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كتيبات ملخصات البحوث التطبيقية بالكلية

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عميد الكلية
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٥٧٣٥٩

Women's Self-Care Practices Improvement Strategy regarding Post-Surgical Complications of Breast Cancer

Authors: Walaa Khalaf Gooda¹, Moharam Abd. Elhaseeb², Soad Abd Elsalam Ramadan³, Hanaa Kamal Helmy⁴

Abstract:

Breast cancer surgery is associated with several post-operative complications that require effective self-care practices to improve recovery and quality of life. This study aimed to evaluate the effect of a self-care practices improvement strategy on women undergoing breast cancer surgery regarding post-surgical complications. A quasi-experimental design was used. The study included women who had undergone breast cancer surgery and were followed up in oncology clinics. Data were collected using a structured interview questionnaire assessing knowledge, self-care practices, and post-operative complications such as lymphedema, pain, infection, and limited arm mobility. The intervention consisted of educational sessions, demonstration of exercises, and self-care guidelines. The results showed a significant improvement in women's knowledge and self-care practices after implementation of the strategy. A reduction in the incidence and severity of post-surgical complications was also observed. The study concluded that structured self-care improvement strategies are effective in enhancing recovery outcomes and reducing complications after breast cancer surgery.

Effectiveness of Nursing Intervention Protocol on Recurrence of Vulvovaginal Candidiasis Infection Associated Pregnancy

Authors: Amira Said Fotouh¹, Mona Ahmed El Sheikh², Somya Ouda Abdelmenam³

Abstract:

Vulvovaginal candidiasis is a frequent infection during pregnancy that may recur and negatively affect maternal comfort and pregnancy outcomes. This study aimed to evaluate the effectiveness of a nursing intervention protocol in reducing recurrence of vulvovaginal candidiasis among pregnant women. A quasi-experimental design was used. Pregnant women diagnosed with candidiasis were recruited from antenatal clinics. Data were collected using a structured questionnaire and clinical follow-up checklist assessing symptoms, recurrence rate, and adherence to preventive measures. The intervention included health education, hygienic practices, dietary advice, and follow-up counseling. The results demonstrated a significant reduction in recurrence rates and improvement in preventive behaviors among the intervention group compared to baseline. The study concluded that nursing intervention protocols are effective in reducing recurrence and improving maternal outcomes.

Effect of Health Belief Model Based Education on Mother's Perception regarding Birth Spacing

Authors: Mai Gamal Ali¹, Moharam Abd. Elhaseeb², Soad Abd Elsalam Ramadan³, Hemmat Mostafa El Banna⁴

Abstract:

Birth spacing is essential for maternal and child health, and mothers' perceptions significantly influence contraceptive use and family planning decisions. This study aimed to evaluate the effect of a Health Belief Model (HBM)-based educational intervention on mothers' perception regarding birth spacing. A quasi-experimental design was applied. The study included married women attending maternal health services. Data were collected using a structured questionnaire measuring knowledge, perceived susceptibility, perceived benefits, barriers, and intention regarding birth spacing. The educational intervention was delivered through counseling sessions based on HBM constructs. The results showed a significant improvement in mothers' perceptions, knowledge, and intention toward appropriate birth spacing after the intervention. The study concluded that HBM-based education is effective in improving maternal perceptions and promoting healthy reproductive behaviors.

Maternity Nurses' Knowledge and Practices regarding Urinary Tract Infection among Women Undergoing Urinary Catheterization

Authors: *Enas Abdullah Hamed Mohammed*¹, *Amel Ahmed Hassan Omran*², *Samah Abd El-Halim Said*³, *Zeinab Rabea Abd El-Mordy*⁴

Abstract:

Urinary tract infections (UTIs) are common complications among women undergoing urinary catheterization and require strict nursing care to prevent infection. This study aimed to assess maternity nurses' knowledge and practices regarding urinary tract infection among women undergoing urinary catheterization. A descriptive cross-sectional design was used. The study included maternity nurses working in obstetrics and gynecology units. Data were collected using a structured questionnaire and observational checklist assessing knowledge and clinical practices. The results revealed that a considerable proportion of nurses had inadequate knowledge and suboptimal infection control practices related to catheter care. Deficiencies were noted in aseptic technique, catheter maintenance, and infection prevention measures. The study concluded that continuous training programs and standardized guidelines are necessary to improve nurses' performance and reduce UTI incidence.

Effect of Educational Program on Preventing Postpartum Depression among Mothers

Authors:

Maha Sabry Shehta¹, Mohamed Abd-ElSalm Mohamed², Somya Ouda Abdelmenam³, Amira Mohammed Salama⁴

Abstract:

Postpartum depression is a major public health concern that negatively affects mothers, infants, and family functioning. Early preventive education may reduce its occurrence and severity. This study aimed to evaluate the effect of an educational program on preventing postpartum depression among mothers. A quasi-experimental design was used. The study included postpartum mothers attending maternal and child health services. Data were collected using a structured questionnaire assessing socio-demographic characteristics, knowledge about postpartum depression, and screening scale for depressive symptoms. The educational program included structured sessions on emotional changes after delivery, coping strategies, early warning signs, and support systems. The results showed a significant improvement in mothers' knowledge and a reduction in depressive symptom scores after implementation of the program. The study concluded that educational interventions are effective in preventing postpartum depression and improving maternal psychological well-being.

Study of Pregnant Women's Knowledge, Attitude and Compliance with Precautionary Measures regarding COVID-19 Infection

Authors:

Gehad Mohamed Abd El-Rahman¹, Kamilia Ragab Abo Shabana², Samah Abd El-Halim Said³, Zeinab Rabea Abd El-Mordy⁴

Abstract:

Pregnant women are considered a vulnerable group during infectious disease outbreaks, including COVID-19. Proper knowledge and compliance with preventive measures are essential to reduce infection risk. This study aimed to assess pregnant women's knowledge, attitude, and compliance with precautionary measures regarding COVID-19 infection. A descriptive cross-sectional design was used. The study included pregnant women attending antenatal clinics. Data were collected using a structured questionnaire covering knowledge of COVID-19, attitudes toward preventive measures, and compliance behaviors such as mask use, hand hygiene, and social distancing. The results revealed moderate knowledge levels, positive attitudes, and variable compliance with preventive measures. Compliance was influenced by education level and access to health information. The study concluded that continuous health education programs are necessary to improve compliance and reduce infection risk among pregnant women.

Effect of Pre-Gynecological Examination Counseling Sessions on Relieving Women's Pain, Discomfort and Enhancing their Satisfaction

Authors:
Somaia Ragab Eid¹, Kamilia Ragab Abou-Shabana², Amel Ahmed Hassan³, Hanan Elzeblawy Hassan⁴

Abstract:

Gynecological examinations are often associated with anxiety, pain, and discomfort among women, which may affect their satisfaction and willingness to seek care. This study aimed to evaluate the effect of pre-gynecological examination counseling sessions on relieving women's pain and discomfort and enhancing satisfaction. A quasi-experimental design was used. The study included women attending gynecological clinics for examination. Data were collected using structured questionnaires and pain/discomfort assessment scales before and after counseling sessions. The intervention consisted of preparatory counseling explaining procedures, relaxation techniques, and psychological support. The results showed a significant reduction in reported pain and discomfort and increased satisfaction levels after counseling. The study concluded that pre-examination counseling effectively improves women's experience during gynecological procedures.

Effect of Gum Chewing on Gastrointestinal Problems among Primipara Women Immediately after Cesarean Section

Authors:

Soad Helmy Mohammed Elsherif¹, Amel Ahmed Hassan Omran², Hend Abdallah Elsayed Afifi³, Somaya Ouda Abd Elmonam⁴

Abstract:

Post-cesarean gastrointestinal problems such as delayed bowel function and abdominal discomfort are common among primipara women. Non-pharmacological interventions like gum chewing may stimulate bowel activity. This study aimed to evaluate the effect of gum chewing on gastrointestinal problems among primipara women immediately after cesarean section. A quasi-experimental design was used. The study included primiparous women undergoing cesarean section. Data were collected using an assessment tool for gastrointestinal function including bowel sounds, time to first flatus, and abdominal discomfort scores. The intervention group received gum chewing postoperatively. The results indicated earlier return of bowel function and reduced gastrointestinal discomfort in the gum-chewing group compared to the control group. The study concluded that gum chewing is an effective, simple, and low-cost intervention to enhance postoperative gastrointestinal recovery.

