

مرفق (7/1/4/10)

كتيبات ملخصات البحوث التطبيقية بالكلية

رقم الصفحة بالدراسة الذاتية (166)

## كتيبات ملخصات البحوث التطبيقية بالكلية للعام الجامعي

٢٠٢٥-٢٠٢٦

عميد الكلية

ا.د/مروة مصطفى راغب

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٥٧٣٥٩

## ملخصات الأبحاث التطبيقية بقسم تمريض صحة المجتمع للعام ٢٠٢٥-٢٠٢٦ الجامعي

عميد الكلية

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٥٧٣٥٩

## **Educational Health Program for Veterinary Health Care Workers regarding Prevention of Physical, Chemical and Biological Hazards**

**Authors:**Eslam Naseib Moussa Helal<sup>1</sup>, Ebtisam Mohamed Abd Elaal<sup>2</sup>, Doaa Mohamed Sobhy Elsayed<sup>2</sup>, Fatma Abdelalim Abdelghany Ibrahim<sup>3</sup>

### **Abstract:**

Veterinary health care workers are frequently exposed to occupational hazards including physical, chemical, and biological risks, which may compromise their health and safety. The aim of this study was to evaluate the effect of an educational health program on improving knowledge and preventive practices regarding occupational hazards among veterinary health care workers. A quasi-experimental design was utilized. The study was conducted on a convenient sample of veterinary health care workers. Data were collected using a structured questionnaire assessing demographic characteristics, knowledge, and self-reported preventive practices related to occupational hazards. An educational intervention program was implemented, followed by post-intervention assessment. The findings are expected to reveal significant improvement in participants' knowledge and practice scores after program implementation. The study concludes that educational interventions are effective in enhancing awareness and promoting safe occupational behaviors among veterinary health care workers.

### **Keywords:**

Occupational hazards, veterinary health workers, educational program, biological hazards, chemical hazards, physical hazards, workplace safety.

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## **Effect of Telenursing Education on Renal Transplanted Patients Regarding Quality of Life**

**Authors:**Asmaa Ayman Farouk<sup>1</sup>, Mahbouba Sobhy Abd EL-Aziz<sup>2</sup>, Samah Said Sabry<sup>2</sup>

### **Abstract:**

Renal transplant recipients require continuous education and follow-up to maintain graft function and improve quality of life. This study aimed to evaluate the effect of telenursing education on the quality of life of renal transplanted patients. A quasi-experimental pre/post design was adopted. The study sample included renal transplant recipients attending follow-up clinics. Data were collected using a structured questionnaire and a standardized quality of life scale covering physical, psychological, and social domains. A telenursing educational intervention was delivered through remote communication platforms, including scheduled calls and digital health education sessions. Post-intervention assessment was conducted after a defined follow-up period. The anticipated results suggest a significant improvement in patients' quality of life scores following telenursing education. The study concludes that telenursing is an effective and feasible approach to support renal transplant patients and improve their long-term outcomes.

### **Keywords:**

Telenursing, renal transplantation, quality of life, patient education, telehealth, nursing intervention.

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## **Home Health Care Intervention for Patients with Bariatric Surgery regarding their Lifestyle Pattern**

**Authors:** Zakia Atef Mohammed<sup>1</sup>, Howyida Sadek Abd El-Hameed<sup>2</sup>, Hedy Fathy Mohy El-Deen<sup>2</sup>, Shimaa Gamal Eldein Ibraheim<sup>3</sup>

### **Abstract:**

Patients undergoing bariatric surgery require long-term lifestyle modifications to achieve and maintain optimal weight loss outcomes. This study aimed to evaluate the effect of a home health care intervention on lifestyle patterns among patients following bariatric surgery. A quasi-experimental research design was used. The study included post-bariatric surgery patients receiving follow-up care. Data were collected using a structured interview questionnaire assessing dietary habits, physical activity, and adherence to postoperative lifestyle recommendations. A home-based educational and follow-up intervention was implemented, focusing on dietary guidance, physical activity promotion, and behavioral modification strategies. Post-intervention evaluation was conducted to assess changes in lifestyle patterns. The expected findings indicate improved adherence to healthy lifestyle behaviors after the intervention. The study concludes that home health care plays a significant role in supporting bariatric patients and enhancing postoperative outcomes.

### **Keywords:**

Bariatric surgery, home health care, lifestyle modification, dietary behavior, physical activity, nursing intervention.

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## **Comparative Study of Mind Mapping and Traditional Teaching Strategies on Community Health Nursing Course among Undergraduate Students**

**Authors:** Salah Mohamed Salah<sup>1</sup>, AbdelRahim Saad Shoulah<sup>2</sup>, Amina Abdelrazek Mahmoud<sup>3</sup>, Hanem Awad Mekhamier<sup>4</sup>

### **Abstract:**

Effective teaching strategies are essential for improving academic performance and critical thinking skills among nursing students. This study aimed to compare the effectiveness of mind mapping versus traditional teaching methods on undergraduate students' achievement in a community health nursing course. A quasi-experimental comparative design was employed. The study sample consisted of undergraduate nursing students enrolled in the course, divided into two groups: an intervention group taught using mind mapping and a control group taught using traditional lectures. Data were collected using a structured knowledge test and an evaluation checklist for critical thinking skills. Pre- and post-tests were conducted to measure outcomes. The expected results indicate that students exposed to mind mapping will demonstrate higher academic achievement and improved critical thinking compared to those receiving traditional instruction. The study concludes that mind mapping is an effective innovative teaching strategy in nursing education.

### **Keywords:**

Mind mapping, nursing education, community health nursing, teaching strategies, critical thinking, academic achievement.

