 68 women with breast cancer who were selected by simple random sampling. They were randomly assigned to two groups of control and experimental. The control group was treated only by usual medical therapy, whereas the case group was treated by combined medical–Benson relaxation. Data collection tools were the validated Pittsburgh Sleep Quality Index and a demographic questionnaire. Data were analyzed by SPSS using descriptive statistics, Chi-square test, paired t-test, and Student’s t-test.

Results: The results showed significant differences in the mean scores of quality of sleep before and after the intervention in the case group, while no significant differences were observed in the mean scores of quality of sleep before and after the intervention in the control group. In addition, no significant differences were observed in the mean scores of quality of sleep before the intervention between case and control groups. However, significant differences were observed in the mean scores of quality of sleep after the intervention between case and control groups.

Conclusion: According to the results of this study, learning and applying Benson relaxation by medical staff causes health promotion and improves the quality of sleep in cancer patients. Furthermore, Benson relaxation is suggested as a non-pharmacologic method to improve sleep quality in these patients.

Key words: Benson relaxation, quality of sleep, Breast cancer, nursing, Iran
The effect of Benson relaxation on the quality of sleep in breast cancer patients

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Methods: This clinical trial was conducted for about 1 month in a referral chemotherapy clinic of a teaching hospital in Isfahan, Iran. The participants consisted of 68 women with breast cancer who were selected by simple random sampling. They were randomly assigned to two groups of control and experimental. The control group was treated only by usual medical therapy, whereas the case group was treated by combined medical–Benson relaxation. Data collection tools were the validated Pittsburgh Sleep Quality Index and a demographic questionnaire. Data were analyzed by SPSS using descriptive statistics, Chi-square test, paired t-test, and Student’s t-test.

Results: The results showed significant differences in the mean scores of quality of sleep before and after the intervention in the case group, while no significant differences were observed in the mean scores of quality of sleep before and after the intervention in the control group. In addition, no significant differences were observed in the mean scores of quality of sleep before the intervention between case and control groups. However, significant differences were observed in the mean scores of quality of sleep after the intervention between case and control groups.

Conclusion: According to the results of this study, learning and applying Benson relaxation by medical staff causes health promotion and improves the quality of sleep in cancer patients. Furthermore, Benson relaxation is suggested as a non-pharmacologic method to improve sleep quality in these patients.

Key words: Benson relaxation, quality of sleep, Breast cancer, nursing, Iran
Multi Dimensional Body Image in Cancer Patients and Its Association with Clinical Variables

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Introduction: Cancer and its treatments have been shown to have a negative psychological effect on many patients. One effect of cancer that is often described as a body image disturbance. The aims of this study were therefore designed to assess the level of body image concerns in cancer patients and its association with clinical variables. This was a cross-sectional study which was conducted in Sayyed- AL-Shohada Hospital affiliated to Isfahan University of Medical Sciences, Iran, in 2013.

Methods: 210 adult patients who suffered from cancer were selected and completed the personal/demographic/illness questionnaire, the Multidimensional Body-Self Relations Questionnaire (MBSRQ) that contains 69 items which have been divided into ten subscales: Appearance Orientation, Appearance Evaluation, Fitness Evaluation, Fitness Orientation, Health Evaluation, Health Orientation, Illness Orientation, Body Areas Satisfaction, Overweight Preoccupation, and Self-Classified Weight. The SPSS version 18 software was used to conduct statistical tests including t-test, ANOVA and Pearson correlation.

Results: The mean age, body mass index and duration of the disease were (48.2±13.2) years, (24.6±4.6) kg/m^2 and (31.67±58.54) months, respectively. The highest percentage of patients had breast cancer (36.5%) and received chemotherapy (56.2%) as their main treatment. In addition, the mean ±SD body image score, was 184.40±43.68 that 53% of them had moderate to severe body image disturbance. About dimensions in the most cases had negative body image evaluation. In this study there wasn’t significant correlation between type of cancer, treatment and duration of therapy with body image.

Conclusions: In this study the most of the patient have body image disturbance that need more attention, and also body image in this group wasn’t associated with the type of cancer, treatment and duration of therapy. Totally These results underscore the importance of assessing and treating body image disturbance in cancer patients who receive treatment.

Keywords: Body Image, Cancer, Clinical
The Relationship Between Eating Disorders AND Medical Factors In Cancer Patients
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Introduction: eating disorders, anorexia and bulimia signs occur in many chronic diseases such as cancer. Despite the relative frequency of such symptoms and signs, they are often overlooked or managed inadequately. In addition, the relationship between eating disorders with medical and demographic factors has not been discussed. Of this study was therefore designed to determine the relationship between eating disorders, anorexia, and bulimia signs with medical factors. This was a cross-sectional study which was conducted in Sayyed-AL-Shohada Hospital affiliated to Isfahan University of Medical Sciences, Iran, in 2013.

Methods: 210 adult patients who suffered from cancer were selected and completed the demographic/illness questionnaire and Eating Disorders Questionnaire. The SPSS version 18 software was used to conduct statistical tests including t-test, ANOVA, and Pearson correlation.

Results: In this study, M±SD age, body mass index and duration of the disease were (48.2±13.20) years, (24.6±4.6) kg/m2, and (31.67±5.85) months, respectively. The highest percentage of patients was married (87%), college education (96%), unemployed (67%) and lower-income contour (52%). Also the highest percentage of patients had breast cancer (36.5%) and received chemotherapy (56.2%) as their main treatment. In addition, the M±SD eating disorder score was 12.84±4.7. Also, 49.7% of cancer patients had eating disorder signs, from which 29.0% experienced anorexia, and 20.7% bulimia. There wasn't significant correlation between type of cancer, treatment and duration of therapy with eating disorders (p = 0.3).

Conclusions: The findings of this study indicate that majority of cancer patients experienced signs of eating disorders. Also, there wasn't significant correlation between type of cancer, treatment and duration of therapy with eating disorders. In addition, it is necessary to consider psychological variables in cancer patients about eating behavior.

Keywords: eating disorders, medical, cancer
Practice of Iranian adolescent girls regarding puberty and menstrual hygiene and its predictors, 2013

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Introduction: Adolescence is a unique period in life cycle. During this period, adolescents face with many behavioral challenges. This study aimed to determine adolescent girls’ practice regarding puberty and menstrual hygiene, as well as its relationship with socio-demographic characteristics.

Methods: This cross-sectional study was conducted on 1017 female students who were studying at second and third grade of secondary schools in Tabriz, 2013. Samples were selected randomly. Questionnaires used in the study were the practice and socio-demographic questionnaires. General linear model was used to determine predictors of practice.

Results: Mean (SD) of practice score in adolescent girls was 64.2 (12.1) from attainable score of 0-100. More than half of students (56.7%) had moderate practice. According to adjusted general liner model, variables of being in second class, having a father with elementary education or illiterate, living in undesirable economic status, having peer groups and friends as main source of information, having insufficient information about puberty had negative relationships with practice score. While, there was a positive relationship between age at menarche and practice score (p<0.05).

Conclusion: The findings show that the practice of adolescents about puberty and menstrual hygiene is moderate. Thus, it is necessary to educate the girls about puberty and menstrual hygiene to enable them to have a healthy reproductive life in future.

Key words: practice, adolescent girls, puberty, menstrual hygiene
The effectiveness of complementary medicine in rehabilitation of patients with multiple sclerosis: a systematic review

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Introduction: Multiple sclerosis is a chronic progressive disease of the central nervous system that has adverse effects on daily activities, job performance, and social functions. Because of various complications and symptoms, complementary therapies are recommended to manage physical and psychological symptoms in many chronic health conditions.

Methods: Magiran, Medlib, Sid, and Google Scholar were searched. Hundreds of documents were obtained. After three screening, the research content extracted from selected randomized clinical trials. Then, findings of the study classified according to objectives, variables, methodologies, interventions, and outcomes.

Results: Kinds of intervention were various and diverse in order to physical and psychological rehabilitation. Frequency of exercise was more than other interventions. Most of the variables were fatigue, quality of life, psychological problems, and pain.

Conclusion: The results indicated nonpharmacological benefits for MS symptoms. Despite likely being safe, its application is not common, because the evidence for these therapies in MS is limited. Adequate research with larger sample should be done, then effect size of each intervention would be calculated by meta-analysis studies.

Keywords: Multiple sclerosis, symptoms, complementary medicine, rehabilitation
Assessment of Adequacy nurses’ clinical competence in providing eye care in ICU patients
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Introduction: The high prevalence of eye complication is important challenges in intensive care unit patients. Moreover, The nursing practice in intensive care units is essential and prevent of these potential complication. This study was conducted to evaluate the Adequacy nurses’ clinical competence in providing eye care in ICU patients.

Methods: In this cross-sectional study, 432 practicing nurses in ICU selected by conveniencesampling method. Data was collected by "clinical competence of Nurses in the eye care of ICU patient's questionnaire" in three dimensions (knowledge, attitude and performance). Validity of questionnaire was measured by content and face validity and reliability by test re-test. The Data were analyzed by SPSS software version 18 and t-test, ANOVA and chi-square.

Results: The mean and SD of Nurses' knowledge were 43.3%(14.86), Theattitude 84.56%(11.61) and performance were 73.11%(17.17). The was statistically significant relationship between scores of knowledge andperformance dimensions witheye care guideline in their wards and intensive care infection control course(p<0.05). Not significant different between infection control course with scores of dimensions (p>0.05).

Conclusion: This study highlights the need to increase the capacity of nurses' clinical competence inthe eye care of ICU patients. Therefore, appropriate training courses for nurses and the use of standard protocols eye care in intensive care units is recommended.

Keywords:
Clinical competence, nurses, eye care, intensive care unit
The effect of a pedometer – based program improvement of physical activity in Tabriz university employees, Iran

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Introduction: Regular physical activity (PA) has been shown to reduce risk of morbidity and overall mortality. Pedometers are a popular tool for PA interventions in different setting. The present study investigated the effects on pedometer – based and self- reported PA among Tabriz university employees.

Methods: this experimental study assessed the effects of a 16 week pedometer based workplace intervention. Data were analyzed from one intervention worksite (60 women at post test) with a comparison workplace (60 women at post test). International physical activity questionnaire (IPAQ) for Self- reported measure of PA, and demographic (age, marital status, educational level, employment status and stage of change) variables were obtained.

Results: participants reported to increase the step counts from baseline (end of summer) to post test (winter). The intervention effect revealed significant increase in the intervention group (8279± 2759 steps/day). Self- reported based on IPAQ concluded women in intervention worksite had a significant increase in the work and leisure- time domains from baseline to post test.

Conclusion: Pedometer used might rather benefit those individuals who want feedback on their current PA, also walking should be considered to increase PA in employee women.
Exploring barriers of rehabilitation care in patients with multiple sclerosis: a qualitative study

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Introduction: Due to the increasing proliferation, high costs and numerous physical and psychological disabilities of multiple sclerosis (MS), efficient rehabilitation care is important, and improve quality and cost effective care of people with MS. Studies show that rehabilitation care of MS patients currently is not provided desirable in Iran. This study aimed to explore the barriers of rehabilitation care in MS patients.

Method: A qualitative content analysis method was used to analyze the gathered data. The participants of the study were 35 (15 patients, 5 nurses, 6 family members, 2 physiotherapists, 2 doctors, 2 occupational therapists, 2 psychologist and the boss of MS Society) that chosen by purposeful sampling from MS associations of Isfahan and Tehran (Iran). Data was gathered through non structured interviews.

Results: The analysis led to five themes as the barriers of rehabilitation care in MS patients. The five themes introduced under the headings: “Inadequate support from society and government” “The lack of information about MS and rehabilitation care” “Absence of holistic rehabilitation” “Clinic-based rehabilitation care” “Absence of team working”.

Conclusion: These themes can increase information of health care professionals and authorities about barriers of rehabilitation care of MS patients. These outcomes lead to develop better plan for caring and supporting of MS patients and their families by health care professionals, and will reduce the possibility of adverse mental and physical disabilities in MS patients as a young and productive group of society.

Key words: Multiple Sclerosis, rehabilitation care, nurse, barriers, content analysis.
Designing the rehabilitation care model for MS patients
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Introduction: Many physical, psychological, familial, and social problems related to MS, also economic effects on patients, their families and society caused rehabilitation care role in diminishing these symptoms and side effects very important. Designing the rehabilitation care model helps the patients and rehabilitation care team to move in the desirable direction. Therefore, this study aimed to design a model of rehabilitation care for patients with multiple sclerosis.

Method: In the first stage, based on grounded theory method of qualitative research, the process of rehabilitation care according to the experiences and interactions of the participants were explored. Unstructured interview was the main method for data collection and a purposive sampling was employed and continued to data saturation was emerged. In this study, the researcher interviewed with 40 participants including: patients, family members, nurses, physicians and other members or rehabilitation care team. After identifying the main concepts of the rehabilitation care process, an actualize the potential abilities of MS patients model was designed by using ‘Walker and Avant theory construction strategy.

Results: Data analysis showed that participants were passed "perception of disease threat " " threat perception of disease’s symptoms and complications" " strive to accept and adapt to disease" and" actualized patents’ abilities with maximum independence " in order to" return to a productive and independent life". In this way, there were a number of inhibitors that often lead to failures in the process of returning to a productive life. After identifying the main concepts of rehabilitation care process, the "rehabilitation care model of actualizing the abilities of MS patients," was designed.

Conclusion: In the model of actualizing abilities of MS patients, some strategies for removing the obstacles were mentioned. Therefore, using this model caused the patients return to the productive and independent life.

Keywords: rehabilitation care, Multiple Sclerosis, Grounded Theory.
Designing the rehabilitation care model for MS patients

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Introduction: Many physical, psychological, familial, and social problems related to MS, also economic effects on patients, their families and society caused rehabilitation care role in diminishing these symptoms and side effects very important. Designing the rehabilitation care model helps the patients and rehabilitation care team to move in the desirable direction. Therefore, this study aimed to design a model of rehabilitation care for patients with multiple sclerosis.

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Keywords: rehabilitation care, Multiple Sclerosis, Grounded Theory.
Development and measuring psychometric of “Quality of Life Mothers of Children with Special Needs Scale"

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Introduction: Quality of life is a subjective concepts which contains different dimensions of life. The aim of this research was development and measurement of psychometric of “Quality of Life Scale for Mothers of Children with Special Needs”.

Methods: The method of this study was methodology research. The population consisted of mothers of children with special needs whom their children were studying in 2012-2013 year in special school in Zanjan. Samples of the research consists of 13 mothers in qualitative part and 300 in quantitative part that were selected based on purposive sampling method. Data collection in qualitative part was conducted through semi-structured interviews. In quantitative part, content validity was measured by Waltz & Bausell Validity Index. Face validity, factor analysis, concurrent and reliability were measured by two methods of internal consistency and test-retest.

Results: Firstly, the definition of quality of life mothers of children with special needs was determined. Then content, face, construct, criterion validity and reliability was confirmed. Finally, "Quality of Life Scale for Mothers of Children with Special Needs" with 63 items and 8 dimensions developed and psychometric properties were measured.

Conclusion The "Quality of Life Scale for Mothers of Children with Special Needs" with 63 items and 8 dimensions is valid and reliable. Measuring other type of validity is recommended.

Keywords: Children with special needs, Quality of life, Mothers of children with special needs.
Introduction: Depression is common disorder among elderly and make them disable, that has been associated with decreased quality of life and adverse effect on daily function of elderly. As elderly population of our country has been increased and little studies has been done, this study was performed to determine the rate of depression in the elderly in Kermanshah.

Method: This study is descriptive -analytical and it was done on 383 people of Kermanshah elderly by available sampling method .We use demographic question and standard depression test(Beck) to collect data .Data were collected by quota and available method from 4 districts (based on the classification of municipal areas) in separately location from the streets, parks and homes.

Result : The results of this study show that average age in people who took part was 70/11±5/7 , and 58/2% are men and 72/1% married and 41/8 % were illiterate ,also 55/9 % expressed the physical illness record and 7/3 % psychological disorder record. 38/9 % declared to exercise and 17 % of them smoke. The majority of these people had moderate depression (40/2 %) we could not find any significant difference between the score of depression in men and women. But with grouping of depression in the light of statistically we observed significant difference among them. We could not find any significant relation between depression and to be employed (p=0/734) .we observed significant relation among depression and have insurance (p<0/001), exercise (p<0/001) and individual income (p< 0/0001), also we found relation between age and depression.

Conclusion : The high prevalence of depression ( 40%) in elderly is associated with the rate of income and economical – social support levels .Therefore recommended that those responsible for the proper planning and providing sports facilities ,employment and welfare in accordance with the following group at risk in elderly, take effective step to reduce depression in this group.

Key word: Depression, elderly, Kermanshah
Psychosocial Factors Affecting Exposure to blood and body fluids among Emergency Department staff

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Introduction: Emergency Department (ED) staff is vulnerable to occupational exposure to infectious blood and body fluids (BBF). This study was conducted to determine psychosocial factors affecting occupational exposure to blood and body fluids among Emergency Department staff in 4 teaching hospitals in Tehran, Iran.

Methods: A cross-sectional study was conducted among emergency department personnel of 4 university hospitals in Tehran. A triplex questionnaire was used including demographic data, history of exposure to blood-borne pathogens at work during last 3 months and the General Nordic questionnaire for psychological and social factors at work (QPS Nordic 34+ Questionnaire). SPSS (Ver. 11) was used for analysis of the data.

Results: 350 respondents including 162 (46.3%) males and 188 (53.7%) women, with an average age of 30±5.6 years entered the study. 69 participants (19.7%) reported a history of NSI and 99 people (28.3%) had BBFE during last 3 months. The occurrence of mucosal membrane exposure to blood and body fluid was associated with stress level (P=0.008), job demand (P=0.001) and conflict of decision (P=0.008).

Conclusion: Emergency medicine staff is frequently exposed to infectious blood and body fluids. This study reveals the possible affecting psychosocial factors and helps in designing prevention strategies for occupational exposure to blood and body fluids.

Key words: Occupational exposure; psychosocial factors; blood and body fluids (BBF); emergency department (ED).
Relevant factors with Quality of Life among women with breast cancer

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**Introduction:** Breast cancer is a serious, stressful and life-threatening disease. Breast cancer survivors increasingly experience long-term side effects that influence their quality of life. The purpose of the study was to evaluate specialty Quality of Life and with them among women with breast cancer.

**Methods:** This is an analytical descriptive study among 170 women with breast cancer in educational and therapeutic hospitals in Rasht in 2011-2012. Data were collected by demographic information and specialty quality of life (EORTC-BR23) questionnaires. Data were analyzed using SPSS software version 16, And descriptive statistics and t-test, ANOVA, pearson correlation coefficients and linear regression.

**Results:** Results indicated that samples age mean was 50.67± 10.04. Specialty quality of life score mean was 78.81±6.91. Assessment related factors with quality of life indicated that there was significant differences between breast surgery type with specialty quality of life and age, disease diagnosis time and breast surgery type with body image by usage multiple regression(p<0.05).

**Conclusion:** The study's findings can be useful in directing efforts to provide comprehensive care for breast cancer survivors. Doctors, health providers, nurses and family play a critical role in leading these efforts for supportive-care services intended to improve the QoL of breast cancer survivors.

**Key words:** Quality of Life, relevant factors, women
Risk factors of breast cancer-a case control study

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Introduction: Breast cancer is the most common female cancer worldwide. The aim of this study was to find out the association of various risk factors with breast cancer among women in guilan in 2011-2012.

Methods: This was a case-control study. Samples included 351 women in the two groups (matched for age), 117 women with breast cancer (cases) and 234 healthy women (control group) in Razi therapeutical and educational center of Guilan University of Medical Science in 2011-2012. Sampling was Convenience method. Data collected using a questionnaire including some breast cancer risk factors. Data collection and analysis were entered into SPSS 16 and descriptive and analytical statistics.

Results: The mean age of the two groups was 46.02 and 46.05, respectively. This study showed, that There is a significant relationship between occupation, education, place of residence, housing, insurance Use of oral contraceptives, parity, age at first live birth [OR=1.1,(CI: 1.02-1.18)], History and number of abortion [OR =2.72,(CI:1.6-4.61)], History and age of menopause[OR =2.73,(CI: 1.73-4.31)] and history of breast feeding with breast cancer (p<0.05). However there is a significant relationship with marital status, age of menarche, and history of co morbidities.

Conclusion: According to the results, In addition to Promoting education should focus on screening for breast cancer in women with risk factors for more. In addition, in order to clarify ambiguous points about other risk factors, Recommended Studies with larger sample size and control groups.

Key words: breast neoplasm, risk factor, socio-demographic factor reproductive factor, women
Health promoting behaviors among female nurses working at the Beheshti hospital in Qorveh

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Introduction: Increasing healthcare costs with the reality that patient care is not effective, and support of health promotion concept has increased among healthcare workers, particularly nurses. Considering health risks with personal lifestyle, well-documented in the literature, this has been completely clear that the promoting health activities and healthy lifestyle are important strategies to facilitate and keeping health. This study aimed to determine the health promoting behaviors among female nurses working in Beheshti hospitals at Qorveh.

Method: This cross-correlations study was conducted among 35 female nurses in Qorveh hospital and data collected with 2HPLP questionnaire, descriptive statistics mean and median was used for data analysis.