Effect of Instructional Guidelines on Adolescent Girls' Knowledge and Attitude regarding Puberty Development

Authors:

Tahany Mohammed Abd El Aliem¹, Amel Ahmed Hassan Omran², Rehab Soliman Abd El Aliem³

Abstract:

Puberty is a critical developmental stage requiring proper knowledge and positive attitudes among adolescent girls to ensure healthy physical and psychological adaptation. This study aimed to evaluate the effect of instructional guidelines on adolescent girls' knowledge and attitudes regarding puberty development. A quasi-experimental design was used. The study included adolescent girls attending secondary schools. Data were collected using a structured questionnaire assessing knowledge and attitudes toward puberty-related changes and hygiene practices. The instructional guidelines were delivered through educational sessions, discussions, and visual materials. The results showed a significant improvement in knowledge and attitudes after implementation of the guidelines. The study concluded that instructional guidelines are effective in improving awareness and promoting healthy attitudes toward puberty development.

Perception of Pregnant Women regarding Folic Acid Intake

Authors:

Nariman Magdy Kamel Fahim¹, Hend Abdallah El-Sayed², Somaya Ouda Abd Elmonam³, Hemmat Mostafa El-Banna⁴

Abstract:

Folic acid supplementation during pregnancy is a critical preventive measure against neural tube defects and other congenital anomalies. Despite its importance, many pregnant women demonstrate insufficient awareness or inconsistent adherence to folic acid intake recommendations. This study aimed to assess the perception of pregnant women regarding folic acid intake, including their knowledge, attitudes, and practices. A descriptive cross-sectional design was utilized. The study was conducted among pregnant women attending antenatal care clinics. A structured questionnaire was developed to collect data regarding socio-demographic characteristics, knowledge about folic acid benefits, recommended dosage and timing, sources of information, and compliance with supplementation. Attitude and practice-related items were also included. The findings revealed variability in women's perception of folic acid intake. While some participants demonstrated adequate awareness of its role in preventing fetal malformations, a considerable proportion lacked knowledge regarding appropriate timing of supplementation, particularly preconception use. Misconceptions regarding dietary sources and the necessity of supplementation were also observed. Attitudes were generally positive; however, adherence was influenced by educational level, parity, and antenatal counseling exposure. Healthcare providers were identified as the main source of information, although community and media influence remained limited. The study concluded that pregnant women's perception of folic acid intake is suboptimal in key areas, particularly early initiation and consistent use. Strengthening antenatal health education and integrating folic acid counseling into routine maternal care is essential. Nursing staff play a vital role in improving awareness and ensuring adherence to supplementation guidelines.

Nurses' Knowledge and Attitude regarding Women's Sepsis during Postpartum Period

Authors:

Engy Nabil Fayez Rizk¹, Amel Ahmed Hassan Omran², Hend Abdallah Elsayed Afifi³, Zeinab Rabea Abd El-Mordy⁴

Abstract:

Postpartum sepsis remains one of the leading causes of maternal morbidity and mortality worldwide, particularly in low-resource healthcare settings. Nurses play a pivotal role in early detection, prevention, and management of postpartum infections. This study aimed to assess nurses' knowledge and attitudes regarding women's sepsis during the postpartum period. A descriptive study design was conducted among nurses working in maternal and obstetric units. Data were collected using a structured self-administered questionnaire covering demographic characteristics, knowledge of risk factors, clinical manifestations, prevention strategies, and infection control measures. Attitude toward postpartum sepsis management and adherence to guidelines were also evaluated. The results indicated varying levels of knowledge among nurses regarding postpartum sepsis. While participants demonstrated reasonable awareness of common clinical symptoms such as fever and foul-smelling lochia, gaps were identified in understanding early warning signs, risk stratification, and evidence-based preventive practices. Attitudinal assessment showed generally positive perceptions toward the importance of early intervention and infection control; however, practice consistency was influenced by workload, staffing levels, and availability of resources. The study concluded that although nurses possess moderate awareness of postpartum sepsis, significant knowledge gaps remain, particularly in early detection and standardized management protocols. Continuous education programs, clinical training workshops, and implementation of updated infection control guidelines are recommended to enhance nurses' competence and improve maternal outcomes.

Effect of Sitting Pelvic Tilt Exercise on Low Back Pain among Primigravidae Women

Authors:

Enas Nooman Hemdan¹, Samia Abd Elhkem Aboud², Hend Abdallah Elsayed³, Rehab Soliman Abdel-Aliem⁴

Abstract:

Low back pain is one of the most common musculoskeletal complaints during pregnancy, particularly among primigravidae women, affecting daily functioning and quality of life. Non-pharmacological interventions such as exercise therapy are considered safe and effective approaches for pain management. This study aimed to evaluate the effect of sitting pelvic tilt exercise on low back pain among primigravidae women. A quasi-experimental design was utilized. The study sample consisted of primigravidae pregnant women attending antenatal clinics who were randomly assigned to intervention and control groups. The intervention group performed a structured sitting pelvic tilt exercise program over a defined period, while the control group received routine antenatal care. Data were collected using a structured questionnaire and a standardized pain assessment scale. The results demonstrated a reduction in low back pain intensity among women who participated in the pelvic tilt exercise program compared to those receiving routine care. Improvements were also observed in functional mobility and daily activity performance. Participants reported high levels of satisfaction with the exercise intervention and expressed willingness to continue the practice. The study concluded that sitting pelvic tilt exercise is an effective, safe, and low-cost intervention for reducing pregnancy-related low back pain. Incorporating such exercises into antenatal care education programs is recommended to improve maternal comfort and physical well-being.

Effect of Educational Program on Knowledge and Self-Care Practices of Pregnant Women regarding Prevention of Puerperal Sepsis

Authors:

Ghada Mohamed Taha Abd-Elsatar¹, Samia Abdel Hakeem Hasneen², Elham Abozied Ramadan³, Fatma Kamal Ali Ahmed⁴

Abstract:

Puerperal sepsis is a serious postpartum complication that significantly contributes to maternal morbidity and mortality. Prevention through adequate knowledge and self-care practices among pregnant women is essential. This study aimed to evaluate the effect of an educational program on pregnant women's knowledge and self-care practices regarding prevention of puerperal sepsis. A quasi-experimental pre/post-test design was used. The study included pregnant women attending antenatal clinics. Data were collected using a structured questionnaire assessing socio-demographic characteristics, knowledge of puerperal sepsis, preventive measures, and self-care practices. An educational intervention program was developed and implemented through interactive sessions. The findings showed a significant improvement in participants' knowledge after implementation of the educational program. Women demonstrated enhanced understanding of risk factors, hygiene practices, and early signs of infection. Self-care practices also improved significantly, particularly in perineal hygiene, postpartum follow-up attendance, and recognition of danger signs. The study concluded that structured educational programs are highly effective in improving pregnant women's knowledge and self-care practices related to puerperal sepsis prevention. Integration of such programs into routine antenatal care services is recommended to reduce postpartum infection rates.

Effect of Benson Relaxation Techniques on Nausea and Vomiting among Primigravida Women in the First Trimester of Pregnancy

Authors:

Amal Saad Soliman¹, Amel Ahmed Hassan², Somya Ouda Abd El Menem³, Hanan Amin Ali Gaafar⁴

Abstract:

Nausea and vomiting during early pregnancy are common symptoms that negatively affect maternal comfort and quality of life. Pharmacological treatment is often limited during pregnancy, making non-pharmacological interventions such as relaxation techniques a valuable alternative. This study aimed to evaluate the effect of Benson relaxation technique on nausea and vomiting among primigravida women in the first trimester of pregnancy. A quasi-experimental research design was employed. The study included primigravida women experiencing mild to moderate nausea and vomiting. Participants were divided into intervention and control groups. The intervention group practiced Benson relaxation techniques daily for a specified period, while the control group received routine antenatal care. The results indicated a significant reduction in frequency and severity of nausea and vomiting among women in the intervention group compared to the control group. Additionally, participants reported improved relaxation, reduced stress levels, and enhanced overall well-being. The study concluded that Benson relaxation technique is an effective, safe, and non-invasive method for managing nausea and vomiting in early pregnancy. Incorporating relaxation-based interventions into antenatal care education is recommended to improve maternal comfort and reduce pregnancy-related distress.