## **Lifestyle Pattern Modification for Patients Post Bariatric Surgery**

**Authors:** Zakia Atef Mohammed<sup>1</sup>, Howyida Sadek Abd El-Hameed<sup>2</sup>, Hedy Fathy Mohy El-Deen<sup>2</sup>, Shimaa Gamal Eldein Ibraheim<sup>3</sup>

### **Abstract:**

**Background:** Bariatric surgery is an effective intervention for obesity, but long-term success depends largely on adherence to healthy lifestyle modifications. **Aim of the Study:** This study aimed to evaluate the effect of lifestyle pattern modification on patients after bariatric surgery. **Methods:** A quasi-experimental design was used. A sample of post-bariatric surgery patients was selected and assessed before and after implementing a structured lifestyle modification program covering diet, physical activity, and behavioral changes. Data were collected using structured questionnaires and follow-up assessments. **Results:** The results showed significant improvement in patients' lifestyle behaviors after the intervention, including better dietary habits, increased physical activity, and reduced unhealthy behaviors. A statistically significant difference was observed between pre- and post-intervention assessments. **Conclusion:** Lifestyle modification programs are effective in improving postoperative outcomes among bariatric surgery patients.

### **Keywords:**

Bariatric surgery; lifestyle modification; obesity; health behavior; nursing intervention.

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## **Effectiveness of Video Assisted Teaching Program for Caregivers of Children with Cerebral Palsy**

**Authors:**Rania Ebrahim Abd-Elzaher<sup>1</sup>, Ebtisam Mohamed Abd-El-Aal<sup>2</sup>, Amina Abd-Elrazek Mahmoud<sup>2</sup>, Basma Mohamed Abd-Elrahman<sup>3</sup>

### **Abstract:**

**Background:** Caregivers of children with cerebral palsy require adequate knowledge and skills, especially when children undergo specialized treatments such as hyperbaric oxygen therapy. **Aim of the Study:** This study aimed to evaluate the effectiveness of a video-assisted teaching program for caregivers regarding care of children with cerebral palsy undergoing hyperbaric oxygen therapy. **Methods:** A quasi-experimental design was implemented. Caregivers were assessed before and after exposure to a video-based educational intervention. Data were collected using structured knowledge and practice assessment tools. **Results:** The study revealed a significant improvement in caregivers' knowledge and practices after implementation of the video-assisted program compared to pre-intervention levels. **Conclusion:** Video-assisted teaching is an effective educational method for improving caregiver competence in managing children with cerebral palsy.

### **Keywords:**

Cerebral palsy; caregivers; video-assisted teaching; hyperbaric oxygen therapy; nursing education.

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## **Quality of Life among Renal Transplant Patients**

**Authors:**Asmaa Ayman Farouk<sup>1</sup>, Mahbouba Sobhy Abd EL-Aziz<sup>2</sup>, Samah Said Sabry<sup>2</sup>

### **Abstract:**

**Background:** Renal transplantation improves survival in patients with end-stage renal disease, but quality of life remains influenced by physical, psychological, and social factors. **Aim of the Study:** This study aimed to assess the quality of life among renal transplant patients. **Methods:** A descriptive cross-sectional study was conducted among renal transplant recipients. Data were collected using a structured questionnaire and a standardized quality of life assessment tool. **Results:** The findings indicated that most patients experienced moderate quality of life, with physical health and psychological well-being being the most affected domains. Factors such as adherence to medication and follow-up care were associated with better outcomes. **Conclusion:** Renal transplant patients experience varying levels of quality of life, highlighting the need for continuous follow-up and supportive care.

### **Keywords:**

Renal transplantation; quality of life; chronic illness; patient outcomes; nursing assessment.

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## **Application of Epidemiological Model Regarding Genitourinary Tract Infection among Diabetic Women**

**Authors:** Asmaa Arafat Soliman<sup>1</sup>, Mahbouba Sobhy Abd El-Aziz<sup>2</sup>, Doaa Mohammed Sobhy Elsayed<sup>2</sup>

### **Abstract:**

**Background:** Diabetic women are at increased risk of genitourinary tract infections due to immunological and metabolic changes. **Aim of the Study:** This study aimed to apply an epidemiological model to assess risk factors and occurrence of genitourinary tract infections among diabetic women. **Methods:** A descriptive analytical design was used. Data were collected from diabetic women using structured interviews covering socio-demographic data, medical history, and infection-related risk factors. **Results:** The study revealed a high prevalence of genitourinary infections among diabetic women. Poor glycemic control and inadequate hygiene practices were identified as significant risk factors. **Conclusion:** Diabetic women are highly susceptible to genitourinary infections, emphasizing the need for preventive education and strict glycemic control. **Keywords:** Diabetes mellitus; genitourinary infection; epidemiological model; risk factors; women's health.

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## **Assess Knowledge and Practice of Veterinary Health Care Workers regarding Physical, Chemical and Biological Hazards**

**Authors:** Eslam Naseib Moussa Helal<sup>1</sup>, Ebtisam Mohamed Abd Elaal<sup>2</sup>, Doaa Mohamed Sobhy Elsayed<sup>2</sup>

### **Abstract:**

**Background:** Veterinary health care workers are exposed to multiple occupational hazards that require adequate knowledge and safe practices. **Aim of the Study:** This study aimed to assess knowledge and practices of veterinary health care workers regarding physical, chemical, and biological hazards. **Methods:** A descriptive cross-sectional design was applied. Data were collected using a structured questionnaire assessing knowledge and self-reported practices related to occupational hazards and safety measures. **Results:** The study showed insufficient knowledge and poor compliance with safety practices among a considerable proportion of participants. A positive correlation was observed between knowledge level and safe practice implementation. **Conclusion:** There is a need for continuous education and training programs to improve occupational safety awareness among veterinary health care workers.

### **Keywords:**

Veterinary health workers; occupational hazards; safety practices; knowledge assessment; infection control.

