

## International Conference

### Nursing – Caring for People in Contemporary Societies

April 5<sup>th</sup> – 6<sup>th</sup> 2019

Frederick University Nicosia Cyprus

Final Programme and Conference Proceedings

Organized by: Nursing Department. Frederick University, Nicosia Cyprus

Co-organizers:

Nursing Department of Peloponnese Sparta Greece

Nurses and Midwives Association of Cyprus

International Journal of Caring Sciences

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Vouri Margarita , Cyprus

## SCIENTIFIC PROGRAMME

**FRIDAY**  
**5<sup>TH</sup> APRIL 2019**

08:00-09:00 **REGISTRATIONS**

09:00-09:20 **SALUTATIONS**

**Prof. Despina Sapountzi-Krepia**, Head of the Nursing Department, Frederick University, Cyprus

**Prof. Michael Komodromos, Vice Rector:** Research, Development and International Relation, Frederick University, Cyprus

**Mr. Ioannis Leontiou**, President of the Cyprus Nurses and Midwives Association

**Prof. Panagiotis Prezerakos**, Head of the Nursing Department, University of Peloponnese, Greece

**Mrs. Maria Evangelou**, President of the Cyprus Nurses and Midwives Council

Representative of the Minister of Health, **Mr. Constantinos Ioannou**,

**Mr. Andreas Xenofontos**, Director of the Nursing Services, Ministry of Health

**SESSION A - SEMINAR ROOM 3****Key note Speeches**

**Chair: Despina Sapountzi-Krepia, Cyprus**  
**Panagiotis Prezerakos, Greece**

09:20-09:40 **Prof. Despina Sapountzi-Krepia**  
Caring for People in the 21st Century

09:40-10:00 **Prof. Ruth Northway**  
Exploring Vulnerability as a Concept for Informing Nursing Practice and Research

10:00-10:20 **Prof. Panagiotis Prezerakos**  
Integrated Healthcare in Contemporary Societies

10:20-10:40 **Assoc. Prof. Evridiki Papastavrou**  
The Challenges of Nursing Care Rationing: RANCARE Cost Action

10:40-10:50 **DISCUSSION**

10:50-11:20 **COFFEE BREAK - POSTER SESSION A**

**SESSION B - SEMINAR ROOM 3****Key note Speeches**

**Chair: Alexandros Argyriadis, Cyprus**  
**Despena Andrioti Bygvraa, Denmark**

11:20-11:40 **Assoc. Prof. Leena Honcauvo**  
Difficult Situations in Clinical Nursing and Midwifery. The Leader's Responsibility is to Support Nurses and Midwives and Create Caring Cultures

11:40-12:00 **Assoc. Prof. Ekaterini Lambrinou**  
Caring for Heart Failure Patients

12:00-12:20 **Assoc. Prof. Maria Lavdaniti**  
Contemporary Issues in Patients Education. A Focus on Cancer Patients

12:20-12:40 **Senior Lecturer Despena Andrioti Bygvraa**  
Seafarers Health Needs for Informed Policy Decisions

12:40-13:00 **Assist. Prof. Maria Pantelidou**  
Genetics in Health Care

13:00-13:10 **DISCUSSION**

13:10-14:30 **LIGHT LUNCH BREAK - POSTER SESSION B**

**SESSION C - SEMINAR ROOM 3**

**Key note Speeches**

**Chair: Evanthia Asimakopoulou, Cyprus  
Aspasia Panagiotou, Greece**

- 14:30-14:50 **Assist. Prof. Foteini Tzavella**  
Climate Change as a Social Factor in Promoting Public Health
- 14:50-15:10 **Assist. Prof. Aspasia Panagiotou**  
Tackling Violence in Psychiatric Settings for Children and Adolescents: Policies and Best Practices
- 15:10-15:30 **Dr Andri Efstathiou**  
Causes of Malfunctions of the Emergency Departments of Paphos and Paralimni General Hospitals
- 15:30-15:50 **Dr Mikaella Symeou Konstantinou** The Specialized Role of the Nurse in Patients with Rheumatic Diseases
- 15:50-16:10 **Assist. Prof. Alexandros Argyriadis**  
The Attitudes of Nurses in Caring for People with Learning Disabilities:  
An outline of Challenges and current needs
- 16:10-16:30 **Assist. Prof. Dimitrios Theofanidis**  
Nursing and Contemporary Migration in Greece
- 16:30-16:40 **DISCUSSION**
- 16:40-17:00 **COFFEE BREAK  
POSTER SESSION C**

**SESSION D - SEMINAR ROOM 3**

**ROUND TABLE**

**“Emotional Intelligence and Nursing Staff”  
Moderator Prof. Panagiotis Prezerakos**

- 17:00-18:30 **Maria Stamatopoulou**  
The impact of Trait Emotional Intelligence on Somatic Complaints: A Review of the Current Evidence
- Foteini Tzavella**  
The impact of Anxiety on Somatic Complaints: A Review of the Current Evidence
- Aspasia Panagiotou**  
"Would you be happier with a different personality? The impact of Big Five Personality Traits on Subjective Happiness
- Georgia Kouri**  
Emotional and Behavioral Problems: their impact on the Physical Health of Adolescents
- Maria Stamatopoulou**  
The impact of Trait Emotional Intelligence on Somatic Complaints in Adolescents.
- DISCUSSION**

**SATURDAY  
6<sup>TH</sup> APRIL 2019**

**SESSION E - SEMINAR ROOM 3**

**Chair: Maria Pantelidou, Cyprus  
Ioannis Dimitrakopoulos, Cyprus**

- 09:00-09:15 **Ioannis Dimitrakopoulos, Marios Sarpetsas, Dr Ziad Nehme**  
High Fidelity Simulation in Nursing Education
- 09:15-09:30 **Ioannis Dimitrakopoulos, Marios Sarpetsas, Dr Ziad Nehme**  
Designing a Nursing Simulation Center: Frederick Healthcare Simulation Center (FRED-SIM CENTER)
- 09:30-09:45 **Dr Ziad Nehme**  
Strategic Planning and Management of Medical Simulation Center Within the School of Medicine In A Lebanese Private University
- 09:45-10:00 **Dr Ziad Nehme**  
The Impact of Introducing a Medical Simulation-Based Course on Community Healthcare Professionals in an Underprivileged Area in Lebanon
- 10:00-10:20 **Christian Pogats, Marios Sarpetsas, Ioannis Dimitrakopoulos**  
Pressure Ulcer Prevention Strategies: Enhancing Current Protocols
- 10:20-10:30 **DISCUSSION**
- 10:30-10:50 **COFFEE BREAK  
POSTER SESSION E**

**SESSION F - SEMINAR ROOM 3**

**Key note Speeches**

**Chair: Lambrini Kourkouta, Greece**

- 10:50-11:10 **Prof. Lambrini Kourkouta**  
The pain over time
- 11:10-11:30 **Assist. Prof. Areti Tsaloglidou**  
Diachronic Approach to Therapeutic Speech
- 11:30-12:30 **ROUND TABLE "Current Issues in Renal Care" Moderator Assist. Prof. Theodora Kafkia**  
**Dr Dimosthenis Zinelis, Assist. Prof. Theodora Kafkia**  
Early Detection and Management of Renal Disease  
**Dr Michael Kourakos**  
Patients Compliance to the Therapeutic Approach  
**Assist. Prof. Anastasios Tzenalis**  
Patients with Renal Problems in the Intensive Care Unit  
**Assoc. Prof. Eygenia Minasidou**  
Quality of life of patients with Chronic Kidney Disease  
**DISCUSSION**
- 12:30-12:50 **COFFEE BREAK  
POSTER SESSION F**

**SESSION G - SEMINAR ROOM 3****Key note Speeches****Chair: Maritsa Gourni, Cyprus  
Evanthia Asimakopoulou, Cyprus**

- 12:50-13:10 **Lecturer Konstantinos Petsios**  
The Concept of Clinical Efficiency and Quality of Care: Applications in Nursing Administration
- 13:10-13:30 **Dr George Efstathiou**  
Competences of Elderly Care Workers: the Erasmus+ Program Tenderness for Life
- 13:30-13:50 **Lecturer Evanthia Asimakopoulou**  
Current Nursing Approaches to Postoperative Pain Assessment and Management
- 13:50-14:10 **Dr Melanie Charalambous**  
Oral Mucositis Management for Patients with Haematopoietic Malignancies
- 14:10-14:30 **Maria Mashini**  
Exploring the experiences and perceptions of the patient in protective isolation following haemopoietic stem cell transplantation/bone marrow transplantation
- 14:30-14:50 **Dr Maria Athanasekou**  
Art, Neuroscience, Mental Health and Prints- The Work of Susan Aldworth
- 14:50-15:10 **Prof. Despina Sapountzi-Krepia**  
**CONFERENCE CONCLUSIONS**

**SATURDAY****6<sup>TH</sup> APRIL 2019****ORAL PRESENTATIONS - SEMINAR ROOM 1****SESSION E 2 SEMINAR ROOM 1 [09:00-10:30]****Chair: Alexandros Argyriadis, Cyprus**

- OA 01 **Paraskevi Christofi, Assoc. Prof. Ekaterini Lambrinou, Nikos Christoforou, Demetris Loizou, Irene Chamboulidou, Demetris Demetriou**  
A practical guide for standardization of care in a Cardiac Care Unit
- OA 02 **Assist. Prof. Areti Tsaloglidou, Clinical Prof. Konstantinos Koukourikos, Prof. Lambrini Kourkouta**  
Communication in Heart Failure
- OA 03 **Aikaterini Frantzana, Dimitra Alexiou, Prof. Lambrini Kourkouta**  
Antimicrobial Resistance: Future Health Threat
- OA 04 **Christina Georgiou, Lecturer Meropi Mpouzika, Assist. Prof. Maria Karanikola, Assist. Prof. Sokratis Sokratous**  
Association among professional satisfaction, empathy and depressive symptoms in emergency and intensive care nursing personnel in Cyprus
- OA 05 **Assist. Prof. Dimitrios Theofanidis**  
Qualitative Comparison of the Accident & Emergency Departments
- OA 06 **Aikaterini Frantzana, Dimitra Alexiou, Ioanna Vakali**  
The Role of The Leadership In Occupational Burnout Amongst Nurses And Midwives
- OA 07 **George Frixou, Assoc. Prof. George Charalambous, Prof. Despina Sapountzi-Krepia**  
Nurses' Emotional Intelligence and Transformational Leadership: A Systematic Review
- OA 08 **Androniki Bratsou, Pavlos Ouroumidis, Anna Dimitrakaki**  
The advantages of electronic evidenced-based practice (EBP) instead of the traditional method of documentation

- OA 09 **Vasiliki Sionti, Assoc. Prof. George Charalambous, Dr Giorgos Papageorgiou, Assoc. Prof. Dimitrios Peschos, Prof. Maria Gourni**  
Quality of life in patients with type 2 diabetes mellitus in mountainous Greece
- OA 10 **Assist. Prof. Alexandros Argyriadis, Lecturer Agathi Argyriadi, Lecturer Evanthia Asimakopoulou, Ioannis Dimitrakopoulos**  
The history of health caring in Cyprus: Cultural, Medical and Anthropological aspects
- OA 11 **Gavriella Ioannou, Ioannis Dimitrakopoulos, Dr Vassiliki Krepia, Prof. Despina Sapountzi-Krepia**  
Burnout among Nurses
- 10:30-10:50 **COFFEE BREAK**  
**POSTER SESSION E**
- | SESSION F | 2  | SEMINAR ROOM 1 [10:50-12:30]  | Chair: Maria Lavdaniti, Greece |
|-----------|--|---|--------------------------------|
| OA 12     | <b>Dr Maria Athanasekou, Assist. Prof. Alexandros Argyriadis, Lecturer Agathi Argyriadi</b>  | Communicating the Therapeutical Dimension of Art  |                                |
| OA 13     | <b>Nikoletta Nikolaou, Prof. Zoe Roupa, Assoc. Prof. Maria Noula</b>   | The investigation of the influence of the historical record of falls and their fear on the quality of life in Cypriot elders                    |                                |
| OA 14     | <b>Evangelia Stalika, Assoc. Prof. Maria Lavdaniti, Assoc. Prof. Chrysoula Chatzigeorgiou, Prof. Alexandra Dimitriadou</b>                             | Provided health care in the era of crisis in Greece: Tracing the gap between expectations and perceptions of nursing staff                      |                                |
| OA 15     | <b>Marianthi Balafa</b>  | Alternative Non-Drug Treatment in Alzheimer's Disease   |                                |
| OA 16     | <b>Thomas Tsoupas, Marios Papageorgiou, Ioannis Antoniou, Ioannis Dimitrakopoulos, Prof. Despina Sapountzi-Krepia</b>                                  | Students attitudes towards elderly people   |                                |
| OA 17     | <b>Anna Dimitrakaki, Pavlos Ouroumidis, Androniki Bratsou</b>  | Medications Requiring Filtration  |                                |
| OA 18     | <b>Anastasia-Nektaria Flaka, Aggeliki Tzouvali, Alexandros Bafitis</b>   | The Stigma of Psychiatric Disorders   |                                |
| OA 19     | <b>Assist. Prof. Alexandros Argyriadis, Lecturer Agathi Argyriadi, Lecturer Evanthia Asimakopoulou, Melpomeni Mourtziapi</b>                           | The evidence based approach in the management of the attention deficit hyperactivity disorder: Cultural Construction or developmental disorder? |                                |
| OA 20     | <b>Dr Mikaella Symeou Konstantinou, Dr Andri Efstathiou, Assoc. Prof. George Charalambous, Assist. Prof. Dafni Kaitelidou, Prof. Eleni Jelastopulu</b> | The estimation of negative emotional state of nurses in public hospitals in Cyprus and the role of emotional intelligence                       |                                |
| OA 21     | <b>Dr Andri Efstathiou, Dr Mikaella Symeou Konstantinou, Assist. Prof. Dafni Kaitelidou, Assoc. Prof. Georgios Charalambous</b>                        | Situation of the emergency department at Cyprus Public Hospitals  |                                |
| OA 22     | <b>Evangelia Tsolaki,</b>  | Thiazole based Natural Products (NPs) as Lipoxigenase Inhibitors against Chronic Inflammation Diseases  |                                |

12:30-12:50 **COFFEE BREAK**  
**POSTER SESSION F**

**SESSION G 2 SEMINAR ROOM 1 [12:50-15:10] Chair: Ioannis Dimitrakopoulos, Cyprus**

- OA 23 **Vassiliki Diamantidou, Prof. Despina Sapountzi-Krepia, Prof. Emmanuel Salamalekis**  
Rubella and Pregnancy
- OA 24 **Dimitris Ioannou, Giorgos Papageorgiou, Ioannis Dimitrakopoulos, Lecturer Evanthia Asimakopoulou**  
Pain management in ICU. A Systematic review
- OA 25 **Dimitris Skavatsos, Stavros Kokkinos, Lecturer Panagiotis Theodosis-Nobelos, Lecturer Charalampos Triantis, Lecturer Evanthia Asimakopoulou, ?**  
Pain management and placebo analgesia in clinical practice
- OA 26 **Christina Theodorou, Ioannis Dimitrakopoulos, Vassiliki Diamantidou, Vassiliki Krepia Prof. Despina Sapountzi-Krepia**  
Nurses' Knowledge regarding the assessment and management of postoperative pain
- OA 27 **Evangelia Tsolaki, Lecturer Eleni Pitta**  
Docking studies and in silico predicted physicochemical and pharmacokinetic properties of novel multi-target agents against Alzheimer's disease
- OA 28 **Kyriakos Hadjimichael**  
Amyotrophic Lateral Sclerosis
- OA 29 **Assist. Prof. Alexandros Argyriadis, Lecturer Agathi Argyriadi, Lecturer Evanthia Asimakopoulou, Melpomeni Mourtziapi**  
Drugs abuse in Nigeria among young people: A public Health Issue with psychological and sociocultural needs for management
- OA 30 **Lecturer Eleni Pitta**  
Molecular docking studies, synthesis and biological evaluation of novel DprE1 inhibitors against Tuberculosis
- OA 31 **Elissaiou Maria, Dr Vassiliki Krepia, Ioannis Dimitrakopoulos, Prof. Despina Sapountzi-Krepia**  
Chemotherapy and its Emotional Impact on Patients: Nurses' Role
- OA 32 **Androulla Antoniou, Niki Papadimitriou, Vassiliki Diamantidou, Prof. Despina Sapountzi-Krepia**  
Obesity and Pregnancy
- OA 33 **Vasiliki Eleni Englezou, Aikaterini Arampatzi**  
Diabetes and Depression

**POSTER SESSION A**

- Maria Dimitriadou, Assoc. Prof. Anastasios Merkouris, Assoc. Prof. Andreas Charalambous, Assoc. Prof. Evridiki Papastavrou**  
P01 Keeping Patient Safe: An undergraduate nursing students' curriculum concern
- Aikaterini Kargakou, Prof. Panagiotis Prezerakos, Prof. Konstantinos Kafetsios, Assist. Prof. Andrea**  
P02 **Paola Rojas Gil**  
The Association Between Personality and Satisfaction With Life in Greek Sample

- P03** Dr Vassiliki Krepia, Assoc. Prof. Dafne Kaitelidou, Assist. Prof. Aspasia Panagiotou, Prof. Despina Sapountzi-Krepia and Prof. Panagiotis Prezerakos  
Nursing Management: Greek Nurses Perspectives on Job Satisfaction
- P04** Antonia Dimitriadou, Marinella Krespani, Kechagia Despina  
Euthanasia: Legal matters and morally dilemmas  
Anastasia Theoka, Athanasia Zachaki, Eleftheria Manthou, Prof. Panagiotis Prezerakos
- P05** Emotional intelligence in correlation with the job satisfaction of nurses: Study protocol for a systematic review  
Aikaterini Kargakou, Prof. Panagiotis Prezerakos, Prof. Konstantinos Kafetsios, Assist. Prof. Andrea Paola Rojas Gil
- P06** The Effect of Demographic Characteristics on Satisfaction with Life and Happiness  
Dr. Vassiliki Krepia, Assoc. Prof. Dafne Kaitelidou, Assist. Prof. Aspasia Panagiotou, Prof. Despina Sapountzi-Krepia, Prof. Panagiotis Prezerakos
- P07** Transformational Leadership and Nursing Management: The nursing staff's Perspectives  
Aikaterini Papadopoulou
- P08** Professional exhaustion syndrome (burnout) and conflicts between nurses in the hospital environment  
George Polychroniadis
- P09** Evidence Based Nursing  
Eftihia Tsimouni
- P10** Ethical concerns relate to evidence-based nursing  
Evdoxia Tselekidou, Ioannis Chaidemenos, Ioanna Valasiou
- P11** Integrated care  
Nikolas Ioannou
- P12** Informal Care  
Kelaidi Delitskou, Georgia Fotopoulou, Vera Smolnyakova
- P13** The Genetic and social environment as a modulation factor of human personality  
Dafni Michopoulou, Evdokia Tselekidou, Ioannis Chaidemenos
- P14** Stem Cells: An Area of Hope and Troubleshooting  
Panagiota Taska, Ourania Sandali, Vasiliki Topali
- P15** Long waiting time (queuing) in short hospitalization units: The effect on patients and nurses  
Ourania Sandali, Vasiliki Topali, Panagiota Taska
- P16** People with disabilities: Quality of life after an artificial member placement and how it affects their absorption into the labor market  
Petros Ouzounakis, Panagiota Plati, Dimitra Bakiani
- P17** Relationship between education and literacy towards health

**POSTER SESSION B**

- P18** Karioti P, Manoli F, Plaka I.  
Herbs, an alternative treatment for Alzheimer's
- P19** George Polychroniadis  
Non-Pharmaceutical Therapy Of Alzheimer Disease
- P20** Ioannis Chaidemenos, Evdoxia Tselekidou, Dafni Michopoulou  
Music and Alzheimer
- P21** Dimitris Ioannou  
Social support and care for Alzheimer patients
- P22** Margarita Ekonomou, Aikaterini Metochianaki  
The Therapeutic Dimension of Arts

- P23 Ioannis Dimitrakopoulos, Prof. Despina Sapountzi-Krepia**  
The Development of Mental Healthcare Services in Cyprus (1571-1878): A Historical Review
- P24 Izampel Konte, Zansel Achrian**  
Stigma and Diseases
- P25 Dimitrios Moralis, Matina Tsormpatzoglou, Ourania Tasika**  
Prevention of depression in the elderly
- P26 Clinical Prof. Konstantinos Koukourikos, Prof. Lambrini Kourkouta, Assist. Prof. Areti Tsaloglidou**  
Physical health care for patients with mental illness
- Dr Aristidis Vasilopoulos, Christina Panagou, Assist. Prof. Dimos Mastrogiannis, Assist. Prof. Pavlos Sarafis, Charalambos Charalambous, Prof. Eleni Siamaga**  
The management of the epilepsy crisis in the school environment by the teachers
- P27 Dr Aristidis Vasilopoulos, Evaggelia Kouliaki, Dr Athina Lazakidou**  
The users' satisfaction in Primary Health Care infrastructures with the medical staff's behavior
- P28 Styliani Chrysostomou**  
Epidemiological Phenomenon of Obesity
- P29 Prof. Alexandra Dimitriadou, Christos Iliadis, Prof. Lambrini Kourkouta**  
Greenhouse Gasses and Health
- P30 Alkiviadis Giannakos, Vasileia Kazantzidou, Aikaterini Valassopoulou**  
Climate Change and Health
- P31 Prof. Lambrini Kourkouta, Clinical Prof. Konstantinos Koukourikos, Assist. Prof. Areti Tsaloglidou**  
Infections and Immigrants
- P32 Margarita Ekonomou, Aikaterini Metochianaki**  
Sports and Sudden Death
- P33 Ioannis Dimitrakopoulos, Prof. Maritsa Gourni**  
Risk Assessment Tools for Cardiovascular Diseases

**POSTER SESSION C**

- P35 Sofia Tsompanou, Paschalia Tzotzi**  
The Outcome of Polytrauma Patient after Hospitalization at an Intensive Care Unit (ICU)
- Sotiriou Ioanna, Tzotzi Paschalia, Giannoulidou Kyriaki**
- P36 Understanding of the Concept of Brain Death by the Nursing Staff of the Intensive Care Unit (ICU) in Thessaloniki**
- P37 Paschalia Tzotzi, Sofia Tsompanou**  
Avoidance of damage caused by in-hospital transport from and to ICU
- P38 Prof. Lambrini Kourkouta, Aikaterini Frantzana, Sara-Eleni Abrachim**  
Laryngeal inhalation burns or injuries and their treatment
- P39 Georgia Aggeliki Athanasopoulou, Assoc. Prof. Georgios Panoutsopoulos, Assist. Prof. Petros Kolovos**  
Communication handover tools between anaesthesia providers and post-anaesthesia care unit (PACU) nurses
- P40 Ioannis Chaidemenos, Evdoxia Tselekidou, Vasiliki Fragkou**  
Investigation of Mobbing Syndrome
- P41 Danai Parathyra, Zacharenia Michailidou, Anastasia Ganidou, Michail Karageorgos**  
The treatment of thoracic trauma in emergency department
- P42 Tsormpatzoglou Matina, Dimitrios Moralis, Efthimia Iraklidou**  
Involvement of donor's relatives in the decision of organ donation

- P43 Assoc. Prof. Georgios I. Panoutsopoulos**  
Education of health professionals in the management of medical disasters
- P44 Despina Kechagia, Marinella Krespani, Antonia Dimitriadou**  
Law and bioethics' dimension about organ and tissue transplants
- P45 Konstantina Atlasi-Aklasi**  
Body mass index, depression and quality of life of patients with hip fracture
- P46 Kaliopi Marmara, Panagiota Xanthopoulou, Stylianos Chatzopoulos**  
Treatment of Ischemic colitis
- P47 Assist. Prof. Aspasia Panagiotou, Assist. Prof. Petros Kolovos**  
Postoperative Delirium in patients with hip fracture
- P48 Vasileios Dedes, Athanasios Mitseas, Ariandi-Maria Dede, Danai-Aggeliki Mitsea, Anastasia Perrea,**  
**Nikolaos Mitropoulos, Assoc. Prof. Georgios I. Panoutsopoulos**  
Comparison of shockwave versus ultrasound therapy in elbow tendinopathy
- P49 Alexia Nastou**  
The confrontation of acute pain after surgery
- P50 Vasiliki Fragkou, Ioanna Valasiou, Ioannis Chaidemenos**  
Pharmaceutical Cannabis Nurse

**POSTER SESSION E**

- P51 Maria Staikoura, Maria-Naysika Papantonopoulou, Aikaterini Papadopoulou**  
Treatment of Idiopathic Pulmonary Fibrosis
- P52 Zansel Achrian, Izampel Konte**  
Rheumatoid Arthritis and Diet
- P53 Prof. Lambrini Kourkouta, Aikaterini Georgoudi, Assoc. Prof. Eleni Dokoutsidou**  
Prevention of urinary tract infections by urinary catheters
- P54 Panagiotis Charitopoulos, Kalliopi Marmara, Assoc. Prof. Maria Lavdaniti**  
Lung cancer patients and diabetes mellitus 2: A nursing perspective.
- P55 Giorgos Papageorgiou**  
Obesity: Nurses Role
- P56 Aikaterini Valassopoulou, Maria Rafaella Ketani, Alkiviadis Giannakos**  
How cancer affects the patient's family
- P57 Alexandros Bafitis, Angeliki Tzouvali, Anastasia - Nektaria Flaka**  
Cardiovascular diseases: Preventive factors and improvement of quality of life
- P58 Alexandros Bafitis, Angeliki Tzouvali, Anastasia - Nektaria Flaka**  
Multiple Sclerosis: Nursing Interventions
- P59 Assoc. Prof. Maria Lavdaniti, Assoc. Prof. Styliani Makri**  
Checkpoint inhibitors in cancer treatment and the treatment related patients' fatigue
- P60 Christiana Psatha, Galatia Karatsompani, Aggela Zogou**  
The treatment of constipation
- P61 Ioanna Valasiou, Vasiliki Fragkou, Tselekidou Evdoxia**  
The role of the nurse in the pain clinic of an anti-cancer hospital
- P62 Christos Saltsidis, Sofoklis Saripanidis, Christos Chazaridis**  
Prevention of in-hospital infections and hand hygiene
- P63 Spiros Chatzichristodoulou, Prof. Maritsa Gourni, Assist. Prof. Georgios Vasilopoulos**  
Community Wound Care Centers

- Tatu Nassanga, Prof. Maritsa Gourni, Assist. Prof. Georgios Vasilopoulos**  
P64 Effectiveness of Negative Pressure System (VAC) in the treatment of Chronic Wounds: A Systematic Review
- Thekla Vasileiou, Prof. Maritsa Gourni, Dr Georgia Koulermou**  
P65 Use of Antiseptics on Chronic Wounds: Indications and Contraindications
- Maria Matamadiotou**  
P66 Evidence Based Nursing for Prevention and Treatment of Pressure Ulcers in ICU Adult Patients-A Review.
- Gavriela Makri, Prof. Maritsa Gourni, Dr Georgia Koulermou**  
P67 The treatment of diabetic ulcers of the lower limbs using hyperbaric oxygen
- Georgia Artzanidou, Prof. Maritsa Gourni**  
P68 Management Of Patients' Care with Diabetes Food Ulcer
- Assist. Prof. Areti Tsaloglidou, Christos Iliadis, Parthenopi Pantelidou**  
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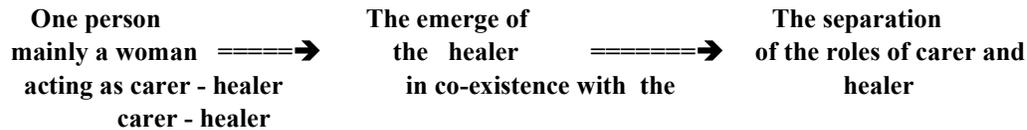
**Keynote Speech****Caring for People in the 21st Century**

Prof. Despina Sapountzi-Krepia, PHN, BSc, MSc, PhD

Professor, President of the Nursing Department, Frederick University Cyprus

**Abstract**

Caring for People in the 21st Century Caring is a universal concept included in philosophy, religion, and sociology, and is a component of the philosophies guiding the practice of all health and caring professions. The core concept of nursing is care; although caring is a universal concept and a component of the philosophies guiding the practice of all health and caring professions. Nursing in our era is a science and a profession understood in different ways by different people. People worldwide have different concepts in mind when they say “nursing”. The diversity regarding how the term “nursing” is perceived in different societies is rooted in the fact that the word nursing is evoking different reactions in different cultures. The core concept of nursing is care. In every culture there have been developed indigenous ways on helping people and caring for people. Human beings learn to care by being cared by other people as in the early tribes there was not a differentiation between healer and carer. Caring, healing, and curing include a meaning of getting control over and expressing power upon people who are receiving care. That was a crucial point for the separation of caring from healing and curing. Nursing evolved from the mother's role and is frequently identified in people's perception more as a woman's duty than a job.

**Heal - Care - Cure**

Nursing continues to struggle to overcome the stereotypes held for centuries. However, as nursing is maturing as a science, an emphasis on the meaning of care and the approach of nursing as a purely caring science is apparent in many scientific nursing books and papers. Caring is evolving as a new paradigm for nursing, as the profession seeks its rightful place in the modern societies. Still in contemporary societies, healers, carers and bureaucrats often focus more on techniques, skills, efficiency, and the profit derived from the 'sale' of the 'care' product, and moral issues often come to second place. But we have to keep in mind the question if we lose humanity and its values, do will we be able to shape a new tradition that will contain all this wealth of values?

**Key Words:** Caring, healing, nursing

**Keynote Speech**

**Difficult Situations in Clinical Nursing and Midwifery. The Leader's Responsibility is to Support Nurses and Midwives and Create Caring Cultures**

Leena Honcauvo PhD, RN, RM

Associate Professor, Specialized University. Oslo, Norway

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**Abstract**

**Background:** Difficult situations are a part of clinical nursing and midwifery. Nurses and midwives are repeatedly exposed to traumatically difficult situations that may cause them suffering and reduce their ability to work and serve their patients.

**Aim:** The presentation aims to make nurse and midwife leaders more aware of different kinds of difficult situations in clinical nursing and midwifery that may cause suffering. The aim is also to discuss how the leaders can approach and alleviate this suffering.

**Methods:** Deep-interviews with nurses and midwives. Hermeneutical interpretation of the findings.

**Results:** Nurses and midwives have a great need to discuss issues that are connected to difficult situations in clinical nursing with their leaders. Painful memories and thoughts are often related to patients struggling between life and death, the despair of their next-of-kin, and their hovering between hope and hopelessness.

**Conclusions:** The mission in nursing and midwifery is to serve, console and alleviate human suffering. The leader's responsibility is to create caring cultures that support the mission of nursing and midwifery. The nurse and midwife leaders' sympathetic attitude, will to understand, their ethical value basis, personality and ability to discuss are important for nurses and midwives. The leaders support seems to alleviate the nurses and midwives suffering that are connected to clinical practice.

**Key Words:** caring culture, nursing, midwifery

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**Keynote Speech****Contemporary Issues in Patients Education. A Focus on Cancer Patients**

Maria Lavdaniti, PhD

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**Abstract**

**Background:** Cancer patient education is very important, nowadays. Patients with cancer have a wide range of information needs throughout their illness. Patient education is defined “as any set of planned, educational activities designed to improve patient’s health behavior, health status, or both.” The goals of health education are: inform and instruct, empower, prevent problems and complications, enhance quality of life, supplement information given verbally.

**Aim:** The aim is to review the literature about the education in cancer patients.

**Methods:** A literature review was conducted using the electronic databases PubMed and Google scholar. The following key words were entered: “education”, “cancer”, “nursing” and a combination thereof. Exclusion criteria of articles were the language, except English.

**Results and Conclusions:** The health care team is responsible for teaching but nurses play a crucial role. First of all, a learning needs assessment is a first and important step in educating patients. A needs assessment provides the nurse two kinds of information: what the patients already knows or thinks and what the patient wants to know. The needs assessment should be done in clinical area or with special educational questionnaires for research purposes. It is crucial to identify learning goals and choose the appropriate teaching method. The teaching method is one-on one and group teaching. Most nurses have access to print materials to support their teaching. Other teaching methods are video, CD-ROM, DVD, internet. The role of the nurse in patient education is: to determine the patient’s knowledge base, to develop and strategize the best means to educate the patient/caregiver, to prioritize and execute teaching content to ensure that the learner’s needs are met and self-care activities vital to ongoing physical and psychological well-being are taught and to determine whether the content has been learned. Cancer patients’ education will contribute to their satisfaction with care and increase the quality of their lives.

**Key Words:** patient education, cancer

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**Keynote Speech****The Attitudes of Nurses in Caring for People with Learning Disabilities:  
An Outline of Challenges and Current Needs**

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Assistant Professor, Vice Head at the Department of Nursing, Frederick University Cyprus

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**Abstract**

**Background:** In a brief overview of university curricula, it is clear that the content of intellectual disability has not been adequately developed in nursing education, but health professionals are involved in their care. Indeed, health professionals play an important role in providing quality health care services to children and adults with intellectual disabilities either in the community or in the clinical settings.