Effectiveness of Educational Guidelines on Women's Knowledge and Self-Care Practices regarding Menorrhagia

Authors:

Amina and Saad Mohamed Zeinab Rabea¹, Samia Abdelmordy Abdelhakeem Hasneen², Eman Mohammed Abdelhakam³

Abstract:

Menorrhagia is a prevalent gynecological condition that significantly affects women's physical health, psychological well-being, and quality of life. Inadequate awareness regarding its causes, complications, and self-care practices may delay seeking appropriate medical care. This study aimed to evaluate the effectiveness of educational guidelines on women's knowledge and self-care practices regarding menorrhagia. A quasi-experimental research design was adopted. The study was conducted among women attending gynecology outpatient clinics. Data were collected using a structured questionnaire covering socio-demographic characteristics, knowledge about menorrhagia (definition, causes, symptoms, and complications), and self-care practices related to hygiene, nutrition, and health-seeking behaviors. An educational guideline intervention was developed and implemented through structured sessions, visual aids, and group discussions. The results indicated a marked improvement in participants' knowledge scores after exposure to the educational guidelines. Women demonstrated better understanding of abnormal uterine bleeding, its warning signs, and potential complications such as anemia. Additionally, self-care practices improved significantly, particularly in maintaining iron-rich diets, monitoring menstrual patterns, and seeking timely medical consultation. The study concluded that educational guidelines are highly effective in improving women's knowledge and self-care practices regarding menorrhagia. Integrating structured health education into routine gynecological services is recommended to enhance early detection and management of the condition. **Keywords** Menorrhagia, educational guidelines, self-care practices, women's health, gynecology, health education

Effect of Back Massage on Sleep Pattern among Menopausal Women

Authors:

Doaa Mahmoud Abdel Razek¹, Amel Ahmed Hassan Omran², Amira Mohammed Salama³, Mai Mahmoud Hassan⁴

Abstract:

Sleep disturbances are commonly reported among menopausal women due to hormonal changes, vasomotor symptoms, and psychological stress. Non-pharmacological interventions such as back massage may improve sleep quality and promote relaxation. This study aimed to assess the effect of back massage on sleep patterns among menopausal women. A quasi-experimental design was used. The study included menopausal women attending outpatient clinics who reported sleep disturbances. Participants were divided into intervention and control groups. The intervention group received structured back massage sessions over a specified period, while the control group received routine care. Sleep patterns were assessed using a standardized sleep quality questionnaire. The results revealed significant improvement in sleep quality among women who received back massage compared to the control group. Participants in the intervention group reported reduced sleep latency, fewer night awakenings, and improved overall sleep duration and satisfaction. Additionally, relaxation and reduction in stress levels were observed. The study concluded that back massage is an effective, safe, and non-invasive intervention for improving sleep patterns among menopausal women. Incorporating complementary therapies into women's health care services is recommended to enhance quality of life during menopause. Keywords Back massage, sleep pattern, menopause, sleep quality, non-pharmacological intervention, women's health

Maternity Nurse's Perception regarding COVID-19 among Post-Menopausal Women

Authors:

**Fatma Ramzy Hasszn¹, Soad Abd El-Salam Ramadan², Samah Abd El-Haliem Said³,
AmiraMohamedSalama⁴**

Abstract:

The COVID-19 pandemic has posed significant challenges to healthcare systems worldwide, including maternal and gynecological care. Maternity nurses play a crucial role in providing care and health education to women, including post-menopausal women who may have increased vulnerability due to comorbidities. This study aimed to assess maternity nurses' perception regarding COVID-19 among post-menopausal women. A descriptive cross-sectional design was utilized. The study included maternity nurses working in obstetric and gynecological settings. Data were collected using a structured questionnaire assessing knowledge of COVID-19 transmission, preventive measures, risk perception among post-menopausal women, and attitudes toward infection control practices. The findings indicated that nurses had generally good awareness of COVID-19 transmission routes and preventive strategies. However, gaps were identified in understanding the specific risks and management considerations for post-menopausal women. Nurses' perceptions were influenced by experience level, training exposure, and availability of updated guidelines. Positive attitudes toward infection prevention and patient education were reported. The study concluded that although maternity nurses demonstrate adequate general awareness of COVID-19, targeted training is needed to enhance their perception and management of post-menopausal women during infectious disease outbreaks. Strengthening continuous professional education and updating clinical protocols are recommended. Keywords COVID-19, maternity nurses, perception, post-menopausal women, infection control, health education

Knowledge, Attitude and Reaction of Newly Married Women toward the First Gynecological Examination

Authors:

Zeinab Abdelfattah Elsayed Abou Aliya¹, Samia Abdel Hakeem Hasneen², Hend Abdallah El-Sayed³, Somaya Ouda Abd Elmonam⁴

Abstract:

The first gynecological examination is a critical healthcare experience for newly married women, often associated with anxiety, fear, and misconceptions. Lack of adequate knowledge may influence women's attitudes and willingness to seek reproductive health services. This study aimed to assess knowledge, attitude, and reactions of newly married women toward their first gynecological examination. A descriptive cross-sectional design was conducted among newly married women attending gynecology clinics. Data were collected using a structured questionnaire covering socio-demographic characteristics, knowledge about gynecological examinations, attitudes toward the procedure, and emotional and behavioral reactions. The results showed limited knowledge among participants regarding the purpose and procedure of gynecological examination. Negative attitudes and emotional reactions such as fear, embarrassment, and anxiety were commonly reported. However, women who had prior exposure to health education or counseling demonstrated more positive attitudes and reduced psychological distress. The study concluded that newly married women have inadequate knowledge and mixed emotional responses toward their first gynecological examination. Health education and counseling programs are essential to improve awareness, reduce fear, and encourage utilization of reproductive health services. Keywords Gynecological examination, newly married women, knowledge, attitude, anxiety, reproductive health

Effect of Simulation Training on Intern Nurses' Competence and Self-Confidence regarding Primary Postpartum Hemorrhage

Authors:

Salma Hussein Mohammed¹, Amel Ahmed Hassan Omran², Hend Abdallah Elsayed³, Amira Mohamed Salama⁴

Abstract:

Primary postpartum hemorrhage (PPH) remains one of the leading causes of maternal mortality worldwide, requiring prompt recognition and effective nursing intervention. Intern nurses often face challenges in managing emergency obstetric conditions due to limited clinical exposure. Simulation-based training offers a safe and effective method to enhance clinical competence. This study aimed to evaluate the effect of simulation training on intern nurses' competence and self-confidence regarding primary postpartum hemorrhage. A quasi-experimental design was conducted among intern nurses undergoing clinical training in obstetrics units. Data were collected using a structured questionnaire and observational checklists assessing knowledge, practical competence, and self-confidence levels. A simulation-based training program was designed, including scenario-based PPH management, active participation, debriefing sessions, and skill demonstrations. The findings showed a significant improvement in intern nurses' knowledge and clinical competence following simulation training. Participants demonstrated enhanced ability to identify early signs of postpartum hemorrhage, perform emergency interventions, and apply standardized management protocols. Additionally, self-confidence levels increased significantly after exposure to simulation scenarios, reflecting improved readiness for clinical practice. The study concluded that simulation training is highly effective in improving intern nurses' competence and self-confidence in managing primary postpartum hemorrhage. Integrating simulation-based learning into nursing curricula is strongly recommended to enhance maternal safety and improve emergency obstetric care outcomes. Keywords Simulation training, postpartum hemorrhage, intern nurses, competence, self-confidence, obstetric emergencies

Effect of Instructional Guidelines on Knowledge and Self-Care Practices among Pregnant Women Suffering from Leg Cramps

Authors:

Nora Ibrahim Mohamed¹, Soad Abdel-Salam Ramadan², Eman Mohamed Abd EL-Hakam³, Ola Abd Elwahab Afifi Araby⁴

Abstract:

Leg cramps are a common discomfort experienced during pregnancy, particularly in the second and third trimesters, affecting sleep quality and daily functioning. Lack of awareness regarding preventive measures and self-care practices may worsen symptoms. This study aimed to evaluate the effect of instructional guidelines on knowledge and self-care practices among pregnant women suffering from leg cramps. A quasi-experimental design was utilized. The study was conducted among pregnant women attending antenatal clinics who reported experiencing leg cramps. Data were collected using a structured questionnaire assessing socio-demographic characteristics, knowledge about causes and prevention of leg cramps, and self-care practices. An instructional guideline program was developed and implemented through educational sessions, demonstrations, and printed materials. The results revealed significant improvement in women's knowledge regarding the physiological causes of leg cramps, risk factors, and preventive strategies following implementation of the instructional guidelines. Self-care practices also improved notably, including stretching exercises, adequate hydration, dietary modifications, and proper positioning during sleep. The study concluded that instructional guidelines are effective in enhancing pregnant women's knowledge and self-care practices regarding leg cramps. Incorporating such educational interventions into routine antenatal care is recommended to improve maternal comfort and quality of life during pregnancy. Keywords Leg cramps, pregnancy, instructional guidelines, self-care practices, antenatal education, maternal health

Study Risk Factors Associated with Secondary Infertility among Infertile Women Attending Infertility Clinic

Authors:

Sahar Saeed Abd Elaziz¹, Samia Abdel Hakeem Hasneen², Hend Abdallah El-Sayed Afifi³, Zeinb Rabea Abd Elmordy⁴

Abstract:

