

Joint Meeting on  
2<sup>nd</sup> Annual Conference on  
**Pediatric Nursing and Healthcare**  
&  
**23<sup>rd</sup> World Nutrition & Pediatrics Healthcare Conference**  
June 17-18, 2019 Dubai, UAE



Joint Meeting on  
2<sup>nd</sup> Annual Conference on  
PEDIATRIC NURSING AND HEALTHCARE  
&  
23<sup>rd</sup> WORLD NUTRITION & PEDIATRICS HEALTHCARE CONFERENCE  
June 17-18, 2019 Dubai, UAE

## Effectiveness of music therapy and visual imagery techniques on preoperative anxiety among children undergoing surgeries in selected hospitals of Rajasthan: A pilot study

S K Mohanasundari

All India Institute of Medical Sciences- Jodhpur, India

**Statement of the Problem:** Increasing attention is nowadays being paid to a variety of non-pharmacological interventions for decreasing preoperative anxiety such as music therapy, music medicine interventions, visual imagery technique and so on.

**Method:** Three arm randomized controlled trial was conducted to assess the effectiveness of music therapy and visual imagery techniques on preoperative anxiety with total 36 children aged between 4 to 12 years. Samples were equally distributed to three groups (12 in each group). Group-A received music therapy, Group-B received visual imagery technique for 15 to 30 minutes duration minimum three times a day and Group-C (control group) received conventional intervention. Hamilton Anxiety Rating scale was used to measure the preoperative anxiety level. Data was computed in SPSS-16.

**Result:** The mean and SD score of pre and post-test in experimental group A, B and C was  $7 \pm 3.43$  &  $1.67 \pm 2.06$ ,  $15.33 \pm 4.86$  &  $8.83 \pm 4.78$  and  $19.67 \pm 14.88$  &  $19.08 \pm 12.12$  respectively. The effect size of Group-A was 1.88 and Group-B was 1.34. One way ANOVA found significant difference between the groups and the interpretation of post Hoc test was, Group-A had much effectiveness when compared with other two groups.

**Conclusion:** If music therapy or visual imagery technique given especially just before giving anesthesia, the child will experience very less anxiety or no anxiety and that could reduce the post-operative stay and improve outcome status of the child.

### Biography

S K Mohanasundari is currently pursuing PhD in INC and working in College of Nursing as Faculty in AIIMS Jodhpur, India. She has published more than 40 articles in various national and international journals and published one book (*Entrance Guide for Nurses to Succeed*). She is the Member of Editorial and Review Board of three national and two international journals and Life Member of four associations such as TNAI, NRSI, IANN and NNF. She received Best Lecturer Award from Tayma General Hospital, Saudi Arabia. She has worked as an Assistant Professor in private nursing colleges in India, also worked in MOH Saudi Arabia as a Nurse Educator (2013 to 2014) and later worked in All India Institute of Medical Sciences Rishikesh, India. Presently she is working in College of Nursing as Faculty in All India Institute of Medical Sciences Jodhpur, India.

roshinikrishitha@gmail.com

Joint Meeting on  
2<sup>nd</sup> Annual Conference on  
PEDIATRIC NURSING AND HEALTHCARE  
&  
23<sup>rd</sup> WORLD NUTRITION & PEDIATRICS HEALTHCARE CONFERENCE  
June 17-18, 2019 Dubai, UAE

## Hypertension in relation to overweight/obesity among adolescents in Mashhad, Iran (e-poster)

Khosro Shafaghi<sup>1</sup>, Zailah Mohd Shariff<sup>2</sup> and Mohd Nasir Mohd Taieb<sup>2</sup>

<sup>1</sup>Gonabad University of Medical Sciences, Iran

<sup>2</sup>Universiti Putra Malaysia, Malaysia

**Introduction & Aim:** Hypertension in adolescents is new concern in recent decades. Increasing cardiovascular risk factor such as hypertension is related to overweight and obesity among adolescents. Both obesity and hypertension as important public health challenges are increasing worldwide. An increase in both Body Mass Index (BMI) and Waist Circumference (WC) is linked to an increased risk of cardiovascular diseases. The aim of this study was to determine the prevalence of hypertension among the adolescents and investigate its relationship with overweight and obesity in Mashhad city.

**Method:** This cross sectional study was conducted among 1189 urban secondary school children who studied in 10 schools (over ally selected from 501 schools), in both low and high socio-demographic districts of Mashhad. Students' blood pressure was measured and categorized according to the standardized technique described by the American Heart Association (national high blood pressure education program working group on high blood pressure in children and adolescents).

**Results:** Prevalence of hypertension was 14.6% in terms of Diastolic Blood (DBP) and 4% in terms of Systolic Blood (SBP). SBP was more prevalent among males (5.2%), while DBP was more prevalent among females (15.1%), combined hypertension was doubled in males in comparison with females. In terms of SBP, about 58% of overweight/obese adolescents were hypertensive. The relationship between BMI and SBP was statistically significant. Also, 18.8% of central overweight/obese adolescents were hypertensive, while WC was significantly related to SBP. In terms of DBP about 56.8% of overweight/obese adolescents were hypertensive and the relationship between BMI and DBP was statistically significant. On the other hand 17.9% of central overweight/obese adolescents were hypertensive while WC was significantly related to DBP.

**Conclusion:** Childhood obesity is known as an increasingly health concern in Mashhad. Obesity as leading cause of pediatric hypertension threatens adolescents' health and life in this area. So, policies are needed on its control.

### Biography

Khosro Shafaghi is currently working as a Lecturer in Kashan University of Medical Sciences. He has completed his PhD in Community Nutrition in Universiti Putra Malaysia. His current research interest is on overweight/obesity and dietary patterns in adolescents.

dshafaghi@yahoo.com