**Aim:** The aim of this research was to monitor the knowledge and experience of health professionals who take clinical care for people with intellectual disabilities, in Greece and Cyprus.

**Methods:** The method chosen to carry out the survey was quantitative; This survey was conducted using a questionnaire.

**Results:** The sample of this survey consisted of a total of 200 people, coming from Greece and Cyprus, 108 of whom were men and 92 women. They had an average age of 40.71 years, and 12.25 years of professional experience, 51.0% were single, 40.0% married, and the remaining 9.0% declared another marital status. The survey used the Code of Ethics and to ensure the confidentiality of the participants.

**Conclusions:** The age of nurses and their years of professional experience are positively related to their experiences, knowledge and skills in the management of intellectually disabled people. However, their daily clinical experience demonstrates the difficulty of working with them, the embarrassment in communicating with their caregivers, and the feeling of insecurity coming from the diversity of those patients.

**Key Words:** learning disability, nurses, attitudes

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**Keynote Speech****Nursing and Contemporary Migration in Greece**

Dimitrios Theofanidis, PhD, MSc

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**Abstract**

**Background:** As the burden of migration to Europe increases, Greece is in a critical geographical crossroad and despite its longstanding financial troubles, is now mapping new paths for coping with modern immigration influx via adhering to improved social status of refugees and migrants. In terms of access to health services by refugees and immigrants in Greece, it should be noted that the institutional framework concerning access has been relatively restricted until recently.

**Aim:** The main objective of this paper is to explore factors associated with nursing and contemporary migration and also to present an overview of the European and Greek policies and initiatives to protect migrants' health.

**Methods:** A critical literature search was performed, seeking key material and benchmark policy statements exploring and explaining the complexities and the challenges associated with migration per se and the impact on people's health.

**Results:** Findings are grouped and discussed further under five pillars, i.e.: Immigration in Europe in Recent Years, Configuring Europe's migration policy to address first migration rates, How is Europe securing migrant's health, Health care provision and utilization for migrants in Europe and Health care provision and utilization for migrants in Greece. Overall, it can be argued that the refugee crisis had a major impact on the Greek NHS and that the influx of forcibly displaced people raised critical issues concerned health care provision including services for mental comorbidities and psychosocial support. Yet, efforts are made to adjust policy and practice in the light of meeting health needs for migrants despite economic limitations, which are affecting both locals and refugees alike.

**Conclusions:** Nursing, in this turbulent health provision environment is expected to provide health interventions addressed to migrants. As the spectrum of migration into Europe continues due to various political, social and financial complexities, the need for societal responses including appropriate policy implementation and relevant nursing education is essential. Thus, migration will continue to pose challenges to society and to health in Greece and beyond. Only through continuous attentiveness will it be possible to identify, and then avoid or reduce health disadvantages faced by persons with a migration background.

**Key Words:** migration, nurses, Greece

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**Keynote Speech****The Pain over Time**

Lambrini Kourkouta, PhD

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**Abstract**

**Background:** The pain management efforts are as old as human being.

**Aim:** The treatment of pain over time and its development from antiquity to the present.

**Methods:** A literature search of relevant studies was carried out through electronic databases and corresponding libraries, using the appropriate key words.

**Results:** In primitive societies "magic", was dominated as the primary therapeutic agent of pain, along with the use of herbal preparations, such as "opium, mandragon" (ancient Egypt, Mesopotamia) and "acupuncture" (ancient China). In contrast, the pain and its treatment have a "theological" character to the Jews. The contribution of Arab to the treatment of analgesia was important, using various herbal medicines combined with herbs and healing techniques (cooling with ice or icy water). Furthermore, Homeric epics provide information on pain management using "opium", which is also referred to the Hippocratic period. During this period, the analgesic properties of 'willow' were also used. In Greco-Roman times and the Middle Ages, "thiriaki" was considered as a panacea in the treatment of pain. However, an important position was also held by the "opium poppy". Considerable scientific discovery for the treatment of pain was the invention of "laudanum" by Paracelsus (16th century) and "ether" (17th Century) together with the use of new plant species such as "cinchona" and "coca leaves" (17th - 18th century). In the following centuries (19th and 20th) in parallel with the rapid development of medicine, pain was scientifically treated, new therapeutic agents such as "aspirin and morphine" were used and others were excluded. New modern pain treatment methods such as "local and regional anaesthesia" are also continuously created.

**Conclusions:** On the path of history, the treatment of pain by the humans was determined by cultural, religious and scientific factors.

**Key words:** pain, pain management, antiquity, modern age

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**Keynote Speech****Diachronic Approach to Therapeutic Speech**

Areti Tsaloglidou, PhD

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**Abstract**

**Background:** Speech conveys far more than just imparting information. It is a means of shaping human relations, a means of expression and communication. Health professionals and carers have to use the speech in such a way as to facilitate the effective communication. The concept of "therapeutic speech" or "therapeutic communication" refers to the process in which the health professional consciously influences the patient or helps the patient to a better understanding through verbal or nonverbal communication. The influence of speech on human's mental state was demanded from the beginnings of civilization and is testified by the principles of the ancient Greek literature.

**Aim:** The aim of this study is to present the effect of therapeutic speech on the therapeutic relationship between the health care professionals and the patients.

**Methods:** An extensive review of the relevant literature was performed via electronic databases (Medline, Pubmed, Cihnal and Google scholar) and Greek and international journals using appropriate key words. Exclusion criterion of articles was the language other than Greek and English.

**Results:** In ancient Greece, Hippocrates considers that the therapeutic speech can facilitate the healing (body primarily) process, while the sophists emphasize its psychotherapeutic use. Sophists and especially Gorgias recognized the power of speech in causing strong emotions and its overall effect on the emotional state of the patient. Effective therapeutic communication occurs when the message-information transmitted is perceived and understood by the patient. Therapeutic speech is the means which initiates, elaborates and ends the health professional- patient relationship, which is usually distinguished in three phases.

**Conclusions:** In speech the whole human being comes to expression. Therapeutic speech is intended to help the patient involves the interpersonal communication between himself and health professional. Increasing patient satisfaction can come from effective therapeutic communication.

**Keywords:** therapeutic speech, therapeutic communication

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**Keynote Speech****The Concept of Clinical Efficiency and Quality of Care: Applications in Nursing Administration**

Konstantinos Petsios, RN, MHM(c), MHSc, PhD

Lecturer, Nursing Department, University of Peloponnese, Clinical Research Nurse, Onassis Cardiac Surgery Center, Athens, Greece

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**Abstract**

**Background:** Nowadays, healthcare focuses on providing quality and safe health care, which is positively evaluated by healthcare users. This general strategic option uses clinical governance applications as strategic tools to ensure the assessment of health services in relation to the above characteristics.

**Aim:** To present the framework for applying clinical governance in nursing and the possible Impact of Clinical Governance on the Quality of the provided Nursing Care.

**Methods:** A critical review of 42 selected articles has been conducted, by using appropriate indexing words in the PubMed, Cinahl & Web of Science databases. Moreover, novel data from the use of specific quality nursing care indicators is presented.

**Results:** Quality of care is a key element of the right to health towards equality and dignity for all patients. In order to be achieved, it is essential to assure health services that meet quality criteria. Clinical Governance applications in Nursing have been developed over time. A theoretical framework for the implementation of clinical governance in relation to the Greek Health System is presented. The novel data from the implementation of specific quality nursing care indicators is benchmarked. Significant obstacles and conditions affect its effective implementation despite the results that indicate high quality provided care. The professional culture seems to be a core element for the effective implementation along with clinical skills and the standardized nursing care. The implementation of clinical governance is related to innovation and improvement of the quality of services offered.

**Conclusions:** The results of the study suggest the need for a systemic approach to the implementation of clinical governance. Nevertheless, the implementation of clinical governance is multidimensional at all levels of care and with the aim of improving patient outcomes.

**Keywords:** clinical governance, quality of care, quality assurance, quality improvement

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**Keynote Speech****Current Nursing Approaches to Postoperative Pain Assessment and Management**

Evanthia Asimakopoulou PhD, MSc, BSc, RN,  
Lecturer, Department of Nursing, Frederick University Cyprus

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**Abstract**

**Background:** Pain is a subjective, complex experience of life and is the first and most common cause of drug using. Despite the progress in Health Sciences, inadequate postoperative pain management remains a major health problem. The complexity of pain physiology, the limited use of assessment tools and the inefficiency of drugs are the main causes of its underestimation and ineffectively management.

**Aim:** The presentation of Nursing Care of patients with Postoperative Pain, including recent pain assessment tools and nursing interventions based on new research data to manage pain with pharmaceutical and non- techniques.

**Methods:** A bibliographic search was carried out on the electronic databases "MEDLINE" and "SCOPUS" with the words "postoperative pain", "nursing postoperative pain management", "postoperative pain treatment" for the years 2010 - 2018. Exclusion criteria for the articles were language, except English and Greek, and pain in paediatric patients.

**Results:** The review of recent literature has shown that the phenomenon of under-treatment the most of types of pain remains an unresolved problem. The types of pain and the pain assessment scales are presented: Descriptive Scale, Numerical Scale, Optical Analog Scale, McGill Pain Questionnaire, and behavioral-based pain measurement. Also, international guidelines for postoperative pain management by nurses are reported, using drugs such as opioids, NSAIDs, clonidine, dexmedetomidine, antiepileptics, and corticosteroids. Finally, Nursing Interventions in pain are summarized using alternative techniques such as distraction, biofeedback, relaxation, guided imagination, psychological interventions (cognitive-behavioral), therapeutic touch.

**Conclusions:** The implementation of pain assessment methods and pain management protocols, as well as the continuing training of health professionals, are essential tools for postoperative pain management. Nurses have a major role in patients' pain assessment and management, as they are the 24-hour people next to them providing Nursing Care.

**Key words:** Postoperative pain, assessment methods, nursing postoperative pain management, postoperative pain treatment

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**Keynote Speech****Oral Mucositis Management for Patients with Haematopoietic Malignancies**

Melanie Charalambous PhD, MSc, RN

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**Abstract**

**Background:** Oral mucositis (OM) is described as the inflammation of the mucosa in the oral cavity which is caused by destruction of the oral mucosal epithelial cells and growth in patients undergoing radiotherapy or chemotherapeutic drug substances. It is one of the most debilitating conditions and the most common complication in patients with haematopoietic malignancies. Although several pharmacological interventions are used for the treatment of oral mucositis, these fail to provide a fully effective and comprehensive management.

**Aim:** To investigate the most recent approaches to managing oral mucositis as a result of chemoradiation of patients with haematopoietic malignancies.

**Methods:** The review of the literature was based on a keyword strategy and pre-determined inclusion and exclusion criteria. The keywords “oral mucositis”, “managing”, “treatment” and “haematopoietic malignancies” were used as search terms in the EMBASE, COCHRANE and PUBMED databases.

**Results:** There are several pharmaceutical and non-pharmaceutical treatments for mucositis in patients with haematopoietic malignancies. These, include maintenance of oral hygiene, the uses of mouth antiseptics, analgesics and anti-inflammatories. Furthermore, antimicrobials agents such as anti-oxidants, cryotherapy, low-level laser therapy and growth factors found to be effective in relation to the grade of oral mucositis. In addition, there are numerous studies which found that complementary and alternative medicine including various herbs and honey can treat oral mucositis in conjunction with conventional treatment. Based on the current literature, clinical practice guidelines were developed by multinational cancer associations and can be used from health care professionals and patients for the management of oral mucositis.

**Conclusions:** Oral mucositis is remaining a common complication due to the treatment in patients with haematopoietic malignancies. Both conventional and CAM can be beneficial for the management of OM. Further progress in the field of pharmacological management of OM is needed and high-quality research regarding the approaches of OM in patients with hematologic malignancies must be carried out.

**Keywords:** oral mucositis, managing, treatment, haematological malignancies

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**Keynote Speech****Exploring the Experiences and Perceptions of the Patient in Protective Isolation Following Haemopoietic Stem Cell Transplantation/Bone Marrow Transplantation**

Maria Mashini, MSc, RN

Nursing Officer, Education Sector, Nursing Services, Ministry of Health, Cyprus

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**Abstract**

**Background:** Haemopoietic Stem Cell Transplantation (HSCT) may be a life-saving intervention, but it is also aggressive and life threatening. Patient management involves complex nursing care for severely ill and immunocompromised patients in a total protective environment, aiming prevention of infections in neutropenic patients. Therefore, this creates physical, psychological, social and spiritual distresses in patients.

**Aim:** To present the explored lived experiences and psychological implications in patients with haematological malignancies, nursed in protective isolation following HSCT.

**Methods:** A literature review was performed through the electronic databases EMBASE, MEDLINE, CINAHL, COCHRANE και PUBMED from 1975 to date, for qualitative research studies in English and in Greek.

**Results:** 11 articles met the inclusive criteria and therefore included in the review. A number of themes emerged from in-depth exploration of patients' perceptions of being nursed in protective isolation. Research findings shed light on patients' suffering from being isolated and the possibility of overcoming this, thanks to relationships that patients have with themselves and with the external world.

**Conclusions:** Protective isolation has profound psychosocial consequences on patients. Major themes elicited from the review included, striving to take charge, intellectualizing the need for isolation and contact with family and staff. Experiencing HSCT is an event that is uniquely perceived by patients. It is important to understand how patients perceive protective isolation both for their toleration of medical procedures and for their psychosocial well-being, thus, assisting health care professionals in providing holistic care to the patients

**Keywords:** isolation, protective, haemopoietic stem cell transplantation, bone marrow transplantation, perceptions, experiences, feelings, haematological

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**Keynote Speech****Art, Neuroscience, Mental Health and Prints- The Work of Susan Aldworth**

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Lecturer at the Hellenic Open University, Greece

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**Abstract**

Medical science and art have been borrowing from each other for ever. The human brain and mental health are accessed by Susan Aldworth in her work. The very material of the brain, the tissue, is used for the first time to make prints. The procedure is done through the cooperation of the Hammersmith Hospital and its Brain Bank where Parkinson's is researched.

Transience, identity, conscience, death, life, mental illness, the sense of the self, are some of the issues that interest the artist. Having a background in Philosophy, she studied Printmaking and today she is following a complex route including academic teaching, scientific research and artistic creation. As an artist in residence at the Newcastle Institute of Neuroscience she can combine the latest technological developments with art and also look into the various and numerous personal, medical and scientific narratives around human identity and the finite self. Following in the tradition of Leonardo da Vinci she studies the anatomy of the brain, the geography and architecture of its landscape, documenting the daedalic routes of its vessels, arteries and cells. This singular practice takes place through printmakings by printing straight from the brain. The artist, for the first time in the history of art, uses the human brain in such a way as to create a postmodern type of memento mori, a kind of portraits of the brain. She has also worked with patients suffering from schizophrenia, epilepsy, though medical technology is just an excuse for her to talk about the great necessity to understand and accept our fragile self, to accept the ephemeron of our human dimension which becomes, at the same time, eternal and holy through art.

**Keywords:** art, neuroscience, mental health, medical technology, prints, memento mori

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**Oral Presentation****Seafarers Health Needs for Informed Policy Decisions**

Despena Andrioti Bygvraa PhD

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Marina Liselotte Fotteler

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George Charalambous PhD, MD

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**Abstract**

**Background:** Seafarers travel around the globe to transport 90% of all goods. They are a hard to reach population group. To ensure that they are fit-to-work they undergo health examinations every two years. Research showed that their physical and mental health is influenced by the living and working environment.

**Aim:** The aim of this presentation is to highlight their health concerns and conditions for implementation of health promotion and prevention initiatives as well as communicate accurate evidence-based information.

**Methods:** A mixed method approach was used with online questionnaire and literature review during January-June 2018. The Yale Study of Seafarer Health and Wellbeing was used and tested in a pilot study with 55 mostly Danish seafarers participants.

**Results and conclusions** Around 60% of the respondents reported that they had been sick in the previous year and the majority reported being injured. Lacerations or deep cuts were the injuries that happened the most (35.5%), followed by muscle sprains. Almost half of the injuries affected arms, hands or shoulders. As a treatment first aid on board was used in most of the cases. Illness related, the most frequent diagnoses were dermatologic (6.9%), gastrointestinal (6.7%), and neurologic cases (6.7%). However, the cardiovascular cases were the most expensive ones. Half of the participants expressed the need to talk with a health professional while on board. In relation to health indicators: results showed elevated blood pressure and BMI confirming that seafarers are getting overweight and obese. Seafarers health profiles are similar to that of the general population. As they are getting older, we expect more CVDs. Guidelines for the medical examinations of seafarers should be updated to include more detailed guidance on health indicators examinations. Training of health professionals to better respond to the health needs of this population group, together with health promotion and prevention programmes could greatly contribute to the improvement of seafarers' health.

**Key Words:** seafarer, health care needs, policy

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**Oral Presentation****Climate Change as a Social Factor in Promoting Public Health**

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Aspasia Panagiotou, PhD

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**Abstract**

The need to protect the planet from climate change is very high on the international agenda of social problems. The British Meteorological Office defines climate change as a large-scale, long-term shift in the planet's weather patterns and average temperatures. Angel Gurría, the Secretary – General of the Organization for Economic Co-operation and Development (OECD) emphasized “the need for swift global action on climate change” underlining “that climate change is a public health issue that disproportionately affects the most vulnerable, as well as the least responsible for climate change”.

The effects of climate change on health are now visible. A recent report by Greenpeace states that every year 315,000 people worldwide lose their lives because of climate change, and that is just the beginning. According to its special collaborators, the average temperature rise of the planet by 2oC contributes to creating conditions conducive to floods, drought, hunger and poverty, and therefore conflicts and wars. Due to those conflicts and wars, millions of new refugees, internally displaced persons, migrants and also disasters in the ecosystem and in biodiversity are created. The Paris Agreement on climate change, which entered into force on November 4, 2016, has virtually not been activated. On the contrary, US President Donald Trump in June 2017 announced that the US in November 2020 will denounce and withdraw completely from the Paris Agreement, from a meaningless agreement on the environment and detrimental to the US economy. Unfortunately, so far, the constant active political inertia implies a failure of the rule of law in the matter of climate change.

**Key Words:** climate change, social factor, public health

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**Oral Presentation****Tackling Violence in Psychiatric Settings for Children and Adolescents:  
Policies and Best Practices**

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**Abstract**

Patients' aggressive and violent behaviours have always been inseparable components of everyday psychiatric clinical practice but a higher incidence of such behaviour has been generally recorded in psychiatric settings for children and adolescents. Considering that nursing staff and fellow patients appear to be the common victims of violent acts, persistent violence undoubtedly affects their physical and mental health. Additionally, reduces staff's productivity, intervenes to therapeutic processes and consequently increases the financial cost of health services. So, it is of crucial significance that all mental health professionals develop effective management strategies delivering high-quality mental health services. Preventing violent incidents would be the best strategy. Mental state examination, risk assessment and risk management are the keys to prevention. Children and adolescents, apart from the symptoms of their disorder, experience intense stress due to their admission, have unmet needs and virtually non-existent coping abilities. Aggression is often an attempt of children and adolescents to communicate their anxieties, fears and needs. Understanding the reasons for stress and anxiety, anticipating and meeting their needs are the basis for creating a therapeutic climate and developing a thoughtful and individualised care plan for potentially assaultive patients. Prevention requires specialized knowledge and skills of mental health professionals and needs capable leadership which sets priorities, evaluates and validates good practices. Individual mental health professionals, working in an unclear and complex system of laws, organizational processes and instructions, cannot bring any change because they have no control over the environment, staffing and procedures. Developed policies and detailed guidelines are needed to manage the risk of violence in psychiatric settings. NICE (2015) guidance in UK is a good example. However, preventing and tackling violence requires commitment of health professionals, administrations and governments. Evidence-based practice, patient - centred care and well-trained health professionals are prerequisites for providing high quality mental health care and preventing violence.

**Key Words:** talking violence, child, adolescent, policy

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**Oral Presentation****Causes of Malfunctions of the Emergency Departments of Paphos and Paralimni General Hospitals**

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**Abstract**

**Background:** The accident and emergency department is the section of the hospital that aims receptions, health, diagnosis, and treatment of patients with a wide range of problems. However, in recent years scientists have found that a combination of factors can affect the operation of A&E and make the access for the patients very difficult.

**Aim:** The aim of this study was to investigate the various factors and how much they influence the operation of the ED, to Paphos and Paralimni General Hospital.

**Methods:** This research was carried out during April and May 2016. This is a quantitative research with 409 patients who visited ED. The survey was conducted using the questionnaire Hospital Urgency Appropriate Protocol (HUAP). Triage nurses and concerns the justified use of ED. Patients only in case of unjustified use of ED supplemented the second part of the questionnaire completed the first part. Statistical analysis was performed with the SPSS program.

**Results:** The survey involved 409 patients, 300 (79.3%) from Paphos General Hospitals, and 109 (26.7%), From Paralimni General Hospital. The majority-concerned males (52.8%) aged less than 45 years old (53%). Of the patient rate 62.6% reported that they do not work. From the triage categorization, scale a rate 80.2% belonged in the 4-5 scale. The 63.5% was found that it could be served in primary care.

**Conclusions:** These results confirmed that several expected factors such as poverty, unemployment and the lack of insurance coverage increase the numbers of patients ending up in the emergency department. Furthermore, although the triage categorization scale most patients were enrolled in the 4-5 scale, however they didn't prefer to visit the primary health care as they supported that they trust more the accident and emergency department.

**Key Words:** malfunctions, emergency departments

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**Oral Presentation****The Specialized Role of the Nurse in Patients with Rheumatic Diseases**

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**Abstract**

**Background:** The nurse with rheumatology specialization is an important factor in the daily routine of a rheumatoid patient. Specifically, rheumatology nurses can positively influence the knowledge, satisfaction and pain of patients, improving their quality of life and function.

**Aim:** The purpose of this review is to locate and present the specialized role of rheumatology nurses according to the international literature.

**Methods:** The literature search was carried out between October 2018- February 2019, in the PubMed, Science Direct, Cochrane Library, Wiley online Library and Google Scholar search engine from 2009 until 2/2019 with the following keywords: "rheumatology nurse" 'rheumatic diseases', 'EULAR' and a combination thereof.

**Results:** The nursing care of rheumatological patients is based on person-centered care supported on the creation of self-management skills, on empowering the patient for better self-control of the disease and on increasing self-efficacy. The above are achieved by educating the patient about health behaviors, learning about self-management and evaluation of the disease progression, as well as referrals to other health professionals.

**Conclusions:** Creating a strong healthcare chain with the rheumatologist as the link can greatly improve the quality of life of the rheumatopathy patient, but at the same time reduce the cost of therapies, physical injury and patient pain.

**Key Words:** rheumatic disease, patients, nurses

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**Round Table “Emotional Intelligence and Nursing Staff”****The impact of Trait Emotional Intelligence on Somatic Complaints:  
A Review of the Current Evidence**

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**Abstract**

**Background:** The appearance of somatic complaints, such as headache, abdominal pain, back pain, is not uncommon in children and adolescents. Epidemiological studies indicate that the 5-30% of ages between 8-13 years, suffer from weekly headaches, recurrent abdominal or musculoskeletal pain (Egger et al., 1999). The literature states that high emotional functioning can protect the physical health of adults and children.

**Aim:** To examine the effect of emotional intelligence on somatic complaints in adolescents.

**Methods:** A randomized stratified cluster sample of 936 students (80% response rate) attending public schools (High Schools and General Lyceums) of Peloponnese and Attica complemented the Trait Emotional Intelligence Questionnaire-Adolescent Short Form (TEIQue-Asf) and the Somatic Complaint List (SCL). The Pearson correlation coefficient was used to investigate the relationship between two quantitative variables that following the normal distribution. In case this relationship was statistically significant ( $p < 0.05$ ) in the bivariate analysis, a simple linear regression analysis was performed with trait EI as independent variable and the somatic complaints as dependent.

**Results:** In bivariate analysis the correlation between TEIQue-Asf and SCL score was negative and statistically significant ( $r = -0.43$ ;  $p < 0.01$ ). After the simple linear regression, trait EI was found to be a significant negative predictor of somatic complaints accounting for a significant 6% of unique of the dependent variable,  $F(1, 934) = 209.64$ ,  $p < 0.001$ .

**Conclusions:** This study states the effect of emotional intelligence on somatic complaints in adolescents. More specifically, higher emotional functioning was associated with lower score on Somatic Complaint List. The students who were in touch with their own and others emotional world did not experience physical disturbances.

**Key Words:** emotional intelligence, somatic complaints

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**Round Table “Emotional Intelligence and Nursing Staff”****The impact of Anxiety on Somatic Complaints: A Review of the Current Evidence**

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**Abstract**

**Background:** Evidence suggests that people with anxiety disorders are at greater risk for developing a number of chronic medical conditions. They may also have more severe symptoms and a greater risk of death when they become ill.

**Aim:** The aim of the present study was to review qualitative and quantitative studies concerning the impact of Anxiety on Somatic Complaints.

**Methods:** A search was performed in the electronic databases (PubMed, Scopus and CINAHL) for articles, which were published in the period 2000-2018 in English or Greek. The literature review was carried out from November to December 2018. The keywords used were: Anxiety, Health, and Somatic Complaints. The inclusion criteria that were applied included (a) the publication date had to be between 2000 and 2018, (b) the languages were Greek or English and (c) both qualitative and quantitative studies were included. In order to achieve a final list of related studies, a broad literature search was conducted to identify abstracts that met the inclusion criteria. The titles and abstracts were printed, duplicates were discarded and the remaining abstracts were examined using the inclusion/exclusion criteria.

**Results:** Fifteen (15) studies met the inclusion criteria and revealed the significant effect of anxiety on health. Anxiety disorders were associated with higher score on the scale of somatic complaints in adults as well as in children and adolescents. Individuals, who were particularly anxious and experienced an anxiety disorder, characterized their physical health as "poor".

**Conclusions:** Anxiety disorders have serious consequences on physical health.

**Key words:** anxiety, anxiety disorders, somatic complaints, general health

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**Round Table “Emotional Intelligence and Nursing Staff”****Would you be happier with a different personality? The impact of Big Five Personality Traits on Subjective Happiness**

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**Abstract**

**Background:** Happiness concerns one of the most popular concepts in the field of positive psychology. The question of why some people evaluate themselves as happy despite the difficulties they deal with, while others identify themselves as unhappy despite experiencing a series of positive emotions, has led researchers to investigate the factors that can influence the individual's subjective perception of happiness.

**Aim:** The investigation of the impact of Big Five Personality Traits on Subjective Happiness.

**Methods:** For this evaluation, 602 adults (M=34years of age, SD=10.96) completed the Traits Personality Questionnaire (TPQue5) and the Subjective Happiness Scale (SHS). The Pearson correlation coefficient was used to investigate the relationship between two quantitative variables that following the normal distribution. In case this relationship was statistically significant ( $p < 0.05$ ) in the bivariate analysis, a simple linear regression analysis was performed with Big Five personality traits as independent variables and the subjective happiness as dependent.

**Results:** In bivariate analysis subjective happiness statistically had significant correlations with Big Five Personality Traits: Extraversion ( $r = 0.55, p < 0.001$ ), Openness to experience ( $r = 0.17, p < 0.001$ ), Agreeableness ( $r = 0.24, p < 0.001$ ), Conscientiousness ( $r = 0.34, p < 0.001$ ) and Neuroticism ( $r = -0.55, p < 0.001$ ). After the simple linear regression, Big Five Personality Traits were found to be significant predictors of Happiness accounting for a significant 41.8% of unique of the dependent variable,  $F(5, 596)=85.50, p < 0.001$ .

**Conclusions:** This study states the significant effect of Big Five Personality Traits on Subjective Happiness.

**Key Words:** personality traits, subjective happiness

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**Round Table “Emotional Intelligence and Nursing Staff”****Emotional and Behavioural Problems: their impact on the Physical Health of Adolescents**

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**Abstract**

**Background:** It has been revealed that adolescents' behavioural and emotional problems (symptoms of depression, conduct problems, hyperactivity, peer relationship problems) are reported of high prevalence worldwide and seem to have negative effects on the physical health of adults as well as underage.

**Aim:** The current study explores the effect of adolescents' behavioural and emotional problems on the appearance of physical complaints.

**Methods:** Data were collected from a randomized stratified cluster sample of 440 (response rate 80%) students attending public schools (high school and senior high school) in the region of Laconia, Greece. Students were asked to complete the Strengths and Difficulties Questionnaire (SDQ) and the Somatic Complaints List (SCL). Pearson's correlation coefficient ( $r$ ) was calculated in order to examine the presence of a linear relationship between two normally distributed quantitative variables. Whenever examined variables were found statistically significant during the bivariate analysis ( $p < 0.05$ ), a simple linear regression followed up; the SDQ-items were the independent variables and the physical complains were the dependent one.

**Results:** Bivariate analysis showed a positive correlation between physical complaints and SDQ ( $r = 0.61$ ,  $p = 0.01$ ) as well as SDQ subscales: emotional symptoms ( $r = 0.68$ ,  $p = 0.01$ ), peer relationship problems ( $r = 0.46$ ,  $p = 0.01$ ), hyperactivity-inattention ( $r = 0.32$ ,  $p = 0.01$ ), and conduct problems ( $r = 0.31$ ,  $p = 0.01$ ). In addition, physical complaints were negatively correlated with positive social behavior ( $r = -0.15$ ,  $p = 0.01$ ). Simple linear regression revealed that SDQ and its subscales contribute significantly to the prediction of physical complaints by interpreting almost 47.3% of the total variance of the dependent variable,  $F(5, 434) = 79.87$ ,  $p < 0.001$ .

**Conclusions:** This study revealed a significant impact of adolescents' behavioural and emotional problems on the appearance of physical complaints.

**Key Words:** adolescents, physical health, emotional problems, behavioural problems

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**Round Table “Emotional Intelligence and Nursing Staff”****The impact of Trait Emotional Intelligence on Somatic Complaints in Adolescents**

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---

**Abstract**

**Background:** The appearance of somatic complaints, such as headache, abdominal pain, back pain, is not uncommon in children and adolescents. Epidemiological studies indicate that the 5-30% of ages between 8-13 years, suffer from weekly headaches, recurrent abdominal or musculoskeletal pain (Egger et al., 1999). The international literature states that high emotional functioning can protect the physical health of both adults and children.

**Aim:** To examine the effect of emotional intelligence on somatic complaints in adolescents.

**Methods:** A randomized stratified cluster sample of 936 students (80% response rate) attending public schools (Gymnasias and General Lyceums) of Peloponnese and Attica complemented the Trait Emotional Intelligence Questionnaire-Adolescent Short Form (TEIQue-Asf) and the Somatic Complaint List (SCL). The Pearson correlation coefficient was used to investigate the relationship between two quantitative variables that following the normal distribution. In case this relationship was statistically significant ( $p < 0.05$ ) in the bivariate analysis, a simple linear regression analysis was performed with trait EI as independent variable and the somatic complaints as dependent.

**Results:** In bivariate analysis the correlation between TEIQue-Asf and SCL score was negative and statistically significant ( $r = -0.43$ ;  $p < 0.01$ ). After the simple linear regression, trait EI was found to be a significant negative predictor of somatic complaints accounting for a significant 6% of unique of the dependent variable,  $F(1, 934) = 209.64$ ,  $p < 0.001$ .

**Conclusions:** This study states the effect of emotional intelligence on somatic complaints in adolescents. More specifically, higher emotional functioning was associated with lower score on Somatic Complaint List. The students who were in touch with their own and others emotional world did not experience physical disturbances.

**Key Words:** emotional intelligence, somatic complaints, adolescents

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## Oral Presentation

### High Fidelity Simulation in Nursing Education

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#### Abstract

**Background:** Throughout the modern literature, authors elucidated the widespread use of simulation in nursing education; whether it was role playing, use of static manikins or even elaborated patient simulators. High fidelity simulation, including high-tech patient simulators, is being recently further implemented in the nursing program.

**Aim:** The aim is to investigate the main advantages associated with the use of high-fidelity simulation in nursing curriculums.

**Methods:** A systematic review methodology was conducted in two databases (PubMed and ProQuest). The inclusion criteria in this review were that the articles should be written in English, published during the last 10 years and fully accessed. While all research types were screened, only descriptive reviews were excluded from the study.

**Results:** The study resulted in 53 research articles through which it was proven that high fidelity simulation facilitates experiential learning, further stimulates clinical reasoning and improves inter-professional communication and collaboration.

**Conclusions:** High-fidelity simulation is a pedagogical approach that uses technology, not to replace real experiences with guided ones, but to enhance them through virtual scenarios that reproduce essential aspects of the real world. It was found that high-fidelity simulation is an important educational method involving all levels of the nursing program. Further research involving patient simulation is still needed at both local and international level. Future studies should aim to tackle the gap between theory and practice, and patient safety issues facing nursing sciences.

