



1 ULUSLARARASI
SELÇUK SAĞLIK
BİLİMLERİ KONGRESİ
01-02 Aralık 2022 KONYA

1st INTERNATIONAL
CONGRESS of SELÇUK
HEALTH SCIENCES
December of 01-02-2022 KONYA

ABSTRACT BOOK



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THE NEED TO SHIFT TO A SUSTAINABLE DIETARY PATTERN IN THE REGION: THE CASE STUDY OF IRAN

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ABSTRACT

Introduction: The need for a shift in diet toward a more sustainable one due to rapid climate change and a higher level of vulnerability has reached an urgency in the world, specifically in the regions where the changes are more rapid and drastic, e.g. the Middle-East. This study was undertaken to identify and summarize available data on changes required in the current Iranian diet to make it more sustainable and emphasize on the policies needed to address such a shift.

Method & Materials: In this review, PubMed, Scopus, and Web of science, as well as Iranian scientific search engines were systematically searched from January 1990 to July 2021. A total of 11 studies and policy documents were included.

Results: Moving current diet toward sustainability will require change in consumption of certain food groups/items. There has been a great deal of efforts and investment on policies and strategies to decrease the amount of sugar, salt, and fat (specifically trans-fatty acids) in the region, which make the diet more sustainable healthwise. In addition, to address ecological aspect of sustainable diet, promoting certain food items and probably limiting some others may be needed. Considering the current dietary pattern and food system of countries in the region, the proposals may be different from one country to another. For instance in Iran, due to very low consumption of dairy products their intake is being emphasized, which may not be needed in many countries. Also, legumes and nuts have been defined as a separate food group from the meat group to promote their intake and improve sustainability of the current diet.

Conclusion: Development of an enabling environment to a sustainable diet will require policy and actions to improve public awareness, support study to provide evidence and identify possible alternatives, and plan and implement interventions/programs to promote and facilitate healthy and sustainable diets.

Keywords: Sustainable diet, dietary change, environmental footprint, nutrition.

SARCOPENIA AND HAND GRIP STRENGTH IN ELDERLY HEMODIALYSIS PATIENTS

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ABSTRACT

The increasing elderly population around the world brings with it various problems. Sarcopenia is defined as a progressive and generalized skeletal muscle disorder that occurs as a progressive age-related process and includes accelerated loss of muscle mass and function. It is frequently seen in elderly individuals. Many conditions such as age, physical inactivity, endocrinological changes, nutritional status, impaired immune response, chronic diseases and chronic drug use lead to the development of sarcopenia. Muscle wasting is a common outcome in patients undergoing hemodialysis. Metabolic acidosis, chronic inflammation, insulin resistance, vitamin D deficiency, loss of appetite, low dietary phosphate intake, amino acid losses due to dialysis, increased protein catabolism, intestinal dysbiosis, etc. Many factors affect muscle loss. Studies; shows that sarcopenia and especially low muscle strength are associated with decreased quality of life, increased hospitalization rate, mortality and poor clinical outcomes. In hemodialysis patients, the formation of sarcopenia should be prevented and the poor clinical results due to sarcopenia should be prevented and its progression should be prevented. Nutrition plays an important role in the treatment process of the disease. In these patients, adequate amounts of energy, protein, vitamins and minerals should be taken to prevent tissue destruction, maintain positive nitrogen balance and prevent the development of protein energy malnutrition. Adequate energy intake is very important for the effective use of dietary protein. Guidelines recommend the use of oral nutritional supplements, intra-dialytic parenteral nutrition, enteral nutrition and total parenteral nutrition when necessary to ensure adequate energy and protein intake. During the routine controls of the patients, screening for sarcopenia, determining the nutritional status and making the necessary corrections, correcting the physical activity habits, providing the necessary medical and nutritional support recommendations for treatment; decrease in mortality, prevention of morbidities and increase in quality of life can be achieved.

Keywords: Elderly hemodialysis patients, sarcopenia, hand grip strength.

NUTRITION-RELATED MOBILE APPLICATION FOR DAILY SELF-MONITORING

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ABSTRACT

Introduction-purpose: A growing number of mobile devices, including smartphones, are available with nutrition apps. They can make the laborious task of recording intake for dietary assessment and self-monitoring easier. This enables individuals to manage their caloric intake, encourage their engagement in physical activity, and support a healthy lifestyle. There still needs to be more research on systematic analysis mapping studies in this field. This study aims to find mobile application alternatives for nutritional self-monitoring.

Methodology: This study examined two hundred-five journals from the Scopus Database using the descriptive-analytic method. Records that were published between 2007 and 2021 were gathered based on the keywords; “dietary self-monitoring,” or “nutritional application,” or “nutrition apps,” and “calorie application” The data analysis used VOSviewer and NVivo software analytical tool.

Findings: The findings show a rise in dietary self-monitoring research projects in 2017. Results showed that China was the nation that made the most contributions to this subject. The research on nutritional self-monitoring apps for mobile devices uncovered seven clusters of dominating themes; attitude to improve dietary behaviors, parameters to diagnose disease, non-communicable disease, methods, nutrition algorithm, mobile health application, and body mass index. The study also examined yearly patterns in research. The most recent research trends focus on dietary self-monitoring using a mobile application that can improve people's lifestyles, allow real-time meal recording, make it convenient to calculate the caloric content of foods consumed automatically, and possibly enhance the delivery of health behavior modification interventions to large populations of people.

Recommendations: Through bibliometric analysis and network visualization, the researchers compiled the most current developments in nutritional self-monitoring research to highlight their research frontier, trends, and hot themes. These findings might be a valuable source of direction for upcoming studies and viewpoints in this quickly evolving area.

Keywords: Nutrition, dietary self-monitoring, mobile application, self-management, bibliometric

THE PLACE OF POPULAR DIETS IN DIABETES MANAGEMENT

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ABSTRACT

Diabetes is a chronic and broad-spectrum metabolic disorder characterized by hyperglycemia, which occurs due to relative or absolute insulin deficiency or "insulin resistance" developed in peripheral tissues against the action of insulin, affecting many organs and causing multisystemic involvement. Type 2 diabetes has a very close relationship with obesity, and studies report that obesity plays a role in the etiology of more than 80% of type 2 diabetes cases. It was observed that the risk of diabetes decreased with weight loss in obese cases, and there was a significant improvement in glycemic parameters with weight loss in obese patients with diabetes. In this review study, secondary data that emerged from primary research on a similar subject were used, and these data were obtained as a result of searches made in scientific databases in electronic environment. Many diets based on the inclusion or restriction of different foods or food groups in the diet have been popularly used in the historical process to achieve weight loss. Popular diets used for weight loss in this study; 1)Diets based on manipulation of macronutrient content (Low/Very Low-Fat Diets, High-Protein Diets and Low-Carbohydrate/Ketogenic Diets) 2)Diets based on restriction of certain food or food groups (Gluten-Free Diet, Paleo Diet, Vegetarian/Vegan Diet, Mediterranean Diet, New Nordic Diet) 3)Diets based on manipulation of feeding time (Intermittent Fasting) were categorized into three groups and their effects on diabetes management were examined in detail. Considering that multiple dietary factors influence glycemia management and cardiovascular disease risk factors, and the impact of a combination of factors may be significant, the results of evaluating nutritional evidence are complex. Until the evidence surrounding the comparative benefits of different dietary patterns gets stronger; It is important to focus on common key health-promoting factors, such as minimizing the use of refined grains and added sugar, choosing whole foods over non-starchy vegetables and processed foods.

Keywords: Diabetes, cardiometabolic health, popular diets

PROBIOTIC SUPPLEMENTATION IN EXERCISERS AND THE EFFECT OF MICROBIOTA ON PERFORMANCE

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ABSTRACT

It is known that the microbiota is a crucial component of the body and when its effects on the systems are considered, it is known that it has a unique signature of the individual. According to searches, the intestinal microbiota had been examined and the effects of the microbiota at the intestinal level were revealed in the beginning. However, in recent years, the microbiota is not only in the intestine; It has also been proven to be effective on many issues such as cognitive functions, oral health and systemic health. Although a direct causal relationship between exercise and intestine microbial composition or function has not been built and is inextricably linked with dietary adjustments, there are studies showing that physical activity and fitness can change the microbiota, and it is stated that the microbiota positively affects exercise performance. It has been reported that having a healthy microbiota, especially in endurance sports where the exercise period is long and intense, positively affects critically important metabolisms such as energy metabolism, oxidative stress, and hydration status. It is stated that bacteria in the microbiota affect the sportive performance of exercisers due to different effects such as improving general health, supporting immune function, supporting recovery processes, and regulating energy metabolism. It is thought that probiotic intervention for these individuals may also be beneficial for individuals engaged in exercise by causing improvements in the microbiota due to the colonization, diversity, and superiority of microorganisms affecting the performance status. In addition to this, it is indicated that the microbiota with the use of probiotics changing can control inflammation and redox levels; and can be an important nutritional strategy to improve overall health, performance, and energy availability for exercisers and athletes. There are studies supporting this idea in the literature, however; there are questions due to its current issue, insufficient studies in this field, and contradictions in the literature. The applied probiotics especially the type of administration, duration, dosage, strain, and content are also factors that can greatly affect the validity of host physiology studies. To fully understand the effect of the microbiota on a performance level, the necessity of probiotic supplements in this issue, and the pathways in which probiotics can have an effect on those who exercise by improving the microbiota are needed in future studies.

Keywords: Mikrobiota, probiotic supplementation, athletic performance, exercise.

PCOS AND MICROBIOTA

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ABSTRACT

Polycyclic Ovarian Syndrome is a common disease that affects the population of women of reproductive age. Although it is more common in obese and insulin-resistant women, it can also be seen in thin women. Polycyclic Ovarian Syndrome is based on hyperandrogenism, oligo/amenorrhea, and the appearance of polycystic ovarian morphology on ultrasound images, and at least two of these three conditions must be seen in order to diagnose it. Exactly as polycystic ovary syndrome nutritional advice, but some previous studies have shown that high protein intake, low-glycemic index diet, the use of probiotic supplements, omega 3, and has shown that regular exercise have positive effects. The Human Microbiota is present in the skin, digestive system, respiratory system and urogenital system. The microbiota, which is mostly found in the intestines, has very comprehensive tasks in the intestines. The weight of the intestinal microbiota is about 1.5 kg and there are up to 4 phyla. These are the phylum Firmicutes, the phylum Bacteroidetes, the phylum Proteobacteria and the phyla Actinobacteria. Studies conducted on the relationship between the Intestinal Microbiota of Polycystic Ovary Syndrome have shown that there are changes in the diversity of the Intestinal Microbiota (α) and (β) Decays. In addition, it was concluded that there were changes in *Proteobacteria*, *Clostridia* and *Ruminococcaceae*, *Fusobacteria*, *Escherichia* and *Shigella* species. The effects of these species on human health are changing. Proteobacteria are one of the abundant phyla in the human gut microbiota, which includes members known to trigger intestinal inflammation and cause metabolic endotoxemia. Clostridia and Ruminococcaceae species, on the other hand, are bacterial species responsible for the deconjugation of the conjugated-estrogen complex. Increasing the abundance of Fusobacteria reduces the Firmicutes/Bacteroides ratio and makes it a risk factor for obesity. *Lachnoclostridium*, *Fusobacterium*, and serum sex hormones is associated with phenotypic changes caused by coprococcus_2 tyzzerella species can play a role in *Parabacteroides distasonis* hiperandrojenem it is believed that, *Bacteroides fragilis* and *Escherichia coli* with LH levels and LH/FSH ratio affects. An increase in *Escherichia* and *Shigella*, on the other hand, causes a change in short-chain fatty acids and affects the permeability of the intestinal barrier. An increase in *Prevotellaceae*, on the other hand, constitutes an inflammatory response in individuals. An increase in bacteroides vulgates, on the other hand, leads to a decrease in glycodeoxycholic and tauroursodeoxycholic acid levels. The aim of this article is to examine the studies showing changes in the intestinal microbiota of Polycystic Ovary Syndrome.

Keywords: Polycystic Ovary Syndrome, intestinal microbiota, bacterial species changes.

THE EFFECT OF THE BREAKFAST MEAL ON WEIGHT CONTROL

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SUMMARY

Breakfast, included in the literature as the most important meal of the day, is the end of the catabolic process after a long night fasting. It is known as a practical meal in that it is easy to prepare the foods to be consumed and does not require much processing. During the period of fasting at night, the body burns calories during sleep by using the carbohydrate stores in the liver and muscles. For this reason, the carbohydrate stores in the liver are depleted to a large extent during the night and the catabolic process continues until the breakfast meal. Today, many factors such as busy working life, socioeconomic status and popular diets affect breakfast consumption. Skipping the breakfast meal or the preferred breakfast composition is of great importance in terms of weight control. It is reported that the foods consumed in case of skipping or not skipping breakfast affect the calorie intake in other meals. It is seen that the results are inconsistent with each other on the necessity of leaving the content of the breakfast meal in the background, only on the timing. The main reason for the emergence of this difference is thought to be the difference in metabolic response specific to individuals. It is reported that if breakfast is skipped, it is not possible to compensate for the nutrients in the foods specific to the breakfast meal with other meals. In the literature, there is a widespread preconception that breakfast is the most important meal of the day, from the first studies to date. However, especially recent studies report that the effect of breakfast on weight control varies according to the individual. In line with these results, nutrition-meal planning must be tailored to individuals in the presence of a dietitian. In addition, it can be argued that choosing healthy food for breakfast can be an effective method in weight control in terms of affecting hunger and satiety hormone responses. In this study, recent studies on the effects of skipping breakfast and the food contents consumed at breakfast on weight control have been compiled; It is aimed to draw attention to the characteristic feature of the breakfast meal and to present up-to-date information about its effect on body mass index.

Key words: Nutrition, body mass index, breakfast, weight control, obesity.

THE ROLE OF FUNCTIONAL NUTRITION IN THE TREATMENT OF GLUTEN ENTEROPATHY (CELIAC) DISEASES

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ABSTRACT

Objective: To change the course of the disease positively with functional nutrition therapy in individuals with gluten enteropathy (celiac) and to examine the effect of functional nutrition on gluten enteropathy (celiac) diseases.

Materials and Methods: In our study, the patient who was diagnosed with celiac by the physician and whose Anti-Endomysium Antibody IgG test was 73.4 U-ml (Positive) before the treatment was applied functional nutrition for 1 year without any pharmacological treatment. Celiac markers were evaluated by examining Anti Endomysium Antibody IgA, Tissue Transglutaminase IgA antibody values before and after treatment.

Results: Anti-Endomysium Antibody IgG test, which is one of the celiac markers, was observed 73.4 U-ml (Positive) before the treatment, the physician diagnosed celiac and when the patient's anamnesis was taken; bloating in the abdominal region, reflux, diarrhea (10 per day), weakness, vomiting and nausea were observed when consuming gluten. After three months of functional nutrition treatment, it was observed that the swelling in the abdominal region decreased to almost nothing, the reflux complaint disappeared, the diarrhea decreased (5 per day), the fatigue disappeared, the functional nutrition treatment was continued. At the end of the sixth month of the patient with the same diet; It was observed that there was no swelling in the abdominal region, diarrhea decreased (2 per day). In the ninth month of the treatment, the treatment was continued by adding low-gluten foods (einkorn, buckwheat) and it was observed that the diarrhea disappeared (one normal stool per day), there was no vomiting and nausea despite the gluten intake. The follow-up of the patient continued by adding foods high in gluten to his diet, the patient was exposed to gluten for three months. When the anamnesis was taken again, it was observed that there was normal stool once a day, no fatigue, no nausea and vomiting, Tissue Transglutaminase IgA Antibody (2.42 U-ml - Negative), Anti Endomysium Antibody IgA (4.9 U-ml - Negative), which is one of the celiac markers. The patient is still being followed up in a controlled manner.

Conclusion: When correct nutritional treatment is applied for gluten enteropathy (celiac) diseases, the course of celiac symptoms can be changed or the findings can be eliminated.

Recommendations/Discussion: The functional nutrition we applied in our study can be a treatment for gluten enteropathy (celiac) diseases. In order for our study to form solid grounds, it should be developed and the number of cases should be increased.

Keywords: Gluten enteropathy (celiac), functional nutrition, antibody.

THE STUDY ON THE ADAPTATION OF THE NUTRITIONAL HABITS OF ADULT INDIVIDUALS TO THE MEDITERRANEAN DIET

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ABSTRACT

Introduction: Mediterranean diet based on olive oil, high percentage of vegetables, fruits, legumes, whole grain products, oil seeds; moderate fish, milk and its products, eggs; has low red meat and moderate red wine content. Mediterranean diet is shown as the most healthy and sustainable nutrition model compared to other diet models. Mediterranean diet has a high antioxidant capacity in terms of its content, It protects the body against oxidative stress and inflammation. It has been determined that the incidence of chronic non-communicable diseases such as type 2 diabetes and cancer, especially cardiovascular diseases, is low in societies where the Mediterranean diet model is common.

Material and Method: The research was limited to 250 individuals between the ages of 18-65 who agreed to participate in the survey in the Mut district of Mersin between June-July 2021. Questionnaire applied to the participants; It consists of 6 sections: demographic characteristics, information about nutrition - attitude - behavior tests, frequency of food consumption, Mediterranean Diet Score. The data were analyzed using the IBMSPPSS-25 package program.

Results: It has been determined that the majority of female participants are those who do not do physical activity but do not have weight problems in the family, and the number of individuals with a diagnosed disease is low. Considering the level of knowledge about the Mediterranean diet, the knowledge level of the majority was evaluated as good. In the food consumption frequency survey, it was determined that olive oil is consumed every day as a basic food, as the Mediterranean diet requires.

Conclusion: It has been determined that the consumption of fruits, vegetables and olive oil is common in the nutritional habits of the people in line with the geographical characteristics and economic conditions, but the BMI rates are high due to insufficient physical activity. Abundant use of olive oil on the table may be associated with the low risk of non-communicable chronic diseases, especially cardiovascular diseases.

Suggestions: While high consumption of olive oil, vegetables and fruits in the region affects health positively, ignoring portion control causes weight gain and deterioration in BMI ratios. At this point, dietitians should teach the right eating habits and at the same time, additional behavioral therapies should be added to nutrition education, and activities that support active life should be planned in the presence of sports trainers.

Keywords: Mediterranean diet, olive oil, obesity, sustainable nutrition.

