

4th Edition of **Nursing VIRTUAL 2020**

14

December, 2020

Theme:
Exchange questions, answers,
and best practices in the field of Nursing

NURSING VIRTUAL 2020

DECEMBER 14, 2020

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in the field of Nursing

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Keynote Speakers



Aline Nassar
Stochos- Sydney,
Australia



Patricia Seabrooks
Miami Regional University,
USA



Samira Obeid
Max Stern Yezreel Valley College,
Israel



Stuart Mott
Dialysis Clinic, Inc - Albany,
USA

About **MAGNUS GROUP** |

Magnus Group (MG) is initiated to meet a need and to pursue collective goals of the scientific community specifically focusing in the field of Sciences, Engineering and technology to endorse exchanging of the ideas & knowledge which facilitate the collaboration between the scientists, academicians and researchers of same field or interdisciplinary research. Magnus group is proficient in organizing conferences, meetings, seminars and workshops with the ingenious and peerless speakers throughout the world providing you and your organization with broad range of networking opportunities to globalize your research and create your own identity. Our conference and workshops can be well titled as 'ocean of knowledge' where you can sail your boat and pick the pearls, leading the way for innovative research and strategies empowering the strength by overwhelming the complications associated with in the respective fields.

Participation from 90 different countries and 1090 different Universities have contributed to the success of our conferences. Our first International Conference was organized on Oncology and Radiology (ICOR) in Dubai, UAE. Our conferences usually run for 2-3 days completely covering Keynote & Oral sessions along with workshops and poster presentations. Our organization runs promptly with dedicated and proficient employees' managing different conferences throughout the world, without compromising service and quality.

About **Nursing Virtual 2020** |

Nursing Virtual 2020 during December 14, 2020 has been wrapped with multipurpose tasks where sharing the knowledge is just not our aim, it also focuses on bringing everyone together with a familial atmosphere, where you can meet up the committed professional, professors, scientists and young scholars who shares the same area of importance, make the study allocation simple and suitable where each minute is entrenched with inspirational and joyful process.

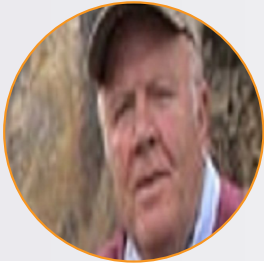
KEYNOTE FORUM

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Stuart Mott

Dialysis Clinic, Inc - Albany, USA

Advance cannulation skills

A major hurdle for patients choosing Home Hemodialysis (HHD) modality is the anxiety associated with self-cannulation. Tap Cannulation is a teaching method that reduces the fear and pain of self-cannulation for patients who are beginning to use an arterio-venous fistula (AVF) or graft. Tandem Hand Cannulation technique helps patients learn to self-cannulate by placing their hand over the nurse's hand for close visual and tactile observation of the needle insertion. The hands are reversed for the patient's first few self-cannulation experiences. Touch Cannulation is part of the training process which involves holding the needle 2 or 3 inches behind the wings for better control and improved sensitivity for the cannulator. Retraining staff in advanced cannulation techniques will improve patient outcomes, increase the life of fistulas, and reduce the pain and expense of vascular access complications. Cushion Cannulation is a simple change in the position of the cannulator and the patient's arm that reduces the frequency of infiltrations during needle insertion. The Tear Drop Technique draws the needle into the access with less damage to the skin during insertion. Hubbing the needle is poor technique when the needle is placed too deeply that causes an indented buttonhole. Sidebar Technique is used when a fistula has a raised aneurysm at the AVF which has been demonstrated to reduce the size of the aneurysm over time without surgical intervention. This webinar explains these techniques in detail with photos and personal experience.

Biography

Stuart Mott, LPN, is a cannulation expert who specializes in the patient's experience of dialysis needles. He has been a dialysis nurse for more than 20 years, working with patients who have had acute and chronic dialysis, and spent more than 6 years as a traveling nurse to multiple states. Since 2005, he has been a vascular access nurse, and has developed several unique approaches. Stuart has spoken at multiple conventions, acute units, and in-center teaching in-services throughout United States, and has published articles in the Nephrology Nursing Journal. He is a board member of ESRD Network 12 and works with the Fistula First Breakthrough Initiative as an advisor. He had professional memberships and committee memberships in American Nephrology Nurses Association (ANNA), Council of Nephrology Nurses & Technicians (CNNT), Council of Nephrology Nurses & Technicians (CNNT), Home Therapies Specialty Practice Network (AMMA), Heartland Kidney Network 12, Medical Review, a board member, Fistula First Coalition, Patient Self-Cannulation Change Work Group and Home Therapies Specialty Practice Network (ANNA).



Aline Nassar

Stochos- Sydney, Australia

Healthcare transformation: Collaborating and leading

Transforming the healthcare model to team-based patient-centered care is the direction healthcare systems are heading to, this millennium. This aspired contemporary health model is the core of Healthcare Transformation, which when favourably achieved, will enhance patient experience and satisfaction, improve health outcomes and reduce redundant healthcare cost. Nursing professionals are integral to driving this healthcare reform through collaborating, leading and successfully steering this transformation. Understanding how nursing practice should be considerably different is vital to delivering the expected level of patient-centered care and pronounces the intensity of the role of nurses. For nurses to become proactively, passionately and efficiently involved in this transformation, a renewed skill set that focuses on patient-centered care, care coordination, and quality advancement is required.

