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 summated-scale (PSFPES) was distributed for all regular hemodialysis cases with 2-3 hemodialyses 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.
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 are" 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 their 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 of social, cultural and legal right does not exist. Sector provision of health services: Multiple tasks, Ministry of Health and Medical Education are 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. Failure to pay the appropriate mechanism hospitalized. Credits sway Health.

Discussion: In order to achieve Healthy Justice: Payment based on can benefit from the services is 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 enable them 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
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 burn out 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 (Motahariand Pymanyh) during winter and spring 2013. The data collection was two questionnaires: 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 burn out 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 finding showed that several factors have different effects on burnout syndrome from nurses’view points. 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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Aims: 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.

Findings: 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
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. Data 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 years 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 influences 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 postpartuam 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 postpartuam 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 postpartuam 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 Pilate’s 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 Pilate’s exercises can be utilized as an effective and safe method to decrease hemoglobin A1C in patients with type 2 diabetes. The results introduced Pilate’s 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 patients7.95 ±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
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.
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
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
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 require fundamental changes in their view points that increase in their awareness and percept of risk factors of disease and training of preventive behaviors, can causes 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 two 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 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 desire targeting can cause to safe guard and improve their equality 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 (cronbachs 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 nurse’s 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 was 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, and so more researches are proposed.

Key words: acute vomiting, Therapeutic touch, breast cancer, chemotherapy
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 reasons. 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 $68.3\pm 5.8$ 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 degree approved value that persons feels 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 are 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 21/56±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 was 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
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 has not suitable mental health not able to effective care of patients. 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 sexism, 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 steel 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 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
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 these 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.
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 Eysenck personality questionnaire were completed. The data were analysed using SPSS software and chi – square, Fisher’s exact and Mann withneyu 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 dysmenorrhea 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 questionnairees 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 thess student about improving lifestyle and Habits of good behavior to Students with improve lifestyle prevent from disease outbreak and this factor should be consider ed as a prevent ive factor.

**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
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 is important in human. This study has been done to determine effective factors on the 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, One-way Anova, 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
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 as the only means to assess pregnancy outcomes are considered. 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.
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 caregiving 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.
Nurse’s Knowledge about sexual healt 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.

Do you know preventive methods from pregnancy? And 36.9% of nurses asked: do you worry about sexual activity?

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, $\chi^2$ 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 mechanisemes that navigate primary dysmenorrheal and preterm labor is unknown.

Key words: Dysmenorrhea, Preterm Labor, Primiparous, Rafsanjan
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 TiriNoklainandObani’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 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, Iranduc, 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.
Health educational needs of adolescent girls in Qom

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Introduction: As regards to the health of adolescents, especially adolescent girls are 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
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.

Methods: 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 of 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, recommendation
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
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
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 GHQ28 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
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 Razi psychiatric center were examined by checklist with use of physical examination, taking history and also para clinical 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 were14/78±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 are 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.

Key words: Depression; massage; chemotherapy; breast cancer.
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 is the sense of hope. Studies show that religion can create a sense of hope, sense of intimacy with others, emotional relaxation, opportunities for prosperity, sense of comfort, reduction of stress, nearness to God, and is effective for helping problems solve. The aim of the present research was to investigate the relationship between religious orientation and hope among women nurses in Imam Khomeini hospital. The statistical population of the study was all of the women who were nurses in the hospital in 2013 in Imam Khomeini hospital of Tehran who have employed.

Methods: The applied method was correlation. By using the sampling method, 70 people from nurses were selected. The 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 a significant relationship between religious orientation and hope.

Conclusion: The results of this study show that with the strengthening of the religious dimensions and the emphasis on mental health keeping in nurses, it can be strengthened their hope. If they have a positive understanding of the cognitive components and religious attitudes, they 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
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 was 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 bateria, 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 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 health care that it can not be completely eliminated but it can be minimized. Hospital was regenerated as a result of increasing population growth and expansion of hospitals and greater use of materials such as disposable syringes, needle and incorrect disposal of them a significant threat to the environment and public health that it directly or indirectly 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 those compos two sections, including demographic characteristics of participants, level of education, participation in educational classes and questions about his reporting nurses from Waste Management.

Results: Participants 70/4% male, 29/6% female and 59/2% had BA. The 60/4% always 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 groups considering mental health and the factor of self-inhibition in subscales of anger quell, impulse control, respect of others, and account ability 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
Conceal mentor 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 or 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 had experienced medication error. Purposive sampling was adopted in the study and sample size was dependent on the data saturation with a total 10 participants were chosen at the end. Data collection carried out through unstructured interviews and analysis through colaizzi 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
The Survey 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 aim 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” (3.47 ±0.723). 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 Words: 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 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 strengthens 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 resultin 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 experience edits and it is associated with life. The aim of this was to determine State of loneliness 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. Date 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 to 88/1% of their undergraduate and 11/4% in graduate school were enrolled. Well as 37/1% of loneliness was low, 32/8% of Loneliness and 30/2% had moderate feelings of loneliness. Also there was no significant correlation between factors such as age, education level with loneliness.

Conclusion: It is recommended to provide an 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 it srelated 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 interventions to promote increase knowledge and in spire healthy behaviors in the nursing students, is essential.

Keywords: Internet, Internet Addiction, Nursing student.
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 rang 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 Cruiscal-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
The relationship between respiratory statuses 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
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 receive 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
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
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, 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 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 coxiellaburnetii, 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, sciencedirect, 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 sero prevalence 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.
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 these 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
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
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 are a public health problem in all societies. Goal of this study was 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.
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
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 is in their lifetime. Patient education improves treatment outcomes. Because of 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 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 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=081).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 been 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
Polymorphic TAAAA repeat length in P53 gene and its association with breast cancer

Najafi Dorcheh Somayeh

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, we obtained the sequence of P53 first intron from NCBI database, 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.
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 procedures 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 a 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 Minimization 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 it’s 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-square, 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 was1/34% 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 can have significant effects in reducing the incidence of phlebitis and results 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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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 multi-dimensional 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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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
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 smear 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
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 affected 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 Effects of Using the Coaching Role by Clinical Supervisors on the Patients' 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 who’s 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.
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 slams 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 Perceiving, 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

Effect of intermittent subglottic secretion drainage on ventilator-associated pneumonia: A clinical trial

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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 in 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
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 was 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
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, Iran medex. Articles have been searched from 2000 to 2013.Keywords for search was; 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 accompany 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 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
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 $x^2$ 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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Introduction: Teaching self-empowerment to women for performing Breast Self Examination in the outmost sections of the health services system has 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 was analyzed 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 HRQoL 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 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 mediational 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 quality of life domains of physical functioning. Then logo therapy sessions were arranged for patients in 8 sessions 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 logo therapy has increased the level of physical function 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, logo therapy
Study of Effectiveness of Career Counseling based on Trait- Factor Theory on Employability University of Isfahan male Students

Moosavi Motahareh

**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 months v 18/25±1/25months, p=0/001). The two groups were significantly difference in the onset of contraceptive methods (control group72/71±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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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 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.

Materials and Methods: This study is a review article that through study and search the library resources and websites have 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 show 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.

Key words: Self Care, Diabetes care, Care
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
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. 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 and carrying out empowerment projects in this regard, is necessary.

Keywords: Child, Thalassemia, Well-being, Family function.
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. Tele nursing 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 2014.

**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 life style interventions cognitive-behavioral factors such as self-efficacy can be considered to promote health behaviors. This study by 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 diseases referred to cardiology wards in selective hospitals. Data was collected through a 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 means core 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, s ince 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 cohorts’ age, 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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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
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 were 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
Is health workers in a Community-based intervention programs can affect on CVD Prevention

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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 participants (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
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 was seen 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
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 in fertility, 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. 49-15year old women that having a history of infertility and referred to infertility clinics were considered as 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 was30.41± 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 in infertile couples help with the accurate evaluation of the current situation, the strengths and weaknesses of it with priority to be taken for different the rapeutic 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 theses 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/m^2) 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 country’s health system necessities.

Key words: Menopause, anthropometric status, weight.
A literature review: Applying professional values in medical science

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Introduction: professionalism has been variously termed a philosophy behavioral dispositions kill sethab it concept having its roots in social justice or social contracts in recent years professionalism in medicine has gained increasing attention includes a set of behaviors that built trust and confidence between physicians and patient 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 health care groups in the fields of professional ethics seem to be necessary Management system and health system administrators should plan accurately and supply of man power 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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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 impose 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 were seen 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 are felt.

**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
The attitudes and behavior of mothers who refers to health care centers regarding herbs usage Pediatrics diseases in 1392

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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 differences in performance between the different levels of mother’s 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 changes (These 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.
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 caregivers 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
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.

Keywords: palliative care, patient
Health policies related to patient safety

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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 outmost 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) was used. The data were analyzed by SPSS-15 software and t-test. The results showed that self efficacy between active and inactive old women is 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 was analyzed by SPSS software market.

Results: The average patient satisfaction score of doctor was 25.8; of nurse were 26.3, and of laboratory were 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
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 spsssoftware, 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
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
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 has 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
The knowledge and attitude of pregnant women referred to health centers in Jahrom about cesarean delivery, 2013.

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Introduction: Increasing in caesarean´s rate is considerable matter in the entire 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 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 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 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 patient’s 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 signicant 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.
Investigating the efficacy of intervention therapy of applied behavior analysis (ABA) method on reducing stereotypical behaviors of children with autism

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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. 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.
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 nurse’s 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 nurse’s mood and, if necessary, choose appropriate policy to avoid unpleasant results of it.

Key words: Mood status, Depression, Nurses, personal and social characteristics
Health seeking behavior: an evolutionary concept analysis

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**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.

**Aim:** To report an analysis of the concept of Health seeking behavior.

**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
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 SPSS 18 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 change scores between pre and post operative anxiety in children in the control group (-3±16/45) and test (-8/39±22/95) were not significantly different (p>0/05).

Conclusion: Presence of parents have no significant beneficial effect on anxiety in children under going surgery and to reduce the adverse effects of anxiety due to surgery should other effective interventions be considered.

Keywords: Parental presence, Anxiety, Children, Surgery
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 work sheet 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 testssuch 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
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 fact is different from what exists on paper shows. Evidence suggests that is cussions 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 assistances, operating room technicians and anesthesia technician were examined with convenient sampling method. Data from patients were collected by a questionnaire based on the patient rights charter(article 10). The means core 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 χ² 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 in indifferent and 94.8% (235) patients were compliant patients' charter. Significant relationship between the variables and perspectives of health care workers to the patient rights charter were not found (p> 0.05).

Conclusion: However, in this study, 94.8 percent of health cares 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
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 are 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).