Results: Results showed that 73/33 percent of the samples often did exercise and 7/62 percent never did not exercise, only 21/43 percent of the samples were responsible for health and 6/67 percent always care from their diet and followed a healthy diet. 7/14 percent of people always have effective interpersonal relationship and 6/67 percent were success in stress management and 14/29 percent of them had great spiritual growth.

Conclusion: Nursing as a profession, is committed to improving the health of the population and promoting healthy behaviors is nurse's role. According to the results of this study health promoting behaviors pattern in most of the nurses were low therefore health policymakers should attempt to find a solution for this problem.

Key words: Health promoting behaviors, nurses
Assessment of knowledge and viewpoint of midwifery students in Tabriz Islamic Azad University and Tabriz University of Medical Sciences toward abortion in 2013

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Introduction: Lack of knowledge of the medical team about the abortion regulations and rules can endanger the pregnant mother’s life and also make some problems for medical communities. The aim of this study was assessment of knowledge and viewpoint of midwifery students in Tabriz Azad Islamic University and Tabriz University of Medical Sciences toward abortion.

Methods: This study is a descriptive study which was done in 2013 on 300 midwifery students in Tabriz Islamic Azad University and Faculty of Nursing & Midwifery at Tabriz University of Medical Sciences. A four-part questionnaire was used for gathering data; parts 1 to 4 included the personal, social, educational particulars of Midwifery students and studying the students’ knowledge about the I. R. Iran’s regulations and laws regarding abortion, studying the students’ viewpoints toward legal and illegal abortion.

Result: 26.7% of midwifery students had good knowledge about abortion, 53.7% has medium knowledge and 19.7% has weak knowledge toward it. 89.3% of the students had positive viewpoint toward legal abortion and 10.7% has negative viewpoint toward it. T-test results showed that there was not statistically significant difference among students’ knowledge about abortion (P≤0.76), students’ viewpoint toward legal abortion (P≤0.44) and students’ viewpoint toward illegal abortion (P≤0.081). Conclusion: Whereas midwifery students had less knowledge about abortion regulations, the probability of their encountering with judicial problems in high. Therefore, it is recommended to increase the midwifery students’ knowledge about the authorized cases of abortion and regulations related to it and therefore can decrease the fines of criminal abortions from among the judicial problems of the aforesaid in the future.

Key word: legal abortion, illegal abortion, medical ethics
Assessing and Comparing Amniocentesis Results with High-Risk Cases of Screening Test at Double Marker and Triple Marker tests for Diagnosing Aneuploidies

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Introduction: Early detection of congenital anomalies at the beginning of pregnancy and its end can prevent from birth of children with disability who are waybills of family and society. The current study was done for studying and comparing the high-risk cases of screening test at first and second pregnancy trimesters with amniocentesis results to diagnose aneuploidies.

Methods: this study is a descriptive-analytical (cross-sectional) study that was done in 2013 on 325 pregnant women whose pregnancy age was 11-25 weeks and the screening results of Down syndrome and their other aneuploidies were high-risk and were referred to fetal medicine ward at Tabriz Alzahra Hospital for doing Amniocentesis. Questionnaire was used for gathering data which includes the particulars of subjects, data resulted from screening tests at first and second pregnancy trimester and data resulted from amniocentesis (fetal karyotype results). Having gathered the data, they were analyzed via SPSS ver. 13, the correlation test, t-test and ANOVA and P≤0.05 was considered as significant.

Result: the mean age of subjects was 33.9±.3 years old. 98 subjects (30.2%) were done 1st trimester screening test, 180 subjects (55.1%) were done 2nd trimester screening test, 25 subjects (7.7%) were done 1st and 2nd trimester screening test and 23 subjects (7.1%) were done screening test based on NT. 292 subjects (89.8%) has increasing risk of Down syndrome, 5 ones (2.4%) has increasing risk of Down syndrome due to mother’s age along, 9 ones (2.8%) has increasing risk of trisomy 18 and 13 and 1 person (0.5%) had increasing NTD risk. 21 embryos were suffered from aneuploidy of which 16 ones were identified as Down syndrome, 3 ones as Trisomy 18 and 2 ones as klinefelter. There was statistically significant relationship between increasing risk of Down syndrome and amniocentesis results (P=0.0001) while there was no statistically significant relationship between increasing the risk of trisomy 18 and NTD with amniocentesis results at P≥0.05.

Conclusion: since screening in first and second pregnancy trimester was able to diagnose 21 cases Aneuploidies. Therefore, the efficiency and suitability of screening is such that it can justify the problems like parent’s anxiety, spending high costs for screening and doing unnecessary and invasive interventions like amniocentesis, therefore we can propose this diagnostic method as national routine screening method with high confidence

Keywords: screening, amniocentesis, aneuploidy, Down syndrome, triple marker, double marker
Inter-professional collaboration and multidisciplinary efforts help develop public health policy to reduce environmental noise and improve the quality of life

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Introduction: This inter-professional effort among Nursing, Medicine and Engineering faculty was aimed to investigate the influence of involuntary and persistent environmental noise on health and hearing of adult Lebanese in Beirut, Lebanon. Participants shared their experiences with persistent noise from construction sites, power generators, honking cars, and motorcycles.

Methods: Using a descriptive and exploratory design with mixed methods helped survey, interview and test participant’s hearing while street noise levels near the participant’s residents and work place were measured and compared to the WHO standards.

Results: Self reports from 83 Lebanese adults ages 18-38 who lived and worked in Beirut, identified daily experiences with irritability, anger, headaches, and sleep disturbances due to noise annoyance. Of those tested for hearing, 30% suffered from high-frequency hearing impairment. We found that environmental sound decibel (dB) has increased by 12% and sound intensity by 400% above the maximum standards when compared with the WHO report of 1999.

Conclusion: Our inter-professional public health research helped to identify local health concerns. Public policy update and health education on noise related health risks were suggested, “HUSH” program was enforced in hospitals and presented to the public school system. Authorities were encouraged to include noise safety at urban development projects to improve the quality of life and reduce premature hearing loss, especially for the iPod generation exposed to voluntary and involuntary noise.
The effects of family education program on family caregiver burden in elderly with dementia disorder
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Introduction: Family caregivers are an essential part of health care services for elderly with dementia disorders, because providing care for such patients is a big burden for their families. This study aimed to assess the effects of family education program in reducing the burden of families of elderly with dementia.

Methods: This is a clinical trial, in which 50 family caregivers of the elderly patients with dementia who had referred to two referral centers for dementia in the city of Isfahan were selected with convenient sampling and were randomized to experimental and control groups. The experimental group participated in a family education program but the control group did not. Data were collected by Zarit's caregiver burden scale completed by caregivers of both groups before, right after and one month after family education program. Also Mini Mental Status Examination was conducted for elderly before the program. Finally data were analyzed with SPSS (version 16).

Results: Caregivers' burden was gradually increased in controls, but decreased in the experimental group during the study. The mean of caregivers' burden before, right after and one month after family education program were respectively 42, 35.44 and 33.56 in the experimental group, while they were respectively 43.28, 46.8 and 50.64 in the control group. Also there was a significant difference between caregivers' burden of the two groups after intervention, but there was no significant difference between caregivers' burden of the two groups one month after the intervention.

Conclusions: Since conducting this program could reduce caregivers’ burden of elderly with dementia, developing such programs and evaluating them within research projects are recommended.

Keywords: education, caregiver, dementia, disease burden.
Association between mood status of nurses with personal and social characteristics
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Introduction: All of us tend to happy and pleasure intrinsically. However, there are some situations that make someone feel sad. Nursing is a stressful profession. Thus, effect of different factors of nurses and their environment, on nurses mood, seems to have enough importance to study. In this study we intend to determine mood status in nurses and the relationship between personal and social characteristics and mood status.

Methods: This is a descriptive–analytical study, that 214 nurses who work in the different wards(such as ICU, CCU, medical, surgical,…) of Al-Zahra hospital of Isfahan Medical Sciences University answered a two parts questionnaire consisted of personal and social data and Zung self rating depression scale. Data were analyzed with ANOVA and Mantel-Hanzel.

Results: Findings resulted from Statistical analysis showed that there are significant relationships between mood status and sex, ward, income, sleep satisfaction, job satisfaction, spouse communication and two types of spending leisure time (book study and family meeting).

Conclusions: With regard to the importance and the impact of happiness in recovery of patients and other clients, it is necessary for nurses and managers to have a complete knowledge about effects of related factors to nurses mood and, if necessary, choose appropriate policy to avoid unpleasant results of it.

Key words: Mood status, Depression, Nurses, personal and social characteristics
Comparative study required to religious practices (prayer and fasting) and Thoughts Suicide in depressed patients and healthy subjects Ilam

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Introduction: Traditionally, researchers and the importance of the role of religion and religious beliefs, emotional and spiritual health are emphasized, with regard to this issue, the present study aimed to compare the practice of religious practices (prayer and fasting) and thoughts suicide in depressed patients and healthy subjects were randomly assigned to Ilam in 1392.

Methods: This study Ali was a comparative, population of Ilam all healthy subjects who were randomly assigned (n =60) and those who suffered from a psychiatrist diagnoses were depression (n = 55) was chosen as a target, instrument taking, suicidal ideation scale (BSSI) and questionnaire commitment to religious practices and the Czech lists the demographic characteristics of respondents. The data analysis program, chi-square test and t spss20 done.

Results: The prevalence of suicidal ideation among depressed patients was significantly higher (P <0/01), the results of the test t, with an alpha level \(036/2T = p< 0/05\) indicate significant differences commitment to religious practices in the two groups, the depressed patients were significantly lower than adherence to religious practices.

Conclusion: Overall, the findings showed that having religious beliefs and rites such as prayers, fasting acts as protective factor against suicide risk reduces suicide attempts in person.

Keywords: religious practices, suicidal thoughts, healthy subjects, depressed patients
Mental death Experience: impasse in parents after child death

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Introduction: Death of a child is considered as one of the greatest devastating failures that makes the continuation of life difficult for the parents. With child’s death, parents lose a part of themselves and a part of their future dreams, and their loss is extremely vast and extensive. When parents die, people lose their past, but when a child dies, people lose their future; this stresses the severity of failure for those who have lost their child. Hence, the present study has been conducted for the purpose of describing the experiences of parents who have lost a child.

Method: This study used a qualitative approach through a phenomenological method. Sampling was based on the objective of the research and the method of interview was unstructured and conducted until the full data saturation. Information was gathered through unstructured interview with 23 fathers or mothers who had lost their child. The cause of death of children has been divided into two categories of unintentional accidents and diseases. Colaizzi’s nine step method was used for data analysis.

Results: Conducted interviews were analyzed. Of 116 basic code Mental impasse has been one of the main concepts of this study derived from Pain and suffering, Surrender to life, Great divide, Worry, Guilt feeling.

Conclusion: Results of the current study show that the death of a child makes the continuation of life difficult and causes the creation of deep crises for parents; the results of these crises will be the creation of destructive influential reactions in their lives. Synchronization (adaptation and compatibility) of self with life events without the one you love is a part of the sorrow period that requires significant time and effort.

Keywords: death, child, child death, parents, Mental impasse
When Child Death: Parental Experiences

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Introduction: The death of a child is one of the most painful events that an adult can experience and is linked to complicated/traumatic grief reactions. For parents, the dissolution of the attachment relationship with the child elicits severe anxiety and other negative emotions associated with loss.

Method: This study used a qualitative approach through a phenomenological method. Sampling was based on the objective of the research and the method of interview was unstructured and conducted until the full data saturation. Information was gathered through unstructured interview with 23 fathers or mothers who had lost their child. The cause of death of children has been divided into two categories of unintentional accidents and diseases. Colaizzi’s nine step method was used for data analysis.

Results: Conducted interviews were analyzed. From the total 371 concept codes, 22 sub concepts along with 7 main concepts were identified. Main concepts include moving forward, mourn, desperation, need for support, consolation, abandoned, and mental impasse.

Conclusion: Results of the current study show that the death of a child makes the continuation of life difficult and causes the creation of deep crises for parents; the results of these crises will be the creation of destructive influential reactions in their lives. Synchronization (adaptation and compatibility) of self with life events without the one you love is a part of the sorrow period that requires significant time and effort.

Keywords: death, child, child death, parents, bereavement.
The knowledge and attitude of pregnant women about cesarean delivery in 2013.

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Introduction: Increasing in caesarean’s rate is considerable matter in all of the world such as developing countries. One of the reasons of increasing of the cesarean is unawareness and negative attitude toward normal delivery and incorrect complications and gossipes about normal delivery.

Methods: In this analytical descriptive study, 306 pregnant women who are not previous cesarean history and without medical reason choosed cesarean as preferable delivery method, were interviewed in health centers in Jahrom. The questionnaire included items of demographic information, midwifery history, knowledge about advantages and disadvantages of cesarean section, attitude about cesarean and some of the reasons choosing cesarean by them. Descriptive and Analytical (Chi square & Fisher exact test) were used to analyze the collected data through SPSS software.

Results: Only 9.8% had good knowledge about advantages and disadvantages of cesarean. Attitude of most of them (82%) toward cesarean was neutral. The most knowledge of pregnant woman was about "pain after surgery" (93/8%). 67/6% of them were agreed with "cesarean causes complications after surgery". The view of pregnant women about the reasons of choosing cesarean as follows: fetus health (71/2%), fear of pain (67/3%), fear of vaginal delivery (58/2%), psychological burden and anxiety (55/9%), prevention of deformity and relaxation (49/7%) and prevention of genital rapture (47/4%). Knowledge and attitude were significantly associated with some reasons of selection cesarean included fear of vaginal exam (p=0/004, p=0/008) and fetus health (p=0/02/p=0/01).

Conclusions: Most of pregnant women had low knowledge about complications of cesarean that can influence to selection of kind of delivery. Therefore, appropriate teaching planning by health providers in order to increasing of their knowledge about complications of cesarean section is necessary.

Key words: knowledge, attitude, Cesarean section, pregnant women, Iran.
The knowledge and attitude of pregnant women about cesarean delivery in 2013.

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**Conclusions**: Most of pregnant women had low knowledge about complications of cesarean that influence to selection of kind of delivery: therefore appropriate teaching planning by health providers in order to increasing of their knowledge about complications of cesarean section is necessary.

**Key words**: knowledge, attitude, Cesarean section, pregnant women, reason
The Quality of life among the diabetic patients who reffered to the diabetes society of fars in 1389.

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Introduction: One of the most important concepts in chronic disease such as diabetes is Q.O.L. Assessment of Q.O.L of diabetic patients helps nurses for organizing of activities about prevention and controlling of complication, promotion of health and improving of Q.O.L and effective pace to balance problems. The aim of this study to indicate Q.O.L of 206 diabetic patients who reffered to Fars-state diabetic society.

Methods: This study is cross-sectional descriptive. A simple sample of adult diabetic outpatients were selected. Instrument was provided according to the short-36 form and review of different scientific sources. Questions includes: demographic data, Q.O.L and different health dimension that was completed by one of investigators through interview. Data was analyzed by spss software through descriptive and analytical (ANOVA&Fisher Exact test) statistics.

Results: 47% of patients had good Q.O.L. In perception of health mode (40.2%), psychological mode (51.2%), physical mode (48.8%) and social mode (44.6%) had good Q.O.L. Results show a significant correlation between the number of children and Q.O.L (p=0.01); level of education and Q.O.L (p=0.001); kind of insurance and Q.O.L (p=0.02). But, between age, sex, marital status, BMI, job and complications of chronic disease with Q.O.L was’t seen significant correlation.

Conclusion: Only 47.4% of patients had good Q.O.L. Therefore nurses should use proper educational method in order to promotion of healthy life style of diabetic patients for increasing their knowledge.

Key words: Quality of life-diabetes.
The Study of Training workshop Effects’ on Tendency and Performance in Pregnant women and Their Spouses in the Selection of Delivery Method and Satisfaction with Their Decision Using Attitude Change

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Introduction: Cesarean section (CS) has been prevailed irregularly in recent years. The operation is not without risk. The World Health Organization (WHO) has declared the acceptable rate of 10-15% for cesarean section. Since marriage is a communal life, collaboration and cooperation of mothers and their spouses in fertility is necessary. This study aims to evaluate the impact of training on the performance of mothers and spouses in selection of delivery method and their satisfaction with such decision.

Methods: This study was a randomized clinical trial with 90 women and 90 men referring to health centers in Isfahan. They were divided into three groups including mothers (alone), couples (mothers and their spouses), and control group. The study was performed in four stages. After sampling, the pre-test was conducted and educational interventions were administered. Post-test was carried out immediately, one month after the intervention, and in puerperium in three groups. The data was analyzed using SPSS-15.

Results: A significant correlation existed between the three groups in terms of tendency change from cesarean section into normal delivery in women (p=0.034) and partners (p=0.032) after intervention. The method of delivery performed indicates higher rate of normal delivery in the "mothers", "couples", and "control group", respectively; showing a significant difference between the three groups (p=0.010). There was a significant difference after intervention between scores of satisfaction with amenability in women (p=0.040) and men (p=0.028) in intervention groups ("mothers" and "couples").

Conclusion: Training of pregnant mothers and their spouses using patterns of attitude change has affected behavior change, normal delivery encouragement, satisfaction and higher amenability in couples. Therefore, in order to reduce the rate of cesarean section, it is suggested to design and implement training and consulting plans for pregnant mothers and their spouses through participatory methods.

Keywords: Cesarean Section, Spouse, Attitude, Education, Iran
The comparison of Mental Health and Life Quality of Employed and Home maker Women

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Introduction: Present research aims to compare mental health and life quality of employed and homemaker women.

Methods: The research is of descriptive type and its method is survey. The statistic population of present research was all employed and unemployed women among them 200 persons were selected by classified random method as the sample that 100 persons were employed and 100 persons were homemaker. 189 questionnaires were returned out of 200 questionnaires. Some questionnaires were emitted for they were not carefully filled and finally 180 questionnaires were analyzed by software. Research instrument was Goldburg's general health questionnaire(GHQ) and the scale was life quality. The consistence of both questionnaires was obtained 0.90 and 92 respectively. Data analysis was carried out by independent t-test and Anova by the use of SPSS16.

Results: 52% of subjects were employed and 48% were homemaker. Research findings show that general health and life quality of employed women were significantly higher than homemakers(p<0.05). Among of subscales of mental health the greatest difference was related to depression scale and physical health was the second. Life quality and mental health based on education, however did not show significant difference(p>0.05).

Conclusion: Resulted findings indicated that because of having more social interactions and of spending some hours outdoors and working employed women enjoy higher mental health than homemaker women that it, in turn, has direct and positive effect on their life quality.

Keywords: Mental Health, Life Quality, Employed Women, Homemaker Women.
Midwifery and nursing students' emotional intelligence and its relation to spiritual intelligence

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Introduction: Emotional intelligence and spiritual intelligence can be complementary to making a healthy life. Emotional intelligence is a different kind of intelligence that indicates the recognition of one's feelings and using it to make the right decisions in life. On the other hand, the spiritual intelligence causes the stability of desirable traits by strengthening spirituality and faith. Thus the individual progress and gain perfectionism. The aim of this study was to investigate the relationship between emotional intelligence and spiritual intelligence in Nursing and Midwifery Students of Medical Sciences faculty of Isfahan University.

Methods: This is a descriptive correlation study. The population of study consists of all incoming nursing and midwifery students of Isfahan University of Medical Sciences during 2008 to 2012. 150 of them (30% of incoming students of each year were selected). Bar's Emotional intelligence and King's spiritual intelligence questionnaires were distributed among them. The partially completed questionnaires were omitted and 107 questionnaires were analyzed by SPSS-16 software. Data were analyzed by Pearson correlation, regression, ANOVA and independent t-test.

Results: Of 107 sample subjects 63.6%(68 persons) were midwifery students and 36.4% (39 persons)were studying in the nursing field. Average score of students' EI was 315.80±29.2, and their spiritual intelligence was 80.58±12.72. Results show that the correlation between intellectual intelligence and emotional intelligence was 0.56 (p<0.05). Results of regression analysis also showed that the three variables, problem solving (β = 0.48), flexibility (β = 0.29) and responsibility (β = 0.26), are predictors of spiritual intelligence. Intellectual intelligence and emotional intelligence based on major and admission to the university had no significant differences (p>0.05). Because male students were fewer than females students, comparison based on the gender variable did not do.

Conclusion: The results showed a relation between two kinds of intelligences. And since these two intelligences effect on each other, increase in one of them causes the increase in another one. With regard to the sensitivity of medical science majors, we recommend a training to enhance emotional and spiritual intelligence.

Keywords: emotional intelligence, spiritual intelligence, nursing students, midwifery students
Second life after angioplasty: a qualitative study

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Introduction: The aim of this study is to clarify the perception and experience of life in Iranian patients after angioplasty.

Method: The study was carried out by qualitative research approach and qualitative content analysis. Participants included 15 patients who had undergone coronary angioplasty. Data were collected through unstructured interviews with a purposive sampling and data collection was continued until data saturation. Data analysis was performed continuously and concurrently with data collection.

Results: During the process of data analysis, four themes reflected the experience and dimensions of understanding of life in patients after angioplasty, which included angioplasty as a rebirth, revising life goals, trying to change lifestyle and use the resources available to support.