COMPARISON OF FOOD GROUPS AND OTHER RECOMMENDATIONS IN SCHOOL NUTRITION GUIDELINES: TURKEY AND EUROPEAN COUNTRIES

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ABSTRACT

The purpose of nutrition and dietary guidelines prepared for children and adolescents is to ensure that the daily food and nutrient requirement is consumed in an adequate and balanced manner according to food groups. It is of great importance to present an adequate and balanced meal pattern to children and adolescents and to encourage healthy eating habits. The nutrition and dietary guidelines that are accepted and implemented by the official institutions of Germany, England, Ireland, and Scotland, prepared electronically for schools, have been reached. Although there is no specific guide for schools in Turkey, the recommendations in the National Menu Planning and Implementation Guide for Mass Nutrition Systems (Mass Consumption Places) are included in the study. The data and recommendations from DGE Quality Standard for School Meals for Germany, School Food Standards A Practical Guide for Schools Their Cooks and Caterers for Germany, Healthy Eating in Schools for Scotland, and Nutrition Standards for School Meals for Ireland were compared in terms of consumption of other nutrients such as salt, water, and dietary fiber. It has been determined that countries have developed suggestions for important health problems and nutrient deficiencies in their societies. Similarities in daily nutrient requirements. They focuses on nutrients that are important for growth and development. It has been observed that the recommendations for the food groups of the countries are given in the form of consumption amount (g) in daily and weekly periods, whereas the recommendations for Turkey are given in the form of portion sizes. This situation reveals that there are differences in the consumption amounts specific to the countries and the portion sizes of the recommendations for Turkey. Another important difference is that the recommendations for other elements such as refined sugar, salt, dietary fiber belonging to other countries were discussed in detail. It has been concluded that the recommendations of the guide differ between countries, there are country-specific focuses, and the consumption amounts differ. The preparation and implementation of community-specific school nutrition guidelines should be encouraged.

Keywords: Nutrition and dietary guidelines, school age children, adolescent.

AN OVERVIEW OF ISOTHIOCYANATES IN HEALTHY NUTRITION

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ABSTRACT

Introduction: Brassiceae family vegetables, together with frequently consumed vegetables such as cauliflower, broccoli, cabbage and mustard, have about 375 genera and 3200 species, and they attract attention with their isothiocyanate content. Glucosinolates, which provide the taste and smell unique to Brassiceae vegetables, form the defense system of the vegetable against external factors, and which are approximately 1% in the dry weight of the vegetable, are hydrolyzed to isothiocyanates at a maximum rate of 67% by the endogenous enzyme myrosinase. Since the harvest of Brassiceae vegetables, the isothiocyanate content decreases and is affected by the cooking method applied. Isothiocyanate metabolites reach their highest level in the blood 30 minutes after consumption. If the myrosinase enzyme is inactivated for any reason, glucosinolates reach the large intestine where they can be broken down by the microbiota in the human body and can be metabolized within 2-3 hours. Isothiocyanates are of great importance due to their health effects.

Materials and Methods: The review was created by scanning the abstracts of publications containing the keywords "isothiocyanate", "health" and "disease" published in the "PubMed" and "Google Scholar" databases.

Results: The water-boiling process applied to Brassiceae vegetables causes the most isothiocyanate loss, while steam-cooking or microwave-cooking causes less isothiocyanate loss. According to the countries, daily isothiocyanate intake varies between 5-31 mg/dl and this intake level is considered reliable. Brassiceae vegetables; It can reduce the risk of developing chronic diseases such as cardiovascular diseases, various cancer types and type-2 diabetes by inducing immune-system functions with its antioxidant activity and reducing inflammation in the human body. Isothiocyanates with anticarcinogenic properties have been associated with the suppression of many types of cancer, including stomach, lung and colon cancer. With their antibacterial properties, isothiocyanates react with the -SH groups of proteins and form the best response against bacteria. It has been proven that isothiocyanates in water reverse give positive results in bacterial urinary tract infection. It has been reported that isothiocyanates have side effects on thyroid functions. Although its toxic effect has not been proven in human studies, it has been determined in some animal experiments that isothiocyanates cause hypothyroidism or goiter by interrupting the secretion of thyroid hormones.

Conclusion: Consumption of isothiocyanates in normal amounts is safe for the human body and is accepted as an active compound that positively affects health.

Recommendation: More work is needed in this area.

Keywords: Isothiocyanate, brassiceae, anticarcinogenic, anti-inflammatory.

THE ROLE OF FOOD SERVICES IN THE PREVENTION OF MALNUTRITION IN ELDERLY IN HOSPITAL AND NURSING HOMES

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ABSTRACT

In older adults, malnutrition is a condition that causes loss of appetite, difficulties in swallowing and chewing, oral and dental problems, changes in muscle mass, reduction in body weight, and impairments in cognitive functions and biochemical parameters. Food services in hospitals and nursing homes play a critical role in the care process of individuals. The aim of this study is to evaluate food services for the prevention of malnutrition in older adults in hospitals and nursing homes. Scientific publications in electronic databases such as Medline, Pubmed, Cinahl, The Lancet, Cochrane Library and Sciencedirect were used to investigate and evaluate the effectiveness of practices related to food service. Well and balanced nutrition should be provided in accordance with the basic needs of individuals by developing appropriate intervention strategies for food services in older adults. Against malnutrition in food service, enrichment and strengthening of nutrients, use of foods with modified textures, the adaptation of timing in meal patterns, preservation of organoleptic quality of meals, presence of auxiliary staff in the meal consumption process, use of periodical menus, including small, portioned meals with high energy and protein content, and the addition of snacks with high nutrient content between main meals can be cited among intervention studies. In institutions where older adults are concentrated, such as hospitals and nursing homes, interventions for mass nutrition play a key role not only in the treatment of malnutrition but also in preventing the emergence of risk, reducing body weight loss, and helping to increase physical capacity.

Keywords: Malnutrition, food service, hospital, nursing home.

A NEW FOOD SERVICE MODEL FOR A IMPATIENT HEALTCARE FACILITIES: ROOM SERVICE MODEL

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ABSTRACT

The quality of health services and the level of development are closely related. Approaches to increase the quality and patient satisfaction in health services are increasing day by day. Patient-oriented hospital services aim to meet the increasing expectations of patients while protecting the hospital's budget.

The adequacy and quality of the food service provided to patients in inpatient health institutions is very important. According to the hospital's quality policy, various catering models are implemented to provide catering service. These models differ according to the methods applied at all stages from the purchasing stage to the consumption stage. It is thought that the personalized food service model, which can be changed in line with the needs of the patients, will increase the satisfaction levels of the patients and their food consumption. In the room service model developed with these considerations, patients can choose foods from the menus on electronic devices and planned according to their clinical findings. With this application, making food choices just before the food service ensures that dietary requirements are up-to-date. Thus, the food prepared according to the findings of the day before and the number of patients the day before, regardless of the changing health status, is prevented from being waste. In the standard meal time application, since the time when the food is served coincides with various application times related to the treatment process, the foods can get cold and the food can be left unconsumed. With the room service model, an alternative solution can be produced for the reduction of food consumption due to mealtimes.

Continuous improvement and planning of food service models in line with patient expectations not only increases patient satisfaction and provides cost savings, but also has an impact on clinical results related to food intake. The available evidence shows that room service, which is a patient-centered food service model, will increase patient satisfaction, reduce the amount of plate waste, increase food intake, accelerate the healing process and shorten the hospital stay.

Keywords: Nutrition services, hospital food service, room service model.

IDENTIFICATION AND ANALYSIS OF DIETARY PHYTOCHEMICALS

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ABSTRACT

Due to the increase in the incidence of non-communicable diseases in recent years, interest in plant foods has increased for the prevention and treatment of diseases. Although the mechanisms related to the effects of plants on health have not been fully elucidated, the number of studies that associate the presence of secondary metabolites called phytochemicals in plants is increasing. With the development of sensitive analytical methods, many phytochemicals have been identified and their health effects have been investigated. According to many epidemiological data, the prominent effect of phytochemicals in humans is the antioxidant effect. Therefore, phytochemicals; It can be used as a preventive and therapeutic against many diseases such as obesity, cardiovascular diseases, neurological disorders, cancer, diabetes, osteoarthritis, liver diseases that may occur as a result of oxidative stress. It is also known to have an anti-aging effect and effects on the microbiota. Accurate estimation of dietary phytochemicals is required to correlate these health effects. Databases such as phytochemical index, United States Department of Agriculture (USDA), Phenol-Explorer, Euro FIR-eBASIS have been developed to apply to dietary intake data. However, it should be noted that these data do not take into account the variables such as various physicochemical structures of phytochemicals, plant growing conditions, food production process and bioavailability. In addition, these effects may complicate the determination of phytochemicals by analytical methods. Therefore, antioxidant phytochemicals, especially phenols, are investigated using various chromatographic and electrophoretic techniques. The health effects of phytochemicals, especially phenols, have been determined by epidemiological and analytical studies. The analytical methods developed provide the source and standardization for the databases used to determine the intake and health effects of dietary phytochemicals among populations. Databases used to evaluate dietary intakes of phytochemicals must be continually updated with analytical research to obtain more reliable results. In addition, countries are required to establish their own databases in order to provide recommendations for phytochemicals in their own dietary guidelines. There are no recommended intake levels for phytochemicals. An appropriate framework is also needed to determine their recommended intake. In this review, it is aimed to discuss the methods used in the identification and analysis of dietary phytochemicals.

Keywords: Dietary phytochemicals, analytical methods, phytochemical index, phenols.

HEALTH EFFECTS OF RETINOL BINDING PROTEIN-4

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ABSTRACT

Retinol Binding Protein-4 (RBP-4) is an adipokine secreted from liver and adipose tissue, produced by the RBP-4 gene in humans. RBP-4, which takes part in some metabolic pathways such as the transport of the retinol molecule from the liver to the target tissues, glucose metabolism; It has been associated with many diseases such as obesity, cardiovascular disease, Type 2 diabetes, insulin resistance and related non-alcoholic fatty liver, metabolic syndrome. Although many studies in the literature have shown that retinol binding protein is negatively associated with insulin sensitivity, some study data could not show this relationship. However, there are also studies emphasizing that insulin resistance may be an independent marker of RBP-4. It is stated that RBP-4 may also be a potential biomarker in determining the risk of cardiovascular disease. It is a generally accepted hypothesis that the increase in serum RBP-4 levels is due to increased adipose tissue expression. It is known that adipokines such as retinol binding protein secreted from adipose tissue have autocrine, paracrine and endocrine activities in different organs. Studies on experimental animals show that increased levels of retinol-binding protein can cause insulin resistance and other metabolic diseases by increasing pro-inflammatory cytokine production through the induction of macrophages in adipose tissue. The exact determination of the secretion mechanisms of RBP-4 and its activity in tissues is important to understand its relationship with RBP-4 and diseases. In this study, it was aimed to discuss the mechanism of action of retinol-binding protein-4 and to reveal the studies on its health effects.

Keywords: Adipokines, insulin resistance, retinol binding protein 4, retinol.

GLOBAL FOOD SAFETY AND FOOD SECURITY

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ABSTRACT

Introduction-Purpose: Climate change already negatively influences health in several ways, including increasing the risk of sickness and death. The incidence and prevalence of food-borne illnesses, as well as the appearance of new pathogens and toxicants, are all factors that climate change can have an impact on. Moreover, climate change can significantly affect global food safety and food security. This study aims to see the effects of climate change on food safety and security in supporting the success of the SGDs goals for global health.

Methodology: This study used a descriptive-analytic approach to investigate 118 articles from the Scopus Database. Based on the keywords: were “food AND safety” and “food AND security” published records between 2020 and 2022 were obtained. The data analysis used VOSviewer and Nvivo 12 plus software.

Findings: The findings show that there have been more publications on global food safety and food security in 2021. The United States became the first scientific production by country in global food safety and food security with 40 documents. The study of global food safety and food security discovered five recurrent themes: food safety, social-environment, global health, sustainability, and food security. The study examines trends between 2020 to 2022, and the recent trends discuss food waste, outcome assessment, and infection risk.

Recommendation: This study compiled the most recent advancements in global food safety and food security to shed light on their research frontier, trends, and hot themes related to global health through bibliometric analysis and network visualization. The results of this study can be recommendations to stakeholders for world preparedness due to the impacts of climate change.

Keywords: Food safety, food security, global health, climate change.

THE ROLE OF PROBIOTICS IN WOMEN'S HEALTH

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ABSTRACT

Introduction-Purpose: Probiotics are living microorganisms that provide health benefits for humans. Probiotics, when taken in adequate amounts, protect the host from pathogenic bacteria infections. It helps to modulate the immunological system. It contributes to the synthesis of some micronutrients, neurotransmitters, and bioactive components. It maintains the continuity of the intestinal epithelium. Positive effects of probiotics have been observed in the prevention and treatment of many diseases. Probiotics are prominent primarily in maintaining intestinal health and preventing intestinal diseases. In recent years, the focus has been on the effects of probiotics on the protection of women's health and the treatment of gynecological diseases. There is increasing evidence in the literature of the effects of probiotics on the women reproductive system. In this study, it was aimed to review scientific evidence on the effects of probiotics on the protection of women's health and the treatment of women-specific diseases.

Methodology: In the study, current scientific evidence, revealing the effect of probiotics on women's health, was compiled by reviewing the national and international literature.

Findings: As a result of the literature review, it was determined that probiotics have positive effects on the continuity of general women's health and, in particular, on the effects on the women reproductive system. The women reproductive system is colonized by various microorganisms that form microbiota. In the microbiota of the healthy women reproductive system, *Lactobacillus* species are prevalent. *Lactobacillus* bacteria reduce pH in the vaginal environment, preventing the growth of pathogenic microorganisms and ensuring the protection of vaginal health. The vaginal microbiota is a crucial determinant of women's health. Deteriorations in the vaginal microbiota are associated with diseases specific to women as bacterial vaginosis, cervical cancer, vulvovaginal candidiasis, gestational diabetes mellitus, polycystic over syndrome, postmenopausal osteoporosis, breast cancer, gynecological cancers and postpartum depression. Menstrual cycle, pregnancy, lactation, sexual habits, using antibiotic drugs, conditions related to childbirth, and sexually transmitted diseases are factors that cause disruption of the balance of vaginal microorganisms.

Conclusion: Probiotics play an important role to protect the stability of microbial areas, heal to pregnancy complications, treat to undesirable health conditions that emerged in the postpartum term, and protect the general women's health.

Keywords: Probiotics, women's health, microbiota.

ADIPOSE TISSUE: ALTERATIONS IN DIET AND EXERCISE INTERVENTIONS

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ABSTRACT

Introduction-Aim: Obesity, which is expressed as excessive accumulation of adipose tissue that poses a risk to health, is a global public health problem. It has been reported by the World Health Organization (WHO) that it is an important determinant of mortality and morbidity and significantly increases the risk of noncommunicable diseases. Understanding the energy intake, expenditure, storage and the molecular mechanisms that regulate them is of great importance for reducing obesity-related health problems. In many studies conducted to date, it has been tried to understand which genes are expressed in adipose tissue and which metabolic pathways are activated or deactivated by diet and exercise interventions. The purpose of this review is to investigate the effects of various diet and exercise interventions on adipose tissue and energy homeostasis.

Method: Within the scope of this review, PubMed, Scopus and Web of science and local scientific search engines were searched from November 2012 to November 2022 using the keywords "adipose tissue, diet, exercise and gene expression".

Results: Adipose tissue undergoes some metabolic and genomic changes due to acute exercise and training. Although some steps have been taken regarding the metabolic changes induced by exercise, studies are still ongoing to identify specific adipokines and metabolites that transmit signals from adipocytes to peripheral tissues during exercise. Studies on the diet-adipose tissue relationship generally include diet models with energy restriction, as well as dietary models and effects, in which functional foods or nutrients are added to the diet.

Conclusion and Suggestions: When the studies are considered holistically, it is thought that the genomic and metabolic changes in the adipose tissue will be positive and will lead to the healthiest result, with a healthy diet and exercise program tailored to the individual.

Key words: Obesity, adipose tissue, diet, exercise, gene expression.

THE RELATIONSHIP BETWEEN THE MEDITERRANEAN DIET ADHERENCE BEFORE THE DIAGNOSIS OF COVID-19 AND THE COVID-19 SYMPTOM SEVERITY

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ABSTRACT

Introduction-Purpose: The coronavirus-2019 (COVID-19) pandemic causes various clinical, mental, and psychological complications. An inadequate-unbalanced diet is associated with many cardiometabolic conditions related to COVID-19 infection and prognosis. This study aimed to evaluate whether the level of adherence to the Mediterranean diet before the diagnosis of individuals who survived the COVID-19 disease has an effect on the severity of symptoms during the COVID-19 disease process. Methodology (Method): This cross-sectional study was conducted with 200 adults (75 male, 125 female) with a mean age of 34.3±15.6 years (18-94 years) who were diagnosed with COVID-19 and survived the disease. The data were collected via telephone survey method. The questionnaire includes general information about individuals, Mediterranean Diet Adherence Scale (MEDAS), symptoms during the COVID-19 process, severity (evaluation on a subjective scale between 0-10 points), and duration (days). The MEDAS total score of ≥7 was considered high adherence to the Mediterranean diet, and <7 was regarded as low adherence. The SPSS program was used in the analysis of the data. Statistically, p<0.05 was considered significant. **Findings:** The mean MEDAS scores of the participants were 7.8±2.1, 26.5% of the participants had low adherence to the Mediterranean diet, and 73.5% had high adherence to the Mediterranean diet. The most common symptoms in the COVID-19 process were fatigue (77%), cough (74%), muscle and joint pains (72%), headache (64.5%), fever (60%), nasal congestion (42.5%), dry throat (41.5%), smell loss (40.5%), taste loss (39.5%), dyspnea (35%), and dizziness (12.5%), respectively. The frequency of dyspnea during the COVID-19 process was 39.5% in the high adherence group and 22.6% in the low adherence group (p<0.05). Regarding the frequency of other symptoms, no significant difference was found between the Mediterranean diet adherence groups (p>0.05). There was no statistically significant difference between the groups for symptom severity and duration (p>0.05).