Secondary infertility is a growing reproductive health problem affecting couples worldwide and is associated with multiple biological, behavioral, and environmental factors. Understanding its risk factors is essential for early diagnosis and appropriate management. This study aimed to identify risk factors associated with secondary infertility among women attending infertility clinics. A descriptive cross-sectional design was used. The study included infertile women attending specialized infertility clinics. Data were collected using a structured interview questionnaire covering socio-demographic characteristics, reproductive history, medical and surgical history, lifestyle factors, and potential risk determinants of secondary infertility. The results indicated that several factors were significantly associated with secondary infertility, including previous pelvic infections, irregular menstrual cycles, history of abortion, cesarean section, and delayed childbearing. Lifestyle factors such as obesity, stress, and poor health-seeking behavior were also identified as contributing determinants. A lack of awareness regarding reproductive health and delayed medical consultation were common findings among participants. The study concluded that secondary infertility is associated with multiple modifiable and non-modifiable risk factors. Strengthening reproductive health education, early screening, and timely referral are essential to improve fertility outcomes. Nurses play a vital role in counseling women regarding risk reduction and reproductive health promotion. Keywords: Secondary infertility, risk factors, infertility clinic, reproductive health, women's health, pelvic infection

4) Knowledge and Quality of Life of Women with Polycystic Ovary Syndrome

Authors:

Fatma Mostafa Mohammed¹, Amel Ahmed Hassan², Hend Abdallah El Sayed Afifi³, Mai Mahmoud Hassan⁴

Abstract:

Polycystic ovary syndrome (PCOS) is a common endocrine disorder affecting women of reproductive age and is associated with metabolic, reproductive, and psychological complications. Lack of knowledge regarding the condition may negatively affect self-management and quality of life. This study aimed to assess knowledge and quality of life among women with polycystic ovary syndrome. A descriptive cross-sectional design was conducted among women diagnosed with PCOS attending outpatient clinics. Data were collected using a structured questionnaire assessing socio-demographic characteristics, knowledge about PCOS, and quality of life domains including physical, emotional, and social well-being. The findings revealed inadequate knowledge among a considerable proportion of participants regarding causes, symptoms, and long-term complications of PCOS. Quality of life was negatively affected, particularly in emotional and reproductive domains, due to symptoms such as irregular menstruation, infertility concerns, and weight gain. Women with higher knowledge levels demonstrated better coping and improved quality of life scores. The study concluded that women with PCOS have insufficient knowledge and reduced quality of life. Educational interventions and counseling programs are essential to improve awareness, promote self-management, and enhance psychological well-being. **Keywords** Polycystic ovary syndrome, knowledge, quality of life, women's health, endocrine disorders

Effect of Benson Relaxation Technique on Intensity of Post Cesarean Section Pain among Primipara Women

Authors:

Hala Ezzat Abdel Gawad Badar¹, Soad Abdel Salam Ramadan², Hend Abdallah El Sayed Afifi³, Zeinab Rabea Abd Elmordy⁴

Abstract:

Post-cesarean section pain is a major concern that can interfere with maternal recovery, breastfeeding, and mobility. Non-pharmacological interventions such as relaxation techniques are increasingly used to complement pain management strategies. This study aimed to evaluate the effect of Benson relaxation technique on the intensity of post-cesarean section pain among primipara women. A quasi-experimental design was conducted among primipara women undergoing cesarean section. Participants were divided into intervention and control groups. The intervention group practiced Benson relaxation technique at scheduled intervals postoperatively, while the control group received routine postoperative care. Pain intensity was assessed using a standardized pain scale. The results indicated a significant reduction in pain intensity among women who practiced the Benson relaxation technique compared to those receiving routine care. Improved relaxation, reduced anxiety, and better postoperative comfort were also observed in the intervention group. The study concluded that Benson relaxation technique is an effective, safe, and cost-efficient method for reducing post-cesarean pain among primipara women. Integration of relaxation techniques into postoperative nursing care is recommended to enhance maternal recovery and comfort. Keywords Benson relaxation, post-cesarean pain, primipara women, non-pharmacological pain management, maternal health Knowledge, Practices and Attitude of Post-Partum Mothers regarding Breastfeeding during COVID-19 Authors: Yasmeen Khairy Mohamed Selim, Samah Abd-Elhaliem Saeed, Hemmat Mostafa El-Banna, Mai Mahmoud Hassan

Abstract: Breastfeeding is a critical component of neonatal nutrition and immunity, particularly during infectious disease outbreaks such as the COVID-19 pandemic. However, misinformation and fear during pandemics may negatively influence maternal breastfeeding practices. This study aimed to assess the knowledge, practices, and attitudes of post-partum mothers regarding breastfeeding during the COVID-19 pandemic. A descriptive cross-sectional research design was utilized. The study was conducted in postnatal units and maternal health clinics. A convenience sample of post-partum mothers was recruited. Data were collected using a structured interview questionnaire consisting of socio-demographic data, knowledge assessment regarding COVID-19 and breastfeeding safety, and a scale measuring breastfeeding practices and attitudes. The findings revealed that a considerable proportion of mothers had inadequate knowledge regarding the safety of breastfeeding

during COVID-19. Misconceptions were prevalent regarding transmission of the virus through breast milk, leading to anxiety and inconsistent breastfeeding practices. Despite this, many mothers maintained a positive attitude toward breastfeeding when provided with accurate information. Statistically significant associations were found between maternal education level and knowledge scores as well as breastfeeding practices ($p < 0.05$). The study concluded that knowledge deficits significantly influenced breastfeeding practices during the pandemic. Health education interventions are essential to correct misconceptions and promote safe breastfeeding practices. Nursing staff should play a key role in providing evidence-based counseling to post-partum mothers during public health crises. Keywords: Breastfeeding, post-partum mothers, COVID-19, knowledge, attitude, practices, nursing education.

٢) Effect of Educational Program on Nurses' Perception regarding Obstetric Triage

Authors:

Amira Elsayed Abd-elhameed Kandil, Samia Abd-Elhakeem Hssanin Aboud, Hend Abdallah Elsayed Afifi, Ola Abd-Elwahab Afify Araby

Abstract:

Obstetric triage is a critical component of maternal emergency care that ensures timely prioritization of pregnant women based on clinical urgency. Nurses' perception and understanding of obstetric triage directly influence maternal and fetal outcomes. This study aimed to evaluate the effect of an educational program on nurses' perception regarding obstetric triage. A quasi-experimental research design (pre-test/post-test) was employed. The study was conducted in obstetric departments of selected hospitals affiliated with Benha University. A purposive sample of staff nurses working in maternity units was included. Data were collected using a structured questionnaire assessing nurses' knowledge and perception of obstetric triage principles, prioritization criteria, and decision-making in emergency obstetric situations. The educational program was developed based on current evidence-based guidelines and delivered through lectures, case discussions, and simulation-based learning sessions. The results demonstrated a significant improvement in nurses' perception and understanding of obstetric triage following the intervention. Post-program scores showed marked enhancement in identifying emergency cases, prioritizing patients, and applying triage protocols accurately ($p < 0.001$). Participants also reported increased confidence in handling obstetric emergencies. The study concluded that structured educational programs significantly improve nurses' perception and readiness to apply obstetric triage effectively. Continuous training and simulation-based learning are recommended to strengthen clinical decision-making skills among maternity nurses. **Keywords:** Obstetric triage, educational program, nurses' perception, maternal emergency care, nursing training.

Effect of Continuous Care Model on Self-care among Women with Preeclampsia

Authors:

Nesma Abd-Elaziz Ibrahim EL Desoky, Samia Abd-Elhakeem Hasneen Aboud, Eman Mohamed Abd-Elhakem, Ola Abd-Elwahab Afifi Araby

Abstract:

Preeclampsia is a serious hypertensive disorder of pregnancy associated with significant maternal and fetal morbidity. Effective self-care and continuous monitoring are essential for preventing complications. This study aimed to evaluate the effect of a continuous care model on improving self-care practices among women with preeclampsia. A quasi-experimental design was adopted. The study was conducted in antenatal clinics and obstetric wards. A purposive sample of pregnant women diagnosed with preeclampsia was recruited. Data were collected using a structured interview questionnaire and a self-care practice assessment tool covering medication adherence, blood pressure monitoring, dietary practices, rest, and recognition of warning signs. The continuous care model included four phases: orientation, sensitization, empowerment, and follow-up, implemented through counseling sessions, educational materials, and telephone follow-up. The findings showed that women initially had inadequate self-care practices and limited awareness of disease complications. After implementation of the continuous care model, there was a statistically significant improvement in all self-care domains ($p < 0.001$). Participants demonstrated better adherence to treatment, improved lifestyle practices, and increased awareness of danger signs. The study concluded that continuous care significantly enhances self-care behaviors among women with preeclampsia. It is recommended that structured follow-up care and nursing-led interventions be integrated into antenatal services. Keywords: Preeclampsia, continuous care model, self-care, maternal health, nursing intervention.