**Keywords:** high fidelity simulation, nursing education

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**Oral Presentation****Designing a Nursing Simulation Center: Frederick Healthcare Simulation Center  
(FRED·SIM CENTER)**

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**Abstract**

**Background:** The implementation of simulation in nursing curriculums is a flexible educational model that can be changed and developed accordingly to meet teaching purposes. A nursing simulation centre provides a safe, supportive and well controlled environment in which nursing students at different levels are capable of practicing their skills, applying role-play patient care and acquiring leadership qualities that are needed in clinical and community based-care settings.

**Aim:** Assessing the main aspects of designing a nursing simulation centre and focusing on the preliminary design of Frederick University's Healthcare Simulation Center.

**Methods:** A descriptive review of literature was carried out in two databases (PubMed and ProQuest). The inclusion criteria in this review were that the articles should be written in English, published during the last 10 years and fully accessed.

**Results:** Designing a nursing simulation Center involves 3 phases: (1) Preliminary Functional Design and Bill of Quantities, (2) Detailed Design Phase and (3) Final Design Phase. The design process should establish a business model that addresses: potential trainees, types of trainings, budget and funding model, traffic flow, storage, interrelationships between training areas, breakout space, and technical and building services. This work shows that the success of a simulation centre lies within the understanding of each of the latter components and emphasizes the importance of having a clear vision towards the current and future training market.

**Conclusions:** Fred-Sim centre's goal is to provide a safe, functional and state-of-the-art training environment for students and practitioners whether on an individual or a team basis. Furthermore, the Center aims to improve patient's safety and advance healthcare education through deliberate practice, multidisciplinary training and innovative research using multimodal simulation technology.

**Keywords:** nursing simulation, patient simulation, simulation Center

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**Oral Presentation****Pressure Ulcer Prevention Strategies: Enhancing Current Protocols**

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**Abstract**

The management of pressure ulcers is challenging for health care providers across disciplines. Pressure ulcers have significant impact on emotional and physical wellbeing, quality of life, and health care costs. 6.5 million patients experienced a hospital-acquired pressure ulcer in 2015 worldwide. 2,5 million in the US totalling \$11 billion annually. Although pressure, shear, friction and microclimate are the most important factors in pressure ulcer development, a number of factors intrinsic to patients, e.g. poor perfusion, reduced sensation and inadequate nutrition, may be associated with PU development.

Laboratory, animal, computer modelling and clinical studies have investigated the physical effects of dressings. These have shown that a variety of dressing materials may reduce friction, shear and pressure, and reduce the likelihood of altering skin moisture to a point where the skin may be weakened. Dressings used for PU prevention should be used alongside standard PU prevention protocols. e.g. a SSKIN bundle (pressure-redistributing support surface, regular skin inspection, keep moving [repositioning], management of incontinence/moisture and optimized nutrition.

**Keywords:** pressure ulcer, management, prevention, protocols

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**Round Table “Current Issues in Renal Care”****Early Detection and Management of Renal Disease**

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**Abstract**

Chronic Kidney Disease (CKD) is a chronic health problem with high prevalence and incidence, great cost for patients themselves, their families and healthcare services. In patients with Chronic Kidney disease a progressive loss of renal function over time is apparent, and is characterized as a global health problem, with increasing incidence, prevalence and poor outcomes. Patients with Chronic Kidney Disease often experience pain that affects their Health-Related Quality of Life. The progression of Chronic Kidney Disease is often slow, as the appearance of symptoms and the onset of complications. Referral to a specialized renal healthcare team has an impact on the prognosis of CKD. Early referral is in favor of the patient, as it allows medication administration for the primary renal disease (hypertension, Diabetes Mellitus), information provision regarding Renal Replacement Therapies (RRT), vascular access preparation and pre-transplantation screening. Late referral could be due to the disease itself (Acute Kidney Disease or asymptomatic renal disease), due to the patient (comorbidity, age or denial), due to healthcare system (reduced access or high cost) and due to the healthcare professionals (bad communication between services, long waiting time or distance). In order for the renal patient to have a longer time at the early stages of CKD management of hypertension, prevention of Cardiovascular Disease (CVD), Diabetes management, smoking cessation, and exercise could help. In conclusion, early referral permits diagnosis, delays progression of renal disease, prevents side effects, and gives enough time for the patient to prepare for RRT. Multiprofessional education, communication and interface, as well as guidelines implementation could change attitudes.

**Keywords:** renal disease, early detection, management

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**Round Table “Current Issues in Renal Care”****Patients Compliance to the Therapeutic Approach**

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**Abstract**

Following doctors’ and healthcare professionals’ recommendations regarding the therapeutical regimen is considered compliance. Loose or absence of compliance causes, quite often, problems in clinical practice. In the case of renal patients compliance includes medications, diet, lab exams and renal replacement therapy (haemodialysis, peritoneal dialysis and transplantation). Renal patients’ therapeutical regimen is quite complicated and calls for major changes in everyday life. Lack of understanding of the recommendations, lack of communication with healthcare professionals, lack of education, lack of acceptance of the disease and denial are the usual causes of non-compliance. In order to achieve high levels of compliance, assessment of the patient’s beliefs, values and views regarding the disease is needed, as well as communication and trust to healthcare professionals. Regardless the reasons for lack of compliance, techniques and approaches within the healthcare system are needed. Finally, compliance is associated with less adverse effects, less hospitalization, less disability days, less financial cost and, at the long-term, better quality of life.

**Keywords:** compliance, therapy, patient

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**Round Table “Current Issues in Renal Care”****Patients with Renal Problems in the Intensive Care Unit**

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**Abstract**

Acute renal damage is common in the Intensive Care Unit (ICU) and is associated with a significant increase in morbidity and mortality. There is no specialized treatment for an established acute renal impairment. Most patients will gradually recover their kidney function after removal or treatment of the incriminating factor such as sepsis and hypovolemia. However, a small percentage will need to undergo some form of Renal Replacement Therapy (RRT), and in 80% of cases there is an in-hospital mortality. In clinical practice RRT is applied when the complications of acute renal failure cannot be treated with otherwise and that is expected to have a significant effect on the outcome of the patient. Urgent evidence of renal substitution treatment in acute renal injury is severe hyperkalemia, severe metabolic acidosis and pulmonary cystitis but with fluid overload when they cannot be treated differently. In order to perform renal replacement therapy, a suitable central venous catheter, the use of specific electrolyte solutions and the administration of anticoagulant therapy are required. In recent years the use of electrolyte solutions containing bicarbonates as a regulator, especially in patients with hepatic insufficiency or circulatory shock is recommended. Applying renal substitution treatment by specialized nurses to ICU patients is a dynamic process that needs to be personalized and modified based on the clinical picture of the patient to meet the needs of each critical ill patient, avoiding as much as possible the various complications. The role of the ICU nurse is very important as he manages the RRT machines exclusively on his own. Therefore, specialized knowledge, close monitoring of various clinical and laboratory parameters is required, both for the early detection of possible complications and also for the assessment of the effectiveness of the treatment.

**Key words:** renal patients, ICUs

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**Round Table “Current Issues in Renal Care”****Quality of life of patients with Chronic Kidney Disease**

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**Abstract**

Renal patients are suffering from a chronic disease that affects their everyday life. Within this context of chronic illness, the concept of Quality of Life (QoL) is of concern for healthcare professionals since the withdrawal of biomedical thinking model and adaptation of the holistic model of care. Quality of life (QOL) is a cluster of interactive factors affecting a person's well-being (psychological, social, professional and physical). According to the World Health Organization (WHO), QoL is the individuals' perception of their position in life in the context of the culture and values systems in which they live. It is also related to the person's goals, expectations, standards and concerns. Studies have shown that behavior, sleep/rest, emotional balance, social interaction, entertainment and self-care are essential to QOL in all chronic diseases. Unfortunately, all the above are affected by CKD itself. Changes in social, family and professional life due to the type of Renal Replacement Therapy (RRT) cause depression, confusion and seclusion. These disturbances can result in lack of self-worth, loss of confidence, hopelessness and suicidal attempts. A good therapeutic relationship with healthcare professional, which understand the psychological and social aspects of the illness, can help. Healthcare professionals can spot and eliminate factors that constrain the ability to substitute functional goals and enrich/expand alternative activities that can help in achieving the nursing care goals, with the individual's participation as well as the family's.

**Key words:** chronic kidney disease, patient, quality of life

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**Oral Presentation****Competences of Elderly Care Workers: the Erasmus+ Program Tenderness for Life**

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Maria Dimitriadou BSc in Nursing, MSc in Health Care Management, PhD c

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Evridiki Papastavrou, PhD

Associate Professor, Department of Nursing, Cyprus University of Technology, Cyprus

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**Abstract**

**Background:** Ageing is a fact in Europe requiring an increased demand of skillful elderly care professionals. In most European Countries (EU), elderly care workers qualifications focus on instrumental aspects; however the humanistic aspect of care is missing. In this sense, a consortium of partners (TendernessforLife Erasmus+ program) from different countries attempt to address this gap. Nurses, as one important provider of care but also main collaborator of care workers, have a key role to play,

**Aim:** To develop a new training curriculum, especially, from the humanistic perspective, and to introduce digital skills in the field of training and education of low-qualified workers, in order to update their competences.

**Methods:** Seven partners from six EU countries collaborate in this program. Each partner leads or co-leads one activity. The activities include acknowledgment of the needs of the elderly via focus groups, literature and document search and development and assessment of the elderly care worker profile tool. In addition, mechanisms of training are intended to be established via training schools, training material, workshops and staff training events.

**Expected Outcomes:** It is expected that the program will add new and specific competences, for elderly care workers, about person-centered care. In addition, it is anticipated that it will provide a good practice guide which will tackle new demands of elderly customers related to putting the person at the center of intervention, bringing tenderness and empathy to the services delivered. Outcomes may be used by nurses to increase the level of training of care workers, for the benefit of the elderly.

**Key words:** elderly care workers, tenderness, life,

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**Oral Presentation [OA 01]****A Practical Guide for Standardization of Care in a Cardiac Care Unit**

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Nikos Christoforou, MSc/MN, BSc, RN, APN/ACNP, CCN, CCCN  
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Demetris Loizou, MSc/MN, BSc, RN, APN/ACNP, CCCN  
Nursing Officer, A& E Department, Limassol General Hospital, Cyprus

Irene Chamboulidou, MSc/MN, BSc, RN, APN/ACNP, CCCN  
Nursing Officer, ICU A', Limassol General Hospital, Cyprus

Demetris Demetriou, PhD, MD  
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**Abstract**

**Background:** A Cardiac Care Unit (CCU) with the life threatening and high morbidity cases implying escalating costs constitutes of an important target of improving the quality of care. Evidence Based Practice Protocols (EBPPs) could be used as tools to achieve such a challenging goal.

**Aim:** The standardization of care through the development and implementation of EBPPs, for safe care delivery in patients with acute and complex cardiac events.

**Methods:** The systematic interdisciplinary process was initiated by the Advanced Practice Nurses of a regional CCU of Cyprus. EBPPs development included gathering of research and daily practice data. All the nurses and the cardiologists of the unit were actively involved. EBPPs implementation was set to be accomplished with checklists, while the personnel's adherence had to be evaluated by their clinical leaders as well as by the coordinators of the process during random audits.

**Results:** EBPPs are based on the current data with consideration to the department's culture and available resources, and they include justification of each intervention. Each EBPP has been at least once revised during the five years of implementation. A high level of personnel's adherence has been recorded, which resulted in optimization of the provided care and increased patients' satisfaction. Major negative healthcare issues are diminished, such as complications, adverse events, unnecessary interventions and examinations, and length of stay. Team communication has been enhanced and nurses' role within the team has been highlighted. Furthermore, EBPPs seem to be of an added value for faster and effective newcomers' training.

**Conclusions:** It has been demonstrated, that the standardization of care is imperative for safe and effective management of patients with acute cardiac events. Thus, both Nursing and Cardiology Scientific Societies are making mutual efforts for these EBPPs global utilization in Cyprus.

**Key words:** standardized care, guide, cardiac unit

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**Oral Presentation [OA 02]****Communication in Heart Failure**

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**Abstract**

**Background:** The communication between nursing staff and patients with heart failure is of major importance. Effective exchange of information is required for informed consent, health education, effective rehabilitation and on-going self-management. The clinical complexity of the heart failure disease process leads to the necessity of determining patient preferences about medical decisions and share information about prognosis.

**Aim:** The aim of this study is to highlight the importance of effective communication between health care professionals and patients with heart failure.

**Methods:** A literature search of relevant studies was carried out through electronic databases and corresponding libraries, using the appropriate key words.

**Results:** The cornerstone of effective communication between the patients and health-care professionals presupposes three principles: that health care providers have up to date information about the best medical evidence; provide unbiased recommendations; and, understand the patient's goals, beliefs and concerns. Traditionally, most communication between health care professionals and patients with heart failure has focused primarily on pathophysiology, clinical characteristics and treatment options. Studies indicate that patients and their relatives wish to engage more in detailed care planning, advanced therapeutic interventions and, when appropriate, end-of-life decision-making. End-of-life decisions may involve discussion of more difficult topics such as starting, withholding or withdrawing treatment including implantable cardioverter defibrillators (ICDs), resuscitation status, 'do-not-resuscitate' (DNR) orders and advance directives.

**Conclusions:** Good communication can lead to identifiable benefits for patients suffering from heart failure and their families as well as for the health care professionals caring for them. Patients are given the opportunity to take a more active role in the management of their illness through being better informed and taking part in decision making, including end-of -life decisions.

**Keywords:** communication, heart failure, decision-making process.

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**Oral Presentation [OA 03]****Antimicrobial Resistance: Future Health Threat**

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**Abstract**

**Background:** Antimicrobial resistance (AMR) is now a major issue in the healthcare sector. Antibiotics can be used to treat microbes, fungi and parasites but they are not effective against viruses. Apart from Medicine, antibiotics are applied in Veterinary Medicine and Food Chemistry.

**Aim:** Assessment of microbial resistance in the community and in hospitals after the unconscionable use of antibiotic formulations, as well as its prevention.

**Methods:** Bibliographic research of relevant studies through electronic databases and corresponding libraries was carried out.

**Results:** The stakeholders involved in the use of antibiotics and development of an integrated timetable aiming at reducing their use without prescription from the medical community, play a vital role in decision making and setting communication goals. The Ministry of Health, recognizing the importance of the situation, has introduced a series of measures to resolve the issue. The aim of the campaign is to raise awareness among all fields concerned to limit the consumption of antimicrobial drugs. These efforts concern the reduction of hospital-acquired infections.

**Conclusions:** Additionally, banning the sale of antibiotics without a prescription has been a most controversial issue between pharmacists and doctors at least during the last two decades. Effective communication between healthcare professionals and patients consists a tight alternating relationship through communicative interaction amongst healthcare professionals, who would carry out accurate assessment, accurate diagnosis and selection of the appropriate treatment for patients. The latter will understand the medical guidelines and improve their health via effective communication. The emergence of antibiotic resistance is an immense threat to human health since it is a major European and global phenomenon involving various scientific fields. A holistic approach to the issue is required, along with prudent and rational use of antimicrobial agents to reduce hospital-acquired infections (HAI).

**Keywords:** microbes, antimicrobial resistance, antibiotics, treatment

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**Oral Presentation [OA 04]****Association among Professional Satisfaction, Empathy and Depressive Symptoms in Emergency and Intensive Care Nursing Personnel in Cyprus**

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**Abstract**

**Background:** There is evidence that correlates work satisfaction (WS) with job-related stress and cynical attitude, as well as depressive symptoms (DS) in nurses. However, potential associations between nurses' work satisfaction, depressive symptoms and empathy have received little attention.

**Aim:** The aim of this study was to explore among adult intensive and emergency care nursing personnel in Cyprus: (a) the level of work satisfaction, b) the intensity of depressive symptoms, c) the level of empathy, and d) potential associations among these variables.

**Methods:** A cross-sectional correlation study was conducted in 2018. The study population was Greek-speaking Cypriot nurses employed in intensive care (ICU) or emergency department (ED) longer than six months in both private and public hospitals. Work satisfaction was assessed by the Index of Work Satisfaction, the severity of depressive symptoms by the Center for Epidemiological Studies Depression Scale (DES-D) and the degree of empathy by the Jefferson Scale of Empathy. The study sample consisted of 150 nurses (response rate 39, 6%), employed in 1 private and 5 public hospitals.

**Results:** A negative, mild correlation between intensity of depressive symptoms and empathy ( $r = -0,27, p < 0,001$ ), as well as a negative moderate correlation between depressive symptoms intensity and work satisfaction degree ( $r = -0,3, p < 0,001$ ) were reported. There was no statistically significant correlation between the degree of empathy and work satisfaction. It was also noted: a) a higher level of WS in ICU nurses, compared to ED employed nurses ( $b = 0,041$ ), b) lower intensity of depressive symptoms in Neonatal ICU nurses compared to ED nurses ( $p = 0,05$ ).

**Conclusions:** Further studies are proposed to investigate the role of organizational culture in the professional attitudes and well-being in nurses of intensive and emergency care.

**Key words:** empathy, job satisfaction, depressive symptoms, emergency department, ICUs, staff

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**Oral Presentation [OA 05]****Qualitative Comparison of the Accident & Emergency Departments**

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**Abstract**

**Background:** The efficient organization and operation of the Accident & Emergency (A&E) departments is a contemporary challenge for the Greek Health Care System, as there is a marked heterogeneity in their routine functioning. Although in some hospitals A&Es are housed in modern facilities with high hygienic and safety standards and an organized patient sorting system, unfortunately this is not always the case.

**Aim:** The purpose of this study is to compile and compare infrastructure, procedures, hygiene and safety standards of hospitals in Thessaloniki, Greece.

**Methods:** All eight public hospitals in Thessaloniki were studied. A mixed methodology was used. Initially, a qualitative approach was followed, through personal observations of the A&Es area and their functioning according to a strictly structured, 100-score observation and recording form. Following the quantification of the observations, qualitative data were used in order to classify the hospitals according to performance and organizational structure. These results were further processed and A&Es were grouped on the basis of similar characteristics.

**Results:** The average overall score was 74 with a range of 50 to 92. The highest performances of the A&Es were noted for hygiene and safety (81), the lowest score was for the facilities which were poor (69) and as for patient sorting techniques (triage), the results were satisfactory (72). Based on individual features, hospitals were categorized into four different groups based on their functional characteristics, which indicates apparent heterogeneity in management and organization issues.

**Conclusions:** The results show a need to determine the degree and specific points of deviations of organizational structures and further exploration of convergence. It is recommended, therefore, to extend this study to the rest of Greece in order to ascertain the overall variations, while proposing the application of a national scale of triage and a uniform way daily administration in the A&E departments.

**Key words:** accident, emergency department

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**Oral Presentation [OA 06]**

## **The Role of the Leadership in Occupational Burnout amongst Nurses and Midwives**

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### **Abstract**

**Background:** Occupational surroundings along with working conditions have an important impact on employees' physical and mental health. Nowadays, Burnout is the modern disease of the 21st century referring to employees. The ideal way to prevent and reduce the appearance of the syndrome is the immediate recognition of the symptoms.

**Aim:** Assessment of Occupational Burnout amongst nurses and midwives in Greek hospitals.

**Methods:** Bibliographic research of relevant studies was carried out through electronic databases and corresponding libraries.

**Results:** Regarding the Healthcare field, the complex and stressful profession of nurses and midwives requires a combination of rapid and intense work rates that leads to the onset of the Occupational burnout Syndrome. Significant staff shortages, debilitating circular working hours, imprecise definition of tasks, the absence of economic and social incentives, along with the need of cooperation with different characters and different specialties necessitate not only the proper management of materials and human resources but also the implementation of policy incentives for employees' motivation. In nursing and midwifery, motivation of staff is aimed at improving the quality of patient's care and at the same time the development of the efficiency and effectiveness of healthcare professionals. The leader shares the employees' needs for recognition as personalities, satisfaction of their personal aspirations, professional development and training by designing appropriate training and informational schemes. This motivation must include the satisfaction of individuals' needs within a rational work schedule.

**Conclusions:** The exhaustion experienced by nurses and midwives in the workplace, as well as their dissatisfaction results in them being prone to the emergence of Occupational burnout Syndrome. Early recognition and prevention of the symptoms in combination with necessary knowledge and nurses and midwives' education in regard with health promotion will prevent the commencement of this syndrome.

**Keywords:** leadership, occupational burnout, Burnout syndrome, nurses, and midwives

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**Oral Presentation [OA 07]**

## **Nurses' Emotional Intelligence and Transformational Leadership: A Systematic Review**

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### **Abstract**

**Background:** Leadership is the art of influencing people so that they contribute readily and actively to the organizations' goal. The workplace success of any employee is directly reflecting the effort and effect of the leader.

**Aim:** To systematically review the literature concerning the correlation between nurses' emotional Intelligence and transformational leadership.

**Methods:** A search was performed in the electronic databases (PubMed, Scopus and CINAHL) for articles, which were published the last 10 years in English or Greek language. The literature review was performed from September to October 2018. The keywords used were: «emotional intelligence», «transformational leadership», «nursing». The inclusion criteria were (a) the publication date had to be between 2008 and 2018, (b) the languages were Greek or English, (c) both qualitative and quantitative studies were included, and (d) the sample of studies reviewed included only nurses. In order to finalize the list of related articles, the OpenGrey literature search has been used.

**Results:** The literature review included initially 39 research articles according to the flowchart. Although 3/7 of the articles originated USA, there was no published study from Europe. The samples varied from 20 to 535 nurses while the majority of them were nurse managers. Regarding the scales used, all the studies have used Wong and Law Emotional Intelligence Scale (WLEIS), while for the assessment of transformation leadership, three of them have used the Multifactor Leadership Questionnaire (MLQ) and the others have used several scales. In all the studies there was a correlation between nurses' scores on transformational leadership and emotional intelligence. This finding confirms the results of a metanalysis that has previously found a similar correlation in other professionals.

**Conclusions:** Nurses transformational leadership and emotional intelligence are correlated. There is a need to implement social and emotional learning programs in order to support nurses to maintain their competencies and improve their work life balance.

**Keywords:** emotional intelligence and transformational leadership

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**Oral Presentation [OA 08]****The Advantages of Electronic Evidenced-Based Practice (EBP) Instead of the Traditional Documentation Method**

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**Abstract**

**Background:** Evidence Based Practice is the process in which nurses make clinical decisions using the current data, their clinical expertise and the patients' preferences, based on the available resources. While it is the most important part of nursing process it is also the clearest, legally established communication manner in the field of health. However, it has been proven that despite the use of new methods, more functional than keeping paper records, the major issue of incomplete or incorrect nursing care continues to exist. The evolution of evidence based practice with the help of technology and the recording of patient's data on electronic databases is the only solution. Thus, the process of documentation and retrieval of patient's information becomes simpler, cheaper and less time consuming. Furthermore, the quality of care increases significantly, since the system not only designates with accuracy the patients' care procedure, but also leaves the nurses with more time to deal with the patients' rehabilitation.

**Aim:** The presentation of the advantages of electronic documentation over the classic way of printed recording is the main objective of this project. Thus, the importance of immediate maintenance of electronic data at a satisfactory level globally, in order to clarify the nursing purposes of every patient individually, will be ensured in detail.

**Methods:** In order to define the idea that technological maintenance of information outcompetes the traditional one, a detailed research on worldwide pages and literature has taken place.

**Results:** The research results declare that the electronic recording is more effective than the ones in paper.

**Conclusions:** The new method must be applied internationally replacing the old one. The fast and safe health recovery of the patients is the most important advantage of the database recording, as many researches have shown. The reduction of mistakes, the saving of money and time and the easy retrieval of information are some other benefits of this method.

**Keywords:** electronic evidenced-based practice, traditional documentation method

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**Oral Presentation [OA 09]**

## Quality of Life in Patients with Type 2 Diabetes Mellitus in Mountainous Greece

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### Abstract

**Background:** Type 2 diabetes mellitus (T2DM) is a chronic metabolic disease that usually presents slow progress and at some stage (if dietary interventions fail) requires treatment. Several studies indicate that QoL is lower in patients with T2DM compared to the general population.

**Aim:** To evaluate the quality of life in type 2 diabetic patients living in mountainous Greece where accessibility to PHC units is not easy.

**Methods:** A cross-sectional study of 340 diabetics living in the region of Epirus, Greece. Diabetes-specific quality of life was assessed with the Audit of Diabetes-Dependent Quality of Life questionnaire (ADDQoL-19). A questionnaire was also constructed to address socio-demographic and diabetes-specific characteristics of the patients.

**Results:** Overall, 93% of the study population reported that diabetes had a negative impact on their QoL (mean overall ADDQoL score  $-0.608 \pm 0.469$ ). All weighted impact scores for the 19 domains of the ADDQoL were negative. QoL was related to the accessibility to the nearest hospital and to a healthy diet ( $p < 0.05$ ). Differences between men and women were recorded in the domains “physical activities”, “family life” and “friendships and social life”. Glycosylated haemoglobin  $> 6.5\%$  affected mostly patients’ “leisure activities” and “reliance on others”. The frequency of exercise was also related to some domains of the ADDQoL questionnaire.

**Conclusions:** T2DM had a negative impact on the QoL of the patients living in mountainous Greece. Limited accessibility to large healthcare facilities (hospitals) has a negative impact on the QoL whereas the consumption of a healthy diet and the frequency of exercise improve QoL of the diabetics.

**Keywords:** diabetes mellitus, type 2, QoL, primary health care, Greece

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**Oral Presentation [OA 10]**

## **The History of Health Caring in Cyprus: Cultural, Medical and Anthropological Aspects**

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### **Abstract**

**Background:** The history of health care in Cyprus has not been fully recorded, and there is a significant lack of relevant studies. This particular space-time context is of great interest due to the geographical position, the historical changes that the island has experienced and the occupation status that exists to date.

**Aim:** The aim of this research was to record the history of health caring in Cyprus through cultural, medical and anthropological aspects.

**Methods:** The most suitable method for this issue was the quantitative, with the use of interviews. The sample of this survey consisted of 200 people, coming from Cyprus, 108 of whom were men and 92 women. They had an average age of 80.71 years and had experienced customs, habits and health practices in their life that could provide us useful information. The survey used the Code of Ethics in order to ensure the confidentiality of the participants.

**Results:** The results of this research came out both from the exploration of written sources from conventional libraries and the internet, as well as from interviews with the elderly that shared their health experiences with the researchers. One of the most interesting elements that emerged was that the culture of providing care to people was highly experiential and characterized by solidarity.

**Conclusions:** Throughout the historical route of Cyprus there was coexistence between the metaphysical effect on health and the establishment of Western medical concepts and practices. This fact, in combination with the lack of written sources, requires further study.

**Keywords:** Cyprus, healthcare, history, cultural, medical, anthropological

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**Oral Presentation [OA 11]****Burnout among Nurses**

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**Abstract**

**Background:** Health professionals, especially nurses because of long-term exposure to work stress conditions are at high risk for the occurrence of the syndrome of burnout. In the health area, the burnout is a syndrome of physical and psychological exhaustion of the health professional. In a possible exhaustion of such a worker loses his interest in the sick of stops to be satisfied with his job and form a negative image of himself. This study will map major elements of which can be perceived burnout community nurses.

**Aim:** The main purpose of preparation of this study is to investigate the main sources of burnout nurses. Specific objectives of the study are to indicate whether the risk factors of a possible burnout are obvious and whether nurses can easily cope with such an eventuality burnout.

**Methods:** The first part of the study consists of overview through books, research, studies or primary or secondary related to the topic using keywords burnout, Nurse, stress, pressure to the method or and. The methodology of the main part of the study is to search through the electronic databases of the Internet and from research journals and articles are approved and regulated as true directly related to the subject and related to the keywords listed below. The databases used by the PubMed and PMC. Articles are primary and through the studies of researchers in useful conclusions about the subject matter of the study.

**Results:** The burnout refers to the feeling of exhaustion and loss of interest manifested by the professionals in the performance of their work. The emotional exhaustion dimension of burnout was associated with more mental health workers. H constant interaction and engagement of nurses not only with patients but also with people of supportive environment for patients, creates nurses feelings of anger, helplessness, fear and despair, especially when the solutions to patients' problems are not always visible, given the lack of research examining differences in burnout levels among mental health sub-sectors (eg, social work, psychology, marital and family therapy) and mental health programs The workload, the psycho-emotional progress of patients, lack of resources, the use of new advanced technology and limited outlook incriminated as aggravating factors.

**Conclusions:** Most studies show that burnout, coupled with other factors such as the personality of the nurses, the gravity of the situation of hospitalized, the organization of management and relations with the rest of the staff were causative factors causing occupational burnout of nurses. Reducing sources of tension, the management of burnout and to promote health by creating special supportive group in the workplace and the implementation of a program advisory assistance and treatment of the syndrome is beneficial not only for the worker but also for patient.

**Keywords:** burnout, fatigue syndrome, work, nursing, fatigue, nursing needs

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**Oral Presentation [OA 12]****Communicating the Therapeutical Dimension of Art**

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**Abstract**

Art has a therapeutical dimension, it is therapy as well as a creative process either one is enjoying works of art or they create art. There is a strong element of psychological comfort and support accompanying art and therefore it does not exist only for purely aesthetic reasons but for therapeutical ones as well. In the modern world of M-learning, fast pace education and competitive lifestyle this notion is usually overlooked. The purpose of this paper is to underline the therapeutical aspect of art and discuss the many functions it has, as well as the ways people can benefit from embracing it and by making art a way of living. Art as therapy and art therapy are the two paths this paper sets out to explore.

Art is a powerful tool of transformation, self-expression, communication and psychological support. Through art a person has the opportunity to experiment symbolically and communicate ideas, sentiments, emotions and feelings, thus a person has the ability to experience, otherwise, often, inaccessible areas of their lives. Visual arts are a means of making visible our trauma, inner thoughts, fears, aspirations and expectations which are most difficult to define. This is the principle upon which art therapy is based. Art as therapy comprises a kaleidoscope of functions and it bears valuable gifts to those who expose themselves to its energy and meaning, those who are familiar with its vocabulary and language and can read through the shapes, colours, lines, composition and symbols. Music, dance, drama and visual arts are ways to bring us back to the source of well-being, to help us find our way back to ourselves.

**Keywords:** therapeutic communication, art

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**Oral Presentation [OA 13]****The Investigation of the Influence of the Historical Record of Falls and their Fear on the Quality of Life in Cypriot Elders**

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**Abstract**

**Background:** The occurrence of falls in the elderly can determine the evolvement of their life and contribute in the development of fear due to possible repetition of the fall. The development of fear can consequently affect their physical activity as well as their quality of life.

**Aim:** This research aimed to investigate the falls, the fear and their effect on the quality of life of the elderly.

**Methods:** This was a modern quantitative research and they took part 300 elderly (> 65 years old) who visited the daily care canters all over Cyprus from the beginning of April 2018 until the end of August 2018. For the collection of data, the following questionnaires were used: the questionnaire of Dr Michalopoulou which investigates falls in elderly, the questionnaire for evaluation of fear of falls SAFEE and the questionnaire for the evaluation of the quality of life SF 36. The analysis of the data was descriptive and inductive. For the statistical analysis of the data, we used independent sample t test and for more factors we used ANOVA fluctuation analysis with post hoc analysis. The level of statistic importance was set to  $p < 0,05$  for all the analysis.

**Results:** It was noted that 35% of the sample had suffered at least one fall in the last two years, whereas 82% of the sample had fear for the repetition of the fall. Through the evaluation of the effect of the falls on the quality of life of the elderly it was proved that falls statistically affect both physical ( $p = 0.000/p < 0.05$ ) and mental health ( $p = 0.004/p < 0.05$ ) of the elderly, factors that determine the quality of life. In addition, it was of statistic importance that fear also affected the quality of life in the categories of physical ( $p < 0.05$ ) and mental health of the elders. Having studied the correlation between specific health factors and falls in the elderly, it was shown that health factors such as arterial hypertension, orthostatic hypotension, diabetes, Parkinson, dizziness and increase in age of the elderly have statistical significance with occurrence of falls in the elderly.

**Conclusions:** Falls as well as the fear of falls they negatively affect the quality of life in both of her subunits. Fear of falls is very common phenomenon in older people and does not necessarily lead to the occurrence of falls. Furthermore, having investigated several health factors were also found to negatively affect falls.

**Key Words:** elderly, falls, historical records

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**Oral Presentation [OA 14]****Provided Health Care in the Era of Crisis in Greece: Tracing the Gap between Expectations and Perceptions of Nursing Staff**

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**Abstract**

**Background:** Recipients of Healthcare expect to be provided with “100% of quality care”. Quality relates to structure, processes and outcomes, but also mirroring the well- established practices, the availability of resources, skills and competence of healthcare providers. All the above parameters are slightly influenced in the era of economic crisis in Greece.

**Aim:** In order to obtain a more comprehensive view into the difficulties that the nursing staff faces in their daily practical routine.

**Methods:** We tried to analyze the gap between expectations and perceptions of the nursing staff using a dedicated questionnaire-based approach, the “Servqual”. A total of 93 health providers were included in the research. The questionnaires were further analyzed using SPSS statistical method analysis.