Discussion-Results and Recommendations: There was no significant difference between the Mediterranean diet adherence groups regarding severity scoring and duration of COVID-19 symptoms. However, the Mediterranean diet may be beneficial in terms of short- and long-term health outcomes associated with COVID-19 infection. It would be useful to repeat the study in larger samples that are similar in age by asking about the chronic disease coexistence before COVID-19, the COVID-19 vaccine history, and the nutritional habits during the COVID-19 process.

Keywords: Covid-19 pandemic, symptoms of Covid-19, Mediterranean diet

AN OVERVIEW OF THE TREND OF GLUTEN-FREE DIET IN TERMS OF ADEQUATE AND BALANCED NUTRITION

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ABSTRACT

Gluten-free diet; It is a dietary pattern that does not include wheat, barley, rye and their products. There is a popular trend towards a gluten-free diet in individuals without celiac disease or gluten sensitivity, despite the lack of proven positive health outcomes in large populations of scientific studies. In this study, a general assessment of gluten-free diet in terms of adequate and balanced nutrition and health effects will be made. In gluten-free diet, complex carbohydrates, dietary fiber and protein ingredient are lower; It is stated that the fat intake increases up to about two times. Since gluten-free products have higher saturated fat and energy ingredient compared to gluten-containing ones, gluten-free diet with these products can cause obesity risk. On the other hand, when we look at intestinal health, a decrease in the number of beneficial bacteria (*Bifidobacterium* spp., *B. longum*, *Lactobacillus* spp.) and an increase in the number of pathogens (*E. coli*, *Enterobacteriaceae*) were observed due to the decrease in polysaccharide and dietary fiber intake. Intestinal microbiota diversity and functionality are adversely affected in healthy individuals on a gluten-free diet, and thus may pose a risk in terms of immune functions. It is underlined that the gluten-free diet pattern has low content of folate, vitamin B12, vitamin D and calcium, and therefore may cause inadequacy in the preservation of bone mineral density. It was determined that the energy, macronutrient, fiber, sodium, salt and cholesterol content of gluten-free foods were different from their gluten-containing counterparts. Scientific debates continue about the fact that gluten-free diet causes an increase in processed food consumption, has higher cost and lower sensory properties, is sustainable, and the gluten-free product market is becoming increasingly widespread. As a result, gluten-free diet may pose a risk in terms of adequate and balanced nutrition in individuals with celiac and gluten sensitivity. In this context, more scientific studies are needed to examine the gluten-free diet paradox in healthy individuals in terms of different parameters. Multi-stakeholder collaborative initiatives against popular dietary practices such as scientific evidence-based gluten-free diets in the community would be beneficial. It is recommended that individuals who prefer a gluten-free diet should be careful about their nutritional deficiencies, and that gluten-free diet practices should be carried out with the support of a physician and dietitian in a clinical setting.

DETERMINING ADULTS' READING, USE AND UNDERSTANDING FOOD LABELS

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ABSTRACT

Introduction: Information on food labels, nutrition and health claims affect consumers' food choices and dietary behaviors. The effective use of food label information by consumers plays an important role in optimal nutrition, maintaining health and reducing the risk of disease. In this study, it is aimed to evaluate the consumers' reading, use and understanding of food labels.

Materials and Methods: This descriptive study designed in the general screening model was conducted on 310 adult volunteers. The data of the research were collected by face-to-face interview method with a questionnaire that aims to determine the status of reading, using and understanding the food labels of the consumers whose usage permission has been obtained. Percentage (%), frequency distribution (f) and chi-square analysis (χ^2) were used in the statistical analysis of the data. Frequency of participants' use of food label information was evaluated with using the Five-Likert Type rating system.

Results: According to the findings of the study, 46.5% of the participants were male, 53.5% were female, and 82.3% of them had undergraduate and graduate education. While 96.1% of the participants stated that they read the labels on the packaging of the food they bought, there was no significant relationship between reading food labels and gender, educational status and occupation ($p>0.05$). While the most frequently read information on food label information was expiry date (92.5%), price (92.3%) and product name (91.7%); the least read information was portion amount information (53.7%). 17.8% of respondents who read food labels gave the answer “always” to the frequency of using the information on food labels. The correct answer rates for the three questions based on understanding the nutrient and portion amount information on the food label were 52.9%, 52.3% and 56.5%, respectively. It was determined that the frequency of always reading the nutrient information on the food labels of the participants who answered the question about nutrient calculation correctly differed significantly ($p<0.05$).

Conclusion: This study revealed that the participants had deficiencies in reading, using and understanding food label information and had difficulties in mathematical calculations. This situation draws attention to the education needs of the participants on the relevant subject. These educations can be among the main topics of general nutrition education, or they can also be carried out as educational initiatives focused on reading food labels directly. Studies to be conducted in a larger sample group across Turkey on effective reading, use and understanding of food labels will contribute to a deeper understanding and solution of the problem.

Keywords: Nutrition, adults, food label.

EXAMINATION OF CHILD DEVELOPMENT UNDERGRADUATE STUDENTS' THOUGHTS, ATTITUDES AND CONCERNS ABOUT INCLUSIVE EDUCATION IN TERMS OF DIFFERENT VARIABLES

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ABSTRACT

In the study, it was aimed to examine the thoughts, attitudes and concerns of child development undergraduate program students about inclusive education in terms of different variables. The sample of the study consists of 182 undergraduate students selected using purposive sampling from first, second, third and fourth year students studying in the Child Development Undergraduate Program of a Health Sciences Faculty in the Central Anatolia Region. In the study, in order to determine the thoughts, attitudes and concerns of the participants about inclusive education, the Thoughts, Attitudes and Concerns about Inclusive Education Scale was used. It was developed by Loreman, Earle, Sharma, and Forlin (2007) and adapted into Turkish by Cansız and Cansız (2018) and whose validity and reliability studies were conducted. As a result of the research, there was no statistically significant difference in the participants' Thought, Attitude and Concerns Scale scores about Inclusive Education in terms of gender and age variables. A statistically significant difference was found in the scale scores in terms of knowledge levels on regulations, self-confidence about inclusive education, and taking inclusive education courses.

Keywords: Inclusion, inclusive education, integration, child development undergraduate program students

EXAMINATION OF THESIS ON INTERNET ADDICTION IN HIGH SCHOOL STUDENTS IN TURKEY

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ABSTRACT

The purpose of the study is to examine the theses published between 2006-2022 on internet addiction in high school students, who are considered a risky group in terms of addiction, which is becoming a common problem in Turkey. The research is a descriptive survey study, it has a qualitative feature in order to examine and evaluate the theses reached in line with the determined criteria, and epistemological document analysis method was used in the collection of data. The research includes 113 master's theses and 14 doctoral theses on internet addiction and high school students. In the research, it has been concluded that studies on internet addiction have increased over time, studies on the subject have increased in cities with a high population density, researches have been carried out mostly by using the quantitative research model using the scanning design, and the researches conducted to determine the causes of internet addiction are intense.

Keywords: Internet addiction, adolescents, high school students

ANALYSIS OF POSTGRADUATE THESES ON SEXUAL DEVELOPMENT IN TURKEY

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ABSTRACT

Sexuality, which is a fundamental characteristic of being human and is shaped according to these characteristics by incorporating the beliefs, cultures, emotions, attitudes, and physical appearances of the individual, is expressed as sexual development when viewed as a concept that includes problems and behavioral changes that result. Starting from the family, sexual development is supported when working together at school. Social development, self-love, self-confidence, and self-esteem are important individual characteristics, such as in-depth exploration and discussion of related concepts, sexual violence, abuse prevention, and early identification of sexual development disorders with parents, educators, and child care. Professionals interested in sexual development should be trained and aware. In order to determine the situation on these issues, it is necessary to examine the qualified researches about parents, teachers and other related groups and to reveal the correct information. In this direction, it is aimed to examine the studies with the concept of "sexual development" in the title of the thesis studies conducted in our country and to determine the current situation. 14 postgraduate theses, which were open to access at the YÖK National Thesis Center and had the phrase "sexual development" in their title, and were published until 10.06.2022, were included in the research. These studies were analyzed by content analysis and reported in the direction of descriptive analysis by giving place to the author's name, publication year, sample size and results in chronological order prepared by the researchers. In the research, the majority of the postgraduate theses with sexual development in the title were published within the Institute of Educational Sciences, the majority of them were master's thesis, almost all of them were quantitative studies, and the sample groups included parents, teachers, patients with sexual development disorders, and the data collection tool was the most common. It was determined that many survey methods were used. In line with the results obtained in the researches examined, it was determined that the studies on sexual development and the knowledge of the individuals responsible for child care and education were not sufficient.

Keywords: sexual development, postgraduate thesis studies, content analysis

TOY SELECTIONS OF PARENTS WITH CHILDREN IN PRE-SCHOOL PERIOD

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ABSTRACT

Toys, which have taken a great place in the lives of children from the past to the present, support various development areas of children; They are important play tools that help develop their imaginations, talents and personalities. In addition, toys are necessary materials to stimulate all areas of the child's development. Toy and child are two inseparable concepts. It can not be thought a child without a toy as well as it can not be thought a toy without a child. It is extremely important to choose toys suitable for the age and development level of the child for a healthy development. Especially the pre-school period, when development is most critical, is the period when brain development is the most intense and fastest. In this period, along with the individual differences in development, there will be changes in the choice of toys. This research was conducted to examine the toy choices of parents who have children in the preschool period and to determine the factors affecting their toy choices. The study group consisted of 25 parents residing in Selçuklu district of Konya province on a voluntary basis and their children attending a pre-school education institution. As a data collection tool, a semi-structured interview form, which included questions about parents' toy choices, was used. The obtained data were analyzed by content analysis method.

Keywords: preschool period, child, parent, toy

THE MONTESSORI METHOD IN PEACE EDUCATION IN EARLY CHILDHOOD

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ABSTRACT

Peace education requires a lifelong education approach. The ideal starting period for this education, which is possible for all ages, is early childhood. Although there are many approaches to peace education in children in this period, the Montessori Method is an education model that stands out as an effective learning method in creating peace awareness.

Peace education is an important element in the Montessori Method. Montessori thinks that in establishing peace and ending conflicts from child education can be benefited. She states that solving problems arising from racial, linguistic, religious and prejudices should start with the child. Approaching humanity's ideal of a better world with a holistic education, Montessori states that peace can be established if children are given the opportunity to grow up with a healthy spirit, strong character and clear intellect. This study is a literature review to introduce the place of peace education in the Montessori method. It draws attention to the important role of the Montessori method in how peace education should be given to children.

Keywords: Peace Education, Early Childhood, Montessori Education, Peace and Education, Montessori Method

EXAMINATION OF SCHOOL CLIMATE ACCORDING TO VARIOUS VARIABLES ACCORDING TO TEACHER'S PERCEPTIONS

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ABSTRACT

Although schools have some similarities, each school has its own climate. Schools differ in their effects on individuals both inside and outside the school because of their unique climate. In a positive school climate, members of the organization feel valued as individuals and contribute to organizational success; there are opportunities for solidarity, relevant, academic development, social development, communication and participation in the school; teachers are committed to their work, they work cooperatively, individuals in the organization trust each other, have mutual respect, help each other. In this context, perceiving the school climate positively or negatively has a number of effects on teachers. The main purpose of this research is to examine the school climate perceived by teachers according to various demographic variables. The study was carried out with 105 teachers working in the field of preschool education in the central district of Giresun province in the 2019-2020 academic year. The research was carried out using the quantitative research method and the general screening model was used. As a data collection tool; The 23-item "School Climate Scale" developed by Canlı, Demirtaş and Özer (2018) was used. According to the opinions of the teachers participating in the research; The overall average scores of the teachers' perceived school climate levels from their schools were calculated as = 4.05. According to these findings, it is possible to say that the school climate levels perceived by teachers from their schools are at a "high" level. School climate of teachers do not differ according to gender, marital status, age, education level and duration of service.

Keywords: School, school climate, organizational climate, teacher.

EXAMINATION OF ADAPTATION PROBLEMS AND PROBLEM BEHAVIORS THAT INDIVIDUALS MAY EXPERIENCE DURING ADOLESCENCE

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ABSTRACT

Considered as a bio-psycho-social being, human beings go through many developmental stages in the life process from fertilization to death. Every developmental stage that a person has survived contains its own unique conflicts and crises. In order for a person to progress his/her life process in a healthy way, he/she needs to cope with the crises and conflicts he/she may encounter at the stage he/she is in. Because every crisis and conflict that may be encountered carries the quality of support for a person to develop in a healthy way by bringing with it a gain specific to the stage in which it is located. One of the periods in which crises and conflicts are experienced intensively is the adolescence period. Due to biological, psychological and social factors, the adolescence period appears as a complicated life period with the crises and conflicts it contains. Between the life stages, the adolescence period and the crises and conflicts that it brings with it are of great importance in terms of the developmental tasks that a person needs to perform in order to show healthy development Decently. However, every individual cannot cope in a healthy way with the crises and conflicts that they may encounter in the life stage in which they are involved. The inability to cope with crises and conflicts can also occur during adolescence. In the face of this situation, the adolescent individual may have difficulty adapting to the period he has been in and may show problem behaviors due to this difficulty. In this study, which was conducted in order to examine the adaptation problems that may be encountered during adolescence and the problem behaviors that result from this, literature related to the literature search method was examined. As a result of this review; adaptation problems and problem behaviors encountered during adolescence were tried to be explained, conclusions and recommendations for this situation were tried to be put forward.

Keywords: adolescent, adaptation, problem behavior, crisis, conflict.

THE EFFECTS OF THE "LOOK UPSIDE DOWN" PROGRAM ON CHILDREN'S SCIENCE PROCESS SKILLS

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ABSTRACT

The research carried out to examine the effect of the "Look Upside Down" Program designed in the Flipped Learning Model on the scientific process skills of preschool children was designed in a quasi-experimental design. The study group of the research designed within the scope of an eTwinning Project consists of a total of 240 children, 121 of whom are in the experimental group and 119 in the control group, who attend pre-school education institutions in the city center of Konya. In addition to the existing preschool education program for the children in the experimental group of the research, a five-month education program called "Look Upside Down" developed in the Flipped Learning Model was implemented as an eTwinning Project. Before and after the training content, the "Scientific Process Skills Scale" was applied to the children in the experimental and control groups, and in addition, the "Personal Information Form" developed by the researchers was used as a data collection tool. The data obtained in the research are in the analysis stage. In line with the results of the research, the effect of the "Look Upside Down" program designed in the Flipped Learning Model on the scientific process skills of children will be discussed in the light of the studies in the literature.

Keywords: Preschool education, flipped learning model, science process skills

INVESTIGATING THE RELATIONSHIP BETWEEN SPEAKING SELF-EFFICACY AND SOCIAL EMOTIONAL COMPETENCE OF SECONDARY SCHOOL STUDENTS

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ABSTRACT

This study was conducted to examine the relationship between middle school students' social emotional competence and speaking self-efficacy. Relational screening model was used in the study. The population of the research consists of students studying in 5th, 6th, 7th and 8th grades in Konya city center. The sample consists of 226 (104 female, 122 male) students selected by convenient sampling method. Social Emotional Competence Questionnaire and Speaking Self-Efficacy Scale were used to collect information in the study. The data were analyzed using SPSS 24.0 package program. According to the findings, there is a significant positive relationship between speaking self-efficacy and social emotional competence levels in middle school students. It was found that there was a difference according to the grade level variable, but there was no significant difference according to the gender variable. It is seen that studies on speaking self-efficacy and social emotional competence are mostly conducted with adult individuals. As a result, it is thought that the studies should be reduced to middle school level, children in the transition period to adolescence, supported in the early period and provided with the opportunity to bring them into society as socially emotionally developed adults who can communicate more healthily in the future.

Keywords: Social emotional competence, speaking self-efficacy, middle school

SOCIAL MEDIA HABITS OF CHILD DEVELOPMENT UNDERGRADUATE STUDENTS

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ABSTRACT

The aim of this study is to determine the social media habits and addictions of undergraduate students studying in the child development department and to examine them in terms of different variables. In this context, 327 students studying at Selçuk University Faculty of Health Sciences Child Development Department participated in the research. The “Social Media Addiction Scale-Adult Form” developed by Şahin and Yağcı (2017) and the “Social Media Usage Information Form” prepared by the researchers to collect data on social media use were used to collect the data. Frequency and percentage values were calculated in the analysis of the data, and t-test and one-way ANOVA test were applied to determine the variances. According to the results of the research, 4.6% of the students use social media applications for less than 1 hour, 48.6% for 1-3 hours, 42.5% for 4-6 hours and 4.3% for more than 7 hours. It was concluded that 97.6% of the students use social media applications via the phone and they mostly use these applications to communicate with their family, friends and environment. The most used social media application by the students was Instagram with 52%, and the least used was Tumblr with 0.3%. There is no significant difference in social media addiction scores according to students' grade levels and gender.

Keywords: Child development, social media, addiction

EXAMINATION OF GRADUATE EDUCATION THESIS RELATED TO GIFTED CHILDREN AGED 10-14 IN TURKEY

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ABSTRACT

The aim of the research is to examine the postgraduate education theses about gifted students in the 10-14 age group in Turkey. Among the 240 theses published between 1995-2022, which are open to access in the thesis archive of the Higher Education Institution, 134 postgraduate theses including the 10-14 age group were examined. The scope of the research consists of 30 doctorate and 104 master's theses. This study is important in that it is the age group where the most studies are concentrated among the theses published on gifted children. The research is a descriptive and qualitative study aiming to evaluate the publications examined according to certain criteria. Document analysis method was used in the research. The findings obtained as a result of the examination were interpreted by showing frequency and percentage tables. As a result of the research, it was concluded that the most studies were carried out in the science of science education and the quantitative study method.

Keywords: gifted children, child development, science and art center, postgraduate education

INVESTIGATION OF THE RELATIONSHIP BETWEEN SELF-ESTEEM OF ADOLESCENTS AND THE FAMILY FUNCTIONS OF THEIR PARENTS

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ABSTRACT

In this study, it was aimed to examine the relationship between the self-esteem of adolescents and the family functions of their parents. The study population of the research consists of secondary and high school students studying in Konya in the 2019-2020 academic year. The research group consists of a total of 95 students, 49 girls and 44 boys, studying in state schools in Konya. Relational screening model was used in the research. In the study, "Self-Esteem Scale" (Bogenç, 2005) was used to determine the self-esteem levels of adolescents and "Family Assesment Scale" was used to determine the family functions of their parents. In addition, "Personal Information Form" was used to obtain information about the personal characteristics of adolescents. Pearson Correlation Coefficient was used to determine the relationship between the self-esteem scale scores of adolescents and the family function scores of the parents. According to the results obtained in the study, it was determined that there is a positive, high and significant relationship between the self-esteem of adolescents and the family functions of both mothers and fathers.