Effectiveness of Instructional Tips of Sleep Hygiene in Improving Sleeping Disorders of Pregnant Women and their Effect on Pregnancy Outcome

Authors:

Aya Saied Saad El-Den, Mona Ahmed El-Shiekh, Afaf Mohammed Mohammed, Fatma Kamal Ali

Abstract:

Sleep disturbances are common during pregnancy and are associated with adverse maternal and fetal outcomes. Sleep hygiene education may improve sleep quality and pregnancy outcomes. This study aimed to evaluate the effectiveness of instructional sleep hygiene tips in improving sleep disorders among pregnant women and their effect on pregnancy outcomes. A quasi-experimental design was used. The study was conducted in antenatal clinics. A purposive sample of pregnant women experiencing sleep disturbances was selected. Data were collected using a structured questionnaire, including socio-demographic data and a sleep quality assessment scale. The intervention consisted of sleep hygiene education sessions focusing on bedtime routines, environmental modifications, relaxation techniques, and lifestyle adjustments. The results indicated that before the intervention, most participants experienced poor sleep quality and frequent sleep disturbances. After implementation of sleep hygiene instructions, there was a statistically significant improvement in sleep quality scores ($p < 0.05$). Improved sleep was also associated with better maternal well-being and reduced fatigue during pregnancy. The study concluded that sleep hygiene education is an effective non-pharmacological intervention to improve sleep quality among pregnant women. It is recommended that such educational programs be incorporated into routine antenatal care.

Effect of an Instructional Supportive Guideline Concerning Women Reproductive Rights on Student Nurses' Perception and Satisfaction

Authors:

Elham Ahmed Ahmed Mohamed, Kamliia Ragab Abo Shabana, Samah Abd Elhaliem Said, Rehab Soliman Abd Elaliem

Abstract:

Reproductive rights education is essential for nursing students to ensure respectful and ethical maternity care. This study aimed to evaluate the effect of an instructional supportive guideline on student nurses' perception and satisfaction regarding women's reproductive rights. A quasi-experimental design was adopted. The study was conducted at a nursing faculty setting. A sample of nursing students was selected. Data were collected using a structured questionnaire assessing knowledge, perception, and satisfaction related to reproductive rights before and after intervention. The instructional guideline included lectures, group discussions, case scenarios, and visual educational materials addressing women's rights during reproductive care. The results showed that students initially had moderate to low awareness of reproductive rights. After implementation of the guideline, there was a significant improvement in perception and satisfaction levels ($p < 0.001$). Students demonstrated better understanding of ethical, legal, and human rights aspects of reproductive health care. The study concluded that instructional guidelines significantly enhance nursing students' awareness and perception of reproductive rights. Integration of such content into nursing curricula is strongly recommended. Keywords: Reproductive rights, nursing students, instructional guideline, perception, satisfaction, maternity nursing education.

Effect of Precautionary Measures Program on Pregnant Women's Knowledge, Attitudes and Practices regarding Novel COVID-19

Authors:

Eman Samy Mohamed Singab, Nadia Mohamed Fahmy, Amel Ahmed Hassan Omran, Samah Abd-elhaliem Said, Ola Abdel-Wahab Afifi

Abstract:

The COVID-19 pandemic posed significant threats to maternal health, particularly among pregnant women who required accurate knowledge and adherence to preventive behaviors. This study aimed to evaluate the effect of a precautionary measures program on pregnant women's knowledge, attitudes, and practices (KAP) regarding COVID-19. A quasi-experimental research design (pre/post intervention) was used. The study was conducted in antenatal clinics affiliated with obstetric healthcare facilities. A purposive sample of pregnant women was recruited. Data were collected using a structured questionnaire that included socio-demographic characteristics and KAP assessment related to COVID-19 transmission, prevention, vaccination awareness, hygiene measures, and antenatal precautions. The intervention program consisted of structured educational sessions, printed materials, visual aids, and counseling based on WHO guidelines. The results indicated that baseline knowledge and practices were inadequate, and many participants expressed fear and misconceptions regarding pregnancy and COVID-19. After implementation of the program, there was a statistically significant improvement in knowledge scores, positive attitudes, and preventive practices ($p < 0.001$). Participants demonstrated increased adherence to infection control measures such as mask use, hand hygiene, and antenatal visit compliance. The study concluded that precautionary educational programs are effective in improving pregnant women's awareness and protective behaviors during pandemics. Integration of structured health education into antenatal care services is strongly recommended. Keywords: COVID-19, pregnancy, knowledge, attitudes, practices, precautionary program, maternal health.

Effect of Training Program on Parturient Women's Satisfaction and Nurses' Compliance with Natural Measures for Relieving Labour Pain

Authors:

Taghreed Mohammed Ali, Kamliia Ragab Abo Shabana, Amel Ahmed Hassan Omran, Hanan Amin Ali Gaafar

Abstract:

Pain during labor is a significant physiological and psychological experience that influences maternal satisfaction and childbirth outcomes. Non-pharmacological pain relief methods are increasingly recommended in maternity care. This study aimed to evaluate the effect of a training program on parturient women's satisfaction and nurses' compliance with natural labor pain relief measures. A quasi-experimental design was used. The study was conducted in labor and delivery units. A purposive sample of parturient women and staff nurses was included. Data collection tools included a structured questionnaire for nurses' compliance, a maternal satisfaction scale, and observational checklists for natural pain relief techniques such as breathing exercises, positioning, massage, and relaxation methods. The training program involved theoretical and practical sessions for nurses on evidence-based non-pharmacological pain management techniques, followed by supervised implementation in clinical settings. The findings revealed that before intervention, nurses had limited compliance with natural pain relief methods, and women reported moderate to low satisfaction levels. After implementation of the training program, there was a statistically significant improvement in nurses' compliance and maternal satisfaction ($p < 0.001$). Women reported reduced perception of pain and increased emotional comfort during labor. The study concluded that structured training programs improve both nursing performance and maternal satisfaction in labor care. It is recommended that non-pharmacological pain relief strategies be incorporated into standard obstetric nursing practice. Keywords: Labor pain, nursing training, maternal satisfaction, natural pain relief, childbirth, obstetric nursing.

Effectiveness of Educational Intervention on Knowledge and Attitude of Maternity Nurses regarding Emergency Contraception

Authors:

Rania Soliman Abdo, Soad Abd Elsalam Ramadan, Eman Mohamed Abd Elhakam, Fatma Kamal Ali

Abstract:

Emergency contraception is an important component of reproductive health services that helps prevent unintended pregnancies. Nurses play a crucial role in providing education and counseling. This study aimed to evaluate the effectiveness of an educational intervention on maternity nurses' knowledge and attitudes regarding emergency contraception. A quasi-experimental design was used. The study was conducted in maternity healthcare settings. A sample of maternity nurses was recruited. Data were collected using a structured questionnaire assessing knowledge and attitudes regarding types, timing, indications, contraindications, and effectiveness of emergency contraceptive methods. The intervention consisted of structured educational sessions supported by guidelines, discussions, and printed educational materials. The results showed low baseline knowledge and neutral attitudes among nurses regarding emergency contraception. After the intervention, there was a statistically significant improvement in both knowledge and attitudes ($p < 0.001$). Nurses demonstrated improved understanding of correct usage and expressed greater willingness to provide counseling. The study concluded that educational interventions significantly enhance nurses' knowledge and attitudes regarding emergency contraception. Regular training programs are recommended to strengthen reproductive health services.

Keywords: Emergency contraception, maternity nurses, educational intervention, knowledge, attitude, reproductive health.

Knowledge and Attitudes of Female Nursing Students regarding Breast Self-examination and Mammography

Authors:

Shymaa Hamdy Abdelmoty, Samia Abd El Hakem Hassanin Aboud, Afaf Mohammed Emam, Asmaa AbdElrazak Mostafa

Abstract:

Breast cancer screening is essential for early detection and improved survival outcomes. Nursing students play a key role in promoting awareness and preventive behaviors. This study aimed to assess knowledge and attitudes of female nursing students regarding breast self-examination (BSE) and mammography. A descriptive cross-sectional design was used. The study was conducted in a nursing faculty. A sample of female nursing students was selected. Data were collected using a structured questionnaire assessing knowledge of breast cancer risk factors, screening methods, and attitudes toward BSE and mammography. The findings showed that students had moderate to low knowledge levels regarding breast cancer screening, with inconsistent practice of BSE. However, attitudes toward screening were generally positive. A significant relationship was found between academic level and knowledge scores ($p < 0.05$). The study concluded that gaps exist in nursing students' knowledge despite positive attitudes. Incorporating breast cancer education into nursing curricula is recommended. Keywords: Breast cancer, nursing students, mammography, breast self-examination, knowledge, attitude.