Key words: prayer, Obsessive-Compulsive disorder
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 25/8 ±41 (from 100 score) and the mean of job stress score was 16/43±4.75. 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.
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
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
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
Pediatric nurses’ perspective of the factor related to caring self-efficacy perception: A qualitative study

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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 heydarieyeh 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 heydariyeh

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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%. Life-style 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 assess 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 caregiver’s 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
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 propulsive 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
Related factorsto 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±0.4), medication packaging factors (M=2.79, SD= 0.7±0.4), transcription factors (M=3.22, SD= 0.94±0.4), work situation factors (M= 3.3, SD= 0.2±0.4) 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
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. Socia 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 choosen 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 managable. 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 \( F_{(7,187)} = 8.010, \rho = .001, \text{Partial } \eta^2 = .239, \text{R}_{\text{adj}}^2 = .209 \), 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-steem, 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

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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 result 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
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.

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.

Data collection was done through a researcher-made questionnaire. 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.

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, deflection problems, ovarian cysts, social disorders – such as losing occupational status, violent behavior, fewer acceptances around oneself, feeling less harmonized with surrounding women and girls.

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. 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. Female circumcision is significantly related to sexual and urinal problems, painful menstruation, more infection during pregnancy, early childbirth, psychological problems, depression, and enhanced confidence. 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
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 done to 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.
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, and 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
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, and 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
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
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 determine management 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.
Body image and its relationship with sexual function and Marital Adjustment in infertile women

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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 domestic and 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 tips 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, 3h 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 consists of 4 sections: demographic data, questions of environmental factors and motivational 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

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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 viewpoint 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 paid 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 recommendations 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 generation.

Key Words: Prenatal, Quran, Principle
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 depressions 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 decrease 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
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 1. 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
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. 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, and 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 in sadness, happiness, pleasure and pain and each other solve their problems in life.

Methods: Reading this description study, the study population consisted are 759,935 that 10981 couple refereed East Premarital Counseling Center of Ahvaz in 2012.

Results: Of the 10,981 couples registered the number of 9175 cases (5/83%) 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 the referrals of age group 20-29 years had formed (62.6%) more. So education before marriage can increase awareness of counseling centers in particular bride “under 19 years of 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 day care 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.
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.
Earn of Communication skills Highway of satisfaction 0f Patiens and 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 views 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 staffs 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:** Staffs 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 along sidevisionary leadership skills, through a process applied. The process of change derived from academic-service partnership and was 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 5- strategic plan 6- action plan 7- action research cycles. A number of important leadership skills were as: external awareness, communication, negotiation, team building, networking, political issues, accountability, costumer 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.
Value gaps and psychological well-being among generations

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**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.
Study of hydatiform mole and its relative of pationats 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. Its observed that complete hydatiform mole can invasive to uterus or metastas to any part of the body. Invasive to uterus in 15% pationats 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 pationats demographic characteristic in Alzahra hospital, Isfahan in 1390-1391.

Methods: This was a descriptive retrospective study of women with the diagnosis of hydatiform mole by ultrasonographic examination that admitted in Alzahra hospital and was cure. During 1 year period (1390-1391) were retrospectively reviewed. The data were analyzed using spss software and statistical test including Kelmogrofesmerineof and T test.

Results: 73 pationats that fallow up in Alzahra hospital were study. The mean age of subjects was 28 years. 63% of pationats 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 pationats 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.

Key words: Nursing; Quality of Life; Oncology; Health system; Task-orientation
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
Identify the causes of Work - Family Conflict among female nurses Bu-Ali Sina Hospital in Sari :Case study

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**Introduction:** Simultaneous family and working roles have instigated roles 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 Bualisina 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.

**Keywords:** Work-Family Conflict, nurses, responsibilities and expectations, psychological requirements, organizational policies and climate
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
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 is 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 design 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 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&Harma 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
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 exertional 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 statistically significant correlation was found between exertional 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
Effect of motivational interviewing on the weight self-efficacy Life-style in overweight and obese teenager boys

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Introduction: Teenager obesity is growing international health problem. The purpose of study was to determine the effect of motivational interviewing on the lifestyle self-efficacy in terms of weight in teenager boys suffering from overweight and obesity.

Method: A 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=0.065). 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 weigh 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
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 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
Comparing Quality of life in children with cancer reported by them and their fathers

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**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
Health and spirituality 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 nature and 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 achieves 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 lifestyle, 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 lifestyle 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
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 and silent disease, and dark world of illness, behavioral reflection, treatment and support processes, depersonalization, changing in attitudes toward the disease were extracted from patient.

**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 patients’ 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 be more 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.
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 being 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 these 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 being 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. Four cases, the sun and moon lifetime and also, the end of their orbits. Two 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
Medical team communication engineering with brain death patients

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Medical team communication with brain death patients means that understanding and sharing of meaning with patients and cause treatment. That is possible in common patients because of mutual communication between medical team and them. This communication in brain death patients, because of the nature of disease is not mutual. So that we don’t know that is live communication or not. It is clear medical team communication engineering with brain death patients means creation and modeling of ethical rules for them. It can specify kind of communication with them that cause appropriate medical action and decision making for example how we respect to authority, dignity and prevent harm and consider other rights for them all the time from admission to donate and deliver corpse to their family.

Keyword: communication engineering, medical team, ethical rule confliction
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 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 selfcare 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
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 of 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 vary among different cancers. The purpose of this study is to determine the relationship between of 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 Sayedoshoehada 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 patient’s 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 shooشتاری 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
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 anecdotally is body image disturbance. The aims of this study was 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 Multi dimensional 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±13/20) years (24/6±4/6) kg/m2 and (31/67±58/54) month, 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 percentage of them had moderate to severe body Image disturbance. About dimensions in the most cases had negative body image evaluation to 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±58/54) month, 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 patient had eating disorder signs, from which 29/0% experienced anorexia, and 20/7% bulimia and also 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 variable in cancer patient 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
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 concept 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 consist 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 were 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.
Survey of depression rate among elderly people who lies in Kermanshah city 2014


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**Introduction:** Depression is common disorder among elderly and makes 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 have 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
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
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
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 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 mean 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 ± 4.25. 68% of students’ families 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 helps in the design of interventions to promote physical activity and calcium intake.

Key words: Osteoporosis, Calcium intake, Physical activity, Perceived barriers.
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 Center is active in the Country use of 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 and great drug interactions and drug delivery to home and small therapeutic index. It is very important to note 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 poisoning, toxicity, and the treatment of poisoning admitted in Noor Hospital poisoning pay.

Methods: This study is a descriptive correlational study was 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 version18.

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 Bought and treatment 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 was connected. Poisoning was hospitalized on average for a full day. Finally, 17 % had complications and died.

Conclusions: Given the importance 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 over dose. 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
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
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 the sectors that nurse shave 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 were 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 intervention showed a statistically significant difference in terms of discharge status (p<0/05). So that before intervention 68/9 percent had at discharge a feeling of health and healing and 31/1 percent expressed feelings weakness and lethargy and after intervention 93/3 percent patients had at discharge a feeling of health and healing, and 6/7 percent had 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 difference and overall quality of sleep had better in the intervention group (p<0/05).

Conclusions: Training and implementation of evidence-based nursing guidelines causes improvement in the indicator of care in patients. Therefore, it is suggested to management and personnel training hospitals that 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
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.
Golden seconds in airlift

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Disaster and events occur regardless 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 e 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 rescues 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 airlifts. Provision of educational facilities and planning periodic manovrs for education of doctors and nurses of overhead air transmission seem necessary.
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 those 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. Todays 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 help 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 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: Nursing Education- Nursing-activities, educational-learning- Problem-Based Learning
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
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 note that the first prevalent cancer among the women is breast cancer. Therefore, this article evaluate 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 gets 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=0.0410) 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 an especial 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 (Zimet 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 lif. 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
Reasons of nursing Students’ Medication Errors and Persepectives of Nursing students on Barriers of Error Reporting

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Introduction: 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) underreporting causes. After confirming content-face validity, reliability of the questionnaire. Data analyses was 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 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 Depression and related factors in student’s 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 which 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 ± 20.63 years. The average intensity and fatigue level was 3.68 ± 1.24 and 51.22 ± 12.16. The overall score for quality of life in the students was 67.00 ± 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 influence 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 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
Relationship between self-care requisites and diabetic client's quality of life

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Introduction: Diabetes and its complications affects on 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 relationship between self-care requisites and diabetic patients' quality of life.

Methods: In this descriptive study that consist 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 ANOVA.

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 Spiritual Intelligence and mental health workers of ACECR 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 helps 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
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 24.8percent 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.
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. The 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
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 has 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 was 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 is the sixth decade of disaster-prone countries in the world. Basic CPR education is essential in the community and millions of students in schools transfer these 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 was 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 reduces 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, and 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 enter colitis, seizures and death, In infants with jaundice Imam Reza (AS) in Kermanshah 89 year are admitted for transfusion was performed.

Methods: In this descriptive-comparative study, 50 neonates with hyper bilirubinemia in 89 year 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 one hour after the exchange transfusion was performed. Finally, the effects of two group term (birth weight greater than 2500 gr) 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 this 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%) was. 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%) has been reported. Hyponatremia in four preterm infants (9%) was observe. 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
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 was 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
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 assess 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: Resultsshowed 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, treat mental 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 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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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 Spps18 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 indicate 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.
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 fewer than 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
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 have 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 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
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 hemodialysis patients in chaharmahal and bakhtiari province in the year of 2011

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Introduction: Despite remedial impact of hemodialysis, 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 hemodialysis 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 hemodialysis 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 scores 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
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 are 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 questionnaire sand analysis and Interview person Program spss soft ware version 15 was used.

Results: 75% Cases and Voluntary euthanasia deaths have The Not heard. 25% and only5% have heard term voluntary euthanasia deaths have the heard concept tsince it the Know and5% gavethe correct definition. Those who were aw are ofthe voluntary death, 60% of their dataThrough Internet,30% of publications in scientific magazines-through research, 5% and5% friends have acquired resources. 98% of voluntary death and euthanasia subject under study as opposed to the divine demands and it in humane and incompatible with religion. Only 2% of people agree with subject euthanasia cause distress and bring bullying and Ease patients agree to be legally Patient and Friend sand Family know the subject and can be passed, as At Thalassemia abortion issue, not are ligious so 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 or treat the patient's life there is no time left and Pain pain becomes unbearable or when the possibility of life without depending on others ornerous conditions is and or Demand no sustained donor agencies, voluntary and informed die (consciously from the analysis of mentally explicitly recounted is and intellective.) and Or should help others be able to endthis life. Euthanasia cans bemade? For allthe individuals euthanasia law, 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 some how they have accepted. These are some of the most religious states in the matter of religious and moral plan as 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 behaviour 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, 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
Health of adolescents who live with cancer parent

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Objectives: Cancer diagnosis and its subsequent treatment have physical, emotional, psychological, social, spiritual and practical consequences. The disease not only affects the patient, but also impacts on the patient’s immediate family including spouse and children. There have been many researches about effects of cancer on family, but adolescents of cancer patients have received relatively little attention in research literature; furthermore in some cultures like Iranian culture in which the family relationships is very strong, there are no researches, so the research team decided to explore the health problems of Iranian’s adolescents who have a parent with cancer.