Keywords: Child development, self-esteem, family functions

ADVERSE CHILDHOOD EXPERIENCES: A PUBLIC HEALTH PROBLEM

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ABSTRACT

Adverse childhood experiences (ACEs), as defined by Felitti and colleagues in 1998, have been associated with leading causes of morbidity and mortality in the U.S. As such, they are a public health problem and need to be addressed using public health interventions. However, researchers in the ACEs field tend to treat them as individual problems, as shown by the results of a scoping review of 1,361 articles on ACEs that my colleagues and I conducted. Results of this review show that there is a disproportionate focus in this field on the negative effects of ACEs on health and individual and on family interventions aimed at mitigating harms after exposure to ACEs has already occurred and not enough focus on the societal conditions that give rise to ACEs and how to ameliorate these conditions. Instead, ACEs should be conceptualized within broader social determinants of health framework, definitions of ACEs should be tied directly to upstream causes, determinants of health should not be conflated with determinants of health inequities, and the overall focus should shift toward prevention using a public health approach. In addition, research on ACEs should be viewed in conjunction with other areas in which a similar dynamic has occurred or is still occurring, whereby a public health problem requiring public health solutions turns into an individual problem requiring individual solutions. Ultimately, addressing ACEs is about protecting children's rights and creating a more just world for all.

Keywords: Adverse childhood experiences, ACEs, public health

KNOWLEDGE AND PRACTICES OF DELIVERY ROOM MIDWIVES ON DELAYED UMBILICAL CORD CLAMPING TIME

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ABSTRACT

Introduction: This study aimed to evaluate the knowledge and practices of delivery room midwives on delayed umbilical cord clamping (DCC).

Material and Method: This descriptive study was conducted with a total of 1,274 delivery room midwives from five regions of Turkey between 9 February 2021 and 26 September 2022, using stratified random sampling method. The data were collected using a Google survey form.

Results: Most of the midwives defined DCC as clamping the umbilical cord in term newborns after cessation of pulsations (47.2%), and as clamping the umbilical cord in preterm newborns within 15-30 seconds of birth (31.2%). Their highest DCC time ranged between 0-10 seconds for term and preterm newborns (34.7% and 54.8%, respectively). The rates of applying DCC were 17.6% and 5.3% in term and preterm newborns, respectively. Dealing with the mother (75.6% and 33.4%, respectively), having workload (27.5% and 24.6%, respectively), considering that the newborn would have respiratory distress (16.1% and 33.4%), considering that the newborn would get cold (10.7% and 13.9%, respectively), preventing polycythemia and hyperbilirubinemia (6.7% and 9.7%, respectively), and being afraid of dropping the newborn (5.3% and 19%, 8, respectively) are the most common reasons for midwives not to apply DCC to term and preterm newborns. The majority of the midwives reported that they had no DCC protocol in their institution (80.5%) and did not receive training on DCC (76.5%).

Conclusion and Recommendations: This study has concluded that most midwives do not know the correct definition of DCC, do not apply DCC correctly, have quite short DCC times, have no DCC protocol in their institutions, and do not receive in-service training on DCC. It is recommended to develop and implement a guideline on FCC at the national level and to provide training on FCC to midwives working in the delivery room.

Keywords: Delivery room, midwifery, newborn, umbilical cord clamping

THE EFFECTS OF MAKING PREGNANT WOMEN WITH PRETERM BIRTH THREAT WATCH NATURE IMAGES WITH VIRTUAL REALITY GOGGLES ON THE LEVELS OF STRESS, ANXIETY, ATTACHMENT, AND CARE¹ SATISFACTION

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ABSTRACT

Introduction-Purpose: Pregnant women hospitalized for PBT need to be informed and supported by midwives. It is thought that the midwife's being in contact with the pregnant woman and meeting her needs and using tools such as virtual reality goggles (VRG) that may be interesting to them will reduce stress and anxiety. This study was planned to determine the effect of watching nature images with VRG on the level of stress, anxiety, attachment and care satisfaction to pregnant women diagnosed with PBT.

Method: The sample of the randomized controlled experimental study consisted of 131 primiparous pregnant women who were admitted to the Konya City Hospital perinatology clinic due to the diagnosis of PBT between April 5 and July 20. The intervention group was made to watch a total of six videos containing nature images accompanied by nature sounds three times a day, for at least five minutes and two days using virtual reality goggles. No interventions were administered to the control group other than routine practices.

The data were collected through the Pregnant Women Descriptive Information Form, the Depression Anxiety Stress (DASS-21) Scale-Stress Subscale, the State Anxiety Scale, the Prenatal Attachment Inventory, and the Satisfaction Level Information Form of Virtual Reality Goggle Application. In the analysis of the data, the independent groups *t*- and chi-square tests were used to compare the data on the descriptive statistics of the intervention and control groups. While the *t*-test of dependent groups was used for in-group comparisons, the *t*-test of independent groups was utilized for intergroup comparisons.

Findings: The mean age of the pregnant women in the study was found 23.27±3.93 years, and the mean gestational week was detected as 32.49±3.17 weeks. Compared the pregnant women in both groups, the state anxiety levels (32.86±8.44; 45.90±10.87; *p*=0.001, respectively) and stress levels (4.75±3.40; 8.25±4.13; *p*=0.001, respectively) were found to be statistically significantly lower in the intervention group than the controls. However, no difference was determined between both groups in terms of prenatal attachment levels (71.09±8.67; 67.33±9.90; *p*=0.025, respectively).

Results: In conclusion, it may be asserted that making pregnant women with preterm birth threats watch nature images with VRG reduces their stress and anxiety levels, but the practice does not affect the level of attachment. It was concluded that all of the pregnant women were satisfied with watching nature images using VRG, increasing their care satisfaction.

Keywords: Anxiety; attachment; preterm birth threat; stress; virtual reality ¹This article was produced from a master's thesis.

TO MICROBIAT MOTHER, BABY AND MICROBIATE

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ABSTRACT

Microbiota is expressed as a community of living things that live together especially in certain parts of the human body and play an active and beneficial role in the immune, digestive and nervous systems. Although the formation of the microbiota in the human body begins during pregnancy, it is basically shaped in the first three years of life. One of the factors that affect the development of a healthy microbiota of the baby is the maternal vagina. It has been stated that impaired maternal vaginal microbiota may lead to pregnancy complications and preterm delivery. Premature birth, on the other hand, increases the risk of long-term health problems in addition to increasing morbidity in the neonatal period, making the development of intestinal microbiota different from other infants. It has been stated that one of the important factors on the development of the baby's microbiota is the mode of delivery. While babies born vaginally have intestinal microbial content similar to the mother's vaginal and intestinal flora, babies born by cesarean section have microbial flora similar to environmental microbes. Microbiota transition during pregnancy and birth is provided by breastfeeding afterwards. Breastfeeding affects the composition of the microbiota in the early stages of life and plays an important role in the development of a healthy microbiota in the baby. Midwives and gynecology nurses should be informed about the effects of pregnancy, birth and breastfeeding on the microbiota starting from the pre-pregnancy period and the conditions that negatively affect the formation of healthy microbiota during these processes.

Keywords: microbiota, baby, mother, pregnancy, birth

THE RELATIONSHIP OF SEXUAL SELF-EFFICACY AND SEXUAL SELF-AWARENESS LEVELS WITH ATTITUDES TOWARDS SEXUALITY IN PREGNANT WOMEN

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ABSTRACT

Introduction: To determine the relationship of sexual self-efficacy and sexual self-consciousness levels of pregnant women with their attitudes towards sexuality.

Material and Method: The data of this descriptive and correlational study were collected from 318 pregnant women between September 2020 and May 2021. A personal information form and the Sexual Self-Efficacy (SSES), Sexual Self-Awareness (SSCS) and Attitude towards Sexuality in Pregnancy Scale (AStSdP) were used to collect the data. Data analysis was performed with Pearson correlation, independent samples t test, One-way analysis of variance, and binary logistic regression analysis.

Results: The participants' AStSdP mean score was 117.10±17.30, SSES mean score was 26.35±6.71 and SSCS mean score was 24.75±9.10. There was a moderate positive correlation of the participants' AStSdP mean score with the SSES mean score, a low negative low level relationship with the SSCS mean score, and a moderate negative relationship with sexual shyness ($p < .005$). There was a low negative correlation between the participants' duration of marriage and gestational week and their AStSdP mean score ($p < 0.005$). Risk factors for attitude towards sexuality during pregnancy: SSES total score (Odds Ratio [OR]= .907, 95% Confidence Interval [CI]= .863-.954), Sexual shyness score (OR= 1.239, 95% CI=.901 - 1.029) and partner training (OR= 3.930, 95% CI=1.580- 9.770).

Conclusion and Recommendations: While six out of ten pregnant women had a positive attitude towards sexuality during pregnancy, their sexual self-efficacy and sexual self-consciousness levels were moderate. There was a relationship between attitudes towards sexuality during pregnancy and sexual self-efficacy and sexual self-consciousness levels of pregnant women. Sexual self-consciousness, sexual embarrassment, and education level of the partner were observed to influence attitudes towards sexuality during pregnancy. Attitudes towards sexuality, sexual self-efficacy and sexual self-consciousness levels of pregnant women should be determined in prenatal follow-ups. Pregnant women and their spouses should be provided with training and consultancy services regarding sexuality during pregnancy.

Keywords: pregnancy, sexual self-efficacy, sexual self-awareness, sexuality, attitude

MIDWIFERY CARE IN PREGNANT WOMEN WITH SUBSTANCE ABUSE

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ABSTRACT

Substance abuse threatens human health by increasing day by day all over the world. The serious increase in the use of drugs and stimulants, as well as alcohol and cigarettes, is a public health problem. The destructive effect of substance use in women is greater than in men. Substance use has negative effects on mother and baby during pregnancy. Prenatal follow-up is important for substance abuse detection. For this reason, midwife, one of the health professionals, should identify and guide pregnant women with substance abuse in the early period and provide holistic care. Addictive substances easily cross the blood-placental barrier and accumulate in the placenta. This prevents adequate nutrition of the fetus and causes congenital anomalies, preterm birth, low birth weight, fetal alcohol syndrome and neonatal withdrawal syndrome. Prenatal follow-up is important for substance abuse detection. For this reason, midwives, who are health professionals, have duties such as detecting pregnant women who are addicted to substances at an early stage, directing them and providing holistic care.

Keywords: pregnant, substance abuse, midwifery

POSITIVE PERCEPTION OF BIRTH AND THE ROLE OF THE MIDWIFE

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ABSTRACT

Birth is one of the most important events in a woman's life. The experience acquired with birth is a combination of individual, psychological and physiological processes influenced by social and environmental factors. The unrealized expectations that a woman desires to live in at birth can result in disappointment in the postpartum period. Accordingly, in the woman's mind, the birth event evokes negative situations and having a baby is perceived as an uncomfortable situation. This perception can affect not only the woman herself who gives birth but also those around her. In its new approach that came with the latest update, the World Health Organization during labor; where inequality of care is prevented by taking into account human rights, the dignity and privacy of all women are protected, In the intrapartum process, the woman is constantly supported, harmed and mistreated is prevented, she is allowed to make conscious choices, recommends an intrapartum care in which the woman is provided with positive birth care. The midwife, who is the most effective health professional in providing this care, should be able to provide holistic care that ensures the positive perception of birth in the woman.

Keywords: positive birth perception, intrapartum care, midwifery.

THE EFFECT OF PRENATAL BREASTFEEDING AND ATTACHMENT LEVELS ON SKIN-TO-SKIN CONTACT AWARENESS IN PREGNANCY

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SUMMARY

Objective: The aim of this study is to determine the effect of breastfeeding and attachment level on skin-to-skin contact awareness in pregnant women in the third trimester of pregnancy.

Method: The study is descriptive and cross-sectional. 107 pregnant women who were in the children of pregnancy participated in the study. The study was carried out through social media platforms in May-July 2021. Data were collected using the Personal and Skin-to-Skin Characteristics Form, the Prenatal Breastfeeding Self-Efficacy Scale, and the Prenatal Attachment Inventory. Data analysis was performed by number, percentage, mean, standard deviation, and multiple linear regression.

Results: The mean age of the pregnant women was 30.59±5.06 years. The mean scores of the Prenatal Breastfeeding Self-Efficacy Scale (min:20-max:100) and the Prenatal Attachment Inventory (min:21-max:84) were 80.05±16.03 and 36.81±11.78. Awareness level (min:0-max:10) of the participants for skin contact during pregnancy was 5.98±3.43. As the prenatal breastfeeding self-efficacy of the pregnant women increased, their awareness of skin-to-skin contact increased (p<0.05). With multiple regression analysis, covariates (number of births and prenatal breastfeeding self-efficacy) explain 31% of the change in awareness level for skin-to-skin contact (R²= 0.313).

Conclusion: By determining the skin-to-skin contact awareness needs of pregnant women in the prenatal period, health professionals can target early intervention initiatives (including in the birth preparation class, sharing information about skin-to-skin contact) in pregnant women with these needs. In this context, it can be predicted that mothers' readiness for skin-to-skin contact and application rates may be affected in the postpartum period.

Keywords: attachment, breastfeeding, prenatal, pregnancy, skin to skin

KNOWLEDGE LEVELS OF WOMEN LIVING IN KARATAY/KONYA REGION ABOUT SEXUALLY TRANSMITTED DISEASES

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ABSTRACT

Introduction: In recent years, the incidence of sexually transmitted diseases (STD) has increased. Our study was planned with the aim of determining the knowledge levels of sexually transmitted disease among the 15-49 years old female population in total 4 Family Health Centers (FMC); 2 center FMC and 2 village FMC affiliated to Konya province Karatay Community Health Center.

Material and Method: According to the results of the analysis, it was decided to make a survey for 526 people. The data were collected from the volunteer women using survey method. SPSS-22 Statistical Package Program was used to evaluate statistical analysis.

Results: Among the women 3% are under the age of 18, 38.6% are 35 years or older 287 people (54.6%) were living in the center; the other 239 women (45.4%) live in the village. 3.2% of the women 50% education level of primary school graduates, 11.2% are university graduates, and 1.3% of them were master degree graduates. 228 women (43%) have multiple choice questions in the form of sexually transmitted diseases. 3) I do not know. Of the women, 298 (56.7%) were AIDS / HIV; 201 women (38.2%) fungus and 93 women (12.2) have given examples of other diseases. According to the results of the chi-square test, the status of having STD varies according to age; STD increases with advancing age. In addition, according to the results, the method of family planning (FP) varies according to the place of residence. According to the results, 49.2% of women stated that they did not have enough information about STD. The majority of the women, who stated that they had no knowledge and some knowledge, live in the village.

Conclusion and Recommendation: Sexually transmitted diseases; does not change according to the location and education level. Sexually transmitted diseases, however, vary according to age. Having informative visual materials, posters and brochures about sexually transmitted diseases that women can read in the Family Health Center (clinic, midwife-nurse meeting room, corridors, intervention room, injection room) can be effective in raising information and awareness on the subject. Visual materials such as brochures and posters, which contain informative basic information and messages about STDs, should be hung at appropriate places in FHCs to inform women and other patients who apply for treatment.

Keywords: Knowledge level; Sexually transmitted diseases; woman

NURSING CARE FOR A NEWBORN DIAGNOSED WITH SPINA BIFIDA BASED ON THE NEUMAN SYSTEMS MODEL: A CASE REPORT

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ABSTRACT

Spina bifida is a congenital anomaly used to describe neural tube defect malformations resulting from defects in a series of steps in the development of neural tissue and related mesodermal and ectodermal layers at embryonic days 28. The type and degree of neurological and functional disorders seen in newborns diagnosed with SB may vary according to the level of the lesion. Treatment includes surgical intervention, medical treatment, intermittent catheterization, physiotherapy and rehabilitation in line with the needs of the newborn. In these processes, the newborn and his family need intensive care and support of nurses. In nursing care, nursing theories and models are used to increase the effectiveness of care, to systematize it and to create a guide. These nursing models form the basis of the development of the professional nursing profession. Each theory or conceptual model describes a specific aspect that can be used in nursing practice. The Neuman Systems Model (NSM) provides nurses with a systems-based and comprehensive conceptual framework by explaining the individual's physiological, psychological, socio-cultural, developmental and spiritual variables. This model considers the individual holistically and focuses on the individual's optimal well-being. The basis of the model is based on the individual or society's response to stressors and the nurse's intervention to this stress response with primary, secondary and tertiary protection measures. In this case, using NSM, a newborn with SB was given care with a holistic nursing approach, taking into account the developmental, physiological, psychological, sociocultural and spiritual characteristics. Within the scope of the model, detailed data of the case were collected, and a care plan was prepared by determining the appropriate protection levels for these diagnoses in line with NANDA nursing diagnoses. This study will contribute to nursing care plans. It is thought that the effectiveness and quality of care will increase as NSM is integrated into nursing care.

Key words: Nursing, nursing care. Neuman systems model, spina bifida. newborn

EVIDENCE-BASED PRACTICES IN THE FIRST STAGE OF LABOR

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ABSTRACT

The World Health Organization (WHO) recommends replacing ineffective and harmful clinical practices with evidence-based practices. Evidence-based practices are of great importance to improve the quality of intrapartum labor. The intrapartum period is a critical period for mother and baby and the main focus in this critical period is to improve mother-baby health. Intrapartum care is an important area of responsibility for midwives. The WHO and the Turkish Ministry of Health recommend effective communication with pregnant women in the intrapartum period, providing the opportunity to choose a companion, delaying admission to the active phase, vaginal examination at four-hour intervals, intermittent auscultation to assess fetal well-being, vertical mobilization of pregnant women, non-pharmacological applications for pain management, and oral fluid and food intake. Evidence-based approaches applied during the delivery process will avoid unhelpful treatments, reduce incorrect interventions, minimize the cost and maximize the quality of service provided, increase the service satisfaction of pregnant women, and improve midwifery care. Providing the necessary trainings to midwives in order to reflect evidence-based practices to the clinic may be possible with midwives taking a more active role in childbirth. Midwives should also follow up on current developments, including evidence-based practices, and implement these developments and conduct more research.

