

need for the latest available evidence to improve our nursing protocols and (b) the availability of suitable graduation subjects in this instrument.

**PO-0893** **WHAT DO THE MOTHERS' PREFER FOR MATERIALS ABOUT CHILDREN'S CARE?: CLOTHING, HYGENIC CARE AND NUTRITION**

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**Background and aims** Immature organ systems of children are often less capable of fending off chemical assaults. Subtle damage to developing bodies may lead to disease later in life. Mothers need to have a careful consideration. As fragile living being children need to be carefully protected and need proper clothing, hygienic care and healthy nutrition. The aim of this study was determining preference of mothers' about cloths, hygienic materials (especially toiletries) and nutrition for their children.

**Methods** A descriptive quantitative approach was used in study. The data were obtained from 198 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 were (43,4%) between 26–30, high-school graduate (% 34,3) and housewife (66,2%), the salary of (45,5%) 1001–1500 TL. The mother's selection criteria for their children's clothes, hygienic materials, shoes and food are; for clothes according to texture (cotton) (50,8%), for hygienic material according to be hypoallergic (50,3%), for shoes according to flexibility (39,1%), for food according to experience (66%).

**Conclusion** It is shown that the mothers' preference were focus on the best things they can effort. The age, economical status and job didn't influence their decision directly.

**PO-0894** **MY HANDS CLEAN, I AM HEALTHY**

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**Background and aims** Hygen education is one of the most important self-care activity in pre-school children. We can protect the chilrens from mycrobic diseases by teaching the principles of hand hygiene, toilet hygiene and bathing. The purpose of the study is teaching true techniques of hand washing, rules of toilet and bathing hygiene to pre-school children.

**Methods** This study performed with 150 pre-school children between the age of 3–6 during the Child Health and Illnesses Nursing Course. Four nursing students prepared a powerpoint presentation about microbes, preventions, hand, bathing, toilet hygiene by the help of their lecturer. They presented powerpoint presentation to the pre-school students, next showed videos about hand, toilet and bath hygiene, learnt true hand washing technique by demonstration.

**Results** Although benefits of hygiene and harm of microbes learning ability of children changed according to the age most of the students achieved the goals of the studies. 90% of 4 years of students washed their hands in true technique, 80% of 5 years old students obeyed hygiene rules for toilet and bathing and 73% of 6 years old students count the benefits of hygiene and harm of microbes.

**Conclusion** The learning activities of children can be supported by explanation, demoststration and application. Nursing students can perform great role on teaching the subjects regarding protection and promoting of health. If the student see the true role model behind them, they can learn true activity easily.

**PO-0894a** **THE EFFICACY OF MECHANICAL VIBRATION OF HEEL STICK PAIN IN TERM NEONATES**

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**Background and aims** During 80's most paediatricians believed that newborns do not feel pain because of immature peripheral nervous system and incomplete myelination; which turned out to be false. Today, either non-pharmacologic or pharmacological analgesia during invasive procedures is mandatory. On the other hand vibration is very well known for pain relief since 40's. In this study we aimed to evaluate the effectiveness of mechanical vibration application to avoid pain sensation during heel puncture in newborn babies.

**Methods** This study is a prospective single centre, randomised clinical trial. Sixty healthy term neonates were divided into 2 for Control (sucrose) and Study groups (sucrose+vibration). Heel puncture was applied to these babies for the 1st time during routine testing for metabolic disease screening. Data of the participants were recorded and NIPS was used to evaluate the behavioural response of neonates during pain.

**Results** Cronbach's alpha coefficient for NIPS scoring system was found as 0.85 during procedure and as 0.87 after procedure. Reliability of the study was found to be high. Mean of NIPS scores in study and control groups were significantly higher during procedure and after procedure ( $p < 0.001$ ).

**Conclusions** Mechanical vibration is found to be effective in decreasing pain sensation in neonates and can be applied as one of non-pharmacologic methods.

## Nursing-Neonatal Others

**PO-0895** **RURAL RESEARCH REVIVED**

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**Background and aims** Our remote Local Neonatal Unit (LNNU) is located in Cornwall, and is 180 miles from the nearest tertiary centre. We already had research experience, but the lack of dedicated nurse support was inhibiting further research participation. Our aim was to promote neonatal research to facilitate inclusion in more studies.