Take away notes:

- Discuss the contemporary health model: the core of Healthcare Transformation
- Highlight the impact of team-based patient-centered care on patient experience
- Evaluate the intensity of the nursing practice on delivering the projected level of patient-centered

Biography

Aline Nasser, an established Healthcare Executive, is specialized in organizational excellence and capacity building. Her expertise and proficiency in analyzing and understanding the foresight of organizations and translating it into insights- to build organizational capacity and advance performance- have been a differentiator. She has a sound track record in driving Organizational Transformation through exploiting her expertise as a Leadership Development Specialist and a Licensed Emotional Intelligence Expert. During her 20-year service, as a Senior Healthcare Executive and in appreciation to her accomplishments, she achieved 25 Awards from various sectors- Governmental, Regulatory body, Public and Private. She was namely recognized by the UAE Nursing & Midwifery Council, for co-founding the council in 2010. In addition to that, she received awards for Successful Organizational Capacity Building, her Skilled Leadership, Advancement of Leadership Teams, and Enhancement of Service Quality. She had organized, chaired, directed and served as faculty on more than 60 International conferences. She has several publications on Leadership and Capacity Building and serves as an Editorial Board Member at the Open Access Journal of Clinical Surgery. She has served as a CEO, Executive Director of Health Affairs, Executive Consultant & Advisor, Corporate Chief Nursing Officer and Chief Quality Officer.



Samira Obeid

Max Stern Yezreel Valley College, Israel

Compliance to COVID-19 preventive guidelines among minority communities: The case of Israeli Arabs

The Arab ethnic minority makes up 21% of Israel's population, comprised 8.8% of confirmed cases at the first wave and 40.5% at the second wave of COVID-19. As a minority, the Arab society in Israel faces various difficulties, including language barriers, mistrust of the authorities and social aspects. This research aimed to figure up the characteristics of compliance with the guidelines of the Ministry of Health and related factors that can explain the outbreak of the disease in the Arab population.

Methods: This cross-sectional study was conducted online with a convenience sample of Israeli adults Arabs. It was administered over the course of one week (October 15 –25, 2020) revealed in 813 participants. Participants were asked to complete measures assessing socio-demographic characteristics, compliance to COVID19 preventive guidelines, risk perception in health-related behavior questionnaire, pandemic tiredness and subjective social norms.

Results: Overall the personal compliance to the guidelines was high, aggregative mean scores 4.24 (scale from 1-5, one represent never comply and five full compliance). The mean scores of guidelines compliance decreased among the interpersonal social network, mean scores 3.24. Factors related to guidelines non-compliance included: negative subjective social norms, low levels of risk perceptions, pandemic tiredness and SES characteristics.

Conclusions: Social characteristics and norms of the Arab minority explained the changes in the confirmed cases at the second wave. Pandemic tiredness and low risk perceptions.

Take away notes:

- It can help the audience to understand COVID-19 outbreaks in Low SES minority societies.
- Explain how the ethnic minorities behave when there is a pandemic crisis.
- Exposure to related factors can help build intervention programs in order to increase compliance to COVID19 preventive guidelines and prevent COVID19 infection.

Biography

Samira Obeid is a head of the Health Promotion Department, North District, Ministry of Health and a lecturer on at the The Max Stern Yezreel Valley College, Nursing department. Her research interests are mainly in: evaluation of health promotion projects, ethics competence and social epidemiology. She is involved in some research projects such as: evaluation of radio campaign in the topic of raising awareness on preventing Brucella disease, factors protecting healthy weight of children in low socio-economic situation, Arab Muslim clerics as social agents, health behaviors among Ethiopian new immigrants and violence and tolerance attitudes of Arab and Jewish students.

SPEAKERS

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Patricia A. Drees

Fort Hays State University, USA

Fostering student engagement with virtual role play

Undergraduate nursing students had their typical college experience interrupted in March 2020 due to the Covid-19 pandemic. At a rural baccalaureate nursing program, didactic courses were paused, reconfigured and presented virtually with a two week pause to regroup. The mental health nursing faculty member was tasked with engaging students to learn about mental health over a virtual platform while incorporating high quality learning strategies into the course. Cost was another concern as faculty was unable to utilize anything that added to the price of the students' educations. In order to do this, a new and virtual classroom was reimagined. Class sessions continued via a university Zoom account. Active learning strategies were remade for usage in the virtual learning environment. After this rapid transition, live mental health nursing classes continued for students. One active learning strategy utilized was a role play called the Mental Health Support Group Potluck.