Keywords: pregnancy, evidence-based practice, midwifery

EVIDENCE-BASED PRACTICES IN THE THIRD STAGE OF LABOR

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ABSTRACT

It is aimed to abandon the treatments that do not benefit from the use of evidence -based practices in all stages of birth, to prevent incorrect practices, to gain importance, to ensure the importance of patient expectations, to ensure cost effectiveness and to develop health care. The third phase of the birth begins immediately after the birth of the baby and ends with the birth of the placenta. In this stage, midwifery care is important in terms of initiating the connection between the mother and the newborn as well as initiatives for controlling the bleeding. In the third phase of the birth, the mother and the baby should be brought together first to contact early skin skin, and mother-baby communication should be initiated by supporting breastfeeding. In addition to the physiological support of the third stage, risk factors should be evaluated in terms of bleeding and precautions should be taken against excessive bleeding. Evidence shows that the amount of bleeding of this universe, the need for hand removal of placenta by hand, and that it may directly affect significant material consequences such as pospartum bleeding.

Keywords: labor, third stage, evidence, midwifery

ROLE AND RESPONSIBILITIES OF NURSE MANAGERS IN ENSURING PATIENT SAFETY IN HEALTH INSTITUTIONS

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ABSTRACT

Introduction: Health institutions are places where there are complex and unpredictable risks by nature. For this reason, patients and their relatives may encounter some safety problems in the health institution they come to for health care. Since nurse managers are responsible for patient care services, they can detect problems related to patient safety in advance, prevent these problems and ensure patient safety by making necessary arrangements. Nurse managers have important roles and responsibilities in ensuring and maintaining patient safety.

Objective: In this review study, it is aimed to examine the roles and responsibilities of nurse managers in detail in ensuring patient safety.

Method: In this compilation study, the relevant international literature was reviewed and the roles and responsibilities of nurse managers in ensuring patient safety were explained.

Results: The roles and responsibilities of nurse managers in ensuring patient safety were discussed and examined under three main headings: "Creating a suitable working environment, Empowering nurses in patient safety, Creating a positive patient safety culture."

Conclusion and Suggestions: Nurse managers and leaders should show their commitment to patient safety, provide the necessary resources and manage the culture change by making the necessary arrangements to achieve results. At this stage, it is an important issue that nurse managers have autonomy in order to fulfill their roles and responsibilities in ensuring patient safety, and that they are supported by the senior management.

Keywords: healthcare organizations, patient safety, nurse manager, role and responsibility

THE ROLE OF THE MIDWIFE IN PERINATAL LOSS AND MOURNING

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ABSTRACT

Perinatal loss is fetal and neonatal death from the 22nd week of pregnancy (or 500 grams) to the first 28 days postpartum. Perinatal loss includes preconceptional infertility, fetal death during pregnancy, and neonatal death after delivery. From the moment a woman learns of her pregnancy or the first time she sees the images of her baby on ultrasound, she is strongly attached to her unborn baby, both physically and emotionally. Women react to prenatal losses just as they do when a baby dies and their dreams and hopes are lost. Grief is a natural reaction after loss. After the loss, women experience mourning for a long time and depending on the severity of the grief, symptoms of anxiety and depression can be seen. Therefore, families need social support and midwifery care during the grieving process. Midwives are key care providers for bereaved families and are the first, last, and most frequent contact parents with healthcare professionals. The purpose of midwifery care; to help couples who have lost, to meet their care needs, to prevent the process from causing physical and psychosocial damage, and to gain the ability to cope with problems that may occur later. Midwives should closely monitor the families experiencing perinatal loss and provide the necessary support to these families.

Keywords: perinatal loss, mourning, midwifery

LATE TERM BLEEDING DISORDERS IN PREGNANCY

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ABSTRACT

One of the most feared symptoms in pregnancy is bleeding. Obstetric hemorrhages are also in the first place in terms of maternal death causes. Bleeding in the second and third trimesters of pregnancy is a dangerous risk factor that can cause maternal and/or fetal morbidity and mortality. Among the most common causes are placenta previa, ablatio placentae and vasa previa. Interventions to reduce the possibility of complications that may occur during pregnancy in pregnant women at risk of bleeding are measures and methods used to reduce maternal mortality with early detection of the diagnosis and appropriate treatment. In this direction, midwives undertake great responsibilities in the antenatal follow-up of pregnant women, in giving care to pregnant women with a holistic approach during labor and postpartum period. Appropriate treatment and care strategies should be implemented to reduce maternal mortality rates.

Keywords: pregnancy, late pregnancy bleeding, midwifery

THE EFFECT OF DELIVERY METHOD ON THE NEWBORN MICROBIOTA

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ABSTRACT

All microorganisms that consist of microbial species such as viruses, bacteria and fungi in the human body are called microbiota. The human microbiome plays a role in maintaining health, but it is also thought that certain changes in microbial species adversely affect maternal and child health. There are many factors that affect the microbial diversity and colonization in the gut in newborns. These; frequency of vaginal examination, birth environment, maternal vaginal and skin microbiota, gestational week, birth weight. It has been stated that one of the most important factors on the development of the baby's microbiota is the mode of delivery. While babies born vaginally have intestinal microbial content similar to the mother's vaginal and intestinal flora, babies born by cesarean section have microbial flora similar to environmental microbes. In vaginal deliveries, the newborn takes the maternal colon, skin, and vaginal microbiome orally. Thus, from the first hours of life, microbial colonization begins to occur in the intestine of the newborn. For this reason, reproduction of some important lactobacilli and bifidobacteria content in baby stools occur in later periods in babies born by cesarean section. In addition, the intestinal microbiome of infants born by cesarean section is more composed of maternal skin and oral microbiome and bacteria in the operating room compared to vaginal delivery. Since it is difficult to acquire normal microbiota bacteria in this group of babies, gastrointestinal and immunological disorders are more common. Children born by cesarean section are more likely to develop immune-related diseases such as inflammatory bowel disease, obesity, asthma/allergies compared to those born vaginally. Another effect of cesarean delivery on newborn microbiome colonization is early exposure to antibiotics. Almost all women who have had a cesarean delivery receive intrapartum antibiotics to reduce the risk of post-operative infection. Midwives should be informed about the effects of pregnancy, birth and breastfeeding on the microbiota, starting from the preconceptional period, and the conditions that negatively affect the formation of healthy microbiota during these periods.

Keywords: mode of delivery, newborn, microbiota

APPLICATIONS TO IMPROVE PREVENTIVE HEALTH BEHAVIORS IN WOMEN

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ABSTRACT

Preventive health services are important in increasing the quality of health care, reducing the cost of health, and early diagnosis and diagnosis of diseases. In our country, it is necessary to carry out studies to develop healthy attitudes and behaviors for women whose participation in preventive health practices is low. Implementations such as ensuring that women participate in cancer screenings, gaining the right genital hygiene behaviors, receiving family planning services, strengthening the pelvic floor muscles, and make vaccinations for immunization are within the scope of preventive services to improve women's health. Considering the factors that negatively affect women's access to health services, it is important to disseminate practices for the development of preventive health behaviors in women and to ensure that they are accessible to all women. Health professionals working in primary health care services need to organize education on the subject, make home visits, and reach women from afar with digital health applications. Applications tailored to the needs will be effective in helping women develop healthy attitudes and behaviors. This study aims to explain in detail the practices that midwives and other health professionals can use to develop women's preventive health behaviors.

Keywords: preventive health, woman, health education.

THE EFFECT OF HOT SHOWERS AND PROGRESSIVE MUSCLE RELAXATION METHODS IN RELIEF OF LABOR PAIN

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ABSTRACT

Introduction: Birth is different for every woman. Almost all women feel anxiety about dealing with labor and labor. The purpose of this review is to discuss the hot shower and progressive muscle relaxation exercises for the relief of labor pain.

Materials and Methods: This review was prepared by reviewing the literature. A total of 16 current sources were reached by scanning Web of science, Google academic and pubmed databases.

Results: Nonpharmacological methods are widely used because they are easy to apply and have no side effects. Breathing and relaxation techniques and hot showers and baths are among these methods. Relaxation techniques used to relieve pain include progressive muscle relaxation and breathing techniques. With the progressive muscle relaxation method, also called progressive relaxation, different muscles in the body are first contracted and then relaxed. Progressive muscle relaxation exercises reduce the level of stress, are effective in coping with anxiety and depression, and it has been determined that they reduce the level of distress in pregnant women. Studies show that progressive muscle relaxation exercises reduce the pain felt. Looking at the literature, a Cochrane review of 15 studies, including progressive muscle relaxation, from many different countries, including Turkey, was conducted, and relaxation techniques were compared with the usual care provided. With this analysis, it was concluded that relaxation techniques reduce pain intensity in the latent phase. Another method used to relieve pain is a hot shower. While entering the water reduces the pain, anxiety and anxiety, it increases the satisfaction and comfort of birth and provides relaxation. In addition, warm water increases the amount of endorphins in the body, increases the blood oxygen level and allows the perineal tissue to relax. In addition to these, other benefits of water treatment are the interventions to be made with pharmacological agents, the use of epidural analgesia, forceps and vacuum assisted deliveries, the episiotomy applied and the reduction of perineal lacerations that may occur.

Conclusion and Suggestions/Discussion: Hot shower and progressive relaxation exercises, which are non-pharmacological methods, have many benefits. These methods can be used to relieve women during the intrapartum period. There are many studies in the literature that include non-pharmacological methods used to cope with pain in labor. However, more randomized controlled studies are needed to evaluate the usefulness of the applied techniques.

Keywords: labour, nonpharmacology, hot shower, progressive muscle relaxation

PREGNANCY ADAPTATION AND PRENATAL ATTACHMENT LEVELS OF PREGNANT WOMEN AT THREAT OF PRE-TERM BIRTH AND THOSE NOT AT THREAT OF PRE-TERM BIRTH*

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ABSTRACT

Purpose: In this study, aimed to determine the adjustment to pregnancy and prenatal attachment levels of pregnant women at threat of preterm birth (PTB) and those without.

Methods: This descriptive and comparative study was designed with 500 pregnant women between 20-37 weeks of age, who applied to a university hospital, with and without PTB. Data were collected using a data collection form, the Prenatal Attachment Inventory (PAI), and the *Prenatal Self-Evaluation Questionnaire* (PSEQ).

Results: In terms of sociodemographic characteristics, they were similar. The mean PSEQ score of the pregnant women with PTB was 142.62±22.14, which was 138.84±22.53 in those without PTB. Mean (PSEQ) score of pregnant women with PTB was higher than those without PTB, albeit not significant ($p>.05$). In pregnant women with PTB, "thoughts about their own and their baby's health" and "being ready for birth" PSEQ sub-dimension score averages were very significantly higher ($p<.001$), and the "fear of childbirth" sub-dimension score average was significantly higher ($p<.01$) than those without PTB. Mean PSEQ "acceptance of the maternal role" sub-dimension score of pregnant women with PTB was significantly lower compared to those without PTB ($p<.001$). Mean PAI score of the pregnant women with PTB was 64.27±8.68, while the mean score of the pregnant women without PTB was 63.26±9.18. There was no significant difference between the mean PTB score of pregnant women with and without PTB ($p>.05$).

Conclusions and Suggestions: It was determined that the mean scores of PSEQ and PAI of pregnant women with and without PTB were similar ($p>0.05$). PSEQ sub-dimensions of "fear of childbirth", "readiness for childbirth" and "thoughts about self and her baby's health" sub-dimensions of the PSEQ in pregnant women with PTB were lower compared to those without PTB, and maternal role sub-dimension compliance levels were higher. Midwives should evaluate the adaptation to pregnancy and prenatal attachment status of all pregnant women, observe the pregnant women during the prenatal period, determine their support needs, provide support and education for the needs, and show a holistic approach.

Keywords: Premature Birth Threat; Pregnancy Adjustment; Prenatal Attachment; Midwifery Care

* This study was produced from the master's thesis titled " Pregnancy Adaptation And Prenatal Attachment Levels Of Pregnant Women At Threat Of Pre-Term Birth And Those Not At Threat Of Pre-Term Birth " conducted at Selçuk University, Institute of Health Sciences, under the supervision of Dr. Seyhan Çankaya.

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FEAR OF BIRTH IN PREGNANCY AND ITS PSYCHOLOGICAL EFFECTS

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ABSTRACT

In this study, "Pubmed", "Cochrane Library", "BMC", "Google Scholar", "Springer Links", "Frontiers", "Connected Papers" databases were searched using the keywords tocophobia, fear of childbirth, psychological effect, anxiety and depression in order to examine the effect of fear of childbirth experienced during pregnancy on the psychology of the mother and examined by all the studies that emerged. In this context, the studies published between 2018-2022 were examined. It has been reported that pregnant women experience fear of childbirth throughout pregnancy, an increase in the fear of childbirth towards the end of pregnancy is observed, higher fear of childbirth is observed in pregnant women with low social support systems, negative birth experiences, low self-esteem and prenatal depression. Fear of childbirth; it can cause stress, anxiety, emotional changes, insomnia, irritability, restlessness and crying attacks in the mother. In order to alleviate or prevent these psychological effects of fear of childbirth in pregnant women, it should be ensured that the birth fear levels of pregnant women are determined and appropriate and adequate level of training and counseling are provided by midwives. For this reason, midwives may be advised to perform psychological screening for expectant mothers from the early stages of pregnancy. Most of the pregnant women experience the fear of childbirth. To prevent this fear, women; from the preconceptional period, trainings should be strengthened in terms of pregnancy and birth knowledge with yoga courses, prenatal and childbirth preparation courses. Birth environments should be created that will allow pregnant women to feel free and safe during delivery. The creation of female-centered, safe birth environments that allow pregnant women to have a positive birth experience, being with a companion they want during the birth, providing freedom of movement, giving explanatory information, showing affection, respecting their preferences, and applying psychological-based interventions will enable them to experience less fear of childbirth.

Keywords: Fear of childbirth, tocophobia, anxiety, depression

DONATION OF BREAST MILK AFTER PERINATAL LOSS: A HEALING RITUAL FOR GRIEVING MOTHER

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ABSTRACT

Perinatal loss, according to the World Health Organization (WHO), covers the losses that start from the 21st week of pregnancy and occur within the first 28-day period after birth. Although the prenatal death rate varies according to the development level of the countries, it is stated that it varies between 3.1 and 34 per 1000 births. Prenatal loss is defined as one of the most devastating events that a woman will experience due to the physical, social and psychological effects it creates on women. In addition, the milk coming from the breasts of women during the mourning period after the loss makes this painful experience even worse, and women may feel that their "mother" identity has been taken away because they do not have a baby to breastfeed.

After perinatal loss, women may prefer not to suppress milk coming from their breasts and donate their milk. Milk donation allows women to define themselves as mothers and to confirm their motherhood after their babies die. When women donate their milk, they can find the opportunity to make sense of their loss by saving the lives of other babies, and they stated that this prevents the sense of guilt they feel towards themselves and provides them peace and relief. Milk donation is characterized as a healing ritual that not only helps women to face the loss of their babies and cope with their feelings of grief, but also makes it easier for them to integrate the loss into their lives. In studies, mothers who lost their babies describe breast milk as an invisible gift from their babies and stated that donating their milk is a way of establishing a physical bond with their dead baby.

Because breastfeeding can be of great value to bereaved mothers, it is important to include a variety of options for breastfeeding management in addition to suppression in the female care plan. Midwives are in a unique position to alleviate women's traumatic responses to perinatal loss in a supportive environment. After perinatal loss, presenting women with choices to pressure or donate about the management of breast milk allows women to make informed choices and empowers them in the grieving process. Midwives should be aware that milk donation helps some women cope with loss and should offer this possibility as an option.

Keywords: breast milk, prenatal loss, milk donation, grief

MIDWIFERY CARE IN THE POSTPARTUM PERIOD WITHIN THE SCOPE OF JEAN BALL DECK-CHAIR THEORY

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ABSTRACT

The postpartum period begins with the occurrence of labor and covers the first 6 weeks following birth. In this period, women need midwife support as well as the support they receive from their family and close circles. The purpose of this review is to lead midwives to benefit from Jean Ball's Deck-Chair theory to transition to parenthood, to adopt the role of motherhood and to contribute to mother, infant and public health. In the postpartum period, some mental illnesses may occur if adequate care and support are not provided during the adaptation to the role of motherhood. Midwives have a role in caring and counseling couples during this period on parenting preparation, women's health, reproductive and sexual health, baby care and breastfeeding. The basis of the theory is the issues of role change, stress, coping and support in postpartum care work. According to the care model, midwives should support women whose sensory responses vary throughout the postpartum period. If the support given by midwives is adequate and satisfactory, it has positive effects on women's health. Midwives should ensure that mothers feel relieved and safe and actively participate in care by establishing appropriate communication. Social support provided by midwives reduces women's feelings of helplessness and makes them more willing to cope with stress. This care model provides guidance to midwives in most areas of midwifery practice and supports planned care.

Keywords: Jean Ball's Deck-Chair theory, postpartum period, midwifery care

THE EFFECT OF PERCEIVED SOCIAL SUPPORT AND SECURITY FEELINGS ON THE MOTHER-INFANT CONTACT BARRIER IN THE POSTPARTUM PERIOD

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ABSTRACT

Aim: This study shows that the perceived social support and security feelings of mother and baby in the postpartum period it was made in order to determine the effect on the contact obstacle.

Materials and Methods: It is a cross-sectional type of research. The study was conducted with the participation of 266 mothers. The data of the research were collected using the Personal Information Form, Multidimensional Perceived Social Support Scale (MSPSS), Mothers' Postnatal Sense of Security Scale (PPSS) and The Mother Infant Contact Barriers Scale (MICBS). In the data analysis, t-test, Anova, Linear Regression and Tukey tests were used.

Findings: It was determined that the MSPSS, PPSS and MICBS total score averages of the mothers participating in the study were 64.19±11.60, 56.20±6.91 and 33.24±11.27, respectively. The number of births and the week of birth of babies affect the level of maternal-infant contact disability. Mothers' feelings of postpartum security and perceived social support scale score have a negative and significant effect on maternal-infant contact disability, which explains about 31% of the variance (p=0.000).

Result: Increasing the perceived levels of social support and security feelings of mothers in the postpartum period helps to ensure the decoupling between mother and baby.

