



World Nursing Congress

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**SCIENTIFIC TRACKS
& ABSTRACTS**

Anxiety: Prevalence and associated factors among school students

Statement of the Problem: **Anxiety** is a mental state of uneasiness or distress that occurs in response to an unfavorable experience. The mental significant impact on their academic success and retention. If the students' anxiety persists, they may abandon their academic endeavors. It may also exacerbate their medical and psychological conditions, and if persists, it may impair their ability to work in the future. Anxiety is fairly common among school kids, and if left untreated, minor anxiety can grow stronger over time, negatively impacting a person's quality of life and wellness. Based on the above, we aim to determine the prevalence of anxiety and its associated factors among school students.

Methods

The prevalence and associated factors of anxiety among school students at Kashi Noble Academy in Siddharthanagar Municipality -12, Bhairahawa, Nepal were investigated by using a descriptive cross-sectional study design. 187 samples were collected under Non-probability purposive sampling strategies using a self-administered structured and semi-structured questionnaire along with the Modified Hamilton Anxiety Rating Scale.

Findings

Research findings revealed that 76.5% had mild, 18.7% had mild to moderate and 4.8 % had moderate to severe anxiety. There was a significant association between prevalence of anxiety and certain **socio-demographic variables**; Sex ($\chi^2=10.418$, $DF= 2$, $p<0.05$) and type of family ($\chi^2=2.812$, $DF= 2$, $p<0.05$).

Conclusion

Results concluded that Female students had a higher rate of anxiety particularly those who live in a **nuclear family** and also seen that who are under a lot of academic pressure. Recommendations are made to improve the lifestyle of students (enough rest, sleep, and exercise), schools must conduct mental health and well-being advancement programs and encourage them to participate in extracurricular activities.

Biography

Sanjay Kumar Sah is a third-year doctoral student at the Chongqing Medical University, Chongqing China, and studying basic medicine under Professor Ying Xing Wang. Before coming to Chongqing medical university he completed the three years of Post-graduation in Medical Anatomy (2010 to 2013) at Mahatma Gandhi University of Health Sciences, Mumbai, India. He has been a researcher and academician, besides holding several years of teaching experience to medical and nursing students at various universities deeply involved in the research activities.



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An emerging trend in nursing education

Simulation has been used widely in the clinical exposure of nursing students and professionals. It is an emerging strategy for teaching, learning and evaluating clinical skills at different levels of nursing and midwifery education. It stimulates all the domains of learning in a student, i.e.: cognitive, psychomotor and affective domain. Literature review suggests that simulation in nursing and midwifery education is beneficial for both students and patients and can be used to train nursing students before exposing them to the clinical settings. Simulation based learning helps in increasing student's responsibility and accountability towards clinical practice and it helps in improvement of overall quality of patient care.

Benefits

Simulations in education are somewhat like training simulations. They focus on specific tasks. It helps a learner to develop an understanding of the key concepts. Normally, a user can create some sort of construction within the micro world that will behave in a way consistent with the concepts being modeled.


Conclusion

Nursing education integrates theory and practice to help students develop cognitive, intellectual, affective (attitudes and beliefs), and psychomotor skills and prepare for professional life. Errors in real clinical settings threaten patient safety. Therefore, nursing students should perform primary nursing interventions over and over in laboratories and develop basic psychomotor skills before they enter clinical practice. Simulations replicate real-world situations in which nursing students can gain clinical experience without putting patients at risk. Simulations provide effective learning environments where nursing students can gain experience and develop collaboration, management, critical thinking, communication, clinical decision-making, and problem solving skills without harming patient.

Keywords: Simulation, Education, Cognitive, Psychomotor, Affective

Biography

Mrs. Krishna Choudhury is a Ph.D. Scholar from Srimanta Sankaradeva University of Health Sciences, Guwahati. She published a lot of papers and research works related to Nursing. Presently, she is working as an assistant professor from the College of Nursing, NEMCARE Foundation, Assam, and India.



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5 steps towards improved vitality

Over David's years as a coach trainer and Athlete, he realized that there are patterns that repeat themselves that enable athletes and teams to perform at their best time after time. Watching these teams and athletes before, during and after their performance David concluded that there was surely a way he could bring these patterns into the corporate world and get these corporate "athletes" to perform their peak and raise their vitality during the process. By raising their **vitality** as a team you raise the morale, productivity and profitability of the workplace, or in the nursing situation you have happier, more productive staff and can prevent burnout.

Methods

5 Steps Towards Improved Vitality is a presentation that will give the participants the systems and strategies to help them SNAP into action, know why how and when to NAP effectively for optimum performance, understand that TAPPING doesn't mean a loss, but rather a learning point. Why CLAPPING and celebrating are an important part of **teamwork** and increasing productivity and the importance of RE-CAPPING in order to keep improving in all areas of your life.