Methodological approach: This is a qualitative study that conducted based on mixed methods studies paradigm. Participants were the adolescents between 11-20 years old who live with cancer parent and some teachers and friends of them, and some physicians, nurses, psychologists and social workers.

Data gathered at some Isfahan cancer hospitals, some doctors’ clinics and the home of patients by purposive semi structured deep interviews. Data analysis was conducted by constant comparative analysis.

Findings: The findings showed that; the most important health problem of these adolescents were1-Psycho-cognitive problems; 2- Educational and support needs; 3- Cancer as a two edged sword in family relationships; 4- Confronting with parent’s cancer in the time period; 5- Effects of cancer on social dimensions; 6- Effective and efficient agents; 7- Education in special conditions.

Conclusion: since these problems are very common in adolescents with cancer parents, the nurses and other health team workers must know them and have some programs to resolve them. At this article we suppose some tips for this matter.
The Health Professionals’ Readiness for Delivering Mental Health Education Services

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Background: human related factors are amongst important determinants of quality mental health education services.

Aims: this study aimed to describe some aspects of the health professionals’ readiness to service delivering mental health education services.

Materials and Methods: the study method is conventional qualitative content analysis. The study population consisted of the health professionals, clients and family care givers in the inpatient as well as outpatient (consultation and rehabilitation) care settings affiliated to Isfahan University of medical sciences. The participants consisted of 16 people (3 physicians, 7 nurse, 1 psychologist and 5 clients) were selected purposefully.

Findings: the results of this study have been introduced some important aspects of “the health professionals’ readiness to service delivery” as an important determinants of quality mental health education services as follow: 1) technical readiness, 2) psychological readiness, 3) attitude towards services, 4) attitude towards the mental health clients, 5) effective communication, and 6) humanistic view towards health.

Conclusions: the present study has been identified some aspects of the health professionals’ readiness to delivery mental health education services. Therefore it is worthwhile to suggest future studies to find more aspects and explore deeply on each of the discovered aspects of the health professionals’ readiness.

Key words: education services, mental health, readiness, health professionals.
Kurdish first-time Fathers’ Experiences of their Partners’ Pregnanies and Childbirth: A Qualitative Study

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Introduction: Expecting a baby and becoming a new father is generally the most significant phase in a man’s life cycle that can be a life-changing experience. The aim of this study was to reveal Iranian Kurdish first-time fathers’ experiences of their partners’ pregnancies and childbirth.

Method: A qualitative, descriptive approach was conducted. Purposive sampling was used to recruit twenty first-time fathers from the post partum ward of Besat hospital in Sanandaj, Iran. One hour semi-structured interview was used. Participants were interviewed individually in a private room in the post partum ward of Besat hospital. All interviews were audio recorded, with consent, and transcribed verbatim before carrying out content analysis.

Results: The partners’ participants had spontaneous vaginal birth or cesarean delivery. Analysis revealed that the fathers experienced mixed or negative feelings during their partners’ pregnancies period and about the upcoming birth.

Conclusion: Findings from this study support the belief that men often feel unprepared, unsupported, and helpless during pregnancy and birth process. It is essential to engage fathers during their partners’ pregnancies through involvement and support to improve the likelihood of a positive pregnancy and birth experience.

Key words: Childbirth, Experience, Qualitative, Father
Emergency Ward Nursing Ethics in Islam

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**Introduction:** Emergency ward is where the hospital and the society meet. In this ward the first impression is made on the patients and their attendants; and obviously, the first impression should be a positive one. Nurses form the largest group of healthcare and treatment teams in emergency wards and the quality of healthcare and treatment will depend to a great extent on how the services are provided by the nurses. One of the most important factors in patient satisfaction is the adherence to ethical principles in the interrelations between the nurse and patient at the emergency ward. In Islam, ethics is one of the noblest sciences, being referred to in many verses of Quran and in many Shiite Hadithes (narrations) (= holy sayings from the Prophet and Imams), so that the Holy Prophet’s good mood is known to be substantial to the formation of an Islamic society. In Islamic culture, the purpose of man is to get close to God; and ethical deeds are the most essential way to achieve this.

**Research Method:** The present study is a review paper the contents of which have been gathered through library search (digital and manual) of books and articles from accredited websites.

**Discussion:** Nursing ethics are categorized as: 1) Professional ethics; and 2) Islamic, Human ethics. Professional Ethics refers to a set of behavioral manifestations which a nurse should perform in their position of a nurse; some with a positive (compulsory) and some, a negative (prohibitory) nature.

- **Code of Professional Ethics**
  - a) Due effort towards achieving nursing skills and knowledge
  - b) Continuous effort towards research and new skills
  - c) Accuracy and responsibility in performing their tasksd
  - d) Mutual respect and good relationships towards healthcare providers, and …

Islamic Human Ethics are a set of behaviors and features a nurse should perform or avoid as a human-being and as a Muslim. Code of Islamic Human Ethics including:

- Morality and trust
- Tolerating the patient
- Tenderness
- Conversing with patient
- Greeting the patients
- Friendship with patient
- Sympathizing with patient
- Loyalty and honesty
- Chastity

**Conclusion:** Emergency nurses are closely related to life and death values, life quality, and healthcare. Having a high, divine purpose and being cognizant of the fact that patients are under God’s special attention, and a pure movement towards this, leads the emergency nurses to have more passion for their job, tolerating its hardships, and performing it appropriately in which case the patients also will find that their nurse is a reliable individual who is totally concerned with their well-being. Such an impression brings serenity to the patients, removing their anxiety, which will in turn facilitate and accelerate the recovery process, leading to the satisfaction of the patient, the nurse, and God. As said by Ayatollah Shahid Motahhari: “Knowledge gives you the acceleration; and faith the direction.

**Keywords:** Nursing Ethics, Emergency, Islam
Psychosocial factors in hemodialysis patients: association between perceived social support and anxiety

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Introduction: Increase the population of hemodialysis patients is a global problem. According to studies of psychosocial outcomes in hemodialysis patients is very limited and low, The present study examined anxiety and perceived social support and the relationship between these two factors in this group of patients was performed.

Method: This study is part of a cross-sectional analytical study was conducted in 1390. The study population included all patients undergoing hemodialysis in Isfahan. After random selection of hospital hemodialysis, purposive sampling was performed. A total of 126 patients were enrolled in the study. Data collection tools included a character trait anxiety inventory - status and perceived social support was. Both the questionnaire had good reliability and validity (r =0.93) and (r=0.895). Data were analyzed using descriptive and inferential statistics were analyzed using SPSS software.

Results: The results showed that 68.3 % of participants had a moderate level of perceived support. Also appreciate the support means is lower than the other dimensions (mean 40.02). More than half of the participants suffered from moderate levels of trait anxiety (65 and 67.5 percent). Levels of state and trait anxiety levels of perceived social support and emotional aspect of information is inversely related (r = -0.229, r = -0.340). The highest correlation was with anxiety and trait emotional intelligence and social support.

Conclusions: Hemodialysis patients suffer from numerous social and psychological problems. Loss of consciousness and emotional problems increase anxiety and reduce the perception of social support. These problems may have a negative impact on treatment outcomes.

Keywords: hemodialysis, Chronic Renal Failure, Perceived Social Support, Anxiety
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.

Materials and 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
The effect of secretion ceremony on anxiety in student in 2014

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Introduction: This study based on non-drug and non-invasive methods try to evaluate the effect of attending in secretions on student's anxiety in Gonanbad medical university.

Materials and Methods: In this quasiexperimental study, we had pre-test, post-test and control group. 158 student (121 female and 37 male) select using census in the intervention group and in the control group randomly. Demographic data using standards-Trait Anxiety Inventory (STAI), used for data collection before and after the intervention and in the intervention and control groups at the same time, and then were analyzed using the SPSS version14 statistical-test and chi-square and Mann-Whitney, Wilcoxon tests were analyzed.

Results: 121 subject (76/6 %) were female and 37 subject (33/4%) were males, 48 subject (30/4%) were Aboriginal, and 110 (69/6%) were non-Aboriginal, 127 (80/4 %) were single, 31 (19/6%) were married. There was no significant difference between intervention and control groups in terms of mean total anxiety score before intervention, and the groups were matched(P=0/8). Significant difference between the two groups after participating in secretion ceremony were Secretions (P=0/0001). So that the mean anxiety score after the secretions ceremony in the intervention group were (1/48 ±0/35) and in the control group it was (1/96±0/44).

Conclusion: Results showed a significant decrease in anxiety levels for participating students in secretions ceremony.

Keywords: secretions, anxiety, students
Fear of School children and it is complication, and how parents deal with it

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Aim: most of studies has proved that field and almost all children suffer from special fear in some part of their life in which it is pointed out to the fear and refusal from the school that leads to make many problems in the family and has the serious side effects for the child itself, so the importance of this subject was specified for doing this research. This article has been written with the aim of promoting the parents’ awareness level in relation with this subject and of improving the quality of learning in the children of school while making the positive attitude toward the learning process in the educational circumstances.

Methods and Materials: This article resulted from the study of the relevant review and intervention articles and using other texts. The case report was prepared through referring to one of the primary schools in the city and direct interview with the mother and student with the stable fear of school. About the case report, the direct interview was done from the mother and child. The family and child’s problem were taken into the challenge. The necessary trainings were presented to the child’s mother and then the nursing interventions assessment with the next interview with mother was done. The mother achieved to the satisfied function by the child via the exclusion of the training by nursing at home and correct reflection toward the child.

Discussion: Fear of school is social and psychic event in the children life which appears in the beginning of entry the school and is more important than the other fears in the childhood period because of the potential mal-effects seen in the child’s behavior. By starting the schools the schools opening season, most of mothers, whose children go to school for the first time, face their children fear of school which affect negatively on the child and family health. The economical, social, matrimonial, and psychic problems among the adult ages are considered as the education-abundant effects and some actions must be done to prevent from the appearance of fear of school in the children.

Results: Training represented by the nurses to the family can have the prominent role in promoting the family health and society. Therefore, regarding the special sensations of school children in the field of education and children and their families’ problems in this age level, it is very important to consider the school nurse and to devote a special position for the children’s nurse with academic educations in the schools. The prominent and sensitive role of nurses in correct training to the parents for preventing from the feat of school is so remarkable and important.

Key words: fear of school, casereports, Children and Adolescents
Investigated the relationship between job stressors, stress syndrome The Red Crescent aid workers Kermanshah

Hemmatinejad Safaoldin, Mommy Sharam, Karamin Chghazrdy Fariba

Introduction: maid workers according to their specific characteristics in some tough conditions with some tension, these special conditions may affect these psychological problems, the present study aimed to investigate the relationship syndrome stressors stress relief is the Red Crescent Society of Kermanshah in 1392

Methods: This was a correlational study; the sample was Kermanshah Red Crescent aid workers who were randomly selected 130 cases. Measured by means of questionnaire of job stressors and stress symptoms scale, data analysis spss20 program, descriptive statistics, correlation, t-test and univariate analysis of variance was performed.