**Results:** The vast majority of the participants were nurses (n=82 out of 93), women (n= 86 out of 93) between 35-49 years old (n=47 out of 86). The nursing staff highlighted the importance of a fine tune equipment (4,86±0,40) and the materials’ quality (4.97±0,15). Moreover, they supported that error free designed procedures and medical records are critical in improving the provided health care services. On the contrary, based on their daily experiences, they insisted that the personnel is always interested in solving the patients’ problems and give all the appropriate information regarding the medical approach that they apply (3,71±0,85 and 3,70±0,88, respectively).

**Conclusions:** Healthcare providers based on their experiences can stimulate important insights highlighting all the appropriate changes that are crucial to be done in order to eliminate the gap between the care provided and the anticipated one.

**Key Words:** economic crisis, health care, nursing staff

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**Oral Presentation [OA 15]****Alternative Non-Drug Treatment in Alzheimer's Disease**

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**Abstract**

**Background:** Alzheimer's disease (AD) is a chronic neurodegenerative progressive brain disease. The most common symptom of the disease is progressive loss of short-term memory. So far there is no effective cure for the disease, but there are treatments that can lessen symptoms. One form of alternative treatment is the 'Snoezelen' method which is an alternative multi-sensory environment (MSE), aiming at treating those with dementia. The person is placed in a soothing but yet stimulating environment in order to calm and encourage recollections.

**Aim:** To present the effect of the 'Snoezelen room' on people suffering from Alzheimer's disease as an alternative treatment, and discuss the ways it may help them to slow the progression of the disease.

**Methods:** A systematic search in Greek and English databases and websites such as: Medline, Wiley, Scimedirect, Google Scholar, was undertaken, using the appropriate keywords:

**Results:** 15 studies were found, mainly Dutch, of which 12 are in favour of using the Snoezelen room as the suggested treatment for elderly people with Alzheimer's, particularly those in the advanced stage where active participation in more demanding programs is not feasible. In addition, through the appropriate structured space with a variety of stimuli such as images, music, smells, colours and various touch objects, the basic senses are excited without the need for cognitive activity. At the same time it was observed that the behavioural and psychological symptoms of dementia were limited to a satisfactory level.

**Conclusions:** The multi-sensory environment seems to help reduce the seizure behaviours of patients with dementia, even showing from the first sessions, especially when therapists and caregivers are properly trained and focus on identifying basic needs and recognizing each patient's sensory profile needs.

**Keywords:** Alzheimer, Snoezelen, therapy, dementia, room.

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**Oral Presentation [OA 16]****Students Attitudes towards Elderly People**

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**Abstract**

**Background:** All people over 65 years old are typically considered in the age of the elderly. The elderly is a population group with a variety of problems and increased needs. Accordingly, what they do during their youth await the appropriate treatment of young people.

**Aim:** The purpose of this study is to study students' attitudes toward the third age in Frederic University in Cyprus.

**Methods:** This is a descriptive study. 232 students took part in the research, from Frederic University Cyprus by completing a questionnaire translated concerning their attitudes towards elderly people.

**Results:** The sample consisted of 232 students of Frederick University, with an average age of 22.49 years  $b(\pm 3.75$  years). 55.2% ( $n = 128$ ) were men and 44.8% ( $n = 104$ ) were females. Male participants had an average age of 23.49 years ( $\pm 3.88$  years), while female participants had an average age of 21.25 years ( $\pm 3.20$  years). Students under the School of Health Sciences had a particular sensitivity towards the elderly and this was shown by the statistical significance index ( $P < 0.005$ ). In addition, the study showed the positive aspect of students towards the elderly despite the difference of choice of different educational directions.

**Conclusions:** It is important to know the views of young people towards the elderly people as they will shape the next generation. In addition, implementing relatively courses in Universities' curriculum could have a positive effect in the future.

**Keywords:** elderly, students, attitudes, needs

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**Oral Presentation [OA 17]****Medications Requiring Filtration**

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**Abstract**

**Background:** As it is widely known, the term ‘venipuncture’ refers to the puncture of a vein with the intent to the either withdraw blood or administer fluids, nutrition, medication, chemotherapy etc. According to the Royal College of Nurses (RCN), the use of specific filters for the intravenous (IV) administration of some particular medications is of great value.

**Aim:** The aim of the present study was to familiarize nursing students and staff on using IV filters in medication administration.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** Filters for IV medications administration are used on IV products to remove contaminants, such as particulate matter, bacteria, air emboli etc. This filtration is intended to protect the patient receiving medication from phlebitis due to particulates or infection due to bacteria. Despite the abundance of guidelines, the educational system does not yet provide enough information on that subject, which results in creating a whole generation of nurses that are not fully capable. This lack of knowledge may, as well, lead the nursing staff to making mistakes, unknowingly, in the process of patient care. At the same time it prevents the nursing care methods from progressing. Informing the health professionals is crucial, in order to increase the success rate of any treatment and to avoid any problems that may come from using filters when needed. It is common knowledge that nurses’ primary objective is to treat the patients in the best way possible, as well as to upgrade their physical and mental health. Therefore, we would fail as health professionals, in case we do not pay the proper attention, while neglecting the future of health faculty.

**Conclusions:** In conclusion, it is vital that we proceed to make major changes in the matter of IV administration of medication requiring filtering.

**Key words:** medication, filtration

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**Oral Presentation [OA 18]****The Stigma of Psychiatric Disorders**

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**Abstract**

People who suffer from mental disorders frequently encounter public stigma and also suffer from self-stigma. This review aims to clarify the concept of mental illness stigma.

According to the World Health Organization (WHO), mental health is defined as a the state of well-being and the person realizes his/her potential, manages to manage the usual stressful situations of life, and can work productively and constructively as well as being socialized and to contribute to society.

The most common mental disorders are schizophrenia, depression, bipolar disorder and anxiety disorder.

The etiology of mental disorders is multifactorial and is determined based on the biopsychosocial model. This means that biological, psychological and social factors interact with each other and contribute to the manifestation of a mental disorder. It is worth highlighting that the etiopathogenesis of mental illness varies.

Mental disorders are treated mainly pharmaceutical, through psychotherapy or combination of Pharmacotherapy and psychotherapy. The type of treatment depends on the nature and the pathogenesis of the disorder but also on the needs and desires of the patient. Medicines commonly used are the antipsychotics, antidepressants, stabilizers, anxiolytics and hypnotics. The psychotherapeutic interventions are cognitive and behavioral therapy, systemic therapy and psychodynamic therapy.

It is a commonplace in today's society for people who suffer from mental illnesses not to use mental health services out of fear of stigma but also not to get into the job finding process out fear of rejection. Even if they do, they carry with them the stigma of mental illness that characterizes them.

The term Promotion of Mental Health represents a series of actions and measures aimed at strengthening the positive elements of a person's personality and skills, sensitization and education of society as a whole in matters concerning mental health as well as the organization and implementation of various aid programs.

**Keywords:** stigma, psychiatric illnesses, society, mental health, stereotyping, health behaviour

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**Oral Presentation [OA 19]****The Evidence Based Approach in the Management of the Attention Deficit Hyperactivity Disorder: Cultural Construction or Developmental Disorder?**

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**Abstract**

**Background:** The attention deficit hyperactivity disorder (ADHD) is a developmental disorder that is characterized with an unchanging and continuous pattern of carelessness and / or hyperactivity-impulsivity, having a prevalence of 1.4-3.0%. There is also a scientific trend that supports the idea of its cultural construction. So, the evidence based approach is important for a most accurate and effective approach.

**Aim:** The aim of this research was the study of current literature about the evidence based approach in the attention deficit hyperactivity disorder.

**Methods:** A systematic review of the international bibliography was conducted in the Google, Scholar, Scopus, Science Direct and PubMed electronic databases from the 2010-2019 period. Relevant keywords were used to identify the appropriate articles / studies and inclusion and exclusion criteria were also set for the whole research process.

**Results:** The results showed that there is a diminished use of this method for the attention deficit hyperactivity disorder and a lack of several articles studying this situation. This occurs mainly due to the fact that a multitude of specialists are involved in the treatment and monitoring of this disorder. In addition, there is an overflow of diagnoses due to environmental, social and cultural causes of this situation rather than genes that makes the study of the phenomenon complicated.

**Conclusions:** In summary, it is very important to adopt a structured model approach to the attention deficit disorder and hyperactivity, as it occurs with other disorders. Furthermore, it is essential to take into account the socio-cultural approach for better results.

**Key words:** attention, deficit hyperactivity disorder, evidence based, care, management

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**Oral Presentation [OA 20]****The Estimation of Negative Emotional State Of Nurses in Public Hospitals in Cyprus and the Role of Emotional Intelligence**

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**Abstract**

**Background:** Nursing is naturally a stressful job a fact which is widely recognized. Therefore nurses have to confront and manage their own emotions in various situations, such as physical and psychological fatigue.

**Aim:** The study aimed to evaluate the negative emotional state (anxiety, stress, depression) as well as to examine how EI (emotional intelligence) is related to their emotional state.

**Methods:** A cross-sectional study was conducted from April to May 2016 in a representative sample of nursing personnel from seven public hospitals of Cyprus. A total of 585 nurses completed the Greek validated version of the Depression, Anxiety and Stress Scale (DASS 21). Furthermore, the Greek Emotional Intelligence Scale (GEIS) was applied as well as questions regarding demographic, socioeconomic and occupational characteristics.

**Results:** Normal levels of depression, anxiety and stress had 59.7%, 62.6% and 69.4% of nurses respectively. Mild to moderate depression, anxiety and stress showed 28.7%, 27.6% and 23.6%, respectively, and severe to very severe depression, anxiety and stress experienced 11.6%, 9.8% and 7%, respectively. None of the three categories (depression, anxiety, stress) showed statistically significant relationship with demographic and work data such as sex, age, job, years of service, marital status and education level. The overall EI scores have moderate negative correlation with the emotional state of the nurses (depression  $r = -0.454$ ,  $p = 0.000$ , stress  $r = -0.415$ ,  $p = 0.000$ , anxiety  $r = -0.390$ ,  $p = 0.000$ ).

**Conclusions:** The results show that about one in four nurses exhibits mild to moderate psychological disorder. While also a fairly big percentage of nurses, about one in ten has severe to extremely severe psychological disorders. Also confirms the EI negative relationship with the emotional state of nurses. Based on the literature, the EI can be developed, thus suitable programs and seminars could substantially improve the emotional skills in nursing personnel and to reduce emotional disorders among nurses.

**Key words:** negative emotional status, nurses, public hospital, emotional intelligence

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**Oral Presentation [OA 21]****Situation of the Emergency Department at Cyprus Public Hospitals**

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**Abstract**

**Background:** The Emergency Department (ED) is the heart of every modern hospital and at all times must provide medical and nursing emergency care, accepting large numbers of victims. This Department is the section of the hospital that aims reception, health diagnosis and treatment of patients with a range and variety of problems. However, in recent years scientists have found that a combination of factors affect the ED operation and make the access for the patients very difficult.

**Aim:** The aim of this study was to investigate the various factors, which influence the operation of the A&E of the public Hospitals in Cyprus, and to pinpoint the weaknesses of Primary Health Care in Cyprus.

**Methods:** This was a combination of a quantitative and qualitative research, which was conducted in Cyprus between the months of March and May of the year 2016. The qualitative research included structured interviews with the Emergency Department's managers, Primary Health Care doctors and patients' representatives. An analogue random sampling carried out the sampling of the quantitative research and the research tool used was the Hospital Urgencies Appropriateness Protocol (HUAP). The sample of the study consisted of 910 patients who visited the Emergency Departments, five ED managers, eight Primary Health Care doctors and seven patients' representatives.

**Results:** The qualitative research and structured interviews revealed that emergency Department managers and patients' representatives believe that ED need to upgrade their services to meet the needs of patients, similar responses were given by Primary Care Physicians about their services as well. Through the quantitative research, it was found that 52.2% of the patients who visited the ED were in the age category of under 45 years old and 80.9% replied that they were beneficiaries of public insurance coverage. According to their categorization on the patient Triage scale, 63.2% were included in the 4-5 category. According to the Triage nurses, Primary Health Care could have seen 48.8% of the patients. Inappropriate visits amounted to 39.1% and had positive correlation with the patient's province of origin, age, education level, insurance cover and finally their means of arrival to the ED.

**Conclusions:** This research suggests that ED in public hospitals in Cyprus are unable to respond fully to the needs of their patients and this is the case for Primary Health Care services. It is essential to implement «Healthy» health Systems with full population coverage, ease of access and establish strong Primary Health Care systems that will inspire confidence in citizens.

**Key words:** «Emergency Departments», «Malfunction of ED», «Factors that affect A&E operations», «Inappropriate visits in A&E»

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**Oral Presentation [OA 22]****Thiazole based Natural Products (NPs) as Lipoxygenase Inhibitors against Chronic Inflammation Diseases**

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**Abstract**

**Background:** Inflammation is a complex response adjustment, which is activated by noxious stimuli and conditions, such as disease and injury of tissue, and is an important non-specific defense mechanism. Inflammation is triggered and promoted by the release of chemical mediators from damaged tissue and migrating cells. The specific chemical mediators vary according to the type of the inflammatory reaction. Cyclooxygenase and Lipoxygenase produce two groups of arachidonic acid metabolites, prostaglandins and leucotrienes respectively, which play a key role in inflammation.

**Aim:** Although traditional nonsteroidal anti-inflammatory drugs act via the inhibition of cyclooxygenase enzyme, the current trend in inflammation treatment is to discover compounds that could inhibit lipoxygenase enzyme. The aim of this study was to identify novel lipoxygenase inhibitors.

**Methods:** In order to identify new lipoxygenase inhibitors a search into the InterBioScreen library of natural compounds was carried out, using the computer program PASS 2014. This program predicts the biological activity spectra for substances based on their structural formulas. In vitro evaluation was performed using soybean lipoxygenase by the UV absorbance based enzyme assay. Molecular docking studies were performed using Molecular Docking Server.

**Results:** The screening resulted in 25 thiazole derivatives, which were in silico evaluated for toxicity and drug like properties. The compounds were in vitro evaluated for inhibition of soybean lipoxygenase. In addition docking analysis was performed for prediction of inhibitory action and as a tool to facilitate SAR analysis of the experimental results.

**Conclusions:** All compounds exhibited lipoxygenase inhibitory action. Hydrogen bond formation and pi-pi interactions are involved in complex stabilization of the most potent compounds according to docking studies.

**Key words:** inflammation, thiazole, natural products, lipoxygenase, inhibitor

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**Oral Presentation [OA 23]****Rubella and Pregnancy**

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**Abstract**

**Background:** Rubella is the so-called third disease and was considered as a type of measles or scarlet fever. To 1881 the International Congress of Medicine in London officially recognized rubella as a special clinical entity. In 1969 a vaccine for the disease's prevention produced. In the greatest danger from the lack of vaccination are pregnant women due to the transmission of the virus to the fetus, and thus increasing the occurrence of birth defects. The mean incubation period is 18 days. The period of disease transmission starts 7 days before the onset of the rash and lasts up to 5-7 days after the onset. Reliable evidence of rubella infection is the presence of specific IgM antibodies to rubella, the increase in IgG antibodies and isolation of rubella virus in culture or detection of virus PCR4.

**Aim:** The study of rubella virus, the antigenicity, the modes of transmission, the risk of the fetus from the ill mother, the impact of transmission to fetus, clinical manifestations and complications of congenital rubella syndrome, prevention and treatment.

**Results:** The congenital rubella syndrome occurs when, the virus from an ill pregnant woman passes through the placenta to the fetus (transplacental transfer), often with devastating consequences, resulting in intrauterine growth retardation (IUGR), sometimes a spontaneous abortion of the fetus or premature birth occurs. The severity of the event depends on the gestational age at which the infection occurs. The virus affects all systems. The risk of birth defects is as much as 85 % when the fetus is infected during the first trimester of pregnancy while it is rare when the infected fetus after the 20th week of gestation. There have been reported cases of reinfection with rubella virus that occurs in people who have been vaccinated than in those who have become ill through contact with the pathogen. The reinfection of the mother is usually subclinical, and the overall risk to the fetus in attack reinfection occurs in pregnancy less than 16 weeks, less than 10%. Treatment of acute infection with rubella is supportive and symptomatic. The Center for Disease Control recommends the administration of immunoglobulin only in pregnant women with confirmed infestation and infection, but they do not want abortion.

**Conclusions:** The prevention of rubella is the administration of rubella vaccine which contains the attenuated strain RA 27/3 virus administered in two doses, and the main goal is to prevent infection of pregnant women from rubella.

**Key Words:** rubella, pregnancy

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**Oral Presentation [OA 24]****Pain management in ICU: A Systematic Review**

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**Abstract**

**Background:** Pain is an unpleasant subjective experience. Despite the progress in health sciences, inadequate pain management remains a major health problem in Intensive Care Units (ICU). Pain management is differentiated into each patient due to the factors that affect the pain condition.

**Aim:** The aim of this study was to conduct a systematic review, investigating the assessment and management of pain in ICU patients and presenting recent evidence-based pain management protocols.

**Methods:** The search for relevant domestic and international bibliography was conducted in the Google Scholar, ProQuest and PubMed online databases, covering the 2009-2019 period, with keywords: "pain", "pain assessment", "pain management", "Intensive Care Unit (ICU)" to identify the appropriate studies and setting selection and exclusion criteria for their inclusion in the study.

**Results:** From the literature review, 10 studies were performed that met the criteria and were presented in the study. At 3 months after discharging from the ICU, almost half patients reported pain and the most common areas of pain were the shoulder and the abdomen. At one year, 1 out of 3 patients also reported pain. Unless contraindicated, the multimodal pain management therapy should be used and patients should receive an around-the-clock regimen of nonsteroidal anti-inflammatory drugs (NSAIDs) or acetaminophen. The first 4 non-pharmacological interventions that emerged from the study as the most useful, relevant and feasible for at least half of the participants are music therapy, attention distraction, simple massage, and the presence of the family.

**Conclusions:** For the proper treatment of pain, the needs of each ICU patient are taken into account and the choice of medication, dose, route, and duration of therapy should be individualized. Nurses have a major role in patients' pain assessment and management, as they are constantly next to them providing Nursing Care.

**Key words:** pain, pain assessment, pain management, ICU

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**Oral Presentation [OA 25]****Pain Management and Placebo Analgesia in Clinical Practice**

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**Abstract**

**Background:** Placebo is considered any drug that can simulate real treatment, but actually does not contain any active substance. The first study of placebo effect was in pain. The pain assessment and management consist a challenge in health care that requires various therapeutic approaches for higher effectiveness and lower side effects.

**Aim:** The aim of this bibliographic review was to investigate the placebo effect in pain management in clinical practice, presenting recent evidence-based placebo analgesia studies.

**Methods:** The search for relevant international bibliography was conducted in Scopus, ProQuest and PubMed online databases, covering the last decade, with keywords: “placebo”, “placebo effect”, “and placebo analgesia”, “pain management”.

**Results:** Pain management requires a multimodal therapeutic approach, by the synchronous administration of up to two pharmacological agents or techniques, targeting different pathways. For pain treatment, non-pharmacological approaches are also used, as they are highly related with biochemical features and psychosomatic conditions. The placebo effect focuses on patients' expectations and beliefs about the disease. If a patient expects that the treatment will have a positive effect on him, then it is likely that body's chemistry will produce therapeutic signals similar to those caused by the respective drug. Due to new techniques, including Positron Emission Tomography (PET), it is possible to depict the different regions of brain, in which different expectations can trigger.

**Conclusions:** The placebo effect has a major role in clinical pain management. It constitutes an indication that health care professionals should include to pain treatment through the appropriate suggestions.

**Key words:** placebo, placebo effect, placebo analgesia, pain management

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**Oral Presentation [OA 26]****Nurses' Knowledge Regarding the Assessment and Management of Postoperative Pain**

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**Abstract**

**Background:** Postoperative could be characterized as a defence mechanism of the body to determine the individual and health professionals to take action related to the survival and prosperity of the individual. Pain management can potentially reduce the frequency and severity of postoperative complications, accelerates recovery and reduces hospital days and reduces the incidence of chronic pain. Although pain is a universal experience, however only in recent years presented as justifiable treatment consequence and not frighten patients. However, health professionals should manage the early and professionally without delay not to cause prolonged or widespread reactions and lead to undesirable results.

**Aim:** The purpose of this research is to investigate whether nurses know for acute postoperative pain and how evaluation and management. The specific objectives include investigating the attitudes of nurses in postoperative stage, whether nurses recognize postoperative pain, how nurses are facing the pain postoperative pain.

**Methods:** The material contained in the study was made by searching research studies in electronic databases (Proquest, MedLine, PubMed), journals and books and articles referring to the knowledge and attitudes of nurses in the assessment and management of postoperative pain. The first part of the study, the theoretical contains secondary articles and studies referred to above question. While the second part is clearly stated main articles that show statistics about evaluations and how to manage the problem. The keywords that will be used are: postoperative pain, pain management, pain suboptimal treatment, nursing knowledge (postoperative pain, pain management, recovery pain, nursing knowledge) in all possible combinations (AND, OR, NOT).

**Results:** The study resulted in 18 research articles. This study aimed at finding whether caregivers are knowledgeable about the evaluation and management of postoperative pain. Clearly many skills and have a health practitioner cannot fully determine the patients' pain as something that does not take itself but those who care.

**Conclusions:** Postoperative pain is an unpleasant sensory and emotional experience associated with a specific harm suffered by the patient and that is to tackle stage. Each man faces pain separately as a subjective feeling that one learns through personal statements and his experiences. The holistic treatment of the patient hurts organic, social, emotional and spiritual level is a challenge and also the duty of health professionals.

**Key words:** postoperative pain, management, assessment, care, nurse, attitude

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## Oral Presentation [OA 27]

## Docking Studies and in Silico Predicted Physicochemical and Pharmacokinetic Properties of Novel Multi-Target Agents against Alzheimer's Disease

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### Abstract

**Background:** Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. It is the most common neurodegenerative disorder in elderly individuals. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

**Aim:** The aim of this study was to design novel hybrid molecules against Alzheimer's disease, predict their physicochemical and pharmacokinetic properties and perform docking studies with the most promising representatives.

**Methods:** SwissADME was used for the prediction of their physicochemical and pharmacokinetic properties. Molecular docking studies were performed by 1-Click Docking using the crystal structure of Acetylcholinesterase (AChE) co-crystallized with donepezil (PDB: 1EVE).

**Results:** For the rational design of the tailored multi-target directed ligands (MTDLs), a fragment-based approach was used, by combining together pharmacophores of known anti-Alzheimer molecules such as cholinesterase or NMDA inhibitors with antioxidants, metal chelators or MAO-B inhibitors. The different pharmacophores were joined together by a cleavable or stable linker or, alternatively, were fused or merged by taking advantage of structural commonalities. To estimate the drug likeness of the MTDL she newly designed compounds, a number of physicochemical and pharmacokinetic properties such as solubility, lipophilicity, membrane permeability, blood brain barrier permeability, topological polar surface area (TPSA) and possible metabolites was in silico predicted. Afterwards, the most promising compounds were selected for further computational studies. Molecular docking studies were performed in order to investigate the binding interactions between the proposed structures and the crystal structure of AChE. The FDA approved drug donepezil was used as reference for comparison reasons.

**Conclusions:** Several proposed MTDLs were predicted to be safe and have drug-like properties. They also exhibited a promising binding mode into the active site of AChE enzyme. Together, these data suggest that these compound MTDLs could be promising anti-Alzheimer agents. Their synthesis and biological evaluation are necessary for their further evaluation.

**Keywords:** Alzheimer, multi-target, docking

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**Oral Presentation [OA 28]****Amyotrophic Lateral Sclerosis**

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**Abstract**

Amyotrophic lateral sclerosis (“ALS”) is a progressive neurodegenerative condition that affects nerve cells in the brain and the spine.

ALS is one of the most common neuromuscular conditions worldwide and can affect people of all races and nationalities. The frequency of the disease is about 3-8 people per 100,000. The disease usually occurs at the age of 56 to 63 years.

Movement motor neurons send endings from the brain to the spine (upper motor neurons) and from the spine to the muscles (lower motor neurons) throughout the body. Since ALS primarily affects the neurons of movement, the majority of cases of the disease do not affect the patient's mind.

There are two main categories of ALS:

- Sporadic - The most common form of ALS that covers 90 to 95% of all cases.

- Family - Occurs more than once in the same family and is between 5 to 10% of all incidents. Family means that ALS is inherited.

Symptoms of ALS may be similar to many other more treatable diseases. In some cases, the symptoms appear on one of the legs, and patients have difficulty in walking. Other patients have first symptoms of the condition in their hands. Other symptoms may be elevated shawls due to difficulty in swallowing and speech by the nose.

Most patients with ALS die due to respiratory failure or pneumonia, due to paralysis of respiratory muscles.

The causes that cause ALS are unknown. The diagnosis of ALS is mainly based on symptoms and signs. To diagnose someone with ALS, symptoms and signs of destruction of upper and lower motion nerves must appear, that cannot be attributed to other causes. Basic examination method is electromyography, with another common test being neurology. Clinical treatment remains symptomatic. The only drug that based on studies can slow down for several months the disease is Riluzole (Rilutek ©).

**Key words:** amyotrophic, lateral, sclerosis

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**Oral Presentation [OA 29]****Drugs Abuse in Nigeria among Young People: A Public Health Issue with Psychological and Sociocultural Needs for Management**

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**Abstract**

**Background:** Drugs, alcohol, and tobacco use are alarming in Nigeria, and their consequences are major contributors to the global disease burden. Moreover, substance abuse has been termed as a major health challenge globally. Prevalence of illicit drug use is reported to be higher in young people. This is supported by the UNODC report which revealed a global annual prevalence of 5.6% in young people and 3.9% in the adult population. Adolescent and young people often begin by experimenting with tobacco, alcohol, and marijuana.

**Aim:** The purpose of this study was the overview of the drugs abuse in Nigeria among young people and teenagers.

**Methods:** A systematic review of the international bibliography was conducted in the Google, Scholar, Scopus, Science Direct and PubMed electronic databases from the 2010-2019 period. Relevant keywords were used to identify the appropriate articles / studies and inclusion and exclusion criteria were also set for the whole research process.

**Results:** About a quarter of one billion (5%) of people aged 15-64 used worldwide drugs at least once in 2015. Concerned, about 29.5 million of them are estimated to suffer from drug-related disorders and 17 million years healthy lives lost due to drug use disorders. Equally important is the use of tobacco, around 1.1 billion smokers worldwide, smoke kills about half of its users and accounts for about 7 million deaths a year, while alcohol is another frequently abused substance.

**Conclusions:** Substance abuse has been identified as a major health challenge worldwide. This phenomenon is higher in Nigeria where primary health care is not developed enough, yet. This should enable the scientific community to plan immediate interventions.

**Key words:** Nigeria, drugs, public health, abuse, management

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**Oral Presentation [OA 30]****Molecular Docking Studies, Synthesis and Biological Evaluation of Novel Dpre1 Inhibitors against Tuberculosis**

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**Abstract**

**Background:** Tuberculosis, caused by *Mycobacterium tuberculosis*, is a disease almost as old as humanity itself. Within the last few decades, an increasing prevalence of Multi-Drug-Resistant tuberculosis has been observed. Decaprenylphosphoryl-D-ribose oxidase (DprE1) enzyme is a new promising target for the development of novel anti-tuberculosis drugs. A novel hydantoin-based family of antimycobacterials was discovered as a promising hit series in a target-based high-throughput screening (HTS) campaign performed by GSK.

**Aim:** The aim of this study was to design and synthesize novel hydantoin-based DprE1 inhibitors and to evaluate their antitubercular activity against *Mycobacterium tuberculosis*.

**Methods:** Molecular docking studies were performed using UCSF Chimera, the newly designed compounds were synthesized by multi-step organic reactions, and MIC determination assay was performed using a Resazurin reduction assay with fluorescent readout.

**Results:** A Structure-Activity Relationship (SAR) exploration accompanied by molecular docking studies was performed around the initial hits, resulting in a number of highly active DprE1 inhibitors ( $pIC_{50} > 7$ ) with sub-micromolar cellular potencies and balanced physicochemical profiles. No cytotoxic effects (HepG2) were found in the series. Additionally, the extensive biological profiling of the series allowed us to confirm the mode of action of the investigated compounds as reversible non-covalent DprE1 inhibitors. The series was found to be selective against mycobacteria. In vivo proof of concept was achieved for one compound by using an acute murine model of intratracheal infection.

**Conclusions:** Together, these data suggest that this compound class can become a promising lead series in the fight against tuberculosis. Although encouraging, currently available in vivo data indicate that additional research is required before preclinical development for this class of compounds can be considered finished.

**Keywords:** tuberculosis, DprE1, inhibitor, hydantoin, docking

**Oral Presentation [OA 31]****Chemotherapy and its Emotional Impact on Patients: Nurses' Role**

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**Abstract**

**Background:** Cancer is one of the diseases that plague society in recent years and not stand women or men. It is a very serious condition and depending on the site that will infect the patient can be more dangerous. Patients who experience illness from cancer, apart from the physical effects that cause the disease, show and psychological weakness on the further continuation of life and often seek emotional support. Several times, the roles of psychological support, nurses assume, outside their professional role they have to play the role of the man who supports the patient and must protect him and lift morale.

**Aim:** The main purpose of preparation of this study is through the literature review to investigate and record the needs of patients undergoing chemotherapy and can also record the emotional impact through this treatment. The specific objective is to record the role of the nurse in such cases, chemotherapy in patients who suffer from some form of cancer.

**Methods:** The first part of the study consists of an overview of electronic databases in order to provide general information on the subject that can later be crossed with primary articles. For the second and main part of the study material was taken from research through electronic databases (EBSCO, MedLine, PubMed, PMC, BioMed Central, Proquest), journals and books and articles that deal chemotherapy and its effects having patients undergoing this, and the way that nurses encounter such patients.

**Results:** The patients undergoing chemotherapy have different expectations in quality of life compared with people who are healthy. Sufferers feel that cases of despair, helplessness and anxiety. Several problems have to face after chemotherapy such as pain, sleep, fatigue, appetite, nausea and biological behavior and variable elements such as anxiety, stress and hematologic function.

**Conclusions:** Chemotherapy, like other treatments are one of the most important methods of treatment of all cancer types. Nurses care for patients in all phases of chemotherapy. They agree to consent to treatment and make to the educational process information and appropriate assistance to patients in order to pass this condition as smoothly made.

**Keywords:** effects, patient feelings, chemotherapy, nursing role, cancer

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**Oral Presentation [OA 32]****Obesity and Pregnancy**

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**Abstract**

**Background:** Obesity is one of the major public health problems, both in developed and developing countries. The prevalence of overweight and obesity is higher among women of reproductive age. Obesity in pregnancy is a recognized risk factor for many parents and neonatal adverse effects, including increasing the rate of caesarean sections, fetal macrosomia, preeclampsia and gestational diabetes.

**Aim:** The purpose of this literature review is to investigate obesity during pregnancy, both for the very pregnant, but as for the fetus. The specific objectives are to investigate the correlation between obesity during pregnancy and type 2 diabetes, to investigate the effectiveness of intervention programs for the prevention of obesity during pregnancy, and finally the investigation of obesity relationship during gestational and postnatal effects on the fetus and the mother.

**Methods:** The method used was to review the relevant Greek and international literature databases (MEDLINE, CINAHL, PUBMED, BIOMED, PMC and ProQuest), with keywords: maternal obesity, offspring, maternal metabolism, pregnancy outcomes, weight gain, prevention, prenatal complications, gestational diabetes, fetal malformations, placental transcriptase. The search for these keywords led to the discovery editorial, which categorized the research articles into three main categories, which are related to the effects of obesity in pregnant, the fetus and the newborn, and the knowledge of pregnant women for prevention strategies obesity during pregnancy.

**Results:** The search resulted in 20 research studies. According to the survey results, which were reviewed, the main health problems faced by obese and overweight women during pregnancy were diabetes during pregnancy, hypertension, preeclampsia, the risk of epidural and bleeding after birth. However, health problems facing both the fetus and the newborn, and child in later age.

**Conclusions:** The impact of obesity on fetal, infant and child involved in inflammation and obesity of the mother during pregnancy that affect negatively affect the level of iron, both the mother and the newborn. Moreover, the increased risk of neonatal seizures, the largest hospital stay and higher body weight infant were consequences of maternal obesity.

**Keywords:** maternal obesity, maternal metabolism, pregnancy outcomes, prevention, prenatal complications, gestational diabetes

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Oral Presentation [OA 33]

## Diabetes and Depression

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### Abstract

**Background:** This dissertation shows that the growth and course of Depression on patients with Diabetes is chronic and severe.

**Aim:** The aim is to inquire into the correlation between Diabetes and Depression, on patients with Diabetes.

**Methods:** A research of relevant studies was conducted via corresponding libraries and electronic databases using the key words: Diabetes, Depression, Prevention, and Treatment.

