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ملخصات الأبحاث التطبيقية بقسم التمريض الباطني الجراحي
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Effect of Evidence-Based Guidelines on Health Outcomes among Patients Undergoing Extracorporeal Shock Wave Lithotripsy for Urolithiasis

Authors: Said Mohammed Abd El Guid, Marwa Mosaad Ali, Samah Elsayed Ghoneem

Abstract:

Background: Extracorporeal shock wave lithotripsy (ESWL) is a common non-invasive procedure used to treat urolithiasis. Evidence-based nursing guidelines are essential to improve patient outcomes and reduce complications. **Aim:** To evaluate the effect of evidence-based guidelines on health outcomes among patients undergoing ESWL for urolithiasis. **Design:** A quasi-experimental research design was used. **Setting:** Urology departments at a university hospital. **Sample:** Patients undergoing ESWL for renal or ureteric stones were included in the study. **Tools:** Structured questionnaire, pain assessment scale, and clinical outcome sheet were used to assess urinary symptoms, pain, and post-procedural complications. **Results:** The study showed significant improvement in patients' outcomes after implementation of evidence-based guidelines, including reduced pain levels, fewer complications, and improved knowledge regarding self-care. **Conclusion:** Evidence-based guidelines positively improve health outcomes in patients undergoing ESWL. **Recommendations:** Implementation of standardized care protocols and patient education before ESWL is recommended

Effect of Educational Intervention on Nurses' Performance Post Renal Transplantation

Authors: Heba Abdallah Ahmed Aliam, Manal Hamed Mahmoud, Nehal Mahmoud Abo El-Fadl, Rasha Fathy Mohamed Complete Abstract

Background: Post-renal transplantation care requires highly skilled nursing to prevent rejection, infection, and complications. Continuous education improves nurses' competency and patient outcomes. **Aim:** To evaluate the effect of an educational intervention on nurses' performance in caring for post-renal transplantation patients. **Design:** A quasi-experimental research design was used. **Setting:** Renal transplant units at a university hospital. **Sample:** Nurses working in renal transplantation units were included. **Tools:** Structured knowledge questionnaire and observational checklist were used to evaluate performance. **Results:** The study revealed a statistically significant improvement in nurses' knowledge and practice after the educational intervention, particularly in infection control, medication administration, and graft monitoring. **Conclusion:** Educational intervention significantly enhances nurses' performance in post-renal transplant care. **Recommendations:** Continuous training programs and adherence to transplant care protocols are recommended

Effect of an Educational Program on Nurses' Performance regarding Care for Patients with Subarachnoid Hemorrhage

Authors: Wessam Mohamed Abdulmniem, Marwa Mustafa Ragheb, Sabah Saeid Mohamed, Safaa Muhammed Hamed **Complete Abstract**

Background: Subarachnoid hemorrhage (SAH) is a life-threatening neurological condition requiring immediate and specialized nursing care to prevent complications such as rebleeding and vasospasm. **Aim:** To evaluate the effect of an educational program on nurses' performance regarding care for patients with subarachnoid hemorrhage. **Design:** A quasi-experimental research design was used. **Setting:** Neurological intensive care units at a university hospital. **Sample:** Nurses working in neurosurgical and neurological units were included. **Tools:** Structured knowledge questionnaire and observational checklist were used. **Results:** A significant improvement in nurses' knowledge and clinical performance was observed after implementation of the educational program, especially in neurological assessment and intracranial pressure monitoring. **Conclusion:** Educational programs effectively improve nurses' performance in SAH patient care. **Recommendations:** Continuous neurology-focused training and simulation-based education are recommended.

Effect of Training Program on Nursing Performance regarding Emergency Management of Acute Myocardial Infarction Patients

Authors: Samar Abd-Elhai Abd-Elghani Shetaia, Marwa Mostafa Ragheb, Sabah Saeed Mohamed, Samah El-Sayed Ghoneem

Abstract

Background: Acute myocardial infarction (AMI) is a medical emergency requiring rapid and accurate nursing intervention to reduce mortality and complications. **Aim:** To evaluate the effect of a training program on nursing performance regarding emergency management of AMI patients. **Design:** A quasi-experimental research design was used. **Setting:** Emergency departments and cardiac care units at a university hospital. **Sample:** Nurses working in emergency and cardiac units were included. **Tools:** Structured questionnaire and observational checklist for emergency care procedures were used. **Results:** The training program significantly improved nurses' knowledge and emergency response performance, including ECG interpretation, oxygen therapy, and medication administration. **Conclusion:** Training programs are effective in improving emergency nursing care for AMI patients. **Recommendations:** Regular cardiac emergency training and simulation drills are strongly recommended.

