PS-257 DANGER IN CHILD NUTRITION: JUNK FOODS

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Background and aims The junk food like chocolate, sweets, savoury snacks, crisps, have high sugar and fats, but low in nutritional value. It is important to teach your children to eat more balanced, whole foods and avoid junk food. The aim of the study is to determine mother attitudes about junk food consumption of their children.

Methods A descriptive quantitative approach was used in study. The data were obtained from 200 mothers who has child in different ages by a questionnaire designed by researchers. Data was evaluated using the descriptive statistics available in the Statistical Package for Social Sciences Software (SPSS 16.0).

Results Most of the mothers (37,5%) between 21–25, high-school graduate (33,5%) and housewife (63,5%). Most of them (93,5%) allowed their children to eat junk foods (crisps, chocolate, water), to buy one junk food for every market shopping (61,7%). Mothers’ prefer and knowledge affected choosing junk foods (53%). Mothers’ stocking constantly biscuit, wafer, fruit milk percent was 62%. Wafer and chocolate were 62%, biscuit was 32 % of these stocked foods. Most of mothers didn’t prepare yoghurt at home (64,5%), and give their children artificial milk, milk products, fruit yoghourt (86%). Mothers also stated that they eat junk foods with their children, too (61,7%).

Conclusion Mothers’ knowledge, attitude and prefer about junk foods have great role in junk consumption of children. It is suggested that increasing mothers’ attention about healthy child nutrition may prevent consumption of junk food.

PS-258 CAN THE EXPRESSION OF CHRONIC DISEASE GIVEN BY CHILDREN BE UNDERSTOOD WITH AESTHETIC KNOWING?

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Background and aims Aesthetic Knowing provides understanding human reactions towards disease, health, events. Study was conducted qualitatively to understand what chronic disease expressed to children with chronic diseases by intern nurses with Aesthetic Knowing.

Methods Study was conducted with 25 intern nurses caring 25 children aged 9–18 years hospitalised at paediatric clinics of a university hospital in Turkey. Ethical approval and consent from students, children, parents were obtained. Aesthetic Knowing education was given to students prior to study. Students wanted children to express what it meant to have chronic disease by painting (8) or article-poem-letter (17) based on their preferences. Focus group interview was done to learn experiences of students, recorded and themes (meaning of chronic disease for children, benefits of Aesthetic Knowing, experiences of students about using Aesthetic Knowing in nursing, contribution of Aesthetic Knowing to nursing) were determined after content analysis.

Results Opinions of students about chronic disease were; fear, anxiety, concern, stress, anger, pain, feeling of guilt, impact on routines, school lives, life styles, quality of life, social and psychological support needs, future uncertainty, limitations of disease (medications, diet).

Opinions of students about benefits of Aesthetic Knowing and its usage in nursing were; entering inner world of children, understanding feelings of pain, anger, guilt, increasing empathy, trust relations, communication, provision of holistic care, improving quality of care, integrating family into care, noticing patient needs, providing patient self-expression.

Conclusions Aesthetic Knowing is recommended to use in nursing education and patient care to understand children reactions and direct care.

PS-259 WITHDRAWN

PS-260 DETERMINING THE ATTITUDES OF NURSING STUDENTS TOWARDS EVIDENCE BASED NURSING

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Background In order that evidence-based nursing practices can be integrated into the clinic and that the nurses have a critical perspective, the principles and the value of evidence-based practices should be given at undergraduate nursing education.

Aim This research has been conducted in order to determine the attitudes of nursing students towards evidence-based nursing.

Methods The descriptive research has been conducted in Selcuk University Faculty of Health Sciences between March 1 and April 1, 2014. Research data were gathered from 2nd, 3rd and 4th grade 263 nursing students with a questionnaire form prepared by the researchers and ‘The Attitude towards Evidence-Based Nursing’ (AEBN) and was evaluated by average, percentage and t-test.

Results 60% of the students participating in the research were between 21–23 years old. 57,8% of the students were taking the research course, 57, 4% of weren’t reading any journals of nursing, 53,6% didn’t participate in any scientific activity. The point average of AEBN was 57,33 ± 8, 88. A statistically significant difference was found between the attitudes towards taking the research course, reading journals of nursing, participating in scientific activities, the desire to make research after graduation and the AEBN scale score. (Respectively t = 2,276, p = 0,024, t = 2,174 p = 0,031, t = 2,580 p = 0,010, t = 6,856 p = 0,000).

Conclusion It has been found that the AEBN scale score of the students participating in professional scientific studies was high. It was concluded that the practices for evidence-based nursing should be increased and inclusive education should be given so that the results can be adapted into clinical setting.

PS-261 PARENTAL NEEDS IN NEONATAL INTENSIVE CARE UNIT

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Background and aims In neonatal intensive care unit (NICU) parents have different needs, which may be different after discharge. The aim of the study was to determine parental needs in NICU.

Methods A descriptive study was conducted in NICU in a teaching hospital during March 2014 in a survey form. The questionnaire was based on the previous researches. Data were collected from 10 parents of newborn in NICU. The average age of the parents was 29.3 years (ranging from 26 to 35). A total of 90 items were included in the form and 16 items related to ‘trust relations’, ‘communication’, ‘provision of holistic care’, ‘noticing patient needs’ and ‘providing patient self-expression’ were selected. The mean score of each item was calculated.

Results The mean values were between 22.1 and 60.1, with 50.2 as the overall mean. The lowest mean score was found in the item 21 (22.1), ‘providing patient self-expression’ and the highest mean score was 60.1 for item 20, ‘providing holistic care’.

Conclusion The results showed that the parents in NICU have different needs. The importance of giving patient self-expression and holistic care was agreed by parents. It is important to give these needs to parents after discharge.
Parent participation in the nursing process significantly contributes to the overall wellbeing of a newborn and the whole family. It is important to ensure that nurses, who take care of newborns and collaborate with their family members, are well-acquainted with the influence that an infant's illness and critical condition as well as the stress have on the functioning of a family unit.

The Aim To compare parents' and nurses' perceptions of parents needs in Neonatal Intensive Care Unit.

The study was conducted in Kaunas University Hospital NICU. The sample consisted of 181 parents and 37 nurses. The NICU Family Needs Inventory was used for data collection. The instrument included five following subscales of needs: proximity, information, assurance, support and comfort. Reliability of the scale was identified as 0.94 using Cronbach’s α.

The parents' needs perceived by both groups were compared within the subscales. Using Mann-Whitney rank test the significant differences between the parents' and nurses' assessments of individual statements were identified. The majority of statistically significant differences between parents and nurses have been found in case of assessment of proximity (75.0%) and informational (72.7%) needs related to the possibility for parents to be close to their newborn and to receive timely and adequate information about their newborn's health condition. Parents, if compared to nurses, assessed these needs as more important. The assessment of support needs showed the lowest number of differences (38.9%). There was a statistically significant difference in case of the decision making needs related to the newborn care that parents identified as being more important. Nurses perceived as being more important the needs related to parent-to-parent support and possibility to share feelings.

The comparison of parents and nurses perceptions of parents needs in NICU showed that there are statistically significant differences of individual statements assessment within the all five subscales.

**Conclusions** This study shows that infants have different early warning signs of physiological instability. However this instability can be expressed in a risk score, which might predict the chance that the infants are re-admitted to the NICU. The NICU may thus decide to not discharge the infant for a few more days. Further research on the utilisation of the risk score is needed.