**Results:** Depression often occurs to patients who suffer from Diabetes. It is associated with the failure to comply to the necessary personal care when one suffers from Diabetes such as: not following the right dietary restrictions, not complying with the medical treatment and of course failing in monitoring the levels of blood glucose, thus resulting in overall worse clinical results. Furthermore, it is quite common for the majority of patients to experience a lot of problems while trying to cope with the above two illnesses, due to the demanding nature of the diabetes treatment which has to be essential and decisive and more often demanding and unpleasant.

**Conclusions:** The significant health consequences however associated with both Diabetes and Depression; demand to follow an optimal treatment of both of these illnesses, in order to maximize the therapeutic effects on patients who suffer from Diabetes.

**Key words:** diabetes, depression

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**POSTER [P01]**

## Keeping Patient Safe: An Undergraduate Nursing Students' Curriculum Concern

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**Abstract**

**Background:** International guidelines highlight the importance of a competency-based nursing educational approach to foster the knowledge, skills and attitudes linked with the content of patient safety which focus on non-technical competencies, such as teamwork, communication and regularizing culture of safety. Evidence shows that patient safety is not taught to students as a separate topic but is often implicit and incidental, thus it brings about an erosion to nursing students' familiarity with issues regarding the patient safety phenomenon. Also, the level of students' confidence in what they learned about the topic in the classroom and clinical setting, is unclear.

**Aim:** To explore and compare the extent of nursing students' awareness of patient safety issues, as perceived in the context of nursing education in the academic and clinical settings.

**Methods:** A descriptive-comparative study. Three and fourth-year students from Cyprus (n=229) and Greece (n=381) participated. A 34-item Health Professional Education Patient Safety Survey (H-PEPSS) was used to measure students' confidence in knowledge in six key areas of patient safety, as proposed by the Canadian Patient Safety Institute.

**Results:** Students were significantly more confident in what they had learned about patient safety in the classroom comparing to the clinical setting. The clinical aspects of safety dimension exhibit the highest mean score in both settings. Students' confidence declined when they learned about "Working in teams" in the clinical setting. Moderate to high correlations were observed between the variables of class and clinical settings with the highest being in the dimension "Working in teams".

**Conclusions:** Students stated higher confidence in the classroom comparing to the clinical setting. The study illustrated the gap between theory and practice and suggested that a modification in teaching patient safety issues should be considered. Matching the competencies in the classroom with practice needs can have a positive domino effect on managing situations at risk.

**Key words:** patient safety, nursing students, curriculum

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**POSTER [P02]**

## The Association between Personality and Satisfaction with Life in Greek Sample

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**Abstract**

**Background:** The answer to the question "What makes people happy with their lives?" has been of great interest to researchers in recent decades. According to many studies, personality dimensions affect the way people face the world, behaving and moving in life. Consequently, these dimensions can significantly affect the extent to which a person declares himself satisfied with his or her life and is one of the strongest predictors of satisfaction with life.

**Aim:** The aim of the study was to examine the impact of the IPIP Big five personality traits on cognitive assessment of life satisfaction.

**Methods:** The Satisfaction with Life Scale (SWLS) was used to measure the degree of satisfaction a person draws from his life, while for exploring the five key factors of personality (Conscientiousness, Emotional Stability, Intellect, Agreeableness and Extraversion) the "International Personality Item Pool" (IPIP) questionnaire was used. The sample consisted of 600 adults of the general population. Pearson's correlation coefficient was used in order to examine the relationship between two quantitative variables. In case this relationship was statistically significant ( $p < 0.05$ ) in the bivariate analysis, a simple linear regression was applied with SWLS as a dependent variable and the five factors of IPIP as independent.

**Results:** The analysis indicated that SWLS score showed statistically significant correlation with the five personality factors: Conscientiousness ( $r = 0.18$ ;  $p = 0.01$ ); Emotional Stability ( $r = 0.23$ ;  $p = 0.01$ ), Intellect ( $r = 0.23$ ;  $p = 0.01$ ), Agreeableness ( $r = 0.2$ ;  $p = 0.01$ ) and Extraversion ( $r = 0.28$ ;  $p = 0.01$ ). After simple linear regression was performed, it was found that the model of the five personality factors contributed significantly to predict the SWLS score by interpreting almost 13% of the total variance of the dependent variable,  $F(5, 594) = 17.78$ ,  $p < 0.001$ .

**Conclusions:** This study revealed a significant effect of personality traits on the degree of individuals' satisfaction with their lives.

**Key words:** satisfaction, personality, satisfaction with life scale

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**POSTER [P03]****Nursing Management: Greek Nurses Perspectives on Job Satisfaction**

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**Abstract**

**Background:** Job satisfaction is an emotional reaction to job's aspects and is related to the individual's goals and their attainment.

**Aim:** To investigate the perspectives on job satisfaction of the National Health System (NHS) Hospitals' nursing staff.

**Methods:** In the present cross-sectional study 1,017 nursing staff members participated. Participants were working in 11 randomly selected NHS hospitals (response rate = 83.02%). Data were collected by the use of the validated in the Greek language Kuopio University Hospital Satisfaction Scale (KUHJS) of the University of Eastern Finland, from May 2016 to September 2017. Ethical research principles were applied in data collection. Two variables correlations applied on the 4 subscales with the demographic and professional characteristics of the participants and a multivariable analysis was also performed. The level of statistical significance was defined as  $p \leq 0.05$ . The statistical analysis was performed with SPSS 22.0 for Windows (v.21).

**Results:** A 50.8% of the participants were working in hospitals situated in the countryside and a 79% were working in shifts. Regarding sex the majority (83.5%) were women (mean age of  $42.69 \pm 7.78$ ) years. Participants who worked on managerial position, only on morning shift and in a provincial hospital showed a more positive and statistically significant correlations in the 4 KUHJS sub-scales ( $p < 0.001$ ). Higher job satisfaction was reported by participants who worked in surgical wards ( $p = 0.008$ ) compared to nursing staff working in other wards, while participants who worked in medical departments ( $p = 0.005$ ) and emergency departments ( $p = 0.034$ ) were less satisfied than the participants working in other departments.

**Conclusions:** Current developments in nursing science and management highlight a need for an adaptation of the management styles applied by nurse managers in order to increase the nursing staff's job satisfaction, by adopting modern management styles such as transformational leadership.

**Key words:** job satisfaction, nurses, Greece

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**POSTER [P04]****Euthanasia: Legal matters and morally dilemmas**

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**Abstract**

**Background:** The major and multifaceted issue of euthanasia has occupied medical science since the time of Hippocrates, and despite the need to find the "golden incision" many centuries after, it remains a burning issue of constant controversy from a medical, social, religious, legal and bioethical point of view.

**Aim:** The legal, social and religious investigation of the acceptance of the euthanasia institution on a global level.

**Methods:** A bibliographic review of relevant studies was conducted through electronic databases and corresponding libraries.

**Results:** The definition of euthanasia is given, its forms and the role of bioethics in this issue. It is important to mention that in many countries it is not included in the legal framework, while in other countries it has been going on for years. The act of euthanasia is considered to be too far from the Greek society's ideology and isn't consenting with the beliefs of Christianity, while in other countries it seems to mark the new era in which people suffering from incurable diseases will not suffer waiting for the end their lives painfully for themselves and for those around them .It is reported that euthanasia in patients with dementia and psychiatric problems is a demand because of social problems and marginalization rather than difficulties in their daily self-service due to physical dysfunctions.

**Conclusions:** The legalization of euthanasia under strict conditions and individualized appreciation would provide a way out to the end-stage patients suffering from a slow and indecent death, disregarding moral and religious insularities.

**Keywords:** euthanasia, law, religion, state

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**POSTER [P05]****Emotional intelligence in correlation with the job satisfaction of nurses:  
Study protocol for a systematic review**

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**Abstract**

**Background:** Job satisfaction is of paramount importance as it affects the proper functioning of an organization, its own employees and customers alike. Nursing staff is a professional team that is, by its nature, heavily exposed to stressful situations on a daily basis, thus giving rise to intense work stress that often leads to burnout. On the other hand the value of emotional intelligence is becoming increasingly perceptible in the health sector since, according to relevant literature, developing nurses' ability to express and recognize their feelings and improving nursing practice by increasing their effectiveness and confidence in themselves, their abilities and strengths. Since the study of the relationship of emotional intelligence with the nursing profession is at a primary stage, it is important to investigate the relationship between emotional intelligence and job satisfaction, two concepts which have not been extensively studied in the world literature with in relevance to nurses.

**Aim:** The purpose of this study is to investigate the correlation between emotional intelligence and work satisfaction of nurses.

**Methods:** A comprehensive bibliographic review was carried out using the following terms as key-words: emotional intelligence, nurses, job satisfaction in English and Greek bibliography. As a study period was set the period between 2008 and 2018 so that the bibliography would be modern and therefore contain contemporary theoretical and research data. At the same time, a linguistic limitation was made with the selection of articles published in English and Greek. In this study the following search engines were used: PubMed, Scopus, CINAHL.

**Expected Results:** Through this systematic bibliographic review, a positive correlation between emotional intelligence and the job satisfaction of nurses is expected, although a small number of relevant studies have shown that there is no correlation between the above concepts or that their correlation only concerns certain factors.

**Key words:** emotional intelligence, job satisfaction

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**POSTER [P06]**

## The Effect of Demographic Characteristics on Satisfaction with Life and Happiness

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### Abstract

**Background:** The last decades in the field of Positive Psychology, one of the most important personal and social goals is the achievement of happiness and satisfaction with life. While satisfaction from life is the way one understands how he has experienced his life to this day and how he feels that his life is going to be in the future, on the other hand happiness seems to be the result of the experience of positive emotions such as joy, pleasure, satisfaction etc.

**Aim:** To examine the impact of demographic factors on the satisfaction of lives and happiness of individuals.

**Methods:** The sample of the study consisted of 600 adults of the general population. A questionnaire was distributed including The Satisfaction of Life Scale (SWLS), the Subjective Happiness Scale (SHS) and demographic questions. Pearson's correlation coefficient was used to investigate the relationship between two quantitative variables following the normal distribution. T test was used in order to investigate the relationship between a quantitative variable and a dichotomous variable. To examine the relationship between a quantitative variable following the normal distribution and a nominal variable (>2 categories) one-way analysis of variance was used.

**Results:** The analysis revealed that there was no statistically significant relationship between gender, education, work and SWLS and SHS scores. On the other hand, there was a negative statistically significant relationship between age and SWLS score ( $r = -0.09$ ;  $p = 0.03$ ) and SHS score ( $r = 0.04$ ;  $p = 0.03$ ). The younger ones declared happier and more satisfied with their lives than the older ones.

**Conclusions:** Age seems to affect the extent in which people declare happy and satisfied with their lives.

**Key words:** Satisfaction with life, happiness, demographics

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**POSTER [P07]**

## **Transformational Leadership and Nursing Management: The nursing staff's Perspectives**

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### **Abstract**

**Background:** The leadership behavior of nurse managers has an impact on job satisfaction of the nursing staff and several studies support the positive impact of transformational leadership on nurses as well on health care organizations.

**Aim:** The aim of this study was to evaluate the Greek National Health System (NHS) nursing staff's perceptions regarding transformational leadership practices followed by the nurse managers.

**Methods:** In the present cross-sectional study 1,017 member of the nursing staff working in hospitals of the Greek NHS participated. Subjects were working in 11 randomly selected NHS hospitals (response rate = 83.02%). As instrument of data collection, the validated in the Greek language Kuopio University Hospital Transformational Leadership Scale (KUHTLS) was used. Data collection lasted from May 2016 to September 2017. All the ethical research principles were applied in the data collection procedures.

**Results:** A 79% of the participants were working in shifts and 50.8% were working in countryside hospitals. The majority (83.5%) were women, (mean age of  $42.69 \pm 7.78$ ) years. Nurse managers were marked as highly transformational by the 60% of the nursing staff. The majority of the participants agrees that their supervisor takes into account their views on decision-making, is staff-friendly (72.7%), documents his/her decisions (69.6%), respects the staff's rights (72.7%) and gives information on chances for continuing education and training as well as on professional development (63.5%). Gender (male), the management position, working on morning shifts ( $p < 0.001$ ) and the hospital's location in provincial settings showed statistically significant correlations with the 7 KUHT's sub-scales ( $p < 0.001$ ). Participants with total work experience more than 18 years had a significantly higher score in the "Performance" and "Direction" sub-scales of the KUHTLS. In all KUHTLS sub-scales, nurses and nurse assistants' scores were significantly lower than those of heads of departments and of directors of nursing services. Men showed higher scores with statistically significant differences in 6 of the 7 scales of KUHTLS (excluding the "Management").

**Conclusions:** The rapid developments in nursing science require a corresponding adjustment of the administrative duties by used by nurse managers. The implementation of transformational leadership model leads to an improvement in the job satisfaction of nurses.

**Key words:** nursing management, transformational leadership.

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**POSTER [P08]**

## **Professional Exhaustion Syndrome (Burnout) and Conflicts between Nurses in the Hospital Environment**

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**Abstract**

**Background:** Professional exhaustion, also known as burnout syndrome, is a syndrome in which health professionals are characterized by a loss of interest for the people they co-operate, including physical and emotional exhaustion. This situation leads to conflicts and problems between the colleagues in their workplace.

**Aim:** The aim of the present study was to investigate the professional burnout of nurses, resulting in conflicts between them in the hospital.

**Methods:** An extensive review of the relevant literature was performed via electronic databases (Google Scholar and PubMed) and scientific journals (English and Greek), using the following key-words: occupational exhaustion, labor conflicts, work environment, nursing staff and a combination of them. Exclusion criteria of articles were language other than English and Greek.

**Results:** The burnout is described as a result of chronic difficulty for health professionals to deal with the stress in their work environment. It includes the emotional exhaustion, depersonalization and inefficiency of nurses in achieving their personal goals. Feelings of frustration, anger, dissatisfaction and anxiety are included in the psychological symptoms of burnout. Furthermore, slow arrival of employees at work, absenteeism and poor job performance are referred as somatic symptoms of burn out syndrome. As a result of burnout, conflicts arise which could be either unilateral when associated with different aspects of the same individual, or collisions between and / or groups where there is a difference of opinion among them or collisions between whole organisms.

**Conclusions:** The identification of burnout symptoms promptly contributes to better professional behavior of nurses, to avoid conflicts between them and the provision of high nursing care to patients.

**Key words:** burnout, conflict, nurses

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**POSTER [P09]****Evidence Based Nursing**

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**Abstract**

**Background:** Hospital-acquired infections (HAI), also known as nosocomial infections can be acquired in hospital or other clinical settings and represent one of the most common complications in hospitalized patients. They are a major cause of mortality and morbidity worldwide and they are associated with increased length of hospital stay and hospital costs. In recent years, increasing attention has been paid to the protection against the transmission of nosocomial infections. Preventive measures are known as “universal” or “standard” precautions include a series of steps that healthcare facilities and hospitals take to prevent the spread of infectious diseases.

**Aim:** The aim of the study is to show the importance of taking preventive measures of hospital-acquired infection control.

**Methods:** A review of the relevant literature was performed via electronic databases (Google Scholar and PubMed) and scientific journals (English and Greek), using the following key-words: hospital-acquired infections, nosocomial infections, preventive measures.

**Results:** Hospital-acquired infections can cause severe pneumonia and infections of the urinary tract, bloodstream and other parts of the body. Many types display antimicrobial resistance, which can complicate treatment. The infections can originate from the outside environment and they are spread to the patient in the clinical setting by various means (health care staff, contaminated equipment, bed linens etc). Measures of infection control should include identifying patients at risk of nosocomial infections, ensuring hand hygiene compliance, following standard precautions to reduce transmission (disinfection / cleansing protocols) and ensuring appropriate environmental conditions. They should also include lifelong learning for the health care professionals and continuous security alert. Infection control in special subsets of patients (i.e. burns patients) also includes identification of organisms and sources of organism, isolation if required, antibiotic prophylaxis to be used selectively, early removal of necrotic tissue, prevention of tetanus, early nutrition and surveillance.

**Conclusions:** Considering morbidity, mortality, increased length of stay and the cost, efforts should be made to make the hospitals as safe as possible by preventing hospital-acquired infections.

**Key words:** evidence based, nursing

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**POSTER [P10]****Ethical Concerns Relate to Evidence-Based Nursing**

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**Abstract**

**Background:** In today's medical world, the rapid science progress has put new bases on health care by urging the nursing community to turn to research and to incorporate the concept of Evidence-Based Nursing into the hospital business. There are moral implications that arise through the implementation of this technique, and the nurses should know them, in order to contribute actively to new scientific data.

**Aim:** This study aims to explore and evaluate the ethical barriers that arise for the nurses preventing them from contributing to the optimal provision of health care and establishing this technique as an autonomous and dominant science.

**Methods:** A review of the relevant literature was carried out via electronic data bases (PubMed, Google Scholar) and scientific journals (Sage journals) using the following key words: evidence based nursing, ethical concerns, ethical dilemmas, human rights.

**Results:** Evidence- based nursing should take into account the guidelines dealing with general ethical issues on research, e.g., consent, conflict of interest, compensation, confidentiality, international collaboration/assistance, relationship with media, and publication. It should also deal with ethical considerations regarding drug/vaccine/herbal remedy trials, epidemiological studies, human genetics, genomic research, tissue transplant, and much more. But this doesn't always happen in every day practice. Furthermore, the evidence- based nursing may confront obstacles due to the coexistence of different cultures. This happens because some social groups don't accept certain therapeutical techniques due to religious or political beliefs, and thus greatly hinder the development of evidenced-base practice.

**Conclusions:** Evidence-based nursing is a phenomenon that has clear limitations regarding the ethical issues. These limitations loom as major obstacles and nurses should take them into account in everyday clinical practice.

**Key words:** evidence based, practice, ethical concerns

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**POSTER [P11]****Integrated care**

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**Abstract**

**Background:** Integrated care is the care for patient- customers, with which they can have better and faster access to health services, flexibility regarding their needs and is guided in a coordinated and compassionate way by specially co-operating teams, aiming at the absolute satisfaction of the individual needs. It is purely anthropocentric and is carried out through interprofessional co-operatives, which aims the promotion of team spirit, towards individual specialization, and thus promotes independence regarding health making decision and feelings of self-determination and self-management.

**Aim:** Investigating the effort to fill the gaps in national health systems, to improve health services, to improve the health of the population, and reduce per capita health expenses.

**Methods:** Research of papers published in English and Greek bibliography of the last five years, was carried out in the electronic databases of "PubMed" and "Google Scholar", which refer to the successful implementation of integrated care.

**Results:** Regarding the improvement of health services and improving the health of the population, integrated care becomes an ideal solution. However, regarding the reduction of per capita cost, integrated care fluctuates between developing and developed countries. In developed countries the reduction is not high, while in developing is obvious.

**Conclusions:** Improving the health of the population is the cornerstone of a state and on this basis, it is depicted that integrated care through the improvement of healthcare services, which has the effect of improving the health itself, and regardless of the vague decrease in cost per person, is the ideal alternative of every national health systems.

**Key words:** integrated care

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**POSTER [P12]****Informal Care**

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**Abstract**

The care of the elderly and patients with chronic illness is usually offered by their own family or close friends without compensation. This kind of care is called informal care. Informal care brings informal carers in a time-consuming situation and sometimes makes them unable to carry out their own daily care,

The phenomenon of informal care is increasing due to the increase of life expectancy, to the long time required for recovery and rehabilitation at home for chronically ill patients or accident victims. Informal care is considered as an obligation of the family and usually a family member undertakes caring responsibilities, replacing in a way the health professionals' responsibilities. Informal care involves investing time, energy and money for long periods of time with work that is unpleasant, difficult, tedious, stressful and physically exhausting. Nevertheless, informal care occurs not only at home but also in hospitals of various countries. Relatives of patients stay at patients' bedsides for many hours to assist with their care. This phenomenon is largely related to the nursing staff shortage as well as to the traditions.

Informal care is common all over the world and remains the most common form of long-term care without financial compensation for the help which the informal carers offer. In the role of informal care, the bibliography confirms women's superiority.

The role of the informal carer is difficult and sometimes affects his/her level of health as far as his personal life and personal health are concerned.

Informal care is provided by families in the hospitals and at home. However, this practice saves money for the governments and therefore policy makers have to find ways to alleviate the families from this burden.

**Key words:** informal care, elderly

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**POSTER [P13]**

## **The Genetic and Social Environment as a Modulation Factor of Human Personality**

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**Abstract**

**Background:** Over time the human need for the understanding of the deepest traits of their character, their personality, has been widely recorded.

**Aim:** The exploration of the social environment as a factor to the development of one's personality.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** The development of the human personality is affected by heredity and the environment. Each individual cannot be completely developed if remains secluded and isolated from their social environment. They are not passive, weak-willed people, who may leave their personality fall prey to ancestry and external influences. On the contrary, as thinking human beings they are drastically and knowingly involved in their development. Compared to simpler organisms, human behavior is not dictated by mere genetic heritage. Although it may have a genetic cause, it is formed mostly during an individual's upbringing and through experience. When the environment in which a child grows up is poor in stimuli, then their maturity process is impaired and there may be crucial development disorders. It must also be emphasized that there are behavioural patterns that depend on instinct, like reflexes that are purely genetic, as well as patterns that are the result of learning/experience, which is also influenced to an extent by genetic predisposition and the person's environment.

**Conclusions:** The human factor is very important, as it interferes in the correlation between genetics and environment and the development of one's personality is the result of an evolutionary process.

**Key words:** genetic environment, social environment, modulation factor, personality

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**POSTER [P14]****Stem Cells: An Area of Hope and Troubleshooting**

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**Abstract**

**Background:** Stem cells are cells that are constantly reproducible and categorized according to their source of origin 1) from embryos 2) from umbilical cord blood of neonates 3) from adult humans. The most common use of embryonic umbilical cord stem cells is the transplantation of blood cells collected at birth. The most common transplant cases are childhood cancers, mainly lefchaimia.

**Aim:** To investigate the use of stem cells for the treatment of diseases such as diabetes mellitus, neurodegenerative diseases, Parkinson's disease, cystic fibrosis etc., the resulting ethical dilemmas as well as the European / Greek legislative framework in force through the modern review of the literature. Informing nurses is imperative because their role in treatment is crucial.

**Methods:** A search was made in scientific books and articles, reviewed in scientific online bibliography and in “PubMed database”. The search concerned medical, theological and legal data on the subject.

**Results:** The tremendous development of scientific achievements has left great gaps in ethical issues and ethics, safety and the rights of patients and donors of stem cells and tissues. The moral issues that arise for the use of stem cells start from their source of isolation and for what purposes they will be used. The Greek legislative system up until 2002 did not include any legislative framework or law on the use and extent of use of stem cells and embryos. At present two laws have been adopted: Law 3089/2002 and Law 3305/2005. According to Article 12 of Presidential Decree 26/2008, which has incorporated all the provisions of European Directive 2004/23 / EC of the European Parliament and of the Council of 31.3.2004, tissue and cell donations are voluntary and free.

**Conclusions:** Unique regenerative capabilities of stem cells give encouraging results for new therapeutic approaches. For this reason, stem cell banks have been established.

**Key words:** stem cells, therapy

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**POSTER [P15]****Long Waiting Time (Queuing) in Short Hospitalization Units: The Effect on Patients and Nurses**

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**Abstract**

**Background:** The efforts to improve the image of public hospitals, and especially the quality of the provided services, are strongly linked to the removal of queues and waiting hours in the hospital. A patient's waiting time begins as soon as he walks in the department and ends only when he leaves the hospital or when he is admitted to the hospital.

**Aim:** The investigation of the effects of long-term waiting on patients, as well as on nursing personnel in Short-Term Care Units.

**Methods:** The approach is the literature review, the collection and comparison of available information.

**Results:** Hospital overcrowding can be defined as a situation in which proper functioning is prevented due to overwhelming numbers of patients waiting to be served and eventually receiving some kind of treatment or guidance. In short-term care departments overcrowding is a widely accepted problem and is interpreted as a crisis in the hospital area, among almost all countries of the world. The causes of long waiting are quite complex and sometimes unique. Long-waiting hours impact negatively both patients and nursing personnel. Long-waiting effects on patients may vary, depending on the waiting period, the nature of the illness or the event to be treated. Furthermore, waiting hours and overcrowding are related to work exhaustion, non-qualitative healthcare services and conflicts among nursing personnel.

**Conclusions:** Long-waiting is a multifaceted phenomenon which is crucial to be understood. Causality diagnosis of its occurrence is also important. For this reason, it is important to address and reduce the phenomenon through various applications of technology and practices applied by each hospital.

**Key words:** waiting time, queue, hospital, patients, nurses, effect, impact

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**POSTER [P16]****People with Disabilities: Quality of Life after an Artificial Member Placement and How it Affects their Absorption into the Labor Market**

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**Abstract**

**Background:** People with disabilities are a fairly large social group, which numbers about 80 million in Europe today. Many people happen to lose a member of their body due to a disease or road accidents, which have grown much nowadays.

**Aim:** The correlation of the quality of life of people with disabilities using artificial members to their absorption into the labor market.

**Methods:** The way to approach this was done with literature review and collection of information from the available literature.

**Results:** Science and technology are evolving rapidly, so in some of these cases, it is possible to replace a lost member with an artificial one. The patient has the option, if they wish and qualify, to seek the option of prosthetic restoration. It is therefore possible for these individuals to avoid being completely locked in a wheelchair or bed for a lifetime, but to recover a significant proportion of their functionality and to be able to live a normal life, perhaps to the extent that they lived before the disability occurred. With the addition of prosthetic members, there is some improvement in functional life, but there is no substantial change in quality.

**Conclusions:** The poor psychological condition and the sense of social burden lead people with disabilities to resign. Addressing the problems of people with disabilities should be multidimensional and focus on improving their psychological and physical condition and, of course, the use of technology, as the use of technical members contributes to it.

**Key words:** disabilities, artificial members, mutilation, working community, quality of life, social groups

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**POSTER [P17]****Relationship between Education and Literacy towards Health**

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**Abstract**

**Background:** Education is a social institution that affects health. Above all, individuals' material living conditions are determined to a considerable extent. Moreover, education contributes to personal fulfillment of the individual.

**Aim:** Generally, the assessment of the relationship between education and "paideia" towards health.

**Methods:** It was carried out bibliographic search of relevant studies through electronic databases and corresponding libraries. The key words used were: education, "paideia" and health.

**Results:** Education enhances the social responsibility of individuals while it also shapes and identifies cultural identity. The school, after the institution of the family, is the most important factor for children's socialization, influencing significantly their mental health. In addition, school education expresses the values, beliefs and priorities of a society, which significantly affect health protection and health promotion. In addition, teachers act as strong patterns of identification for children. That fact has an impact on either the adoption or rejection of health-related behaviours such as smoking and nutrition by young people. That is why education is considered to be a predictor of physical and psychosocial conditions during adulthood. Regarding adults, however, there is a negative correlation of education with mortality and morbidity. Education is also associated with significant behavioural risk factors. The correlation is particularly evident in the case of cardiovascular diseases because the level of people's education influences the adoption of healthy behaviours.

**Conclusions:** It is natural education should affect individuals' level of health, since it affects their socio-economic status.

**Key words:** health, education, literacy

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**POSTER [P18]****Herbs, an Alternative Treatment for Alzheimer's Disease**

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**Abstract**

**Background:** Alzheimer's is a neurodegenerative disease which is developed mostly by elderly people above the 65 years of age. However, thus far, there is no available treatment of either the disease or the symptoms. As a consequence, there is a constant increase of the sanitary expenses and the decrease of the quality of life of both of the patients and their families.

**Aim:** Our object is to investigate the use of four herbs regarding the treatment of Alzheimer's symptoms.

**Methods:** We gathered data from multiple studies, dated from 2005 to 2018, using the database PubMed and Google Scholar and the key words: Alzheimer's disease, herbs, alternative treatment. There were 25,469 articles retrieved of which 86 publications met our criteria.

**Results:** Firstly, the leaves of Ginkgo Biloba fortify the movements of the blood, preventing the creation of clots to the brain and slowing down its ageing. Out of 46 research wherein its effect was investigated, the 37 showed positive results, while 6 of them were explicitly negative. From a variety of experiments on animals conducted, it was proved that green tea's polyphenols contribute to the boost of attention and memory. The use of rosemary through aromatherapy as powder or as an essential oil, also, contributed positively to the memory function as well as to the numerical ability. Last but not least, according to 26 research Ashwagandha destroys the  $\beta$ -amyloid plaques that suppress the memory function and can be found with great quantities at the patients with Alzheimer's disease.

**Conclusions:** The results of the research about the herbs mentioned above require further studying. However, the imprudent and without surveillance from the proper health care professionals use of these herbs is contraindicated, since there are observed several side effects, like haemorrhage, hepatotoxicity and changes in blood pressure.

**Key words:** Alzheimer disease, herbs

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**POSTER [P19]****Non-Pharmaceutical Therapy of Alzheimer Disease**

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**Abstract**

**Background - Aim:** To investigate how Non-Pharmaceutical Therapy Of Alzheimer Disease contributes in improving health, maintaining the well-being of the patient as well as empowering him so that, using his personal abilities and skills, he can maintain himself in a welfare regime and how nurses can help towards that.

**Methods:** A literature search of relevant studies was carried out through electronic databases and corresponding libraries, using the appropriate key words.

**Results:** Cognitive, Psychosocial, Self-Service, Service, Ecological, Behavioural, Communication, Nutritional, Art, Reconditioning, Hygiene, Physical Exercise, Encouragement, Assessment, Orientation, Montessori. WOH estimated that in 2005, 0.379% of people worldwide had dementia, and that the spread would increase to 0.441% in 2015 and 0.556% in 2030. Other studies have drawn similar conclusions. Another study estimated that, in 2006, 0.40% of the world's population suffers from the disease, and that the rate would triple by 2050.

**Conclusions:** Even in the final stages of dementia there are innovative approaches not to be forgotten by all of nurses and other health professionals dealing with patients with dementia, as well as their caregivers and their families, appropriate non-medication can offer benefits that are distinct from both the patient and caregiver as well as the healthcare professional. If you are a relative of a person who suffers from Alzheimer's disease, BOTH your soul with LOVE - SPIRIT - UNDERSTAND - CARE because these are the only ones that will relieve you.

**Key words:** health professionals, family, pets, sports, acupuncture, perfumes, colours, herbs, toys

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**POSTER [P20]****Music and Alzheimer**

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**Abstract**

**Background:** People with Alzheimer have serious memory recall problems and progressive impairment of their memory, meaning that progressively all their cognitive functions are decreased. This can cause anxiety and disorientation to many people but listening to music can help as new research suggests.

**Aim:** This paper attempts to provide early information to nurses about the contribution of music to Alzheimer's relief.

**Methods:** A bibliographic review of Greek and international bibliography was carried out through the electronic 'Google Scholar' and 'Pub Med' databases.

**Results:** In a nursing care home, 60 Alzheimer patients were randomly separated into three groups of equal size. For Group 1, "Big Band" music from the 1920s and 1930s was played during their daily recreational period, while puzzle exercises were given in Group 2. Group 3 members participated in standard recreational painting activities. After six months analysis showed that Group 1 individuals were happier and had a higher recall of their past. In twenty-one empirical studies, 336 individuals suffering from Alzheimer's symptoms were included in a post-analysis procedure. Overall, the effect of music / music therapy was found to be extremely important.

**Conclusions:** The international literature demonstrates that music therapy is an effective method for symptomatic treatment of Alzheimer, and it is necessary to modify treatment protocols to identify the basic mechanisms and to detect more effective techniques such as music (live or film), trained therapist (trained music therapist versus another professional) or duration of treatment. No one can state that music will be a cure for Alzheimer's disease, but it can make the symptoms more manageable, reduce the cost of care and improve the quality of life of a patient.

**Key words:** music, Alzheimer

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**POSTER [P21]****Social Support and Care for Alzheimer Patients**

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**Abstract**

The Alzheimer's disease is today the most common form of incompetent and it has particularly bothered the health science in order to discover a complete treatment. It has been characterised by many as the disease of the Century due to increased deaths. The main reason for this is the increase of life expectancy. It is considered as a very aggravating disease due to the fact that it does not affect only the patient, but also his family or at least the person responsible for his care. As far as the aetiology of this disease, according with the systematic review was attempted in this essay, it is not discernible. There are risk factors for the development of Alzheimer's disease that have been accepted for the most part by researchers, but there are risk factors that are still doubtful. However, regardless of the underlying cause of the disease the clinical picture of the patient is the same and the duty and responsibility of the modern nurse-nurse is to contribute to better treatment of the disease. Despite the many researchers that are exercise, it has not been found the treatments which will contribute to the complete medication of the patient. Therefore, patients receive treatment that aims to the disease. Nevertheless, nursing intervention is deemed necessary for the improvement of the quality of life of the patient and for the smoother development of the disease. The present assignment was based on a bibliography review and it aims at the investigation of this morbid disease and the emergence of nursing interventions to the Alzheimer's disease.