Conclusion: The results of this study will enhance our understanding of patients' experiences and this can turn into health care system to support patient care and planning to promote care and unique counseling programs along with understanding of the real needs of patients.

Keywords: perception of patients, coronary angioplasty, qualitative content analysis
Assessment of barriers to physical activity and calcium intake to prevent osteoporosis in students: across-sectional study

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Introduction: Calcium intake and physical activity are risk factors for osteoporosis prevention. This study aims to investigate barriers to physical activity and calcium intake in order to prevent osteoporosis in female students in second grade Kalaleh city in 2012.

Methods: In this cross-sectional study 140 students of second grade Kalaleh of city were selected by simple random sampling. Data through a questionnaire valid and reliable, consisting of three parts (demographic questions and questions about perceived barriers to physical activity and perceived barriers to calcium intake) were collected. Then were analyzed by statistical software SPSS 16 and using descriptive and analytical statistics. Participation of individuals in research was voluntary and informed consent.

Results: The results showed a significant difference between the means scores of perceived barriers and none of the demographic factors (family size, parental age, parental education, parental occupation, and family income) were observed. The mean score of perceived barriers to physical activity 18/33 ± 3/43 and the mean score of perceived barriers to calcium intake 20/11 ± 4/258/6% students' family will discourage you to exercise as a barrier to physical activity is mentioned, most people (47%) believed that "calcium-rich foods are very expensive."

Conclusions: The identification of barriers to physical activity and calcium intake, health educators and other officials help in the design of intervention to promote physical activity and calcium intake.

Key words: Osteoporosis, Calcium intake, Physical activity, Perceived barriers.
Theory-based evaluation of osteoporosis prevention programs for adolescents in Kalaleh in 2012

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Introduction: Osteoporosis is a silent epidemic in present age due to the high prevalence of this disease and its complications in women of particular importance. Considering that it is a preventable disease and the programs of nutrition education for prevention of osteoporosis should begin from childhood and special in schools children, this study was performed to determine the effect of health education based on health belief model on the knowledge, attitude and practice of the second grade middle school girl students in Kalaleh regarding osteoporosis preventive nutritional behaviors.

Methods: In this experimental intervention study, on 140 students randomized in two experimental (n=70) and controls (n=70) groups selected among the second grade secondary school girls of Kalaleh City in 2012. Multi stage random sampling was done. Data collected using a standard questionnaire based on health belief model and FFQ questionnaire. The questionnaires were completed 2 times (before and 2 months after education) by students. After pre-test, 4 educational sessions in experimental group were performed. Finally data collected and analyzed by SPSS 16 software (T-test, chi-square).

Results: The results of this study showed a significant increase in the mean scores of the knowledge and HBM components after in experimental group intervention (P<0.001) and also those of nutritional behavior before receiving education and 2 months after it significantly increased the in experimental group (p<0.001).

Conclusion: According results, the intervention had positive effect on nutritional pattern and it was effective also on improving the knowledge, beliefs and practice of students in this regard.

Key words: Health Belief Model, Education, Calcium Intake, Osteoporosis.
Prevalence of and factors associated with methadone toxicity and how to treat the process of poisoning in hospitalized poisoning Noor Hospital in 1391.

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Introduction: Methadone is a synthetic opioid withdrawal symptoms from drugs used to forget. Currently, 3000 Addiction Treatment Centers, active in the country, use methadone for addiction treatment. Because the number is growing, acceptance in the community and during methadone maintenance treatment (MMT) for at least two to three years is great, and drug interactions and drug delivery to the home and small therapeutic index is very important. No difference between therapeutic and toxic (poisonous) doses. Methadone poisoning is a medical emergency, and if untreated, it can cause morbidity and even death. In this study, the prevalence and demographic characteristics of poisoning, toxicity, and the treatment of poisoning admitted in Noor Hospital poisoning pay.

Methods: This study is a descriptive correlational study conducted in 1391. The population consisted of all patients admitted to hospital intoxication of Noor dependent Isfahan University of Medical Sciences. Convenience sampling method of methadone poisoning admitted to hospital intoxication Noor from the beginning of Aban the beginning of Day was two months. The 123 samples were poisoned, a questionnaire was used to collect data. The data were analyzed using SPSS software version 18.

Results: Frequency of methadone poisoning was 19.5%. Of 123 samples, 80% were male. 48.7% in the age range between 20 and 30 years were. 57 percent of poisoning, methadone maintenance were the main non-container. 63.3 percent of poisoning methadone in public places like the refrigerator and cupboards were kept. 58.6 percent of poisoning with methadone, methadone through illegal purchase and treatment was not. Most of poisoning (49.5%) were using too much methadone. 17.8% (n = 22) of methadone poisoning was transferred to the intensive care unit. They all require intubation and catheterization, and ventilator were connected. Poisoning were hospitalized on average for a full day. Finally, 17% had complications and died.

Conclusions: Given the importance of treatment addiction and use of the methadone and to increased prevalence and of demographic toxic people, need for a proper understanding of methadone pharmacology. It is essential for users. We can reduce the toxicity caused due to overdose. Proposed to be implemented and safety tips. Unconsciously to reduce toxicity And is suggested to be more careful about methadone, methadone does not sell illegal To move towards prevention and health education to increase And we're seeing the high toxicity And to reduce the stress and cost of treatment, and toxic effects.

Key words: Methadone, Toxicity, Prosses, Treatment, Methadone Toxicity
Examining the Level of Adherence of Therapeutic Regime by the Family Caregivers of Stroke Patients

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Introduction: Family caregivers of stroke survivors often feel inadequately prepared to deal with the physical, cognitive and emotional needs of the stroke survivors. They face with many problems in adherence of Therapeutic regime of stroke patient. The purpose of this study was to identifying the Level of adherence of Therapeutic regime by the family caregivers of stroke patients in three area of rehabilitation, diet and medicine regime, so that the strong and weak points of families in taking care of the stroke patients would be pinpointed.

Method: A descriptive-analytical design was used and a convenience sample of 200 family caregivers of stroke survivors was obtained through 2 months after stroke occurrence. Participants completed demographic sheet and Adherence-of-Therapeutic-Regime Questionnaires.

Results: The findings showed that only one-tenth of the adherences of therapeutic regime by caregivers are at good level and around one-fifth of them are weak in this area. Such a weakness is particularly observable in areas of rehabilitating in motional, cognitive and emotional disabilities, preventing skin and respiratory complications, the manner of food consumption and controlling medical side effects.

Conclusion: As regards the fundamental role of families in taking care of the stroke survivors, nurses are expected to assume the important role of empowering the families in care giving and reducing the physical and psychological disorders related to stroke patients.

Key words: stroke; family caregiver; rehabilitation; diet
The Role of Education on the Promotion of Health Literacy: A Review Article

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Introduction: One of the notable roles of health literacy is making people capable of increasing their knowledge, skills, and potentials in order to understand and obey the health care provider’s orders, make positive behavioral changes in healthy aspect of their life. Improvement in health literacy increases the chance of making permanent behavioral changes.

Method: A systematic literature review was performed through searching databases included Scopus, Ovid, PubMed, Google Scholar, Sciencedirect, Springer, EBSCO, Oxford Journals, and Cochrane library. Keywords mainly used included: Health, Health literacy, and Education. At last we selected articles that had been published between 1987 to 2012.

Result: The result pointed out the positive effect of different style of education (individual or group education, consultation, distance learning, teachback and pictorial education) with content regarding healthy concepts, on development and improvement of health literacy.

Conclusion: The education and health education affect with various degree, on different aspect of health literacy, from school to patients and medical clients in primary health care centers and community. Regarding this result education can be used as a means for improvement of health literacy and the relationship between health and education in different population.
Obesity is a major risk factor for other cardiovascular risk factors

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Introduction: Obesity is the major risk factor for cardiovascular diseases. Nevertheless, there are no studies concerning the relationship between degrees of obesity with cardiovascular risk factors among Iranian population. This study aimed to investigate the relationship between the degree of obesity and risk factors of cardiovascular diseases.

Methods: This is a cross-sectional and correlational study, which carried out on 1100 male and female individuals in Qazvin, a city in center of Iran. Study population was selected through a randomized cluster sampling method. Then a general physician implemented physical examination using a structured interview. In addition, anthropometric characteristics and serum biochemistry tests were measured as well. Data were analyzed using SPSS 19, descriptive and analytic statistics. The statistical tests were significant at P < 0.05.

Results: Data related to BMI categories demonstrated overweight (40.9%), obesity (17.0%) and central obesity (24.8%) among studied participants. In addition, the frequency of high level LDL-C, hypercholesterolemia, hypertriglyceridemia, Diabetes, and high level of GCT-2h were measured 43.3%, 46.6%, 51.8%, 31.0%, 51.8%, respectively. In obese men and women, odds ratio for hypertension was 3.39 and 4.41, respectively. In addition, this ratio for women was more than men considering cholesterol disorders (men=1.95, CI=1.33 to 2.87, women=2.45, CI=1.60 to 3.75). Lastly, for diabetes, it was 2.28 and 3.73 among obese men and women, respectively.

Conclusions: Obesity in all levels had a significant relationship with other cardiovascular risk factors. Interventions to reduce obesity and weight regulation programs might have large effects on development of risk factors of cardiovascular diseases.

Key words: Cardiovascular risk factors, Obesity, Overweight
A Comparison of Two Instruments: “FACES Pain Self-report” and “FLACC Behavioral Pain Assessment Scale” in Children Ranging from 4-7 during Venous Cannulation

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Introduction: Measuring instruments developed to check pain should be proportionate to the age and developmental level of children in order to have an accurate and comprehensive examination of pain in children. Therefore, using a pain relief technique, attempts were made to compare 2 scales, namely ‘FACES pain self-report’ and ‘FLACC behavioral pain assessment scale’ to check and identify pain in children aged between 4 and 7.

Methods: In the present experimental study, in the data collection phase, a questionnaire containing demographic information, FLACC scale including 5 components in the form of different behavior items, and pictures of Wong-Baker FACES Pain Rating Scale was used. In the intervention group, participants inflated a balloon at the time of injection, while venous cannulation was done without any intervention in the control group. After injection, Wong-Baker FACES Pain Rating Scale was shown to the children, and their amount of pain was checked. Finally, the two scales were analyzed and compared with each other in the 2 groups using a statistical program at the significant level of 95%.

Findings: The two participating groups of the present study including were homogenous in terms of gender (p=0.180), age (p=0.448), birth rank(p=0.606), and race (p=0.420), and disease type variables. In other words, both groups were statistically homogenous with regard to contextual and intervening, miscellaneous variables which could have influenced the findings of the study. There was a significant difference between the means of the two groups in terms of the amount of pain reported by the children (p=0.000). There was also a significant difference between the two groups in terms of the means of the amount of behavioral pain (p=0.000). Finally, the two instruments were examined and compared with each other in the two groups, and there was a significant linear relationship between the two scales in all of the three groups (r=0.497, p=0.005).

Conclusion: Balloon inflation and concentration on breathing are effective in relieving pain resulting from venous cannulation. FLACC scale is as valid and appropriate as FACES scale to check pain and to determine acute pain in children.

Key Words: Wong-Baker FACES Pain Rating Scale; FLACC Behavioral Pain Scale; Pain
Survey caregiver burden and its related factors in caregivers of hemodialysis patients referring to Razi hospital, Rasht, 2013

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Introduction: It is necessary for family of end stage renal disease patientsto support their patients at home and outpatient centers such as dialysis ward in hospitals. Caregivers of these patients often spend a lot of time caring for them and withstand fatigue and burden.

Methods: In this cross-sectional and analytical study, 154 hemodialysis patients referring to Razi Hospital in Rasht were chosen by gradual sampling method. Data were collected through interview by completing two questionnaires of Zarit caregiver burden and demographic questionnaire of patients and caregivers and analyzed by SPSS software version 22 using descriptive and inferential statistical tests (T-test, one-way AVOVA, Pearson and Spearman and logistic regression).

Results: 74.7 % of caregivers had severe burden. There was a significant relationship between caregiver burden and age of caregiver (p=0.005), duration of care (p=0.005), caregivers' marital status (p=0.005), caregivers disease (p=0.005), type of housing (p=0.005), living with patient (p=0.005), caregiver's educational status (p=0.005), income (p=0.005), kinship with patient (p=0.005), ability of patient (p=0.005), patient's need for care(p=0.005) and being a member of dialysis association (p=0.005). Logistic regression models were used to determine the predictive effect of patient and caregiver's socio-demographic characteristic. Results showed that the caregiver's marital status, living with the patient, vigor of patient and duration of care had significant relationship with care burden of caregivers.

Discussion: In this study result showed that some of socio-individual characteristic such as caregiver marital status, living with the patient, vigor of patient and duration of care have a significant relationship with care burden of caregivers and these factors are predictors of caregiver burden. It is recommended for caregivers with such conditions to receive more attention concerning care burden and needed interventions conducted to reduce the burden.

Keyword: care burden, caregiver, hemodialysis
Effect of Benson Relaxation Response on Fatigue Amongin Hemodialysis Patients

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Background and aims: Many patients with chronic renal failure are fatigued because of disease processes and long-term treatment with hemodialysis. According to many complications and problems, medication is reasonable to use complementary methods to reduce fatigue in hemodialysis patients. This study aimed to evaluate the effectiveness of Benson relaxation on fatigue in hemodialysis patients.

Materials and methods: The present research is an experimental controlled trial study conducted among 65 hemodialysis patients selected from Vasei Sabzevar Educational Hospital in 2013. Patients according to inclusion and exclusion criteria were selected, and then were divided randomly into two groups (33 patients) in the experimental group and (32 patients) in the control group. The experimental group received Benson relaxation for 15 minutes, twice a day during one month. No intervention was received in the control group. Data-collecting instruments included demographic information forms and the Brief Fatigue Inventory (BFI) questionnaire, were evaluated before and 2 weeks and 4 weeks after intervention. Data were analyzed using SPSS-11/5 and SAS 9.1 statistical software using descriptive statistics, T test, Chi-square, Mann-Whitney Test and generalized estimation equations.

Results: Mean fatigue of the experimental group before intervention was 6/97±0/84 and after two weeks, it was 5/25±1/07, four weeks later, it was 3/92±1/11. Analysis of the data revealed significant differences before and after the intervention in the experimental group (P<0/01).

Conclusion: Benson relaxation can be used as a complementary therapy to decrease the fatigue in the Hemodialysis patients considering its low cost, safety and simplicity.

Key words: Benson relaxation; Fatigue; Hemodialysis.
The impact of training and performance evidence-based nursing guidelines on Improvement indicators of the Comprehensive Care in cardiac patients hospitalized in the cardiac care unit

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Background: Comprehensive care is considered as an essential component of health care services. Evidence-based nursing guidelines that are preparation based on the latest research, is considered as a helpful tool and guide for provide of comprehensive care by patient care team. Among these sectors that nurses have an important role in the management, intensive care units. Therefore, this study was performed aimed to investigate the effects of education and the implementation of evidence-based nursing guidelines to improve comprehensive care in cardiac patients admitted in the cardiac care unit.

Methods: This prospective study before and after was performed in Hazrat Fatima Hospital in Kerman 92-1391. Interventions was included training and implementation of evidence-based nursing guidelines for nurses in the cardiac care unit based on the nursing process. To evaluate the quality of nursing care, the three indices of cardiac pain, sleep quality and patient discharge instructions before and after education were measured. Data were analyzed in SPSS version 19 using descriptive statistics, inferential statistics, mean and standard deviation and independent t tests and chi square tests were examined.

Results: Patients in both groups before and after interventions showed a statistically significant difference in terms of discharge status (p<0.05). So that before intervention 68/9 percent had a discharge feeling of health and healing and 31/1 percent expressed feelings of weakness and lethargy, and after intervention 93/3 percent patients had a feeling of health and healing, and 6/7 percent had a feeling of weakness and lethargy. Patients in the study group compared to pre-intervention were less pain intensity (p<0.05). In four domains of the six domains of quality of sleep were observed statistically significant differences and overall quality of sleep had better in the intervention group (p<0.05).

Conclusions: Training and implementation of evidence-based nursing guidelines cause improvement in the indicator of care in patients. Therefore, it is suggested to management and personnel training hospital staff to consider education of evidence-based nursing in-service. While training of nurses, and efforts to implementation of evidence-based guidelines.

Keywords: care, improvement indicators of care, evidence-based care guidelines
The impact of training and performance evidence-based nursing guidelines on Improvement indicators of the Comprehensive Care in cardiac patients hospitalized in the cardiac care unit

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**Keywords:** care, improvement indicators of care, evidence-based care guidelines
Water drinking rules: differences between traditional Iranian medicine and nutrition science

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Introduction: Despite the advice "Drink at least eight glasses of water a day" is ubiquitous and the nutrition resources insist on that, there are not enough scientific documents to support this advice, and according to the traditional Iranian medicine (TIM) it is even very harmful to drink such amount of water a day. TIM practitioners believe that, water drinking is just allowed when one is really thirsty. In TIM textbooks, Forbidden drinking times and the adverse effects of drinking water more than the body need are explained in detail. In this study, the viewpoints of conventional nutrition science and TIM about this issue are compared and discussed.

Methods: Reviewing available references from TIM as well as the books, papers and case reports from the conventional medicine about water drinking, we made a comparative study in this field that is presented.

Result: Valtin H. et al in a paper published in 2002, challenged the recommendation of "Drink at least eight glasses of water a day". He believes that not only there is not enough evidence for this recommendation, but also this suggestion may be harmful. After publication of this article the Institute of Medicine revised its previous protocol and changed this advice and suggested the "thirst" is the best symptom to show our need to water; which confirms the rule that had been mentioned by Avicenna. Another important point to consider about nutritional guidelines is that these items are prescribed the same for all people in the conventional medicine; however the drinking water rules are different in according to people temperaments (mezaj) in the TIM.

Conclusion: In conclusion the authors recommend not following the hydrotherapy or drinking suggestions without scientific evidence-based reports and encourage researchers to investigate possible side effects of excessive water intake in animal models and then human studies.

Key word: water, drinking, traditional Iranian medicine, conventional medicine.
Survey of time factors related to the pre-hospital emergency care in traumatic patients were transported to PourSina hospital in 1391-92

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Objective: Although primary prevention remains one of the most important ways to reduce injuries Barjrahat is known, several studies have shown that many of the deaths and disabilities are preventable pre-hospital care by strengthening the long-term. The study determine the status of pre-hospital emergency care service on trauma patients have been conducted.

Methods: In this sectional study of descriptive-analytical type, 577 traumatic patients who were transported to PourSina teaching-trapeutic center by 115 emergency were chosen by simple sampling in three time work (morning, evening and night) and by researcher and his colleagues examined with Check List. pre-hospital emergency medical care to the four domain; public, hemodynamic, neurological and respiratory was divided, were observed.

Results: General care and splint in the use of blankets, respectively (26%, 9/13%), intravenous fluids to maintain hemodynamic environment (4/23%), the nerve area of Kevlar neck (3/21%), within the respiratory oxygen therapy (5/7%) were most needed, but did not perform.

Conclusion: Given that the pre-hospital emergency care provided in most domains have a distance relatively high with world standard, results of this research can provide information to manager improving care strategic planning, appropriation of budget, knowledge of personnel, nessecery equipment and facilities take step and cause of to enhance and improve these vital cares.

Keywords: Emergency Medical Service, response time, wound and injury science
Golden seconds in airlift

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Disaster and events occur regardless of borders and no person or country isn’t secure of their consequences. Every year, the government faced accidents and fatalities and financial losses are suffered. Meanwhile, Iran is one of the world’s top ten natural disaster-prone countries. With respect to natural disaster affect the health and hygiene and welfare of governance. Health services is the main factor for survival and decrease mortality and welfare of people in such incidents.

The most effective way for responding to the needs created is (preparation). that the World Health Organization has raised it as his longstanding concerns. With its introduction as part of the process of sustainable development in the communities on the importance of disaster preparedness activities needed to achieve emphasis.

Meanwhile importance of air rescue in case of accident no secret. Air rescue service providing advanced medical facilities in the shortest possible time and reduce injuries when transferring them to medical centers plays an important role in reducing death. Nurses as a member of the rescue team should prepare in terms of airlift injured people and problems that exist in this area and how to manage emergency and the medical team are fully aware. Given that in events, Golden Time is very important for the survival of patients should be considered more airlift. Provision of educational facilities and planning periodic maneuvers for education of doctors and nurses of overhead air transmission seem necessary.
Comparison between acupuncture and metoclopramide on post-operative nausea and vomiting (PONV) in Gynecological laparoscopy

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Introduction: In this study, we compared between effects acupuncture in PC6 and metoclopramide medicine for preventing postoperative nausea and vomiting (PONV) in gynecological laparoscopy.

Method: In this prospective, double-blind, randomized, clinical trial, 123 women undergoing gynecological laparoscopy were evaluated for PONV. Female patients with general anesthesia were randomized into 3 groups: metoclopramide group (n=45), acupuncture group (n=36), control group (n=42).