Effect of Evidence-Based Nursing Program on Post Thoracic Surgery Patients' Health Outcomes regarding Pulmonary Care

Authors: Eman Gamal Ahmed Mohammed, Hanan Gaber Mohamed, Hala Abd El-Salam Sheta, Samah Elsayed Ghoneem

Abstract

Background: Post-thoracic surgery patients are at high risk of pulmonary complications such as atelectasis and pneumonia. Evidence-based pulmonary care is essential to improve recovery. **Aim:** To evaluate the effect of an evidence-based nursing program on health outcomes of post-thoracic surgery patients regarding pulmonary care. **Design:** A quasi-experimental research design was used. **Setting:** Thoracic surgery units at a university hospital. **Sample:** Patients undergoing thoracic surgery were included in the study. **Tools:** Clinical assessment sheet, respiratory function monitoring, and complication checklist were used. **Results:** The study showed significant improvement in respiratory outcomes, reduced pulmonary complications, and improved patient recovery after implementation of the evidence-based program. **Conclusion:** Evidence-based pulmonary nursing care significantly improves post-thoracic surgery outcomes. **Recommendations:** Implementation of standardized pulmonary care protocols and nurse training programs is recommended.

Impact of Comprehensive Discharge Program on Patients' Outcomes after Open Heart Surgery

Authors: Esraa Mahmoud Abdallah, Marwa Mostafa Hegazy, Sabah Saied Mohamed, Rasha Fathy Mohamed

Abstract

Background: Patients undergoing open heart surgery require structured discharge planning to ensure continuity of care, reduce complications, and improve recovery at home. **Aim:** To assess the impact of a comprehensive discharge program on patients' outcomes after open heart surgery. **Design:** A quasi-experimental research design was used. **Setting:** Cardiac surgery units at a university hospital. **Sample:** Patients undergoing open heart surgery and preparing for discharge were included. **Tools:** Structured questionnaire, discharge readiness scale, and follow-up outcome checklist were used. **Results:** The study demonstrated significant improvement in patient knowledge, self-care practices, and reduction in postoperative complications after implementation of the discharge program. **Conclusion:** Comprehensive discharge planning significantly improves postoperative outcomes in open heart surgery patients. **Recommendations:** Structured discharge education and follow-up programs should be integrated into cardiac surgical care.

Effect of an Educational Program on Nurses' Performance and Patients' Health Outcomes regarding Diabetic Ketoacidosis

Authors: Essam Abd Elkhalek Mekky, Hayam Ahmed Mohamed Hassan, Rawia Ali Ibrahim Abstract

Background: Diabetic ketoacidosis (DKA) is a life-threatening complication of diabetes mellitus requiring immediate and accurate nursing intervention. Proper nursing management significantly affects patient outcomes and survival. **Aim:** To evaluate the effect of an educational program on nurses' performance and patients' health outcomes regarding diabetic ketoacidosis. **Design:** A quasi-experimental research design was used. **Setting:** Emergency and medical intensive care units at a university hospital. **Sample:** Nurses caring for DKA patients and patients diagnosed with diabetic ketoacidosis were included in the study. **Tools:** Structured knowledge questionnaire, observational checklist, and patient outcome assessment sheet were used. **Results:** The study showed a statistically significant improvement in nurses' knowledge and performance after implementation of the educational program. Patient outcomes such as glucose control, acid-base balance, and complication rates also improved significantly. **Conclusion:** Educational programs significantly enhance nurses' performance and improve outcomes of patients with diabetic ketoacidosis. **Recommendations:** Continuous training and adherence to DKA management protocols are strongly recommended.

Effectiveness of an Educational Program on Self-Care Practices and Functional Status among Patients with Psoriasis

Authors: Wanesa Mohammed Ibrahim Gad Allah, Marwa Mostafa Ragheb, Manal Hamed Mahmoud, Rawia Ali Ibrahim

Abstract:

Background: Psoriasis is a chronic inflammatory skin disease that affects physical function, psychological well-being, and quality of life. Self-care plays a vital role in disease control and symptom management. **Aim:** To evaluate the effectiveness of an educational program on self-care practices and functional status among patients with psoriasis. **Design:** A quasi-experimental research design was used. **Setting:** Dermatology outpatient clinics at a university hospital. **Sample:** Patients diagnosed with psoriasis were included in the study. **Tools:** Structured questionnaire, self-care practice scale, and functional status assessment tool were used. **Results:** The educational program led to significant improvement in patients' knowledge, self-care practices, and functional ability. Reduction in symptom severity and improved quality of life were also observed. **Conclusion:** Educational intervention effectively improves self-care and functional status among patients with psoriasis. **Recommendations:** Patient education programs should be integrated into routine dermatology care.