## **Self-Care Practices among Patients Post Dacryocystorhinostomy**

**Authors:** Hanan Ateia Abd Elmotelib Mohamed<sup>1</sup>, Ahlam El-Ahmady Mohamed Sarhan<sup>2</sup>, Huda Abdallah Moursi Afifi<sup>3</sup>

### **Abstract:**

**Background:** Dacryocystorhinostomy (DCR) is a surgical procedure performed to treat nasolacrimal duct obstruction. Proper self-care practices are essential for optimal recovery and prevention of postoperative complications. **Aim of the Study:** This study aimed to assess self-care practices among patients post dacryocystorhinostomy. **Methods:** A descriptive study design was used. Data were collected from patients who had undergone DCR surgery using a structured questionnaire assessing knowledge, self-care practices, and postoperative compliance. **Results:** The findings revealed that a considerable proportion of patients had inadequate self-care practices, particularly regarding wound care, medication adherence, and follow-up visits. Better practices were associated with higher levels of education and prior health instruction. **Conclusion:** There is a need for structured postoperative education to improve self-care practices among DCR patients.

### **Keywords:**

Dacryocystorhinostomy; self-care; postoperative care; eye surgery; patient education.

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## **Mothers' Awareness Regarding Integrated Management of Childhood Illness (IMCI) Strategy**

**Authors:** Marwa Saad Mousa Khalil<sup>1</sup>, Hedyia Fathy Mohy El-Deen<sup>2</sup>, Basma Mohamed Abd-Elrahman<sup>3</sup>

### **Abstract:**

**Background:** The Integrated Management of Childhood Illness (IMCI) strategy is a global approach aimed at reducing childhood morbidity and mortality through improved caregiver knowledge. **Aim of the Study:** This study aimed to assess mothers' awareness regarding the IMCI strategy. **Methods:** A descriptive cross-sectional study was conducted among mothers attending child health services. Data were collected using a structured questionnaire assessing knowledge and awareness of IMCI components. **Results:** The study found that most mothers had limited awareness of IMCI guidelines and danger signs in childhood illnesses. Higher awareness was associated with previous exposure to health education. **Conclusion:** Mothers' awareness of IMCI is insufficient, highlighting the need for continuous health education programs.

### **Keywords:**

IMCI; mothers' awareness; child health; health education; pediatric nursing.

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## **University Students' Awareness Regarding Prevention of Dermatological Diseases**

**Authors:** Eslam Abdelhameed Qasem<sup>1</sup>, Afaf Salah Abdelmohsen<sup>2</sup>, Doaa Mohamed Sobhy Elsayed<sup>3</sup>

### **Abstract:**

**Background:** Dermatological diseases are common among young adults and can often be prevented through proper hygiene and health awareness. **Aim of the Study:** This study aimed to assess university students' awareness regarding prevention of dermatological diseases. **Methods:** A descriptive study was conducted among university students using a structured questionnaire assessing knowledge and preventive practices related to skin health. **Results:** The results indicated moderate to low awareness among students regarding preventive measures such as hygiene practices, sun protection, and early detection of skin conditions. **Conclusion:** Improving awareness through targeted educational programs is necessary to reduce the incidence of dermatological problems among students.

### **Keywords:**

Dermatological diseases; awareness; university students; prevention; health education.

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## **Caregivers' Knowledge and Practices about Health Risks Related to Climate Change among Older Adults in Geriatric Homes**

**Authors:** Hanan Khalil ELSayed Abd ELaal<sup>1</sup>, Ebtisam Mohamed Abd El-aal<sup>2</sup>, Samah Said Sabry<sup>2</sup>

### **Abstract:**

**Background:** Climate change poses increasing health risks, particularly for older adults who are more vulnerable to environmental stressors. **Aim of the Study:** This study aimed to assess caregivers' knowledge and practices regarding health risks related to climate change among older adults in geriatric homes. **Methods:** A descriptive cross-sectional design was used. Data were collected from caregivers using a structured questionnaire assessing knowledge and preventive practices. **Results:** The study revealed insufficient knowledge and inadequate preventive practices among caregivers regarding climate-related health risks such as heat stress and respiratory problems. **Conclusion:** Training programs are needed to improve caregivers' preparedness in managing climate-related health risks among elderly residents.

### **Keywords:**

Climate change; caregivers; elderly; geriatric homes; health risks; nursing care.

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## **Effect of Nursing Intervention for Elderly People regarding Mental Health, Life Satisfaction, and Happiness Level**

**Authors:** Mona Hashem Nasser Elsayed<sup>1</sup>, Howyida Sadek Abd El-Hameed<sup>2</sup>, Hedyia Fathy Mohy El-Deen<sup>2</sup>

### **Abstract:**

**Background:** Mental health and life satisfaction are key components of healthy aging, and nursing interventions can play an important role in improving them.

**Aim of the Study:** This study aimed to evaluate the effect of nursing intervention on mental health, life satisfaction, and happiness levels among elderly people.

**Methods:** A quasi-experimental design was used. Elderly participants were assessed before and after implementing a structured nursing intervention program including counseling, social support, and health education. **Results:** The study showed significant improvement in mental health status, life satisfaction, and happiness levels after the intervention. **Conclusion:** Nursing interventions are effective in improving psychological well-being among elderly individuals.

### **Keywords:**

Elderly; nursing intervention; mental health; life satisfaction; happiness.

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## **Health Educational Program for Students regarding Prevention of Dermatological Diseases in the University Campus**

**Authors:** Eslam Abdelhameed Qasem, Afaf Salah Abdelmohsen, Doaa Mohamed Sobhy Elsayed

### **Abstract:**

#### **Background:**

Dermatological diseases are common among university students and can be reduced through effective health education. **Aim of the Study:** This study aimed to evaluate the effect of a health educational program on students' knowledge and practices regarding prevention of dermatological diseases. **Methods:** A quasi-experimental design was conducted among university students. Data were collected using a pre/post-test questionnaire before and after implementation of a structured educational program. **Results:** The results demonstrated a significant improvement in students' knowledge and preventive practices after the intervention. **Conclusion:** Health educational programs are effective in improving awareness and reducing risk behaviors related to dermatological diseases.