Results: Results showed that in stress levels : 2/51 % low stress relief , 30.1 % moderate and 7/19 % have high stress in relationship between stressors and stress symptoms 35/0 = r) in high level of 99 % was significant , the mean scores of stress symptoms 92/45 is 4/46 % of the workers in these tests the maximum possible score ( 152 ) , to occupy 2/52 % of the subjects concerned , 3 / 47 % anxiety, 2/35 % depression as the most common symptoms of stress in themselves have stated . The difference between subjects' scores on the variables: age, education, job history, with significant stress syndrome

Discussion: The lack of coordination with stressful events and individual capacities and available resources lack of interaction, conflict and incidence of internal conflicts are, and increases the stress level is, therefore, provide some training in cognitive-behavioral approaches to overcome stress caused by job stress is necessary.

Keywords: Job stress, Crescent, stress syndrome, paramedics.
Providence during pregnancy, a study of the qualitative content analysis

Heidary Tooba

Background: Pregnancy and birth is very important for the most of communities child bearing women, make decisions depends on their context during pregnancy.

Aim: The aim of this study is to explore the perception and inner experiences of Iranian pregnant women.

Methods: A qualitative content analysis was conducted in 2013. Participants consisted of 18 mothers who had experienced pregnancy in Tehran. Sampling was purposeful and continued until data saturation. Finally, 28 interviews were conducted with an average of 50 minutes. Analysis of collected data performed concurrently with constant comparative approach.

Results: Two major themes emerged during the analysis process involving "in the hope of a brighter future for the unborn child" and "in the hope of a brighter future for themselves". These concepts are important child bearing women’s perspectives of "Providence" for themselves and the unborn child.

Conclusion: Understanding subjective resources of the Iranian women’s experiences results in correct understanding of their true needs. It would be followed by more effective planning and caring with practitioners of community health.

Keywords: Child bearing, Future, Qualitative research, unborn child
The Relationship between Social Trust and Prosocial Tendencies

Afghari Fatemeh

**Introduction:** Trust and optimism are integral parts of social life. Social trust is an important aspect of human relations that underlie collaboration and cooperation among members of the society. The aim of this study was to determine the possible relationship between social trust and prosocial tendencies.

**Methods:** In this correlational study, 370 female students of Isfahan University were selected in cluster sampling completed Prosocial Tendencies Measure Revised (PTM-R) and Social Trust Questionnaire (Safarinia & sharif, 1389). Data were analyzed by Pearson correlation coefficient and regression methods.

**Results:** The results of this study indicated that social trust was in relation with Prosocial Tendencies (p<0.01) and social trust was also in relation with dimensions of Prosocial Tendencies such as public Prosocial Tendencies, altruistic Prosocial Tendencies, emotional Prosocial Tendencies, and compliant Prosocial Tendencies (p<0.01), and results of linear regression showed that social trust is a predictive factor for Prosocial Tendencies (β= 0.558, p<0.01).

**Conclusion:** According to the results reinforcement of social trust can be effective in enhancement of prosocial tendencies and improving the mental and social health.

**Key words:** Social Trust, prosocial tendencies, female students
Anxiety rate and its related factors in primigravid woman in client to shahr-e-babak valiasre hospital

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Introduction: the situation of anxiety for women dealing with labor and delivery events at this stage of his life are so anxious to be many adverse effects on the fetus and mother, leave behind a. Considering the harmful effects of anxiety on the health of both mother and fetus, this study was conducted.

Materials and Methods: In this cross-correlation, 200 primigravida women admitted to hospital Shahr-e-babak and purposive sampling was random. After obtaining informed consent, social and demographic data questionnaire, questionnaire pregnancy and delivery, anxiety inventory STAI questionnaire was collected by the researcher. Then test data, descriptive statistics and correlation analysis using SPSS version 21 performed.

Results: The results showed that 26% of women and 20% of medium to high maternal anxiety and portal severe anxiety and 13% had severe anxiety. Between maternal anxiety and fear of labor pain (p = 0.006), mother health (p = 0.00), fear of physical harm to the child during delivery (p = 0.00), and fear of caesarean section (p = 0.042) there was a statistically significant relationship.

Conclusion: Given the high prevalence of childbirth anxiety and negative consequences for the mother and baby are advised to identify and control the factors affecting the childbirth anxiety by health care and midwife.

Key words: Anxiety, childbirth, primigravida women
Care giver quality of life of women with breast cancer
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**Background:** 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 assess caregiver quality of life.

**Material&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 caregiver’s physical domain 65±2, mental domain 57±3, social domain 60±2 and environment domain was 51±2.

**Discussion:** As the result has shown, even tho e one year has passed from affected the disease by the population, but it’s effect can be felt majorly on all domain of caregivers qualityof 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:** Brest Cancer, Care Givers, Quality of Life
The evaluation of factors affecting the quality of life of women in puerperium

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Introduction: Pregnancy and postpartum period have dramatic changes in physical and mental health of women that it can be associated with a reduced quality of life in this critical period. Type of delivery is one of the effective factors on postpartum quality of life. Therefore this study carried out with aim of determining effective factors on women’s quality of life specially type of delivery during puerperium periods in Kermanshah city in 2012.

Materials & Methods: Present research was carried out as a descriptive – analytical study on 270 primiparous women that referred to Motazedi hospital in Kermanshah city. Based on type of delivery these women divided in two groups of normal delivery and cesarean section. The tool used for collecting data was a two-part questionnaire. The first part of questionnaire completed immediately postpartum that include obstetric and demographic characteristics of individuals. The second part of its was included quality of life (SF-36) that completed via interview during 6-8 weeks after postpartum. Data were analyzed by SPSS software (version 13) and ANOVA and Kruskal-Wallis test was used in this research.

Results: Average age was 24.06± 4.6 years. Statistical results showed that the quality of life score was higher 50 in all of the groups. Although the highest quality of life score was reported in the physiologic delivery group but there was not a significant difference. Mean quality scores for the aspects such as physical functioning P<0/0001, vibrancy and vitality P<0/03, playing the role of affective P<0/02 in the normal delivery were higher than the cesarean section group. There were a significance relation between some of demographic variables such as place of living, postpartum hemorrhage, pregnancy acceptance and quality of life.

Conclusion: Since different aspects of quality of life of women in puerperium after normal delivery is better than cesarean section, it can be concluded that one of the effective factors on quality of life is the type of delivery specially physiologic delivery. Therefore it is suggested that in order to improve maternal health, creating positive attitude in women, physiologic birth and finally cesarean section reduction, normal childbirth preparation classes should be held in public and private institutions regularly.

Keywords: Type of delivery, quality of life, puerperium
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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Background & aim: 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
Effect of Quran and lullabies on physiological parameters of neonates admitted in NICU

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Background and aims: Despite significant progress in the treatment of neonates in intensive care units, the problem of sensory overload and sensory deprivation still is a challenge in caring babies. Given that music and sound treatment is one of the most effective methods of complementary medicine, Researcher was intended to study the influence of the voice pleasant of the Holy Quran and lullaby on the physiological parameters of newborns.

Method: In this pilot study, 45 neonates admitted in an intensive care unit (Winter 92) were randomly assigned to three groups: Quran, lullabies and control. In Quran group, Surah Yasin verses 1-83, voice of Shahat Mohammad Anwar and in lullaby group a lullaby poem was performed by a man without any music at frequencies 50-60 dB through headphones were played. For the control group at the same time laid the headphones without music. 3 physiological variables of Neonates (heart rate, blood o2 saturation and respiration rate) were observed at the time immediately before the intervention, 10 minutes after the start and 20 minutes after the intervention. Data were analyzed by T test, linear regression and Variance.

Results: Gender distribution, mean and standard deviation of birth weight, gestational age, and Apgar score of fifth minutes after birth showed no significant difference in samples. The average of the three dependent variables before intervention was similar in all three groups. Mean changes in heart rate and respiration at 10 and 20 minutes after intervention were lower than baseline in the intervention group compared with the control group (p<0.001). But changes in oxygen saturation was not statistically significant between any groups.

Conclusion: Based on our findings Quran and Lullaby have a lasting effect on the stability of the infant’s respiration and heart rate that is a Opportunity to reduce respiratory effort, oxygen demand and also the weight gain of the neonates. Therefore, nurses can use these available, inexpensive and harmless interventions to reduce sensory deprivation and its side effects on neonates.

Key words: Quran, lullabies, physiological parameter, neonate, NICU
Towards Infants’ Health Promotion through Mother–Infant Rebonding

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**Aim:** Hospitalization is a challenge for the infant, family and health system in the neonatal intensive care units (NICU), because many infants require a long stay in the NICU due to their needs for intensive care. The purpose of this study is to explore how the neonate’s health can be improved through *mother-infant rebonding in the NICU.*

**Method:** A qualitative study was used to explore and describe the health promotion of hospitalized infants in the NICU. Fifteen nurses and physicians were interviewed in NICUs of university hospitals in Iran. Data were analyzed by qualitative content analysis method. MAX Qualitative Data was used for coding and categorizing.

**Findings:** In the study, two main themes and some subthemes were identified. Mother–infant rebonding and Protection of the infant’s health were the most important themes which provide the health promotion of hospitalized infants through support of mothers’ presence, Kangaroo Mother Care, breastfeeding and enabling mothers.

**Discussion:** We concluded that the guidelines of the infants' health promotion can be addressed by supporting mother–infant rebonding, kangaroo mother care and breastfeeding.

**Key Words:** Qualitative study- health promotion- mother–infant bonding
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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Background: 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.

Material and 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 \( \bar{x} = 2/91 \). Also the mean of social health is equal with \( \bar{x} = 2/87 \). 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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**Background:** 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 \( \bar{x} = 3/91 \). Also the mean of the happiness is equal with \( \bar{x} = 3/25 \). 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
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 and material: This is a descriptive and correlational study. The population size includes all nurses of Day Hospital which are 229 in 1392. By using Cocran Formulaby 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 alphantheyir 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
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 and damages is known, several studies have shown that many of the deaths and long-term disabilities are preventable by strengthening pre-hospital care. This study have been conducted for determine the status of pre-hospital emergency care service on trauma patients.

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 emergency care were observed by researcher and his colleagues with Check List.pre-hospital emergency medical care to the four domain; General, hemodynamic, neurological and respiratory was divided so were examined.

Results: Total of 577 patients, 454 were males (78.7%) and 123 females (21.3%).67/6% is comprised of a blunt trauma and accidents accident (82/7%) was the most common mechanism of injury.In the general domain use of blankets and splint, respectively (26%.13/9%),In hemodynamic domain intravenous fluids(23/4%),in the neurological domain use of collar neck (21/3%), in the respiratory domain oxygen therapy(7/5%) were most needed, but did not perform.