Role plays foster learning about communication with others (Hessler, 2017). The role play could be utilized by students in quarantine that were healthy enough to attend virtually. The course objectives and student learning outcomes did not have to change. Even though a potluck meeting was the premise of the role play, students could learn about a mental health condition and understanding feelings and attitudes of persons affected by such conditions (Bradshaw and Lowenstein, 2011). This strategy also was favorable in terms of price since there was no cost passed on to the students. It was helpful to faculty as role play generates student interactions that prompt discussion and do not produce extra papers to grade (Hessler, 2017). Since most new nurses are not employed in dedicated mental health settings, role play can prepare them for working with individuals in the clinical setting (Kronig, 2016).

In utilizing the potluck, students explored what a client might bring to the potluck and how the client's thought processing, perception, history, communication abilities and age entered into the event. Students worked in pairs and assumed the role of client or loved one of client. They were empowered to virtually present their contribution to conversation at the event as well as what they would bring for food and how they might present self. This was designed to present students with a view of verbal and non-verbal interactions in a social situation which may or may not be difficult for a client to navigate. This pushed the student to observe and comprehend complex human behaviors that would be encountered with mental health clients (Billings and Halstead, 2005). A debriefing followed with discussions. In order to further the learning, students were asked to utilize current evidence and share their references with each other via Yellow Dig, a social learning platform hosted by the university. Students reported that assuming the role of a client or client's loved one gave them a new perspective on living with or experiencing a mental illness.

Take away notes:

- Utilizing existing technologies to conduct a virtual role play.
- An opportunity to engage students in quarantine.
- An active learning strategy that is easily converted to online usage.

Biography:

Patricia A. Drees, graduated from Fort Hays State University with a bachelor's of science in nursing in 1987 and a master's of science in nursing in 2014. She a registered nurse with twenty-one years of direct patient care and eleven years teaching in nursing. She has worked as a staff nurse and a charge nurse at Lawrence Memorial Hospital, Lawrence, Kansas (1987-1989), and Hays Medical Center, Hays, Kansas (1989-2008). Her clinical nursing experiences include medical-surgical nursing and maternal-newborn nursing. She taught in an associate degree nursing program at North Central Kansas Technical College (2008-2017) and now teaches in the on campus BSN and online RN-BSN programs at Fort Hays State University (2017-present). She teaches face-to-face and online courses currently which include practicums in nursing skills, beginning nursing and mental health nursing.



Sivakamasundari Ratnam

Institution of Training Ministry of Health Sultan Azlan Shah, Malaysia

Maternal risk factor associated Low Birth Weight (LBW) infant – A case control study

Background: Low birth weight (LBW), defined as birth weight less than 2500 g, has a complex aetiology and may be a result of premature interruption of pregnancy or intrauterine growth restriction. The objective of this study was to explore on maternal risk factors associated with delivering of term LBW infants among the mothers who had antenatal care at government health clinics in Ipoh.

Methods: A case-control study was conducted in Ipoh city, Perak state, Malaysia. The study population consisted of 2 groups are which case-control groups with 45 cases and 90 controls respectively. The case group are mothers who delivered infants with weight < 2500 g. and control group are mothers who delivered infants with weight \geq 2500 g. Data from of mothers who delivered between January to December 2017 were extracted from antenatal records of mothers who had registered in government health clinics in Ipoh with using simple random sampling method. A self-designed data collection was drafted to collect data extracted. The variables collected include maternal socio-demographic characteristics, maternal obstetric risk factors and health risk behaviour.

Results: The total number of records eligible for the study was 3357 from the 9 government clinics in Ipoh. There were 266 cases and 3091 controls eligible for the study. Eventually, the selected as stipulated by sample calculation method as 45 cases and 90 controls. The infants constituted of [72 (53.3%)] males and [63 (46.7%)] females.

The two significant variables were associated with LBW were history of previous low birth weight infants (OR; 2.912, 95% CI; [1.106, 7.664], $p < 0.05$) and the mother's education level (OR; 4.649, 95% CI; [1.318, 16.398], $p < 0.05$).

Conclusion: The two predictors are modifiable which are mothers' education and mother having history of low birth infants. The previous history of low birth infant is multifactorial. Hence; to ascertain the actual cause more researches are needed to explore such as; what are actually be the causes which increases the risk to incur in the subsequent pregnancy, how to prevent and control that definite cause and what are strategies or best approaches

The education components need national policy to make sure all women empowered at least minimum secondary level of education.

Take away notes:

- The research act as sort of root cause analysis of the outcome; Low Birth Weight (LBW) in my study area.
- The research was to explore the maternal risk factors associated to the outcome; Low Birth Weight (LBW) retrospectively in short period.
- The importance of this research was able to highlight significant determinants causing the outcome.

Biography:

Sivakamasundari Ratnam studied Diploma Nursing at School of Nursing Ipoh and graduated in 1993. She studied specialization courses of Midwifery, Public Health Nursing and Management in 1997, 2001 and 2008 respectively. She obtained Bachelor of Nursing Science (BNSc) in 2012 at Open University Malaysia (OUM) and Master Science in Public Health (MSPH) in 2019 at University Kuala Lumpur, Malaysia. She held ranks as SRN, Head Nurse and Supervisor in Public Health service sector from 1993 to 2013; in 20 years tenure. She joined nursing education as Tutor since 2013 at Institution of Training Ministry of Health Malaysia in Perak state.