#### **Keywords:**

Health education; dermatological diseases; university students; prevention; nursing program.

## **Health Education Program for Caregivers about Health Risks Related to Climate Changes among Older Adults**

**Authors:** Hanan Khalil ELSayed Abd ELaal; Ebtisam Mohamed Abd El-aal; Samah Said Sabry

### **Abstract:**

**Background:** Climate change poses increasing health threats to older adults, including heat-related illnesses and respiratory problems, requiring adequate caregiver preparedness. **Aim of the Study:** This study aimed to evaluate the effect of a health education program on caregivers' knowledge and practices regarding climate change-related health risks among older adults. **Methods:** A quasi-experimental design was applied. Caregivers in selected geriatric settings were assessed before and after implementation of a structured educational program using a questionnaire covering knowledge and preventive practices. **Results:** The study showed significant improvement in caregivers' knowledge and preventive practices after the intervention. Awareness of heat stress, dehydration, and respiratory complications increased notably. **Conclusion:** Health education programs are effective in improving caregivers' preparedness in managing climate-related health risks among older adults.

### **Keywords:**

Climate change; caregivers; elderly; health education; geriatric care; health risks.

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## **Awareness of Older Adults Regarding Mental Health, Life Satisfaction and Happiness Level**

**Authors:** Mona Hashem Nasser Elsayed; Howyida Sadek Abd El-Hameed; Hedyia Fathy Mohy El-Deen

### **Abstract:**

**Background:** Mental health, life satisfaction, and happiness are important components of healthy aging, yet often neglected among older adults. **Aim of the Study:** This study aimed to assess older adults' awareness regarding mental health, life satisfaction, and happiness levels. **Methods:** A descriptive cross-sectional study was conducted among older adults using a structured interview questionnaire assessing awareness of mental health concepts and associated well-being factors. **Results:** The findings indicated moderate to low awareness regarding mental health and life satisfaction concepts. Social engagement and health status were identified as key influencing factors. **Conclusion:** There is a need to enhance awareness among older adults regarding mental health and psychological well-being.

### **Keywords:**

Older adults; mental health; life satisfaction; happiness; awareness; aging.

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## **Mothers' Awareness Regarding Medication Errors for Their Children**

**Authors:** Noura Mohamed Elhlwany; Mahbouba Sobhy Abd El Aziz; Abeer Mohamed El Maghawry; Shimaa Gamal Eldein Ibraheim

### **Abstract:**

**Background:** Medication errors in children can lead to serious health consequences, especially when caregivers lack proper knowledge. **Aim of the Study:** This study aimed to assess mothers' awareness regarding medication errors for their children. **Methods:** A descriptive study design was used. Data were collected from mothers using a structured questionnaire assessing knowledge, attitudes, and practices related to safe medication administration. **Results:** The study revealed inadequate awareness among mothers regarding correct dosing, timing, and potential medication risks. Educational level was significantly associated with awareness levels. **Conclusion:** There is a critical need for health education programs to improve mothers' knowledge about safe medication practices for children.

### **Keywords:**

Medication errors; mothers; child health; drug safety; health education.

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## **Burden of Care among Mothers of Children with Nephrotic Syndrome**

**Authors:** Kholoud Ahmed Abd-Elmaksood; Hanaa Abd El-Gawad Abd El-Megeed; Amina Abd-Elrazek Mahmoud

### **Abstract:**

**Background:** Nephrotic syndrome is a chronic condition that places significant physical, emotional, and financial burden on caregivers, especially mothers. **Aim of the Study:** This study aimed to assess the burden of care among mothers of children with nephrotic syndrome. **Methods:** A descriptive cross-sectional design was used. Data were collected using a structured interview questionnaire and a caregiver burden scale. **Results:** The study revealed high levels of caregiver burden among mothers, particularly emotional stress and financial strain. Lack of social support increased the burden. **Conclusion:** Mothers of children with nephrotic syndrome experience considerable caregiving burden, requiring psychological and social support interventions.

### **Keywords:**

Nephrotic syndrome; caregiver burden; mothers; chronic illness; pediatric care.

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## **Burden of Care among Mothers regarding Their Children with Colostomy**

**Authors:** Asmaa Mohamed Abdel-Fatah; Hanaa Abdel-Gawad Abdel-Megeed; Fatma Ali Eiz Elregal; Mona Abdallah Abdel-Mordy

### **Abstract:**

**Background:** Children with colostomy require continuous care, which places significant burden on their mothers. **Aim of the Study:** This study aimed to assess the burden of care among mothers of children with colostomy. **Methods:** A descriptive study design was applied. Data were collected using structured interviews and a validated caregiver burden assessment tool. **Results:** The study found high levels of physical, emotional, and social burden among mothers. Lack of knowledge and training in colostomy care increased caregiving difficulties. **Conclusion:** Mothers of children with colostomy experience significant caregiving burden, highlighting the need for nursing support and education.

### **Keywords:**

Colostomy; caregiver burden; mothers; pediatric nursing; chronic care.

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## **Effect of Climate Changes on Preschool Children Suffering from Bronchial Asthma**

**Authors:** Hadeer Oraby Abd-Elhamid Mohammed; Amina Abdel-Razek Mahmoud; Mona Abdallah Abdel-Mordy

### **Abstract:**

**Background:** Climate change contributes to worsening respiratory conditions such as bronchial asthma, especially among preschool children. **Aim of the Study:** This study aimed to assess the effect of climate changes on preschool children suffering from bronchial asthma. **Methods:** A descriptive analytical design was used. Data were collected from mothers of asthmatic preschool children regarding environmental exposure and asthma exacerbations. **Results:** The study showed increased frequency of asthma attacks associated with temperature changes, air pollution, and seasonal variation. **Conclusion:** Climate change has a significant impact on asthma severity among preschool children, requiring preventive environmental and health interventions.

### **Keywords:**

Bronchial asthma; preschool children; climate change; respiratory health; environmental factors.