Biography

David has been a coach and trainer for over 20 years, as well as playing Rugby league at a semi-professional level, broke his arm arm-wrestling, and then went into Martial Arts and competed in MMA (Cage fighting). It was during his time fighting that he met his wrestling coach who guided him into Life coaching and Professional speaking. It was during this time that David came up with his 5 Steps towards Improved Vitality keynote. He truly believes that this presentation will give you the methods to improve your vitality, which is much needed after the last 2 ½ years the nurses have been through during the first lockdown in 2020 David joined forces with a marketing team to create Phenom Leap Education.



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Understanding brainwaves and stimulating gamma waves with quantum technologies and therapies to expand consciousness and to promote healing

The human brain is a complex entity constantly at work, sending electrical signals, communicating, building new neural connections and so on. This electrical activity generated by the brain, also known as brainwaves, reflects our state of mind. If we deepen our understanding of these brainwave frequencies, we can control our reality. Reality is not based on outside influences but is an internal process based on our thoughts, perception and emotions.

There are five different kinds of brainwaves – Beta, Alpha, Theta, Delta and Gamma. Each brainwave has its own set of characteristics representing a unique state of consciousness. It is completely a natural **biological occurrence** in every human being to experience these different states at various times in a day, and generally one state is dominant. Let us say, in non-active thinking tasks like sleeping, these brain waves are rather slow and of a low amplitude. In an active thinking task, these brain waves are quite fast and in higher amplitude.

Gamma brain waves are one of the fastest waves that reach all parts of the brain, and they are recognized as very special waves! Their frequency is normally 40 Hz and more. It has already been observed that people can produce Gamma waves that have amplitude of 100 Hz! They occur when millions of neurons are active at the same time and "fire" these electrical impulses simultaneously. The Gamma wave originates in the thalamus and moves from the back of the brain to the front and back again 40 times per second in a rapid "full sweep" action.

These brainwaves are mostly produced by geniuses. They are "the genius brain waves". They are also observed in meditators who are practicing the loving kindness meditation. As it seems, Gamma waves either occur in very intelligent people or in those people who experience unconditional love. It is understood that increasing Gamma waves can lead to a number of marvelous benefits, such as: Better Memory - Increased Focus on tasks – **Increased capacity for learning** - Works like an anti-depressant - Studies have shown that a gamma brain wave therapy was successful against ADD - People have feelings of extreme bliss - People tend to have a profound compassion towards other people - Enhanced Senses: the senses work better and reality is perceived more vividly.

It has been demonstrated that healing happens when the patients experience these states of high coherence (gamma waves). Unfortunately, people do not produce these brain waves under normal circumstances. The brain needs to be trained to produce more of these Gamma brainwaves. The QUEX Bio resonance & Biofeedback device makes it possible to stimulate these brain waves with focused energetic therapies. Frequency therapies as used in QUEX Technologies are holistic, personalized, efficient, safe, painless, **drug-free**, without side-effects, in harmony with the environment and scientifically proven.

Biography

Jacqueline has more than 30 years of experience as a Manager, Management Consultant, and Coach mainly in Canada, USA, France Hong Kong and UK. She trained from experts and teachers in Personal Development and Alternative Medicine in Europe, America and Asia. She is a Lecturer, Seminar leader, Coach and Quantum Biofeedback & Bio resonance Expert promoting Quantum Technologies & Therapies and training & coaching practitioners in their understanding and practice of this new approach to health and wellness. She is the founder of BioQuantique S.A.R.L (Geneva).



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Rare and interesting case of choroid melanoma presenting as a case of acute congestive glaucoma left eye in a 55 years old male patient

Choroid melanomas are one of the commonest intraocular tumors which are either benign or malignant Pigmented or non-pigmented more common in whites than blacks have got an early tendency for liver metastasis however if diagnosed and treated in time one can prevent liver metastasis. They are 6.5 per million in U S and 7 per million in Denmark and either Scandinavian country. They are 80 percent choroid 12 and 8 percent involve c body and iris respectively very difficult to diagnose due to their atypical manifestations however in most of cases present as solid or exudative retinal detachment on scan ultrasound or indirect OPTHALMOSCOPY. Malignant melanomas of c body yields poor results as far as treatment is concerned

Results

A 55 years old male patient in year 2011 presented with a TYPICAL presentation of a c glaucoma with severe redness and pain and dyed loss of vision was put on ant glaucoma medication from an ophthalmic ER DEPT OF MEDECAL COLLEGE IN the form of Prostaglandin analogue with timiitol dots eye drops one and 2 drops respectively with topical installation of steroiddrops 4 times a day with systemic administration of I v 500 ccs of 20 inj manitol and I v 500 mg of acetazolamide even after 6 to 8 hours patient did not show any relief in his signs and symptoms no scan ultrasound was done outwash advised admission which he refused HE REFUSED He went Lama and sought 2nd option of an ophthalmologist whom upon b can ultrasound picked solid retinal detachment was sent for MRI scan brain for radiological confirmation of MELANIMA. Unfortunately radiological report even after repeating 2nd time was so confusing that it created all the confusion so not was left untreated for 2years as a painful blind eye.