**Key words:** Alzheimer's disease, clinic picture, rationale, treatments, nursing interventions

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POSTER [P22]

## The Therapeutic Dimension of Arts

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### Abstract

**Background:** Art can be used for the benefit of patients in order to improve their mental and physical condition.

**Aim:** Investigating the therapeutic effect of entertainment on patients.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** Arts have been used subsidiary since first hospitals emerged to create a more therapeutic environment. Moreover, scientists have identified the therapeutic properties and have proceeded to treat psychosomatically issues. The treatments through arts are addressed mostly to individuals with psychosomatically issues, chronic diseases, special needs and (drug addicts) as following provided: By encouraging them to examine their issue. By guiding them to explore their mental world. By helping them to evolve their feelings and make them more functional. By improving their communication skills and their ability to socialize. By decreasing the feeling of fear and apprehension.

**Conclusions:** The results of utilization Art as a medical tool, would help people who suffer by making them more creative.

**Key words:** therapeutic dimension, entertainment, arts

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**POSTER [P23]****The Development of Mental Healthcare Services in Cyprus (1571-1878):  
A Historical Review**

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**Abstract**

**Background:** For health professionals, the knowledge of the history of their art is central, both to understanding their science, but also their practice within the health care system. Therefore, it was necessary recounting the development of scarce mental health services in Cyprus during the Ottoman rule (1571 - 1878).

**Aim:** The purpose of this study is the historical overview of the development of mental health services in Cyprus from 1571 to 1878.

**Methods:** Methodology of historical research has been used. More specifically, primary, secondary and tertiary sources were used through the review of domestic and international literature. Specifically, the entire search included: history books, Cypriot medical encyclopaedias and previous research, reports of colonial administrative officers, Cyprus Blue Book and Cyprus Gazette.

**Results - Conclusions:** Finding primary sources was extremely difficult, some of the primary sources were various reports of foreign travellers in Cyprus during the Ottoman rule, the first years of British rule after 1878 and the first reports of various British colonial administrative officers. Since there was not any state welfare for medical or nursing care for the inhabitants during the Ottoman's rule, there was never any provision for the mentally ill. Asylums and shelters never operated, and most of the times families would take care of the mentally ill or abandon them. Regarding the delinquent mentally ill, the violent and the dangerous, were detained in various prisons of the island. In exceptional cases only, i.e. when the mental state of a mentally ill showed no improvement in a short time, then s/he was sent to an Asylum in Constantinople. Around 1876 (post - Tanzimat period) an Ottoman law concerning the Psychopathic was issued, which provided the safeguarding of the rights of the mentally ill and specific instructions on the procedure for admission, detention and dismissal of the mentally ill in the Asylum.

**Keywords:** Cyprus, health services, mentally ill, historical development, Ottoman rule, nursing

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**POSTER [P24]****Stigma and Diseases**

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**Abstract**

**Background:** People with chronic diseases are treated in the context of society as "others", victims of stereotyped perceptions of some "illness" and prejudices, discriminated against and socially excluded.

**Aim:** To investigate the correlation of social stigma and diseases, as well as their negative effects on sufferers in particular.

**Methods:** A literature review of relevant studies was carried out through electronic databases and corresponding libraries, with key words: rheumatoid arthritis, nutrition, health promotion.

**Results:** Human history is full of stigmatization and discrimination cases not only of people suffering from specific diseases, such as AIDS, mental health problems or diseases causing with disabilities. It should not be forgotten that these people have rights as every other citizen. However, the condition of the smooth social integration of these patients is to combat their social exclusion. In particular, it would be helpful to work closely with all stakeholders and to employ trained professionals for the proper functioning of the structures of these bodies.

**Conclusions:** It is very important for healthcare professionals and teachers to cooperate students with disabilities or chronic illness and their families in order to establish a therapeutic relationship of trust so as to eliminate misconceptions and prejudices regarding diseases that suffer social exclusion.

**Key words:** social stigma, stigmatized diseases, therapeutic relationship

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## POSTER [P25]

## Prevention of Depression in the Elderly

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### Abstract

**Background:** Depression is not a natural consequence of ageing and it should not be connected with elderly. Nevertheless, Depression also affects the elderly population and is affecting in a catalytic way the elderly's quality of life in a great extent. In elderly people, depression mainly affects those with chronic medical illnesses and cognitive impairment, causes suffering, family disruption, and disability, worsens the outcomes of many medical illnesses, and increases mortality.

**Aim:** The aim of the present study is to explore the role of the prevention in the care of the Elderly suffering from depression.

**Methods:** An extensive search for related studies in the existing bibliography was carried out via electronic databases and through an extensive search in the local libraries. Articles had to be written in English or Greek and to be published in the last ten years.

**Results:** Contemporary guidelines for prevention of depression in the elderly population are available as are increasing the likelihood of diagnosis, and improve the treatment of the depression in elderly population. Based on the progress of depression in the elderly, prevention is distinguished in primary, secondary and tertiary. Primary interventions aim at promoting the general health status of the elderly, ie encouraging their self-esteem, respecting their personality and health education of the elderly and his / her family. Secondary prevention aims at early detection of depression and effective treatment. Tertiary prevention aims to reduce the impact of depression on the elderly, medication, and the disability that these people may experience. Psychosocial services also belong to this category. Elderly suffering from chronic illnesses are at risk for depression and it is suggested to use relaxation techniques, positive communication with the family and health professionals, better nutrition and exercise that can increase self-efficacy and reduce the symptoms of depression.

**Conclusions:** Prevention of depression in the Third Age contributes to the improvement of health and quality of the Elderly's lives

**Key words:** Elderly, depression and prevention

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**POSTER [P26]****Physical Health Care for Patients with Mental Illness**

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**Abstract**

**Background:** Patients with severe mental illness are at higher risk of physical health problems. Common illnesses for this group of patients are obesity, diabetes, respiratory disease, stroke, and cardiovascular disease (CVD). Mental health nurses are in a prime position to help and improve the physical health needs of these patients.

**Aim:** The aim of this study is to highlight the importance of physical health care of mentally patients and the role of mental health nurses in this process.

**Methods:** A literature search of relevant studies was carried out through electronic databases and corresponding libraries, using the appropriate key words.

**Results:** Studies indicate that patients with schizophrenia or bipolar disorder are associated with mortality rates two to three times higher than that in the general population. Unhealthy lifestyles, polypharmacy and inadequate healthcare have been shown to contribute to the high mortality. Most of the atypical antipsychotics and antidepressants are known to be associated with metabolic side effects such as weight gain, diabetes mellitus and dyslipidaemia, thus increasing the long-term risk for cardiovascular diseases (CVD) in this group. Mental health nurses could play a key role in meeting these needs particularly during hospital admissions (annual physical health check) and they should not forget that physical care is an integral part of psychological treatment.

**Conclusions:** The vulnerability of mentally patients makes it imperative that health providers and the nurses offer them every opportunity to adopt healthy lifestyle and activities (more exercise, appropriate diet, smoking cessation) and access to health services. There is a need to improve awareness among mental health professionals about the importance of the physical health of people with severe mental illness and to make appropriate organizational changes.

**Key words:** mental health nurse, physical health and care, patients with mental illness

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**POSTER [P27]**

## The Management of the Epilepsy Crisis in the School Environment by the Teachers

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### Abstract

**Background:** Epilepsy is an urgent and life-threatening condition affecting children and adults. It is a chronic neurological disorder, characterized by recurrent seizures resulting from abnormal electrical discharges of the brain. The clinical image varies and may include neurological convulsions expressed as short periods of lack of consciousness. The unexpected occurrence of crisis, the fear of being injured or drowned and the concern regarding the condition future outcome applies great anxiety and insecurity in the family and in the educational community.

**Aim:** To assess the knowledge and attitudes of primary and secondary school teachers towards the epileptic crisis in the school environment.

**Methods:** The study was carried out in a sample of 185 elementary and secondary school teachers in the prefectures of Fthiotida and Fokida, central Greece. Data collection was completed using an anonymous self-completed questionnaire. For the analysis of the results, the SPSS 21 statistical program was used.

**Results:** Of the 185 teachers, 128 (68%) responded correctly that during an epileptic crisis, the hard objects surrounding the student should be removed and a soft item should be placed under its head. Test X2 showed statistically significant correlation between epileptic management and training ( $p = 0.008$ ). Teachers attending a relevant seminar were more likely to answer correctly. At the question during an epileptic crisis it is correct to insert a solid item (e.g. spoon), in the oral cavity to promote breathing, only a percentage of 24.7 of the teachers gave the right answer. Test X2 showed that teachers who attended a relevant seminar were more likely to answer correctly.

**Conclusions:** This study has demonstrated that teachers are poorly informed regarding the application of first aid during a seizure crisis as well as the urgent implementation of health education programs in the school environment.

**Key words:** epilepsy, crisis, school

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**POSTER [P28]**

## The Users' Satisfaction in Primary Health Care Infrastructures with the Medical Staff's Behavior

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### Abstract

**Background:** The patients' satisfaction with health services is a matter of great concern to health officials and managers. Satisfied patients are more likely to accept medical care, have an active role in their treatment or prevention and develop trustworthy relationships with caregivers. The recording of patients' opinions is a method of evaluation and feedback of the system for measuring the quality of the services provided. Measuring patients' satisfaction with the level of quality of health service in the contemporary social requirements is deemed necessary.

**Aim:** To investigate the factors related to the patients' satisfaction with the services provided by the First National Health Network (PEDY) of the 1<sup>st</sup> Ministry of Public Health in Attica.

**Methods:** The study was carried out in infrastructures of the First National Health Network of PEDY of the First Health District in Attica. The data collected by using a weighted questionnaire of Aletra et al. The SPSS 21 statistical package was used for the analysis of the results.

**Results:** As for the staff behavior, the percentage 37.3% is satisfied with kindness and willingness, 34,5 % was neutral and 28.2% dissatisfied. 71.8% of the sample is content with the time the doctor spent for patients conducting the examination, 20% was neutral while 8.2% was dissatisfied with examination time. The users' confidence in Primary Health Care for the diagnosis and treatment of medical staff (61.1%) is highly satisfactory. Contrary to this, 30.3% is pleased with the nursing care. The t-test analysis showed no statistically significant difference between gender and the factors affecting the satisfaction of users of the behavior of medical and nursing staff.

**Conclusions:** The behavior, the confidence and the treatment of incidents from the medical and nursing staff in infrastructures of the Primary Health Care seem to be associated with the patients' satisfaction and the acceptance of health services.

**Key words:** patient satisfaction, primary health care, staff behaviour

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**POSTER [P29]**

## **The Epidemiological Phenomenon of Obesity**

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**Abstract**

The present study is a literature review aiming to examine in depth the worldwide epidemiological phenomenon of the obesity disease that affects adults and infants in most of the countries as well as in Cyprus.

Obesity has now been added to the list of diseases that occur during childhood. Its prevalence is rising sharply in more and more countries in the world and higher rates of obesity can be found in both developed and developing country. Greece ranks first among all the European countries and has been ranked fourth in the world by 2011. The rise of obesity is influenced by genes and by external factors as lifestyle, food preferences that have serious and long-lasting effects on the health and quality of life of the children as well as on the adults.

The strategy of dealing with obesity is a multifaceted effort in order to prevent obesity in adults and children and to promote healthy eating behaviors and in order to empower children and adults on protecting themselves against the possibility of the occurrence of obesity. It has to be stressed that if this is not possible, it may be necessary to present the ways of a positive approach in order to eliminate excess weight either through the loss of weight, or by preserving it according to the circumstance. In any case, an intensive and cumulative effort of all social organizations (community-school-SME-education and healthcare institutions) as well as of the family is very important. Family can help its children, as has the responsibility of raising them from the moment they are born, and has the power to convey the right example of a healthy lifestyle.

**Key words:** obesity, epidemiology

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**POSTER [P30]**

## Greenhouse Gas and Health

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**Abstract**

**Background:** Excessive increase in greenhouse gas prices has no impact only on the environment but also on human health.

**Aim:** Exploring the effects of greenhouse gases on people's health.

**Methods:** A bibliographic search for relevant studies was conducted through electronic databases and in corresponding libraries.

**Results:** The impact of rising greenhouse gas prices on human health is related to extreme temperatures and extreme weather events. Vulnerable groups such as the elderly, children and patients with cardiac, renal and respiratory problems are unable to adapt as well to elevated temperatures. Heat waves have a direct impact on people's health, especially the first two days, also called "killer days". Thermal stress and heat stroke are the direct consequence of burns and their effects usually lead to death. But only half of the deaths associated with heat waves are due to heat strokes. The rest are due to heart attacks and strokes. Finally, high temperatures affect fertility, asthma, allergic rhinitis and early stages of embryonic development.

**Conclusions:** It is therefore necessary to inform citizens of health professionals about the impact on our health of the greenhouse so that they put pressure on their governments to take measures to control atmospheric gas prices, and protect the common good of environmental health.

**Key words:** greenhouse, greenhouse gases, health and disease

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**POSTER [P31]**

## **Climate Change and Health**

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### **Abstract**

**Background:** Climate change and the destruction of the environment are considered to be the most important problems of modern civilisation at a global level.

**Aim:** Exploring the impact of climate change on human health as well as the diseases that threaten their health.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** Climate change can affect human health in various ways. Presently, environmental pollution is an important factor in the occurrence of certain diseases and death in humans, however it can be predicted by using appropriate means. The harmful effects caused by climate disasters increase the risk of certain species being eradicated and the transmission of infectious diseases. Global warming and sea level rising increase the risk of flooding, while water scarcity affects both human activities and ecosystems. To date, a significant number of diseases have been linked to toxic effects of both known and unknown substances such as allergies, dermatitis, bronchitis, gastrointestinal cancer, nephropathies, and even sleep disorders, decrease of libido et al.

**Conclusions:** Climate change and the disasters it causes are the biggest environmental problem the planet is facing today.

**Key words:** climate change, health

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**POSTER [P32]****Infections and Migrants**

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**Abstract**

**Background:** Infectious diseases in migrants are related to the local endemic conditions in the country of origin, as well as the immune status of each individual and the presence of certain vulnerable groups within the migrant population (elderly, infants, infants and pregnant women).

**Aim:** Investigation of infections that migrants are likely to develop in their host countries.

**Methods:** A literature review of relevant studies conducted through electronic databases and relevant libraries.

**Results:** The migrants usually travel long distances with limited means and as they are exhausted from travel, they have increased risks for infectious diseases, particularly measles, and food borne diseases. Certain infectious diseases appear to disproportionately affect migrant populations after entering Europe. This is shown by data from The European Centre for Disease Prevention and Control (ECDC), which is an independent agency of the European Union (EU) whose mission is to strengthen Europe's defences against infectious diseases, such as HIV, Tuberculosis, chronic hepatitis B and parasitic diseases, such as Malaria, Chagas disease or Schistosomiasis. Migrant children are at higher risk due to lower vaccination rates. The crowded conditions, in which immigrants usually live after entering EU countries, create an ideal environment for the transmission of infectious diseases, such as certain respiratory (influenza) or intestinal pathogens (cholera). A rapid assessment of the risk of these infections is made by The European Centre for Disease Prevention and Control (ECDC), which provides basic information on diseases' clinical picture and treatment.

**Conclusions:** Control of these serious infections is achieved by improving housing conditions, access to safe water, adequate sanitation, and effective access to health systems, mass vaccination, and timely administration of antibiotics.

**Key words:** migrants, infections, infectious diseases and health.

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**POSTER [P33]****Sports and Sudden Death**

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**Abstract**

**Background:** Sudden and unexpected death during athletic exercise is an absolutely appalling incident with important and serious consequences in the community, especially when it happens to younger adolescences.

**Aim:** The examination of the existence of any correlation between sudden death and athletic exercise.

**Methods:** An extensive literature review of the up-to-date papers published in Pub Med database was conducted.

**Results:** Sudden death is an unexpected physical phenomenon and occurs during athletic exercise, instantaneously or within 1 hour from the onset of symptoms to a person seemingly healthy. This tragic condition is due to congenital or acquired morphological myocardial abnormalities, such as hypertrophic cardiomyopathy and congenital coronary artery abnormalities. Sudden death during athletic exercise prevention requires keeping a detailed health record of the individual and his/her family, a good medical history and an objective examination of adolescents before exercise. This examination includes a careful cardiac examination and electrocardiogram (ECG). Depending on the findings, additional examinations such as heart ultrasound, 24-hour Holter ECG recording and a stress test, as well as giving guidance to the persons about their lifestyle, the level of activity that they can follow in the future, and the kind of the occupation that they may have in the future.

**Conclusions:** The provision of information to the citizens about the risks of athletic exercise is a mandatory moral obligation of nursing and medical staff, for preventing these phenomena both in the fields and in the school yards.

**Key words:** sudden death, sports

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**POSTER [P34]****Risk Assessment Tools for Cardiovascular Diseases**

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**Abstract**

**Background:** Cardiovascular diseases (CVDs) are responsible for more than 17 million deaths worldwide each year, an estimated 31% of all deaths worldwide. In Cyprus, CVD mortality is estimated to 2000 deaths annually. Estimating or otherwise predicting the cardiovascular risk through various mathematical models has been the subject of increased attention in recent years.

**Aim:** This study aims to investigate and present the majority of cardiovascular risk assessment tools since 1950.

**Methods:** An extensive literature review on related studies in the existing bibliography via electronic databases, PubMed, ProQuest, SCOPUS, CINAHL.

**Results:** Since the 1950's and until today a lot of mathematical estimation models for the cardiovascular risk (short-term or long-term) have been developed. The study occurred to 23 main CVD Risk Assessment Tools such as: Framingham Heart Study, Dundee Risk Function, Italian RIFLE pooling Project, PROCAM, BRHS, CARDIO2000, ESC SCORE Project, QRISK etc.

**Conclusions:** According to WHO, the understanding of illnesses and injuries and the associate risk factors that cause them, are crucial for decision-making and healthcare planning. Unfortunately, most healthcare professionals are consumed to treat health-related conditions rather prevention. The use of cardiovascular risk assessment tools can be the basis for the creation of modern strategies for the prevention of CVDs.

**Key words:** risk, cardiovascular diseases, assessment models, assessment tools

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**POSTER [P35]**

## The Outcome of Polytrauma Patient after Hospitalization at an Intensive Care Unit (ICU)

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**Abstract**

**Background:** As road accidents are a major problem of modern times, trauma is becoming one of the most difficult and insoluble problems of global public health with social, economic and political impact and is characterized as one of the main causes of mortality and morbidity.

**Aim:** The aim of this study was to study the outcome of polytrauma patients after hospitalization at the Intensive Care Unit (ICU) and the parameters that affect it.

**Methods:** This is a retrospective study. A specific registration form was used for the collection of data. Data analysis was performed with the statistical package Statistical Package for Social Sciences (SPSS) ver.20.

**Results:** The majority of patients were male and the mean age of the participants was  $40.6 \pm 19.8$  years. 40% of the participants were diagnosed as "polytrauma patients", 30,6% diagnosed as "polytrauma patient – TBI" and 29.4% diagnosed with "TBI". Traffic accidents either with car or motorcycle were recorded as 31.8% each as the main cause of injury, while 67.1% of the population was diagnosed with TBI. The mean duration of hospitalization in the ICU 10.6% was microviaemia and 9.4% were respiratory infections – pneumonia and septic shock each. 22.4% died before leaving ICU, while 12.1% died during their stay in the department. However, a statistically significant correlation was found between patients who had a history of arterial hypertension and coronary disease and discharge, ( $p < 0.005$ ). in addition, there was a statistically significant difference between the age of the patients, the Glasgow scale and their outcome.

**Conclusions:** The outcome of the polytrauma is affected by the age, severity of the trauma and the time of hospitalization in the ICU. Adoption of prevention strategies by nursing staff can reduce stay in ICU and increase the quality of care provided.

**Key words:** polytrauma patient, hospitalization, ICU, outcome

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**POSTER [P36]**

## Understanding of the Concept of Brain Death by the Nursing Staff of the Intensive Care Unit (ICU) in Thessaloniki

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### Abstract

**Background:** The nursing staff of intensive care units (ICU), is a group of health professionals that comes in direct contact with the process of brain death (BD), either concerning the knowledge or the care of brain dead patients.

**Aim:** The investigation of understanding the concept of brain death, by nurses of intensive care units.

**Methods:** An 11 - question questionnaire was distributed to all nursing staff of G. Papanikolaou, AHEPA, Agios Dimitrios, Ippokraton, Agios Pavlos and G. Gennimatas hospital Thessaloniki units. Correlation between variables of gender, age, education and years of service (total and ICU) with the score on the questionnaire (test Spearman's) was studied. The ANOVA test was used to study differences in performance among groups of variables.

**Results:** 154 questionnaires were completed (participation percentage 78.57%). The average age, experience and experience in General ICU were respectively 40, 16 and 10 years. 74% were Technical Education graduates (TE), 16.2% Secondary Education graduates (SE) and 9.7% University Education graduates (UE). 49 people (32.5%) correctly answered all questions and understood BD. The score on questions about the meaning of BD in the questionnaire was associated positively with years of service in the ICU (correlation factor = 0.22,  $p = 0.007$ ), while the corresponding score on questions about the way to diagnose BD was not associated with any variable. The ANOVA test among education groups in relation to the score showed a statistically significant difference between groups ( $F = 4.43$ ,  $p = 0.014$ ), with the post-hoc analysis revealing that the TE group had higher performance than the SE (difference = 16.74, 95% CI = 2.9-30.5,  $p = 0.01$ ), but not than the UE.

**Conclusions:** A small percentage of ICU nurses fully understand BD. ICU experience is related to better understanding of the concept, but not of BD certification procedures. Recurrent training of nursing staff on the topic of brain death is recommended.

**Key words:** brain death, nursing staff, ICU

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**POSTER [P37]****Avoidance of damage caused by in-hospital transport from and to ICU**

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**Abstract**

**Background:** The various interventions for diagnostic or therapeutic purposes in severely ill patients require the transport of patients to and from the intensive care unit. In-hospital transports involve many risks for patients, especially for those who are undergoing mechanical respiration and / or are hemodynamically unstable. The in-hospital transport of the severely ill is an integral part of the intensive care, therefore the level of care offered during such a process must reflect the severity of the underlying disease and be a continuation of the care provided to the ICU.

**Aim:** The paper aims to present ways to avoid the adverse effects that may be caused by in-hospital transports and the steps of a well-thoughtfully designed and organized transport.

**Methods:** A bibliographic review of medical books, articles and websites was conducted.

**Results:** Research and efforts for increased compliance should continue as winter's study, recently conducted in Australia, showed that despite the implementation of guidelines, in 44% of transports adverse events did occur, the majority of which could be prevented with careful planning and better communication between the personnel. The participation of qualified, trained nurses along with the existence of a specific policy in in-hospital transports, suitable education, clinical experience in intensive care and development of communication tools-techniques are the foundation for safe in-hospital transports.

**Conclusions:** Proper transport does not burden the patient but instead aims to better address it. That's why making the decision should be taken with care and counted on the benefit that will result from examination-treatment against the risks of transport. In each hospital there must be a transcript protocol detailing what is required to make the transports as secure as possible for the patient.

**Key words:** in-hospital transport, intensive care unit, methane accidents

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**POSTER [P38]****Laryngeal inhalation burns or injuries and their treatment**

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**Abstract**

**Background:** Laryngeal burns or injuries can be caused by inhalation of hot gases and toxic chemicals in the vapours released in industrial explosions or combustion.

**Aim:** Assessment of inhalation burns or injuries of the larynx and their treatment.

**Methods:** It was carried out bibliographic search of relevant studies through electronic databases and corresponding libraries.

**Results:** Regarding burns and injuries of larynx, except for heat, damage or injury could also be caused by inhalation of irritating gases, such as aldehydes, ammonia, hydrochloric acid and even smoking. They cause edema, erythematic or ulceration of the laryngeal mucosa. If the basement membrane has been damaged, laryngeal scarring and stenosis may follow. The timing and the type of the intervention depends on the presence and severity of the accompanying lesions. The double-lumen end tracheal tube is a vital part during the perioperative management of patients. This tube ensures passable airways, intelligible speech and gradual healing of the mucosa and sub mucosa from the burn.

**Conclusions:** It is necessary that the complexity of laryngeal burns should be understood. Furthermore, their successful treatment not only saves patients' lives, but it also assures their quality, keeping the vocal cords intact and functional.

**Key words:** larynx, burns, injury, inhalation burns, and treatment

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**POSTER [P39]**

## Communication Handover Tools between Anaesthesia Providers and Post-Anaesthesia Care Unit (PACU) Nurses

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### Abstract

**Background:** Postoperative handovers are a critical phase of the surgical patient's perioperative care. Ineffective communication is considered to cause incidences of increased error, mortality and morbidity, which leads to decreased patient outcomes and quality of care.

**Aim:** The aim was to investigate the contemporary literature on communication postanesthesia care unit handover tools.

**Methods:** A literature review was conducted in the electronic databases PubMed, Scopus and Google Scholar using appropriate keywords, between 2008 and 2018 in English language.

**Results:** The study revealed that critical content to communicate to the receiver during a hand-off should include: sender contact information, illness assessment (severity, patient summary, including events leading up to illness or admission), hospital course, ongoing assessment, plan of care, to-do action list, contingency plans, allergy list code status, medication list, dated laboratory tests and dated vital signs. Tools for peri-operative data transfer are: 1. 'SBAR' (situation, background, assessment, and recommendation), 2. 'I PASS the Baton' (introduction, patient, assessment, situation, safety concerns, the background, actions, timing, ownership, next), 3. 'SHAQR' (situation, history, assessment, questions, recommendations) and 4. 'Five P's' (patient, plan, purpose, problem, precaution, and post-operative areas). Also tools designed for PACU: 1. 'Postanesthesia care handoff succinct checklist' (patient information, procedure, health history, anaesthesia, confirm questions or concerns have been addressed) and 2. 'I PUT PATEINTS FIRST' (identify yourself, medical history, diagnosis, procedure, anaesthetic technique, states to be aware of, actions if the patient remains intubated, need for drips, treatment plan for postoperative care, patient's vital signs, fluids, intraoperative events, recent labs, suggestions, timing)

**Conclusions:** The goal of postanesthesia care is to ensure patient safety by preventing complications and restoring the patient's physiologic and psychological health. It is essential to optimize communication among providers and to design ecologically valid and feasible information transfer practices.

**Keywords:** anaesthesia, communication, handovers, patient safety, postanesthesia care unit

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**POSTER [P40]****Investigation of Mobbing Syndrome**

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**Abstract**

**Background:** Mobbing is work-related psychological violence can be defined as a situation in which a person experiences hostile behavior by one or more people in his / her working environment, who constantly and repeatedly attempts to hurt him, suppress him, abuse or block or isolate for a long time.

**Aim:** The investigation of "mobbing syndrome" to inform nurses about its recognition and better management.

**Methods:** An overview of research papers published in English and Greek bibliography of the last five years, in the electronic databases "PubMed" and "Google Scholar", was conducted to describe the syndrome in various organizations.

**Results:** Mobbing syndrome is depicted as a serious aggravating factor that affects the quality of working relationships and the extension of working conditions with negative effects on health, the safety of workers, the quality of work and social life, productive results and competitiveness of the company. The bibliographic review, trying to investigate mobbing syndrome, through studies of Greek and worldwide literature, confirms its existence and its worrying dimensions. Most surveys say that 1.5 out of 10 workers have been victims of mobbing, with behaviours that lead to the isolation of the victim, most often mobbers are hierarchically superior, victims are usually address to colleagues, the solution may be the employee's departure from work and there is a lack of relevant legislative framework.

**Conclusions:** The results describe the alarming rate of mobbing and its consequences on individuals, working relations, the production process and organizations, both public and private sector, and is presented when there is ambiguity in the work pattern and when organizational climate and organizational culture in organizations do not promote consistency.

**Key words:** mobbing syndrome, work social environment, organizational culture, consistency

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**POSTER [P41]****The Treatment of Thoracic Trauma in Emergency Department**

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**Abstract**

**Background:** Thoracic trauma is the 3rd cause of death in US and the main cause of death for old people.

**Aim:** The analysis of thoracic trauma treatment in emergency department.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** Life-threatening chest wounds, which require immediate treatment, are large unstable thorax, cardiac tamponade. The majority of thoracic lesion does not subscribe for thoracotomy, but only by insertiny closed thoracic junction tube. Puncture wounds, are usually caused by pin traumas and cut wounds or by firearms and depending on their severity. The maximum intensity of the problem is brought out in minutes or a few hours from the time of the provocation. On the contrary, due to the road accidents (70-80%) or falls (10-17%), the blunt lesions are often not immediately visible and aggravated within 48-72 hours of their provocation. Surgical treatment will be required in large or prolonged bleeding, massive air leakage, major tracheobronchial injury, esophagus perforation, heart and large vessel damage and post-traumatic empyema. In thoracotomy, usually incurred the patients with punctured thoracic trauma and signs of shock. Thoracotomy should not be attempted in non-intubated patients undergoing pre-hospital cardiovascular resuscitation for 5 min or in intubated patients undergoing pre-hospital cardiovascular resuscitation for 10 min.

**Conclusions:** The treatment of chest trauma requires knowledge, education and training so that nursing care is maintained at high levels.

**Key words:** emergency department, Thoracic trauma, outcomes

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**POSTER [P42]****Involvement of Donor's Relatives in the Decision of Organ Donation**

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**Abstract**

**Background:** The multidimensional issue of donating tissues and organs and transplants in general is being explored at many levels, from a variety of scientific fields and from various socio-political actors

**Aim:** Exploring the role of relatives in donating organs of their loved ones.

**Methods:** Bibliographic search of relevant studies was conducted through electronic databases and corresponding libraries.

**Results:** Family members may have different views on the issue of organ donation and only good relationships between their members will smooth things up to make a decision. However, a possible disagreement between family members is also what will determine the future of these relationships and to result in unwanted decisions. The provision of psychological support and the constant and sincere information provided to relatives about the condition of their beloved person is perhaps the most important factor, which has a positive effect on the decision of the relatives. Furthermore, the overall quality of services related to the patient's medical and nursing care will affect the final decision of the relatives on the donation.

**Conclusions:** The decision by the relatives to consent to the donation of organs of their loved ones should be taken in a short time and under difficult psychological situations. Many families want to get in touch with others who have a similar experience to understand their anxiety and help them make a decision.

**Key words:** organ transplantation, organ donation, relatives

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**POSTER [P43]****Education of Health Professionals in the Management of Medical Disasters**

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**Abstract**

**Background:** In recent years, health professionals deal with a significant number of accidents and disasters. Both ignorance and inadequate knowledge of the plans for mass disasters, make it difficult to manage them adequately. Thus, health professionals need specific training and knowledge to cope in such situations.

**Aim:** The aim of this study was to investigate the effectiveness of health professionals' training and to examine the implementation of basic plans for addressing mass disasters. Moreover, this study investigated the impact of education in managing mass disasters on health sector.

**Methods:** The sample consisted of 719 health professionals, working in Secondary and Tertiary Hospitals in Greece. A new questionnaire was used, with the aid of the Hellenic Association on Crises Management in the Health Sector, in order to imprint the knowledge of health professionals about mass disasters. Subsequently, an educational intervention group, which consisted of 55 health professionals, was submitted to a 3-hour seminar concerning mass disasters on the health sector and the same questionnaire was completed again to note any differences.

**Results:** Prior the intervention, only 9.1% of participants knew where to find the material and equipment needed for a potential mass disaster and 12.7% knew where all the hospital emergency exits are. After the intervention the respective percentages were 98.2% and 90.9%. Prior to intervention, only the 7.3% was aware of the communication system that they would have to apply, whereas the percentage was 92.7% after the intervention. Prior the intervention, the knowledge scores for the implementation of emergency plans, the specific actions and the preparedness in the management of mass disaster crises were significantly lower than those obtained after the intervention ( $p=0.003$ ,  $p<0.001$  and  $p<0.001$  respectively).

**Conclusions:** Knowledge and training about crises management is inadequate and thus it must be taught through educational programs. Education improves the level of knowledge and practices of health professionals for managing mass disasters.

**Key words:** medical disasters, management, health professionals

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**POSTER [P44]****Law and Bioethics' Dimension About Organ and Tissue Transplants**

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**Abstract**

**Background:** Organs and tissue donation for transplantation is one of the most important developments of the 20th Century in medical history, it is considered to be a process of choosing for terminal stage tissue and organ failure. Despite this rapid progress, ethical, cultural and religious beliefs as well as the social, psychological and legal considerations do not allow citizens' awareness in this great asset.

**Aim:** Public information about organs and tissue donation for transplantation through the bioethics, medical and legal perspective.

**Methods:** Greek literature review was conducted in medical, bioethics, and law books, articles and webpages with the appropriate key words.

**Results:** The definition of transplantation is declared, its standardization and regression from ancient times until today's period. The distinction of brain death and permanent vegetative state is determined and declares what is defined by the medical and legal aspects as well as the onwards medication and mechanical support. In addition, the concern and aim of bioethics is one; ensuring of human dignity about physical, psychological and socio-ethic existence of a human being and in the same time accepting the medical-technological developments. It also refers to the constitutional framework and it defines about the donor, alive or not, the recipient and the procedure followed in order to consent to any of the above cases, separating the case of the minor organs' donor.