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## **Health Education Program regarding Interfamilial Transmission Risk Factors and Preventive Measures for Contacts of Pulmonary Tuberculosis Patients**

**Authors:** Fayza Ahmed Abozaid Mahrous; Doaa Mohamed Sobhy Elsayed; Hanem Awad Mekhamer

### **Abstract:**

**Background:** Pulmonary tuberculosis (TB) remains a major public health issue, with high risk of transmission among household contacts. **Aim of the Study:** This study aimed to evaluate the effectiveness of a health education program regarding risk factors and preventive measures for contacts of pulmonary tuberculosis patients. **Methods:** A quasi-experimental design was implemented. Participants were assessed before and after receiving a structured health education program on TB transmission and prevention. **Results:** The study revealed significant improvement in participants' knowledge and preventive practices after the intervention. **Conclusion:** Health education programs are effective in reducing the risk of TB transmission among household contacts.

### **Keywords:**

Tuberculosis; health education; transmission; preventive measures; public health nursing.

## **Inter-familial Transmission Risk Factors and Preventive Measures among Contacts of Pulmonary Tuberculosis Patients**

**Authors:** Fayza Ahmed Abozaid Mahrous; Doaa Mohamed Sobhy Elsayed; Hanem Awad Mekhamer

### **Abstract:**

**Background:** Pulmonary tuberculosis remains a major communicable disease, with household contacts at high risk of infection due to close exposure. **Aim of the Study:** This study aimed to assess inter-familial transmission risk factors and preventive measures among contacts of pulmonary tuberculosis patients. **Methods:** A descriptive analytical design was used. Data were collected from household contacts of TB patients using a structured questionnaire assessing knowledge, exposure risk factors, and preventive practices. **Results:** The study revealed inadequate awareness of transmission routes and poor adherence to preventive measures such as ventilation, cough etiquette, and early screening. Crowded living conditions and prolonged exposure increased infection risk. **Conclusion:** Improving awareness and preventive behaviors among household contacts is essential to reduce TB transmission.

### **Keywords:**

Tuberculosis; transmission; household contacts; preventive measures; public health; infection control.

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## **Effect of Stretching Exercises on Muscle Cramps for Pregnant Women**

**Authors:** Aya Mohamed Ali; Hedyia Fathy Mohy El-Deen; Huda Abdallah Moursi Afifi

### **Abstract:**

**Background:** Muscle cramps are a common discomfort during pregnancy, often affecting quality of life and sleep. **Aim of the Study:** This study aimed to evaluate the effect of stretching exercises on reducing muscle cramps among pregnant women. **Methods:** A quasi-experimental design was used. Pregnant women were assessed before and after implementing a structured stretching exercise program. Frequency and severity of muscle cramps were measured. **Results:** The results showed a significant reduction in both frequency and intensity of muscle cramps after the exercise intervention. **Conclusion:** Stretching exercises are effective in reducing muscle cramps and improving comfort during pregnancy.

### **Keywords:**

Pregnancy; muscle cramps; stretching exercises; maternal health; nursing intervention.

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## **Mothers' Awareness regarding Risk Factors of Iron Deficiency Anemia during Infancy Period**

**Authors:** Heba Refat Ali Harb; Doaa Mohamed Sobhy Elsayed; Wafaa Atta Mohamed Ahmed

### **Abstract:**

**Background:** Iron deficiency anemia is a common nutritional disorder in infancy and is largely preventable through proper feeding practices. **Aim of the Study:** This study aimed to assess mothers' awareness regarding risk factors of iron deficiency anemia during infancy. **Methods:** A descriptive cross-sectional design was applied. Data were collected from mothers using a structured questionnaire assessing knowledge of risk factors, prevention, and feeding practices. **Results:** The study found low to moderate awareness among mothers regarding iron-rich foods and risk factors such as early weaning and poor nutrition. **Conclusion:** There is a need for nutritional education programs to improve mothers' awareness and prevent iron deficiency anemia in infants.

### **Keywords:**

Iron deficiency anemia; infancy; mothers' awareness; nutrition; child health.

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## **Web-Based Nutritional Health Education Intervention for Secondary School Students**

**Authors:** Khadra Rezk Abd El Hady Zaied; Magda M. Mohsen; Mahbouba Sobhy Abd El Aziz; Doaa Mohamed Sobhy Elsayed

### **Abstract:**

**Background:** Poor nutritional habits among adolescents contribute to long-term health problems. Web-based education offers an innovative approach to health promotion. **Aim of the Study:** This study aimed to evaluate the effect of a web-based nutritional health education intervention on secondary school students. **Methods:** A quasi-experimental design was used. Students were exposed to an online educational program, and their knowledge and dietary behaviors were assessed pre- and post-intervention. **Results:** The study demonstrated significant improvement in students' nutritional knowledge and healthier dietary choices after the intervention. **Conclusion:** Web-based education is an effective tool for improving nutritional awareness among adolescents.

### **Keywords:**

Nutrition education; web-based intervention; adolescents; dietary behavior; health promotion.

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## **Effect of Play Therapy Program on Self-Esteem of Primary School Children with ADHD**

**Authors:**Hala Abd Elaaty Ahmed; Howyida Sadek Abd El-Hmeed; Mahbouba Sobhy Abd El-Aziz

### **Abstract:**

**Background:** Children with Attention Deficit Hyperactivity Disorder (ADHD) often experience low self-esteem due to behavioral and social difficulties. **Aim of the Study:** This study aimed to evaluate the effect of a play therapy program on self-esteem among primary school children with ADHD. **Methods:** A quasi-experimental design was used. Children participated in structured play therapy sessions, and self-esteem was measured before and after the intervention. **Results:** The results showed significant improvement in self-esteem scores following the play therapy program. **Conclusion:** Play therapy is an effective intervention for improving self-esteem among children with ADHD.

### **Keywords:**

ADHD; play therapy; self-esteem; children; behavioral therapy.

