

Counseling Intervention for Improving Parents' Awareness Regarding Their Autistic Children

By

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Aim: This study aimed to investigate the effect of counseling intervention on parents having children with Autistic disorder, to improve parents' awareness regarding their children's illness; through improving their knowledge, practices and attitudes toward their children.

Methods: Sample: The sample included 100 parents' caregivers accompanying their children with Autistic disorder aged 3 -12 years.

Setting: who attended to the Out-Patient Clinic of the Institute of Psychiatry, Ain Shams University.

Toole : The tool used in the study was an interviewing questionnaire which covered socio demographic data about parents and their Autistic children such as; age and sex, rank of child in family, marital status, educational level and occupation of parents, statements to assess the knowledge of parents about Autism, statements to assess positive and negative attitudes toward their children and statements to measure their practices toward child's communication, social interactions impairment and odd, repetitive, stereotyped behaviors. This questionnaire was applied before and after the counseling sessions.

Results: The results of this study showed improvements, with highly statistically significant differences between before and after application of the counseling intervention program regarding to parents' knowledge, attitudes and practices toward their Autistic children.

Recommendation: The study recommended that counseling clinic for parents of Autistic children is needed to offer appropriate care and support through open dialogues between parents and health professionals in order to plan for intervention and guide families to know how to deal with their children's problems and difficulties.

Key Words:Autism, Children, Parent awareness, Counseling

Effect of Supportive Care on Controlling Fears of Children with Cancer

By

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Background: Nurses can be primary advocates for children with cancer and their families, through identifying and responding to families and children's needs, providing support care and information for difficult decisions, giving hope, and promoting highest quality of care. The supportive care includes listening, fostering respect for the child and parent across the organization, nurturing collaborative connections, managing uncertainty, and tolerating ambiguity, making peace with conflict, and committing to self-care. It is not an alternative to curative or anticancer treatment, so children with cancer can receive both supportive care and curative treatment at the same time.

Aim of the study: To assess the effect of supportive care on controlling the fears of children with cancer Through ; Assessing the sources of fears and signs and symptoms denoting fears among children with cancer ; assessing the psychological condition of children with cancer ; their level of loneliness, anxiety and depression ; providing the supportive intervention for children with cancer ; and evaluating the effect of supportive care on the children's fears and their psychological condition.

Methods: Setting: This study was carried out at Oncology Children Hospital 57357. **Subjects:** A sample of convenience of 35 children with cancer, from both sexes and their age ranged between 6-12 years were recruited for the study.

Tools of data collection: involved 1) An interviewing questionnaire designed by the researchers to collect information about: children's and parents' demographic data, sources of children's fears, signs and symptoms denoting fears among children. 2) Psychometric measures such as loneliness, anxiety and depression scales were used to assess children's psychological condition. They were interviewed individually.

Results: Findings of the study revealed that the highest percentage of children's age ranged between 6 -< 8 years and almost two thirds of children were males. There are statistically significant differences between pre/post intervention in relation to sources, manifestations of fears, and psychological condition of children.

Conclusions / Recommendations: Supporting care had positive effect on controlling the sources and manifestations of fears among children with cancer and improving their psychological condition. Emphasis on the importance of applying supportive care in conjunction with curative care for children with cancer to identify and detect the warning signs of children's fears, Encourage children to express their feelings and adopt appropriate strategies to help them face their fears through supporting environment. Further researches should be applied regarding to psychological needs of children with cancer, and how to meet these needs through supportive-care.

Key Words:Supportive care, Cancer, Fears, Children.

Perceived Factors Influencing Clinical Instructors' Ability to Perform Physical Assessment Skills at Two Nursing Faculties.

By

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Background: Nurse educators are increasingly challenged to prepare new graduates to enter nursing practice particularly given the rapid changes in the health care system. Graduates of nursing programs need a diverse skill base and must be able to work within many clinical settings.

Aim of the study: The aim of this study had three folded purposes; first, to assess clinical instructors' knowledge taught in undergraduate baccalaureate nursing programs; second to assess the frequency of physical assessment skills use in clinical settings as reported by clinical instructors; and third to assess the perceived barriers to the use of physical assessment skills.