**John Camilo Garcia**

Clinic North Foundation in Bello-Colombia, USA

Ultrasound and peripheral vein accesses in COVID-19 age: From barriers to success

This is a serial case report about vein accesses by ultrasound technique in a surgery service in Medellin Hospital, Colombia. The main goal was describing the effectiveness, safety of ultrasound technique and the clinical characteristics of patients with difficult venous access. Sampling was consecutive. At final sampling were included 14 patients, all of them with covid 19, previously 8 possible participants were excluded due to deep veins and lack of midlines. The effectiveness was around 80% and the main barriers were human and technical barriers. In conclusion, ultrasound is a necessity and nurses must be prepared for such challenge technique, especially in the middle of human barriers and pandemic situation.

Biography:

John Garcia is a surgical nurse at the Clinic North Foundation in Bello-Colombia, Chairman of the Ethics Committee for care and ethics in research at the same institution. Leader of the group of intravenous therapy and vascular access, Member of the group of cardiovascular surgery. Master in Bioethics and Bio-law from CES University. Professor attached to the department of health sciences of the CES University, Medellin-Colombia.

**Livana PH**

Sekolah Tinggi Ilmu Kesehatan Kendal, Indonesia

Family characteristics related to family support in caring for mental disorder patients

Cases of mental disorder are currently showing a very significant increase, and every year in various parts of the world, the number of people with mental disorder also increases. The main symptoms that are prominent in mental disorder are the psychiatric elements, but the main causes may be the body (somatogenic), the social environment (sociogenic) or psychic (psychogenic). Usually, there is no single cause, but several causes are present at the same time, which influence each other or happen simultaneously, which in turn raise body or soul disorder. The present research uses descriptive correlation design and the research subjects were the families of patients who took patients for treatment in the psychiatric clinic in Kendal City Hospital. A total of 145 subjects were taken using accidental sampling technique. The data was analyzed using chi-square test. The results of the study show that there was a relationship between age, sex, and education with family support in caring for mental disorder (p value <0.005).

Biography:

Ns. Livana PH, M.Kep., Sp.Kep.J studied nursing at Mental Specialist of Nursing, Faculty of Nursing, University of Indonesia, with excellent grade and graduated in 2015. She has been working in Sekolah Tinggi Ilmu Kesehatan Kendal, Central Java, Indonesia since 2011. She has published more than 122 research articles in journals.



Ashfaq Chandio

Luton & Dunstable University Hospital, England

Could we implement abscess pathway

Skin abscesses are common and have become more Significant burden of emergency surgical admissions. Guidelines from the Association of Anaesthetists and the British Association of Day Surgery 2019: Overall rates of day surgery remain variable across the UK. The target that 75% of elective surgery should be performed as day cases remains in place, but minimally invasive surgery is now well established, allowing more procedures to be performed as day surgery and even greater rates should be possible. Currently, there are neither national guidelines nor pathways to follow in regard to patients presenting with an abscess. Frequently these patients are admitted, added to the emergency theatre list and kept fasted as they are pushed further down the list of clinical priorities to allow for more urgent procedures to take place, this leads to increased length of hospital stay, worsening of hospital bed crises, unnecessary financial escalation for trusts and inadequate quality of care for the patient. Aim is to evaluate the effectiveness of an ambulatory care pathway for emergently treating abscesses of the body requiring surgery, this will facilitate a more efficient, effective way of dealing with patients' with an abscess. Abscess pathway is cost effective & proven efficiency, reduce bed utilization / unnecessary avoidable overnight stay / admission, hospital needs more services to stay open to support patients in the wards.

Biography:

Ashfaq Chandio is a surgeon specializing in general surgery, employed by the NHS Trust, graduated from Chandka Medical College Larkana Pakistan. Obtained training in various specialities of general surgery (General Surgery, Urology, Emergency medicine, Vascular, Breast & Endocrine, and Colorectal) in Ireland and UK. He obtained the degree of FRCSI from Royal College of Surgeons in Ireland. He was awarded Diploma of Laparoscopy from France, FEBS/General Surgery by European Surgical Board, FEBS/Coloproctology by European Surgical (Coloproctology) Board. He obtained comprehensive training in general surgery. He is Faculty member of Royal College of Surgeons England, for teaching Basic surgical skills and START course. He had peer – reviewed publications and national and international presentations, mentor International conference on Gastroenterology. He was awarded with Certificate of Appreciation in recognition of excellence service, dedication and commitment to the Western Health Board, Certificate of honour by Overseas Medics of Ireland and Shield of pride 40th Alumni Chandka Medical College & Shaheed Benazir Bhutto Medical University, Larkana Sindh, Pakistan.



Mohammad Zeyad Shaban

Health point hospital, United Arab Emirates

How to give and receive feedback effectively

Background: In many countries around the world, feedback is embedded in education, training and daily professional activities. It is a valuable tool for indicating whether things are going in the right direction or whether redirection is required. In the world of healthcare professionals, it is intended to provide nurses with information about their practice.