Results: The differences in the postoperative 1 hour nausea incidence between acupuncture group and control group 11% and 35.7% respectively, 2 hours post operation 0 and 26.2%, vomiting incidence postoperative 1 hour 5.6% and 19%, 2 hours post operation 2.8 and 26.2%, except vomiting 1 hour post operation were statistically significant (P=0.015, p=0.178, p=0.002, p=0.011 respectively). Difference in nausea incidence between acupuncture group and metoclopramide group 1 hour post operation 11% and 33.3% respectively, 2 hours post operation 0 and 11.1%, vomiting incidence 1 hour post operation 5.6% and 17.8%, 2 hours post operation 2.8 and 8.9%, except nausea 1 hour post operation were statistically not significant (P=0.027, p=0.079, p=0.298, p=0.642 respectively).

Conclusion: Acupuncture compare to control was effective to prevent PONV in gynecological laparoscopy and with minor side effects compare to metoclopramide.

Key word: Acupuncture, nausea and vomiting, gynecological laparoscopy.
The application of learning theories in Clinical Nursing Education

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Introduction: Clinical Teaching in Nursing has a special place and significance. The goal of clinical training is that graduates in health and quality of life of individuals and communities that they serve, can play an effective role. Clinical education is an important part of nursing that students by attendance in clinical centers, gradually gain experience and will ready to using mind, logical thinking to solve the problem of the patient. Clinical training is supplement of theoretical training. The art and science of nursing is found in the clinical arena. A learning theory is a coherent framework of integrated constructs and principles that describe, explain, or predict how learning occurs, what kinds of experiences facilitate or hinder the learning process, and what ensures that learning becomes relatively permanent. Learning theories can be applied not only to comprehend and teach new material, but also to solve problems, change unhealthy habits, build constructive relationships, manage emotions, and develop effective behavior. Today there is a trend toward integrating learning theories in clinical education because knowledge of each theory’s basic principles and advantages allows nursing teacher to select, combine, and apply the most useful components of learning theories to specific situations in health care. It also helps nursing teacher to identify the essential principles of learning, describe various ways in which the learning process can be approached, and develop alternative strategies to change attitudes and behaviors in different settings. The aim of this study was to describe the importance of learning theories in nursing education and provide a model of clinical education.

Methods: This paper is a review of the literature and English Text Books in conjunction with the application of learning theories to assist in the education of nursing students by in various scientific search engines like Pubmed, Prequest, Elsevier. Epsco has been developed.

Results: The results of this study show that theory of behavioral, cognitive and humanism in clinical education of nursing students in clinical settings, can be used to provide an excellent opportunity for students to integrate theoretical and practical learning. Learning Theories take concepts and propositions and fit them together to explain why people learn and predict under what circumstances they will learn.

Conclusion: The process of clinical teaching begins with identification of the goals and outcomes for clinical learning and proceeds through assessing the learner, planning clinical learning activities, guiding the students, and evaluating clinical learning and performance. The goals and outcomes suggest area for assessment, provide guidelines for teaching, and are the basis for evaluating learning. In planning the learner activities, the main considerations are the objectives and individual learner needs. The next step in the process of clinical teaching is that of guiding learners, to acquire essential knowledge, skills, and values for practice. Teaching in clinical setting requires a faculty member who is knowledgeable, is clinically competent, knows how to teach with use of learning theories, relates effectively to students, and is enthusiastic about clinical teaching.

Keywords for: Nursing Education- Nursing-activities, educational-learning- Problem-Based Learning
Medical Hand washing status of Nursing Students in Isfahan University of Medical Sciences, Iran
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Introduction: Hand hygiene is the most effective and affordable means to reduce and prevent hospital infections. But hand washing compliance among health care providers, including nursing students is estimated at 30-50%. Nosocomial infections are a major threat to patients. This led to the spread of nosocomial infections and the human and economic costs. Review and monitoring of health care, including nursing students about hand hygiene compliance standards is a key component in the regulation of hospital infection.

Methods: This is a descriptive analytical Cross-sectional and multivariate step study conducted on 62 nursing students about their hand washing and hand in clinical area. The data were collected by a researcher made check list with confirmed validity and reliability. The data were analyzed in descriptive statistics (frequency distribution and mean) and inferential statistics (T-test, Pearson correlation and ANOVA).

Results: The findings showed, the mean score of hand washing was 71.65 (from 100) and a mean score of handwashing technique was 59.94 (from 100), but there was no significant relationship between the score of the method of Handwashing with semester’s students. The relative frequency of hand washing was not the same in different procedures (001/0 ≥ P). The challenges to hand washing compliance was respectively: forgetfulness, dry and irritated skin, Prioritize patients’ needs, Mistaken belief and about wear gloves and hand hygiene, Low number Sinks, disbelief and carelessness. There was score significantly higher in female students than male students (P=0/02). Hand washing techniques had the highest average score in the thoracic, and vascular surgery, pediatric surgery, respectively.

Conclusion: Nursing students in the clinical activities of the department in patient care are involved. In according to results of this article and guidelines of World Health Organization about hand hygiene protocols more educational interventions for nursing students on hand hygiene is recommended.

Key words: Hand hygiene- Students, Nursing-Cross Infection- Hand Disinfection
Phlebotomy applications in uterine diseases

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Introduction: Health or disease in Iranian Traditional Medicine is due to balance or imbalance in four humours in body. Fasd (phlebotomy) is an important treatment that restores this equilibrium. In this technique excretes inappropriate humour through the gap in the vessel by a sword. On the other hand if this technique is disused can lead to many complications, thus it is necessary to fully understand its principles and applications in the treatment of various illnesses. The uterus is one of the major organs of the body and place of birth that different disorders may affect it and also its disorder can effects on the other organs, so it is important to treat diseases of this organ. Thus in this study we try to identify Traditional Persian Medicine view about fasd in uterine disorders.

Methods: In this study, the traditional references for example canon, Zakhire Kharazmshahi, kholasat-al-hekmah, Exir-e-Azam and other books were reviewed. Important Points about uterine diseases and treatments and some phlebotomy applications in the treatment of uterine diseases were collected and then classified. On the other hand, the contents of modern medicine were searched.

Results: In traditional medicine, Fasd (Phlebotomy/ Venesection) is used in uterine disorders including menorrhagia, amenorrhea, infertility, uterine deviation, cervical secretions, itchy rashes and lesions of uterine cervix. But in modern medicine was not found any study about this.

Conclusion: Phlebotomy therapy is one of the complementary therapies that with more knowledge about its applications, it can be better utilized and more studies needed to prove its efficacy, such as clinical trial studies in this area.

Keywords: Iranian Traditional Medicine, Fasd, Phlebotomy, Uterine Diseases
Development and psychometric properties of a new motorcyclist’s risk taking questionnaire (MRTQ)

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Introduction: Risky behavior is an important factor in accident causation and consequent death or injury severity and should be known. Development a valid and reliable tool to measure injury related risky behaviors of motorcyclist is vital to guide the development injury prevention policies and strategies. This study aimed to develop a valid and reliable tool to identify high-risk behaviors among motorcyclist.

Methods: a multistage method was applied: at first a qualitative study was conducted for the purpose of item generation, second the items were refined then included in the validity process: construct validity and known group comparisons of the questionnaire; respectively and finally in the step 3, using Cronbach’s alpha coefficients Internal consistency was measured.

Results: 54 items were generated as a result of qualitative content analysis. The explanatory factor analysis, yielded a 7-factor solution with a simple structure (factor loadings ≥.30) predicting 61.422 percent of total main variable. and known group comparison revealed satisfying results. Internal consistency as measured by the Cronbach’s alpha coefficient was found to be 0.79.

Conclusion: motorcyclist’s risk taking questionnaire (MRTQ) is a valid and reliable tool to assess injury correlated hazardous behaviors among motorcyclist. However, further studies are needed to establish more psychometric properties for the questionnaire.

Key words: validity, reliability, explanatory factor analysis, motorcyclist, risk behavior
Complying with midwifery standards: what lessons can be learned from a cross sectional study?

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Introduction: The World Health Organization emphasizes the evaluation of health services to improve quality of care. This study aims to assess the quality of midwifery care provided to women admitted for delivery in selected hospitals of Yazd medical science university.

Methods: A total of 100 women randomly selected and were included in a cross-sectional study conducted in Yazd, Iran. Data were collected in the labor and delivery wards of Shaheed Sadoughi and Afshar hospitals, between September 2010 and February 2011. A standard check list included 247 items covering 26 dimensions of care across labor process. Observation was done by a midwife who was not practicing at the study sites, and was especially trained in study method. Data were analyzed using SPSS 16.

Results: The mean age of subjects was 24 / 43 ± 5/4 years. The Number of pregnancies in the study, in 64 percent of the units is about 1 to 2. The results showed that the overall quality of midwifery care provided in different stages of labor, was not desirable.

Conclusion: It is essential that the authorities plan to control the services provided by staff, Installation and implementation of treatment protocols of ministry of health, informing personnel duties and holding workshops to take steps to eliminate the existing shortcomings.

Key Words: quality of care, labor, midwifery care
The impact of stress management training on depression, anxiety and stress
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Introduction: Stress is a multidimensional phenomenon which is focused on dynamic relationship between the individual and the environment. Evidences indicate that most of the human successes are created in stressful conditions; but high rate of stress would followed by numerous consequences, including mental and physical illnesses, sleep disorders, irritability, forgetfulness and reduce in problem solving ability. In general, everyone experiences the stress, but students are a group of people who are at the higher risk of stressors due to the transitional nature of the student life. This study aimed to determine the effectiveness of stress management training program on depression, anxiety and stress rate of the nursing students.

Methods: This randomized quasi-experimental trial, was done on 68 nursing students of Isfahan University of Medical Sciences. The questionnaires of this study consisted of Depression, Anxiety and Stress Scale (DASS-42). The intervention group was trained with stress management training program in 8 two hours sessions, twice a week. The questionnaires were completed by both groups before, after and one month after the study.

Results: The results of the study indicated that there was no significant difference before the intervention in depression, anxiety and stress mean scores in the two groups. After the intervention, the mean scores of anxiety and stress in the intervention group was 5.09 and 8.93 and in the control group was 10 and 13.17, that reduction in depression mean score was significantly greater in the intervention group in the control group (p = 0.04). Furthermore, the mean scores of anxiety and stress showed a significant difference between the two groups (Anxiety p = 0.001; Stress p = 0.01); this reduction also had been remained after a month.

Conclusion: According to the results of the present study, holding stress management training program workshops in different courses of the mental health department can improve mental health of the students.

Key Words: Psychological stress, training, Depression, Anxiety, Nursing students.
The Role of Laughter Yoga on Spiritual Health

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Introduction: With regard to the public interest and general acceptance, complementary medicine in recent years is widely considered by researchers, clinicians and nurses. Using this therapeutic approach may lead to nurses’ holistic perspective and provide better services to the clients. Nowadays, laughter yoga is one of the techniques that used to promote general health and particularly spiritual well-being. Laughter yoga sessions, in addition to providing a positive atmosphere and full of emotional security, can lead to individual happiness through different ways. Positive attitude and happiness arising from this approach is transmitted to other people such as family members, friends, colleagues and general population. Laugh and empathize with others, thereby contribute to reducing negative emotions and increase happiness that may emerge gradually in self-adaptive people. These groups will aware that happiness is originated from unconditional love, friendship and devotion, to make the world a better place to live. This study is aimed at describing the effects of laughter yoga on spiritual health.

Methods: This study is a review article that uses multiple sources and databases such as Pub Med, Elsevier, Google scholarship and hand searching the books and journals.

Conclusion: Given the positive effects of laughter yoga as a form of complementary medicine on public and spiritual health, laughter yoga is not only recommended to patients but also to healthy people including students, staff and others to develop satisfaction, creative thinking and healthy social relationships.

Key Words: Laugher Yoga, Health, Spiritual Health.
Awareness of breast cancer in women above 20 years old and comparison with their performance in relation with breast cancer in Damghan county in year 92

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Introduction: According to reports of the world health organization in the world, the ministry of health and education in Iran, the pattern of infection to chronic disease has changed to non-communicable disease, and also in Iran and Damghan county cancers are the second reason of death after heart disease, and it should be noted that the first prevalent cancer among the women is breast cancer. Therefore, this article evaluates the women's ability about self-examination, periodic visit and diagnostic tests on time.

Goals and objectives: Recognition of women's behavior in examination in order to evaluate and check the health situation of themselves about breast cancer.

Methods: This study was done by 500 women between 20-65 years old. It is analytic and based on collecting data via the questionnaire (based on educational packages of health ministry) by trained people. These questionnaires were analyzed with SPSS21 software.

Results and conclusions: The level of awareness of this group about the signs of breast cancer is about 70% that answered correctly. 70% of this group get their information from health volunteers and the rest 30% get them from TV – magazines – health clinics and internet. The level of awareness in marriage samples (p=0.045) and the number of pregnancy (p=0.00410) and the rate of their performance about the marriage samples (p=0.001) and level of education (p=0.0003) and background of cancer (p=0.0000) the number of pregnancy (p=0.0049) had remarkable differences.

Discussion: According to results of this research, the awareness of society and the groups that are expose to breast cancer, due to the good education of health volunteers are in high levels, but their behavior that is related to self-examination is so low and have no appropriate actions in order to early detection of breast cancer, so they should have a long term and strategic plan for this purpose.

Keywords: health volunteer, breast cancer, women's performance, diseases
Function of Perceived Social Support on Pregnant Women's Depression, Anxiety, Stress and Quality of Life

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Introduction: pregnancy as one of the most stressful times in women's lives, if don’t follow by social support, including family members and relatives, may lead to certain psychological problems. In addition, several studies have reported that understanding social support have anespecial role in physical, mental and social condition of the people. Further it improves performance and quality of life. Now, the present study aimed to examine function of perceived social support in cases of depression, anxiety, stress and quality of life of pregnant women.

Methods: The present study was a type of correlation studies, in which from between the pregnant women from Shiraz and by using available sampling methods, 160 persons selected as members of the sample. In this study collecting data accomplished through the multidimensional perceived social support scale (zimt et al., 1988), depression, anxiety and stress scales (DASS-21) and short form of quality of life questionnaire of the World Health Organization. For data analysis, descriptive statistics and Pearson correlation coefficient was performed.

Findings: The results indicated that there is a significant negative relationship between perceived social support with depression (r = -0.54), anxiety (r = -0.49) and stress (r = -0.50). It also showed that there is a significant positive correlation between perceived social support and quality of life (r = 0.69).

Conclusions: The results obtained from this study represent meaningful role of social support in balancing the emotions of women that experience one of the most tension and anxiousness periods of her life. Accordingly, social support during pregnancy time is one the most suggestion of the present results.

Key words: depression, anxiety, stress, pregnancy, quality of life, social support
The Relationship between religious attitude and psychological hardiness in students
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Introduction: In studies of health sciences, a main challenge is measuring outcome variables such as health status and the quality of life. The purpose of this study was to examine the relationship between religious attitude and psychological hardiness in students.

Methods: The present study is a correlation study. The statistical population includes all students of public university in 2012-2013 in Ahvaz. 150 students were selected through simple sampling. The data collection tool was the Religious Attitude Scale (RAS_R) and psychological hardiness questionnaire. The data were analyzed by multiple regression methods.

Results: The results of multiple regression showed that control was best predictors of religious attitude.

Conclusion: The present findings emphasized on the importance of psychological hardiness and religious attitude in the quality of life and people with positive religious attitude can control situation.

Keywords: psychological hardiness, religious attitude, students
The Relationship between religious attitudes and alexithymia in students
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Introduction: Available evidence shows that religious attitudes have noticeable effects on all aspects of human life. During the last decades, empirical examining of alexithymia has increased by the attempts made by the sociologists and psychologists. The purpose of this study was to examine the relationship between religious attitudes and alexithymia in students.

Methods: The present study is a correlation study. The statistical population includes all students of public university in 2012-2013 in Ahvaz. 150 students were selected through simple sampling. The data collection tool was the Religious Attitude Scale (RAS_R) and the Toronto Alexithymia Scale (TAS-20). The data were analyzed by multiple regression methods.

Results: The results of multiple regression showed that weltanschauung and religion life quality and internal spiritual were best predictors of alexithymia.

Conclusion: The findings corroborate clinical observations of alexithymia patients' difficulties in regulating emotions. So, they can’t say about religious attitudes.

Keywords: alexithymia, religious attitude, students

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1. *Corresponding Author
Impact of Interferential Current on Recovery of Pressure Ulcers Grade 1 & 2

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**Introduction:** The aim of this study was to determine the impact of Interferential current (IF) on healing of pressure ulcers (grade 1 & 2).

**Method:** In clinical trial study 23 patients (12 as case and 11 as control) were recruited. The study group was treated with interferential current daily for 10 days. IF current was applied via isoplanar current with sweep frequency of 30-99 Hz and tolerable intensity for 15-20 minutes. Before intervention condition of the wound were assessed and recorded. Routine characteristics of the ulcers in both groups were recorded before the intervention (first), fifth and tenth day. SPSS (ver. 13) with Paired T-test and Fisher exact test were also used to analyze data. P-value significant level was considered as 0.05.

**Result:** According to One Sample Kolmogorov-Smirnov test demographic characteristics, features of ulcer as well as the intensity of pain were not significantly different between study and control groups.

All patients in control and study groups were complaining from pain (intervention group 7.25 ± 1.21 vs. 6.35 ± 1.28 in control group). Ulcer size decreased significantly in the study group (P = 0.012) with significant reduction in pain intensity (P = 0.000), amount of discharge (P = 0.008), and level of edema (P = 0.000) compare to controls.

**Conclusion:** This study is the first study conducted on utilizing interferential currents to control and improve pressure ulcers healing process. The results (besides its limitations) showed that the use of IF current can accelerate pressure ulcer healing and reduces its size. As IF current is considered as a deeper form of TENS that is safe with no side effects.

**Keyword:** Pressure Ulcers, Interferential Current, Wound care
Nursing in the Eastern Mediterranean Region: Challenges & Future Strategies

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**Introduction:** Hovering with a bird eye view on the Eastern Mediterranean countries, the reaffirmation of the definition of health as a state of complete physical, mental, and social wellbeing, and not merely the absence of disease stated in Alma-Ata declaration must be challenged. The political turmoil including the reformed economic and social order has kept one hundred million people in undesirable living conditions and widened the gap in health standards in this part of the world. Countries such as Yemen, Mauritania, and Djibouti, parts of Sudan, Somalia, Iraq, Afghanistan (post war), Palestine, and more recently Syria suffer profound ill health, mass causalities, and poverty. The future prosperity is grim and uncertain.

Responding to these challenges, governments resorted to PHC to address the health of its citizens, but with only a small percentage of medical graduates selecting residencies in what they believe is “less attractive” rehabilitative, palliative, and preventive primary care specialties, a significant gap remained in the health care delivery system. The situation is further compounded by the fact that the roles of many family physicians are mostly curative.

Advanced Nurse Practitioners (APN) and specialist nurses began to emerge in this region, they were uniquely qualified with advanced practice competencies and skills to fill the gaps and respond to the unmet needs of the underserved groups within the society, but issues such as legal status, liabilities and protection, regulation, scope of practice, prescriptive authority, education, titling, and recognition of APNs by the health community are still not resolved.

**Conclusion:** This paper will focus on tracing the historical initiatives and evolution of APN in Eastern Mediterranean Region, scan current status, interpret evidences on the relationship between APN and improved health indicators, highlight critical challenges, and provide forward thinking strategies to support development of family nursing and advanced practice nursing to ensure nurses’ contribution to high standard primary health care.
Reasons of nursing Students’ Medication Errors and Persepectives of Nursing students on Barriers of Error Reporting

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Intruduction: Medication errors(ME) are among the most prevalent health errors threatening patients’ safety and are regarded as an index for determining patients’ safety in hospitals. The purpose of this study was to explore ME reporting rate and causes of underreporting ME among nursing Students’ in Kerman city”

Methods: In this cross-sectional study 90 nursing students in seventh and eighth semester of Kerman city( Kerman University of Medical Sciences and Islamic Azad University) were selected.Data collection tool was a researcher-made questionnaire consisting of Three parts: 1)demographic information, 2)types and causes of medication errors, 3)underrepoting causes. After confirming content-face validity, reliability of the questionnaire.Data analyses were performed by descriptive statistics and inferential statistics. SPSS-16 software was used in this study and P values less than 0.05 were considered significant.

Results: Medication errors had been made by 66.7% of the Nursing students. The rate of under-reporting of medication errors was 40%. The most important reasons of ME are illegible data card and prescriptions. Nursing students’ perceived that the most important barriers of ME errors were are fear from evaluation score and fear of reprimand and punishment. There was no statistically significant relationship between demographic specifications and underreporting ME by nursing Students’ (p>0/05).

Conclusion: This study showed that the risk of ME among nursing Students’ is high and medication errors are a major problem of nursing Students’. patient safety and ME are two important categories in the field of health Recognition of factors related to ME results in an attempt to decrease these medication errors, an improving patient safety and quality of care. Managers and Instructors nursing students to report medical errors should have a positive reaction.

Keywords: Medication errors, nursing students, reporting, Patient's Safety.
Comparing the effects of dietary flaxseed and omega-3 fatty acids supplement on cyclical mastalgia: A randomized clinical trial

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Background: Cyclical mastalgia is a very common complaint among women and can cause disturbances in their daily or sexual activities. Considering the negative side effects of chemical drugs, using complementary medicine is an appropriate alternative for treating cyclical mastalgia. Therefore, this study aimed to compare the effects of flaxseed diet and omega 3 fatty acids supplement on treatment of cyclical mastalgia.