Keywords: Postpartum, social support, feelings of security, contact barriers

HISTORICAL DEVELOPMENT OF BREAST MILK

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Abstract

When the historical development of infant nutrition is examined, throughout history, infants have been fed with breast milk to provide the necessary energy for their growth and development. Different methods have been tried by civilizations over the years, and mother's milk has been emphasized. B.C. In the 2000, children were considered sacred and breastfeeding was seen as a religious obligation. In Greece, where the importance of mother's milk is high, BC. In the 950, wet nurses were in high demand to feed their babies by high-status people. In the Ebers Papyrus (1550 BC), one of the historical inscriptions, it is emphasized that the only food to be used in infant feeding is breast milk and that the baby should receive breast milk until the age of three. The Babylonians (Mesopotamia), who attached great importance to breastfeeding, depicted Ishtar while breastfeeding her baby. In Yakut Turks, who believe in the sanctity of mother's milk, we come across beliefs that Ayzıt, the mother goddess, gave life to her baby by dripping breast milk. Similar beliefs have intensified with the emergence of the religion of Islam, and according to Islam, there is a relationship between the mother's nutrition and the infant's breastfeeding. In the books written in Europe during the Renaissance period, it was stated that breast milk was the best food for babies. On the other hand, the entry of women into working life with the industrial revolution in Europe in the 20th century led to a decrease in the interest in breastfeeding and the spread of wrong practices such as the social change movements and the transformation of bottle feeding into the symbol of modern motherhood. Emphasizing that breast milk is a unique nutrient and its importance in infant nutrition has been emphasized. While the rate of breastfeeding was 24.9% in the 1970, today this rate has increased approximately 3-4 times. This increase has undoubtedly been driven by professionals in various fields of science embracing the importance of the benefits of breastfeeding. While the use of breast milk is increasing rapidly in the world, the same is true for our country.

Keywords: Breastfeeding, breast milk, history of breastfeeding.

EVALUATION OF HEALTHY LIFESTYLE BEHAVIORS IN THE PROTECTION OF FERTILITY

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ABSTRACT

Introduction: The lifestyle adopted by individuals is important in maintaining fertility and maintaining it in a healthy way. Individuals must have adopted and practiced healthy lifestyle behaviors in order to have successful fertility. This review has been prepared in order to have information about the evaluation of healthy lifestyle behaviors in the preservation of fertility by determining the data that emerged in the light of current information and literature reviews.

Materials and Methods: The related review was prepared by reviewing the current literature on the effects of lifestyle behaviors on fertility. A total of 22 current resources were reached by scanning Web of science, Google academic and Pubmed databases.

Results: Infertility is a universal problem and 9% to 30% of couples in fertile period are affected by this condition, and the causes of infertility cannot be explained despite all diagnosis and tests performed in approximately 10%-15% of individuals who apply with infertility complaints worldwide. Lifestyle behaviors adopted by individuals can positively or negatively affect fertility as well as general health. Lifestyle behaviors are factors that can be corrected and modified to maintain sexual and reproductive health that are under the control and management of the individual and increase well-being. The fact that lifestyle behaviors can be changed by the person, making suggestions to individuals about making healthy changes and increasing awareness contribute to the preservation of fertility. Fertility awareness plays a fundamental role in increasing the chance of conception, improving self-care and preventing fear and anxiety about pregnancy-related problems. However, it is seen that there is a lack of information about lifestyle behaviors that will harm fertility throughout the world. Lifestyle behaviors such as planning gestational age, using the correct method of family planning, reducing habits such as smoking, alcohol, caffeine that will negatively affect health, regular exercise and having proper body mass index influence fertility. Unless these lifestyle behaviors are improved, the susceptibility of individuals to infertility increases. Infertility is a condition that can impair quality of life, cause social pressure and incompatibility between spouses, and lead to tension, violence and divorce between couples.

Conclusion and Suggestions/Discussion: It is advocated to organize planned training programs in order to establish fertility awareness. In this regard, midwives, who are guiding health professionals, have a great responsibility so that individuals can adopt and practice healthy lifestyle behaviors. Midwives should identify the current lifestyles of individuals, provide the necessary training and counseling to minimize the unhealthy conditions in this lifestyle, and support the individual to gain healthy lifestyle behaviors.

Keywords: Lifestyle Factors, Fertility, Infertility, Fertility Awareness, Infertility Risk Factors

ROLES AND RESPONSIBILITIES OF MIDWIVES IN IMMUNIZATION

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ABSTRACT

One of the most important public health practices in taking infectious measures and maintaining health is vaccination studies. The main purpose; to prevent vaccine-preventable diseases and deaths related to this disease, primarily infants and children. Thanks to the vaccination applications according to the measures of the World Health Organization (WHO); 2.5 million children are protected from death each year and over 100 million children are vaccinated before a spread. Turkey has been free from polio since 2002 and Neonatal Tetanus since 2009 with vaccination. Midwives have an important position in safe environment with their roles as educator, researcher, planner and supervisor. Within the scope of immunization services, midwives carry out not only childhood vaccinations, but also vaccination studies for pregnant women of childbearing age. Duties of midwives in the process from the planning of the immunization service to the evaluation of the departments; to know the benefits of immunization and to teach every individual in the community, to follow the precaution rules in order to avoid catching a cold to carry out the task of the vaccine, to know the contraindications of the vaccine, to follow the general principles to be considered during the application and to take an approach to the parts that will develop after the application.

Keywords: Immunity, Cold Chain, Midwife

INVESTIGATION OF HEALTH ANXIETY AND CANCER WORRY IN WOMEN WITH DYSFUNCTIONAL UTERINE HEMORRHAGE

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ABSTRACT

Aim: This study was conducted to investigate health anxiety and cancer anxiety in women with dysfunctional uterine hemorrhage.

Material and methods: This cross-sectional study was conducted with the participation of 111 women. The data of the research were collected by using Personal Information Form, Health Anxiety Inventory and Cancer Worry Scale. In data analysis, independent groups t test, Anova, Correlation, Tukey and Games-howell tests were used.

Findings: It was determined that the total mean scores of the health anxiety inventory and cancer worry scale of the women participating in the study were 19.10 ± 6.24 and 15.31 ± 4.76 , respectively. The mean age of the women is 38.95 ± 11.52 . Age, education level, employment status, marital status variables affect health anxiety and cancer anxiety levels. It has been found that there is a positive and significant relationship between health anxiety and cancer worry ($r=0.465$, $p<0.001$).

Conclusion: According to research results, cancer worry rates increase as health anxiety increases in women with abnormal uterine hemorrhage.

Keywords: Women, hemorrhage, health anxiety, cancer worry

THE EFFECT OF SPOUSAL SUPPORT ON ANXIETY AND FEAR OF BIRTH IN PREGNANT WOMEN

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ABSTRACT

Aim: In this study, it was aimed to determine the effect of spousal support during pregnancy on anxiety and fear of childbirth and to examine the relationship between them.

Material and methods: It is a cross-sectional study. The research was carried out between July 2022 and November 2022 and was completed with 204 pregnant women. The data of the study were collected using the personal information form, the birth attitude scale, the perception of spousal support during pregnancy scale, and the pregnancy-related anxiety scale. In data analysis, independent groups t test, Anova, Correlation and Tukey tests were used.

Findings: Pregnant women participating in the study the total mean scores of the birth attitude scale, the perception of spousal support during pregnancy, and the pregnancy-related anxiety scale were found to be 40.01 ± 11.18 , 33.84 ± 15.71 , and 69.38 ± 11.97 . The mean age of women is 27.05 ± 5.37 . A statistically significant difference was found between the education level, pregnancy planning status, parity and cognitive support sub-dimension of the pregnant women ($p < 0.05$). In addition, a statistically significant difference was found between emotional support sub-dimension, financial support sub-dimension, pregnancy-related anxiety and pregnancy planning status of pregnant women, parity and number of living children ($p < 0.05$). No relationship was found between spousal support during pregnancy and birth attitude. A moderate and positive relationship was found between pregnancy-related anxiety level and birth attitude ($p < 0.05$).

Conclusion: According to the results of the research, spousal support during pregnancy is not associated with birth anxiety. The rates of birth anxiety increase in women with high pregnancy-related anxiety.

Keywords: Pregnancy, spousal support, anxiety, birth anxiety

BLOOD DISEASES IN PREGNANCY

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ABSTRACT

Introduction: The pregnancy period is an important period for maintaining maternal health. Blood diseases that occur in pregnancy can be a risk factor directly and indirectly for maternal and fetal morbidity-mortality. The purpose of this review is to discuss blood diseases in pregnancy.

Materials and Methods: This review was prepared by reviewing the literature. It was prepared by scanning Web of science, Cochrane, Google academic and Pubmed databases and reaching a total of 17 current sources.

Results: Blood diseases are a major health problem globally, particularly in women in the reproductive period, which thus also affects pregnancies. Blood diseases in pregnancy can occur if the woman has an inherited blood disease or as a result of triggering pregnancy. Diseases such as anemia, thrombocytopenia, thrombocytosis, common intravenous clotting disorder are caused by the trigger of pregnancy, while thalassemia, sickle cell anemia, haemophilia, and von villebrand disease can be caused by inherited diseases found in women. The most common blood disease in pregnant women is anaemia. According to the World Health Organization (WHO) 2019 measures, the prevalence of anemia in pregnant women is 36.5%. Blood diseases that occur during pregnancy can manifest themselves with some maternal and fetal effects, depending on the type and development of pregnancy. When anemia occurs, maternal effects such as hypertensive disorders, postpartum hemorrhage, blood transfusion and maternal death occur, while fetal effects such as preterm birth, low birth weight (LDA), and perinatal mortality are observed. During pregnancy, effects such as recurrent pregnancy losses, preeclampsia, preterm delivery and intrauterine growth retardation are observed as a result of thrombocytosis. As a result of disseminated intravascular coagulation disorder, maternal effects such as multi-organ dysfunction, maternal bleeding and death are observed during pregnancy, and fetal effects such as fetal death and neonatal sequelae are observed. Hereditary blood diseases can be exacerbated after the physiological changes brought about by pregnancy and manifest themselves with adverse maternal-fetal effects.

Conclusion and Suggestions/Discussion: Blood diseases in pregnancy have a significant impact on maternal and fetal health. Midwives should follow the woman in terms of blood diseases starting from the preconceptional period until the postpartum period, provide training on healthy lifestyle behaviors, and provide genetic counseling when necessary. In case of blood diseases during pregnancy, they should cooperate with other health professionals and keep maternal-fetal health at an optimum level.

Keywords: pregnancy, blood diseases, anemia, midwifery

PANDEMICS FROM PAST TO PRESENT AND ITS EFFECTS ON REPRODUCTIVE HEALTH

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ABSTRACT

Throughout history, many epidemics have occurred all over the world. SARS-CoV, one of the viruses affecting the whole world, emerged in 2003 and became MERS-CoV in 2012. The coronavirus (COVID-19) epidemic, which affected the whole world, first appeared in Wuhan, China in December 2019. COVID-19 affects the respiratory system of individuals, causing symptoms of dry cough, fatigue and fever. These symptoms varied from person to person and resulted in physiological and psychological negative effects. The Covid -19 process has adversely affected the mental health of individuals due to both illness, fear and stress, and isolation measures. However, due to this stress and fear experienced by women in this process, it has been reported that there is a general change in menstrual cycles as well as worsening of premenstrual symptoms, more painful menstrual periods and decreased libido. It has been stated in studies that the COVID-19 virus reduces the release of testosterone and follicle stimulating hormones (FSH) and has a negative effect on sex hormones. The economic, institutional and social life changes experienced during the pandemic process have changed people's fertility preferences or contraceptive use. The COVID-19 pandemic has adversely affected the manufacture of the essential pharmaceutical ingredients of contraceptives, or themselves, and the contraceptive supply chain has been disrupted. During this pandemic, it was reported that family planning services were interrupted in 68% of the countries, prenatal care services were interrupted in 53% and maternity services were partially interrupted in 32%. In particular, problems in accessing contraception have led to unwanted pregnancies, unsafe abortions, and pregnancy complications. Even in healthy pregnancies, pregnant women could not benefit from adequate services because of the fear of getting infected during the pandemic process, or because of the problems experienced in the provision of health services during the pandemic process. This situation made it difficult to evaluate the risk factors in pregnancy. Dashraath et al (2020) report that the most common symptoms of COVID-19 in pregnant women are fever, cough, shortness of breath, and lymphopenia. For this reason, it should be kept in mind that the findings may follow a poor prognosis in pregnant women. Reasons such as travel restrictions, limited supplies, inadequate infection control measures, disruption of the routine functioning of health systems during the COVID-19 pandemic process further restricted women's access to the health system and adversely affected women's health. In particular, problems in accessing contraception have been reported to lead to an increase in HIV and other sexually transmitted infections, as well as an increased incidence of post-traumatic stress disorder, depression, suicide, and partner violence. Due to the physical, social and psychological effects of pandemics on men and women, reproductive health affects reproductive health in many different ways. It is of great importance to investigate the medium and long-term effects of this situation.

Keywords: pandemic, reproductive health

EMPATHY AS AN IMPORTANT CONCEPT IN MINISTERIAL CARE: A REVIEW ON THE LEVELS OF EMPATHIC COMMUNICATION OF MINDS IN OUR COUNTRY IN THE LIGHT OF THE CURRENT LITERATURE

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ABSTRACT

The concept of empathy, according to the Turkish Language Association, is defined as the ability to understand the feelings, wishes and thoughts of the consciousness in question by putting oneself in the place of another consciousness without trying it. Studies on empathy, which is defined as putting oneself in the place of someone else in the simplest terms, started in the field of aesthetics in the 19th century and today, important studies on empathy have been put forward in many fields, especially psychology. Understanding patients' concerns and experiences in healthcare services; Empathic communication skills are very important to give adequate and holistic care. Empathic communication skills are indispensable in the field of midwifery, as in all health professions. The International Midwifery Confederation also emphasizes the importance of empathetic communication among the professional competencies that a midwife should have. Midwives are a professional group that provides care in very important developmental life events of women's life such as pregnancy, childbirth and postpartum periods. These periods are the processes in which the woman experiences biopsychosocial changes, undertakes new roles and responsibilities, and must adapt to all these changes. In this process, women need to be understood, supported and encouraged. In the studies, it is seen that women expect to be given care with an empathetic approach such as listening, explanatory speech, smiling face, and encouragement during pregnancy, childbirth and the postpartum period. Failure to meet these expectations is the most important obstacle to qualified midwifery care. There are also studies showing that women cared for by midwives with high empathic communication skills, increase their satisfaction with the service they receive. For this reason, it is necessary to develop empathic communication skills of midwives in undergraduate education, and to continue this skill throughout their professional life by providing in-service training if necessary after graduation. In this review, it is aimed to make an assessment of the current situation by examining the studies examining the level of empathic communication in midwives and midwifery students in our country. In addition, various suggestions for both undergraduate midwifery education and postgraduate education will be presented for this evaluation.

Keywords: empatik iletişim, ebelik, ebelik bakımı

RELIABILITY AND VALIDITY OF THE TURKISH “PATIENT PARTICIPATION QUESTIONNAIRE”

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ABSTRACT

Purpose: The study was conducted to evaluate the reliability and validity of the Turkish version of the “Patient Participation Questionnaire”.

Method: It is a methodological type of research. 192 adult patients who received inpatient treatment and care at least 2 nights in the internal medicine clinics of a university hospital and volunteered to participate in the study after informed consent participated in the study. Research data were collected with “Patient Information Form” and “Patient Participation Questionnaire”. The Patient Participation Questionnaire consists of 18 items. Items other than items 1 and 18 of the questionnaire allow both patients to evaluate their perceptions of their participation in health care and to collect data for the importance of this item. Language equivalence of the Patient Participation Questionnaire was achieved, reliability and validity analysis of the scale was performed.

Findings: Regarding the validity of the scale; The content validity ratio levels of the scale items ranged from 0.64 to 1, and the content validity index level of the scale was found to be 0.93. In the confirmatory factor analysis for Construct Validity, the Root Mean Square Error of Approximation (RMSEA) value was determined to be 0.041, the Goodness of Fit Index (GFI) was 0.928, and the Chi-square (χ^2/df) was 1.324. For scale reliability; Cronbach's Alpha internal consistency coefficient of the scale was determined as 0.828. The time-invariant correlation of the scale was 0.799. In all statistical analyzes used in the study, the level of significance was accepted as 0.05.

Discussion-Results: As a result of the analyzes made, the Turkish version of the “Patient Participation Questionnaire” was found to be valid and reliable. It is expected to contribute to the increase in maintenance quality in the evaluation of the participation of patients in nursing care and in line with the findings obtained.

Key words: nursing, validity and reliability, nursing care

USE OF VITAMIN D IN NEWBORN

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ABSTRACT

Objective

Vitamin D deficiency in newborns is an important public health problem for developed and developing countries. In this study, it was aimed to evaluate the use of Vitamin D in newborns and the current evidence-based literature on neonatal health.

Method

In this study, the keywords "newborn" and "Vitamin D use" were searched in Google Academic, PubMed, Cochrane and Web of Sciences databases in English and Turkish. The results of the studies and guidelines obtained without a systematic review were compiled.

Results

Severe vitamin D deficiency in newborns can result in nutritional rickets, which causes softening and weakening of the bones and is associated with growth retardation, developmental delays, and hypocalcemic seizures. Nutritional rickets in childhood and neonatal period may result in limb deformity, scoliosis, dental anomalies and fractures in extremities in later periods. The American Academy of Pediatrics (AAP) recommends the recommended daily intake of vitamin D for infants be started at birth and 400 IU of vitamin D daily given prophylactically, including during adolescence. The Ministry of Health, on the other hand, stated that 400 IU of vitamin D should be given from the first day of birth regardless of the newborn's diet. In newborns, a fluid dose of 1 mL is usually recommended. Since vitamin D is a fat-soluble vitamin, taking too much as well as deficiency brings with it some risks. The use of high-dose vitamin D in newborns can cause problems such as premature closure of the fontanelles and negative effects on brain development due to its accumulation in the body. For this reason, midwives who provide education and counseling to the mother should guide the mother about the correct use of vitamin D, and the newborn should be evaluated with a multidisciplinary approach in child health follow-up and evaluated in terms of vitamin D deficiency and excess symptoms.