Objective: To discuss pragmatic feedback models, how to overcome barriers to an effective feedback and tips for giving effective feedback, as well as how to receive feedback and make the most out of it.

Methods: A proper medical education was conducted aiming to identify the essential features of constructive feedback in terms of its criteria as well as its recommended and beneficial practices. These will be discussed under two sections; general and conceptual characteristics, and criteria related to the quality of the feedback.

Results: Feedback's most important function according to many students, was in its ability to assist in preparation for the daily working field yearly appraisal, and for applying skills from one area of study to another. Nurses also emphasized its role as a motivator, and some perceived it as a measure of their worth as a person.

Conclusions: Constructive feedback is an essential adjunct of effective learning. Application of constructive feedback on the ground requires some enabling factors, which involve a safe learning environment, effective communication, clear learning goals and suitable curricular and pedagogic strategies. In addition, the feedback message should be immediate, specific, accurate, confidential, relevant, tailored, and understandable.

Biography:

Mohammad Zeyad Shaban is a life support instructor, currently working as Clinical Educator and head of education department in Health point hospital - Abu Dhabi. He have MSc in Leadership in Health professions Education, and Bachelor of Nursing in 2003. His nursing journey exceeded 17 years in many hospitals in Middle East and different positions (RN, Charge nurse, Nursing supervisor, Life support coordinator and Clinical educator). Through his education activity (CME lectures, case presentation, practice demonstration, Conferences, workshops...etc.) he hope that he will be able to have impact in future nursing education, share his clinical expertise and participate in research.



Joselice Almeida Gois

State University of Feira de Santana, Brazil

Remote teaching in the COVID- 19 pandemic: Strategies of professors in undergraduate nursing

The COVID-19 pandemic has triggered a series of events and consequences with thousands of deaths around the world and the need for isolation and social distancing to prevent virus transmissibility. Thus, academic activities on the campus were interrupted abruptly at universities and schools and Professors and Teaching college and school students needed to (re)invent the learning teaching process through the adoption of emergency remote teaching in their routines.

Objective: To describe the experiences of teachers of the nursing course of public university center in Feira de Santana town, in the State of Bahia related to the activities of emergency remote teaching.

Method: Descriptive study, of the type of experience report referring to the activities developed by the teachers of the nursing course on the process of emergency remote teaching in a public university center in the interior of Bahia, Brazil.

Report: Professors and alumnates needed to adapt to the new educational modality. In this process, the training of teachers was performed, which is essential for their approach to the use of virtual tools. In addition, the readjustment of teaching strategies by the faculty was necessary, as well as the reorganization of the evaluation process.

Conclusion: It is believed that the socialization of this report of experience will allow other researchers in the field of health education, to foster discussions about this new teaching model, even if it is temporally, but that at the moment a reality is the reality we have been facing in our Brazilian educational institution. However, it should be noted that nursing care is face-to-face and indispensable. The training of professionals consists in caring for human lives and to do so it be for this requires knowledge, skills and attitudes that are acquired in the experience of the hospital context.

Take away notes:

- Know the learning process experienced by teachers and students in Brazil during social isolation and the challenges faced by them
- Allow other researchers in the field of health education, foster discussions about this new teaching model, even if it is provisional, but, that at the moment a reality is made in our Brazilian institutions.
- Use of differentiated strategies to promote teaching - learning within the virtual context and in the scenario of many social inequalities and in the COVID – 19 pandemic.

Biography:

Joselice Almeida Gois has a degree in Nursing and Obstetrics from State University of Feira de Santana, a master's degree in Nursing from Federal University of Bahia. She is currently an Assistant Professor at UEFS – State University of Feira de Santana. Has experience in the field of Nursing, with emphasis on Intensive Care, Emergency and Cardiology. Researcher at NIPES- Center for Interdisciplinary Studies in Health. Coordinator of the research project entitled "Production of care to promote comfort for people with myocardial infarction", member of COREMU (Health Multiprofessional Residency Commission – UEFS).



Samah Abdulateif Buzieh Ishtieh

An-Najah National University, Israel

Nurse-patient ratios and patient mortality

In the past several years, there had been a growing need for more registered nurses in hospitals due to rising acuity of patients and shorter lengths of stay. The safety and quality of patient care was directly related to the size and experience of the nursing workforce. Inpatient working conditions had deteriorated in some facilities because hospitals had not kept up with the rising demand for nurses.

Aim: The aim of the study was to discuss the impact of Nurse–Patient Ratios as a Patient Safety Strategy in hospitals and other health care organizations on patient care quality, as well as safety-focused outcomes. To determine the association between the nurse to patient ratio and patient mortality at Nablus Hospital and maintaining the appropriate number to the delivery of quality patient care.

Methodology: A quantitative design utilizing a survey method (self-administered questionnaire). A sample of (120) nurses who work in governmental and nongovernmental hospital that are broadly distributed in Nablus in West Bank.