Methods: This randomized clinical trial was conducted on 181 women with cyclical mastalgia. In this study, 61, 60, and 60 women respectively received flaxseed as bread, omega 3 fatty acids as pearl, and wheat bread as their diet for two menstrual cycles. Intensity of baseline cyclical mastalgia was determined using visual analogue scale. The women with mastalgia intensity of 4 or above were entered into the study. At the end of both interventional cycles, intensity of mastalgia was measured again. Furthermore, in order to assess the continuity of the treatment effectiveness, the intensity of mastalgia was re-assessed at the end of the third cycle when all the interventions were stopped. Then, the mean intensity of cyclical mastalgia was compared in all the three groups.

Results: Before the intervention, the mean intensity and duration of cyclical mastalgia in all the participants was 6.14±1.09 and 5.85±1.52 days, respectively. Analysis of covariance showed a significant difference among the three groups regarding the mean intensity of cyclical mastalgia in the first, second, and third cycles of the intervention (P<0.001). Also, repeated measures analysis of covariance with adjustment of two variables of age and mastalgia intensity of the baseline cycle demonstrated that flaxseed bread was more effective compared to omega 3 and wheat bread (P<0.001). However, no significant difference was observed among the three groups in terms of variation of menstrual intervals after two interventional cycles (P=0.37).

Conclusion: The results of this study demonstrated that flaxseed bread diet was an effective approach in decreasing cyclical mastalgia and could be prescribed to women as a simple treatment with few complications. Furthermore, omega 3 fatty acids could be used as an appropriate alternative for treating cyclical mastalgia.

Keywords: Cyclic mastalgia, Flaxseed diet, Omega3 fatty acids, Clinical trial.
Correlations Between Spirituality and Health-Promoting Behaviors Among students of Islamic Azad University Kerman

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Introduction: It is important to understand the influence of protective resources such as spirituality on health -promoting behaviors. The aim of this study was to investigate the relationship between spirituality and health-promoting behaviors among students of Islamic Azad University, Kerman.

Method: In this correlational study, 520 students selected by multi-stage sampling method. The data was gathered by a questionnaire consisting of sections include demographic characteristics and the Health Promotion Lifestyle Profile II(HPLP II). HPLP composed of two separate main categories: health promotion behavior (includes responsibility for health, physical activity, nutritional habits,) and psychosocial health(including spiritual health, interpersonal relations, and stress management). This questionnaire has been used extensively in health promotion research and was reported to have sufficient validity and reliability for use among various population including university student. In this study, the Cronbach’s alpha for the health promotion behavior subscales were: health responsibility 0.82; physical activity 0.81; nutritional habits 0.68 and spiritual health 0.81.

Result: Participants ranged in age from 18 to 50 years, with a mean age of 23.06 years (SE = 4.75). Study participants were 57.46 male and 42.4 famel. The mean score for Health promotion behaviors of students and spiritual growth was 65/06 (SE±11.9),27/71(SE±5.24) respectively. The health-promoting behaviors among students who smoking& narcotic abuse or history of uses them had significantly lower than others (p <0/05) . significant moderate positive correlation was found between spiritual health and overall health promoting behaviors (r = .468).

Conclusion: The results support the importance of spirituality in relation to health-promoting behaviors among university student.

Key words: spiritual health , spirituality , health-promoting behaviors , university student
Depression and related factors in students school of Nursing and Midwifery

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Introduction: Depression has an important impact on physical, social, and academic performance of the students. This study aimed to determine the prevalence and related factors of depression among the students of School of Nursing and Midwifery, Shiraz University of Medical Sciences.

Methods: This cross-sectional study was conducted on 280 students with census sampling in different fields of nursing, midwifery, anesthesiology and operating room in 2012. A two-part of questionnaire was used. Then, the data were entered into SPSS 14 and analyzed by descriptive and analytic statistics.

Results: The findings of the study showed that 45% of the students had mild to severe forms of depression, of whom 95% were not under any kind of consultation or medical treatment. A significant relationship was observed between economic status, family history of depression, satisfaction from field of study, and depression (P<0.001). In addition, a significant relationship was found between depression and the history of mental illness. However, no significant difference was observed between age, gender, marital status, major and depression.

Conclusions: The results of study indicated a high frequency of depression among the college students compared to the general population. Therefore, depression, as a major health problem, requires detailed investigation to identify its risk factors and reducing them. By early diagnosis and timely referral for receiving the necessary treatments, one can prevent the detrimental consequences and promote mental health among the students.

Key Word: Depression, Nursing Students, Related factors
The relationship between quality of life and fatigue in students

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Introduction: Fatigue is a common symptom in the community and is one of the most important and most well-known psychological problems. Understanding fatigue and factors affecting it can be effective in the prevention, control and planning in order to improve people's quality of life. The purpose of this study is the relationship between quality of life and fatigue in students of medical university of jiroft.

Methods: This descriptive study has been done about 65 men and 135 women. Samples were chosen from in students of Medical University of Jiroft by random samples. Data of research was gathering by demographic questionnaire and three standardized questionnaires, MFI-20 (for measuring fatigue), FSS (for measuring fatigue) and SF36 (for measuring quality of life) were collected. Data analysis using statistical tests, ANOVA, t-test and Pearson correlation coefficient. All statistics were computed using the SPSS17 software, using statistical tests $\chi^2$ and fisher exact test. $P<0.05$ denoted statistical significance.

Results: The mean age of the samples was $3.75 \pm 20.63$ years. The average intensity and fatigue level was $3.68 \pm 1.24$ and $51.22 \pm 12.16$. The overall score for quality of life in the students was $67.00 \pm 17.46$. Pearson correlation coefficient between the ($- .433$) and fatigue ($- .605$) were associated inversely with quality of life and significantly ($P = 0.000$).

Conclusion: The prevalence and severity of fatigue in students of Medical University of Jiroft is high. Also was a significant inverse relationship between fatigue and quality of life. Therefore, university officials and students in order to reduce fatigue factors, including reduced costs, helping to comply with the educational system, reduce stress course, and convenient new way of life, regulating sleep and wakefulness, increased time and resources.

Key words: quality of life, fatigue, Student
Investigate factors affecting on Mental Health in Students of Jiroft

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Introduction: One of the most important factors in the promotion development of human is mental health. And necessary to maintain and sustain social functioning, employment, and education and community improvement, growth and perfection of human character. The purpose of this study is to investigate factors affecting on mental health in students of Jiroft.

Methods: In this study 674 students of Azad, Jiroft and medical universities were studied. In this study, the demographic checklist and mental health standardized questionnaire (GHQ-28) were used. For statistical analysis of survey data using a computer program SPSS 20 and inferential statistical methods were used.

Results: Mean age of the students 22.24 ± 4.76 years. 394 persons (58.5) of cases were suspected to have mental health problems. T-test showed a significant relationship between sex and employment status and mental health scores. As mental health in male students, who were employed was higher (0.009, 0.001). In terms of marital status, the people who were married had more mental health than unmarried people, but this was not statistically significant.

Conclusion: The results indicate a low level of mental health of students in the city. We recommend providing adequate conditions of life, including providing conditions of employment, marriage and reduce stressors in solidarity with the students is considered.

Keywords: students, mental health, Jiroft.
Relationship between mental health and academic achievement

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Introduction: Academic life, one of the most important aspects of people's lives that influences other aspects of life. The students' academic achievement and prevent the loss of one of the main concerns of education officials, students and their families. The purpose of this study was to investigate the relationship between mental health and academic achievement of students.

Method: This study is a correlational research study on 303 students of the medical sciences, Azad and Jiroft universities. GPA last semester and overall GPA to measure academic achievement and standard questionnaires for measuring mental health (GHQ-28) were used. For statistical analysis of survey data using the computer program SPSS 19 and descriptive and inferential statistical methods were used. And inferential statistical data analysis, including T test, ANOVA, chi-square, Pearson correlation coefficients were used.

Results: Correlation test, a significant correlation was found between mental health and academic achievement. Achievement of girls was significantly higher than boys.

Conclusion: So we can say that a significant correlation exists between mental health and academic achievement. People with high mental health are more successful in school.

Keywords: academic achievement, mental health, students.
The Effect of Acupressure on Quality of Sleep in hemodialysis patients

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Introduction: Sleep disturbance is a common complaint among patients with end-stage renal disease. The aim of the present study was to determine the effect of acupressure on the quality of sleep in hemodialysis patients.

Methods: In this randomized double-blind clinical trial, 108 hemodialysis patients of three hemodialysis units of Emam Reza, Shahid Hasheminejad and Emam Zaman hospitals of Mashhad city were assigned to three groups: acupressure, sham acupressure, and the control group via balanced randomized method. The subjects in the acupressure group were given a massage of the Shenmen (HT7) points of the wrists for three minutes on each point as a three times a week for up to four weeks during dialysis. The same technique was used for subjects in the sham acupressure group, only that it was done 1-1.5 centimeter away from the main points. For control group, they were only given the usual medical care. Pittsburg Sleep Quality Index (PSQI) Questionnaire and the Sleep Log were used to gather the data. One way ANOVA, Kruskal-Wallis, paired t-test, Wilcoxon, and repeated measure ANOVA were used for data analysis.

Results: The global score of PSQI (p = 0.000) and subscale scores of the subjective sleep quality (p = 0.000), sleep latency (p = 0.000), sleep duration (p = 0.000), sleep sufficiency (p = 0.000), sleep disturbance (p = 0.003), and daily performance (p = 0.000) were improve in acupressure group patients after intervention. In paired analysis of the groups (the acupressure group with the sham acupressure group and the control group in respect), a significant difference was found in the global score and all the subscale scores, but this difference was not significant in terms of sleep sufficiency and sleep medication. According to the results of the Sleep Log, an increase in sleep quality and a decrease in the number of sleepless periods during night were found for the acupressure group.

Conclusion: The study shows that acupressure has a positive effect on the sleep quality of patients undergoing dialysis, and it can be used as a noninvasive way to treat sleep disturbance in such patients.

Key words: Acupressure, hemodialysis, Sleep Quality
the Effect of Acupressure on Health-related Quality of Life in End-Stage Renal Disease patients

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Introduction: Although dialysis treatment increases survival in patients with end stage renal disease, but these people have lower levels of quality of life compared with healthy subjects. Based on this study was performed with the aim of acupressure effect on health related life quality of patients with end stage renal disease.

Methods: This was a double-blind experimental study in which 108 hemodialysis patients referred to three dialysis centers in Mashhad city were assigned to three groups of 36 persons: acupressure, sham acupressure and the control group via randomized method. The subjects in the acupressure group were given a massage of the Shenmen (HT7) points of the wrists for three minutes on each hand. The massage was done three times a week for up to four weeks during dialysis. The same technique was used for subjects in the sham acupressure group, only that it was done 1-1.5 centimeter away from the main points. For the control group, they were only given the usual medical care. Life Quality Short Form-36 (SF36) was used to gather the data. Data were analyzed through SPSS 16 and by using One way ANOVA, Kruskal-Wallis, paired t-test and Wilcoxon.

Results: The global score of SF-36(p=0.000), physical component score(p=0.000) and mental component score(p=0.000) and domain scores of the role physical(p=0.039), body pain(p=0.000), vitality(p=0.008), social function(p=0.000), role emotion(p=0.000), mental health(p=0.000) were improve in acupressure group patients after intervention. In paired analysis of the between groups the acupressure group with the control group a significant difference was found in the global score and mental component score and domain score of the body pain, social function, role emotion and mental health.

Conclusion: The findings concluded, that acupressure has a positive effect on improving the quality of life in patients with end stage renal disease.

Key words: Acupressure, Hemodialysis, Quality of Life, End-Stage Renal Disease
The relationship between existence dimension of spiritual well-being and quality of life in infertile women

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Introduction: spiritual is The most important dimension of existence in more than a third of the people and it has been at the center of their lives as strong force and so may have an influence on a person's quality of life. As regards infertile women are at risk so much stress and anxiety. The purpose of this study was to investigation the relationship between spiritual existence dimension of well-being and physical and psychological quality of life in infertile women referred to Isfahan infertility.

Methods: In this cross-sectional study of 210 infertile women 20 to 45 years who were referred to Isfahan infertility centers were selected through convenience sampling. To assess the existence dimension of spiritual well-being and quality of life was used the spiritual health questionnaire (SWBS) and summarized by the World Health Organization Quality of Life Questionnaire.

Results: The results of this study showed that the mean total score of quality of life, 87/9, the physical dimension of quality of infertile women, 27/2, the psychological dimension, 20/2, and existence dimension of spiritual well-being 44/8, respectively. Between existence dimension of Spiritual well-being and the total score (r = .613 p < .001), physical (r = .386 p < .001) and mental (r = .66 p < .001) quality life there is a direct relationship.

Conclusion: as regards infertility is a multi-faceted problem and can cause several damage to women and influence the quality of life can with promotion the spiritual well-being, improve quality of life in infertile women. Keywords: quality of life, existence dimension of spiritual well-being, Infertility
Investigate the role of nutrition in Qom Infertility Center

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Introduction: Couples especially women have always paid attention to infertility as an individual, family and social problem. Nutrition among environmental factors increases or decreases fertility probability. The present research Investigate the role of nutrition in Qom Infertility Center of Qom University of Jihad in 1392.

Methods: This research is a cross-sectional descriptive study done on 100 persons for Investigate the role of nutrition in in the Infertility Center of Qom University of Jihad in the second half of 1392. Questionnaires have been used to gather data been used after the reliability and validity on the basis of the research goals.

Results: The average age of infertile women is (34/73) and fertile (30/27). Most of the infertile women responding are housewives. Education level has been in infertile women (14/5%) illiterate and in fertile women (6/2%). Tobacco use has been reported (14%) in infertile women and (8/3%) in fertile women. There has not been a meaningful relationship between grain, calcium (milk, yogurt, and cheese), pumpkin seeds, spinach consumption and respondents’ fertility; however, there has been a meaningful relationship between high consumption (at least five times in a day) of fruits and vegetables (including banana, mango, Fenugreek, nettles and blackberries, broccoli, onions, red and green peppers), bare beef, dark part of chicken, fish, cereal consumption (including baked beans), herbal oils, seed oils, nuts, and vitamin pills B12, B6, C, E, A and respondents’ fertility condition.

Conclusion: Regarding nutrition importance in this study, we have found that infertile women, in comparison with fertile ones, tend to consume less fruits, vegetables, meat, fish, nuts, herbal oils, and vitamins.

KeyWords: nutrition, infertility, environmental factors
Study of female nurses’ perspective on prevention and self-treatment of low back pain

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Introduction: Low back pain is one of costly, serious problems and most seen in nurses frequently. Women are physically more at risk for this disease. It is important that nurses especially women nurses; take care of themselves by prevention and appropriate treatment. Therefore aim of this study was survey the views of nurses in relation to the prevention and treatment of low back pain in Borujen hospital of Shahrekord in 2013.

Methods: In this cross-sectional study, 222 female nurses working in Borujen hospitals were selected by randomly and convinced to the objectives of this study. This questionnaire consists of 29 questions: demographic information, presence or absence of pain, complications, treatment and self-treatment in the past and awareness about the causes and prevention of low back pain. Before collecting data, was confirmed evaluating the validity and reliability of questionnaire, and then gathering information, and then entered data into the computer with SPSS software, and were analyzed by descriptive statistics and chi-square test.

Results: In this study, 93.7 % of nurses had back pain; the majority (63.5 %) had experienced this problem every day. Last majority of LBP had less than a week but 17.6 percent were absent due to low back pain. Almost half of the participants (45.9 %) believed that the psychological stress was a main cause of LBP. Pressure was the most important work environment perceived factors(64.9 %) that noted, and physical factors; prolonged standing (77.9 %), psychological factors; fatigue (74.3 %) and social Factors; obesity (73.4 %). Rest were reported as a best treatment (80.2%). the best treatment was sedative and the best way to prevent back pain was exercises and strengthen of muscles back. Most nurses reported that they were consult with a doctor when occurrence LBP (64.4 %) and most of them (58.6 %) continued to their work when they had LBP. The association between absenteeism and age was statistically significant (p = 0.003).But the other variable tested was found not be statistically (Duration of participants career and ward) (p> 0.05).

Conclusions: LBP is a serious problem among the nurses. It is important that nurses are aware of the risk factors and preventive factors for low back pain to be able to provide a safe working environment. We need to design Instructions for prevention and education programs to reduce this problem.

Keywords: nurse, prevention, self-treatment, low back pain
Investigating the efficacy of intervention therapy of applied behavior analysis (ABA) method on reducing stereotypical behaviors of children with autism
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Introduction: The main objective of the study investigating the efficacy of training intervention of applied behavior analysis (ABA) on reducing stereotypical behaviors of children with autism. This is a pilot study with a single subject which is ABA method. For this purpose, 8 children (1 girl and 7 boys) with autism who aged from 6 up to 12 years were treated. They were selected with the method of sampling among autistic patients who had gone to the Rehabilitation Center for autistic disorders and they received treatment for 3 months (20 sessions). Data collection procedure of the study consisted of direct observation and Giliam autism. The data were obtained by using t-tests, comparing the pairs, and covariance. Results of this study showed the average indicators of child behavior problems during training have declined significantly and this shows the positive impact of the intervention treatments however, the learning speed was different.

Conclusion: According to research findings, methods of intervention treatment (reduction of undesirable Behavior) that is used in applied behavior analysis (ABA) have been effective in reducing Stereotypical behaviors of children with autism.

Keywords Intervention therapy, applied behavior analysis, stereotypical behavior, autism.
Relationship between self-care requisites and diabetic client's quality of life
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Introduction: Diabetes and its complications affect the quality of diabetic patients’ life. Assessment of diabetic patients’ self-care requisites shows their abilities and problems. The purpose of present study was to determine the relationship between self-care requisites and diabetic patients' quality of life.

Methods: In this descriptive study that consisted of 153 type two diabetic patients, the relationship between self-care requisites and diabetic patients' quality of life was measured by self-care requisites assessment tool (S-CRA) and diabetic clients' quality of life scale (DCQOL) after determination reliability and validity of scales. Data were analyzed by SPSS statistical software.

Results: Pearson coefficient demonstrated a high correlation between self-care requisites and diabetic patients' quality of life and scatter plot shows linear, positive and significant correlation between scales.

Conclusion: The patients with low self-care needs had high quality of life and patients with high self-care needs had low quality of life. Meeting the needs is associated with quality of life and result in improving quality of diabetic patients’ life.

Key words: Orem self care model, quality of life, Diabetes, self-care requisites
Application of the Transtheoretical model to identify physical activity behavior in women

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Introduction: Low level of physical activity is a risk factor for several chronic disease and evidence shows level of physical activity is decreasing especially in women. According to the importance of physical activity in reducing and preventing diseases this study aimed to apply the transtheoretical model to identify physical activity behavior in women who refer to Isfahan health centers.

Methods: This cross-sectional study carried out on 400 women whom referred to health centers in Isfahan, Iran during 2013. Sample of 14 municipalities in proportion to the population covered by each center was performed. Data were collected by a questionnaire including demographic factors, Standard of exercise behavior, Stages of Change Questionnaire, processes of change, self-efficacy and decision balance. Reliability and validity were confirmed. After the Informed consent was obtained, questionnaires completed by the participants and data were analyzed by descriptive statistics, Mann-Whitney, One way ANNOVA.

Results: The mean score of age was 31.46±8.6, 5/81 of women were housekeeper and others were employed. The mean score of physical activity per day for women was 10.66±23.82 minutes. The method of placement showed 24% of women were in precontemplation, 33.2% contemplation, 25.5% preparation, 7.2% action and 10% maintenance.

The results showed, stage of change was significantly correlated with decisional balance, process of change and self efficacy.

Conclusion: In attention to low level of physical activity in women and also, role of stage of change model in determination effective factors on behavior, we should try to develop continuous and organized educational programs to promote physical activity in women by using the stage of change model.

Keywords: Physical Activity, Stage of Change, Trans Theoretical Model, Women
Relationship Between pregnancy marital adjustment with neonate's Growth Indexes and Apgar scale
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Introduction: Strong social support has been linked with positive mental health and better birth outcomes for pregnant women. It could be the result of marital adjustment. These conditions in pregnant women may affect the offspring. As the conflicting results obtained by different methodologies, the present study examined the relationship between mother's marital adjustment with neonate's Developmental indexes and Apgar scale.

Methods: This study was a cross-correlation. Through clustering random sampling 2 obstetric center of Ghaemshahr selected, then 128 couples (128 pregnant women in 3th pregnancy trimester and their non-malformed, singleton neonates, that have born in term) participated in this study. Participants were receiving ongoing prenatal care at 2 obstetrics clinics from March 2012 through August 2012. Mothers filled Dyadic Adjustment Scale (DAS) and their neonates' information collected from their hospital documents. The results were analyzed using the software SPSS18.

Results: Findings suggested not significant correlation between mother's marital adjustment with neonate's Developmental indexes and Apgar scale.

Conclusion: As the mean of women's marital adjustment scale was in mild range, and consider that the neonates was in term. The main factors affecting on low developmental indexes and Apgar score, removed, and lack of relationships are explained.