Conclusion: Given that the pre-hospital emergency care provided in most domains has a distance relatively high with world standard, results of this research can provide information to managers to improving care strategic planning, appropriation of budget, knowledge of personel, nessecery equipment and facilities take step and cause of to enhance and improve these vital cares.

Keywords: Emergency Medical Service, traumatic patients, wound and injury
The study of predicting role of personality traits on perception of labor pain: A Quantitative Study in Iran

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Introduction: Labor pain is one of the most intense pains experienced by women. Different factors including physiological, psychological, socio-cultural, environmental and personality-related factors are relevant to perception of childbirth pain. The negative experience of pain causes mental, psychological problems and influences the relationship between the mother and infant. Therefore, considering the importance of women health, this study is to examine the predicting role of personality traits on perception of labor pain among pregnant women in Kazeroon, Fars Province of Iran.

Method: This study is a correlational descriptive-analytic study. Its data were collected using questionnaires about personality traits (neuroticism, openness experience, agreeableness, conscientiousness and extraversion) and perception of labor pain (containing reaction to pain, pain intolerance, and pain depth and pain acceptance) from 220 parturient women referred to Valiasr Hospital in Kazeroon, Fars Province of Iran. The data were analyzed using statistical methods including Pearson correlation coefficient, factor analysis and multiple regression analysis. All analyses were carried out through IBM SPSS, Version 21.

Results: The results of the study indicated that among the factors influencing the perception of labor pain, the reaction to pain is meaningfully predicted by personality dimensions of neuroticism ($\beta=0.26$, $P<0.01$), openness experience ($\beta=0.20$, $P<0.05$). Neuroticism ($\beta=0.20$, $P<0.05$) and openness experience ($\beta=0.20$, $P<0.05$) are the positive predicting factors, and conscientiousness ($\beta=-0.20$, $P<0.05$) is a negative predicting factor for labor pain intolerance. Agreeableness ($\beta=0.31$, $P<0.01$), neuroticism ($\beta=0.20$, $P<0.01$) and openness experience ($\beta=0.18$, $P<0.01$) were the predictive factors for pain depth. Among all personality traits, neuroticism ($\beta=0.19$, $P<0.05$) and openness experience ($\beta=0.20$, $P<0.05$) were the positive predictive factors and conscientiousness ($\beta=-0.24$, $P<0.05$) was the negative predictive factor for the total score of the perception of labor pain.

Conclusion: It is recognized that personality traits can have predictive roles in the perception of labor pain. As a result, using different methods in managing and reducing childbirth pain along with good advice and suitable education in pregnancy based on personality traits of women can be helpful for mothers to have more pleasurable experience from childbirth.

Keywords: Perception of pain, Labor pain, Personality Traits, Pregnant Women.
Relation between neuroticism, openness experience and Perception of labor pain

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Introduction: Labor pain is one of the most intense pains experienced by women. Different factors including physiological, psychological, socio-cultural, environmental and personality-related factors are relevant to perception of childbirth pain. The negative experience of pain causes mental, psychological problems and influences the relationship between the mother and infant. Therefore, considering the importance of women health, this study is to examine the predicting role of personality traits on perception of labor pain among pregnant women in Kazeroun, Fars Province of Iran.

Methods: This study is a correlational descriptive-analytic study. Its data were collected using questionnaires about personality and perception of labor pain (containing reaction to pain, pain intolerance, and pain depth and pain acceptance) from 220 parturient women referred to Valiasr Hospital in Kazeroun, Fars Province of Iran. The data were analyzed using statistical methods including Pearson correlation coefficient, factor analysis and multiple regression analysis. All analyses were carried out through IBM SPSS, Version 21.

Results: The results of the study indicated that among the factors influencing the perception of labor pain, the reaction to pain is meaningfully predicted by personality dimensions of neuroticism (β=0.26, P<0.01), openness experience (β=0.20, P<0.05). Neuroticism (β=0.20, P<0.05) and openness experience (β=0.20, P<0.05) are the positive predicting factors for labor pain intolerance. Neuroticism (β=0.20, P<0.01) and openness experience (β=0.18, P<0.01) were the predictive factors for pain depth. Neuroticism (β=0.19, P<0.05) and openness experience (β=0.20, P<0.05) were the positive predictive factors for the total score of the perception of labor pain.

Conclusion: It is recognized that personality traits as neuroticism, openness experience can have predictive roles in the perception of labor pain. As a result, using different methods in managing and reducing childbirth pain along with good advice and suitable education in pregnancy based on personality traits of women can be helpful for mothers to have more pleasurable experience from childbirth.

Keywords: neuroticism, openness experience Perception of pain, Labor pain
The 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 on going prenatal care at 2 Health
Center 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.

Findings: 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.

KeyWords: pregnancy marital adjustment, neonate's Developmental indexes & Apgar Scale
Professional support as a facilitator to the development of Iranian nurses’ clinical judgment: A content analysis

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Background: Nurses’ clinical judgment development is essential for the professional nursing practice. The aim of this study was to explore the facilitators to the development of Iranian nurses’ clinical judgment

Materials and Methods: A qualitative design using conventional content analysis method was employed to conduct the study. A purposive sample of 24 participants was recruited in three hospitals located Sanandaj, Iran. Study data were collected in 2013 by using semi-structured individual interviews. A content analysis approach was used to analyze the study data and MAXQDA was used for coding and categorizing

Result: The main theme of the study was ‘professional support’ as a facilitator to the development of nurse’s clinical judgment’. The sub-themes of this main theme included ‘provision of direct support to nurses’ and ‘provision of clinical judgment resources’. The first sub-theme consisted of different types of managerial, clinical, educational, and social supports. The two categories of the second sub-theme included the provision of necessary clinical evidence and the provision of medical equipments.

Conclusion: The study findings highlighted the importance of providing nurses with adequate professional support for facilitating the development of their clinical judgment.

Keywords: Clinical, judgment, Professional, support, Nursing, content analysis, Qualitative study, Iran
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.

Materials and method: This is a quasi-experimental study with purposeful sampling conducted on 31 mothers of children with phenylketonuria who had file in Amin hospital in Isfahan city. Data collection tools consisted of demographic information, health status form base 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 months 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
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 Material: 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.

Findings: 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.

Findings: 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 words: sense of social security, occupational, emotional, in interaction with others, physical health, students.
Iranian family Caregivers, the silent middleman people in the care of relatives with cancer

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Background: 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 explored family caregiver's experiences.

Methods: This is a qualitative study using conventional qualitative content analysis with an inductive approach. 23 family caregivers of patients with breast cancer were purposefully selected. Data were collected through depth interviews and field notes. Their interviews were transcribed verbatim, the meaning units were identified and initial codes were extracted based on semantic similarity center and eventually categories were emerged.

Results: The results of the analysis lead to the discovery of the four categories which include: involvement and recognition of caregivers in the health system, training for care in clear way, and the medical staff competency in connection with interpersonal with cancer patient’s caregiver, dynamic and easy approach with treatment team after patients discharge.

Conclusions: The study result showed that family caregivers of cancer patients need to involve and interact with health process and they need to training for care also. Understanding the experiences and needs of caregivers in their interaction with the health system and addressing their needs 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

Key-words: Iranian Family caregiver, need, cancer
Analyzing the Effect of Spiritual Care on General Health of Patients with Cancer in Palliative Care Center at the Seyedoshohada Hospital of Isfahan in 1392

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Background and objective: For patients to get rid of cancer treatment efficacy and compliance with medical problems, they are frequently in search of interventions, including spiritual intervention (Spiritual Care). For these patients because of the particular circumstances of disease and its chronic nature, offering spiritual care matters. The aim of this study was to determine the effect of spiritual care on general health of patients with cancer in palliative care center of Seyedoshohada Hospital.

Method: This is a quasi-experimental research conducted in two groups, with a two-step pre-test and post-test. 60 patients with cancer referring to clinic of Imam Reza and the center of palliative medicine in there, with the census method divided into experimental and control group for 3 months and the general health questionnaire before and after the spiritual care was completed in both groups. All data obtained from the questionnaires were coded and with the help of SPSS-18 and were analyzed with descriptive and inferential statistics (chi-square, dependent and independent t).

Results: The means scores of the general health pre-test in experimental and control groups are not significantly different (p=0.685). But mean scores of public health in experimental group before and after spiritual intervention is significantly different (p=0.001).

Conclusions: These findings suggest that spiritual care in patients with cancer reduces the problems of somatic symptoms, anxiety and impaired sleep, depression, and impaired social function and can also improve the level of health in patients and nurses can use health improvement program to improve patients' health.

Keywords: Spiritual care, Cancer, General Health, Nursing care.
Maternal affectivity and the pattern of breast feeding

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Background: Although breastfeeding is an atural behavior, but for some mothers it’s continuity up to 6 month 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’s seem that negative affectivity such as the negative emotions, anxiety, depression, and 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.

Materials & 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). Type text or a website address or translate a document.

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 Relation between Primary Dysmenorrhea and Preterm Labor in Primiparous in Rafsanjan

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Background & Objectives: 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 spss soft ware by student's t-test, \( \chi^2 \) 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 mechanisms that navigate primary dysmenorrheal and preterm labor is unknown.

Key words: Dysmenorrhea, Preterm Labor, Primiparous, Rafsanjan
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.
Quality of life and its predictive demographic factors in hemodialysis patients referred to Guilan medical university: a multicenter study

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Introduction: The quality of life (QoL) is an important predictor of outcome in end-stage renal disease (ESRD) patients. Therefore, in order to improve their QoL, it needs to be regularly assessed in this setting.

Objectives: to evaluate the QoL and its predictive demographic factors in patients that refers to hemodialysis centers of Guilan medical university.

Methods: this cross-sectional study was conducted on 241 patients that chosen by randomized-stratified method from adults with history of hemodialysis more than 3 months, literate, fistula venous access and healthy level without need to hospitalization, form 12 Guilan dialysis centers. Data were gathered by Persian version of Kidney Disease Quality of Life Short Form (KDQOL-SF, classified in three scales: physical component summary (PCS), mental component summary (MCS) and Kidney Disease Component Summary (KDCS)), and researcher-made questionnaire on demographic factors. Relationship between demographic factors and PCS, MCS, KDCS and total KDCS-SF were analyzed by descriptive and analytic statistics.

Results: Finding revealed that worst dimension of QoL was work (19.1±2.90), and the PCS score (46.99±1.94) was lower than MCS (48.76±1.8) and KDCS (58.41±1.03). the total KDQOL score was 54±13.3. Furthermore, we found that female sex (p<0.003), old age (>50y) (p<0.012), low education (p<0.0001), unemployment (P<0.0001), not being head of family (p<0.026), suburban residential place (p<0.043), no history of kidney transplantation (p<0.038), and specific dialysis center (p<0.019), independently and significantly associated with lower scores of KDQoL. Finally, regression test showed that female sex and Unemployment are negative predictors of QoL.