Effect of Nursing Program on Patients' Knowledge and Self-Care Strategies regarding Lymphedema Prevention Post Mastectomy

Authors: Kariman Mahmoud Ramadan, Marwa Mostafa Ragheb, Hala Abd El-Salam Sheta, Safaa Mohamed Hamed

Abstract:

Background: Lymphedema is a common complication following mastectomy that significantly affects patients' physical and psychological well-being. Preventive self-care strategies are essential to reduce risk. **Aim:** To evaluate the effect of a nursing program on patients' knowledge and self-care strategies regarding lymphedema prevention post mastectomy. **Design:** A quasi-experimental research design was used. **Setting:** Oncology and surgical outpatient clinics at a university hospital. **Sample:** Women who underwent mastectomy were included in the study. **Tools:** Structured questionnaire, knowledge assessment tool, and self-care practice checklist were used. **Results:** The study demonstrated significant improvement in patients' knowledge and preventive self-care practices after implementation of the nursing program. Incidence of early lymphedema symptoms decreased. **Conclusion:** Nursing programs significantly improve awareness and self-care practices for lymphedema prevention. **Recommendations:** Continuous education and follow-up programs should be implemented for post-mastectomy patients

Effect of Buerger Allen Exercise on Lower Extremity Perfusion among Patients with Type 2 Diabetes Mellitus

Authors: Walaa Eid Zaki, Marwa Mostafa Ragheb, Amal Saied Taha, Eman Sobhy Omran

Abstract:

Background: Peripheral vascular complications are common in patients with type 2 diabetes mellitus, leading to reduced lower limb perfusion and risk of ulcers. Buerger Allen exercise is a non-pharmacological intervention that improves circulation. **Aim:** To evaluate the effect of Buerger Allen exercise on lower extremity perfusion among patients with type 2 diabetes mellitus. **Design:** A quasi-experimental research design was used. **Setting:** Medical outpatient clinics at a university hospital. **Sample:** Patients diagnosed with type 2 diabetes mellitus were included in the study. **Tools:** Peripheral circulation assessment sheet, ankle-brachial index measurement, and structured questionnaire were used. **Results:** The study revealed significant improvement in lower limb perfusion indicators after implementation of Buerger Allen exercise. Reduction in numbness and pain was also observed. **Conclusion:** Buerger Allen exercise is effective in improving lower extremity circulation in diabetic patients. **Recommendations:** Patients should be educated about regular performance of Buerger Allen exercises.

Effect of an Educational Protocol on Hypothyroidism Patients' Knowledge and Practice

Authors: Wafaa Afifi Abd Elazeem, Heba Abd Elkader Ali, Doaa Mohamed Mahmoud

Abstract :

Background: Hypothyroidism is a chronic endocrine disorder requiring lifelong management and patient adherence to medication and lifestyle modifications. Patient education is essential for disease control. **Aim:** To evaluate the effect of an educational protocol on hypothyroidism patients' knowledge and practice. **Design:** A quasi-experimental research design was used. **Setting:** Endocrine outpatient clinics at a university hospital. **Sample:** Patients diagnosed with hypothyroidism were included in the study. **Tools:** Structured questionnaire, knowledge assessment tool, and self-care practice checklist were used. **Results:** The educational protocol significantly improved patients' knowledge and adherence to medication and lifestyle recommendations. Improved symptom management was also observed. **Conclusion:** Educational protocols effectively enhance knowledge and self-care practices among hypothyroidism patients. **Recommendations:** Continuous patient education and follow-up programs are recommended for chronic disease management

Effect of an Educational Program on Nurses' Performance toward Caring for Ophthalmic Patients Affected by Climate Changes

Abstract:

Background: Climate changes contribute to increased prevalence of ophthalmic disorders such as allergic conjunctivitis, dry eye syndrome, and irritative eye conditions. Nurses play an essential role in early detection, care, and prevention of complications. **Aim:** To evaluate the effect of an educational program on nurses' performance toward caring for ophthalmic patients affected by climate changes. **Design:** A quasi-experimental design was used. **Setting:** Ophthalmology outpatient clinics at a university hospital. **Sample:** Nurses working in ophthalmic units were included. **Tools:** Structured knowledge questionnaire and observational checklist. **Results:** Significant improvement was found in nurses' knowledge and practice scores after implementation of the educational program, particularly in eye care techniques and infection prevention measures. **Conclusion:** Educational programs significantly improve nurses' performance in managing climate-related ophthalmic conditions

Effect of Educational Program regarding Double Check for Safe Chemotherapy Administration on Nurses' Performance, Beliefs and Attitude

Abstract:

Background: Chemotherapy is a high-risk medication requiring strict safety procedures such as double-checking to prevent medication errors and patient harm. **Aim:** To evaluate the effect of an educational program regarding double-check procedures on nurses' performance, beliefs, and attitudes toward safe chemotherapy administration. **Design:** Quasi-experimental design. **Setting:** Oncology departments at a university hospital. **Sample:** Oncology nurses were included. **Tools:** Knowledge questionnaire, attitude scale, and observational checklist. **Results:** A significant improvement was observed in nurses' knowledge, attitudes, and adherence to double-check safety procedures after program implementation. **Conclusion:** Educational intervention improves chemotherapy safety practices and nurses' attitudes

Nurses' Performance regarding Care of Patients with Posttraumatic Hypovolemic Shock

Abstract:

Background: Posttraumatic hypovolemic shock is a life-threatening emergency requiring immediate and accurate nursing intervention to restore circulation and prevent organ failure.

Aim: To assess nurses' performance regarding care of patients with posttraumatic hypovolemic shock. **Design:** Descriptive cross-sectional design. **Setting:** Emergency and intensive care units.

Sample: Nurses working in critical care settings. **Tools:** Knowledge questionnaire and observational checklist.

Results: The study revealed inadequate knowledge and unsatisfactory practices among nurses regarding fluid resuscitation, monitoring, and emergency management.

Conclusion: There is a need for continuous training programs to improve emergency nursing care for hypovolemic shock.

Effect of Educational Program on Minimizing Complications for Patients Post Bariatric Surgeries

Abstract :

Background: Bariatric surgery is effective for weight reduction but may lead to complications such as infection, nutritional deficiencies, and leakage if postoperative care is inadequate. **Aim:** To evaluate the effect of an educational program on minimizing postoperative complications in bariatric surgery patients. **Design:** Quasi-experimental design. **Setting:** Surgical units. **Sample:** Patients undergoing bariatric surgery. **Tools:** Structured questionnaire and complication follow-up checklist. **Results:** Significant reduction in postoperative complications and improved patient adherence to dietary and lifestyle instructions after the educational program. **Conclusion:** Educational interventions are effective in improving postoperative outcomes after bariatric surgery

Effect of Self-Management Program on Health Outcomes of Patients with Liver Cirrhosis

Abstract:

Background: Liver cirrhosis is a chronic progressive disease requiring long-term self-management to prevent complications such as ascites, bleeding, and hepatic encephalopathy. **Aim:** To evaluate the effect of a self-management program on health outcomes of patients with liver cirrhosis. **Design:** Quasi-experimental design. **Setting:** Medical wards and outpatient clinics. **Sample:** Patients diagnosed with liver cirrhosis. **Tools:** Self-management questionnaire and clinical outcome assessment sheet. **Results:** Significant improvement in patients' self-care behaviors, symptom control, and quality of life after the intervention, with reduced hospital readmissions. **Conclusion:** Self-management programs improve outcomes and quality of life in liver cirrhosis patients.

Effect of Designed Lifestyle Modification Program on Outcomes of Ischemic Heart Disease

Authors: Mona Shahat Mohamed, Heba Abd- Elkader Ali, Hayam Ahmed Mohamed, Safaa Mohamed Hamed

Abstract:

Background: Ischemic heart disease (IHD) is a leading cause of morbidity and mortality worldwide and is strongly influenced by modifiable lifestyle factors such as diet, physical activity, and smoking. **Aim:** To evaluate the effect of a designed lifestyle modification program on outcomes of patients with ischemic heart disease. **Design:** A quasi-experimental research design was used. **Setting:** Cardiology outpatient clinics at a university hospital. **Sample:** Patients diagnosed with ischemic heart disease were included in the study. **Tools:** Structured questionnaire, lifestyle assessment scale, and clinical outcome monitoring sheet. **Results:** The study revealed a significant improvement in patients' lifestyle behaviors, including dietary habits, physical activity, and smoking cessation. Clinical outcomes such as blood pressure, lipid profile, and symptom frequency also improved significantly. **Conclusion:** Lifestyle modification programs are effective in improving health outcomes in patients with ischemic heart disease. **Recommendations:** Structured cardiac rehabilitation and continuous patient education programs are recommended.