Key Words: pregnancy marital adjustment, neonate's Developmental indexes & Apgar Scale
The relationship between Coping strategies, perfectionism, beliefs pain, with chronic pain after controlling for age effects in firefighters

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**Introduction:** Stress is perhaps the most common pain which we are faced. None of the other physical symptoms as pain, can’t be generalized. Accordingly, since the beginning of recorded history trying to controlling the pain has been main goal.

**Objective:** The present study examined the relationship between coping strategies, perfectionism, pain beliefs with chronic pain among firefighter patients with chronic pain after age effect controlling.

**Methods:** descriptive-correlational study has been done on 405 firefighter patients with chronic pain. The samples were selected by multistage cluster sampling method. The participants completed the Chronic Pain, coping strategies, perfectionism and pain beliefs Questionnaires. Data has been analyzed by using Pearson's correlation and Partial correlation.

**Results:** There were significant positive relationship between Firefighter’s age with the duration of pain, Chronic pain severity of disorder, Emotion-focused coping strategies, Pain beliefs and maladaptive perfectionism and significant negative relationship between Firefighter’s age with Problem-focused coping strategies and adaptive perfectionism. High levels of pain duration and severity of disorder of chronic pain were associated with higher levels of emotion-focused coping strategies, maladaptive perfectionism, pain beliefs and High levels of pain duration and severity of disorder of chronic pain were associated Problem-focused coping strategies and adaptive perfectionism. Zero-order correlation revealed which the age of subjects have little impact on the strength of relationships between variables and duration of pain and chronic pain severity of disorder.

**Conclusion:** It Can be said that age of the subjects in the study population did not influence variables have a strong relationship which this indicates that it is young people's career firefighters need psychological intervention to reduce the severity of chronic pain associated with chronic pain and the duration of pain.

**Key words:** coping strategies, perfectionism, pain beliefs, chronic pain disorder, the duration pain (Based on month)
Relationship between Spiritual Intelligence and mental health workers of ACECR\textsuperscript{1} Institute Staff in Khuzestan branch
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Introduction: Dynamic and complex nature of modern societies to cause of rising the spiritual needs of human desires against the material needs, so that as the World Health Organization to to define of human dimensions refers to physical, psychological, social, and the spiritual. On the other hand, psychological well –being is a strong predictor of integrated personality, and each individual is able to control the actions and relations between self and others as he (/she) access the levels of it. Spiritual intelligence is the new instrument in psychology. Emmons (2000) believes spirituality is a form of intelligence that predicts the performance and adaptability of the individual and helps him to solve his problem. Some research suggests that people with spiritual intelligence have strong self and reduce fears and anxiety and make a person more able to be deeper communicate with others. This research tries to answer the question that is there any relationship between the Spiritual intelligence and mental health in university workers of ACECR Institute staff?

Methods: The methodology of the present study was based on correlation and subject consisted all of worker of ACECR Institute staff. 95 female and 113 male were selected as the sample based on Krejci and morgan table. Instruments were the General Health Questionnaire (GHQ28), which includes 28 questions and Spiritual Intelligence questionnaire which it consists 42 questions.

Results: Results showed that there is a significant correlation between mental health and spiritual intelligence ($r = 0.583$, $p = 0.007$). The mean of mental health was 28/32 and spiritual intelligence was 120/37. Independent t-test showed that there is a significant difference between women and men in spiritual intelligence, ($t = 2.61$). There is no significant relationship between mental health and gender. Conclusion: Spiritual intelligence is a way of processing information which help the people to solve everyday's problem and have a more adjustment in faced with their condition. Workshops and seminars in this can provide a factor for more mental health.

Keywords: Spiritual Intelligence - Mental Health

\textsuperscript{1} - Academic Center of Education, Culture and Research institute
Investigation the Mental health and life satisfaction in retired elderly referred to retirement’s centers of Jundishapur University of medical sciences and shahid Chamran University in Ahvaz

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**Introduction**: Increasing Elderly Population And problems of elderly, especially mental health status require special attention. The purpose of this study was to survey and comparision the Mental health and life satisfaction in retired elderly of JundiShapur university of medical sciences and Shahid Chamran University in Ahvaz.

**Methods**: In an analytic descriptive design, life satisfaction and mental health status of a randomized sample including 210 retired elderly of JundiShapur university of medical sciences and Shahid Chamran University in Ahvaz using GHQ-28, LSI-Z questionnaires was studied in 2013. Data were analysed using descriptive statistics, Pearson correlation coefficient and the Chi-squared by SPSS Software edition 20.

**Results**: Results showed that the mean of age was (66.6±7.2), 87.1 percent of the elderly were male, 87.6 percent were married and 99 percent lived with their family. According to results, 29 percent of elderly were Suspicious for mental disorders and 24.8 percent of them had social dysfunction as highest frequency. Only 15.2% of elderly reported the life satisfaction as high. Mental health was correlated with life satisfaction, Education, pension levels and exercise (P<0/05).

**Conclusions**: Due to the correlation between mental health status and demographic variables such as Education, pension levels and exercise and life satisfaction, it is essential attending to elderly hygienic factors, considering and monitoring policies and plans for elderly health.

**Keywords**: Mental Health, Life Satisfaction, aged, Retirement, GHQ-28, LSI-Z, Jundishapur University of medical science, Shahid Chamran University.
Relationship between Anxiety Level in Primiparous Women and Postpartum Low Back Pain Severity

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Introduction: Many documents demonstrate relationship between the anxiety and bad mood and increasing of the pain severity, but among our research now, there are not any evidence about postpartum.

Aim: This study describes relationship between Anxiety Level in Primiparous Women and Postpartum Low Back Pain.

Methods: In this study, 54 primiparous women were selected randomly and their anxiety level during pregnancy was registered in spielberger questionnaire and also after delivery, their low back pain severity was measured by the VAS scale. Data was entered in SPSS software (version 16) and chi-square test was performed.

Results: The mean anxiety of women with mild level was 25.9% (n=27) and in the moderate level group was 70.4% (n=27); so it was significant statistically (P<0.01). Also variables were different significantly in the VAS scale (P<0.01) (The mean low back pain severity= 28.6% in the mild V.S. 73.1% in the moderate level group).

Conclusions: This study demonstrates that high grade of Maternal anxiety may result in increasing postpartum low back pain severity and failures mother-infant attachment and her ability to care.

Key Words: Maternal Anxiety, Low Back Pain, Mother-Infant Attachment.
Dimension of Empowerment in pregnant women referring to totonekabone health centers in 2013

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Introduction: The Empowerment of Pregnant Women is defined as a sense of self- fulfillment and Increased independence, gained through interaction with their environment and individuals, leading to an increase in the Spontaneous psychological energy to achieve the pregnancy and childbirth that they desire. Childbirth education enables pregnant women to handle physical and emotional changes associated with pregnancy and experience a satisfying delivery. The Purpose of this study was determining Empowerment of Pregnant Women in pregnant women referring to Tonekabon health centers in 2013.

Methods: This cross sectional study carried out in 2013. The questionnaire was administered to 200 pregnant women on 6 to 40 weeks of gestational age referring to clinics for prenatal care in the Tonekabon city. The research data were collected using demographic and obstetrics questionnaire and empowerment scale for pregnant women.

Results: We employed 27 items adopted an analytics five factors, five factors were categorized as follows: Self – efficacy, future image, self- esteem, support and assurance from others, and joy of an addition to the family. Cronbach's alpha coefficient for the overall scale was 0.89 and total score for empowerment was 78 / 74 ± 6/71. highest level of empowerment related to self esteem 19/19 ± 1/82 and lowest scores related to support and assurance from others 12/70 ± 1/59 and joy of an addition to the family 13/66 ± 1/79.

Conclusion: This scale can use to the evaluation of prenatal care and can use in the evaluation of childbirth education and increasing the empowerment of pregnant women.

Key words: empowerment scale for pregnant women, pregnant women, prenatal care
Relationship between Anxiety Level in Primiparous Women and Postpartum Low Back Pain Severity

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Abstract

Background: Many documents demonstrate relationship between the anxiety and bad mood and increasing of the pain severity, but among our research now, there are not any evidence about postpartum.

Aim: This study describes relationship between Anxiety Level in Primiparous Women and Postpartum Low Back Pain.

Materials and Methods: In this study, 54 primiparous women were selected randomly and their anxiety level during pregnancy was registered in spielberger questionnaire and also after delivery, their low back pain severity was measured by the VAS scale. Data was entered in SPSS softwere (version 16) and chi-square test was performed.

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Conclusions: This study demonstrates that high grade of Maternal anxiety may result in increasing postpartum low back pain severity and failures mother-infant attachment and her ability to care.

Key Words: Maternal Anxiety, Low Back Pain, Mother-Infant Attachment.
Investigating the causes of the prevalence of preterm delivery among women visiting Bandar Abbas’ Shariati hospital in 2012 and 2013

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Introduction: The side effects of preterm delivery are the most common causes of mortality among babies. According to research findings, 75-80% of mortalities as well as the side effects observed during infancy are due to preterm delivery (before 37 months). With regard to the underlying reasons, there is a host of controversies. Therefore, the present research aims to investigate the causes of the prevalence of preterm labor among women who visit Shariati hospital of Bandar Abbas, Iran in 2012 and 2013.

Methods: In this descriptive, analytical, cross-sectional study, 949 mothers were from among 13499 pregnant mothers visiting the hospital had preterm delivery later on. 250 of these mothers were randomly selected as cases for the study, and 25 others were selected who had normal delivery (37-41 weeks) as the control group. They were all selected through perusing their medical files. The following factors were investigated for how they were related to preterm labor: mother’s age, blood group, preterm premature rupture of membrane, pre-eclampsia, preterm labor pain, hydramnios and so on.

Results: During the study, the prevalence of the preterm delivery was 7.03%. Among the investigated factors pre-eclampsia, preterm premature rupture of membrane, hydramnios, oligohydramnios and history of intra uterus fetal death were significantly correlated with preterm labor (p<0.05).

Conclusion: Preterm labor pain (47.3%), as a correlate of preterm delivery showed the highest rate in Bandar Abbas. Screening the people at risk is essential for reducing mortalities and morbidities of mothers and babies.

Keywords: preterm labor, prevalence, preterm pain, pre-eclampsia, instructional Shariati hospital, Bandar Abbas.
Cognitive behavioral therapy on life satisfaction of patients with cardiovascular diseases

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Abstract
This study aims at investigating the effectiveness of cognitive behavioral therapy on life satisfaction of patients with cardiovascular diseases. In this study, the applied methodology is used and it is done quasi-experimentally in which pre-test, post-test plan with control group has been used. The participants were all patients with cardiovascular diseases who were hospitalized during May and June, 2013 at Imam Ali Hospital of Kermanshah, were selected through voluntary sampling and were randomly assigned to two groups of control and experimental. Experimental group was under cognitive behavioral intervention for 10 weeks (1.30 hour sessions). The control group only received usual medical care. Measures of life satisfaction (Diener, 1985), was used for collecting data in the pre-test and post-test. Using covariance analysis, findings revealed that the experimental group, compared with the control group, had a significant increase in life satisfaction(P < 0.05).

CONCLUSIONS: Cognitive behavior therapy can lead to increased life satisfaction in patients with cardiovascular disease. It is suggested that cognitive-behavioral intervention should be implemented for enhancing life satisfaction of people with other chronic illnesses.

Keywords: cognitive behavioral therapy, life satisfaction, cardiovascular disease
The Effects of spiritual counseling on the Anxiety in hemodialysis patients: A clinical trial study

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Introduction: Anxiety is the most common psychological problem that are complications and consequences such as lack of adherence to diet and treatment, increased costs and ultimately death in hemodialysis patients. Important role of nurses in psychological support of patients, application of complementary therapies such as spirituality counseling is very necessary. This study investigates the effect of spirituality counseling on anxiety in Hemodialysis patient

Methods: This randomized clinical trial study included 90 patients with chronic renal failure undergoing hemodialysis in Amin Hospital, Isfahan (2013), which was randomly assigned into two groups. The experimental group received 8 sessions of spiritual counseling and the control group took routine care. Data were collected with the Hospital Anxiety and Depression Scale (HADS) and were analyzed using independent and paired t-test and exact Fisher test in SPSS software version 11.5.

Results: Statistical results showed no significant difference in demographic variables between intervention and control groups (p>0.05). In addition, independent t-test showed no significant difference between the mean anxiety and depression scores in the intervention and control groups (p>0.05). However, after applying spiritual counseling, average scores of anxiety decreased in intervention group in comparison with the control group. Paired t-test showed significant differences between average scores of anxiety score before and after the spiritual counseling in an intervention group (p<0.05), while in the control group, this difference did not reach statistical significance (p>0.05).

Conclusion: Spiritual counseling could decrease the anxiety in dialysis patients; therefore it is recommended that this approach performed as a complementary, effective, non-invasive, low cost nursing intervention to decrease the psychological problems of these patients.

Keywords: anxiety, depression, randomized clinical trial, Spiritual Counseling
Nurse-doctor professional communications and it relationship with nurses professional stress

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Background: Nurse Practitioners jobs have less healthy work environment than others and they have high stress jobs. Quality of doctor-nurse communication have a large impact on nurses. We determined viewpoint of nurses about doctor-nurse professional communication and it relationship with job stress among nurses.

Methods: This study was done descriptive-correlation. the solidarity of all nurses (n = 107) working in three hospitals that have at least one year clinical experience were invited to participate in the study and the data were collected from 90 nurses. Tools were questionnaires with a physician – nurse communication and job stress questionnaire. Data analysis used SPSS software and descriptive and inferential statistics were performed.

Results: Most nurses were female, married and had a bachelor's degree in Nursing. The average age of nurses were 32/5 years and they had mean 8/8 years of clinical experience. The Pearson correlation test with a correlation coefficient of 0/22 and p value to 0/02 indicated that viewpoint of nurses about the relationship between job stress and nurse-doctor professional communication there was a statistically significant relationship.

Discussion: The results of this study indicate the statistical relationship between nurses' viewpoint about the quality of their relationship with the nurses and doctors with job stress. On the other hand, from the perspective of nurses' professional relationships with physicians was at the average level.

Keywords: professional communication, communication nurse - doctor, job stress, nurse
Basic CPR training to high school students

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Introduction: Accidents are a major problem in modern societies. Iran sixth decade of disaster-prone countries in the world. Basic CPR education is essential in the community and millions of students in schools transfer this materials to family and community without cost.

Methods: This study was a quasi-experimental pre-test and post-test was performed. Research environment was High School Girls in West Azarbaijan (Poldasht city). Sample size of 180 was calculated and 200 students were selected. Tools used in the first part of the questionnaire comprised of demographic characteristics such as age, parents' educational level, history of hospitalization, insurance and... The second part of the questionnaire were student’s knowledge of the 40 multiple-choice questions in relation to the basic CPR. Content validity of the questionnaire method was used. To determine the scientific reliability of the questionnaire study, Cronbach's alpha was used. To investigate differences in students' knowledge of the paired t test was used.

Results: The mean and standard deviation of the scores in pre-and post-training test, Paired t-test was calculated. The mean score of 15.72 before training and after training was significant difference between the scores was 30.97.

Conclusion: Results of the study showed that 91 per cent of students had poor knowledge of education and only 9 percent had moderate and well. This reflects the lack of knowledge in society. So that, after training, only 14% of students had low level of knowledge and 86% of students had good and moderate knowledge. Mean scores after training was 30.97. After first aid training programs in schools is reduced mortality from accidents in developing countries.

Keywords: education, basic cardiopulmonary resuscitation, students, high school
Management strategies dyspnea in patients with COPD

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Introduction:

Dyspnea is the most common symptom in patients with COPD and the most reason needing them to medical care that could affect most aspects of patient life; including physical functioning, daily activities, psychological, emotional and social interactions. Considering the importance of dyspnea and the lack of comprehensive protocols for control of dyspnea, the present study was conducted to review the available literature on dyspnea and to present an evidence-based protocol for control of dyspnea.

Materials and Methods:

Twenty-four full-texts original articles, systematic reviews and meta analysis papers on management of dyspnea published from 2000 to the end of 2010 in English and indexed in the Pubmed, Google, Ovid, Elsevier, AltaVista, Mosby nursing consult, and ProQuest databases were searched by using the relative key-words (e.g. Management of dyspnea, Assessment Dyspnea, Nursing care for dyspnea in COPD and Treatment of dyspnea in COPD) in the title or abstract and then evaluated.

Result:

According to finding, dyspnea reduce the patients ability in exercise, daily activities, regular physical activities and ability to do housework. Due to the lack of a standard protocol for control of dyspnea in hospital, Management of dyspnea hasn't properly done in wards. Studies have shown that some interventions (e.g. Pulmonary rehabilitation, oxygen therapy, mechanical ventilation, correct feeding, change of breathing patterns, changing positions ) have largely reduced the dyspnea in patients.

Conclusions:

The dyspnea management strategies can increase patients' quality of life and reduce the anxiety associated with this symptom. Also, nurses due to close contact with patients play an important role in reducing these symptoms and with applying appropriate methods in this study can reduce need to medical intervention or aggressive treatment in hospitalized patients.

Key words: Dyspnea in COPD, Measurement of dyspnea, Nursing care for dyspnea
Determine the effects of exchange transfusion in neonatal morbidity and strategies for its prevention

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Introduction: Hemolytic disease and increased bilirubin levels in newborns are of major transfusion. The possible side effects that may be caused by a blood transfusion in neonates, dangerous, yet preventable. This study aimed to assess complications such as hypocalcaemia, hyperkalemia, thrombocytopenia, cardiac arrest, hypoglycemia, necrotizing enterocolitis, seizures and death, in infants with jaundice Imam Reza (AS) in Kermanshah 89 years are admitted for transfusion was performed.

Methods: In this descriptive-comparative study, 50 neonates with hyperbilirubinemia in 89 years hospitals during exchange transfusion have been examined. Due to complications from a blood transfusion, blood tests to count CBC, calcium, glucose, total and direct bilirubin levels were performed one hour after the exchange transfusion was performed. Finally, the effects of two group term (birth weight greater than 2500 grams) and preterm (birth weight less than 2500 grams), study and statistical analysis was performed by version 16 SPSS.

Results: Of the 50 neonates, 22 preterm infants (44%) and the rest of the term (56%) patients. Of these %64 developed complications after blood replacement were. The most common complication of neonatal thrombocytopenia (69/3%) and in preterm infants with metabolic acidosis (57/2%) were. Significant difference between term and preterm infants there was a statistically significant difference. Another complication of hyperglycemia observed in 11 cases (22%) are. Hypoglycemia in two preterm infants (5/4%) have been reported. Hyponatremia in four preterm infants (9%) was observed. This complication rate between term and preterm infants is there was a statistically significant difference. Hyperkalemia in a neonate was observed in 1%. Fortunately, cases of hypocalcaemia cardiac arrest, NEC, death and seizures were not observed.

Conclusions: Transfusion complications such as thrombocytopenia and metabolic acidosis, control and ABG, platelet count after transfusion is required. The non-use of old blood (more than 7-5 days), Platelet therapy in case of significant thrombocytopenia, correction, if not fresh blood products, By controlling the PH before transfusion, Bicarbonate control as well as an emphasis on 7/2, especially in preterm infants, And frequent monitoring of vital signs and laboratory tests required during the process is essential.

Keywords: Hyperbilirubinemia, blood transfusions, complications
Comparison of administration of supplemental oxygen on vomiting in patients undergoing cesarean section.


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Introduction: The postoperative nausea and vomiting after anesthesia are the most frequent complications after surgery. These complications of laparoscopic surgery, gynecology, and strabismus have been reported between 60-70. In some studies supplemental intraoperative oxygen has resulted in decreased incidence of POV and in some other has not been effective. Therefore we undertook this study tested "comparison of administration of supplemental oxygen vomiting in patients undergoing spinal anesthesia for elective cesarean section".

Methods: Following Research Ethics Board approval, 120 women who candidate for elective cesarean section were enrolled in to of two groups of a randomized clinical trial study. The intervention group breathed 60% oxygen equivalent to 10 liters per minute by ventury mask and the control group breathed routine 30% oxygen equivalent to 3-5 liters per minute by regular mask during surgery and 6 hours after surgery. Then incidence and severity of POV was assessed and was recorded during surgery, up to 6 hours after surgery with observation and VAS scale. In the end data was analyzed by statistic program spss19.

Results: The incidence of postoperative vomiting was different in interventional and control groups and in the operating room, recovery room and surgery ward. But there were no significant difference between two groups. There were no difference in severity vomiting in two study groups.

Conclusion: This trial of 120 women did not demonstrate that administering intraoperative supplemental 60% oxygen by ventury mask during elective cesarean section prevented POVN during the initial, postoperative, 6 hours by ventury mask compared with women who received routine 30% oxygen by regular mask.

Key word: postoperative- vomiting - supplemental oxygen- cesarean section- spinal anesthesia
Investigating fertility behavior of mothers of children with major Thalassemia who referred to Bandar-Abbas’ Abureyhan center of special diseases in 2013

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Introduction: Thalassemia is the most common inherited monogenic disease in the world which was created due to the decreased synthesis or lack of synthesis in one or more globin chains.