Conclusion: Associations of poorer HRQOL with preventable or controllable factors, suggests that attention should be given to greater focus on social support and medical interventions to improve QoL in hemodialysis patients.

Key words: ESRD, Hemodialysis, Quality of Life, QoL predictive factors
Study the effects of clinical supervision in using dangerous drugs by intensive care units nurses in selected centers of medical and science university of Isfahan in 1392

Ramesani Fatemeh, Khalifezadeh Asghar

**Background and Goals:** performing medicine orders is important in treatment and care process it is the main nurses operation. In this area using safe medicine especially dangerous drugs which need to use safety principles for them is the chief goal of health team members. Because nurses are the mainstream for administrating drug orders they are the most responsible person in establishing safety principles of drugs therefore they should be aware of the newest patterns and policy. One of these models is clinical supervision patterns. According to applying results of this study for promoting safety of dangerous drugs in intensive care units needs to do this study.

**Methods:** this study is a single-group quasi-experimental study with pre and after test plan. The goal is studying the effect of performing clinical supervision in applying safe studied drugs. The data collection tool is checklists which programming for safe usage of heparin warfarin dopamine dobutamine and levophed these provides by researchers from scholarly books and articles with comments of professors of faculty of medicine and nursing.

**Results:** the study is ongoing so the results will be announced later.
Studying the effect of nursing interventions on the level of patients' consciousness in neurosurgery ICU of Al-Zahra hospital, Isfahan

Safazadeh Shima, Khalifezadeh Asghar

**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
Interpretation of "Relief" by Pacemaker Patients: A Qualitative Study

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Aim: This study aimed to identify the pacemaker patients' interpretation of "relief" by using content analysis approach.

Method: In this qualitative study required data were collected in two stages; ten individual interviews and three focus group discussions. The respondents were selected through purposive sampling. Using semi-structured interviews to collect direct accounts of information seeking experiences from 25 pacemaker patients referred to pacemaker clinics affiliated to Shiraz University of Medical Science. Analysis was done based on U.H. Graneheim, B. Lundman method.

Results: Five themes were derived from the data. Participants indicated that they were relieved by means of "healing," "comfort," "awareness" and "Trust in the Lord" and "hope."

Conclusion: Pacemaker patients stated their expectations and interpretations about device lifetime, improving the condition, and properly functioning the device, in different ways. They expressed that obtaining information related to the underlying disease and indication of device implementation is important for acceptance of illness and device, living with pacemaker and overcoming the condition. Also increasingly Receiving information led to replace negative thoughts and doubts with a more realistic idea about the existing situation and then "relief" became possible. Realizing "relief" was emerged with faith, trust and hope in addition to achieving consciousness and recovery.

Keywords: Patient's Interpretation, Cardiac Pacemaker, Content Analysis, Qualitative Research

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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
Relationship between Spiritual Intelligence and mental health in Jahad institute workers in Khuzestan branch

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Faculty members of jahad instate

Introduction and Problem Statement: Dynamic and complex nature of modern societies to cause to rise the spiritual needs of human desires against the material needs, so that the World Health Organization to the definition 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 access the levels of this. Spiritual intelligence is the new instrument in psychology. Amons believes spirituality is a form of intelligence that predicts the performance and adaptability of the individual and helps him 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 has deeper communicate with others. This research tries to answer the question which are there any relation between the Spiritual intelligence and mental health in university jahad workers?

Methods: The methodology of the present study was based on correlation and subject consisted of all of Jahad institution workers. 95 female and 113 male were selected as the sample by using Morgan table. Instruments were the General Health Questionnaire (GHQ28), which includes 28 questions and Spiritual Intelligence questionnaire (1389) which consists of 42 questions.

Results: Results showed 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 a significant difference between women and men in spiritual intelligence, ($t=2.261$). There was, however, no difference between mental health and gender.

Conclusion: Spiritual intelligence is a way of processing information which help the people to solve everyday problems 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
Mental death Experience: impassein parentsafter child death

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Introduction and objective: 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.

Findings: 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.

Discussion and 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 and objective: 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.

Research 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.

Findings: 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.

Discussion and 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.
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 sufferers 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.

Materials and 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
Effect of educational program based on "Orem Self Care Model" on quality of life in patients with migraine

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Introduction: Periodic attacks of migraine can cause some dysfunction such as including long-term absences from work, affect mood, sleep disturbances and ultimately affect the quality of life. The aim of this study was to determine the effect of educational program based on "Orem Self Care Model" on quality of life in patients with migraine.

Materials and Methods: In this Quasi-experimental study, 42 patients with migraine were selected by convenience sampling referred to one of the traditional medicine clinic of Tehran. The data were collected with demographic data questionnaire and "Quality of Life Questionnaire for Patients with Migraine". The questionnaire was validated by content validity by opinion of ten experts and two neurologist physician. Reliability of the questionnaire confirmed by test-re-test method by 10 persons of samples. Orem's Self-Care Educational Program was performed according to the patient needs during 2 hours in four sessions. The quality of life was measured in two stages before and 8 week after study. Data were analyzed with SPSS/14.

Findings: Average score of functions for the "physical" and "mental" status of the health, was increased before and after the study and it was significant (P=0.001). In addition, there was a significant difference, between mean scores of overall quality of life, before and after the study (P = 0.049).

Conclusions: Self-care educational program, based on "Orem Self Care Model" and patients’ self-care needs, improves quality of life in the patients with migraine. It is recommended that this model be used to improve the quality of life in these patients.

Keywords: Migraine, Education, Orem's Model of Self-Care, Quality of life
Prediction of glucose intolerance at 24 to 28 weeks of gestation by glucose and insulin levels measurements in first trimester

Torabi Sahar

**Background:** Gestational diabetes is the second common disorder in pregnancy period, which is detected in 24-28 weeks of gestational age through screening tests in low risk women. The women with gestational diabetes are prone to prenatal mortality and development of future diabetes. Therefore, detection of these individuals in the first trimester and conducting preventive interventions is of great importance. This study aimed to define the predictive value of Fasting plasma glucose and insulin test in first trimester concerning positive result of oral glucose challenge test (OGCT).

**Methods:** This is a prospective and observational study conducted on 88 pregnant women in Tehran. After fasting plasma glucose (FPG) and fasting plasma insulin (FPI) measurements in these women in the first trimester, a screening test of GCT with 50 gr oral glucose was conducted in 24-28 weeks of gestational age. Diagnostic value of FPG and in these two groups of positive and normal GCT results was evaluated through receiver operator characteristic curve P<0.05 was considered significant.

**Results:** In this study, 15 subjects (17%) were detected with a positive GCT result. The sub curve area of ROC diagram for FPG and FPI was calculated 0.573 and 0.592 respectively, which reveals that FPG and FPI cannot have a proper predictive value for the positive result of GCT. Based on the results, the best cutting point for FPG and FPI are 79.5 mg/dl and 7.55µIU/ml with accuracy of 60%-67% and specificity of 45.2%-47% respectively.

**Conclusions:** Only higher fasting glucose levels in early pregnancy, within the normoglycemic range, would predict the development of Glucose intolerance with limited sensitivity and specificity.

**Key words:** Prediction, glucose intolerance, pregnancy, first trimester, gestation
Investigation job satisfaction and related factors

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Background: Nurses' job satisfaction is known as one of the important factor in the quality of care in American Nurses Association. In other words, one of the influencing factors on quality of care is satisfaction of those who have the most contact with patients. And this professional’s people are nurses; therefore, the aim of this study was to investigate the job satisfaction of nurses and its related factors.

Method: The study was cross-sectional. Sampling was convenience with participating of 108 nurses working in 8 general ward of neyshabour hospital. Data collected using demographic and the Minnesota Job Satisfaction Questionnaire and after completing the questionnaire analysis was performed by 19 SPSS software and Kruskal-Wallis test, t-test, ANOVA.

Results: Result showed a high level of job satisfaction of nurses (75/88 ±9/66) and was significant relationship between shift work and job satisfaction. Among other variables (gender, age, marital status, employment status, work experience) there was no statistically significant relationship with job satisfaction (p>0/05).

Conclusion: Nursing managers should regarding to the risks of non-satisfaction consider periodic evaluation of job satisfaction And to investigate that causes in order to increasing interesting and efficacy of valueable human resources give positive and effective steps to the enrich the services provided to the patients.

Key words: job satisfaction, nurse, hospital
The effect of applying continuous care model on quality of life in multiple sclerosis patients

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Introduction: Multiple sclerosis (MS) is one of the most common CNS1 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-542 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: Administering 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 affects 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
Developing professionalism in medical science students

Ahmadi Golnoosh

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**Background:** Professionalism is an essential concept in medical sciences. The important mission of universities is facilitating the transition from students to professionals socializing them into the profession. The aim of this paper understands the concept of professionalism and professional socialization.

**Methods:** The review was conducted by searching of Pubmed, google scholar, SID and Proquest databases.

**Results:** The concept of professionalism and the ways of attaining and assessing it was obtained.

**Discussion:** Professionalism is a cultural construct subject to the influence of location and time. Therefore examining the concept of it, and planning the ways of developing and assessing it should be occurred in local cultural contexts.

**Key words:** Professionalism, professional socialization, Professional Development, Medical science student, Medical science education.
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

Hashemi Maryam

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 summated- scale (PSFPES) was distributed for all regular hemodialysis cases with 2-3 hemodialyses 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.

Keywords: Patient education, nurses, patient satisfaction, Program evaluation, hemodialysis
Evaluation study on process and structural empowerment of patient education in hemodialysis wards before and after accreditation in Isfahan educational hospitals, Iran 2012-2014

Hashemi Maryam

**Background and Objective:** At the time of implementation of national standards and accreditation evaluation of medical centers in Iran (2012-2014), a specific nurse-led project for nurse-educators role expansion (NEAREAR) has initiated in Isfahan in Al-Zahra hospital and simultaneity other hospitals have been involved in another patient education program without participating in the project. So the purpose of this study was "evaluation of process and structural empowerment of patient education in hemodialysis wards before and after accreditation, in Isfahan educational hospital".

**Methods:** This is a comparative evaluation study on the process and structural empowerment of patient education in hemodialysis ward of Alzahra therapeutic center (participated in NEAREAR initiative project), with two other similar centers-Amin and Ali-Asghar (that have involved in other patient education programs in Isfahan). After validating evaluation instruments, 4 expert evaluators(3 representatives of each center alongside 1 independent evaluator, visited hemodialysis wards by a likert-type 50 items 0-100 summated structural Check-list. Also a total sample of nurse’s works in hemodialysis wards of three centers completed evaluative 33 items Likert-scale questionnaire for evaluating present and past performances and education process. Statistical analysis performed in SPSS 20 with Chi-Square, Kruskal-Wallis, ANOVA and Duncan post-hoc tests.