Effect of Nutritional Guideline on Knowledge, Attitude and Practices of Pregnant Women regarding Prevention of Iron Deficiency Anemia

Authors:

Shymaa Hamdy Abdelmoty, Samia Abd El Hakem Hassanin Aboud, Afaf Mohammed Emam, Asmaa AbdElrazak Mostafa

Abstract:

Iron deficiency anemia is one of the most common nutritional disorders during pregnancy and is associated with adverse maternal and fetal outcomes. This study aimed to evaluate the effect of a nutritional guideline on pregnant women's knowledge, attitudes, and practices regarding prevention of iron deficiency anemia. A quasi-experimental design was used. The study was conducted in antenatal clinics. A purposive sample of pregnant women was recruited. Data were collected using a structured questionnaire assessing socio-demographic characteristics and KAP related to iron-rich diet, iron supplementation, dietary habits, and prevention strategies. The intervention consisted of nutritional education sessions, printed guidelines, and counseling on dietary modification and iron supplementation adherence. The results revealed poor baseline knowledge and practices among participants. After implementation of the nutritional guideline, there was a statistically significant improvement in knowledge, attitudes, and dietary practices ($p < 0.001$). Participants demonstrated increased consumption of iron-rich foods and better compliance with supplements. The study concluded that nutritional education significantly improves pregnant women's preventive behaviors against iron deficiency anemia. Integration of dietary counseling into antenatal care is recommended. Keywords: Iron deficiency anemia, pregnancy, nutritional guideline, knowledge, attitude, practice, maternal nutrition.

Knowledge, Practices and Attitudes of Pregnant Women regarding Deep Venous Thrombosis

Authors:

Hend Shaban Hassan Abd El Ftah¹, Amel Ahmed Hassan Omran², Hend Abdallah Elsayed Afifi³, Mai Mahmoud Hassan⁴

Abstract:

Deep venous thrombosis (DVT) is a serious pregnancy-related complication resulting from physiological hypercoagulability, venous stasis, and vascular changes during pregnancy. It may lead to pulmonary embolism and maternal mortality if not prevented or detected early. This study aimed to assess pregnant women's knowledge, practices, and attitudes regarding deep venous thrombosis. A descriptive cross-sectional design was used. The study was conducted in antenatal care clinics, and a purposive sample of pregnant women was recruited. Data were collected using a structured interviewing questionnaire covering socio-demographic characteristics, obstetric history, knowledge of DVT (definition, risk factors, signs and symptoms, and preventive measures), self-reported preventive practices, and attitudes toward prevention. Findings revealed that the majority of pregnant women had insufficient knowledge regarding DVT, especially risk factors such as immobility, obesity, and previous thrombotic events. Preventive practices were also inadequate, including poor adherence to physical activity, hydration, and leg exercises. Despite low knowledge and poor practices, most participants showed a positive attitude toward learning and adopting preventive measures when provided with appropriate education. A significant relationship was found between educational level and knowledge scores. The study concluded that pregnant women have inadequate knowledge and practices regarding DVT prevention, although their attitudes are positive. It is recommended that structured antenatal health education programs be implemented to improve awareness and promote preventive behaviors. **Keywords:** Deep venous thrombosis, pregnancy, antenatal care, knowledge, practices, attitudes, maternal health.

2. Effect of Continuous Care Model on Quality of Life among Women with

Preeclampsia Authors:

Nesma Abd-Elaziz Ibrahim EL Desoky¹, Samia Abd-Elhakeem Hasneen Aboud², Eman Mohamed Abd-Elhakem³, Ola Abd-Elwahab Afifi Araby⁴

Abstract: Preeclampsia is a hypertensive disorder of pregnancy associated with significant physical and psychological burden. It negatively affects maternal quality of life and increases risk of complications. Continuous nursing care is an effective approach for improving maternal outcomes through education, follow-up, and support. This study aimed to evaluate the effect of a continuous care model on quality of life among women with preeclampsia. A

quasi-experimental design was used. The study was conducted in obstetric departments, and participants were divided into study and control groups. The study group received a continuous care model intervention including structured educational sessions, counseling, telephone follow-up, and reinforcement of self-care practices, while the control group received routine care. Data were collected using a structured questionnaire and a standardized quality of life scale covering physical, psychological, and social domains. Results revealed that both groups had low baseline quality of life scores. Post-intervention, the study group showed statistically significant improvement in all quality-of-life domains compared with the control group. Psychological well-being and self-care behaviors improved significantly. A positive relationship was found between continuous care intervention and improved maternal outcomes. The study concluded that the continuous care model significantly improves quality of life among women with preeclampsia. It is recommended that structured follow-up programs and continuous nursing support be integrated into maternal healthcare services. **Keywords:** Preeclampsia, continuous care model, quality of life, pregnancy, nursing intervention, maternal health.

3. Effect of Flipped Classroom Strategy Versus Conventional Teaching Methods on Academic Achievement, Self-confidence and Perception of Nursing Students Authors:

Ola Abdel-Wahab Afifi Araby¹, Fatma Mansour Abdel Azeem Barak², Amira Mohamed Salama³ **Abstract:**

Innovative teaching strategies are essential in nursing education to enhance critical thinking and student engagement. The flipped classroom approach promotes active learning by shifting content delivery outside the classroom and using in-class time for interactive learning. This study aimed to compare the effect of flipped classroom strategy versus conventional teaching methods on academic achievement, self-confidence, and perception among nursing students. A quasi-experimental design was applied. The study was conducted at a nursing faculty, and students were divided into intervention and control groups. The intervention group received flipped classroom teaching, while the control group received traditional lectures. Data were collected using an academic achievement test, self-confidence scale, and perception questionnaire. Results indicated that students in the flipped classroom group achieved significantly higher academic scores compared to the control group. Additionally, self-confidence levels improved significantly in the intervention group, particularly in clinical reasoning and participation. Students also reported more positive perceptions of the learning process, including increased motivation, engagement, and satisfaction. The study concluded that the flipped classroom strategy is more effective than conventional teaching methods in improving academic achievement, self-confidence, and learning perception. Integration of active learning strategies in nursing education is strongly recommended.

Effect of Instructional Package on Knowledge and Attitudes among Gestational Diabetic Women

Authors:

Lamyaa Eraky Mahmoud¹, Samia Abdel Hakeem Hasneen², Hemmat Mostafa El-Banna³, Ola Abd El-wahab Afifi Araby⁴

Abstract:

Gestational diabetes mellitus (GDM) is a metabolic disorder during pregnancy that requires effective self-management to prevent maternal and fetal complications. Lack of knowledge and negative attitudes may lead to poor glycemic control. This study aimed to evaluate the effect of an instructional package on knowledge and attitudes among women with gestational diabetes. A quasi-experimental design with pre- and post-assessment was used. The study was conducted in antenatal clinics, and a purposive sample of women with GDM was included. The instructional package included education about diet, blood glucose monitoring, exercise, medication adherence, and complication prevention. Data were collected using a structured questionnaire. Results showed that participants had poor baseline knowledge regarding GDM. After the intervention, significant improvement in knowledge and attitudes was observed. Women demonstrated increased awareness of disease management and willingness to adhere to recommended practices. A strong correlation was found between improved knowledge and positive attitude change. The study concluded that instructional educational packages are effective in improving knowledge and attitudes among women with GDM. Routine educational interventions are recommended in antenatal care.

Implementing Competency Outcomes and Performance Assessment Model on Maternity Nurses' Performance regarding Infection Control Measures at Delivery Room

Authors:

Rehab Soliman Abd El Aliem¹, Afaf Mohammad Emam², Nageya Ezzat Said³, Fatma Kamal Ali⁴

Abstract:

Infection control in delivery rooms is essential to prevent maternal and neonatal infections. However, compliance with infection control standards remains inconsistent. This study aimed to evaluate the effect of implementing a competency outcomes and performance assessment model on maternity nurses' performance regarding infection control measures. A quasi-experimental design was used. The study was conducted in delivery units, and a sample of maternity nurses was included. The intervention consisted of competency-based training, performance checklists, demonstrations, and continuous evaluation. Data were collected using observational checklists and knowledge assessments before and after intervention. Results indicated that nurses initially demonstrated moderate to low compliance with infection control practices. After implementation of the model, significant improvement was observed in knowledge and performance, particularly in hand hygiene, aseptic techniques, and waste management. A positive correlation was found between knowledge and performance improvement. The study concluded that competency-based performance assessment significantly improves maternity nurses' infection control practices. Continuous training and evaluation are recommended to enhance patient safety.