Results: The result show that about half of nurses said the death occurred at the morning. About half of the nurses (49%) said that the event of death they talked about was between Augusts and nowadays, almost similar percentage (48%) said they witnessed less than 5 deaths last year period.

Conclusion: Minimum nurse–patient ratios are a necessity for nurses to provide the standard of care that's expected. Improving staffing ratios have been associated with a higher quality of care for hospitalized patients. Moreover, the proportion of nurses with bachelor's education is directly associated with inpatient mortality. Policymakers must implement a legislatively mandated minimum patient-nurse ratio on a shift-by-shift basis to regulate nurse staffing.

Biography:

Samah Abd Lateif Mousa Ishtieh Buzieh, BSN, MSN in Nursing Management PhD candidates. She is a teacher & clinical coordinator at Nursing department at Faculty of medicine and health sciences/An-Najah National University. Earned a bachelor's degree in nursing from the University of Jordan in 1997 and worked in Rafidia Hospital specialized in several sections as senior and head nurse such as Burn unit and Intensive care Unit (ICU), Neonate intensive care (NICU), emergency department and others. She worked as Clinical Instructor for nursing students in 2005 and then in 2006 submitted her resignation from the Rafidia hospital to work in the College of Nursing-Najah National University as a research and teaching assistant and coordinator for practical training program of Nursing, Midwifery and Master Program of Community Mental Health Nursing, Critical care nursing and Nurse Anesthesia until now. She worked extensively with Intended Learning Outcomes (ILOs) and started her course 'nursing management and leadership' on moodle program. She is a research supervisor for baccalaureate students' projects at An-Najah National University. She attended several conferences locally and internationally that are related to her speciality field. She joined this year's PhD program in nursing at the Arab American University.



Eman Salman Taie

Helwan University, Egypt

Level 5 leadership: The future challenge for successful leaders

The 5th level leaders have a combination of strong will and personal humility. The 5th Level Leader demonstrates an unwavering resolve and sets the standard for building great companies. Good-to-great leaders did not talk about themselves, talked about the company and the contributions of other executives. Most are very modest and humble. Also, most extraordinary executives are not widely known. Regarding their personal humility, demonstrates a compelling modesty, shunning public adulation; never boastful, channels ambition into company, not the self, sets up successors for even more greatness in the next generation, looks in the mirror, not out the window, to apportion responsibility for poor results, never blaming other people, external factors, or bad luck & acts with quiet, calm determination; relies principally on inspired standards, not inspiring charisma, to motivate. While, their professional will; creates superb results, a clear catalyst in the transition from good to great, sets the standard of building an enduring great company; will settle for nothing less, looks out the window, not in the mirror, to apportion credit for the success of the company to other people, external factors, and good luck & demonstrates an unwavering resolve to do whatever must be done to produce the best long-term results, no matter how difficult.

Take away notes:

- The audience can have clear idea & knowledge about the 5th level leaders.
- How will this help the audience in their job? Is this research that other faculty could use to expand their research or teaching? Does this provide a practical solution to a problem that could simplify or make a designer's job more efficient? Will it improve the accuracy of a design, or provide new information to assist in a design problem?
- Get the right people in the work.
- Improve our workforce through:
 - ✓ Lead with questions, not answers.
 - ✓ Engage in dialogue and debate, not coercion.
 - ✓ Conduct autopsies, without blame
- Blend a culture of discipline with an ethic of entrepreneurship.

Biography:

Eman Salman Mohamed Salman Taie in Nursing Administration, Faculty of Nursing-Helwan University- Cairo- Egypt. International Certified Trainer & human resource development consultant In International Board for Certified Trainer. She has experiences in different nursing administration issues. Also, has eighteen international research articles published all over the world & three international published books.



Sushma K Saini

PGIMER-Chandigarh, India

A clustered randomized control trial to evaluate the effectiveness of social skill training on social skills among adolescents in selected schools, Chandigarh

Introduction: Social skills are the necessities to make an individual competent in social environment. It includes anger management, assertiveness, well-regulated self-esteem, good adjustment etc. Social skill deficits lead to cognitive and behavioral disorders. Adolescence period is best period to learn social skills.

Objective:

- 1) To assess the social skills among adolescents in selected schools, Chandigarh.
- 2) To develop protocol for social skill training for adolescents in selected schools, Chandigarh.
- 3) To implement and assess the effect of social skill training on social skills among adolescents in selected schools, Chandigarh.

Methodology: Ethical approval was obtained from Institute Ethics Committee, PGIMER, Chandigarh. The trial was registered in CTRI as per registration no. CTRI/2019/06/019891. The study design was Clustered Randomized Control Trial. Sample was selected by multistage sampling technique i.e. selection of schools (Purposive), randomization of schools into experiment and control group through lottery method, selection of 9th class (Purposive sampling), selection of section (randomly selected), selection of participants (total enumeration sampling technique) and thus 102 participants were enrolled from selected section of two schools of Chandigarh. The data was collected in July 2019- January 2020 by using questionnaire comprised of a) socio-demographic variables b) self-esteem, c) assertiveness, d) aggression, e) adjustment. After administering questionnaire, the participants were given social skill training for 2 weeks. The training included 5 sessions of one-hour duration on anger management, assertiveness, self-esteem, problem solving, decision making. Social skill training included group discussion, directing activities, demonstration, games, modeling, feedback. After training, information booklet on 'Social skill training for adolescents' was given to participants for ready reference. Two follow-ups were done to motivate them to practice social skills. Post assessment was done after four months of social skill training.