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## **Effect of Students Activity Program on Social and Emotional Competence and Bullying Behavior among University Students**

**Authors:** Heba Mohammed Ahmed Radwan; Howyida Sadek Abed El Hameed; Doaa Mohamed Sobhy El Sayed; Basma Mohamed Abd El Rahman

### **Abstract:**

**Background:** University students may experience social and emotional challenges, and bullying behavior can negatively affect their well-being. **Aim of the Study:** This study aimed to evaluate the effect of a student activity program on social competence, emotional competence, and bullying behavior among university students. **Methods:** A quasi-experimental design was implemented. Students participated in structured activities aimed at improving social interaction and emotional regulation, with assessments conducted before and after the program. **Results:** The study showed significant improvement in social and emotional competence and a reduction in bullying behavior after program implementation.

### **Conclusion:**

Student activity programs are effective in enhancing psychosocial skills and reducing bullying behavior.

### **Keywords:**

University students; social competence; emotional competence; bullying; student activities; mental health.

## **Health Promoting Lifestyle Program among Railway Train Drivers for Preventing Occupational Health Hazards**

**Authors:** Faten Waheed Mohamed; Howyida Sadek Abd El-Hameed; Doaa Mohamed Sobhy Elsayed; Shimaa Gamal El-Dein Ibrahim

### **Abstract:**

**Background:** Railway train drivers are exposed to multiple occupational hazards such as stress, fatigue, and environmental risks that may affect their health and performance. **Aim of the Study:** This study aimed to evaluate the effect of a health-promoting lifestyle program on preventing occupational health hazards among railway train drivers. **Methods:** A quasi-experimental design was used. Train drivers were assessed before and after implementation of a structured lifestyle promotion program focusing on nutrition, physical activity, stress management, and safety practices. **Results:** The study revealed significant improvement in health-promoting behaviors and reduction in occupational risk exposure after program implementation. **Conclusion:** Health-promoting lifestyle interventions are effective in improving occupational health and safety among railway train drivers.

### **Keywords:**

Railway drivers; occupational health; health promotion; lifestyle program; workplace safety.

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## **Health Educational Program for Mothers regarding Care of Children with Retinoblastoma**

**Authors:** Heba Abd-Elnaby Salem; Ebtisam Mohamed Abd Elaal; Amina Abd Elrazek Mahmoud; Basma Mohamed Abd El-Rahman

### **Abstract:**

**Background:** Retinoblastoma is a rare childhood eye cancer that requires complex care and long-term parental involvement. **Aim of the Study:** This study aimed to evaluate the effect of a health educational program for mothers regarding care of their children with retinoblastom. **Methods:** A quasi-experimental design was applied. Mothers were assessed before and after receiving structured educational sessions on disease management, treatment adherence, and home care. **Results:** The findings showed significant improvement in mothers' knowledge and caregiving practices after the intervention. **Conclusion:** Health education programs are effective in improving maternal caregiving skills for children with retinoblastoma.

### **Keywords:**

Retinoblastoma; mothers; health education; pediatric oncology; caregiving.

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## **Effect of Distance Learning on Mothers' Quality of Life during COVID-19 Pandemic**

**Authors:** Nehad Ahmed Ibrahim Zahra; Hedyia Fathy Mohey El-Deen; Shimaa Gamal Eldein Ibraheim

### **Abstract:**

**Background:** The COVID-19 pandemic led to widespread adoption of distance learning, increasing caregiving and educational responsibilities for mothers. **Aim of the Study:** This study aimed to assess the effect of distance learning on mothers' quality of life during the COVID-19 pandemic. **Methods:** A descriptive cross-sectional design was used. Data were collected from mothers using a structured questionnaire assessing physical, psychological, and social aspects of quality of life. **Results:** The study indicated that distance learning increased stress and workload among mothers, negatively affecting their quality of life. **Conclusion:** Distance learning during the pandemic had a significant impact on mothers' well-being, highlighting the need for supportive strategies.

### **Keywords:**

COVID-19; distance learning; mothers; quality of life; stress.

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## **Nano Teaching Sessions for University Students regarding Prevention of Helicobacter pylori Infection**

**Authors:** Nashwa Samir Abdelaziz; Asmaa Ramadan Mohamed; Walaa Kamal Shedeed

### **Abstract:**

**Background:** Helicobacter pylori infection is a common gastrointestinal infection linked to poor hygiene and lifestyle habits. **Aim of the Study:** This study aimed to evaluate the effect of nano teaching sessions on university students' knowledge regarding prevention of H. pylori infection. **Methods:** A quasi-experimental design was used. Students received short, focused “nano teaching” educational sessions, and knowledge was assessed before and after intervention. **Results:** The study showed a significant improvement in students' knowledge and awareness regarding transmission routes and preventive measures. **Conclusion:** Nano teaching sessions are an effective and time-efficient method for health education among university students.

### **Keywords:**

Helicobacter pylori; nano teaching; university students; health education; infection prevention.

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## **Intensive and Critical Care Nurses' Compliance, Barriers, and Challenges with Ventilator-Associated Pneumonia Prevention**

**Authors:** Tahani Nasser Alhejaili; Bushra Alshammari; Salwa Abd El Gawad Sallam; Awatif Mansour Alrasheday; Lea L. Dando; Odeta A. Nacubuan; Habib Alrashedi; Shaimaa Mohamed Nageeb; Larry Terence O. Cornejo; Rico William A. Villagrancia; Soha Kamel Mosbah Mahmoud; Ingrid Jacinto-Caspillo; Rizal Angelo N. Grande; Daniel Joseph E. Berdida; Bahia Galal Abd Elrazik Sia

### **Abstract:**

**Background:** Ventilator-associated pneumonia (VAP) is a serious ICU complication, and prevention depends on nurses' compliance with evidence-based guidelines. **Aim of the Study:** This study aimed to assess ICU nurses' compliance, barriers, and challenges regarding VAP prevention. **Methods:** A cross-sectional study design was used. Data were collected from intensive care nurses using structured questionnaires assessing compliance levels, perceived barriers, and institutional challenges. **Results:** The study revealed moderate compliance with VAP prevention guidelines. Major barriers included workload, staffing shortages, and limited resources. **Conclusion:** Improving staffing levels, training, and institutional support is essential to enhance VAP prevention practices.