Effect of Instructional Package on Knowledge and Self-care Practices among Gestational Diabetic Women

Authors: Lamyaa Eraky Mahmoud, Samia Abdel Hakeem Hasneen, Hemmat Mostafa El-Bana, Ola Abd El-wahab Afifi Araby

Abstract:

Gestational diabetes mellitus (GDM) is a common metabolic disorder during pregnancy that significantly increases maternal and fetal risks if not adequately managed. Proper self-care practices and sufficient maternal knowledge are essential for maintaining glycemic control and preventing complications such as preeclampsia, macrosomia, and neonatal hypoglycemia. This study aimed to evaluate the effect of an instructional package on improving knowledge and self-care practices among pregnant women with gestational diabetes. A quasi-experimental research design was utilized. The study was conducted in antenatal outpatient clinics, and a purposive sample of pregnant women diagnosed with GDM was recruited. Data were collected using a structured interviewing questionnaire covering socio-demographic data, maternal knowledge regarding GDM, and self-care practices including dietary management, physical activity, blood glucose monitoring, medication adherence, and antenatal follow-up. An instructional package was developed based on evidence-based guidelines and delivered through structured educational sessions supported by audiovisual materials and written brochures. Pre- and post-intervention assessments were conducted. The results revealed a statistically significant improvement in maternal knowledge after implementation of the instructional package. Additionally, self-care practices showed marked improvement, particularly in dietary control, regular glucose monitoring, and adherence to medical recommendations. A strong positive correlation was found between increased knowledge and improved self-care behaviors. The study concludes that instructional packages are effective educational tools for enhancing maternal knowledge and improving self-care practices among women with GDM. Integration of structured educational interventions into routine antenatal care is recommended to promote better pregnancy outcomes and reduce maternal and neonatal complications.

Effect of Chemotherapy and Radiation Treatment on Body System among Women Suffering from Cervical Cancer

Authors: Bothaina Mahmoud Abdelhakeem, Amal Ahmed Hassan Omran, Somaya Ouda Abd Elmoniem, Zeinb Rabea Abd Elmordy

Abstract:

Cervical cancer is one of the leading gynecological malignancies affecting women worldwide, and combined chemotherapy and radiotherapy remain standard treatment modalities. Despite their therapeutic effectiveness, these treatments are associated with multiple systemic adverse effects that significantly impact patients' physical and psychological well-being. This study aimed to assess the effects of chemotherapy and radiotherapy on different body systems among women suffering from cervical cancer. A descriptive cross-sectional research design was employed. The study was conducted in oncology units, and a purposive sample of women undergoing chemotherapy and radiotherapy for cervical cancer was included. Data were collected using a structured questionnaire covering socio-demographic characteristics and treatment-related effects on gastrointestinal, hematological, urinary, integumentary, reproductive, and psychosocial systems. Clinical observation and patient self-reports were also utilized. Findings indicated that participants experienced multiple systemic side effects, including fatigue, nausea, vomiting, anorexia, anemia, mucositis, skin changes, hair loss, and emotional distress. Gastrointestinal and hematological systems were the most affected. The severity of symptoms varied depending on treatment duration, dosage, and patient health status. The study also revealed a significant decline in quality of life and daily functioning among participants. The study concludes that chemotherapy and radiotherapy have significant multisystem effects on women with cervical cancer. Comprehensive nursing care, continuous monitoring, and effective symptom management strategies are essential to improve patient comfort and treatment tolerance. Educational programs should be implemented to prepare patients for expected side effects and enhance coping mechanisms.

Effect of Enhanced Recovery After Surgery (ERAS) Protocol on Postoperative Outcomes of Women Undergoing Abdominal Hysterectomy

Authors: Shimaa Mosad Mohamed Ibrahim, Mona Ahmed Mahmoud El-Sheikh, Amira Mohammed Salama Abdelfattah

Abstract:

Enhanced Recovery After Surgery (ERAS) protocols are evidence-based perioperative care pathways designed to improve surgical outcomes, reduce complications, and accelerate postoperative recovery. This study aimed to evaluate the effect of ERAS protocol implementation on postoperative outcomes among women undergoing abdominal hysterectomy. A quasi-experimental design was utilized. The study was conducted in gynecological surgical units, and participants were divided into intervention and control groups. The ERAS protocol included preoperative counseling, optimization of fluid therapy, multimodal analgesia, early mobilization, and early oral feeding. Data were collected using a structured assessment tool measuring postoperative pain intensity, time to ambulation, gastrointestinal recovery, length of hospital stay, and postoperative complications. The results demonstrated that women in the ERAS group experienced significantly lower pain scores, earlier return of bowel function, faster ambulation, and shorter hospital stays compared to the control group. Additionally, the incidence of postoperative complications such as infection and ileus was significantly reduced. Patient satisfaction was also higher among the ERAS group. The study concludes that ERAS protocols significantly improve postoperative recovery outcomes in women undergoing abdominal hysterectomy. Implementation of ERAS guidelines in surgical wards is recommended to enhance recovery, reduce hospital burden, and improve patient satisfaction.

Violence against Women with Hearing Disabilities in Tabuk, Saudi Arabia

Authors: Hanan A Elsayed, Heba A Ibrahim, Wafaa T Elgzar, Mohamed I Abushaira, Amira A El Houfey

Abstract:

Women with hearing disabilities are considered a vulnerable population at increased risk of experiencing violence due to communication barriers, social isolation, and limited access to protective services. This study aimed to investigate the prevalence, forms, and associated factors of violence against women with hearing disabilities in Tabuk, Saudi Arabia. A descriptive cross-sectional design was employed. The study included women with hearing impairments recruited from relevant community and health service settings. Data were collected using a structured interview questionnaire covering socio-demographic data, types of violence (physical, psychological, emotional, and economic), sources of violence, and reporting behaviors. Results revealed that a substantial proportion of participants experienced at least one form of violence, with psychological and emotional abuse being the most common. The study identified key barriers to reporting, including communication difficulties, fear of stigma, and lack of awareness of legal rights. Low educational level, economic dependence, and limited social support were significant contributing factors. The study concludes that women with hearing disabilities face considerable vulnerability to violence and encounter significant barriers to accessing protection and justice. Strengthening accessible support systems, providing sign-language-based counseling services, and enhancing community awareness programs are strongly recommended.

The Relationship between Maternal Ideation and Exclusive Breastfeeding Practice among Saudi Nursing Mothers

Authors: W Elgzar, D Al-Thubaity, M Alshahrani, R Essa, H Ibrahim

Abstract:

Exclusive breastfeeding is a critical public health practice that promotes optimal infant growth and development. However, maternal beliefs, attitudes, and psychological perceptions significantly influence breastfeeding behavior. This study aimed to examine the relationship between maternal ideation and exclusive breastfeeding practices among Saudi nursing mothers. A descriptive correlational design was utilized. The study included breastfeeding mothers attending maternal and child health services. Data were collected using a structured questionnaire assessing socio-demographic characteristics, maternal ideation (beliefs, attitudes, intentions, and perceptions toward breastfeeding), and exclusive breastfeeding practices. Findings showed that maternal ideation had a significant influence on breastfeeding behavior. Mothers with positive beliefs, strong intentions, and favorable attitudes were more likely to practice exclusive breastfeeding for the recommended duration. In contrast, negative perceptions, lack of confidence, and perceived breastfeeding difficulties were associated with early supplementation or discontinuation. Employment status, education level, and family support were also significant predictors of breastfeeding practices. The study concludes that maternal ideation plays a crucial role in determining exclusive breastfeeding practices. Strengthening antenatal and postnatal education programs is recommended to promote positive breastfeeding beliefs and support sustained exclusive breastfeeding.

Determinants of Prenatal Childbirth Fear During the Third Trimester among Low-Risk Expectant Mothers: A Cross-Sectional Study

Authors: Heba A Ibrahim, Majed S Alshahrani, Wafaa T Elgzar

Abstract:

Childbirth fear is a common psychological phenomenon among pregnant women, particularly in the third trimester, and may negatively influence birth outcomes, mode of delivery preferences, and maternal wellbeing. This study aimed to identify the determinants of prenatal childbirth fear among low-risk expectant mothers during the third trimester. A cross-sectional research design was conducted among pregnant women attending antenatal clinics. A structured questionnaire was used to collect data on socio-demographic characteristics, obstetric history, and levels of childbirth fear. Standardized scales were utilized to assess fear intensity and associated psychological and social determinants such as anxiety levels, perceived pain, social support, and previous birth experiences. The findings revealed that a considerable proportion of women experienced moderate to high levels of childbirth fear. Significant determinants included nulliparity, low social support, high anxiety levels, negative childbirth stories from peers, and inadequate antenatal education. Women with previous positive birth experiences reported significantly lower fear levels. Additionally, fear of pain and fear of complications were the most commonly reported dimensions of childbirth fear. The study concludes that prenatal childbirth fear is influenced by multiple psychological, social, and obstetric factors. Early identification of at-risk women during antenatal care is essential. The findings highlight the importance of structured antenatal counseling programs, childbirth education classes, and emotional support interventions to reduce fear and improve maternal outcomes

Gender Disparities in Osteoporosis Knowledge, Health Beliefs and Preventive Behaviors in Najran City, Saudi Arabia

Authors: Heba A Ibrahim, Mohammed H Nahari, Mugahed A Al-Khadher, Nemat I Ismail, Wafaa T Elgzar

Abstract:

Osteoporosis is a major public health concern characterized by reduced bone density and increased fracture risk. Gender differences in awareness, health beliefs, and preventive behaviors may contribute to disparities in disease burden. This study aimed to assess gender disparities in osteoporosis knowledge, health beliefs, and preventive behaviors in Najran City, Saudi Arabia. A comparative cross-sectional design was used. Participants included adult males and females recruited from community settings. Data were collected using a structured questionnaire measuring osteoporosis knowledge, perceived susceptibility, perceived severity, perceived benefits and barriers, and preventive practices such as calcium intake, physical activity, and sun exposure. The results showed significant gender differences in osteoporosis knowledge and preventive behaviors. Females demonstrated higher awareness of osteoporosis risk factors but reported lower levels of physical activity compared to males. Males exhibited lower perceived susceptibility but higher engagement in weight-bearing activities. Health belief constructs significantly influenced preventive behaviors in both genders, particularly perceived benefits and perceived barriers. The study concludes that gender disparities exist in osteoporosis-related knowledge, beliefs, and preventive practices. Tailored health education programs addressing gender-specific misconceptions and barriers are recommended to improve bone health awareness and promote preventive behaviors in the community.