Design and Methods: A descriptive survey study design was utilized. A sample of convenience of 70 clinical instructors were recruited from two nursing faculties at Cairo (n=47) and Helwan (n=23) universities. The sample represented the following practice categories; adult medical surgical, maternity, pediatric, community, psychiatric and nursing administration. The participants, initially, were instructed to complete a demographic sheet; 20 items related to physical assessment skills' questionnaire, and a physical assessment frequency scale to assess the frequency of use of 70 listed skills on a Likert scale ranging from frequent to never. The listed skills represented general appearance; head and neck, respiratory and chest; cardiovascular; gastrointestinal; neurological and musculoskeletal systems. In case the clinical instructors rarely or never use any of the listed skills, they should mention the barriers of the non-performance.

Results: Results of the 20 item questionnaire revealed poor knowledge scores for the Cairo (Mean=5.28 ± 2.91) and Helwan (Mean=7.52 ± 2.42) groups. The results of the physical assessment frequency scale revealed that, out of 70 listed physical assessment skills, 11 techniques were identified as performed frequently representing 15.7% of the techniques included in the survey. The majority of these techniques involved obtaining vital signs, general appearance (hygiene, grooming), inspection of skin color, palpation of edema, carotid artery, auscultation of bowel sounds, and assessment of conscious level. Frequent barriers for not performing physical assessment skills reported by clinical instructors are lack of knowledge and performance.

Conclusion/recommendation: Low mean knowledge scores and low frequency of use of physical assessment skills were perceived by clinical instructors. More educational opportunities should be provided including educational programs based on the clinical instructor's skill levels and needs.

Key Words: Perceived factors, Physical assessment skills, Clinical instructors.

Effect of an Educational Program on Nurses' Performance toward Children Suffering from Rheumatic Fever

By

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Rheumatic fever (RF) is a systemic illness that may occur following group A beta hemolytic streptococcal (GABHS) pharyngitis in children. Rheumatic fever and its most serious complication, rheumatic heart disease (RHD), are believed to result from an autoimmune response; however, the exact pathogenesis remains unclear. RF, used to be a fairly common disease amongst children in developed countries until about the middle of the 20th century. It was a major cause of death in children and a common cause of chronic structural heart disease in developed countries. In developing countries it still remains a major cause of death and heart disease.

The aim of this quasi-experimental study was to evaluate the effect of an educational program on nurses' performance toward children suffering from RF through assessing nurses' knowledge and performance regarding children suffering from rheumatic fever for designing and implementing an educational program for nurses based on their actual needs about children RF, and evaluate the effect of the implemented program.

Setting: Pediatric out-patient clinics and pediatric medicine inpatient departments at Children Hospital of Ain Shams University and Helwan General Hospital.

Subjects: The subjects consisted of 50 nurses who have been working at the previously mentioned settings.

Tools: **A)** Arabic interviewing questionnaire including 2 parts. **Part I** is concerned with socio-demographic characteristics of nurses and **part II** included assessment sheet to assess nurses' knowledge about RF (before, after, & at follow up). **B)** An observation sheet: It was used to assess nurses' performance regarding care of children suffering from RF before, after and at follow up after carrying out the program. **C)** Nurses educational booklet.

Results: There were statistically significant differences regarding nurses' knowledge and performance about children suffering from RF before and after program.

Conclusion and Recommendations: In the light of the present study it can be concluded that majority of nurses lacked knowledge and practices regarding rheumatic fever. On the other hand, the educational program changed and improved their knowledge and practices regarding RF. Conducting periodical educational training programs for pediatric nurses and handling of booklets about RF at hospitals, pediatric clinics, and child health centers.

Key words: Rheumatic Fever, Educational Program, Knowledge/Performance of nurses.

Improving Adjustment Patterns among Children with Juvenile Diabetes.

By

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Aim: this study aimed to improve adjustment Patterns of children with juvenile diabetes through, assessing the knowledge of Children about Juvenile Diabetes, their psychosocial problems and their adjustment patterns, designing and implementing psychosocial nursing intervention program for improving their Adjustment Patterns.

Methods:Design: this study was a quasi-experimental study.