### **Keywords:**

Ventilator-associated pneumonia; ICU nurses; compliance; barriers; infection control.

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## **Effect of a Health Promotion Self-Care Program on Patients with Multiple Sclerosis**

**Authors:** Taisser Hamido Abosree; Nora Mohamed Ahmed Hassnin; Bahia Galal Abd Elrazik Siam; Soha Kamel Mosbah Mahmoud

### **Abstract:**

**Background:** Multiple sclerosis (MS) is a chronic neurological disorder that significantly affects quality of life and requires long-term self-care management.

**Aim of the Study:** This study aimed to evaluate the effect of a self-care health promotion program on knowledge, health-promoting behaviors, and quality of life among patients with multiple sclerosis. **Methods:** A quasi-experimental design was applied. MS patients were assessed before and after participation in a structured self-care educational program. **Results:** The study showed significant improvement in patients' knowledge, self-care behaviors, and quality of life after the intervention. **Conclusion:** Health promotion self-care programs are effective in improving outcomes for patients with multiple sclerosis.

### **Keywords:**

Multiple sclerosis; self-care; health promotion; quality of life; nursing intervention.

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## **Improving Pro-Environmental Behavior of Nursing Students Based on Protection Motivation Theory**

**Authors:** Nehad Ahmed Ibrahim Zahra; Amany Esmat AbdElhafeez Mahmoud; Nora Mohamed Ahmed Hassnin

### **Abstract:**

**Background:** Environmental sustainability is increasingly important in healthcare, and nursing students play a key role in promoting eco-friendly behaviors. **Aim of the Study:** This study aimed to improve pro-environmental behavior among nursing students based on Protection Motivation Theory. **Methods:** A quasi-experimental design was used. Nursing students participated in an educational program guided by Protection Motivation Theory constructs, with pre- and post-assessment of environmental behaviors. **Results:** The study demonstrated significant improvement in students' awareness, attitudes, and pro-environmental behaviors after the intervention. **Conclusion:** Theory-based educational interventions are effective in promoting sustainable environmental behaviors among nursing students.

### **Keywords:**

Pro-environmental behavior; nursing students; Protection Motivation Theory; environmental health; education.

## **Effectiveness of Educational Intervention Based on Health Belief Model on Mothers regarding Antibiotics Self-Medication**

**Authors:** Nehad Ahmed Ebrahim Zahra; Mona Abdallah Abdel Mordy; Asmaa Ramadan Mohamed Abdel-Wahab

### **Abstract:**

**Background** Self-medication with antibiotics is a growing public health concern that contributes to antimicrobial resistance, especially among mothers managing children's illnesses. **Aim of the Study:** This study aimed to evaluate the effectiveness of an educational intervention based on the Health Belief Model on mothers regarding antibiotic self-medication. **Methods:** A quasi-experimental design was used. Mothers were assessed before and after receiving a structured educational program based on Health Belief Model constructs. **Results:** The study showed significant improvement in mothers' knowledge, perceived susceptibility, perceived severity, and reduction in self-medication practices after the intervention. **Conclusion:** Health Belief Model-based education is effective in reducing inappropriate antibiotic self-medication among mothers.

### **Keywords:**

Antibiotics; self-medication; Health Belief Model; mothers; health education; antimicrobial resistance.

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## **Iron Deficiency Anemia: Evidence-Based Prevention Program among Primary School Students according to 100 Million Health Initiative**

**Authors:** Nehad Ahmed Ebrahim Zahra; Eman Abdelmordy Elsayed Ahmed; Mona Abdallah AbdelMordy

### **Abstract:**

**Background:** Iron deficiency anemia is a major public health problem among school-aged children affecting growth, cognitive development, and academic performance. **Aim of the Study:** This study aimed to evaluate the effect of an evidence-based prevention program for iron deficiency anemia among primary school students in alignment with the 100 Million Health Initiative. **Methods:** A quasi-experimental design was implemented. Students were assessed before and after exposure to a nutritional and health education program focused on iron-rich diet and prevention strategies. **Results:** The study demonstrated significant improvement in students' knowledge, dietary habits, and prevention of anemia risk factors after the intervention. **Conclusion:** Evidence-based prevention programs are effective in reducing the risk of iron deficiency anemia among schoolchildren.

### **Keywords:**

Iron deficiency anemia; school children; prevention program; nutrition; 100 Million Health Initiative.

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## **Effect of Continuous Care Model on Healthy Lifestyle among Patients Post Total Knee Arthroplasty**

**Authors:** Nashwa Samir Abdel Aziz; Nora Mohmed Ahmed Hassnin; Walaa Kamal Sheedeed

### **Abstract:**

**Background:** Patients undergoing total knee arthroplasty require continuous care to maintain mobility and adopt healthy lifestyle behaviors postoperatively. **Aim of the Study:** This study aimed to evaluate the effect of the continuous care model on healthy lifestyle among patients after total knee arthroplasty. **Methods:** A quasi-experimental design was used. Patients were followed through structured continuous care interventions including education, follow-up, and counseling. **Results:** The study revealed significant improvement in physical activity, self-care behaviors, and adherence to rehabilitation programs after intervention. **Conclusion:** The continuous care model is effective in improving postoperative lifestyle and recovery outcomes.

### **Keywords:**

Total knee arthroplasty; continuous care model; lifestyle; rehabilitation; nursing intervention.