Determinants of Osteoporosis Preventive Behaviors among Perimenopausal Women: A Cross-Sectional Study

Authors: Wafaa T Elgzar, Mohammed H Nahari, Samiha H Sayed, Heba A Ibrahim

Abstract:

Perimenopausal women are at increased risk of osteoporosis due to hormonal changes that accelerate bone loss. Understanding determinants of preventive behaviors is essential for reducing future fracture risk. This study aimed to explore the determinants of osteoporosis preventive behaviors among perimenopausal women, focusing on the role of knowledge and health beliefs. A cross-sectional design was conducted among perimenopausal women attending healthcare facilities. Data were collected using structured questionnaires assessing socio-demographic characteristics, osteoporosis knowledge, health beliefs based on the Health Belief Model, and preventive behaviors such as calcium intake, exercise, and lifestyle modifications. The findings indicated that osteoporosis preventive behaviors were suboptimal among participants. Higher levels of knowledge were significantly associated with better preventive practices. Health belief constructs, particularly perceived susceptibility, perceived benefits, and self-efficacy, were strong predictors of healthy behaviors. Barriers such as lack of awareness, limited physical activity, and dietary habits negatively influenced preventive actions. The study concludes that knowledge and health beliefs play a critical role in shaping osteoporosis preventive behaviors among perimenopausal women. Health education interventions targeting belief modification and lifestyle improvement are recommended to enhance bone health and reduce osteoporosis risk.

Associated Factors of Exclusive Breastfeeding Intention among Pregnant Women in Najran, Saudi Arabia

Authors: Heba A Ibrahim, Mohammed A Alshahrani, DaifAllah D Al-Thubaity, Samiha H Sayed, Sultan A Almedhesh, Wafaa T Elgzar

Abstract:

Exclusive breastfeeding intention during pregnancy is a strong predictor of postpartum breastfeeding behavior and infant health outcomes. Identifying factors influencing this intention is essential for improving breastfeeding rates. This study aimed to determine the associated factors influencing exclusive breastfeeding intention among pregnant women in Najran, Saudi Arabia. A cross-sectional study design was conducted among pregnant women attending antenatal clinics. Data were collected using a structured questionnaire assessing socio-demographic variables, obstetric history, breastfeeding knowledge, attitudes, perceived social support, and intention toward exclusive breastfeeding. The results showed that a significant proportion of women expressed positive intention toward exclusive breastfeeding. Higher education level, previous breastfeeding experience, strong family support, and positive attitudes were significantly associated with higher breastfeeding intention. Conversely, employment constraints, lack of knowledge, and perceived insufficient milk supply were identified as barriers. The study concludes that exclusive breastfeeding intention is influenced by a combination of socio-demographic, cognitive, and social factors. Strengthening antenatal education, promoting family involvement, and addressing workplace barriers are recommended to improve breastfeeding intention and practice.

Mode of Delivery Preferences: The Role of Childbirth Fear among Nulliparous Women

Authors: Wafaa T Elgzar, Majed Saeed Alshahrani, Heba Abdel-Fatah Ibrahim

Abstract:

Mode of delivery preference among nulliparous women is influenced by psychological, cultural, and informational factors, with childbirth fear being a key determinant. This study aimed to examine the relationship between childbirth fear and mode of delivery preferences among nulliparous women. A cross-sectional correlational design was conducted among pregnant nulliparous women attending antenatal care services. Data were collected using structured questionnaires assessing socio-demographic characteristics, childbirth fear levels, and preferred mode of delivery (vaginal birth versus cesarean section). Findings revealed that a considerable proportion of women preferred cesarean delivery, often due to fear of labor pain and perceived complications of vaginal birth. Higher levels of childbirth fear were significantly associated with preference for elective cesarean section. Additional influencing factors included lack of childbirth education, negative birth stories, and anxiety about fetal and maternal safety. The study concludes that childbirth fear significantly influences mode of delivery preference among nulliparous women. Antenatal counseling and childbirth preparation programs are recommended to reduce fear and promote informed decision-making regarding delivery mode.

The Relationship between Maternal Ideation and Exclusive Breastfeeding Practice among Saudi Nursing Mothers: A Cross-Sectional Study

Authors: Wafaa T Elgzar, DaifAllah D Al-Thubaity, Mohammed A Alshahrani, Rasha M Essa, Heba A Ibrahim

Abstract:

Exclusive breastfeeding is widely recognized as the optimal feeding practice for infants during the first six months of life, providing significant health benefits for both infants and mothers. However, breastfeeding practices are strongly influenced by maternal cognitive and psychological factors, collectively referred to as maternal ideation, which includes beliefs, attitudes, intentions, and perceptions. This study aimed to examine the relationship between maternal ideation and exclusive breastfeeding practice among Saudi nursing mothers. A descriptive cross-sectional design was employed. The study was conducted among nursing mothers attending maternal and child health clinics in Najran, Saudi Arabia. A structured questionnaire was used to collect data on socio-demographic characteristics, breastfeeding history, maternal ideation constructs, and exclusive breastfeeding practices. Validated scales were used to assess maternal beliefs, attitudes toward breastfeeding, and level of adherence to exclusive breastfeeding recommendations. The results indicated that a moderate proportion of mothers practiced exclusive breastfeeding for the recommended duration. Positive maternal ideation, including strong beliefs in breastfeeding benefits, favorable attitudes, and high intention to breastfeed, was significantly associated with higher rates of exclusive breastfeeding practice. Conversely, negative perceptions such as perceived milk insufficiency, lack of confidence, and perceived inconvenience were associated with early introduction of formula or complementary feeding. Socio-demographic factors such as maternal education, employment status, and family support also showed significant associations with breastfeeding practices. The study concludes that maternal ideation plays a critical role in determining exclusive breastfeeding behavior among Saudi nursing mothers. Strengthening antenatal and postnatal education programs that focus on modifying maternal beliefs and enhancing breastfeeding confidence is essential. Additionally, promoting family and workplace support systems can improve exclusive breastfeeding rates and contribute to better infant health outcomes.

٢. Determinants of High Breastfeeding Self-Efficacy among Nursing Mothers in Najran, Saudi Arabia

Authors: DaifAllah D Al-Thubaity, Mohammed A Alshahrani, Wafaa T Elgzar, Heba A Ibrahim

Abstract:

Breastfeeding self-efficacy refers to a mother's confidence in her ability to breastfeed her infant successfully and is a strong predictor of breastfeeding initiation, duration, and exclusivity. Understanding factors that influence breastfeeding self-efficacy is essential for developing effective interventions to promote optimal infant feeding practices. This study aimed to identify the determinants of high breastfeeding self-efficacy among nursing mothers in Najran, Saudi Arabia. A descriptive cross-sectional design was utilized. The study was conducted among breastfeeding mothers attending primary healthcare centers and maternal and child health clinics. Data were collected using a structured questionnaire including socio-demographic characteristics, obstetric history, breastfeeding experience, social support, and breastfeeding self-efficacy scale. The findings revealed that breastfeeding self-efficacy levels varied among participants, with a considerable proportion demonstrating moderate to high confidence. Significant determinants of high breastfeeding self-efficacy included higher educational level, previous successful breastfeeding experience, strong spousal and family support, and early initiation of breastfeeding. Additionally, positive attitudes toward breastfeeding and access to professional lactation counseling were strongly associated with increased self-efficacy levels. In contrast, factors such as employment outside the home, perceived insufficient milk supply, and lack of breastfeeding knowledge were associated with lower self-efficacy. The study concludes that breastfeeding self-efficacy is influenced by a combination of psychological, social, and experiential factors. Strengthening antenatal education programs, providing continuous lactation support, and enhancing family involvement are recommended to improve maternal confidence in breastfeeding. Healthcare providers, particularly nurses and midwives, play a key role in promoting breastfeeding self-efficacy through counseling and support interventions.