**Result:** Despite similarities in the three centers in basic structural components in human resources and participating in reeducative specialized courses(P> .05), the mean score of 2014-structural empowerment scale in Alzahra (69.5) was significantly more than Amin and Ali-Asghar centers (respectively 39.7 and 39.4)(p< .05). Also process evaluation in patient education showed followings: After 2 years, all of the 3 centers has significant improvements and closer scores together regarding four stages of patient education in 2014. But despite lower scores than the two other centers in 2012 self-rating scales, in 2014 the mean score of Al-Zahra nurses were more than the two other centers, particularly in assessment (p = .05), implementation (p=.02) and Documentation of education (p= .02). There was significant correlation between structural empowerment and implementation of patient education (p<.001, r = .737).

**Conclusion:** Regarding positive significant changes in Al-Zahra compared with the two other similar centers, in a relatively short time, a nurse-led nurse-educator role expansion project was successful implementation of structural components and process improvements in patient education compared to other centers involved in accreditation self improvements. Therefore this program can establish criteria for patient education and role of nurses in patient education.

**Keywords:** nurses, structure empowerment, patient education, hemodialysis
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.

Materials & Methods: 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
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.

Methodology: 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 adaptationcope 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
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.

Methodology: 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.

Conclusion: 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. 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
Effect of sexual psychotherapy in vaginismus in fertility years in Shiraz/Iran 1392

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Introduction: Female sexual problems are very extensive. Thirtyfive to fortyfive percent of female suffer from sexual disturbances. %8 have dysparonia 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 1392

Method: This is a quasi experimental research. Samples were 42 female with diagnosed Vaginismus by obstetrix 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 = /019). In control group difference of Sexual desire in first measurement and second measurement wasn’t meaningful. (p = /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
Prevalence of occupational stressors from the perspective of pre-hospital personnel in Disaster and Emergency Medical Management center

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Introduction and Goal: Technicians of medical emergency due to the nature of their job provide remedial measures at the most critical stage of their career. Their job stress can affect the quality of EMS care. This study aimed to assess the prevalence of job stress from the perspective of pre-hospital personnel of 115 Emergency in Golestan province.

Materials and Methods: This study was a descriptive cross sectional study with 206 populations of hospital personnel. Data collection instrument of this study include demographic form and Occupational stress questionnaire which were measured by a Likert scale. In the statistical data was analyzed and descriptive statistics and inferential statistics were examined using SPSS Version 16 software.

Findings: the findings showed that 75 % of EMS personnel suffer from moderate to high stress and organizational factors had the highest score of producing stress. Physical, occupational and group factors gained the next highest scores, respectively. “Lack of salary and fringes” had the highest average score (2.44±0.82) among organizational factors. It has also the highest score in questionnaire. In physical dimension the phrase “danger of disease or damages of work” (2.3±0.8) , in occupational dimension the phrase of “having unwell patients in ambulance” (1.99± 0.87) and in group dimension the phrase “verbal conflict with patients’ companion” (1.92±0.95) were recognized as most stressful factors. In addition, there was a significant relationship between occupational stress and age and type of job.

Conclusion: occupational stress can have negative effects on medical performance of pre-hospital staff. So understanding stressful factors and using strategies of reducing occupational stress especially in organizational dimension can increase the nursing quality of the staff.

Keywords: occupational stress, pre-hospital staff, management of EMS medical emergencies
The Study of Predisposing Factors in Nursing Errors in Intensive Care Units Tabriz / IRAN 2012

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Background and objective: Occurrence of nursing errors in critical care units, due to the particular conditions of patients is vital and directly linked to patients’ health and treatment process as well. Thus it is of outmost significance. Identification of error predisposing factors, therefore, is crucial from perspective of in-service nurses delivering services at intensive care units.

Methodology: This is a descriptive-analytical study where samples include two-hundred in-service nurses who were delivering services at critical care units in selected hospitals of Tabriz, Iran. The participants were selected through census. The study was carried out in 2012. The researchers used a self-made questionnaire which had been designed to measure the demographic aspects together with four dimensions of nursing errors. In total, 163 questionnaires were collected and fed into spss v18 for processing purpose.

Results: Results revealed that In the “environmental conditions” item of "patient and their relatives inappropriate behavior " (46%), in the management dimension” the "low ratio of nurses to patients" (72.4%) in the “skills and education of nursing staff” the “lack of experienced personnel in incentive care unit”(39.9%),and in the “coordination team ”item of “inappropriate division of work and tasks by head nurses”(38%) were noted as the most important predisposing factors in four dimensions. Further, the findings suggested a meaningful difference between work experiences, marital status, working shifts and perspective of nurses from predisposing factors in nursing errors.(P <0/05.)

Conclusion: In so far as the management dimension, in this study, was noted as the most error predisposing factor among other three others. It is likely that improvement of management method scan prove effective in reducing the incidence of these errors.

Key words: predisposing factors, nursing errors, critical care
The relationship between patient satisfactions with nurse job satisfaction

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Background: The aim of this study was to determine the relationship between nurse job satisfaction and patient satisfaction with nursing care.

Method: The Persian versions of (MSQ) and the Patient Satisfaction Instrument (PSI) were used to establish the strength of association between nurse job satisfaction and patient satisfaction. The setting was the treatmental hospitals affiliated to neyshabour Medical Sciences. Two hundred and fifty patients who were hospitalised for medical conditions or surgical procedures were selected through a quota sampling method during 2013.

Result: The findings indicated a statistically significant relationships between nurse job satisfaction and satisfaction with nursing care (r=0.71).

Conclusion: Nurse manager with considering factors impacting patient satisfaction (nurse job satisfaction) can improve nursing quality of care.

Key words: patient satisfaction, job satisfaction, nurse
Relationship between job stress and psychological health in Nurses in Kermanshah city

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Objective: This study examined the relationship between job stress and organizational commitment with mental health of nurses in Kermanshah, Iran.

Method: This study was a descriptive correlational one. The study sample was all nurses in the city of Kermanshah and they were 2,500 persons. A sample of 330 nurses in Kermanshah was chosen using Morgan’s table. Sampling was done randomly stuck to the stratified random. Because the ratio of male and female nurses varied in Kermanshah hospitals, 151 male and 179 female nurses were selected randomly. Samples were tested by using job stress questionnaire (IVJSI), Porter’s Organizational Commitment and GHQ-28 General Health questionnaire.

Findings: There was a significant negative relationship between occupational stress and organizational commitment, and occupational stress and organizational commitment predicted 16 percent of nurses’ mental health variance. There was a significant negative relationship between occupational stress and nurses’ mental health. There was a significant positive relationship between organizational commitment and nurses’ mental health. There was not a significant difference in occupational stress level of male and female nurses. There was not a significant difference of mental health between male and female too.

Conclusion: Thus considering the employment and working conditions of nurses is something that would enhance the quality of work, maintaining health; nurses ride better advantage than the length of job experience is taken into consideration.

Key words: Job stress, mental health, Nurses, Organizational commitment
Effect of exercise on depression management in elderly patients on dialysis

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Background: 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 was done with 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 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.
Development and Measuring Psychometrics Properties of "Quality of Work Life Scale for Teacher of Student with Special Needs"

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Introduction and aim: Paying attention to the quality of working life is one of the methods in supporting employees to obtain better function in working environment. In this regard, quality of working life of teachers with students with special needs is considered as an important issue. Therefore, a valid and reliable scale for measuring this concept is necessary. The aim of this study was to develop and to measure psychometrics properties of "Quality of Work Life Scale for Teacher of Student with Special Needs".

Materials and Methods: This research was a study with exploratory design that carried out to develop a scale. The present study was conducted in two parts; qualitative and quantitative. Samples included all teachers of student with special needs in Zanjan in between 2012 and 2013. Over all, 12 teachers in qualitative part and 232 of them were participated in quantitative section. First, researcher introduced the aim of study to samples, then; data was collected by semi-structured interview. Interviews were analyzed with qualitative content analysis approach. In quantitative part, for measuring validity, Content Validity Index, face, construct and concurrent validity and also Alpha coefficient and test-retest for stability reliability of the scale were measured. Data were analyzed by SPSS/16.

Findings: The "Quality of Work Life Scale for Teacher of Student with Special Needs" with 53 items was developed. Content and face was confirmed and construct validity showed 7 factors. Concurrent validity (r=0.22), Alpha coefficient (0.89 and test-retest for stability reliability of the scale (0.62-0.92) were confirmed.

Conclusion: Based on the results, the "Quality of Work Life Scale for Teacher of Student With Special Needs" with high validity and reliability can use to assess teachers working life quality with their special needs. Measurements of convergent and divergent validity are suggested.

Keywords: Quality of work life, Teachers of student school with special needs, Development scale, Validity, Reliability.
Comparison of the physical function of men and women in patients with coronary Artery Bypass graft Surgery after discharge

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Background: Despite CABG is increasing rapidly among men and women, none of clinical care and rehabilitation programs for the patients undergoing CABG are gender-based. With a holistic assessment of the physical function and detection of gender-based differences, postoperative recovery period can be shortened. This study aimed to compare physical symptoms, physical function, perception of the status over 4 and 12 weeks after hospital discharge following CABG.

Materials and methods: This comparative descriptive prospective longitudinal study was conducted on 125 subjects (94 male and 31 female subjects) in two groups of women to be compared with a group of men, selected through consecutive convenient sampling from the list of the patients discharged after CABG from Shahid Chamran hospital. They were spending their early recovery phase at their homes. Data were collected through referring to the patients’ medical files and inquiry method by a two-section questionnaire. The first section included patients’ demographic characteristics and disease history, and the second section contained physical function including physical symptoms and physical self efficacy and perception of physical health. Data were analyzed by descriptive and inferential (t-test, chi-square, Fisher, Mann-Whitney and Wilcoxon through SPSS.

Results: Results showed a notable difference in CABG patients’ physical function and in both genders 4 and 12 weeks after discharge, and women had different personal, CABG characteristics and cardiovascular history, compared to men.

Conclusion: Therefore, nurses are suggested to predict and detect CABG postoperative, physical function especially in women, and give services accordingly.

Keywords: Coronary artery bypass graft surgery, physical function, women, men
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.

Keywords: obesity, hypertension, women over 30 years
The effect of biological care plan on physiological dimension based on" Roy adaptation model" brain stroke

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Background and aim: Brain stroke is known as the most prevalent chronic illness in the world and the most important disability in adults. For the reason, it is known as the one of prevalence health problems because it causes to effuse constant effect in neurosystem. Therefore, brain stroke is known as a factor of creating stress via conceiving extended amplitude of changes in physical, sociopsychological dimensions of human that effected on all of his parts of life. Then, it is necessary and important to consider the reflection of person and his usage of contrast mechanism versus these changes to adapt with this challenge. One of nursing model that paid deeply adaptive problem in physical and psychological dimensions for chronic illness is Roy adaption model which its aim is be doing nursing applications for increasing the adaptive reflections per quadrupled models that is physiological dimension. Therefore, researchers want to study the effects of caring plan from physiological dimension based on “Roy” model on the level of adaption of the people who affected brain stroke.