Results: The results of study revealed that there is significant improvement in social skills of adolescents in experimental group while no such change was observed in control group. During post assessment, adolescents had significantly better self-esteem ($p < 0.01$), assertiveness ($p < 0.01$), improved anger management ($p < 0.01$) and better adjustment ($p < 0.01$) which show social skill training had significant effect on social skills of adolescents.

Conclusion: Social skill training was effective in improving social skills (anger management, assertiveness, self-esteem, adjustment) of adolescents.

Take away notes:

- The audience will learn that social skill training among adolescents will help in improving social skills among adolescents.
- They can utilize similar training program in their community to improve social skill among adolescents.

Biography:

Sushma Kumari Saini completed BSc Nursing, MSc Nursing from College of Nursing, PGIMER, Chandigarh and PhD in 2006 from Panjab University Chandigarh. Presently faculty at National Institute of Nursing Education, PGIMER, Chandigarh, India with 25 years teaching experience. She is member of 15 scientific bodies, Joint editor, Nursing and Midwifery Research Journal, editorial board members of many reputed journals. She has presented 42 papers, invited guest faculty at local, National and International conferences, 80 publications in reputed journals, author of three Midwifery case books for different nursing programs, editor of one book, contributed 24 chapters in various books.



Binu Joe

Christ College of Nursing, India

New born Assessment

Newborn assessment is critical period where we have to assess the child. The transfer of the child from the intrauterine environment to extrauterine environment is a very complex one and needs to be carefully assessed. Proper assessment will improve the survival rate in the extrauterine environment.

Take away notes:

- Audience will learn the stages of newborn assessment.
- Initial scoring system with APGAR SCORING SYSTEM.
- Transitional assessment during the periods of reactivity.
- Gestational age assessment.

Biography:

Binu Joe presently working as Principal cum Professor in Christ college of Nursing, Rajkot, India. He received his M.Sc. Nursing in Pediatric Nursing and a Registered nurse under Gujarat Nursing Council. He published 17 articles and 2 books. He has participated in many conferences, symposiums and workshops.



Habibur Rahman

CRP Nursing College, India

Stress management of duty nurse with COVID 19 patients

Stress is a fact of everyday life, we've all felt it. Sometimes it acts as a positive force and sometimes as a negative force. If you experience stress over a prolonged period of time, it could become chronic, till you take some action. About 500 million people worldwide are believed to be suffering from neurotic, stress related and psychological problems. The challenge of duty nurse with COVID 19 patients is more from working with other general ward nurses. The challenge also can, however, be tackled by joint action between life sciences, social sciences, urban planning, architecture and politics. This article highlights the causes, effects and management of stress of duty nurses with COVID 19 patients and therefore could be helpful for people who want to learn how to react to stress in a more constructive, proactive way. Effective techniques for stress management are varied. They typically include behaviors that improve physical health, such as nutrition and exercise, but may also incorporate strategies that improve cognitive and emotional functioning. The stress-reduction approach based on mindfulness practices has recently enjoyed an explosion of interest from a variety of healthcare and epidemiological researchers. The concept of mindfulness, which originates from practices of stress management by various way, is defined as a focused awareness of one's experience, and purposeful and nonjudgmental focus on the present moment. Structured interventions, such as the Mindfulness-Based Stress Reduction (MBSR) program, provide participants with the opportunity to learn breathing meditation, body scanning techniques, and gentle, yoga-inspired physical exercises. With practice, individuals learn to process emotions, thoughts, and sensations as they arise. Individuals learn to modify their reflexive conditioning from automatically reacting or worrying about the future to a more adaptive, measured response with greater awareness of the present moment. The literature is replete with evidence suggesting that, with practice, individuals can become more mindful, increasing their capacity to fully process emotions, thoughts, and sensations as they arise and they ensure a good environment in their work place. Psychological and physiological processes with relevance to health outcomes and improved stress management. Some individuals have a greater innate, or trait, capacity for mindfulness. These individuals, who have not participated in mindfulness-training interventions, tend to experience better physical health, report fewer physiological symptoms such as pain, and utilize fewer healthcare resources. Trait mindfulness has been associated with lower ratings of anxiety and depression in a variety of medical and non-medical populations. Trait mindfulness may emerge from a genetic predisposition.

Take away notes:

- The audience will be able to learn about stress management after duty with COVID 19 patients.
- It will also help the audience in their job because after participation of this stress management session they will learn how to coping stress in their job place .Obviously this research also help other faculty member who are directly or indirectly stressful in their job place. This session also provide a practical solution to a problem that could simplify or make a designer's job more efficient.
- Obviously it will improve the accuracy of a stress management design, or provide new information to assist in a coping about stress management.
- They will learn about source of stress.
- They will learn about factors of stress during COVID 19.