Methods: This study was of a descriptive, cross-sectional type which was conducted among 190 mothers of children with Beta major Thalassemia. Data collection procedure includes a pre-designed questionnaire and the sampling was of the non-probability, convenience type. Census of samples were used until the sample was completed. The collected data were analyzed by using SPSS software.

Results: Mothers’ age ranged from 21 to 61 years old. Hypothesis testing showed that the number of pregnancies, number of children, marriage age, total number of children, number of desired children and CVS test had a significant correlation with mother’s education level. A significant correlation was also found between genetic counseling after the birth of a child and genetic counseling before marriage with the knowledge of being infected at the time of marriage and thenumber of thalassemia children. Mothers in 64.2% of cases were pregnant again because of having a healthy child. Of mothers who had not done the CVS test. People (35.8%) had no access to facilities. 68 people (35.8 percent) were unaware of this infection.

Conclusion: raising awareness of mothers and families of the available diagnostic facilities, reducing the cost of diagnosis for the poor families, identifying families of children with Thalassemia and encouraging them to benefit from genetic counseling as well as the establishment of more counseling clinics could greatly prevent the birth of children with major Thalassemia.

Key words: Thalassemia, mothers, fertility
The effect of social community on quality of living health volunteered women in Damghan county, year 92.

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Introduction: The schedule of health volunteer provides required backgrounds for participation of people, especially women, in the society; which with taking part in empowerment programs as well as learning different word in clinics, now they are capable of transmitting these talents to their covered and supported families and also to local youth. These women have became health managers in their neighborhood. This program leads to changing of ideas and people's performance rather than their potential abilities, in order to change and develop the living conditions and of course has increased the self-confidence and self-reliance in both women and men who are connected with, as well as supported families. Thus this article will evaluate the effect of this program on women's living quality in Damghan county.

Methods: This study was took place on 300 women that their age was about 25-50 years old. This study was done by using descriptive statistics, frequency tables and calculating the correlation coefficient, the related information to questionnaires that was done by experts. These questionnaires were analyzed with SPSS21 software.

Results: According to obtained results, 92% of householders women that were health volunteer had good feelings about living and usefulness including, 56% of them because of self-confidence, 64.3% because of social acceptance, 52% because of their abilities, and 72.4% for the dissolve of health, economic and social problems of their neighborhood. In this group 35.7% was about 25-35 years old, 41.8% was between 36-45 and 22.4% was about 46-50 years old. In these samples the maximum satisfaction of life was for women between 36-50 years old (p=0.008%).

Conclusion: There is unutterable longing in women for participating in social activities. When we do a social activity, we are the first one who get the benefits because the GOD create us in a manner that we would like to be useful for the others, the more we useful the more we satisfy and happy. According to results, with identifying the health volunteer's position in society and taking care about them, the absorption of people, especially householders women, in social activity will be increased and gradually the abilities of this group going to spread and will cause on evolution in their lives as well as others.

Keywords: health volunteer, satisfaction, social community, potential ability
The relationship between commitment and priority to the duty of prayer and the prevalence rate of Obsessive-Compulsive disorder among middle school students in Babol city.

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**Introduction**: Prayer is one of the God's commands and a worship that has a fundamental role in providing human beings with a mental relaxation. A large body of literature on relationship between religion, spirituality and the influence of prayer on mental health indicated the protective and preventive effects of this healing. (Rezaei et. al, 1391). We hypothesize that students are more prone to psychological disorders than the individuals in the general population. Obsessive-Compulsive Disorder (OCD) is one of the psychological disorders that is more prevalent among today’s students. Obsession is a serious problem among students as it affects their academic progress and success. In addition, obsession imposes negative effects on different areas of their development and will lead to hindering their optimal achievements. Hence, this subject has been selected for the present research study.

**Materials and methods**: this research study was an analytical-descriptive study which was conducted once in an academic year. 200 female students of secondary schools of Babol with simple random sampling method were studied. Data collection in this study included demographic scale, practical attitude and commitment to prayer (Anisi, 1390) and obsessive-compulsive inventory OCI-CV (Fva et al, 2010). A statistical method was included independent t test that was analyzed using SPSS version 14.

**Results**: The results showed that there was not a significant difference between students with high and low commitment to prayer and the obsessive-compulsive disorder (P=0/196). However, there was a significant difference in compulsive washing subscale (P = 0/004).

**Key worlds**: prayer, Obsessive-Compulsive disorder
The effect of psychological interventions with behavioral and mental health problems among female students of dormitories at Isfahan university of medical / science
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Introduction: Mental health is an important topic in recent years attention has been government officials and policy makers so that the World Health Organization, it is one of the principle s Primary health care, has placed the agenda of the member states The reason is that attention to mental health, physical health - mental and social growth and human development is essential to the preservation and care and mental health, especially among students is important because they are the future of the country In case of injury to the mental health of students and their academic performance violates the. Were researchers on a study to determine the effects of psychological interventions on mental health problems among female students of Isfahan can’t do the dormitory said.

Methods: This study was a clinical trial study of 80 patients (40 interventions and 40 control) were female students residing in the hostel of Medical Sciences. MMPI questionnaire had 71 questions that researchers use ¬ result of the initial phase of psychological interventions in the treatment group (8 sessions of 45 minutes, ) was administered to the subjects. And then using the MMPI questionnaire, psychological status was studied again in the intervention and control groups The data were collected in two groups of researchers using SPSS software The data were collected in two groups of researchers using SPSS software

Results: Some mental status criterion showed an Statistically significant average difference For example, the measure of paranoia criterion was different in the two control groups.(p<0/005)

Conclusions: The results of the study suggested Psychotherapy clinics and services did not permit individual and group psychological services by Psychologists Students living in dormitories be launched
Efficiency of training programs on socio-economic Domain of life Quality in Implantable cardioverter Defibrillator patients.

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Introduction: Implant table defibrillator is one of the methods used in Curing Arrhythmias and preventing sudden Cardiac death. Despite rescuing patients, applying this device can cause mentionable effects with regard to increasing anxiety and fears for the patient to do normal socio-economic activities again. In spite of these problems, there isn’t enough intervention to accommodate the patient with the device.

This study focuses on determining effects of training program on socio-economic domain of life quality in patients with ICD.

Methods: This study is a semi-experimental study (before & after).

About 45 patients with ICD were examined. The collecting data tool was a questionnaire studying Frans& Power’s quality of life and gathering interview information Method. For analyzing data the SPSS software and independent T and even T test were also used.

Results: Assessing the data, give us an average life quality concession in two importance and satisfaction dimensions before and after training programs. Even T test (P<0/001) shows meaning full differences between Average quality of life Concession before and after training Courses.

Conclusion: considering the efficiency of these programs on patient’s life quality, it is recommended that these programs become a part of nursing process and be continued.

Key words: training program, Implantable defibrillator, Quality of life.
Comparison of maternal satisfaction about prenatal and postnatal cares in vaginal delivery and cesarean section in the educational and non-educational hospitals of Tabriz, Iran.

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Introduction: One of the expected cares during delivery is ethnical part. If we believe human rights, we should respect and notice to this fragment. Aim of this study was determining Quality of ethnical and emotional delivery cares in the educational and non-educational Tabriz hospitals.

Methods: This is a descriptive-comparative study. We select 454 mothers who had had been hospitalized for delivery in Alzahra, Talegani and 29 Bahman Tabriz hospitals. For data collection before and after delivery, we used a questionnaire. Spss, Descriptive statistic, Independent t test, ANOVA and correlation tests were used for data analysis.

Results: Findings indicated ranks from mothers’ satisfaction were in the ethnical and emotional categories in postpartum phase of vaginal delivery were 91.5%, 90.5% and in postpartum phase of cesarean section were 16.4%, 76.1% in the educational hospitals and respectively, they were (97.1%, 97.41%) and (92%, 0%, 10%, 92%) in the non-educational hospitals. The analysis of data showed kind of delivery influence on mothers' satisfaction (P= 0.001), and also there is significant difference between mothers’ satisfaction in educational and non-educational hospitals (p<0.05).

Conclusion: The results showed that the Rate of mothers’ satisfaction in the educational hospitals were lower than it in the non-educational hospitals. They were more satisfied from vaginal delivery in both aspects. Rank of satisfaction in the postpartum phase was more than it in the prepartum phase.

Key words: satisfaction, ethnical cares, emotional cares, cesarean section, and vaginal delivery
Spiritual care in palliative care: Exploring the concept of ‘’Roqya’’ programme.
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Spiritual care is one of the corner stones of palliative care. In the moment of illness and dying, people tend to seek another type of care to relieve or comfort intangible suffering that no one can define it accept the suffers. Therefore, the definition and act of spirituality is uniquely defined within the context of religions in different cultures. Islam teaches its followers to seek healing ‘’Sheefa’’ from the holy book of Quran. The instruction was cleared by the Prophet Mohammed’s act of ‘’Roqya’’ which is using certain verses of Quran to cure illnesses ranged from mild psychological illness to active physical illness like cancer. Accordingly ‘’Roqya’’ programme has taken its name. The programme was initiated in Saudi Arabia to find its way to United Arab Emirates’ hospitals, including Dubai health Authority hospitals. The vast advantages of the programme were revealed from stories told among Muslims and even non Muslim patients or relatives as well as health care providers who experienced and viewed the secrets of ‘’Roqya’’. This presentation will explore the implemented spiritual programme of ‘’Roqya’’ in Dubai hospitals elaborating through real stories of people experienced the programme as part of end of life care.
Comparison of maternal satisfaction about prenatal and postnatal cares in vaginal delivery and cesarean section in the educational and non-educational hospitals of Tabriz, Iran.

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Introduction: One of the expected cares during delivery is the ethical part. If we believe in human rights, we should respect and notice this part. The aim of this study was determining the quality of ethical and emotional delivery cares in the educational and non-educational Tabriz hospitals.

Methods: This is a descriptive-comparative study. We select 454 mothers who had been hospitalized for delivery in Alzahra, Talegani, and 29 Bahman Tabriz hospitals. For data collection before and after delivery, we used a questionnaire. SPSS, Descriptive statistic, Independent t test, ANOVA and correlation tests were used for data analysis.

Results: Findings indicated the ranks from mothers’ satisfaction were in the ethical and emotional categories in postpartum phase of vaginal delivery were 91.5%, 90.5% and in postpartum phase of cesarean section were 16.4%, 76.1% in the educational hospitals and respectively, they were (97.1%, 97.41%) and (92%, 0%, 10%, 92%) in the non-educational hospitals. The analysis of data showed that the kind of delivery influence on mothers' satisfaction (P = 0.001), and also there is significant difference between mothers’ satisfaction in educational and non-educational hospitals (P < 0.05).

Conclusion: The results showed that the rate of mothers’ satisfaction in the educational hospitals were lower than it in the non-educational hospitals. They were more satisfied from vaginal delivery in both aspects. Rank of satisfaction in the postpartum phase was more than it in the prepartum phase.

Key words: satisfaction, ethical cares, emotional cares, cesarean section, and vaginal delivery
Assessment patient’s viewpoints regarding quality of nursing care in the teaching hospitals of Shahrekord.

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Introduction: Nursing care is an essential component of health services. Among all health care provided in hospitals, nursing care is more important, so good quality care and services is a priority in the health care system, especially in the field of nursing care. In the descriptive analytic study we Assessment patient’s viewpoints regarding quality of nursing care in the teaching hospitals of Shahrekord.

Methods: In this descriptive-analytic study 200 patients from internal, surgical, critical ward of Hajar and Kashani Hospitals were selected by convenience sampling. Nursing care quality was assessed in psychotic, social and communicative aspects using a Quality Patient Care Scale questioner. The questioner had 41 question with 3 answer choice (rarely, occasionally and usually) that marked from 1 to 3. Mean scores were calculated for all subjects and then were categorized in undesirable (less than 1.5), low desirable (1.5-2.49) and desirable (2.5-3) Groups. Results: 72.5% of patients were woman and 14% was single. 1% of patients evaluated quality of nursing care as undesirable, 85.9%, low desirable and 13.1 desirable.

Conclusion: Resultsshow that the quality of nursing care provided in teaching hospitals of Shahrekord is low desirable. To increase the quality of nursing care is necessary that nurses Realized further their roles such as educational, communicational, caring, treatment role and adapt them self with they.

Key Word: quality, nursing care, patients.
Predicting the neonate's Growth Indexes and Apgar scale according to the mother's anxiety, depression, and marital adjustment during pregnancy

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Introduction: According to the World Health Organization, mental health disorders are the leading causes of disease burden in women from 15 to 44 years. These conditions in pregnant women may affect the offspring. As the conflicting results obtained by different methodologies, the present study examined the prediction of the neonate's Growth Indexes and Apgar scale based on the mother's anxiety, depression, and marital satisfaction during pregnancy.

Methods: This study was a cross-correlation. Through clustering random sampling 2 obstetric center of Ghemshahr selected, then 128 couples (128 pregnant women in 3th pregnancy trimester and their non-malformed, singleton neonates, that have born in term) participated in this study. Participants were receiving on going prenatal care at 2 obstetrics clinics from March 2012 through August 2012. Mothers filled Beck Anxiety Inventory and their neonates' information collected from their hospital documents. The results were analyzed using the software SPSS18. Data were analyzed using correlation and inter regression analyzes.

Results: Results indicated that mother's anxiety, depression, and marital adjustment during 3th pregnancy trimester could not predict the neonate's Growth Indexes and Apgar scale.

Conclusion: As the mean of women's scales in anxiety, depression, and marital adjustment during pregnancy was in mild range, and consider that the neonates was in term. The main factors affecting on low growth indexes and Apgar score, removed, and lack of predictions are explained.

Key Words: pregnancy Anxiety, pregnancy depression, pregnancy marital adjustment, neonate's Growth indexes & Apgar Scale
Relationship Between pregnancy depression with neonate's Growth Indexes and Apgar scale

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Introduction: Depression is one of the most common disorders in women. Frequency of depression in a population of Iranian women 29.3 Percent of mild to severe depression is estimated. These conditions in pregnant women may affect the offspring. As the conflicting results obtained by different methodologies, the present study examined the relationship between mother's depression with neonate's Growth indexes and apgar scale.

Methods: This study was a cross-correlation. Through clustering random sampling 2 obstetric center of Ghaemshahr selected, then 128 couples (128 pregnant women in 3th pregnancy trimester and and their non-malformed, singleton neonates, that have born in term) participated in this study. participants were receiving on going prenatal care at 2 obstetrics clinics from march 2012 through august 2012. mothers filled Beck Depression Inventory and their neonates' information collected from their hospital documents. The results were analyzed using the software SPSS18.

Results: Findings suggested not significant correlation between mother's depression with neonate's Growth indexes and apgar scale.

Conclusion: As the mean of women's depression scale was in mild range, and consider that the neonates was in term, The main factors affecting on low growth indexes and Apgar score, removed, and lack of relationships are explained.

Key Words: pregnancy Depression, neonate's Growth indexes & Apgar Scale
Relationship Between pregnancy anxiety with neonate's Growth Indexes and Apgar scale
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Methods: This study was a cross-correlation. Through clustering random sampling 2 obstetric center of Ghemshahr selected, then 128 couples (128 pregnant women in 3rd pregnancy trimester and and their non-malformed, singleton neonates, that have born in term) participated in this study. Participants were receiving ongoing prenatal care at 2 obstetrics clinics from March 2012 through August 2012. Mothers filled Beck Anxiety Inventory and their neonates' information collected from their hospital documents. The results were analyzed using the software SPSS18.

Results: Findings suggested not significant correlation between mother's anxiety with neonate's Growth indexes and Apgar scale.

Conclusion: As the mean of women's anxiety scale was in mild range, and consider that the neonates was in term. The main factors affecting on low growth indexes and Apgar score, removed, and lack of relationships are explained.

Key Words: pregnancy Anxiety, neonate's Growth indexes & Apgar Scale
Is the proper dietary regimen effective in prevention of hypertension?

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Introduction: Hypertension is a serious risk factor for health and major cause of disability and mortality. The Purpose of this study is to investigate the relationship between dietary regimen and hypertension in healthy individuals and people with hypertension diseases in Jiroft city in 2013.

Method: In this study, 636 patients were studied by using the random - clustering method. Instruments included the demographic checklists which related to the dietary regimen. After completing the questionnaire, blood pressure was measured and recorded (after 10 minutes at rest, in two steps). People who two times consecutively with an interval of at least 5 minutes, had a systolic blood pressure equal or greater than 14 mm Hg, or their diastolic blood pressure were equal or greater than 9 mm Hg were considered as hypertension. Also people because of hypertension under medical supervision were considered as hypertension. For analysis of data Spss18 statistical software and descriptive and inferential statistical tests were used. p<0.05 was considered as statistically significant.

Results: Average age of the samples was 43.7 ± 9.2. In this study 330 individuals (51.9%) were diagnosed as hypertension. T-test showed there is a significant difference between Hypertension and monthly consumption of Fish, Liquid oil, Eggs, Cheese, frying oil, Whey, Dairy products, Sauces, Sausage and Salami, Canned food, Cereal, Nuts, Soya, Carbonated Drinks.

Conclusion: The results of this study indicates the effect of proper diet in the prevention of hypertension. Hence, it is recommended that appropriate public education towards having a proper dietary regimen should be considered by authorities.

Key words: Hypertension, Prevention, Diet.
The impact of nursing spiritual well-being upon patient spiritual care

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Introduction: Florence Nightingale emphasized the need for nurses to honor the psychological and spiritual aspects of patients to promote patients' health. Therefore, it seems very logical that there is a professional requirement for nurses to achieve competence in the delivery of spiritual care.

Method: The cross-sectional descriptive-analytical study had been conducted to determine the impact of nursing spiritual well-being on patient spiritual care. Two standard questionnaires were used. The spiritual health questionnaires were distributed between 210 nurses of special wards (response rate, 90%) and the spiritual care questionnaires were completed by researchers for evaluating nurses’ spiritual care of 567 patients during their hospitalization period in 2014. Descriptive and inferential statistics were used to analyze the data.

Result: Most participants were women, ranging in age from 26 to 30 year old. Participants' clinical experience was upper 5 years (41%). 59.2 percent of the nurses have Spiritual health scores in Medium level and 40.8 per cent were high. In relation to the spiritual health nurses provided 5.8% of spiritual care in poor, 53.4% optimal level and 39.8% in the highly desirable. There are significant relations between the average scores of spiritual health and age (p <0/04), clinical experience and spiritual health (p<0/02), education and spiritual health (p <0/03) and education and spiritual care (p <0/02). Overall, a significant relationship observed between spiritual health and spiritual care (p<0/01).

Conclusions: This study found that most participants were able to meet the spiritual needs of patients; however, some of the nurses cannot. Whereas, there is a positive relationship between spiritual health and spiritual care, providing workshops and training in spiritual care for improving the ability of nurses in catering to the spiritual needs of patients could be of benefit.

Key words: spiritual health, spiritual care, special wards’ nurses
Evaluation of management and complications of chest tubes in patients with chest injury.

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Introduction: Chest injury is one of the most common injuries conducing death and disability on people aged under 45. Chest tube, a closed system, is used whether to rinse the air, infection and blood from plural of the trauma patients right after chest surgery. The subsequences of applying chest tube could sometimes threaten the patients' lives. Keeping a lookout of the chest tube is probably the most important aspect of nursing on the patients being operated on the chest. This research was carried out to study the subsequences of applying chest tube, presenting an appropriate treatment to the side effects of applying it in the patients' bodies and how to management it.

Methods: This article is based on reviewing articles and journals obtained from Medline, Medical libraries and Google on nursing chest tubes and its subsequences.

Findings: Findings show that utilizing chest tube is an ordinary surgical way which is usually conducted in two ways including: cutting the chest skin and utilizing trocar. Using trocar will remain more consequences which might be technical like, misusing the chest tube, emphysema, or due to cardiovascular defects or septic like Empyema and the locally infection.

Conclusion and discussion: utilizing chest tube is not fully safe but cutting the skin of the chest was found better. Holding pedagogical classes continuously for the nurses and understanding the initial principles of chest tube looking out makes nurses confident in dealing with their patients wearing chest tubes.

Key words: Chest injury, nursing care, the subsequences of chest tube
Density ratio of students to instructors in education of nursing clinical and Practice

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Introduction: mainly nursing is a professional practice, what nursing students learn and do, is more important of what they learn in a theoretical classroom. Whatever clinical and practical training be more productive, learning will be more suitable In terms of accelerated and quality. Given the importance of clinical learning as the essential part of professional nursing learning, this study aims to present strategies to improve access to quality clinical learning that was focusing due to Density the number of students compared to the clinical instructors.

Methods: This study is an action research study that Using focus group was done In order to find solutions and achieve to Comments nursing instructors and students in this field and The meetings continued to unfolding of repeated offers.

Results: The guidelines presented below were obtained in the field of general categories: 1. Use of students, faculty retired and plan instructors 2. Providing lesson plans to clear and measurable targets and providing operational and evaluation Form for students and nursing staffs. 3. Student-centered learning and focus on quality of training.

Conclusion: By using simple strategies like dividing students into two groups, and self-regulatory groups and fixed instructor for clinical trainin. Clinical environment can be conducive for students. Considering the importance of proper clinical nursing education in personal, professional and clinical skills development can be prevented of academic failure.