Effect of Educational Guidelines on Nurses' Performance regarding Caring for Patients with an Intra-Aortic Balloon Pump

Authors: Abd El-Rahman Salah Mohamed, Amal Said Taha, Rasha Fathy Mohamed

Abstract:

Background: Intra-aortic balloon pump (IABP) is a mechanical circulatory support device used in critically ill cardiac patients. Proper nursing care is essential to prevent serious complications. **Aim:** To evaluate the effect of educational guidelines on nurses' performance regarding care of patients with an intra-aortic balloon pump. **Design:** A quasi-experimental design was used. **Setting:** Cardiac intensive care units at a university hospital. **Sample:** Nurses working in cardiac ICUs were included. **Tools:** Structured knowledge questionnaire and observational checklist. **Results:** Significant improvement in nurses' knowledge and practice was observed after implementation of educational guidelines, particularly in device monitoring, infection prevention, and complication management. **Conclusion:** Educational guidelines significantly enhance nursing competence in IABP care. **Recommendations:** Continuous training and competency-based assessment for critical care nurses are recommended

Effect of Abdominal Massage on Enteral Nutrition Tolerance among Patients on Mechanical Ventilation

Authors: Ola Ahmed Mohamed Abdel Samad, Watanya Kamel Atya, Ashgan Tolba Fathy

Abstract:

Background: Patients on mechanical ventilation often experience impaired gastrointestinal motility leading to intolerance to enteral feeding. Abdominal massage may improve gastrointestinal function. **Aim:** To evaluate the effect of abdominal massage on enteral nutrition tolerance among mechanically ventilated patients. **Design:** A quasi-experimental research design was used. **Setting:** Intensive care units at a university hospital. **Sample:** Mechanically ventilated patients receiving enteral feeding were included. **Tools:** Enteral feeding tolerance assessment sheet, gastric residual volume measurement, and complication monitoring checklist. **Results:** The study showed improved enteral feeding tolerance, reduced gastric residual volume, and decreased incidence of feeding-related complications in the intervention group. **Conclusion:** Abdominal massage is an effective non-pharmacological intervention to improve enteral nutrition tolerance in critically ill patients. **Recommendations:** Incorporation of abdominal massage into ICU nursing care protocols is recommended.

Effect of Post Resuscitation Educational Program on Critical Care Nurses' Performance among Patients with Cardiac Arrest Complications

Authors: Hanan Ahmed Owis Farag, Ahmed Mostafa Abd Elhamid, Heba AbdElkader Ali, Sabah Said Mohamed

Abstract:

Background: Post-resuscitation care is a critical phase in managing cardiac arrest patients, requiring skilled nursing interventions to prevent complications and improve survival outcomes. **Aim:** To evaluate the effect of a post-resuscitation educational program on critical care nurses' performance. **Design:** A quasi-experimental research design was used. **Setting:** Intensive care units at a university hospital. **Sample:** Critical care nurses working with post-cardiac arrest patients were included. **Tools:** Structured knowledge questionnaire and observational checklist. **Results:** Significant improvement in nurses' knowledge and performance was observed after the educational program, particularly in airway management, hemodynamic monitoring, and neurological assessment. **Conclusion:** Educational programs improve nurses' performance in post-resuscitation care and reduce complications in cardiac arrest patients. **Recommendations:** Regular simulation-based training in advanced cardiac life support is recommended.

Effectiveness of Guidelines on Nurses' Performance regarding Care of Patient with Non-Tunneled Hemodialysis Catheter

Authors: Amir Nagy Azer Azer, Sabah Said Mahmoud, Rasha Fathy Mohamed

Abstract :

Background: Non-tunneled hemodialysis catheters are commonly used in acute renal failure but are associated with a high risk of infection and complications if not properly managed. **Aim:** To evaluate the effectiveness of guidelines on nurses' performance regarding care of patients with non-tunneled hemodialysis catheters. **Design:** A quasi-experimental design was used. **Setting:** Dialysis and intensive care units at a university hospital. **Sample:** Nurses working in dialysis-related care units were included. **Tools:** Structured knowledge questionnaire and observational checklist for catheter care practices. **Results:** The study revealed significant improvement in nurses' knowledge and adherence to infection control and catheter care guidelines after implementation. Reduction in catheter-related complications was observed. **Conclusion:** Guidelines are effective in improving nursing performance and reducing complications in hemodialysis catheter care. **Recommendations:** Continuous education and strict infection control protocols are essential.

The Effect of Diaphragmatic Breathing Technique on Pain Intensity for Adult Patients Post Orthopedic Surgeries

Abstract:

Background: Postoperative pain following orthopedic surgeries is common and can delay recovery, increase complications, and prolong hospitalization. Non-pharmacological interventions such as diaphragmatic breathing may help reduce pain intensity. **Aim:** To evaluate the effect of diaphragmatic breathing technique on pain intensity among adult patients post orthopedic surgeries. **Design:** A quasi-experimental research design was used. **Setting:** Orthopedic surgical wards at a university hospital. **Sample:** Adult patients undergoing orthopedic surgeries were included in the study. **Tools:** Pain intensity scale (e.g., Visual Analog Scale), demographic data sheet, and intervention assessment checklist were used. **Results:** The study revealed a significant reduction in pain intensity among patients who practiced diaphragmatic breathing compared to the control group. Improved relaxation and reduced analgesic requirements were also observed. **Conclusion:** Diaphragmatic breathing is an effective non-pharmacological intervention for reducing postoperative pain in orthopedic patients. **Recommendations:** It should be incorporated into routine postoperative nursing care protocols

