

the less enter the users into relationship with people in social life; which may result in “social isolation”.

This research was carried out in the form of a descriptive study aimed to identify the impact of university students’ use of social media on their level of loneliness and anxiety.

**Methods** The universe of research consisted of 754 students of a state university, willing to participate in research. In the personal data sheet developed for the purpose of data gathering, the researchers made use of the Beck Anxiety Inventory and UCLA Loneliness Scale. The researchers obtained written permits from the state university’s ethics committee as well as written and verbal consent forms from participating students.

**Conclusion** The results revealed that 65.1% of the participants had an own personal computer, 60.7% had a Facebook account, 14.5% a Twitter account, 37.4% spent 1–2 h on the computer, while 18.6% spent 3–4 h; and that 31.6% used the internet to get information, 11% to get socialised/establish friendships, 27.6% to get rid of boredom, and 32.2% to engage in conversation.

**Discussion** The loneliness level of students making use of social media 8 h a day or more, the anxiety level of students making use of social media almost never/only once in a month or those staying with their relatives, and the anxiety and loneliness level of those at an age of 31 and more have been found to be high.

## Nursing – Hematology and Oncology

### PO-0880 EVALUATION OF MUCOSITIS IN PAEDIATRIC ONCOLOGY PATIENTS

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**Background** Cancer is a disease that is also encountered in children and requires an intensive treatment process. Chemotherapy medications and radiotherapy also harm healthy mucosa cells and cause mucositis while destroying malign cells.

**Aim** Evaluation of mucositis in paediatric oncology patients.

**Method** Review of the studies conducted on this field.

**Result** Children have difficulty in eating and drinking, and may refuse to eat due to pain, bleeding, ulceration, xerostomia, changes in the taste and malnutrition experienced during mucositis. Evaluation of mucositis is difficult due to their inability to cooperate for evaluation because of their young ages, the need for fast and easily-applied rating scale special to children, and the needs of the medical personnel and family to be trained about mucositis. World Health Organisation’s rating can be used in evaluation of mucositis. This is a simple rating scale, can be used for young children, and takes a short time to use. Another evaluation scale is developed by National Cancer Institute. In this scale; effect of symptoms and findings of mucositis are determined on functions such as eating and rating is performed. “Oral Health Evaluation Guide” assessing other structures inside the mouth can also be used. This scale is modified for child and parents. Another scale is Children’s International Mucositis Evaluation Scale.

**Conclusion** It is recommended for healthcare organisations to perform the evaluation of mucositis by using comprehensible scales before and after the treatment. Damages of mucositis can

be prevented or reduced by considering these recommendations and scales.

### PO-0881 THE EFFECT OF FAMILY CENTRED CARE ON THE ANXIETY LEVELS OF CHILDREN WITH CANCER AND PARENTS

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**Introduction** This research was carried out in order to determine the effect of family centred care on the anxiety levels of children with cancer and parents.

**Methods** The study was carried out in the child oncology clinic of a university hospital between March 2011 and April 2013. The study sample consisted of 33 children, their mothers, and 12 fathers as the study group and 31 children, their mothers, and 10 fathers as the control group. Furthermore, the study consisted 11 nurses and 4 physicians who are employed in the clinic. The data were collected using a Descriptive Questionnaire for Parents and Children, the Family-Centred Care Questionnaire, State-Trait Anxiety Inventory. The scales were administered to the study and control groups 3 times, once at the first meeting and then in monthly intervals. All data was analysed using SPSS.

**Results** No difference was found during the first measurement between the mean state-trait anxiety scores of the children and parents in the study and control groups. Following the family-centred care training given to the health professionals, the mean state-trait anxiety scores of the children and parents in the study group showed a significant decrease in the last measurements as compared to the control group ( $p < 0.001$ ).

**Conclusion** The study revealed that the family-centred care was effective in reducing the anxiety levels of children with cancer and parents. Thus, we recommend that the practice of family-centred care be proliferated.

### PO-0882 DETERMINING THE BURDEN LOAD AND THE LIFE QUALITY OF THE MOTHER AND FATHERS OF THE CHILDREN WITH CANCER DIAGNOSIS AND HEMATOLOGIC DISEASES

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This research was planned as descriptive study for the purpose of determining the burden load and the life quality of the mother and fathers of the children with cancer diagnosis and hematologic diseases.

**Methods** The research was carried out in the Pediatrics Hematology and Oncology Polyclinic and Clinics of Gulhane Military Medical Academy, between December 2011–April 2012. The research sample was composed of 101 parents of children with cancer diagnosis and hematologic diseases.

The questionnaire form that was prepared by the researcher, “Caregiving Burden Scale” and “Rolls Royce Life Quality Scale” were applied to participants.

**Results** It was determined that the score of care burden of the parents who are in 46–55 age group, who have three and