- By this session clarify the need basis of duty nurses during management of COVID 19.
- Actual stress management technique by completing this session.

Biography:

Habibur Rahman studied Master's of Public Health at the Daffodil International University, Dhaka Bangladesh and graduated as B.Sc in Nursing from Dhaka University. Then he joined as a senior staff nurse of CIVIC Trial project and then appointed as lecturer of CRP Nursing College. He had 4 journal publications in several international journals.



Miriam C.A. Wagoro

University of Nairobi, Kenya

Nurses perspectives of patient dignity in mental health nursing at Mathari national teaching and referral hospital, Nairobi, Kenya

Background: Dignity is pivotal to the well-being of every individual and a basic human right that is inherent in professional nursing practice. It is emphasized as an important aspect in aiding recovery and reducing suicidality in patients undergoing mental health care. In Kenya, upholding patient's dignity in mental health nursing care is an issue of concern. Consequently, there has been a public outcry on the deplorable and inhuman treatments of patients in mental health care facilities in the media. Nurses can only uphold patient dignity if they understand the meaning of dignified care. Yet studies concentrate on patients' views on dignified care with little consideration on whether the nurses share a similar view.

Purpose: The study will explore the perspectives of nursing staff on dignified care in the national mental health setting in Kenya.

Methodology: This will be a cross-sectional mixed method study of 149 nurses at Mathari national, training and referral hospital selected by stratified sampling technique. Recruitment of nurses who have worked in the facility for at least 6 months will be done through posters and face to face meetings. Data will be collected on nurses' perceptions and experiences of dignified care through a self-administered modified version of the dignity questionnaire and focus group discussions. Quantitative data will be analysed using measures of central tendency while qualitative data will be coded and thematic analysis used to derive meanings and construct narrations.

Ethical Issues: Principles of autonomy, confidentiality beneficence, and justice will be observed and guidelines by the KNH/ UON research ethic committee will be adhered to. The data collection is estimated to take 14 weeks while the whole study period will be 14 calendar months at an estimated budget of USD 12,513.4 or 1,251,340 Ksh.

Significance: The results will generate knowledge and understanding of how nurses think about dignity in care and how the Kenya mental health facilities organizational structure and care environments influence delivery of dignified care and ultimately recovery. Results could be used to develop measures that facilitate provision of dignified care in mental health nationally.

Biography:

Miriam C.A.Wagoro is the current Director of the School of Nursing Sciences at the University of Nairobi, Kenya. She holds a PhD (mental health Nursing) and PGDip(International Research Ethics) from the University of Cape Town South Africa; MSc.Nursing (Mental Health and Psychiatric nursing) , BScN and Dip. Advanced Nursing from the University of Nairobi as well as several Post Basic Dip. in Nursing . She coordinates post graduate mental health and psychiatric nursing course. She is a clinical mental health nurse and international research ethics specialist with a wealth of experience in mental health nursing and research. She has published several articles in many journals nationally and internationally.



Soumini Gangaraju

Rangaraya Medical College, India

Management of AUB

Abnormal uterine bleeding AUB, comprises menstrual irregularities, a major reason for gynaecological consultations worldwide. FIGO issued the PALM-COEIN classification system for management of AUB in a systematic manner and supports accurate diagnosis. Appropriate treatment for different patterns of menstrual bleeding differs in various stages of women's reproductive years. Medical management is the first line after stabilizing. The proposed conservative therapy for the treatment of AUB are the use of combined oral contraceptives, levonorgestrel-releasing intrauterine system, centchroman, GnRH analogues, tranexamic acid, mefenamic acid, and other nonsteroidal anti-inflammatory drugs. Uterine artery embolisation, Endometrial ablation (EA), various conservative techniques. Once the acute bleeding episode has been controlled, transitioning the patient to long-term maintenance therapy is recommended. The choice of surgical management should be based on the patient's underlying medical conditions, underlying pathology, and desire for future fertility. Surgical management should be considered for patients who are not clinically stable, contraindications and not suitable for medical management, or have failed to respond appropriately to medical management. A hysterectomy is the definitive treatment of AUB irrespective of the suspected cause when alternative treatments fail or neoplastic lesions. Conservation of uterus is preferred with new available modalities.

Abnormal uterine bleeding (AUB) continues to be a top reason that women present for gynecologic care. In general, our approach to the management of AUB is to diagnose causes before we prescribe therapy and to offer conservative therapies initially and progress to more invasive measures if indicated.

Biography:

Soumini is a Professor of Obstetrics & Gynaecology RMC India. She has Trained: Harvard T2T, ATCOM, Ethicon MIS Scientific faculty and had more than 16 research articles in indexed journals Research publications. She is a peer reviewer of Journal of Obstetrics & Gynaecology India, JEBMH, World Womens, JEMDS. Medical Teaching, examiner for UG, PG Medical students, Nursing students, Inspector of medical and Nursing colleges.

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