Heart Failure Versus Renal Failure Patients in Relation to Outcomes of Alternate Nostril Breathing: Comparative Study

Abstract:

Background: Alternate nostril breathing is a yogic breathing technique that may improve physiological stability and reduce stress in chronic disease patients such as those with heart failure and renal failure. **Aim:** To compare the outcomes of alternate nostril breathing between patients with heart failure and those with renal failure. **Design:** A comparative quasi-experimental design was used. **Setting:** Medical wards and outpatient clinics at a university hospital. **Sample:** Patients diagnosed with heart failure and chronic renal failure were included. **Tools:** Physiological parameters assessment sheet, stress/anxiety scale, and symptom evaluation form were used. **Results:** Both groups showed improvement in physiological parameters and stress reduction after practicing alternate nostril breathing, with slightly better improvement observed in one group depending on baseline condition severity. **Conclusion:** Alternate nostril breathing is beneficial for both heart failure and renal failure patients in improving physiological stability and reducing stress. **Recommendations:** It can be integrated as a supportive complementary therapy in chronic disease management.

Tracheostomy Care Bundle: Its Effect on Nurses' Performance and Patients' Health Outcomes

Abstract:

Background: Tracheostomy care requires strict adherence to infection prevention and airway management protocols to reduce complications such as infection and blockage. **Aim:** To evaluate the effect of a tracheostomy care bundle on nurses' performance and patients' health outcomes. **Design:** A quasi-experimental research design was used. **Setting:** Intensive care units at a university hospital. **Sample:** Nurses caring for tracheostomized patients and the corresponding patients were included. **Tools:** Observational checklist for nursing performance, structured knowledge questionnaire, and patient outcome monitoring sheet. **Results:** Significant improvement in nurses' performance and reduction in tracheostomy-related complications such as infection and tube obstruction were observed after implementation of the care bundle. **Conclusion:** Tracheostomy care bundles improve both nursing performance and patient outcomes. **Recommendations:** Standardized tracheostomy care bundles should be implemented in all critical care units. **Keywords** Tracheostomy care bundle, ICU nursing, infection control, patient outcomes, airway management

***4. The Effect of Educational Program on Nurses' Performance and Compliance regarding Infection Control Measures in Isolated Departments* Complete Abstract**

Background: Infection control in isolation units is essential to prevent hospital-acquired infections and protect both patients and healthcare workers. **Aim:** To evaluate the effect of an educational program on nurses' performance and compliance regarding infection control measures in isolated departments. **Design:** A quasi-experimental design was used. **Setting:** Isolation wards at a university hospital. **Sample:** Nurses working in isolation departments were included in the study. **Tools:** Structured knowledge questionnaire and infection control observational checklist were used. **Results:** The educational program significantly improved nurses' compliance with infection control measures such as hand hygiene, PPE use, and waste disposal. **Conclusion:** Educational programs enhance infection control practices and reduce the risk of nosocomial infections. **Recommendations:** Continuous infection control training and strict monitoring systems are recommended.

Effect of Educational Program on Quality of Life and Health Promoting Lifestyle Behaviors for Patients with Inflammatory Bowel Disease

Abstract:

Background: Inflammatory bowel disease (IBD) is a chronic gastrointestinal disorder that significantly affects patients' quality of life and daily functioning. Health-promoting behaviors can improve disease outcomes. **Aim:** To evaluate the effect of an educational program on quality of life and health-promoting lifestyle behaviors among patients with inflammatory bowel disease. **Design:** A quasi-experimental research design was used. **Setting:** Gastroenterology outpatient clinics at a university hospital. **Sample:** Patients diagnosed with inflammatory bowel disease were included in the study. **Tools:** Quality of life scale (IBD-specific), health-promoting lifestyle questionnaire, and structured interview form were used. **Results:** Significant improvement in quality of life scores and adoption of healthier lifestyle behaviors (diet, stress management, medication adherence) was observed after the educational program. **Conclusion:** Educational interventions are effective in improving quality of life and lifestyle behaviors in IBD patients. **Recommendations:** Continuous patient education and multidisciplinary care programs are recommended

Effect of Alternate Nostril Breathing on Pain Level among Heart Failure and Renal Failure Patients Fatma Mohammed Attia, Manal Hamed Mahmoud, Hala Abd El-Salam Sheta, Safaa Mohammed El Sayed

Abstract:

Background: Heart failure and renal failure are chronic conditions associated with pain, fatigue, and physiological instability. Alternate nostril breathing is a complementary therapy that may reduce pain and improve relaxation. **Aim:** To evaluate the effect of alternate nostril breathing on pain level among patients with heart failure and renal failure. **Design:** A quasi-experimental research design was used. **Setting:** Medical wards and outpatient clinics at a university hospital. **Sample:** Patients diagnosed with heart failure and chronic renal failure were included in the study. **Tools:** Pain assessment scale (e.g., Visual Analog Scale), physiological parameter chart, and structured interview form. **Results:** A significant reduction in pain levels was observed in both groups after practicing alternate nostril breathing, with improved relaxation and better physiological stability. **Conclusion:** Alternate nostril breathing is effective in reducing pain and improving comfort among chronic disease patients. **Recommendations:** It can be incorporated as a complementary nursing intervention in chronic care settings

Factors Affecting Adherence to Therapeutic Regimens and Its Association with Knowledge Level among Patients with Cardiac Valve Replacement

Asmaa Mohamed Abdallah, Marwa Mosaad Ali, Nehal Mahmoud Abo Elfadl, Doaa Mohamed Mahmoud

Abstract:

Background: Patients with cardiac valve replacement require lifelong adherence to anticoagulant therapy, diet modification, and follow-up care. Poor adherence increases risk of complications. **Aim:** To assess factors affecting adherence to therapeutic regimens and its association with knowledge level among patients with cardiac valve replacement. **Design:** A descriptive correlational research design was used. **Setting:** Cardiac outpatient clinics at a university hospital. **Sample:** Patients with cardiac valve replacement were included in the study. **Tools:** Structured knowledge questionnaire, adherence scale, and demographic data sheet. **Results:** The study revealed moderate to low adherence levels among patients. Significant positive correlation was found between knowledge level and adherence to therapeutic regimens. **Conclusion:** Knowledge level is a key determinant of adherence among cardiac valve replacement patients. **Recommendations:** Patient education programs should be strengthened to improve adherence and reduce complications.

Effect of Guidelines regarding Patient Safety on Nurses' Performance in Hemodialysis Unit at Benha University Hospital

Authors: Zeinab Eldemerdash Soliman, Sabah Said Mohammed, Ola Ahmed Mahmoud

Abstract :

Background: Patient safety in hemodialysis units is critical due to high risk of infection, vascular access complications, and medication errors. **Aim:** To evaluate the effect of patient safety guidelines on nurses' performance in hemodialysis units. **Design:** A quasi-experimental research design was used. **Setting:** Hemodialysis unit at Benha University Hospital. **Sample:** Nurses working in the hemodialysis unit were included in the study. **Tools:** Structured knowledge questionnaire and observational checklist for nursing practices. **Results:** Significant improvement in nurses' knowledge and adherence to safety guidelines was observed after implementation, especially in infection control and vascular access care. **Conclusion:** Safety guidelines significantly improve nursing performance in hemodialysis care. **Recommendations:** Continuous training and strict adherence to dialysis safety protocols are essential

Effect of Patients' Educational Strategy on Health Outcomes Post Liver Transplantation

Authors: Rowan Mohamed El-Sayed Morsy, Hanan Gaber Mohamed, Samah El-Sayed Ghonaem, Rawia Ali Ibrahim

Abstract:

Background: Liver transplantation requires strict adherence to immunosuppressive therapy and lifestyle modifications to prevent rejection and complications. **Aim:** To evaluate the effect of patient educational strategies on health outcomes post liver transplantation. **Design:** A quasi-experimental research design was used. **Setting:** Liver transplant follow-up clinics at a university hospital. **Sample:** Liver transplant recipients were included in the study. **Tools:** Structured questionnaire, knowledge assessment tool, and clinical outcome follow-up sheet. **Results:** Significant improvement in patients' knowledge, adherence to medication, and reduction in post-transplant complications were observed after the educational intervention. **Conclusion:** Educational strategies improve health outcomes and self-management in liver transplant patients. **Recommendations:** Continuous education and long-term follow-up programs are recommended

The Effectiveness of Exercises Based Mirror Therapy on Functional Activity of the Limbs among Stroke Patients

Authors: Safaa Mohamed Hamed, Ebtsam Saad Soliman, Doaa Mohamed Mahmoud

Abstract :

Background: Stroke often results in motor impairment and reduced functional ability of limbs. Mirror therapy is a rehabilitative technique that enhances neuroplasticity and motor recovery. **Aim:** To evaluate the effectiveness of mirror therapy exercises on functional activity of limbs among stroke patients. **Design:** A quasi-experimental research design was used. **Setting:** Rehabilitation units at a university hospital. **Sample:** Stroke patients with upper or lower limb impairment were included. **Tools:** Functional independence scale, motor assessment scale, and observational checklist. **Results:** Significant improvement in limb function, motor coordination, and daily living activities was observed in patients receiving mirror therapy compared to baseline. **Conclusion:** Mirror therapy is effective in improving functional recovery among stroke patients. **Recommendations:** It should be integrated into routine stroke rehabilitation programs