Keywords: nursing student, clinical instructor, clinical education quality
Diabetes and its complications

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Introduction: Diabetes is one of the major problems of public health in the contemporary world. And complications such as cardiac disease, eye, kidney and nerve are common. Late complications as well as mortality from this disease has increased dramatically. The treatment of all these problems, patients and the government would incur huge direct and indirect costs. This study aims to find ways to prevent the complications of diabetes is done.

Methods: In the present study we used the method of focus group discussions in order to find ways to prevent the complications of diabetes and achieve to comments diabetes patients and health care workers in this field, focus group were used and the meetings continued to unfolding of repeated offers.

Results: The guidelines presented below were obtained in the field of general categories:

1. Intrapersonal strategies
2. Extrapersonal strategies
3. Strategies in the health system

Conclusion: By using simple strategies, such as in case of symptoms such as blurred vision, loss of vision, bright spots or floaters in the visual field should be reported to your doctor can quickly,…. can prevent complications and complications from diabetes.

Keywords: Diabetes, diabetic complications, Guidelines
Woman's Awareness about Initiation and Continuation of Breastfeeding among Cesarean Section at Baghdad City- Iraq.

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**Introduction:** Breastfeeding is the best way to provide unique biological and emotional effects on mothers and their newborn babies. To identify women's awareness about initiation and continuation of breastfeeding among cesarean section and predict the variables which contribute in initiation and continuation of breastfeeding.

**Method:** Non probability - a purposive sample of 30 women who had cesarean section and follow them for the first month after birth at Fatima Al-Zahra'a Maternity and Pediatric Teaching Hospital through the period from 16 May to 2 August 2011. Questionnaire developed by the researcher was based on review of literature and related studies and background experience as a tool of data collection. It was consisted of four parts (demographic, reproductive, initiation and continuation of breastfeeding). Content validity was carried out through eleven experts. A pilot study was conducted to test the reliability of the questionnaire and descriptive and inferential statistics were used to analysis of data.

**Results:** Results of the study revealed that 43.3% of study sample initiation of breastfeeding during 24 hours after cesarean section, 76.7% of them had continued breastfeeding, 26% of them had exclusive breastfeeding. Prediction of six variables which contribute in initiation and continuation of breastfeeding (age, parity, number of alive children, age at marriage, place of previous delivery and previous initiation of breastfeeding).

**Conclusions:** Most of the study sample did not aware about the exclusive breastfeeding; one quarter of them had discontinuation of breastfeeding due to inadequate of their milk and newborn refused to take the breast during breastfeeding. Reactivated the role of Baby Friendly hospital Initiative in promoting breastfeeding by implementation of ten steps successful breastfeeding and counseling women during pregnancy and immediate postpartum about initiation and maintenance of breastfeeding for six months after birth.

**Key words:** Awareness, Breastfeeding, Cesarean Section, Continuation and Initiation.
A comparative different aspects quality of life in health adolescents with hemophilia adolescents referred to Seyed Al-Shohada hospital in Isfahan 2011

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Introduction: The complex nature of hemophilia and negative effects on patient body, mind and spiritual state can affect their quality of life. The aim of this study was to compare the different dimensions of quality of life between healthy and hemophilia teenagers.

Methods: In this descriptive-comparative study, 64 teenagers with similar demographic characteristics like age, sex, and socioeconomic status were randomly divided in two groups of case and control in Seyed Al-Shohada hospital. Data were collected through questionnaires filled out at two times by the researcher. Data were analyzed by using SPSS15, paired t-test, independent t-test and Man Whitney.

Results: Average scores of physical, psychological and environmental aspects for quality of life and average total score of quality of life in the control group were significantly different from the case group (p< 0.001). The average scores of social dimension of quality of life in both groups in the first and second evaluation were not significantly different.

Conclusion: Regarding the poor quality of life in teenagers with hemophilia compared with healthy teenagers, measures to improve the quality of life in all its aspects seem to be essential.

Key words: Quality of Life, Hemophilia A, Adolescent
The relation between depression and sleep quality in hemodyalysis patients in chaharmahal and bakhtiari province in the year of 2011.
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Introduction: Despite remedial impact of hemodyalysis, it has different physical and mental stress in patients and can cause depression and influence sleep quality. Sleep quality condition and depression assessment can lead to consider patients problems basically. So, the relation between depression and sleep quality among hemodyalysis patients was studied.

Methods: In this cross sectional population study in hemodialysis patients, dialysis centers in the province of ChaharMahal and Bakhtiari who counts were Inclusion criteria: the case of dialysis, hemodialysis and enjoy being in the weekly lists of consciousness and exclusion criteria: absence of an underlying disease such as diabetes, lack of impairment in the lower limbs.Data collection methods was a three- section questionnaire consisted of demographic, beck depression and sleep quality questionnaires (pitzburg questionnaire). The data was analyzed by spss16, t-tests and Pearson was analyzed.

Results: 171 hemodyalysis patients were enrolled census studied in this project. 95 ones were men and 76 ones were women. The average of men's and women's ages were, in turn 59.12 ± 16.48 and 55.55 ± 18.03 and their difference was not significant (p=16). The averages of sleep quality and depression scones were in turn 17.36 ± 6.36 and 45.53 ± 11.24. Pearson's test showed that the relationship between depression and sleep quality was significantly and inversely. As depression level decreased, sleep quality got increased (p<0.001).

Conclusion: The present study results proved that depression level and sleep quality of the patients should be considered in their care plans.

Key words: depression, sleep quality, hemodyalysis. Iran.
Compliance with ethical codes in the delivery room
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Introduction: The main elements of patient rights to provided useful measures to prevent damage or injury to the patient. Nurse and midwife while caring and making clinical decisions, have ethical responsibilities as well as legal and professional responsibilities and considered justice must uphold at all. Usual care in the delivery room is vaginal examinations that are performed to determine the progress of labor, but some research has been reported "stress of vaginal examinations in the delivery room are the most common complaints in the delivery room which perform with agents of delivery room for pregnant women. Numbers of frequent vaginal examinations are sometimes necessary but in some patients it is done more than requisiteness. To determine the factors associated with vaginal examinations (V.E) that were performed in the delivery room.

Methodology: This cross-sectional study was performed in selected hospitals of Tehran including private and non-private in 636 women who were referred to the hospital for vaginal delivery. The data were collected through interviews and observations, and then were analyzed by SPSS software.

Results: The findings have shown that 60% of the V.E was less than 6 times and 31.2 percent between 6-10 times, and 8.8 percent more than 10 times. This study shown that number of vaginal examinations in women with a high school education or worked and private hospitals had lower rates and had no significant associated with, Apgar score, admission in different shifts, amount of dilation and effacement but with mothers education level (P=0.031), occupation (P=0.032), type of hospital (P=0.031).

Conclusion: To reduce the complications of vaginal examinations, need to pay special attention to training ethical codes in midwifery course.
Maternal – fetal attachment and associated factors in pregnant women of health and medical centers, affiliated to Tehran universities of Medical Science in Tehran, 2011.


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Introduction: Maternal fetal attachment plays an important role in maternal identity and the health of pregnant women and their unborn babies. The severity of these behaviors is different in mothers and most of the studies are related to Western countries. The aim of this study is appointment of maternal fetal attachment and some associated factors in Iran.

Methods & materials: In this cross-sectional study that had been done in 12 centers of health and medical centers, affiliated to Tehran universities of medical science, 400 pregnant women were selected for this study. Data were gathered using 2 questionnaires first was made by researcher and second was maternal fetal attachment scale. Data were analyzed using Pearson, anova and t-test. The p<0.05 denoted statistical significance.

Results: Finding showed that Persian race, higher maternal age and higher education, gestational age, planning of pregnancy, satisfying sex of fetus and doing prenatal test for assessing health of fetus have a positive influence on prenatal attachment (p<0.05). Using tobacco, multiparty, and pregnancy risk status pregnancy had a negative effect on attachment. There was no relationship between attachment and previous marriage, infertility, abortion, number or kind of ultrasound, participation in prenatal class and having fetus with any defect (p>0.05).

Conclusion: It is important to recognize factors influencing the attachment of mother towards her fetus. Prenatal midwives are in a unique position to assess attachment and to intervene to promote attachment behavior.

Key words: attachment, maternal – fetal attachment, predictors
Survey the awareness of nursing faculty and nurses selected hospitals affiliated to Isfahan University of Medical Sciences about radiated accidents and how to encounter with 2012

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Introduction:
Although peaceful uses of ionizing radiation, it could be harmful and has a destructive effects which threaten the life of human society today. One important actions in calamity and disaster situations contain radiated accident is a medical and nursing cares as well as nowadays become ready to cope with such danger is very vital for people.

The purpose of this study, survey the awareness of nursing faculty and nurses from hospitals affiliated to Isfahan University of Medical Sciences about radiated accident 2012

Methods:
This was a descriptive-analytic study conducted in cross sectional method. The awareness of about 124 nurses from three hospitals and master in nursing were assessed using self-designed questionnaire. After data collection, data were analyzed with descriptive statistics method using statistical software spss18.

Results:
80.5 percent of subjects were female and 19.5 percent were male. The average age units studied were 35.78 years. The majority of subjects in selected hospitals had a bachelor's degree. Awareness of Participants in this study about monitoring radiation equipment were 68.29%, awareness of decontamination radioactive materials in hospital were 52.5%, awareness of being familiar with certain therapeutic protocols for treating victims of nuclear were 52.1%, awareness of self-protection methods in terms of a nuclear accident were 57%, and familiarity to a specific protocol for the reporting of nuclear radiation damages were 47.5%.

Conclusion:
With according to findings of this study and importance of nursing's knowledge about caring in field of radiated accident, it is important that paid attention nursing radiated accident in nursing curriculum and continuing education program.

Keyword
Awareness, Radiated Accident, Nuclear Victims
Relationship between attachment style and love style on married students in Azad University, Falavarjan Branch in 2012
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Introduction: Attachment is a specific pattern that is considered vital for many communities to have a healthy development. Individual attachment styles are able to affect the interpersonal relationships broadly. Many studies suggest that people regarding to attachment style, use different coping strategies. The purpose of this study is to investigate the relationship between attachment styles and love ones among married students.

Method: This study is a cross-sectional research. The sample consisted of 100 married students studying in Islamic Azad University, Flavarjan Branch selected by randomized method. Data was collected using Adult Attachment Scale (Collins & Read, 1990) and Sternberg's Triangular Love Scale. Data was analyzed with Pearson Correlation Coefficient and Multiple Regression tests, using SPSS Software.

Results: Results showed that avoidant style was significantly and positively correlated with triangular love styles (p<.05). The anxious-ambivalent style was significantly correlated only with passion and commitment (p<.05). However, secure attachment style was not related to triangular love styles (i.e. passion, intimacy and commitment) (p<.05).

Conclusion: Attachment styles are able to predict triangular love styles (i.e. passion, intimacy and commitment).

Keywords: Attachment style, love style, mental health
Pediluvium in Iranian traditional medicine
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Introduction: Using Pediluvium (pashuye in Persian) in controlling the diseases, has run thousand years. Pediluvium is footbath with water or herbal extract. In Iranian Traditional Medicine like other traditional medicine schools (Chinese, Ayurveda), Pediluvium is one of the applied and simple treatment methods in controlling some diseases. Purpose of this study is collecting documents about pediluvium, herbal medicine which is usually used in and diseases which are controllable by this treatment methods.

Methods: Research methodology of this study is library research which surveys main references of Iranian Traditional Medicine. Documents about pediluvium studied and finally results has come out.

Results: Pediluvium can be used in treatment of some disease like fever, headache, anxiety, Sinusitis, fatigue & etc. It is worth noting that depending on the type and stage of the disease, various herbs can be used in pediluvium; such as chamomile, mallow rose, violet, yarrow (Achilleamillefolium). Effectiveness of some herbs has been approved by new researches. Although pediluvium is also common in modern medicine, but merely used for lowering fever. It is usually used with lukewarm water. Sometimes alcohol can also be used.

Conclusion: It is hoped to offer simple, available, inexpensive & effective methods for treatment of some disease by more clinical researches in pediluvium and some herbs which can be used in this respect.

Keyword: pediluvium, Iranian traditional medicine, Complementary Therapies
The survey of the effect of reminiscence group therapy on mental health in resident of nursing home in Urmia
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Introduction: With the increasing number of older people obviously the living in institutional care for the elderly is also more will follow. Elderly in relation to their environment are faced with multiple stressors that Attention to the mental health of the elderly has become a necessity. Today's the elderly benefit from advantages of group therapy as a treatment for mental health. Sort of effective and almost no adverse impact group therapy is participating in organized reminiscence group. Therefore the aim of this study was to evaluate the effect of reminiscence group therapy on mental health in resident of nursing home in Urmia.

Methods: The present research was an experimental study in which elderly people in nursing homes Ferdos, Ara, Azahra and Khanehsabz had conditions in the study based on inclusion and exclusion criteria, were enrolled. After cloning senior center groups, the two groups were randomly assigned to intervention and control groups. Reminiscence group therapy sessions in the intervention group at each center consists of 8 sessions, held twice a week. Goldberg mental health questionnaire both before and after the intervention and control groups were completed by elderly. Data Analysis with SPSS software using descriptive and inferential statistics was performed.

Result: Results showed that scores mean of mental health and health dimensions (physical functioning, anxiety and insomnia, social dysfunction and depression) between the intervention and control groups after the intervention was statistically significant (P<0.001).

Conclusion: Implementing of reminiscence group therapy had a positive influence on self-esteem of elderlies. Nurses using reminiscence with reminders of events, feelings, thoughts and past experiences facilitate and achieve a feeling of pleasure, enhance the quality of life and consistent with the current situation in the elderly.

Keyword: Group therapy, Reminiscence, Mental health, Elderly
Clinical Trial: Survey Impacts of Frequency of Hypokalemia and During Hospitalization in Diabetes Mellitus Patients under Two Insulin Infusion Protocol Glucose in Isfahan, Iran

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Introduction: Acute coronary syndrome is most common disease in the world. Further, studies suggest that hyperglycemia is associated with poor clinical outcomes in patients with coronary artery disease. The aim of this study was Survey Impacts Frequency of Hypokalemia and During Hospitalization in Diabetes Mellitus Patients Under Two Insulin Infusion Protocol Glucose.

Methods: This study was RCTs. We studied 64 Diabetes Mellitus patients admitted to coronary care unit with acute coronary Syndrome and acute myocardial infarction in one hospital in Isfahan Iran. If they had a blood sugar of more than >180 mg/dl on admission, they were randomly divided into intervention and control groups. Patient in Intervention group received insulin with East Jefferson insulin infusion protocol. The infusion was continued until blood glucose between 140-180 mg/dl for at least 4h. Patient in control group received subcutaneous insulin with Regular Insulin Sliding Scales (Conventional therapy) at least 48h. The target blood glucose was required to be between 140-180 mg/dl. Data collection was analyzed by SPSS software and analytic test include paired t-test, student t-test and chi square.

Results: The two groups and each group include of 32 patients were matched for baseline characteristics. Hypokalemia was 9.4% and 0% in Intervention and control group respectively. The frequency of hypokalemia did not differ significantly between two groups. (P=0.12, respectively)

Long-term hospitalization differed significantly among groups (p<0003). Intervention and control groups were 3.25 day and 5.03 respectively.

Conclusion: Our research showed that the use of insulin infusion protocol is better than subcutaneous sliding scale method because does not effect on times of increase hypokalemia. A protocol that allows a nurse to commence and maintain the infusion is more effective and safe than the traditional sliding scale method. Insulin infusion treatment improves outcomes in type 2 diabetic’s patients following acute coronary syndrome when compared with a conventional management.

Key words: Frequency of hypokalemia, long-term hospitalization, Insulin Infusion Protocols, Diabetes Mellitus
Assess the knowledge and attitude of nurses Kashani hospital death shahre-kord voluntary ethical and Considerations

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Introduction: Euthanasia is one of the topics of medical law and nurses is important to say that some of those killed or lexical meaning compassionate, good death! And the conditions that a patient's request to die a natural and peaceful Not only in Iran but in most countries of the world will be illegal in certain circumstances, but some people have to accept. Objective of this study was to assess the knowledge of nurses working Terms voluntary death and the moral and ethical considerations are voluntary death.

Methods: This descriptive study randomized 58 treatment at Watchand health center Number of nurses and Midwives hospital staff were among the and data collection and completion of the study through questionnaire and analysis and interview person Program spss software version 15 was used.

Results: 75% Cases and Voluntary euthanasia death have the Not heard. 25% and only 5% have heard the term voluntary euthanasia death have the heard the concepts since it the know and 5% gave the correct definition. Those who were aware of the voluntary death, 60% of their data through the Internet, 30% of publications in scientific magazines - through research, 5% and 5% friends have acquired resources.

98% of voluntary death and euthanasia subject under study as opposed to the divine demands and It inhumane and Incompatible with religion. Only 2% of people agree with subject euthanasia caused distress and Bring bullying and Ease patients agreed to legally Patient and Friends and Family know the subject and can be passed, as At Thalassemia abortion issue, not a religious issue brain dead. In response to the question, if the disease is diagnosed with severe and friends terminally ill, What would you recommend? 97.5% of people trust in God, Understand, moral and religious issues and help both drugs also hope to make new discoveries, to resume his life support systems of the state are recommended only Patient 2.5% in favor of ending life. but by no means do it. Yet 98% of people that death is part of life in stratification continue and case responsibility and Time terminate They should be seen consciously chooses opposed. In certain cases of the deadly disease, the probability of discovering a way to improve the patient's life there is not time left and Pain relief the pain becomes unbearable when the possibility of with dependence on others or when the possibility of life without depending on others or under other conditions is and or Demand nosustained donor agencies, voluntary and informed die (consciously from the analysis of mentally explicit recounted and intellellectual) and or should help others be able to end his life. Euthanasia can be made? For all the individual euthanasialaw, Jurists Woolley Leader, Medical Council, announced its decision - degree view around. Intelligence of nurses Midwife Greater colleagues.

Discussion: Several groups are opposed to voluntary death. Some (minority) believe that further examination of the issue of the legalization of euthanasia and somehow they have accepted. These are some of the most religious states in the matter of religious and moral plans unacceptable.

Keywords: Euthanasia, Voluntary Death, Nurse, Chahar Mahal Bakhtiari
Relation Between Sexual Abuse & Suicide Attempt.

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Introduction: Suicide attempt refers to significant, life-threatening harm inflicted on oneself. Excruciating negative emotions - including shame, guilt, anger, fear, and sadness - frequently serve as the foundation for self-destructive behavior. These emotions may arise from any number of sources such as sexual abuse. There is a wealth of research into the relationship between sexual abuse in childhood and/or later life and subsequent suicidal ideation/Attempts. The sexual abuse is "the erotic use of a child, whether physically or emotionally, even if no bodily contact is ever made." It is currently estimated that one-third of all children in USA are sexually abused before the age of 18. This includes 40% of all females and 30% of all males.

Method: The literatures were reviewed from sciencedirect, pubmed, proquest, google, magiran, iranmedex from 1988-2011.

Results: The Center for Disease Control (CDC) reports that suicide is the second leading cause of death among juveniles between the ages of 15 and 24 (CDC, 2009). Frequency of suicide attempts was greater for men and women who had experienced child sexual abuse. There is a strong association between child sexual abuse and suicidal behavior. Participants with no history of childhood abuse were less likely to demonstrate suicidal behavior than those who had been abused. Analysis shows that the non-abused group had a lower prevalence of lifetime suicide attempts (6.0%) than sexual abuse (14.8%).

Conclusion: Sexual abuse in childhood has been associated with suicidality. However, not all individuals who were abused as children go on to attempt suicide. Compared with male patients, female patients were ten times as likely to have been sexually abused.

Key words: childhood, sexual abuse, suicide.
Relationship between Moral Intelligence Components and Organizational Commitment among Nurses

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Introduction: Many of the behaviors and actions of individuals are influenced by ethical values and are rooted in ethics. Integrity, responsibility, compassion, and forgiveness are four basic principles of moral intelligence introduced for continued personal or organizational success. Organizational commitment reflects three factors: belief in organizational values and goals, more tendency to step in the organization path and too much interest in membership in the organization. Therefore, lack of attention to ethics in organizations and poor ethical principles may cause many problems and raise questions about the legitimacy of actions.

Aim: Purpose of this study was to determine the relationship between the moral intelligence components and organizational commitment in nurses of Yasooj city.

Material and Methods: This study is correlational. Statistical population of this study was all hospital nurses of Yasooj city in 2014 among which 120 were selected randomly. Data was collected using a questionnaire of 40 questions of moral intelligence (Lenik Wykle, 2005) and 15 questions of organizational commitment (Porter). Data analysis was conducted using Pearson correlation and multiple regression analysis.

Results: The mean and deviation value of moral intelligence and organizational commitment was 160.700 ± 16.80 and 66.20 ± 11.47, respectively. There was a significant relationship between moral intelligence and organizational commitment. The highest value was related to component of admitting mistakes and failures (p < 0.653) while the lowest value was related to the component of operation based on principles, values, and beliefs (p < 0.458) respectively.

Conclusion: Moral intelligence components are necessary to predict organizational commitment.

Keywords: Moral intelligence, organizational commitment, nurses