Setting: the study was conducted at Out-Patient Clinic of pediatric hospital, affiliated to Ain Shams University.

Sample: the study involved 100 school age children with Juvenile diabetes and their accompanying mother was recruited into this study. The inclusion criteria were Male and females School age children (6-12 yrs.) suffering from diabetes alone.

Tools: tools of the study involved Anxiety scale and Introverted behavior scale to assess the psychosocial problems among diabetic children and questionnaire to assess the children's knowledge about Juvenile Diabetes and their psychosocial adjustment patterns. These tools were used twice pre and post intervention program.

Results: the main results showed that the psychosocial nursing intervention program was effective in improving adjustment patterns of school age children with Juvenile Diabetes.

Recommendations: this study recommended that, continuous educational health programs should be provided for diabetics' children and their caregivers about Juvenile Diabetes and

how to cope with their stressors, emphasizing on early detection and management of psychosocial problems of school age children with Juvenile Diabetes and factors interfere with their adjustment.

Key Words: School age children, Juvenile diabetes, Adjustment, Psychosocial nursing intervention

Health Promotion Program to Improve the Lifestyle of School Children Living in Slum Areas in Helwan Governorate.

By

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Abstract: The school years are a time when the foundations of a healthy lifestyle are formed and when health promotion programs are likely to have the greatest impact.

The aim of this study: was to evaluate the effect of health promotion program on improving lifestyle of school children living in slum areas.

Design: A quasi –experimental design was used.

Setting: The study was conducted at two governmental primary schools in Azbat Elwalda, in Helwan Governorate

Sample: A stratified multi-stage cluster random sample was used for selection of school children in slum areas, the total number of governmental primary schools in Azbat Elwalda is (3), two were chosen randomly. One class from fifth grade and one from sixth grade were selected randomly from each school. The total numbers of children for two schools were 200 (both sexes).

Tools: 3 tools were used 1) A structured interviewing questionnaire was used to assess students socio-demographic characteristics, students' perception of social and physical environment of school, students' common health problems during the past two years and students' knowledge about healthy life style . These tools were used before and after program. 2) A physical examination to assess the student from head to toe. 3) An observational checklist for assessing in and out school's environment.

Results: the study confirms that diseases of respiratory system had the highest frequencies among the students as follows: less than two fifths for common cold, more than one third for tonsillitis and bronchitis and more than one quarter for influenza. There was difference between before and after program implementation concerning students' health promoting life style, perception of social and physical school environment. The differences were statistically significant for all of variables ($P = < 0.001$).

Conclusion: The study concluded that students' perception improved toward their social, physical school environment and their knowledge about healthy life style

after implementing the health promotion program .This improvement was proved statistically.

Recommendations: The study recommended that a health promotion program are strongly needed to school children to improve their lifestyle especially school children living in slum areas and the necessity of improving school environmental sanitation for the promotion of students health.

Key Words: Slum area, lifestyle, environment, health promotion program, school age children

Study of Obesity in School Age Children and Adolescent at Selected Area at Helwan District.

By

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Background: Childhood obesity is an emerging global public health challenge because of the great increase in the prevalence of obesity among children and adolescents in all parts of the world. In Egypt, the prevalence of obesity among children and adolescents was 14.7 % and 15.08 % for males and females respectively. In addition, the incidence of overweight and obesity among children is slowly becoming a world-wide problem in developed and developing countries. There is no doubt that the percentages are even greater nowadays because of physical inactivity and westernization in diet. Health care providers need to take a proactive role when treating children and focus on prevention of obesity rather than waiting until the condition exists.

Aim of study: was to assess factors leading to obesity in school age children and adolescent and study the relation between obesity of school age children and adolescent and their puberty.

Method: Descriptive research design was carried out at Ezbet Elwalda in Helwan district. Subjects included 648 school age children (10-12) and adolescent (13-17) from both gender. The researchers utilized self-administered interview sheet to gather data in relation to personal information of the studied sample, their eating habits, life style pattern, gender puberty and physical assessment (height, weight & BMI) . Data were collected from beginning of March to the end of April 2010.