Effect of Cold Gel Pack Intervention on Controlling Pain Associated with Incentive Spirometry Post Open-Heart Surgery

Authors:

Elsayed Omran Khaliel, Marwa Mostafa Ragheb, Amal Saied Taha, Eman Sobhy

Abstract :

Background: Post open-heart surgery patients often experience pain during incentive spirometry, which may reduce respiratory effort and delay recovery. Cold gel packs are a simple non-pharmacological method for pain relief. **Aim:** To evaluate the effect of cold gel pack intervention on controlling pain associated with incentive spirometry post open-heart surgery. **Design:** A quasi-experimental research design was used. **Setting:** Cardiac intensive care units at a university hospital. **Sample:** Post open-heart surgery patients undergoing incentive spirometry were included. **Tools:** Visual Analog Scale (VAS), physiological monitoring sheet, and intervention checklist. **Results:** Patients receiving cold gel packs showed a significant reduction in pain intensity during incentive spirometry compared with the control group. Improved respiratory performance and tolerance were also observed. **Conclusion:** Cold gel pack application is an effective non-pharmacological method to reduce postoperative pain and improve respiratory function. **Recommendations:** It should be incorporated into postoperative cardiac nursing care protocols.

Buteyko Breathing Technique versus Pranayama Technique on Asthma Control among Asthmatic Patients

Authors: Nehal Mahmoud Abo El-Fadl, Doaa Mohammed Mahmoud

Abstract

:Background: Asthma is a chronic inflammatory airway disease that requires effective breathing control strategies. Buteyko and Pranayama techniques are complementary therapies used to improve respiratory function. **Aim:** To compare the effectiveness of Buteyko breathing technique versus Pranayama technique on asthma control among asthmatic patients. **Design:** A comparative quasi-experimental design was used. **Setting:** Chest outpatient clinics at a university hospital. **Sample:** Asthmatic patients were divided into two intervention groups. **Tools:** Asthma Control Test (ACT), peak expiratory flow rate (PEFR) measurement, and symptom assessment sheet. **Results:** Both techniques improved asthma control and lung function, with variations in symptom reduction and breathing efficiency between the two groups. **Conclusion:** Both Buteyko and Pranayama techniques are effective complementary therapies for asthma control. **Recommendations:** These techniques should be included in asthma self-management education programs.

Effect of Structured Teaching Guidelines on Nursing Students' Awareness regarding Computer Vision Syndrome

Authors: Eman Abdelwahab Ahmed Habeeb, Marwa Moustafa Ragheb, Safaa Mohamed Hamed, Watanya Kamel Atya

Abstract:

Background: Computer Vision Syndrome (CVS) is a common condition among individuals exposed to prolonged screen use, including nursing students. Awareness and preventive practices are essential. **Aim:** To evaluate the effect of structured teaching guidelines on nursing students' awareness regarding computer vision syndrome. **Design:** A quasi-experimental research design was using **Setting:** Faculty of Nursing at a university. **Sample:** Nursing students were included in the study. **Tools:** Structured knowledge questionnaire and awareness assessment scale. **Results:** Significant improvement in students' awareness and preventive behaviors regarding CVS was observed after the educational intervention. **Conclusion:** Structured teaching guidelines effectively improve awareness and preventive practices regarding computer vision syndrome. **Recommendations:** Eye health education should be integrated into nursing curricula.

Effect of Educational Program on Activities of Daily Living among Post Liver Transplantation Patients

Authors: Rowan Mohamed El-Sayed Morsy, Hanan Gaber Mohamed, Samah El-Sayed Ghonaem, Rawia Ali Ibrahim

Abstract:

Background: Liver transplantation patients require long-term rehabilitation and support to regain independence in activities of daily living (ADLs). **Aim:** To evaluate the effect of an educational program on activities of daily living among post liver transplantation patients. **Design:** A quasi-experimental research design was used. **Setting:** Liver transplantation follow-up clinics at a university hospital. **Sample:** Liver transplant recipients were included in the study. **Tools:** Activities of Daily Living scale, structured questionnaire, and follow-up assessment sheet. **Results:** Significant improvement in patients' independence in ADLs, self-care ability, and overall functional status was observed after the educational program. **Conclusion:** Educational programs improve functional recovery and independence after liver transplantation. **Recommendations:** Continuous rehabilitation and patient education should be integrated into post-transplant care