Conclusion

More than 8 years have passed obits happy pain free has a good looking prostheses CT and MRI scan brain normal ultrasound liver normal. If we deal with a case of a c glaucoma not responding to usual a glaucoma medication please does b scan a tonic up solid retinal detachment and subsequent mnrb brain?

Keywords: Progress and painless visual field loss, Para central scotoma, Blued vision

Biography

Dr. Gowhar Ahmad is a senior consultant from the Florence Hospital, Chanapora, and Srinagar Kashmir, India. He has published a lot of papers and attended conferences in different countries.

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Medical staff facing covid-19 disease at the university clinics of Lubumbashi in Dr Congo 2021

Abstract

Over the past 20 years, the world has experienced several outbreaks of infectious diseases characterized by high speed of transmission, such as a currently with the infectious disease outbreak called COVID-19. This study aimed to determine the prevalence of COVID-19 among healthcare workers; to describe the means of prevention used by these nursing staff and to determine the behavior and attitude towards the disease of these nursing staff of the University Clinics of Lubumbashi.

Methods

This is a descriptive cross-sectional study from January 1, 2021 to June 31, 2021 among all healthcare providers (doctors and nurses) working at the University Clinics of Lubumbashi.

Results

Out of 391 caregivers surveyed, including 246 doctors and 145 nurses, we observed a prevalence of 10.99% that is 43 caregivers, including 28 doctors, i.e. 65.12% and 15 Nurses or 34.88% whose average age was 40 ± 6 years, with a predominance of men (56%) that is sex ratio of 1.26 in favor of men. It is important to note that Most cases were diagnose clinically, i.e. 62.79% of cases. The saliva droplets were the mode of contamination of Covid-19 the Most experienced by caregivers with 58.14%, followed by physical contact with a rate of 39.53%. The wearing of mask and hydro-alcoholic friction were the most cited by caregivers as the most effective means of prevention, which they applied and advised patients. Most of the caregivers were subjected to chloroquine and azythromycin, the others admitted to using the traditional treatment of inhaling the vapors of several wild leaves and trees, in particular: lemon, Mango. As about the outcome of the disease, almost -all of the nursing staff were cured, i.e. 97.67% of cases.

Conclusion

The prevalence of covid-19 disease among caregivers was 10.99%, however it is observed that active screening was not carried out and the cases observed presented almost all of the clinical signs and the clinical diagnosis was used for all cases, hence its under estimation. It would be important to regularly screen exposed caregivers and make personal protective Equipment regularly available and monitor barrier measures.

Keywords: Prévalence, Nursing Staff, Covid-19.

Biography

Mbutshu Lukuke Hendrick completed his doctorate at the age of 47 years at Lubumbashi University, where he is Associate Professor of hospital hygiene at the Public Health School of the same university. He has published more than 25 articles in Pan African, Asian, European and American journals.



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Responsibilities and nursing role in medication administration in the elderly

Geriatric nurses play an important role in patients at geriatric ages. Medication administration is one of the main roles of a nurse in any healthcare setting, especially in geriatric settings where older people are known to undergo physical, biological and psychological changes and have difficulty in performing daily activities and even more so in administering the medications they take.

Method

This study was conducted in the period January-April 2022 in geriatric centers. Data were collected through a questionnaire completed by geriatric nurses in nursing homes. Nurses completed a questionnaire on drug administration and their side effects in geriatric patients. Number of nurses who participated in the study $n = 80$ nurses working in geriatric services. 55% of respondents were female and 45% were male. The average age of the nurses was 45 years. 50% of them said that they had made mistakes in the administration of medicines and 35% of them said that they had no mistakes in giving the medicine and 15% of the nurses did not give any answer. The nurses said that they are in charge of their shift, having on average 10-15 patients who were taking more than three medications, these burdens and aggravates their work to be attentive in the administration of therapy.

Conclusions

In the results obtained from the study we conclude that workload, experience and careful non-control of the therapy sheet are related to errors that occur in the administration of medication in the elderly, concluding that a significant number of nurses who provide service in these geriatric centers stated that they have erred more than once in giving medication according to the doctor's order and therapy sheet. This study shows us that errors can occur at any stage of the process of using the medication in the description, documentation, distribution, administration and monitoring which can lead to significant risks for these patients. Nurses must therefore be able to recognize errors during this process and prevent them before they reach the patient. The contribution of nurses in documenting, reporting or avoiding these errors helps to ensure quality care and improve patient status.

Keywords: nursing role, medication, responsibility.

Biography

Zamira Imeraj is a Lecturer at the University of Medicine Tirana Albania. She has a doctorate in nursing sciences. She is the author of lecture series for nursing students and has published articles in journals and conferences on nursing care.



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