Conclusion

It is known that diseases related to vitamin D deficiency are preventable. For this, it is necessary to start vitamin D at the right time and use it in sufficient doses and for a long time. The level of awareness of parents about the use of vitamin D in newborns should be increased. The importance of administering the drug in the correct dose should be emphasized, and the risks of taking the drug in high doses should be explained. In child health follow-ups, newborns should be evaluated with a multidisciplinary approach in terms of vitamin D deficiency or excess.

Keywords: Newborn, Vitamin D use, Midwifery care

MİDWIFERY APPROACH TO THE CARE OF İNFERTİLE COUPLES

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SUMMARY

Infertility is a male or female reproductive system disease characterized by the absence of clinical pregnancy despite 12 months of unprotected, regular sexual intercourse. The purpose of this review is to provide a comprehensive and thoughtful overview of primary midwifery care for couples experiencing infertility. Infertility is a public health problem that is common today and affects individuals deeply.

The first health professional to whom couples apply for health problems is usually midwives. Midwives should provide education and counseling to eliminate the anxiety, anxiety and worries experienced by infertile couples.

Couples undergoing infertility treatment are exposed to a lot of stressors and many healthcare professionals take care of them. Midwives are well-equipped health personnel who can provide the necessary support in such cases, as they are in constant contact with the patients.

Couples with infertility problems should receive midwifery evaluation and counseling training that can help them have a successful and healthy pregnancy. In addition to physiological considerations, this training should include the psychosocial, spiritual, legal and financial issues necessary to understand the consequences of infertility care. Midwives should shape their approach towards women's fears. Infertile couples should be aware of their emotional trauma and provide psychological support to maintain their well-being. It is important for midwives to develop a good relationship with couples in order to promote a couple's sense of well-being. While providing the necessary psychological support to the couples, their spiritual needs should also be taken into account. At this point, midwives should provide spiritual care to the couples as necessary.

Key words: infertility, couples, midwifery care

ACUPUNCTURE AND OZONE APPLICATION IN THE CASE OF OSTONECROSIS

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ABSTRACT

Introduction

Acupuncture, which provides ozone therapy and tissue oxygenation, is among the complementary methods used for analgesic purposes in solving muscle spasms.

Method

A 53-year-old male patient, 85kg, 1.78m tall, presented with complaints of hip and low back pain. The hour was 1:10. His blood pressure was 140/90mmHg. There was avascular necrosis due to the use of costisone in his anamnesis.

In the lumbar MRI examination;

Results /Findings

There was posterior overflow in L4-5 intervertebral disc. There was pressure on the dural sac. Disc signal intensity decreased. There was broad-based central protrusion accompanied by annular fissure. Both lateral recesses are narrowed. There is contact with the lateral recesses. The spinal canal was narrowed.

In Right Hip MRI;

The amount of intramuscular fluid in the right hip joint was minimally increased. The right femoral head epiphysis shows a double line sign due to avascular necrosis affecting more than 75% of the femoral head epiphysis area. The epiphysis of the femoral head has not lost its sphericity.

Acupuncture was applied to the patient once in 10 sessions. With disposable hualong 13x20mm and 25*20mm acupuncture needles, DU-20,21, 14, BL-25,26,27 bilateral H-9, LU-7, P-6, SI-3 was needled bilaterally GB-34,20 LIV-3 ST-36 for 20 minutes. C frequency (nogier) electro acupuncture was applied. In addition, 10 sessions of MAH ozone therapy were applied to the patient. Ozone therapy was started from 10 gamma and increased 5 gamma at intervals of once a week and increased to 55 gamma.

Conclusion/results

In the 4th session of the patient, the vas decreased by 50%. The blood pressure was 120/90 mmHg. No operation was considered for the patient whose pain decreased. The patient did not have any pain in the 9th month follow-up.

Discussion/suggestions

Ozone and acupuncture can be added to the treatment in avascular necrosis disease that does not respond to conventional treatments.

Keywords: ozone therapy, acupuncture, avascular necrosis.

INVESTIGATION OF THE RELATIONSHIP BETWEEN PROLAPSE SYMPTOMS AND SEXUAL FUNCTION IN WOMEN WITH PELVIC ORGAN PROLAPSE: A PILOT STUDY

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ABSTRACT

Purpose: To investigate the relationship between prolapse symptoms and sexual function in women with pelvic organ prolapse (POP).

Method: Twenty-five women with POP (age=42.96±6.71 years, body mass index=26.38±4.36 kg/m²) were included in the study. Physical, demographic and medical characteristics were recorded. Prolapse symptoms were assessed with the Pelvic Organ Prolapse Symptom Score (POP-SS), and sexual function was assessed with the Pelvic Organ Prolapse/Urinary Incontinence Sexual Function Questionnaire (PISQ-12). Pearson correlation test was used for statistical analysis.

Results: In women with POP, respectively POP-SS score, PISQ-behavior, PISQ-physical, PISQ-partner and PISQ-total scores were; 11.88±6.06, 8.92±3.21; 12.04±3.51; 10.32±2.54 and 31.20±7.28. It was found that there was a moderate to strong negative correlation between POP-SS score and PISQ-behavior (r=-0.721; p<0.001), PISQ-physical (r=-0.408; p=0.043) and PISQ-total scores (r=-0.577; p=0.003). There was no correlation between POP-SS score and PISQ-partner score (r=-0.176; p=0.401).

Conclusion: In this study, a negative relationship was found between prolapse symptoms and sexual function in women with POP.

Recommendations: It may be important to consider the relationship between prolapse symptoms and sexual function in the management of prolapse in women with POP.

Keywords: Pelvic organ prolapse, prolapse symptoms, sexual function.

INVESTIGATION OF THE EFFECT OF PHYSICAL ACTIVITY LEVEL ON QUALITY OF LIFE IN INDIVIDUALS WITH SPECIAL LEARNING DISABILITIES: A PILOT STUDY

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ABSTRACT

Background: Special learning disability (SLD) is a condition where the normal development of the child is significantly impaired in education, language, cognition and motor development levels. It is thought that the physical activity levels of children with SLD may decrease and their quality of life may be adversely affected. The aim of this preliminary study was to determine the physical activity levels of children diagnosed with SLD and to examine its effect on quality of life.

Material and Method: Children diagnosed with SLD at the Afyonkarahisar Special Education and Rehabilitation Center were included in the study. Physical activity levels of the participants determining with the Physical Activity Questionnaire (FAS) and quality of life was also assessed using the Children's Quality of Life Scale (PILQQ). The physical activity level of individuals who scored less than 2.75 according to the FAS was considered insufficient.

Results: A total of 20 participants (10 boys and 10 girls), were included in this preliminary study. The mean age of the individuals was 10.85±1.42. While it was observed that the mean FAS score was above the normative values (2.90±0.52), it was observed that 8 participants (40%) had insufficient physical activity levels. While it was observed that the social functioning scores of the children with insufficient physical activity level were significantly lower than the children with adequate physical activity level (p=0.04), no statistically significant differences were observed in other quality of life scale parameters (p>0.05).

Conclusion: The results of this preliminary study showed that the physical activity levels of children in the 8-12 age group with SLD are above the normative values, however children with high physical activity levels can have a better quality of life, especially their social functionality.

Discussion: There is need further studies with high sample size to support these results.

Keywords: specific learning disability, physical activity, PAQ-C, quality of life

INVESTIGATION OF THE EFFECT OF FREEZING PHENOMENON ON STATIC AND DYNAMIC FOOT PRESSURE DISTRIBUTIONS IN PEOPLE WITH PARKINSON'S PATIENTS

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ABSTRACT

Introduction: Parkinson's disease (PD) is a progressive neurodegenerative disease in which dopaminergic neuron loss is seen causing motor and non-motor symptoms. "Frozen of gait (FOG), which is defined as a short-term, episodic absence or marked decrease in the progression of the feet despite the desire to walk, is one of the gait disorders seen in PD.

Materials and Methods: Twenty individuals with idiopathic PD (10 FOG, 10 non-FOG) were included in the study. Demographic and clinical information of the individuals were recorded and evaluated with the Unified Parkinson's Disease Rating Scale (UPDRS) and the Computerized Gait Evaluation System. The Mann Whitney U test was used because the data were not normally distributed.

Results: Individuals were similar in terms of sociodemographic characteristics, duration of disease, and UPDRS motor examination sub-parameters ($p>0.05$). The UPDRS total and Activities of Daily Living sub-parameter scores were higher in the FOG group than in the non-FOG group ($p<0.05$). When the mean foot pressure distributions in static stance were analyzed, the amount of load transferred to the right-left and anterior-posterior feet was similar in both groups. In the foot pressure distributions during walking, the posterior-foot pressure distribution were similar ($p>0.05$), while the anterior-foot pressure values were found to be lower in the FOG group than in the non-FOG group ($p<0.05$).

Discussion: The decrease in the amount of load transferred to the posterior-foot during walking in both groups supports the decrease in heel strike in PD. When the anterior-foot pressure values were examined during walking, it was observed that the FOG group transferred less load. It was observed that the freezing phenomenon reduced the amount of load transferred to the anterior-foot during walking and the FOG group could not perform the pushing phase adequately. In the literature, it has been shown that increasing anterior-foot load increases freezing episodes and patients can reduce the amount of load on the anterior-foot to avoid freezing. Therefore, we think that the FOG group may have reduced the anterior-foot load during the analysis to ensure gait continuity on the treadmill and to avoid freezing.

Conclusion: It was observed that the amount of load on the posterior-foot, that is, the heel strike, decreased in PD, while the amount of load on the anterior-foot, that is, the push-off in walking, decreased in the group FOG. Our study results will shed light on the physiotherapy programs of individuals with PH and future studies by giving important outputs for the PH clinic.

Keywords: Parkinson's disease, frozen of gait, foot pressure distribution

COMPARISON OF DIFFERENT EDUCATION METHODS IN PHYSIOTHERAPY AND REHABILITATION EDUCATION

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ABSTRACT

Introduction: There are different methods developed to provide education in the most effective way. With the pandemic in recent years, distance or online learning methods have come to the fore. This brings with it some conveniences and problems. The aim of the study was to compare different education methods in physiotherapy and rehabilitation education.

Materials and Methods: A total of 44 physiotherapy students participated in the study. Participants were randomly divided into three groups as asynchronous education group (n=15), synchronous education group (n=13) and face-to-face education group (n=16). After the education they received, the theoretical and practical exams were given to the participants by a blind evaluator. In addition, the contribution of the education they received to the level of theoretical and practical knowledge and their satisfaction with the education they received were questioned. After the study, the same educations were given to the other groups.

Results: Participants' ages and academic grade point averages were similar ($p>0.05$). The score of the face-to-face education group was significantly higher than both the asynchronous and synchronous education groups ($p<0.05$). Similarly, the contribution of the training they received to the theoretical and practical knowledge level of the face-to-face training group and their satisfaction with the training they received were significantly higher than both the asynchronous and synchronous training groups ($p<0.05$).

Conclusion: Our study shows that face-to-face education is more effective and more welcomed by students than both asynchronous and synchronous education.

Recommendations: Face-to-face physiotherapy and rehabilitation education increases student success and satisfaction.

Keywords: physiotherapy and rehabilitation, education, distance education

COMPARISON OF SPINE POSTURE, BODY POSITION FEELING AND PAIN LEVEL IN DENTISTS WITH HEALTHY INDIVIDUALS

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ABSTRACT

Introduction: Musculoskeletal problems may begin during the school education period of dentists and may continue throughout the professional life of dentists unless preventive and corrective measures are taken. To evaluate spine posture, trunk position sense and pain level in dentists and also to compare these results with healthy individuals. **Material and method:** Dentist (n=36) and healthy control group (n=36) were included in the study. Sleep quality, fatigue level, pain at rest and motion (VAS), trunk position sense, thoracic kyphosis and lumbar lordosis angles, core muscle endurance, physical activity level (IPAQ), quality of life level (Nottingham Health Profile) were evaluated. Mann-Whitney U test was used to compare the obtained numerical variables between groups. A p value of <0.05 was accepted for statistical significance. **Results:** There was no significant difference between the groups in terms of age, body mass index and gender (p>0.05). It was observed that the groups were homogeneous. When trunk position sense, thoracic kyphosis and quality of life were compared, no difference was found between the groups (p>0.05). However, lumbar lordosis angle, core muscle endurance and physical activity level were higher in healthy controls than in dentists (p: 0.003, p: 0.009, p<0.001). While the physical activity level of the dentists was low, the physical activity level of the control group was calculated as moderate. **Conclusion:** In comparison with the healthy control group, it was thought that low physical activity level in dentists may negatively affect core muscle strength. In both study groups, the lumbar lordosis angle was within the normal range. However, it is noteworthy that the lordosis angle is less in dentists. In this study conducted in the young age group, the higher level of pain felt during rest and activity in dentists may be related to decreased lordosis angle, weakness of core muscle endurance and low level of physical activity.

Keywords: Dentist, Lumbar Lordosis Angle, Pain, Thoracic Kyphosis Angle, Trunk Position Sense

INVESTIGATION OF THE RELATIONSHIP BETWEEN TONGUE PRESSURE, MASTICATORY MUSCLE STRENGTH AND BACK MUSCLE STRENGTH IN STROKE PATIENTS

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ABSTRACT

Introduction: In the clinical evaluation of the whole body in stroke patients, it is useful to evaluate muscle strength as well as muscle mass and body function. Trunk muscle strength is used as an indicator of whole body muscle strength. Back muscle strength (SG) is used to objectively evaluate trunk muscle strength as it can be expressed as a numerical value. It is known that back strength is related to tongue muscle strength and jaw strength. To examine the relationship between tongue muscle strength, chewing muscle strength and back muscle strength and the effectiveness of the exercise program in stroke patients. **Material and Method:** Permission for the study was obtained from the Health Sciences Ethics Committee of Necmettin Erbakan University. Twelve stroke patients who were hospitalized in Meram Medical Faculty Physical Therapy Service were included in the study. After obtaining the consent of these participants, Brunstromm stages, Eat-10 score, Barthel index, anterior and posterior tongue muscle strength, back muscle strength and jaw muscle strength were evaluated. The treatment was carried out for 14 days, 2 sessions per day; jaw opening was done as isometric strengthening, back muscles were done as isometric strengthening, and the tongue front was isometric strengthening. Measurements were made again after treatment. **Results:** After the treatment, anterior tongue, posterior tongue and back muscles developed statistically ($P<0.05$), but jaw strength did not change statistically ($p>0.05$). In the correlation study, it was concluded that tongue muscle strength is affected by jaw and back muscle strength. **Conclusion:** Since the risk of dysphagia is high in acute stroke patients, it is necessary to aim to strengthen the tongue, jaw and back muscles, especially in early stroke patients

Keywords: Back muscle strength, bite force, stroke, tongue pressure, stroke.

DETERMINATION OF THE LOCATION OF THE MEDIAL LONG ARCIN AND THE RELATIONSHIP OF FEMORAL ANTEVERSION ANGLE, BALANCE AND HYPERMOBILITY IN YOUNG INDIVIDUALS

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ABSTRACT

Introduction: Pes planus (PP) is defined as the decrease or complete disappearance of the medial longitudinal arch (MLA) height of the foot. It is thought that even small biomechanical changes on the support surface have an effect on postural control, and balance will be affected positively or negatively if MLA is too much or too little. Lower extremity malalignment affects load distribution on joints, mechanical efficiency of muscles, proprioceptive orientation, and feedback from the hip and knee, resulting in changes in neuromuscular function and control of the lower extremities. Among these lower extremity alignment variables, femoral anteversion has been identified as a risk factor for hip and knee joint injury.

Materials and Methods: Permission for the research was obtained from the Health Sciences Scientific Research Ethics Committee of Necmettin Erbakan University with the decision numbered 2022/18-128. The study was conducted with students studying at Necmettin Erbakan University, Nezahat Keleşoğlu Faculty of Health Sciences. A total of 80 people (56 women, 24 men), mean age 20.67 (min. 18, max. 32) were included in the study. Foot Posture Index (API right-left), Y balance test (dynamic balance), Beighton Hypermobility Assessment, and Femoral Anteversion Angle (FAA) were measured in all participants. **Results:** According to the statistical study, the FAA was $19.287^{\circ} \pm 3.048^{\circ}$ on the right, while the FFA was $19.068^{\circ} \pm 3.245^{\circ}$ on the left. API right (min; 0, max: 10) 1.925 ± 1.77 , API left (min 0, max: 8) 1.912 ± 1.560 . The hypermobility score in all participants was $1.562 \text{cm} \pm 1.763$. In the statistical study, no relationship was found in terms of gender, dominant foot and hypermobility (≤ 0.05). There was no significant relationship between foot posture index and femoral anteversion angle ($p \leq 0.05$). While there was a positive correlation between right and left API and right and left FAA, there was a negative correlation between API right and dynamic posteromedial balance.

Conclusion and Recommendations: Foot posture index was not found to be associated with femoral anteversion angle and hypermobility. However, it has been observed that the foot posture affects the dynamic balance in the posteromedial direction. Accordingly, it is recommended to evaluate dynamic balance in foot evaluations and, if necessary, to support foot posture exercises with dynamic balance exercises.

Keywords: balance, foot posture index, femoral anteversion angle, hypermobility, medial longitudinal arch.

THREE-DİMENTİONAL EVALUTION OF DISSECTION MAGNETIC RESONANCE AND COMPUTED TOMOGRAPHY IMAGES IN NEW ZEALAND RABBITS

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ABSTRACT

Objective: This study was performed to reveal the bone related-biometric peculiarities and threedimensional modellings of multidetector computed tomography (MDCT) outputs in addition to the analyses of dissection and magnetic resonance images of the anatomical structures of the knee joint in the New Zealand rabbits.

Material and Method: A total of 16 adults New Zealand rabbits of both sexes were used. After being obtained high resolution-MR-MDBT images of the knee joints, the animals were killed by conventional methods and then dissected their articular regions. Transferring to a personal computer in which the 3D modelling software, the axial images obtained from MDBT were reconstructed. All biometrical measurements of the reconstructed images were automatically calculated by this program to analyze statistically.

Results: Based on the dissection and MR images, although the menisci and cruciate ligaments of the knee joint in the New Zealand rabbits resembled to the other mammals, we recored that patella was buried in a mass of thick fat and that the 3 sesamoid bones existed caudal to the knee joint. The present study showed that the corresponding bones in the right and left knee joints of same sexes had statistically significant differences ($p < 0.05$).

Conclusion: This work using high technology may contribute to the future studies on the knee joint and may add modern dimension to anatomical education.