Methods: This study is a clinical empirical work that 50 patients affected brain stroke being admitted in inward neurology in Kashani and Alzahra hospital in Isfahan in 1392 and they were located randomly in Control and Test group. Care plan was done from physiological dimension involved performing educational courses for 4 sessions and phone pursuing for 1 month. The forms of study of the Roy adaption model were complicated before and after doing interface in two groups. In the study, it used statistical software SPSS volume 18 and chi-square, paired and independent t-test for analyzing data.

Result: The mean of adaptive scale had meaningful difference in physiological dimension with (p<0/001) in Test group after doing interface. The comparison of the mean of changes of adaptive scale, patients affected brain stroke in Test and Control group, indicated increasing the mean of adaptive scale in that group in physiological dimension with 47/30 after interfacing the care plan in physiological dimension that this increasing was be meaningful in physiological dimension statically.(p<0/001)

Conclusion: The result of the study indicated that care plan from physiological dimension based on “Roy” adaption model increased the adaption of patients affected brain stroke and nurses can use care plan based on Roy adaption model in physiological dimension for increasing adaption in patients. Therefore, it is recommended to use all dimensions of these patients such as physiological in follow-up cure.

Key Words: Roy adaptation model-Adaptation-Stroke-care plan
The effect of pregnant women empowerment program on elements of empowerment and their satisfaction

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Objective: To determain the effectiveness of empowerment program for pregnant women on their empowerment.

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, with 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
A comparative Study quality of work life of nurses in Emergency Department whom exposed and not exposed violence work place and its relation to the frequency of work place violence in selected hospitals of Medical sciences Isfahan in 2012

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Introduction: Quality of work life is a motivational approach, balancing career and personal life, improve individual and organizational performance. Violence work place is one of the most important factors of decline in quality of work life. This study aimed to determine quality of work life of nurses in Emergency Department whom exposed and not exposed violence work place and its relation to the frequency of work place violence in selected hospitals of Medical sciences Isfahan in 2012.

Method: This was a descriptive – correlation study. A sample of 186 registered nurses was enrolled in the study using quota sampling method. The research instrument used questionnaire consisted of three parts: Demographic information, quality of work life and violence work place. Data collected and analyzed by SPSS version 16. Data were analyzed using descriptive and inferential statistics.

Result: The subjects were 26/9% men and 73/1% women who average 33/76±7/13 year old. 29/6% was single and 70/4% was married. 76/9% of participation was exposed to verbal violence and 26/9% was exposed physical violence during past year. Mean score of QNWL of nurses exposure and not exposure violence work place (verbal and physical) was 107/29±26/42, 97/8±27/3, 144/44±27/95 and 122/5±29/65. In average QNWL was significant difference between of nurse's exposure and not exposure violence work place. There has been inverse correlation between quality of work and frequency of exposure violence work place.

Conclusion: offered to senior managers and decision makers in health to develop a program to improve QNWL of nurses exposed violence work place.

Key words: nurse, quality of work life, violence work place, Emergency Department
Effectiveness of Massage Therapy on Sleep Quality of Patients after Coronary Artery Bypass Graft Surgery

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BACKGROUND: Poor sleep quality is common among patients following Coronary artery bypass graft surgery and more than 30 years has been noticeable. The aim of this study was to determine the effectiveness of massage therapy on sleep quality of patients after coronary artery bypass surgery.

METHODS: This is a semi-experimental study. In this study 72 patients, who were underwent coronary artery bypass surgery in Isfahan Chamran hospital were selected. Then, the patients were randomly assigned to the two case and control groups. The patients of the case group received Light Pressure Stroking massage for 20 minutes in 4 sessions after the surgery. The patients in control group received only the routine care. The patient's sleep quality measured before and after the intervention with St. Mary's Hospital Sleep Questionnaire. SPSS software version 18 and descriptive and inferential statistical methods were used for data analysis.

RESULTS: Mean scores for sleep quality before the intervention in the case and control groups, were 22.5± 3.6 and 22 ± 3.8 respectively, that did not show a significant difference (p>0.05). After the intervention, scores for sleep quality in he case and control groups, were 11.8 ± 2.8 and 15.5 ± 4.7 respectively, that showed a significant difference (p<0.001).

CONCLUSION: The use of massage therapy can promote sleep quality 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: Massage, sleep quality, Coronary Artery Bypass Graft Surgery
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
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%). Blooding 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*
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 was students of Ferdowsi University of Mashhad in Iran and students of the American Elcamino University in 2012-2013 academic years. 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 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.

**Materials and methods:** In this clinical trial, 60 children 1 to 18 years old undergoing chemotherapy allocated randomly into two groups; Intervention and control. 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 Paired t test, 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 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 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:** Mucositis - Mouth ulcers - Chemotherapy Children - Education Program - Care giver
Health education program to promote oral hygiene: application of the health belief model

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Introduction: The health of tooth and mouth can be very effective on the childrens 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.

Methods: The kind of this interventional research include two groups 1: eyperiment 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 pamfelet and teraket .at the end ,all of figures and digits be collect by use of spss sowftware (21) and be analyze by use of independent – samples Ttest , paired samples T test .

Results: During of this study according to pattern sort between sensetiveness ,intensity, guidance for action,automatically act , profits and obstacle which be perceive, also mouth and tooth hygienic behaviours, mean difference especially before and after of instruction exist meaningful relation.

Conclusions: The results show that hygienic belief model in the relation with the promotion of mouth and tooth hygienic behaviour can be very effective.

Keywords: hygienic belief pattern, tooth, brush behavior, floss behavior,hygiene instruction
Comparison quality of sleep in patients with diabetic type 1 and non-diabetic in Chaharmahal and Bakhtiari 2011

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Introduction: Diabetes is the third leading cause of death due to illness. During illness, periods of hospitalization, medical expenses, social status and psychological damage, stress that impairs a person's life are can affect the quality of sleep, the study compared the sleep patterns of patients with type 1 diabetes and no diabetic subjects was designed.

Methods: In this study a comparison, 180 patients were enrolled. Group of 90 patients referred to the Diabetes Association Shahrekord that was randomly enrolled. The control group of 90 no diabetic subjects and were matched with cases. Data from the Pittsburgh Sleep Quality Inventory and the Beck depression questionnaire were collected. Results of statistical software for analysis and statistical tests SPSS15 Man Whitney, Chi-square and T student was used.

Results: The results showed that most (70%) patient's relatively good quality sleeps and greater percentage (79%) in the healthy group had a good sleep quality, sleep quality, the Mann-Whitney test for two groups showed a statistically significant (p>0.001).

Conclusion: According to the results, sleep problems more common in diabetic patients is necessary to create appropriate solutions to improve patient treatment and education affecting their quality of sleep is recommended.

Key words: Type one diabete, sleep quality, Diabetes Association
The effect of inhalation aromatherapy with Rosa damascena mill on post operative pain intensity in hospitalized children in selected hospitals affiliated to Isfahan university of Medical Science 2013

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Introduction: Pain is the common complication follow the surgery. The aim of this study was to evaluate the effectiveness of aromatherapy with Rosa damascena mill on the postoperative pain in children.

Methods: In a double blind placebo-controlled clinical trail we selected 64 children with 3-6 years old in ease way and divided randomly into two groups. Patients in group A were given inhalation aromatherapy with Rosa damascena mill and in group B were given almond oil as a placebo. Inhalation aromatherapy used at the first time of child enter to ward as the 0 time and then at 3, 6, 9 and 12 hours afterward and common treatment to palliative pain were used in each two groups. 30 minuets after per time aromatherapy, the postoperative pain in children were evaluated with the Toddler Preschooler Postoperative Pain Scale (TPPPS). Data was statistically analyzed using chi-square test, one way analysis of variance and repeated measure test.

Results: We found that the pain score at the first time of child enter to ward (before received any aromatherapy or palliative care) have no significant different between two groups. After each time of aromatherapy and at the end of treatment, the reduction of pain score was significantly higher in the aromatherapy group with Rosa damascena mill than in the placebo group.

Conclusions: According to our study, aromatherapy with Rosa damascena mill can use in postoperative pain in children with other common treatment without any significant side effects.

Key-words: Aromatherapy, Rosa damascena Mill, pain intensity, operation, paediatric
The effect of aromatherapy with pelargonium graveolens on post operative pain intensity in hospitalized children in selected hospitals affiliated to Isfahan university of Medical Science 2013

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Introduction: Pain is the common complication follow the surgery. The aim of this study was to evaluate the effectiveness of aromatherapy with pelargonium graveolens on the postoperative pain in children.

Methods: In a double blind placebo-controlled clinical trail we selected 64 children with 3-6 years old in ease way and divided randomly into three groups. Patient in group A were given inhalation aromatherapy with pelargonium graveolens and in group B were given almond oil as a placebo. Inhalation aromatherapy used at the first time of child enter to ward as the 0 time and then at 3, 6, 9 and 12 hours afterward and common treatment to palliative pain were used in each two groups. 30 minuets after per time aromatherapy, the postoperative pain in children were evaluated with the Toddler Preschooler Postoperative Pain Scale (TPPPS). Data was statistically analyzed using chi-square test, one way analysis of variance and repeated measure test.

Results: We found that the pain score at the first time of child enter to ward (before received any aromatherapy or palliative care) have no significant different between two groups. After each time of aromatherapy and at the end of treatment, the reduction of pain score was significantly higher in the aromatherapy group with pelargonium graveolens than in the placebo group.

Conclusions: According to our study, aromatherapy with pelargonium graveolens can use in postoperative pain in children with other common treatment without any significant side effects.

Key-words: Aromatherapy, Pelargonium graveolens, pain intensity, operation, paediatric
Comparison of dialysis Adequacy in High Flux and Low Flux Membranes in Hemodialysis Patients

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Background: Inadequacy of dialysis is one of the main causes of death in hemodialysis (HD) patients. The aim of this study is to investigate the dialysis adequacy of low-flux with high-flux membranes in HD Patients.

Methods: In a cross over clinical trial study, 40 patients participated in this study. Two sessions of Low Flux and High Flux membrane dialysis were performed consequently in the first and second stage of the trial. BUN, KT/V and URR indexes used to determine dialysis adequacy. Data analyzed by SPSS 18.

Results: The mean of kt/v was 1.27± 0.28 in High and 1.10 ± 0.32 in Low Flux membrane which, this differences was significant (P=0.017). The mean of URR was 0.65 ± 0.09 in High and 0.61±0.14 in Low Flux membrane which wasn't significant (P=0.221).

Conclusion: High Flux membrane had better dialysis adequacy, thus the use of it in HD centers is suggested.

Key words: HD, Dialysis adequacy, High Flux membrane, Low Flux membrane, Iran