**Conclusions:** The establishment of a complete and rational informative State mechanism such as the National Organisation of Transplantation in cooperation with other non-profit entities will raise the public awareness about the gift of life that science has given us, "Transplantations", widen up our horizons in another sectors of health science by one and only purpose of healing and the optimal quality of life of our fellow human beings.

**Key words:** transplantation, organ donation, brain death, bioethics and law full scope

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**POSTER [P45]**

## Body Mass Index, Depression and Quality of Life of Patients with Hip Fracture

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### Abstract

**Background:** Hip fracture is common in the elderly due to stability and movement deterioration and/or problematic eyesight. Elder patients who have been operated for hip fracture are in danger of complications that can affect their quality of life.

**Aim:** The aim of the study was to investigate the relationship of body mass index, anxiety and depression of patients who have suffered a hip fracture with the recovery of their mobility and the impact on their quality of life.

**Methods:** The survey involved a sample of 39 patients who had been hospitalized in the Orthopedic Clinic of Provincial General Hospital. The sample included 5/39 (12.9%) males and 34/39 (87.2%) females. The mean age was 80.8 years ( $\pm 6.2$  95% CI: 78.8 to 82.8). The participants were evaluated preoperatively and postoperatively, within six weeks. Mobility was measured using LEFS scale, depression was assessed with HADS and GDS scales, pain with VAS scale and quality of life with SF-12 questionnaire.

**Results:** The hip fracture injury was found to be related to the quality of life and the manifestation of depression and anxiety and lead to significant adverse changes in the quality of life of patients.

**Conclusions:** Interventions regarding pain management should be implemented during hospitalization of patients with hip fracture as it is important for the patient to be free of pain. A patient without pain can cooperate with the healthcare professionals in order to achieve a quicker rehabilitation and better quality of life

**Key words:** hip fracture, BMI, depression, quality of life

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**POSTER [P46]****Treatment of Ischemic Colitis**

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**Abstract**

**Background:** Ischemic colitis is the most common form of intestinal ischemia as a result of an acute, usually self-limited compromise in intestinal blood flow, usually on a background of a non-occlusive vascular disease.

**Aim:** Investigation of the treatment of ischemic colitis.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** Patients with ischemic colitis show mild abdominal pain, tenderness and bleeding stools. A very important diagnostic test is biopsy from colonoscopy. The disease generally has a good clinical outcome as most patients only have mucosal ischemia, so non-surgical treatment is indicated when there is no puncture or gangrene of the intestine. The patient is hospitalized and treated with food deprivation and administration of intravenous solutions while discontinuing medication with vasopressor activity if this is possible. Clinical improvement - usually within 1-2 days - occurs with supportive treatment including intravenous solutions, optimization of the hemodynamic condition of the patient, avoidance of vasoconstriction drugs, bowel rest and potentially empirical antibiotic therapy. More severe illness requires timely diagnosis and surgical treatment. Irrespective of the approach, patients treated surgically have a mortality rate of up to 40%, especially when other pathological conditions, such as atherosclerosis or chronic renal failure, coexist.

**Conclusions:** Monitoring the course of the disease is important in its overall treatment, including the response to treatment and any complications from the therapy, the course of the disease, and the development of any complications or other attendant illness.

**Key words:** ischemic colitis, treatment

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**POSTER [P47]****Postoperative Delirium in Patients with Hip Fracture**

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**Abstract**

**Background:** Hip fracture has emerged as a serious public health care concern and is associated with poor health outcomes. Prevalence of postoperative delirium in patients with hip fractures is well documented affecting the quality of postoperative and post discharge care.

**Aim:** The aim of the current study was to investigate the contemporary literature on postoperative delirium in patients with hip fracture.

**Methods:** A literature review was conducted in the electronic databases PubMed, Scopus and Google Scholar. Articles published in the last 10 years in English language were included.

**Results:** The literature review revealed that delirium prevalence in elderly patients after surgery for hip fracture is a frequent complication. Determinants of delirium are the factors related not only to the patient's own characteristics (age, gender, nutritional status) but also with factors across the perioperative pathway:

-preoperatively: cognitive impairment and depressive mood, medical comorbidity, living in an institution,

-intraoperatively: total hip arthroplasty, surgery's duration, ASA classification, anaesthesia, blood loss volume and transfusions, hypoxemia and

-postoperatively: intensive care, complications, pain management.

According to the literature, the incidence of delirium associated with hip fracture has an impact on patients and their families (long-term cognitive impairment, permanent dementia, increased morbidity and mortality, decision for placement to nursing homes) and the hospital settings (poor postoperative recovery, increased hospitalization and cost of care).

**Conclusions:** Hip fractured patients are at great risk of delirium, which is associated with multiple risk factors. Multidimensional management through training and the implementation of assessment tools is there for required during the perioperative period in order to decrease the negative outcomes, ensuring the delivery of high quality and safe care.

**Key words:** postoperative delirium, hip fracture, elderly, risk factors

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## POSTER [P48]

## Comparison of Shockwave Versus Ultrasound Therapy in Elbow Tendinopathy

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### Abstract

**Background:** People suffering from tendinopathies exhibit reduced mobility due to the pain caused by the movement of the tendons involved. The pain and the limited functionality negatively affect the level of their quality of life. Recently, shockwave therapy has been used as a treatment option, which is non-invasive, simpler, faster and safer.

**Aim:** To compare the results from both shockwave and ultrasound therapy in the parameters of the pain, the functionality of the upper limbs and the quality of life, before treatment, immediately after the treatment and the 4-week follow-up.

**Methods:** The sample consisted of 198 patients, suffering from lateral elbow tendinopathy, who presented themselves at an orthopaedic clinic and the doctor considered their need for treatment. From the total sample, 117 patients constituted the shockwave group, 63 patients constituted the ultrasound group and 18 patients made up the control group. The researchers created a self-administered questionnaire (the University of Peloponnese Pain, Functionality and Quality of Life Questionnaire, UoP - PFQ) in which the intensity of pain, functionality and quality of life were evaluated on a five-point Likert scale, before, immediately after the treatment and at a 4-week follow-up.

**Results:** The pain intensity was reduced and the improvement of functionality and quality of life after shockwave treatment were increased both post-treatment ( $p < 0,001$ ) compared to pre-treatment and at a 4-week follow-up ( $p < 0,001$ ) compared to post-treatment. Significant improvements in pain, functionality and quality of life were also observed in the ultrasound group in elbow tendinopathy, but these improvements were to a lower extent compared to the shockwave group.

**Conclusions:** Shockwave therapy significantly reduced the pain that accompanies tendinopathies and improves functionality and quality of life, whereas ultrasound therapy is less effective. Thus, shockwave therapy might be the first choice of treatment because of its effectiveness and safety, especially when people undergo treatment for other diseases, where the management of the pain via NSAIDs or analgesics is under restriction.

**Keywords:** shockwave therapy, ultrasound therapy, elbow tendinopathy

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**POSTER [P49]****The Confrontation of Acute Pain After Surgery**

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**Abstract**

**Background:** The acute pain usually is presented after surgery period. The harmful repercussions of pain for example: psychologically, naturally and social financially are easily recognized.

**Aim:** The investigation of analgesia's effectiveness after surgery and the confrontation of the acute pain after surgery period.

**Methods:** A literature review was conducted in the electronic databases.

**Results:** The acute pain after surgery which can't be confront can be disposed to a long time pain. The controlled analgesia of the patient (PCA) it's a method which can give the patient the possibility to customize the analgesia's needs by autodespense small doses of an analgesic factor by using small controlled pump of a microprocessor which is connected with the patient through an extender and it ends to the controller, so the patient can turn on the device. The intravenous opioid PCA has as a result a better analgesia compare to intramuscular orhypodermic despense of opioid. The clinical pursuances of PCA's pump are be used mostly on patient with after surgery pain, cancer patients with long time pain also on children and teenagers as one of the most important methods for confrontation and relief of pain. The correct using of the PCA pump contains the right choice of medication (morphine, pethidine), the regulation of the first loading dose, the regulation of the invocation dose (bolus dode) the regulation of the middle period, despense-refractory pump's period (lock-out interval) and the regulation of the limitation for the biggest possible amount of medication which a patient is receiving in a specific time (1-4 h.).

**Conclusions:** The correct and effective pursuance of PCA pump should proceed with the right information by the doctor or the nurse of the nursing staff and with the right training of the patients.

**Key words:** after surgery pain, analgesia, pump patient

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**POSTER [P50]**

## Pharmaceutical Cannabis Nurse

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**Abstract**

**Background:** Nursing science aims to benefit patients by applying treatment methods, no matter how unconventional they may be. The areas of nursing interest are the implementation and continuation of research into cannabis use, safety in its delivery, information and public awareness of its possible positive effects in order to be exempted and not treated as a substance concerns only marginal group.

**Aim:** The bringing down of taboo on cannabis, among nurses.

**Methods:** A bibliographic review was made through articles and research papers in the English and Greek of the last 5 years, through search in the electronic databases PubMed, Google scholar and didaktorika.gr.

**Results:** An important role for nurses is to inform and raise public awareness of the use of medicinal cannabis. The modern health care system requires the nurse's contribution to valid and timely information on the use of pharmaceutical cannabis and its proper administration. The contribution of nurses according to their field of work can be made at various stages of the research process and the application of research findings. They can help create research protocols, track outcomes and potential side effects and record their observations, contributing to the more effective and efficient use of pharmaceutical cannabis.

**Conclusions:** Because of their close contact with patients, but also because of their scientific background and their theoretical training, nurses can identify needs that can be met by using cannabis and to improve the quality of life of patients / patients as well as increasing their satisfaction with the provided health and care services.

**Key words:** pharmaceutical cannabis, nurses

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**POSTER [P51]****Treatment of Idiopathic Pulmonary Fibrosis**

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**Abstract**

**Background:** Idiopathic Pulmonary Fibrosis (IPF) is the most common idiopathic interstitial pneumonia, with mean survival 1.5 - 3 years

**Aim:** The investigation of the treatment of idiopathic pulmonary fibrosis.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted, using the appropriate key words.

**Results:** Patients with IPF can be classified to those with low and high risk for developing pulmonary disease based on many factors. High risk cases are men, especially those with mild hypersecretion, moderate to severe dyspnoea in fatigue, with a history of smoking (as higher the number of years of smoking is, the worse the prognosis), and moderate to severe lung function loss during diagnosis. The majority of patients with IPF need to be hospitalized. Many of these patients will need to be admitted to the ICU, because respiratory failure is often associated with hemodynamic instability, major concomitant conditions (usually cardiovascular disease or renal failure) or severe hypoxia requiring continuous monitoring of arterial blood gases or mechanical ventilation. The use of invasive ventilation should be performed only after careful consideration of the long-term prognosis of the patient. Patients with end-stage pulmonary fibrosis of any cause, are difficult to be ventilated and are rarely successfully weaned by the mechanical ventilation. The mortality rate during hospitalization is high and those who survive have a very poor prognosis. The mortality rate during hospitalization is high and those who survive have a very poor prognosis. The follow-up is based in the symptoms, chest imaging (Chest Radiography, High Resolution Computerized Tomography), and Lung Function Tests. The Tran thoracic Heart Ultrasound and the Brain Natriuretic Peptide (BNP) could be useful for non-invasive screening of Pulmonary Hypertension (PH).

**Conclusions:** The follow-up of IPF is important for its layout. The follow-up includes the effectiveness of therapy and its side effects - the natural course of IPF - and the monitoring of disease's complications or other secondary disease entities.

**Key words:** idiopathic Pulmonary Fibrosis, treatment, care

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**POSTER [P52]****Rheumatoid Arthritis and Diet**

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**Abstract**

**Background:** Diet is an important modifiable factor contributing to health promotion in patients with rheumatoid arthritis.

**Aim:** Investigating the correlation of rheumatoid arthritis and diet.

**Methods:** A literature review was carried out through electronic databases and corresponding libraries.

**Results:** Patients with diagnosed rheumatoid arthritis have decreased nutrient intake, reduced energy intake of carbohydrates and high saturated fat consumption, which can easily put them at risk for cardiovascular diseases as well. They also show low values in biochemical markers that assess their nutritional status, such as albumin, folate and iron. Even weight loss and muscle mass often accompanies rheumatoid arthritis. Diet may play an important role in preventing the onset of the disease as it is directly related to improving bone mass and maintaining bone and joints. Of particular importance are the contribution of various nutrients, vitamins and antioxidants to reducing the risk of fractures, inflammation, pain and energy consumption. Thanks to their antioxidant properties as well as their anti-inflammatory action, they can make a significant contribution to preventing the production of cytokines and free radicals, protecting bone density loss and regenerating bone cells.

**Conclusions:** Nutrition in rheumatoid arthritis contributes significantly to managing the disease, improving body function, particularly in relieving symptoms, fighting the side effects of the treatment and reducing the risk of complications.

**Key words:** rheumatoid arthritis, nutrition, health promotion

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**POSTER [P53]****Prevention of urinary tract infections by urinary catheters**

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**Abstract**

**Aim:** Explaining the prevention of urinary tract infections by urinary catheters.

**Methods:** It was carried out bibliographic research of relevant studies through electronic databases and corresponding libraries.

**Results:** The key words used were: Results: Virtually all catheterized patients will present with bacteriuria within a month of catheterization. The most important predisposing factors in the development of bacteriuria are the duration of catheterization, female gender, age, serious co-morbidities and renal dysfunction. In women the predominant route of introduction of bacteria is via the external surface of the catheter, while in males the main route is through the lumen of the catheter and the drainage bag. Multifaceted infection control strategies implemented as bundles can prevent nosocomial infections associated with invasive devices such as CAUTIs. Avoiding unnecessary urinary catheter use is the most effective measure for their prevention. To minimize the risk of CAUTI, urinary catheters should be placed only when a clinical valid indication is documented and they should be removed as soon as possible; alternatives to catheterization should also be considered. Aseptic insertion technique, maintenance of closed drainage system and strict adherence to hand hygiene are essential for preventing CAUTI. The successful implementation of the bundle requires education and training for all healthcare professionals and evaluation of surveillance data.

**Conclusions:** Urinary tract infections can be prevented if catheterization indications are followed, aseptic technique is maintained during insertion of the catheter, and closed urine collection systems are used.

**Key words:** infections, urinary catheters, urinary tract infections & prevention

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**POSTER [P54]****Lung cancer patients and diabetes mellitus 2: A nursing perspective**

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**Abstract**

**Background:** Lung cancer is the leading cause of cancer-related death worldwide. The prevalence of diabetes mellitus has continued to increase, and is estimated that globally 439 million adults will have DM by 2030.

**Aim:** The aim is to review the literature about diabetes and lung cancer patients and their experienced symptoms’ during their chemotherapy.

**Methods:** A literature review was conducted using the electronic databases PubMed and Google scholar. Exclusion criteria of articles were the language, except English.

**Results:** Patients with diabetes and lung cancer have increased mortality, so there is a need for glycaemic control during chemotherapy. Individuals with diabetes undergoing chemotherapy experience anorexia, nausea, vomiting, stomatitis, diarrhea as side effects. This lead to reduce food intake and low levels of blood glucose. On the other hand, administration of cortisone, as part of chemotherapy regimen, increases blood glucose levels. Metformin administration resulted in better survival in stage 1 and 2 diabetic patients with non-small lung cancer. Nurses should evaluate fluctuations in blood glucose in patients receiving chemotherapy and plan appropriate care.

**Conclusions:** The side effects of chemotherapy affect blood glucose levels so nurses should evaluate patients. Nurses should assess patients with diabetes undergoing treatment for cancer.

**Key words:** “lung cancer”, “diabetes”, “chemotherapy” “nursing”

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**POSTER [P55]****Obesity: Nurses Role**

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**Abstract**

**Background:** The issue of obesity is a matter that considers a large part of the global population because it can cause serious health conditions, important social and psychological problems and affect the level of mortality.

**Aim:** The aim of this research is to study the definition of pathogenic obesity and to examine the role of the nursing staff before, during and after the application of contemporary medical interventions to address and confrontation of the problem of obesity.

**Methods:** The methodology that was applied is the method of literature review through studying printed books and searching in google scholar for scientific articles and dissertations.

**Results:** The role of a nurse is not limited only to their knowledge upon the subject of obesity but on the treatment towards the patient as well. The role of the nursing staff is to inform the patient about any intervention that needs to be implemented, provide psychological support and provide guidelines not only for problems that may occur but for the lifestyle that need to be integrated in the patient's everyday life.

**Conclusions:** A nurse is an important member of a interdisciplinary group, and they must follow the professional code of conduct and professional behavior and must develop abilities and skills for the treatment of the patient throughout the whole process of the intervention as well as their knowledge to be able to respond to the challenges of these contemporary interventions.

**Key words:** nursing Intervention, pathological obesity, nursing as a profession, interventions on obesity

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**POSTER [P56]**

## How Cancer Affects the Patient's Family

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**Abstract**

**Background:** The course of cancer has an impact not only on the patient but also on the patient's family.

**Aim:** Investigating the effects of cancer on the patient's family members wellbeing.

**Methods:** A literature review of the up-to-date papers published in the database PubMed was conducted.

**Results:** From the study of the literature it becomes clear that family plays an essential role in caring for its members who are cancer patients by helping them with medication and also emotionally supporting them. Patients and their family members report significant problems in their physical, functional and emotional well-being. In addition, the quality of life of the family members caring for a patient with cancer is affected, while family members, at the same time experience themselves many psychosocial problems. In a lot of cases the family members of cancer patients experience even greater fear for the course and possible outcome of the disease than the patients themselves. However, family care in cancer patients plays a very important role. The greater the psychosocial support the patients receive from their family the better the family's quality of life becomes as a result.

**Conclusions:** Cancer does not only affect the patient's psychological behaviour, but also the mental and physical behaviour of the family members that are involved in the patient's care. Therefore, nurses and the other health professionals should help the family members by creating a supportive environment built on trust, security and familiarity.

**Key words:** cancer, patient's family

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## POSTER [P57]

## Cardiovascular Diseases: Preventive Factors and Improvement of Quality of Life

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### Abstract

Coronary heart disease (CHD) is the spectrum of symptoms and diseases caused by lesions of coronary vessels, those of the arteries supplying blood to the heart. It is a major and multifaceted health problem and not only because it is the first cause of death in modern western societies. 2001 was the cause of one-third of deaths in the world. With the rapid increase in the number of people suffering from cardiovascular diseases, it is estimated that in 2020 they will account for the deaths of nearly 25 million people worldwide.

Cardiovascular disease is the leading cause of death in men 35-55 years old and one of the leading causes of death in women in Western countries. These are multifactorial diseases, the only way to deal with them successfully is to take into account all the risk factors for their development. Cardiovascular diseases include coronary and vascular arteries as well as arteries and leg veins. The main cause of the clinical manifestation of cardiovascular diseases is atherosclerosis of the arteries. In addition, cardiovascular diseases are paramountly preventable. The World Health Organization (WHO) estimates that moderate reductions in blood pressure, obesity, cholesterol and the use of general population tobacco would reduce more than half their frequency. While the mortality and incidence of cardiovascular disease is decreasing in most countries of Northern, Southern and Western Europe, either increasing or decreasing at a slower rate in Central and Eastern Europe. In addition, the increase in the incidence of cardiovascular disease mainly affects the developed countries of the world and is attributable to the modern lifestyle. It is directly related to sedentary life, unhealthy diet, lack of physical activity and intense mental stress. It is also important that unfortunately there are no national plans for risk prevention. Therefore, what can be said is that the only and best treatment for these diseases is prevention, which should start from childhood. For this reason, it is considered that a person should be aware from an early age of the causes that are responsible for cardiovascular diseases in order to protect them from having a proper lifestyle.

**Key words:** cardiovascular diseases, coronary heart disease, primary prevention

**POSTER [P58]****Multiple Sclerosis: Nursing Interventions**

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**Abstract**

Multiple Sclerosis is a chronic, autoimmune, inflammatory and neurodegenerative central nervous system (CNS) disease characterized by inflammation, demyelination and primary or secondary axonal degeneration. Diseases of the nervous system are due to a wide variety of degenerative, metabolic, structural, neoplastic or inflammatory causes that affect neurons or glial cells. The induced dysfunction can occur either in the form of nerve hyperactivity, as occurs on convulsions, or in the form of decreased neuronal activity, such as after a stroke. It is a long-term autoimmune disease characterized by exacerbations and recessions and affects young people aged 20-40 years.

The disease is 15 times more likely to occur in individuals in the same family and the survival time is about 35 years after the onset of the disease. Genetic factors have been identified in members of the same family, while environmental factors such as the cold climate contribute to the onset of the disease. Characteristics of the disease are multifocal lesions and the progression of their symptoms, periods of deceleration, then stagnation, followed by almost complete retreatment of the symptoms and then attacking another area. The first manifestation may be blindness due to visual neuritis that lasts about a month and then subsides to follow another manifestation, such as paralysis of one end, again aesthetic manifestations such as numbness and sensation of nystagmus in one (upper or lower) end.

The variety and unpredictability of the symptoms is a real challenge for treating physicians to intervene in symptomatic treatments and for nurses to investigate and address individual functional needs known from past or past hospitalizations that have emerged. Moreover, due to the frequent on-line contact with patients, the nurse has the ability to assess these problems in their actual dimensions, either alone or in collaboration with the treating physician, and to act accordingly. Typical such examples are the feeling of fatigue experienced by some patients, regardless of their physical activity, sleep disturbances, appetite, depressive behavior, social and family problems.

**Key words:** multiple sclerosis, nervous system, rehabilitation, nursing interventions

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**POSTER [P59]**

## Checkpoint Inhibitors in Cancer Treatment and the Treatment Related Patients' Fatigue

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### Abstract

**Background:** Checkpoint inhibitors, a type of immunotherapy which works by inhibiting the internal regulatory checkpoints, prevent the overactivation of cytotoxic T-cells and thereby, allows therapeutic anti-tumour T-cell responses. Fatigue, one of the most prominent side-effects of immune checkpoint inhibition, affects cancer patients' everyday life tremendously.

**Aim:** The aim of this study is to review the literature about fatigue in cancer patients undergoing immunotherapy with checkpoint inhibitors.

**Methods:** This literature review was conducted using the electronic databases PubMed and Google scholar.

**Results:** One of the main side-effects of checkpoint inhibitors is fatigue and many factors contribute to its development. Immune-related endocrine disorders such as hypopituitarism, hypothyroidism, hypoadrenalism and immune-related gastrointestinal, hepatic, renal, and pulmonary toxicities, may play a significant role in the development of that serious side-effect. The disease itself and the patient's socio-physiological state are also important. Appropriate treatment modalities (pharmacological and non-pharmacological) should be recommended to alleviate it.

**Conclusions:** Fatigue is a distressing side-effect, manifesting when treating cancer with checkpoint inhibitors. Health care professionals should recognize it and plan appropriate interventions to alleviate it.

**Key words:** "fatigue", "cancer", "checkpoint inhibitors" "immunotherapy"

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**POSTER [P60]**

## The Treatment of Constipation

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**Abstract**

**Background:** Constipation is a common problem in the general population, especially in the elderly and is expressed by a variety of symptoms associated with the propulsive function of the colon and or defecation mechanism.

**Aim:** The aim of the present study was the investigation of the treatment of constipation.

**Methods:** Extensive review of the recent literature was conducted in electronic databases (Pubmed, Google scholar) and scientific journals using the appropriate key words.

**Results:** In constipation, the early recognition of the signs of alertness, the implementation of targeted laboratory testing, the correct planning and continuous evaluation of treatment are of major importance. Investigative tests of passing bowel function and operation of defecation should be performed in selected patients unresponsive to standard treatments. If during the examination of the patient with constipation, an organic disease is diagnosed (secondary constipation), then it is treated accordingly. If there is functional constipation, which is very common, then the treatment depends on whether it is due to defecation disorder or a disorder of intestinal transit time. The treatment of functional constipation includes dietary advice on obtaining a sufficient amount of fiber and liquid daily, as well as therapeutic intervention with both laxatives and latest prokinetics. Finally, for the surgical treatment of constipation, the main indicator is slow transit constipation and organic disorders of defecation, when all other treatments have failed and symptoms negatively affect individual's daily activities.

**Conclusions:** For effective treatment of constipation, there should be a proper assessment of the symptoms and pathophysiology of each patient's constipation, but also a relationship of trust with the therapeutic team.

**Key words:** constipation, colon, constipation treatment

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**POSTER [P61]****The Role of the Nurse in the Pain Clinic of an Anti-Cancer Hospital**

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**Abstract**

**Background:** An integral part of the operation of such clinic is the nurse. His role is catalytic and essential, his involvement with responsibilities and tasks that contribute to the proper functioning and effectiveness of the pain clinic. The responsibilities of the nurse in the pain clinic are to obtain a history, assess the intensity of the patient's pain, inform and educate patients and carers, inform of the side effects of analgesics, psychological support of the oncology patient, evaluation and his monitoring.

**Aim:** To highlight the role of the nurse among the scientific team of the pain clinic in a cancer hospital.

**Methods:** A bibliographic search was made through articles and research papers in the English and Greek of the last 5 years through the search in the electronic PubMed databases, Google scholar and didaktorika.gr

**Results:** Due to the increase in neoplasms, the number of patients with symptom of long-term pain and staggering pain, which cannot be treated with simple analgesics, or with the restoration of primary damage, is constantly increasing. 70% of cancer patients with pain, of which 46% receive inadequate doses of analgesics, and 25% die under severe pain. The existence of a pain clinic in anti-cancer hospitals is necessary, as the specialized information on the treatment of pain is incomplete and in this gap the contribution of the nurses can be enormous.

**Conclusions:** The nurse organizes, informs, processes, evaluates, educates, supports psychologically, monitors and evaluates but above all cares. The nurse's presence in the pain clinic is a necessity for the daily routine of physicians and cancer patients to deal effectively with their pain.

**Key words:** nurse's role, pain clinic, anti-cancer hospital

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## POSTER [P62]

## Prevention of In-Hospital Infections and Hand Hygiene

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### Abstract

**Background:** The hospital-acquired infections are caused by bacteria in the hospital environment and they are nowadays an urgent problem of global dimensions.

**Aim:** Exploring the contribution of hand washing to the prevention of in-hospital infections.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** The most important transmission from a patient to another patient, who is resistant to antibiotic microbes, occurs with the hands of hospital staff. Proper and regular hand washing of the medical and nursing staff is perhaps the most important means of preventing nosocomial infections. The purpose of hand washing is to remove the transient micro-organisms so that their number does not reach a virulent dose. Transient micro-organisms are those that occur after contact with the patient and various contaminated objects and are usually responsible for the heterologous infections. Sinks for hand washing should be in all the wards and the outpatient clinics. The water in the sinks, located in wards, is exclusively used for washing and not for any other use. Drying hands is also a very basic process. The paper towels are the most common way of drying hands. Air-drying devices are used more and more frequently. They are placed on the wall near the sink, but away from patients prone to infections because of the risk of bacteria transfer. The gloves should be used by the staff at venepuncture and blood sampling, in the care of each patient with open wounds, skin diseases, colostomies and generally in any case of possible contact with biological fluids and materials.

**Conclusions:** The prevention and control of infections in hospital is not only a nursing and medical problem. It is a problem that needs the attention and interest of everyone who has direct contact with the patient.

**Key words:** in-hospital infections, hand hygiene

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## POSTER [P63]

## Community Wound Care Centers

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### Abstract

**Background:** Providing effective wound care, especially out-of-hospital care, needs to be integrated into the necessary functions of a complex system of services with adequate diagnostic and therapeutic resources and providing immediate and specialized care by trained healthcare professionals.

**Aim:** The purpose of this study was to describe the services provided by community wound care centers.

**Methods:** A bibliographic systematic review aimed at describing the effectiveness of wound care centers in the community. The search was conducted in pubmed, and google scholar bibliographic databases, with specific keywords and predefined criteria for inserting and blocking articles.

**Results:** Successful community care services depend on the review of how health and social services are organized and managed. In addition to preventing illness and promoting health, patients with acute or chronic illness also receive care, treatment and rehabilitation in the community, are referred to specialized services as needed. The level of provision of wound care services, either pre-hospital or nursing care, varies according to the policies followed by the wound care system.

**Conclusions:** Trauma is a special chapter of medical science with important diagnostic and therapeutic challenges, since it is the leading cause of death or disability of young people. Wounded in wound centers have lower rates of mortality and morbidity.

**Key words:** Trauma Care, Trauma Care Systems, Wound care, Wound care and community

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**POSTER [P64]****Effectiveness of Negative Pressure System (VAC) in the Treatment of Chronic Wounds: A Systematic Review**

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**Abstract**

**Background:** Chronic wounds are skin continuity solutions that can spread to all skin layers and have not been cured within a reasonable time (6 weeks up to 3 months). Chronic wounds include venous ulcers, arterial ulcers, mixed ulcers and diabetic ulcers. Vacuum Assisted Closure therapy (VAC) is one of the most modern and effective methods of dealing with chronic wounds. It is a mechanical method that uses controlled sub-atmospheric pressure to stimulate and accelerate the healing of a wound. This system is clinically tested for the treatment of a range of acute and chronic wounds such as swelling ulcers, diabetic ulcers, neuropathic ulcers, secondary and third degree burns, venous and arterial ulcers of the extremities.

**Aim:** To assess the effectiveness of the negative pressure system (Vacuum Assisted Closure) for the treatment of chronic wounds.

**Methods:** The methodology that was applied in this assignment is the systematic review, the steps taken are concrete and include: the formulation of the objectives, the design of the research protocol, the search for titles and summaries, the application of entry and exclusion criteria, the reading of titles, abstracts and the exclusion of irrelevant studies, identifying the full text of the studies, introducing studies that fit the topic of systematic review, data capture and analysis.

**Results:** In all the studies reviewed in this systematic review, patients in the negative pressure therapy group experienced faster wound healing than those in the control group.

**Conclusions:** In conclusion, Vacuum Assisted Closure is a technology that changes practice in the medical and surgical field and is well suited to addressing numerous pathologies. VAC can be used to treat chronic wounds, its use is very safe and effective in wound healing and it reduces costs. This treatment benefits the patient, health care workers and the society at large.

**Keywords:** Efficacy, effectiveness, negative pressure system (VAC), chronic wounds, pressure ulcers, diabetic ulcers, vascular ulcers (venous and arterial), treatment, wound healing

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## POSTER [P65]

## Use of Antiseptics on Chronic Wounds: Indications and Contraindications

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### Abstract

**Background:** Chronic ulcers are a problem faced by the health sector for years. Restoration of damaged tissue is called healing. The healing process consists of several stages and depends on many factors the rate at which it evolves. Chronic ulcers are ulcers that do not improve or do not heal in a reasonable time interval of 4 to 8 weeks. A possible factor that can slow healing is the infection. Various topical antiseptics have been used for many years to treat infection or to reduce the bacterial burden of the ulcer. Local use of antiseptics in chronic ulcers has advantages and disadvantages.

**Aim:** The purpose of this review is to clarify the indications and contraindications for the use of local antiseptics in chronic ulcers.

**Methods:** It is a systematic review of the literature on antiseptics and their use in chronic ulcers. This literature was searched by PubMed, Scopus, and Google scholar.

**Results:** It has been shown that the use of antiseptics is very important for chronic ulcers since antiseptics have the ability to significantly reduce bacterial load and promote the healing process. The antiseptics most commonly used today are iodide povidone (PVP-iodine), Octenidine, Polihexanide, chlorhexidine, silver compounds, cadexomer iodine, honey. Systemic antibiotics do not generally consist for topical treatment except in small cases in case of infection.

**Conclusions:** The use of antiseptic and antimicrobial agents is necessary for the care of chronic ulcers as they reduce bacterial load and thus prevent the development of infection. They can also be used in cases where biofilms are presented with good results. Antibiotics should be avoided considered in systematic administration of considered in topical use because they cause resistance. They should only be used in cases where there is an infection, but the ulcer should be cleaned with local antiseptics.

**Keywords:** "Antiseptics", "chronic ulcers", "chronic wounds", "chronic ulcers", "Biofilm"

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## POSTER [P66]

## Evidence Based Nursing for Prevention and Treatment of Pressure Ulcers in ICU Adult Patients A Review

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### Abstract

**Background:** Pressure Ulcers (PUs) are a major cause of further complications in long-term ICU patients, as they increase mortality, hospitalization time, and consequently the cost of health care. Thus, their effective treatment is a major concern for health care professionals. Longstanding research in this field aims at preventing PUs via the implementation of evidence-based nursing interventions. Accurate nursing documentation is a key factor of the profession and record keeping should follow recent advancements in nursing knowledge. Furthermore, nurses are accountable for the prevalence of pressure ulcers in any given ward, and therefore, staff has to follow treatment strategies as elaborated in international guidelines and protocols.

**Aim:** This paper aims at exploring the degree of implementation of nursing clinical protocols and guidelines for PUs, and their use as key tools in documenting nursing care and outcomes in an Intensive Care Unit for Adults.

**Methods:** A systematic literature review was carried out using the appropriate key words in PubMed, Springer, ScienceDirect and Cochrane Library. The search yielded 35 papers published between 2015 and 2019.

