DANGER IN CHILD NUTRITION: JUNK FOODS

Mo Uzun, N Atar, A Gündoğdu. Child Health and Illnesses Nursing, Bülent Ecevit University, Zonguldak, Turkey; Essentials of Nursing, Bülent Ecevit University, Zonguldak, Turkey; Nursing, Bülent Ecevit University, Zonguldak, Turkey; NICU, Eregli Educational and Research Hospital, Zonguldak, Turkey

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 yoghurt (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PS-258 WITHDRAWN

Determining the Attitudes of Nursing Students Towards Evidence Based Nursing

E Fas Anılı, R Celen. Associate Professor Pediatric Nursing, Selcuk University, Konya, Turkey; Assistant Pediatric Nursing, Selcuk University, Konya, Turkey

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 toward 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

A Vaskelyte, V Grigaliuniene, V Bulikaite. Nursing and Care, Lithuanian University of Health Sciences, Kaunas, Lithuania

Background Aims: to determine parents’ needs and their attitudes towards neonatal intensive care. The study is performed in Lithuania, which is a country with high population growth, and in which the number of patients who need NICU care is increasing.

Methods: A mixed method research design was conducted. structured interview, focus group interviews and descriptive survey were used. The sample of the study was 38 parents of neonates. The survey was conducted using a self-reported questionnaire and included two sections: demographic characteristics of the participants and their needs. Data were collected from April 1 to July 1, 2014. The research was approved by the Research Ethics Committee of the Lithuanian University of Health Sciences.

Results: Demographic information of the sample revealed a majority of parents were female (97%), married (97%), and had the higher education. Moreover, most of parents had no prior experience with neonatology (84%). The results of the descriptive survey showed that the majority of parents had moderate needs (55.3%), with the highest need to be informed about the treatment plan for their child, followed by being reassured about the possibility of recovery (36.8%). The study also identified a lack of knowledge about the causes of neonatal intensive care conditions (81.6%) and the need for better preparation to deal with the crisis situation (76.3%). Furthermore, parents expressed their concern about their child’s care during hospitalization (97.4%) and the loss of control (94.7%). The comparison of needs of parents living in urban areas and rural areas showed that urban parents had significantly higher needs in all categories.

Conclusion: The study results suggest that there is a need for more comprehensive care and education for parents of neonates. Further research is needed to develop interventions that meet the needs of parents and improve the outcomes for neonates.
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, 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 (NICU).

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: 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’s-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.

Background and aim The most important reason for the high mortality rates of cancer is the low level of awareness, which leads to a late diagnosis and the treatments starting too late. For this reason, it is important for individuals, especially at younger ages, to gain awareness and integrate taking the necessary precautions into their lifestyle in order to prevent cancer and ensure early diagnosis. This study was performed with the goal of determine the levels of awareness of students studying in two different campuses of a university in the Western Black Sea Region on cancer and its symptoms.

Methods This descriptive/cross sectional study was performed in a university in the Western Black Sea Region between 01. February 2013-01. April 2013. Students studying in the 2012–2013 academic year in a university in the Western Black Sea Region formed the universe of the study. The study was performed in two separate campuses belonging to the university.

Results The average age of the students was 22.01 ± 3.63. While female students were the majority in the health sciences campus (74.8%), male students were the majority in the central campus (76.5%). 57.5% were male. 9.6% of the students from the central campus (74.8%), male students were the majority in the central campus (76.5%). 57.5% were male. 9.6% of the students from the health sciences campus and 12.4% of the students from the central campus thought that cancer was communicable, while most of the students from both campuses knew that smoking caused cancer. It can also be seen that the rate of answering questions regarding cancer correctly was higher among students studying in the health sciences campus.

Conclusion It was determined that students who do not study at the health campus have insufficient information on cancer, cancer symptoms, and the presence of breast cancer in males and approximately half of them regarded obesity as a risk factor for cancer.

Objective Different types of devices for manual (bag) ventilation are available. But which device is the best to use is still a matter of controversy. Most frequently used devices in Dutch PICU’s include the Self Inflating Bag (SIB) and the Flow Inflating Bag (FIB). The choice of the system seems to be subjective, and depend mostly on unit policy or personal preferences. Studies on unknown parameters of lung mechanics predict their use, thus the means of obtaining information on these unknown parameters is required.