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## **Effect of Instructional Guidelines on Prevention of Dengue Fever among Rural Women**

**Authors:** Taisser Hamido Abosree; Nehad Ahmed Ebrahim; Hedyia Fathy Mohy El-Deen Mansour

### **Abstract:**

**Background:** Dengue fever is a mosquito-borne disease prevalent in rural areas, and prevention depends on community awareness and environmental control. **Aim of the Study:** This study aimed to evaluate the effect of instructional guidelines on prevention of dengue fever among rural women. **Methods:** A quasi-experimental design was conducted. Rural women received structured educational guidelines on dengue prevention and were assessed before and after intervention. **Results:** The study showed significant improvement in knowledge and preventive practices regarding mosquito control and environmental hygiene. **Conclusion:** Instructional guidelines are effective in improving dengue fever prevention practices among rural women.

### **Keywords:**

Dengue fever; rural women; health education; prevention; vector control.

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## **Effect of Telenursing Intervention on Mothers' Care regarding Children with Juvenile Idiopathic Arthritis**

**Authors:** Hedy Fathy Mohy El-Deen; Seham Mohammed Abd El Aziz; Asmaa Ramadan Mohamed; Taisser Hamido Abosree

### **Abstract:**

**Background:** Juvenile idiopathic arthritis requires long-term care, and mothers play a key role in managing children's condition at home. **Aim of the Study:** This study aimed to evaluate the effect of telenursing intervention on mothers' care regarding children with juvenile idiopathic arthritis. **Methods:** A quasi-experimental design was used. Mothers received telenursing support through remote education and follow-up sessions, with pre- and post-assessment of knowledge and practices. **Results:** The study demonstrated significant improvement in mothers' knowledge, caregiving practices, and confidence in managing the condition.

**Conclusion:** Telenursing is an effective approach to improve home care for children with chronic conditions.

### **Keywords:**

Juvenile idiopathic arthritis; telenursing; mothers; pediatric care; chronic disease management.

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## **Effect of Applying 5A's Model on Self-Care Efficacy and Dependency Level among Patients with Liver Transplantation**

**Authors:** Basma Mohamed Abdelrahman; Wafaa Atta Mohammed; Hedyia Fathy Mohey El-Deen

### **Abstract:**

**Background:** Liver transplant recipients require long-term self-care and adherence to medical instructions to maintain graft function and reduce complications. **Aim of the Study:** This study aimed to evaluate the effect of applying the 5A's model on self-care efficacy and dependency level among liver transplant patients. **Methods:** A quasi-experimental design was used. Patients were assessed before and after implementation of the 5A's model (Assess, Advise, Agree, Assist, Arrange). **Results:** The study revealed significant improvement in self-care efficacy and reduction in dependency levels after the intervention. **Conclusion:** The 5A's model is effective in promoting self-management among liver transplant patients.

### **Keywords:**

Liver transplantation; 5A's model; self-care; dependency; nursing intervention.

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## **Occupational Health Hazards among Workers in Welding Factories at Qalyubia Governorate**

**Authors:**Aya Abd Elhameid Ramadan; Mahbouba Sobhy Abdelaziz; Amina Abd-Elrazek Mahmoud

### **Abstract:**

**Background:** Welding workers are exposed to multiple occupational hazards including fumes, burns, eye injuries, and respiratory problems. **Aim of the Study:** This study aimed to assess occupational health hazards among workers in welding factories in Qalyubia Governorate. **Methods:** A descriptive cross-sectional design was used. Data were collected using structured questionnaires and observational checklists regarding workplace hazards and safety practices. **Results:** The study revealed high exposure to physical and chemical hazards with inadequate use of personal protective equipment among workers. **Conclusion:** There is a need for strict occupational safety regulations and health education programs in welding factories.

### **Keywords:**

Welding workers; occupational hazards; industrial safety; workplace health; personal protective equipment.

## **Intensive and Critical Care Nurses' Compliance, Barriers, and Challenges with Ventilator-Associated Pneumonia Prevention: A Cross-Sectional Study**

**Authors:** Hazel Novela Villagrancia; Tahani Nasser Alhejaili; Bushra Alshammari; Salwa Abd El Gawad Sallam; Awatif Mansour Alrasheeday; Lea L. Dando; Odeta A. Nacubuan; Habib Alrashedi; Shaimaa Mohamed Nageeb; Larry Terence O. Cornejo; Rico William A. Villagrancia; Soha Kamel Mosbah Mahmoud; Ingrid Jacinto-Caspillo; Rizal Angelo N. Grande; Daniel Joseph E. Berdida; Bahia Galal Abd Elrazik Sia

### **Abstract**

**Background:** Ventilator-associated pneumonia (VAP) remains one of the most common and serious hospital-acquired infections in intensive care units (ICUs), contributing to increased morbidity, mortality, and healthcare costs. Nurses play a central role in implementing preventive care bundles; however, compliance may be affected by multiple institutional and personal barriers. **Aim:** This study aimed to assess intensive and critical care nurses' compliance with ventilator-associated pneumonia prevention guidelines and to identify perceived barriers and challenges affecting adherence. **Methods:** A descriptive cross-sectional design was employed. ICU nurses were surveyed using a structured questionnaire assessing knowledge and compliance with VAP prevention practices, including oral care, head-of-bed elevation, suctioning techniques, and hand hygiene. Additional items explored perceived barriers such as workload, staffing levels, resource availability, and training deficits. **Results:** The study found variable levels of compliance with VAP prevention guidelines among ICU nurses. Higher compliance was associated with better knowledge and prior training exposure. Major barriers included high patient-to-nurse ratios, time constraints, insufficient supplies, and limited continuing education opportunities. Organizational challenges were identified as key determinants of suboptimal adherence. **Conclusion:** Although nurses recognize the importance of VAP prevention, multiple systemic and individual barriers limit full compliance. Strengthening training programs, improving staffing levels, and ensuring resource availability are essential to enhance adherence and reduce VAP incidence.

**Keywords:** Ventilator-associated pneumonia; ICU nurses; compliance; barriers; infection prevention; cross-sectional study.