**Results:** Studies on the application of care protocols, particularly for preventing Medical device-related pressure ulcers, suggests that the incidence of PUs can be minimized when high quality health care is administered via the application of nursing protocols that focus on prevention. The literature also shows that adequate and up-to-date training for healthcare staff is proven to be a determining factor in the prevention of Pus in bedridden patients.

**Conclusions:** Clinical guidelines and protocols are shown to be an effective tool in preventing and managing pressure ulcers and ultimately improve the overall quality of health care provided.

**Key words:** Pressure Ulcers, Preventive Methods, Nursing Protocols in Intensive Care Unit

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**POSTER [P67]**

## The Treatment of Diabetic Ulcers of The Lower Limbs Using Hyperbaric Oxygen

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### Abstract

**Background:** Oxygen partial pressure plays an important role in the treatment of leg ulcers due to diabetes. As is known, partial oxygen pressure locally affects epithelial tissue regeneration, phagocytic defense, angiogenesis and collagen synthesis. The treatment of chronic wounds with oxygen therapy in hyperbaric oxygen (HBO) chambers has shown that the rate of healing increases, as well as the resistance of the wound to infections.

**Aim:** The purpose of this bibliographic review is to review and report scientific data on the treatment of diabetic ulcers in the lower limbs using hyperbaric oxygen.

**Methods:** A systematic review of the literature was conducted to investigate post-treatment effects using hyperbaric oxygen in diabetic leg ulcers. In this systematic review, the relevant Greek and international bibliography was searched in the Google Scholar databases, PubMed, Scopus, and Science Direct. The search resulted in a total of 11 articles on their evaluation.

**Results:** According to the results of the studies analyzed, it was revealed that hyperbaric oxygen therapy is a safe and effective treatment for the healing of the diabetic leg ulcers. It has also been found to significantly improve the rate of healing of diabetic ulcers in the lower extremities when combined with other methods of wound care (use of patches). At the same time, it reduces the risk of severe amputations as opposed to the same percentages resulting from the application of standard wound care methods only.

**Conclusions:** Supplemental treatment with hyperbaric oxygen in conjunction with other methods of ulcer healing significantly increases the degree of healing of diabetic ulcers in the lower extremities. At the same time, it reduces the risk of performing amputation of the member that may be present. Importantly, it is the treatment of choice for the management of difficult healing diabetic ulcers that do not respond to the various usual treatments.

**Keywords:** diabetic patients, treatment, effects, hyperbaric oxygen, diabetic ulcers, lower limbs and HBOT, hyperbaric oxygen therapy, foot ulcer, outcomes

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## POSTER [P68]

## Management of Patients' Care with Diabetes Foot Ulcer

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### Abstract

**Background:** Diabetes is a chronic disease, consists of chronic and generalized metabolic disorder caused by a relative or absolute lack of insulin. Diabetes is a disease associated with very many serious complications, among which an important place occupied by the complications associated with the feet, such as neuropathy, peripheral vascular disease and trauma. The complications of diabetes that can lead to amputations are diabetic neuropathy, peripheral vascular disease, ulceration, malformations, trauma and infections.

**Aim:** The investigation of the care of diabetic ulcers of the legs, and in particular of the diabetic foot, from the medical and nursing staff, as well as from the patients themselves.

**Methods:** This is systematic review study. The method used was to search for the relevant Greek and international literature in electronic databases (MEDLINE, CINAHL, PUBMED).

**Results:** Ten studies were found to fulfil the criteria and serve the purpose of this paper. Based on their findings, shows that the prevention of lower limb complications in diabetic patients is achieved by providing information and training on their feet care and, more generally, good regulation of diabetes mellitus. Careful surgical cleansing, special antimicrobial treatment and home-care care until the role of plastic surgery contributes to the effective care and management of leg ulcers of the diabetic foot. The onset of diabetic foot ulcers of the diabetic foot, complications and fungal infections are important problems of diabetic foot infection and in some cases of amputation, and therefore immediate and aggressive treatment with appropriate antimicrobial therapy is recommended.

**Conclusions:** For this reason, it is recommended prevention and early detection of ulcers and infections in diabetic foot through regular monitoring of diabetic patients and education of patients by specialized medical and non-staff on the detection of sites of infection and to correct and proper care of the limbs.

**Key words:** management of diabetic foot, nursing care, diabetic wound, prevention, lower extremity amputation. multidisciplinary foot team, infection, peripheral neuropathy, plastic surgery, therapeutic approaches.

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## POSTER [P69]

## Hyperbaric Oxygen Therapy in Diabetic Foot Ulcers

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### Abstract

**Background:** About 15% to 25% of people with diabetes will develop a foot ulcer. These ulcers are a source of major concern as there is a high risk of amputation due to poor control of infection. Bacterial infections as well as wound hypoxia are well documented. If an ulcer does not heal with standard wound care, other therapeutic interventions are requested, one of which is hyperbaric oxygen therapy (HBOT).

**Aim:** The aim of this study is to explore the use of Hyperbaric Oxygen Therapy (HBOT) in the care of diabetes foot ulcers.

**Methods:** An extensive review of the relevant literature was carried out via electronic databases (Medline, PubMed, CINAHL, Google scholar) and Greek and international journals using the appropriate key words. Exclusion criterion of articles was the language other than Greek and English.

**Results:** In HBOT, a patient enters a hyperbaric chamber that fits either a single or multiple individuals and is exposed to 100% oxygen at pressures higher than normal atmospheric pressure at sea level while the atmospheric pressure is increased. As the exact mechanism by which HBOT works is unknown, it is theorized that HBOT improves the oxygen concentration in a person's blood, thereby increasing tissue oxygen tensions to levels that promote wound healing, limit edema, and destroy certain anaerobic bacteria. Hyperbaric oxygen therapy is adjunctive treatment for severe and limb- or life-threatening wounds unresponsive to other treatments, and doesn't replace good wound care.

**Conclusions:** Hyperbaric oxygen therapy (HBOT) has been promoted as an effective treatment for diabetic foot ulcers, but further studies are still needed before oxygen therapy can become part of routine practice for these patients.

**Keywords:** diabetic foot ulcer, diabetes, Hyperbaric Oxygen Therapy (HBOT)

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## POSTER [P70]

## Wound Assessment Tools

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### Abstract

**Background:** Trauma is one of the most common problems in Nursing the last years, as in research as in clinical field. Wound assessment is a challenge for nursing science because it is an entirely nursing subject and can greatly influence the evolution of the patient's health. There are many types of trauma and many evaluation tools in clinical practice.

**Aim:** The purpose of this survey is to investigate the effectiveness of the wound assessment tools.

**Methods:** The type of this study is systematic review and it has been selected since the aim is to investigate the latest research data on wound assessment tools. Three scientific databases were selected which include a huge number of scientific studies and related to health issues. PubMed, Medline, Scopus, Google Scholar and Cinahl were specifically selected. Greek and English languages were selected for the publication of the sources. The publishing period was set from 2008 to 2018.

**Results:** The findings of this study have shown that there are several reliable wound assessment tools which can bring out huge benefits for the patient's process. There are measurement tools that specialize in evaluating a type of trauma but also evaluating different types. It has been shown that the measuring tools can adequately assess the trauma regardless of whether they are specialized in a type of wound or in many.

**Conclusions:** Although, there is tremendous benefit in the application of wound measurement tools, there are significant barriers in clinical practice that prevent health professionals using them. Timing lack and inadequate education are two of the main causes which wound assessment tools are not adequately implemented.

**Keywords:** Trauma, Tools, Assessment, Skin, Bedsores, Surgical trauma

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**POSTER [P71]****The Treatment of The Lower Extremities Varicose Veins**

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**Abstract**

**Background:** The Varicose veins are serpentine dilated skin veins of the lower extremities. It is the most common vascular pathology and it can have important consequences in individual and social level. Impact on the quality of life of the patients.

**Aim:** The study of the treatment of the inferior varicose veins.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** The problem of varicose veins begins as an aesthetic one. Afterwards it is presented with edema, camps and fatigue as well as pooling of the blood within the varices. The blood attitude generates hypoxia of endothelial cells and predisposition to thrombosis. The positioning of lower limbs in an elevated position, physical exercise (swimming, walking), the loss of additive weight, avoidance of standing and tight clothing, help patients with varicose veins feel better and reduces edema. Compression stockings, with a pressure of 20-30 mmHg in the ankles and gradual pressure, improve the venous circulation by reducing venous retrograding. Their application is important in the treatment and prevention of venous ulcers. Their use is problematic although, during the summer period due to patients discomfort at a rate of 10-20%. Furthermore there are various "plebotonnic" drugs, which comfort patients from the symptoms without having a substantial effect on the venous hemodynamics.

**Conclusions:** Efficient treatment can only be achieved through surgically removing the pathological veins. The removal of these veins must be complete in order to prevent their revival.

**Key words:** lower extremities, varicose veins, treatment

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POSTER [P72]

## Food Allergies in Children

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### Abstract

**Background:** Nutrition and proper development of the child are important factors affecting the child's development and function.

**Aim:** Exploring food poisoning in children's health.

**Methods:** A bibliographic search of relevant studies was conducted through electronic databases and in corresponding libraries.

**Results:** Food allergy is a kind of harmful reaction of the immune system caused by a food. Cow's milk protein allergy is the most common form of food intolerance in children and is accompanied by severe gastrointestinal symptoms. As for the symptoms of food allergy in children, they vary and usually include rhinitis, eczema, angioedema, vomiting, decreased body weight gain, abdominal pain and malabsorption. In the case of proven food allergy, dietary intake diets are the main method of treatment for children as long as they are strictly supervised to prevent possible nutritional deficiency or delay in their development. In addition, supplementation of vitamins A, D, iron and zinc enhances the child's immune system, and its ability to successfully respond to allergenic factors.

**Conclusions:** Nutrition during childhood is very important to ensure good health in later life.

**Keywords:** food allergies, children health and health effects

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## POSTER [P73]

## Childhood Obesity

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### Abstract

**Background:** Childhood obesity is one of the critical problems that occur in modern times to such an extent of a global epidemic. Many scientists and researchers are focusing their interest on the physical condition of children and its correlation with modern eating habits and physical activity.

**Aim:** The purpose of this paper is to outline the factors that contribute to childhood obesity.

**Methods:** The approach is the literature review, the collection and comparison of available information.

**Results:** Childhood obesity contributes to 2.6 million deaths annually worldwide. The health problems associated with childhood obesity may only be perceived during adulthood, including cardiovascular events (mainly heart disease and stroke), certain types of cancer, non-insulin dependent diabetes and musculoskeletal problems (principally osteoarthritis). Moreover, obese people suffer from psychological disorders and face discrimination, not only from the general population, but also by health professionals, which makes them reluctant to seek medical help. The last two decades of the 20th century have marked a significant rise in the cost of children and adolescent obesity and associated diseases in health care units.

**Conclusions:** Obesity and its effects can be prevented to a significant extent. Prevention is the most feasible option for the treatment of obesity, since the current treatment options are more concentrated on controlling the problem, rather than proposing a definitive treatment. Prevention can only be achieved by maintaining an energy balance in the lifetime of an individual.

**Keywords:** causes child obesity, childhood obesity, diagnosing, predisposition, role paediatric nurse

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## POSTER [P74]

## Treatment of Endometriosis

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### Abstract

**Background:** Endometriosis is a chronic condition that affects the quality of life in millions of women.

**Aim:** Investigation of the treatment of endometriosis.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** The cause of endometriosis remains largely unclear. Those elements, which appear to predispose to the appearance of endometriosis, are genetic factors, environmental factors and immune system dysfunction. Endometriosis primarily affects pelvic organs and peritoneum, but occasionally and more rarely, other organs such as the intestine and the lungs may be affected. Direct survey of the pelvic cavity with diagnostic laparoscopy is considered as the most effective method for definitive diagnosis of the disease. When a woman complains of pelvic pain and there is strong suspicion of endometriosis without a definitive diagnosis, empirical treatment can be done using hormonal formulations to reduce menstruation. For this reason, progesterone, oral contraceptives (OCP's) or GnRH agonists are used. Laparoscopic lesions are the appropriate surgical treatment. Most patients respond to treatment, however some women have no response either due to incomplete lesion removal or due to relapse of the disease.

**Conclusions:** Monitoring the course of the disease is important in its overall response, including the response to the treatment and possible complications of the treatment, the natural course of the disease, and the development of any complications or other accompanying disease states. Since endometriosis is often unpredictable and may recur, waiting policy may be appropriate in asymptomatic patients.

**Key words:** endometriosis, treatment

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**POSTER [P75]****Children Abuse**

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**Abstract**

**Background:** Child abuse is growing very rapidly, both in Greece and internationally.

**Aim:** The investigation of child abuse, prevention and treatment.

**Methods:** A literature review of relevant studies was carried out through electronic databases and corresponding libraries using the appropriate keywords.

**Results:** Thousands of children are being abused every day all over the world and they are obligated to except violence, psychological problems and sexual abuse by members of their family, friends and neighborhood, strangers on the street or their parents which is a tragic and awful fact. Another fact is that child abuse marks children for ever and their wounds stay permanent in their fragile soul so especially parents must aware of all the matters that concern their children and stay put every day. This attitude helps them stop this problem at the beginning before serious consequences. To deal with child abuse, several measures should be taken at multiple levels (legal, criminal, consultative, therapeutic, social welfare and prevention). More specifically, information programs for professionals who come into frequent contact with children and can help identify cases of abuse should be provided. The recipients of these programs can be children, parents, health professionals. Prevention programs can be carried out in homes, schools, hospitals and even in centers for the protection of minors.

**Conclusions:** Due to the complexity of the phenomenon, child abuse requires a coordinated effort and a unified action plan not only nationally but also internationally.

**Key words:** child, abuse, treatment and prevention

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**POSTER [P76]**

## Women Abuse

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**Abstract**

**Background:** The issue of domestic violence, especially the women abuse, dates back to antiquity and can also be seen nowadays.

**Aim:** Investigation of women abuse and how the incidents are treated.

**Methods:** A literature review of relevant studies conducted through electronic databases and relevant libraries using the appropriate keywords.

**Results:** Violence against women (VAW), also known as gender-based violence and sexual and gender-based violence (SGBV) are violent acts primarily or exclusively committed against women and girls. Often considered a form of hate crime, this type of violence is gender-based, meaning that the acts of violence are committed against women and girls expressly because they are female. Women abuse is a universal phenomenon which is not eliminated but, on the contrary, becomes more aggravated. It is a recurring phenomenon which is found in all societies and is adjusted in accordance with the social- economic conditions. Abuse against women is not limited to a specific social-economic- political system, but it can happen to anyone regardless of age, ethnicity, religious beliefs, social stratification, family status or educational level. Domestic violence can manifest itself in different ways and ranges from moderate to extreme situations, where a woman's life is a stake. It has a huge impact on the individual, family and the entire society. Professionals dealing with the women abuse are the main persons of reference for women in need of help.

**Conclusions:** There is a need for the maintenance of structures, the improvement of services provided, the reinforcement of these structures through legislation, and above all, the support of these programmes through both prevention and resolution.

**Keywords:** women abuse, emotional abuse, physical abuse, and sexual abuse

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**POSTER [P77]****Child Abuse and Nursing**

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**Abstract**

**Background:** Child abuse is one of the most crimes against the human body, but especially the soul and dignity. It is a global phenomenon.

**Aim:** Investigation of child abuse and how the incidents are treated by the nurses.

**Methods:** A literature review of relevant studies conducted through electronic databases and relevant libraries using the appropriate keywords.

**Results:** Child abuse is the phenomenon whereby one or more adults who are responsible for the care of a child, cause or permit to cause the child physical injuries or deprivation conditions to such an .The definition of abuse doesn't mean only the physical abuse of a child, but also emotional abuse, sexual abuse and his neglect of satisfying his or her basic needs. According to statistical studies, it has been found that a quarter of children have experienced even an abuse. It is an issue that the consequences affect the subsequent life of the child, turning it into an adult with intense psychological diseases, facing difficulties in several important aspects of his life. For nursing staff, child abuse is an interdisciplinary phenomenon aimed at ensuring child protection and eliminating incidents of any form of violence against them. Nurses together with the public health services need to make programs and actions for the prevention and treatment of the issue, and the full restoration of the abused child.

**Conclusions:** Child abuse is a huge global problem with very serious effects on prosperity, development, children's physical and mental health during their lives. Every child has the right to health and freedom from violence life.

**Key words:** child abuse, emotional abuse, physical abuse, and sexual abuse

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**POSTER [P78]****Treatment of Injuries in Children**

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**Abstract**

**Background:** Injuries are the most common cause of death and disability in childhood.

**Aim:** Investigation of chest injuries in childhood.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** The priorities in assessing and evaluating the injured child are the same as those of the adult, but the particular characteristics of the paediatric patient require a special consideration in assessment and treatment. In dealing with the injured child, the impact that the injury may have on development and future development is of great importance. Fracture fractures in a child mean carrying a large amount of energy and suggesting serious organ damage. Injured edges with evidence of vascular damage require urgent assessment to prevent the irreversible consequences of ischemia. Placing a splint on the pharyngeal edges is usually sufficient until the orthopaedic evaluation is done. The loss of blood from fractures of long bones and pelvis in children is greater than adults. The physiological and psychological effects of injury in this process should not be underestimated, especially in cases involving long-term recovery, malformation or abnormal development.

**Conclusions:** Disabled children are getting worst very quickly and soon show severe complications. Their rapid transfer to centres that have the potential for comprehensive treatment of injuries it is an important element in the final outcome.

**Key words:** children injuries, treatment

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## POSTER [P79]

## Development of Women's Breastfeeding Self-Efficacy and Improvement of Breastfeeding Outcomes through Antenatal Classes: Research Protocol

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### Abstract

**Background:** In Greece, the rates of exclusive breastfeeding remain rather low. Modifiable factors associated with increased breastfeeding, may be addressed through antenatal breastfeeding education.

**Aim:** To investigate whether an antenatal breastfeeding educational session, improves the level of self-efficacy in breastfeeding, and to what extent affects its outcome (initiation, duration and exclusivity).

**Methods:** This is a Pre test-Post test-Control designed, quasi-experimental study, with two study groups. The intervention group consists of pregnant women that follow a four-hour midwife-led antenatal breastfeeding programme, at a Greek Hospital in Athens. The control group consists of pregnant women that follow only routine care, in the same setting. The study lasts for a total of 15 months. The data collection is performed at 4 time points by using the following tools: The Breastfeeding Self-Efficacy Scale-Short Form-(BSES-SF), The Iowa Infant Feeding Attitude Scale-(IIFAS), The Edinburgh Postnatal Depression Scale-(EPDS), The Breast Feeding Knowledge Questionnaire, The Perceived Breastfeeding Barriers Questionnaire, The Satisfaction with the Educational Programme Scale and, The Breastfeeding outcomes Questionnaire. Permission for the use of the scales has been given by the developers. The study is approved by the Research and Ethics Committee of the hospital. Informed consent is obtained by all participants. Data analysis is conducted using SPSS 19.0 Statistical Software. **Statistical** significant level is set at 0.05.

**Results:** The reliability of Breastfeeding Self-Efficacy Scale-Short Form and The Iowa Infant Feeding Attitude Scale was acceptable (Cronbach's  $\alpha$  0,93 and 0,71, respectively). Pre intervention there were no significant differences between control and intervention group in any of the scales. Post intervention, women in the intervention group had a more positive attitude towards breastfeeding (73.5% versus 66.1%,  $p < 0.001$ ), greater knowledge (14.6% versus 13.1%,  $p < 0.001$ ) and more breastfeeding self-efficacy (51.4% versus 45.6%,  $p < 0.001$ ) compared to the control group. Furthermore, they had significantly less perceived barriers regarding breastfeeding (27.4% versus 31.0%,  $p < 0.001$ ). Moreover, the 3rd day after their delivery, the percentages of exclusive breastfeeding were 63,1% for women in the intervention group and 56,0% for those in the control group, though, 6 months after delivery, the percentages of complementary breastfeeding were 54,4% and 32,0%, respectively.

**Conclusions:** Antenatal breastfeeding education has a positive impact on breastfeeding indicators compared to routine care. Our findings could inform clinical practice regarding antenatal care in primary and secondary healthcare level services and improve breastfeeding rates in Greece.

**Keywords:** women's breastfeeding self-efficacy, improvement of breastfeeding antenatal, classes: research protocol

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**POSTER [P80]****Crohn's Disease and Pregnancy**

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**Abstract**

**Background:** Crohn's disease is a chronic autoimmune disorder of the digestive system that affects mostly young reproductive age.

**Aim:** Investigating the relationship of Crohn's disease to pregnancy.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** Understanding the relationship of Crohn's disease to pregnancy is considered necessary to understand the consequences of the disease in the course of pregnancy. The choice drugs for the treatment of Crohn's disease during pregnancy other than cortisol and aminosalicylates include sulphasalazine. Concomitant use of folic acid (2mg / day), and the administration of sulphasalazine is implicated in the absorption of folic acid. Antibiotics that can often be used to treat the disease during pregnancy do not seem to be associated with an increased risk of teratogenicity in humans. However, metronidazole and ciprofloxacin should be avoided in the first trimester of pregnancy. In the end, the most appropriate choice of time and method of completion of childbirth depends mainly on the presence or not of complications of the disease. In the case of endometrial suffocation of the fetus, direct induction of labor is required with all the possible serious consequences that prematurity may entail.

**Conclusions:** The effect of Crohn's disease on pregnancy is an important issue. In many cases, assessing the benefit balance of maternal health and safety regarding the birth of a healthy child is particularly difficult, creating at the same time difficult moral, legal and therapeutic problems.

**Key words:** crohn's disease, pregnancy

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**POSTER [P81]****The Preschool Children's Perceptions Regarding Verticality as it is Presented  
their Drawings and the Piaget's Theory**

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**Abstract**

**Background:** Researchers highlight the importance of material space in the development and learning concepts of children and the children's abilities to understand and use these representations.

**Aim:** The present study aims to investigate the ability of preschool children to understand the meaning of verticality.

**Methods:** Respondents are 31 preschool children (4-6 years old), 16 girls and 15 boys. Children were recruited from an urban and a semi-urban kindergarten. The study was officially approved and parents gave permission for their children's participation. Children were asked to paint a pine tree in three points of a hill (on the top, on a small slope hillside, on a big slope hillside) and the path of a pine nuts falling from the tree.

**Results:** The verbal and the iconic analysis showed that the majority of children, regardless of gender, draw the tree on top of the hill vertically, and draw the tree on slopes placed it almost perpendicularly onto the corresponding line of the hillside. This confirms the Piaget's theory according to which children under seven years old are unable to represent the space and tend to make this mistake because they do not understand the concept of verticality, influenced by local characteristics (hillsides). Indeed the majority of children seem to draw in the same way, the route of the pine falls.

**Conclusions:** Educators as well as health professionals caring for children 4-6 years old, have to consider the way in which children understand the surrounding world and to respond to their needs in a manner that is appropriate for their developmental stage.

**Key words:** preschool children's perceptions, verticality, drawings, Piaget's theory

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## POSTER [P82]

**HPV Human Papilloma Virus Vaccination**

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**Abstract**

**Background:** HPV Human Papilloma Virus is transmitted sexually. It may appear after many years. At the age of 18-25, 80% of the women have the virus, and with age, the percentage decreases, so at the age of 50 only 2% have the virus. Most HPV infections (9 out of 10) go away by themselves within two years. But, sometimes, HPV infections will last longer, and can cause certain cancers and other diseases. From the 35 types of HPV found in the genitals, only two types (16 and 18) are responsible for the cervical cancers (70%), two types (6 and 11) for the warts and the others for mild and moderate lesions.

**Aim:** To show that HPV vaccination is the "primary prevention" method and is the first line of defense to reduce cervical cancer in precancerous lesions and genital warts.

**Methods:** An extensive review of the relevant literature was performed via electronic databases (Google Scholar, Pubmed) and scientific journals (English and Greek).

**Results:** The World Health Organization (WHO) recommends HPV vaccines as part of routine vaccinations in all countries, along with other prevention measures. The actual goal of HPV vaccination is to reduce high-grade intra-epithelial (non-invasive) cervical neoplasias. It's a myth that since someone always uses a condom, he is not at risk from HPV. The best way to protect against HPV is vaccination. It is estimated that more than 63 million girls and women worldwide have been vaccinated with Gardasil / Silgard and more than 19 million with Cervarix. The vaccines require two or three doses depending on a person's age and immune status. Vaccinating girls around the ages of nine to thirteen is usually recommended. The vaccines provide protection for at least 5 to 10 years.

**Conclusions:** HPV vaccination can prevent most of the cancers from ever developing. With HPV vaccination a primary etiologic management of pre-cancerous and cancer cervical lesions are established, offering a new prophylactic approach to the disease.

**Key words:** HPV, Human Papilloma Virus Vaccination, cervical cancer

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**POSTER [P83]****Pregnancy and Cervical Cancer**

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**Abstract**

**Background:** Cervical cancer and breast cancer are the most common malignancies of the geriatric system associated with pregnancy.

**Aim:** Exploring the contribution of hand washing to the prevention of in-hospital infections.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** In cases where cervical cancer is diagnosed, pregnant women should undergo a colposcopic examination. Diagnosis of cervical invasive carcinoma is performed with the colposcopically directed biopsy. The therapeutic approach depends on the stage of the disease and the age of pregnancy. Stage IA1 is observed by colposcopy every one to two months throughout pregnancy. In stage IA2, IB and IIA the treatment of the disease is dependent on the age of pregnancy. If diagnosis is made after the 16th week of pregnancy, waiting for the pulmonary maturation of the fetus to initiate the indicated treatment is considered necessary. Surgical treatment includes lymphadenectomy or radical trachelectomy. In advanced stages of illness (IIB, III and IV), patients submitted chemotherapy, and radiotherapy. For pregnant women in the IB / IIA and IIB-IVA stages of the disease, radical hysterectomy and adjuvant chemo-radiotherapy are performed. Generally, chemotherapy should be postponed for the second or third trimester of pregnancy. The use of 152 chemotherapeutic drugs is contraindicated in the first trimester. Finally, the most appropriate choice of time and method of completing childbirth in pregnant cervical cancer depends mainly on the presence or absence of complications of the disease.

**Conclusions:** Ectopic pregnancy disruption and radical hysterectomy are only indicative of pregnant women who are in the first trimester of pregnancy and are in the final stage of the disease.

**Key words:** pregnancy, cervical cancer

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**POSTER [P84]****Immediate Care of Children with Iogen Inflammation**

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**Abstract**

**Background:** Viral infections are a common cause of illness in children with malignant immunosuppression.

**Aim:** The investigation of the association of immunosuppression and viral infections in children, as well as the treatment of it.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** Chemotherapy is the most common cause of immunosuppression in children with malignant diseases. And the most common viruses that affect immunosuppressed children after chemotherapy are herpesviruses that are developed in scar tissue, lesions in the palate, tongue, lips and nose. Rarely, it can cause esophagitis and colitis. Viral-varicella herpes virus infection can cause pneumonia. It is accompanied with pain, fever and fatigue. Herpes simplex infections are treated with aciclovir. Children who have not completed the initial vaccinations are given re-vaccination one year after the end of the chemotherapy. Also, general precautions apply (hand washing, oral cavity treatment), good and balanced diet, avoiding fusion in enclosed spaces, and proper medication taking. The following should also be taken into account:

- strict adherence to relevant principles during the administration of effective therapeutic antimicrobial regimens.
- systemic administration of agents that reduce the duration and severity of neutropenia.
- strict adherence to infection prevention measures within the hospital.
- Compliance with isolation guidelines for the prevention of hospital infections
- control of open and closed packs of trauma patches, wound dressing, patches for fungal contamination.

**Conclusions:** Nurses are required to take all necessary measures to protect and promote health of neutropenic children, emphasizing their personal hygiene as well as their proper and balanced nutrition.

**Key words:** care of children, iogen inflammation

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**POSTER [P85]**

**The contribution of Nurses in Children with Cancer**

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**Abstract**

**Background:** Childhood cancer is a rare disease and constitutes 0.75% of all cases of human cancer.

**Aim:** To investigate the contribution of the nurse in the care of child suffering from cancer.

**Methods:** A review of the recent literature in electronic databases (Pub med, Google scholar) and in scientific journals was performed using the appropriate keywords.

**Results:** When a child suffers from cancer, the whole family is involved and suffers. Child's family is forced to carve new frames into common life under the burden of continuing uncertainty about the future and not seldom the loss of control. One in every 4 children with cancer passes this disease stage, which is painful, traumatic and unique, both for the child and for the family, as well as for the caregivers. At this stage, the nurse is invited to participate to support both the child and his/her parents, to enhance their cooperation with the oncology team, to attempt to facilitate the whole process, in order to achieve the "stay in their place", and to be informed and familiarized with the rules. The nurse should be aware that children who are receiving strong analgesia are not addicted to drugs, and that the main reason for ineffective analgesia is fears and myths, that are also unfortunately shared by the medical team.

**Conclusions:** The nurse is invited to take part in the reintegration of the child, so that the life both of the child and the family can "return" to their previous life, before diagnosis, also having the valuable experience of a fight with prospects, where there is confirmation and hope.

**Key words:** childhood cancer, nursing care

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**POSTER [P86]****“The kiss of the Sweet Fairy” – Fairy Tale for Children with Diabetes**

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**Abstract**

**Background:** The delicate imagination of children in combination with the way that poetry and literature have effect on their mental world, play an important role in accepting to live with diabetes.

**Aim:** The aim of the study is search about how nurses and other health professionals can help a child to accept more easily the reality he/she experienced due to the disease, in order to be gradually trained on how he/she can have a qualitative life with diabetes.

**Methods:** An extensive review of the relevant literature was performed via electronic databases (Google Scholar, Pubmed) and scientific journals (English and Greek) published in the last decade.

**Results:** It is well known that child sensitivity offers aesthetic pleasure and joy of life. Within this framework, insulin-dependent diabetes is also found. In this fairy tale insulin is not a medicine, but the magic filter. Everyday, the finger tweaks to measure glucose become small red kisses of a sweet fairy. They look like those sweet bites that the bees give to the flowers to get some pollen. So, this fairytale, with honesty, without fear, lies and illusions, shows to our little friends, parents and teachers how beautiful life is even with diabetes!

**Conclusions:** The way the child experiences diabetes, will largely determine the quality of life and health during his/her adult life. Nurses have to use this technique in providing care for diabetic children.

**Keywords:** fairy tales, diabetes I, children

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**POSTER [P87]****Sports and Epilepsy in Adolescence**

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**Abstract**

**Background:** Epilepsy is a chronic brain disorder characterized by a continuing trend of seizures.

**Aim:** To investigate the exercise in teenagers with epilepsy.

**Methods:** A literature review of the up-to date papers published in Pub Med was conducted.

**Results:** The course of epilepsy during adolescence depends primarily on the type of epilepsy or epileptic syndrome that the patient presents. The unexpected occurrence of crisis, the fear of injury, or drowning of the teenager and the concern about the future result causes great anxiety and insecurity in the family. Playing sports is an essential activity in teenage. Patients with epilepsy, who have satisfactory seizure control, can participate freely in athletics and gymnastics as well as in team games (football, basketball, tennis, etc.). Hiking and mountaineering are allowed, but it is good to avoid climbing. Skiing (using helmets) as well as cycling (off-road and helmet) are also allowed. Special attention is paid to water sports because of the risk of drowning. Swimming at sea should always be done with companion rather than in deep water. Swimming in a swimming pool is only allowed with individual supervision. Submarine diving must be prohibited, while windsurfing, sailing and water skiing should preferably be avoided.

**Conclusions:** If excessive bans are applied to adolescent sports activities, we may have the opposite effect. For this reason, it is proposed that the restrictions be reasonable and that the teen should be informed accordingly.

**Key words:** epilepsy, sports, adolescence

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POSTER [P88]

## Exercise and Pregnancy

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### Abstract

**Background:** Exercise during pregnancy is a safe procedure which can attribute significant benefits both to the pregnant woman and the fetus.

**Aim:** The research of the relation between the exercise and the pregnancy.

**Methods:** A literature review of the up-to-date papers published in Pub Med was conducted.

**Results:** The benefits that are offered by the regular physical activity during the pregnancy are known. About the pregnant woman, among other results, exercise provides improved cardiovascular function, limited weight and fat intake, mood stability so as mental state, a successful labor without severe complications, fast recovery and better physical condition. Fetus benefits include decreased fat mass, improved stress tolerance such as advanced neurological maturation. Furthermore, physical activity promotes a healing approach against complications which can appear during pregnancy. Exercising can also help the pregnant woman to avoid unpleasant consequences as diastasis recti, urinary incontinence, dysfunctional body posture, pain on the lumbar spine and the pelvis, circulatory disorders, osteoporosis and gestational diabetes. Also, physical activity helps to prevent and cure problems related to high risk pregnancies as preeclampsia and multifetal pregnancy. In other words, exercising is an alternative treatment which can reduce pregnancy complication offering a low-risk pregnancy.

**Conclusions:** Being physically active during pregnancy has shown positive effects for the women and the fetus.

**Key words:** exercise, pregnancy

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