Results: The great majority of the studied sample was obese. As regard factors' leading to obesity it was found that unsatisfactory life style and poor feeding habits and pattern were the common causes. In relation to the effect of obesity on puberty there was statistical significant relation between obesity and puberty of the studied school age children and adolescent.

Recommendations: There was a great need to shed light and control of factor leading to obesity in school age children and adolescent. The pediatric and community nurse should guide school age children and adolescent to modify their life style to prevent obesity. Obese children should be monitored specially during their puberty.

Key Words: Obese, Overweight, BMI.

Headache in School Age Children and Its Possible Related Expected Predisposing Factors: An Assessment Study

By

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Background: Headache is a common symptom with a high prevalence in most epidemiological studies. It is one of the 10 most common reasons for outpatient physician visits. Headaches are common in children and the prevalence increases with increasing age.

Aim of study: was to find out the prevalence of headache among school age children and study different attributes associated with headaches in Ain Helwan district.

Method: Descriptive research design was carried out at primary, preparatory and secondary public schools in Ain Helwan district. **Subjects:** included 378 school age children 10-17 years, from both gender. **Sample:** A simple random sample was recruited, utilizing the non-probability sampling technique. **Tool:** The researchers utilized self-administered interview sheet to collect data in relation to personal information of the studied sample, their eating habits, and life style pattern. Data were collected in the period from beginning of March 2011 till the end of April 2011.

Results: revealed that, out of 378, students 221 were complaining from headache (58.5%). No statistically significant differences were detected between middle childhood and late childhood students regarding dizziness during car riding, sensitivity to certain smile, extreme noise, in addition to intensity of headache that increases with climbing stairs, sport, cough, change body posture, activity, teeth or gums' pain, ear problems, nervousness, vision problems and taking vitamins or drugs. Less than three quarters of sample had inadequate or irregular sleep (72.4%) and there were highly statistically significant differences between middle childhood and late childhood students regarding inadequate or irregular sleep and eating chocolate or cheese, skipping meals, drinking caffeine, staying long time in front of TV or computer, ingestion of cold drink or ice cream, smoking, and complying of any unhealthy condition. More than three quarters of the studied sample showed clinical manifestations of headache in stabbing pain followed by pressing headache (83.7% & 77.8 % respectively). Results revealed adverse effects of headache through scholastic achievement, school attendance and daily activity with no significant differences.

Conclusion: Headache represents a common disabling health problem among school age children in Ain Helwan district with a prevalence rate of 58.4%. In general, the prevalence of headache increases with age and it is higher in males than females.

Stress following staying long time in front of TV or computer was the most common precipitating factor for headache in the study.

Recommendation: Health education of the parents and children about the precipitating factors which triggers for headache, and increasing awareness about healthy life style, and early diagnosis and treatment of headache are recommended to avoid its drawbacks on child health and school performance.

Key Words: Obese, Overweight, BMI.

Effect of Health Educational Intervention on Nutritional Behavioral Modifications Among Obese Adolescent Girls

By

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This study aiming to: study effect of health educational intervention on nutritional behavioral modifications among obese adolescent girls.

The study was conducted at: five preparatory schools in Al Galawiya at El Damam City, Kingdom of Saudi Arabia. This study was a quasi-experimental design. A Purposive sample of 50 girls, students at preparatory schools, their ages ranged from 12-16 years and obese (according their Body Mass Index).

Study tools: involved (1) - An interviewing questionnaire to study the knowledge and practices reported by the studied sample regarding obesity and their nutritional behaviors. (2) - Body Mass Index to assess obesity of the studied sample.

The results of the study: revealed a statistical significant improvement of the studied sample regarding modifying their nutritional behavioral post implementation of the health educational intervention.

In conclusion: nutritional behavioral of the obese adolescent girls can be modifying through implementing health educational intervention.

Based on the results of the study it was recommended that, a periodical seminars and awareness in preparatory schools about obesity and its impact on the child's health, routine BMI assessment for girls in preparatory schools to facilitate early detection of overweight and obesity, implementing similar health educational intervention in preparatory schools for girls to ensure healthy nutritional behaviors .

Key words: Obesity, Girls, BMI, Nutritional Behavioral, health educational Intervention, Pediatric nursing.