Keywords: Computed tomography; Knee joint anatomy; Magnetic resonance; Rabbit; Three-dimensional reconstruction.

BALNEOTHERAPY HABITS AND CHOICES: DESCRIPTIVE RETROSPECTIVE STUDY

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ABSTRACT

Introduction: Balneotherapy, in other words spa treatment, is used for various diseases. The aim of our study is to investigate how often thermal waters, which have an important place in our country, are used and the awareness level of spa treatment.

Materials and Methods: This study was obtained from the retrospective examination of the homework in the form of a questionnaire given within the scope of Necmettin Erbakan University, Department of Physiotherapy, Heat-Light-Hydrotherapy course. Ethics committee approval was obtained for this study from the Health Sciences Ethics Committee of Necmettin Erbakan University. Data from files; number, percentage, mean, standard deviation, and maximum-minimum values were recorded.

Results: A questionnaire was applied to 18 men and 64 women between the ages of 42-78. 56% of individuals are primary school graduates. Musculoskeletal or rheumatic pain is present in 96% of individuals. 50% prefer drug use and activity limitation as a way of coping with pain. The rate of going to the spa is 75%. 65.9% of them go once a year. 90% of individuals do not exercise at all during the spa treatment. 15.9% of the participants declared that they went to the spa on the recommendation of a doctor.

Conclusion: The frequency of individuals going to the spa and the length of stay there are insufficient in terms of the effectiveness of the treatment. In addition, it was determined that there was no specialist who recommended exercises for the relief of pain and loss of function in the spa that was visited for treatment purposes.

Discussion and Suggestions: Spa treatment, which individuals see as an alternative treatment option in relieving pain, is important in terms of increasing circulation, removing metabolites and reducing pain with the effect of the temperature of the water and the minerals in it. It has been determined that individuals are less aware of the effects of thermal spa and exercise.

Keywords: Spa Treatment, Pain, Exercise

INTER-RATER RELIABILITY OF THE LOWER LIMB ASSESSMENT SCORE

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ABSTRACT

Introduction: Generalized joint hypermobility is an asymptomatic condition characterized by greater than normal passive and active range, in at least four joints and in at least one plane of motion. It is stated that hypermobility is an important factor in orthopedic injuries and diseases. Therefore, evaluating hypermobility is very important in preventing hypermobility-related problems and injuries and developing appropriate treatment methods. Although the Beighton score is the most commonly used scoring method to determine hypermobility in the literature, it is stated that it is insufficient to determine hypermobility of the lower extremities. The aim of this study was to investigate the inter-rater reliability of The Lower Limb Assessment Score.

Material and Method: 96 healthy volunteers (70 women and 26 men, age 22 ± 4 years) participated in the study. The 12-item test evaluating passive physiological, passive accessory and active range of motion of the hip, knee, ankle and foot joints was administered to the participants once by 2 evaluators. Left lower extremity, right lower extremity and total (left + right) scores of the participants were recorded, respectively. The data obtained were evaluated with SPSS 23.0 package statistics program.

Results: Intraclass correlation coefficient (ICC) of The Lower Limb Assessment Score was high in left lower extremity, right lower extremity and total scores (ICC1=0.807, ICC2=0.792, ICC3=0.799, respectively).

Discussion: The Lower Limb Assessment Score can be used to assess hypermobility of the lower extremity. In the evaluation of hypermobility, it can provide more detailed and sensitive results compared to the Beighton score, since it evaluates the physiological, accessory and active movements of the lower extremity joints in more than one movement plane.

Key words: Hypermobility, lower extremity, beighton score, the lower extremity assessment score

THE RELATIONSHIP BETWEEN PAIN INTENSITY AND RESPIRATORY PATTERN IN INDIVIDUALS WITH LOW BACK PAIN

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ABSTRACT

Purpose: Many muscles used for Postural kontrol/Stabilization and breathing are the same; eg: the diaphragm, transversus abdominis, and pelvic floor muscles. During activities, stability is maintained by the tonic activity of these muscles, while the transversus abdominis and diaphragm act in a coordinated manner in breathing. Poor neuromuscular control of these stability muscles with low back pain can potentially adversely affect breathing. The aim of this study was to reveal how the severity of low back pain changes the respiratory pattern in individuals with low back pain. The aim of this study was to reveal whether there is a relationship between respiratory pattern and low back pain severity in individuals with low back pain.

Material and Methods: Forty-five individuals between the ages of 19-61 (mean 38.16±10,71 years) with low back pain were included in the study. Pain severity of individuals was determined by Visual Analog Scale (VAS) and respiratory patterns were determined by Manual Assessment of Respiratory Motion (MARM) method by two different assessors independently of each other. With this method, it was determined whether the patients had thoracic or diaphragmatic breathing.

Results: It was seen that 28 of 45 people with low back pain had thoracic breathing and 17 people had diaphragmatic breathing. While the mean age and pain intensity of individuals with thoracic respiration are 40.10±11 years and 5.46±1.90 cm, respectively, the mean age of individuals with diaphragmatic breathing is 34.94±10 years and the mean pain intensity is 3.76±2,31cm. When the pain intensities of the two groups were compared, it was found that thoracic breathing individuals had more pain intensity than diaphragmatic breathing individuals. (p<0.05).

Discussion- Conclusion and Recommendations: As a result of this study, it was observed that the pain intensity of individuals with diaphragmatic breathing was lower. Breathing pattern is one of the important factors that are ignored in individuals with low back pain. We think that assessment of breathing pattern and an intervention program that focuses on integrating diaphragmatic function and control of deep abdominal muscles will yield effective results in treatment.

Key Words: Low back pain, respiration, pain intensity, diaphragm

CORRELATIONS BETWEEN PHYSICAL ACTIVITY LEVELS AND INSOMNIA IN A UNIVERSITY STUDENT SAMPLE IN SOMALIA

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ABSTRACT

Objective: Physical activity (PA) has a well-documented positive impact on health. In this study, we aimed to examine the associations between physical activity levels and insomnia in a university student sample in Somalia.

Methods: We included university students between the ages of 18 to 30 at the Health Sciences University in Mogadishu, Somalia. A Socio-demographic Form, the International Physical Activity Questionnaire-Short Form (IPAQ-SF), and the Insomnia Severity Index (ISI) were administered. All statistical analyses were performed by using SPSS version 26.0.

Results: Of the 268 participants, 88.1% of the participants were women, 95.9% of them were single, 82.4% reported moderate-to-fair level of income, 30.2% of them reported musculoskeletal pain, 99.6% of them were non-smokers, 61.6% of them were coffee-consumers, 22.8% of them were energy drink-consumers, 3% were alcohol-consumers, and 42.5% of them reported several times a month-to-every day experience of stressful situations. One hundred and eighteen participants (44%) reported inactive/ low physical activity (PA), 116 (43.3%) reported moderate PA, and 33 (12.7%) reported vigorous PA. Ninety-seven participants (36.2%) reported subthreshold insomnia and 23 (8.6%) reported clinically significant (moderate-to-severe) insomnia. ISI scores were significantly correlated with musculoskeletal pain ($r_s = -0.314$, $p < 0.01$), pain localization ($r_s = 0.265$, $p < 0.01$), pain duration ($r_s = 0.309$, $p < 0.01$), VAS scores ($r_s = 0.317$, $p < 0.01$), energy drink-consumption ($r_s = 0.133$, $p < 0.05$), economical status ($r_s = -0.159$, $p < 0.01$), and frequency of stressful situations ($r_s = 0.267$, $p < 0.01$). Hierarchical regression analyses showed that gender ($\beta = -0.160$, $t = -1.224$, $p = 0.222$), BMI ($\beta = 0.014$, $t = 1.112$, $p = 0.267$), IPAQ-SF scores ($\beta = 0.009$, $t = 0.143$, $p = 0.886$) were not significant predictors of ISI scores.

Conclusions: This study showed that almost half of the students were physically inactive, more than one third of the participants reported subthreshold insomnia, and almost nine percent reported clinically significant (moderate-to-severe) insomnia. Insomnia scores were significantly correlated with musculoskeletal pain, pain localization, pain duration, VAS scores, energy drink-consumption, economical status, and frequency of stressful situations.

Keywords: Physical activity, sleep disorders, insomnia, university students, Somalia

DATA OF PATIENTS TAKING MAJOR OZONE THERAPY DUE TO RHEUMATOLOGICAL DISEASE IN GETAT CENTER³

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ABSTRACT

Introduction

Ozone therapy is a complementary treatment method that can be added to conventional therapies in the treatment of autoimmune diseases. Ozone therapy has both analgesic, immune modulatory and tissue oxygenation enhancing effects. It has positive effects on the antioxidant system of the patients. It also has circulatory effects. During major ozone therapy, 200cc of the patient's blood is taken into a closed system resistant to ozone with negative pressure, and medical ozone gas consisting of oxygen and ozone from oxygen gas is mixed into this blood homogenized with the help of an ozone generator. Homogenized blood is reinfused to the patient in the same set. Session doses are increased by asking how the patient feels in the next session. Generally, patients in remission start from 10 gamma ($\mu\text{g/ml}$) and increase the dose in weekly sessions. The dose range of 40-50 gamma immunomodulators is maintained. Attention is paid to the absence of hemolysis in the patient's blood. In this study, we aimed to present the data from the file visits of the patients with rheumatology who applied to the getat center.

Method

Between 2022 and 2019, patients between 18-65 years of age with rheumatological disease and major ozone therapy were investigated. Patients with rheumatological disease and patients above vas 3 were taken as inclusion criteria. As exclusion criteria, favism disease (glucose 6 phosphate dehydrogenase deficiency), citrus and ozone allergy, long-acting antiaggregant users, hyperthyroidism were excluded from the study.

Results

About 58 patient files were scanned. Of these, 7 were male and 51 were female. The mean age was 45.22. Vas 1 mean 8 vas 2 mean 4. The distribution of the patients was 29 fibromyalgia, 8 rheumatoid arthritis, 6 ankylosing spondylitis, 3 Behçet's patients among female patients with the highest number.

Discussion

Major ozone therapy, especially in autoimmune diseases, can be added to patients who do not respond to conventional therapies both for the symptoms of chronic fatigue of the patient and for analgesic purposes. With ozone therapy, drug consumption costs and organ damage can be prevented.

Keywords: Ozone therapy, rheumatological disease, data.

* Part or all of Şerife Aydın's master's thesis has not been published, and it was presented as a paper in this congress.

INVESTIGATION OF THE EFFECT OF CYBERCHONDRY LEVELS OF UNIVERSITY STUDENTS ON HEALTH CONCERNS

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ABSTRACT

Purpose: This study aimed to examine the effect of university students' cyberchondria levels on health anxiety.

Materials and Methods: In line with the determined purpose, the data were collected online by questionnaire method in accordance with the quantitative research design. Personal information form, “Cyberchondria Scale” and “Health Anxiety Scale” were used to obtain the data of the study. The research was carried out with the convenience sampling method. In the analyzes made to determine that the data obtained were normally distributed, t-test, ANOVA, pearson correlation and simple linear regression analyzes were applied in independent groups.

Results: 556 students participated in the study. Of the people who agreed to participate, 71.8% were women and 28.2% were men. It was determined that 45.7% of the participants were between the ages of 18-19, 43.5% were between the ages of 20-21 and 10.8% were between the ages of 22 and over. It was stated that 92.8% of the students did not have a chronic illness, and 7.2% of them had a chronic illness. He also stated that 91.7% of them did not use a regular medication, while 8.3% of them used a regular medication. It was determined that 43.2% of the students spent 0-3 hours, 45.5% 4-6 hours, and 11.3% spent 7 hours or more on the internet.

Conclusion: As a result of the research, it was determined that the cyberchondria of the students participating in the research had a statistically significant and positive effect on the health anxiety level. As a result of these results, it is predicted that the level of health anxiety will increase as the cyberchondria behavior increases.

Keywords: Cyberchondria, Health Anxiety, Health, University Student

**AN INVESTIGATION OF THE RELATIONSHIP BETWEEN
INDIVIDUALS' COVID-19 DISEASE PERCEPTION AND ATTITUDES
TOWARDS COVID-19: TURKEY EXAMPLE**

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ABSTRACT

Determining people's perceptions and attitudes towards Covid-19 is considered significant for the pandemic process to be overcome with minimal damage. Because; one of the factors that affect people's going into action on a subject is how the relevant subject is represented in their minds. In addition, in order for the pandemic to be taken under control permanently, a large proportion of people need to be vaccinated. At this point, people's attitudes towards vaccination are also effective. It is thought that the way people agree to be vaccinated will be affected by the way they perceive the virus. Therefore, the current study aimed to establish the relationship between individuals' perceptions of Covid-19 disease and their attitudes towards the Covid-19 vaccine. To find answers to the problem of the research, the Covid-19 Disease Perception Scale and the Attitudes towards Covid-19 Vaccine Scale were used. During the application of scale data, the statistical analyses in SPSS ver. 25.00 program were used. The current study included 450 individuals living in Turkey. Of the participants, 207 were male and 243 were female. When the marital status of the participants is examined, it is seen that 230 were single and 220 were married. 257 of the participants had a graduate degree and above, 115 had an associate degree, 57 were high school graduates and 21 were elementary school graduates. A positive low-level significant relationship was found between Covid-19 disease perception and attitude towards the Covid-19 vaccine ($r:129, p<.05$). As a result of the correlation analysis, a negative low-level relationship was found between age and attitude towards the Covid-19 vaccine. By the education variable, the scores obtained by those with a graduate degree and higher from the dangerousness were significantly higher than those with high school and associate degrees. By the gender variable, male participants had significantly higher perceptions of Covid-19 contagiousness and positive attitudes towards the Covid-19 vaccine than the female participants. By the marital status variable, the married participants scored significantly higher on the Attitude towards Covid-19 Vaccine Scale than single participants.

Keywords: Covid-19, Covid-19 Vaccine, Disease Perception, Attitude

**EVALUATION OF THE IMPRESSIONS OF INTERNATIONAL
STUDENTS ON THE INTERNSHIP PRACTICES :
A QUALITATIVE STUDY**

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ABSTRACT

Purpose: International student mobility is increasing day by day, and countries make arrangements in various fields to get the most optimal share from this increase. In this direction, studies are encouraged to identify and examine the factors affecting international student mobility. In the study, it is aimed to closely examine the internship processes of international students.

Material and Methods: 9 international students studying at Bandırma Onyedi Eylül University Health Management Department were reached. In-depth interviews were conducted with the students using a semi-structured form. The interviews were transcribed and subjected to thematic analysis.

Results: It was observed that the majority of the students were female (n=8), Somali (n=7) and an average of 22 years old. Internships were generally carried out in Balıkesir (n=7) and in private hospitals (n=6). Internship institutions were determined by the department (n=6), through career gate (n=2), and acquaintance (n=1). Internship units are archive (n=5), human resources (n=2), private insurance (n=1), international office (n=1) and income & expense accrual (n=1). As a result of the thematic analysis, 2 main and 6 sub-themes were determined as educational attainments (invoicing, patient registration, translation, paperwork) and determinations (positive determinations, negative determinations).

Conclusion: It was observed that student's communication skills and knowledge of business processes increased, while it was determined that they had difficulties in finding an institution for internship, complaining about working in the same unit all the time. It is recommended that international students be supported by the university in finding an internship institution, studies should be carried out to start the internship with a certain rotation program, and to be in constant communication with the internship institutions and students.

Keywords: International Student, Student Mobility, Practical Training, Internship

INNOVATION IN HEALTHCARE INSTITUTIONS: THE IMPACT OF DIGITAL E-HEALTH APPLICATIONS ON THE PERFORMANCE OF HEALTHCARE PROFESSIONALS

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ABSTRACT

The aim of this study is to measure the impact of digital e-health applications developed within the framework of innovation in health institutions on the performance of health workers. It determines issues such as whether health workers are satisfied with the developed applications, frequency of use and awareness for employees, advantages and disadvantages of innovation and digital e-health applications in terms of employee performance. In this context, answers are sought to the questions prepared for the performance of digital e-health applications. In the study, it was found that digital e-health applications were generally evaluated positively by the staff working in health institutions. In addition, the advantage of digital e-health applications; It has been achieved that the advantages such as saving time, gaining speed, accessing information more easily, reducing the paperwork load of health workers have increased their working performance. The disadvantage of digital e-health applications; infrastructure is weak, security vulnerabilities, not taking adequate measures on privacy, being costly, complex and difficult for those who do not know how to use technological devices, the elderly or those who are not good with technology, slow, sometimes freezing and error, internet interruption, system crashing, loss of time due to updating, lack of integration, process and procedure length, lack of warning-supervision and control mechanism, and the fact that despite the transition to electronic systems, paper waste is still at high levels. Therefore such disadvantages have been shown to reduce their working performance.

Keywords: Innovation, Digital E-Health, Performance in Healthcare Organizations

EXAMINATION OF THE WEBSITES OF RARE DISEASE ASSOCIATIONS

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ABSTRACT

Rare diseases are diseases that occur with a frequency of 1 or less in 2000 people, 80% genetic and 20% idiopathic. Most of these diseases have no cure and each one has different characteristics. In this context, associations related to some rare diseases have been established in the world and in Turkey. The purpose of these associations; to inform patients, protect their rights, help patients and their families. Rare disease associations in Turkey came together and established the Rare Diseases Network. In the study, it is purposed to examine the websites of 16 disease associations within this network. The measurement method used by Gibson et al. in their study titled "Election Campaigning on the WWW in the USA and UK: A Comparative Analysis" was used to examine the corporate websites of associations. Accordingly, while the websites were examined under the headings of contact information, promotional information, corporate identity and campaign in terms of functionality elements, they were discussed under the headings of interaction and accessibility in terms of design elements. The scores obtained by the associations were determined under each heading. Since 3 of these associations are on social media sites and 2 of them cannot be accessed, a total of 11 websites were examined in the study. When the functionality elements were evaluated, it was determined that the PKU Family Association got the highest score. In design elements, PKU Family Association and Pulmonary Hypertension and Scleroderma Patient Association received the highest scores. It received full points in the promotion information category of Ataxia Telangiectasia Association, DMD Families Association, PKU Family Association and Association to Fight SMA Disease. There is no rare disease association with full points in other categories. When the results of the study were evaluated, it was seen that the promotional information was low in the functionality elements and the accessibility category was low in the design elements. For this reason, it is recommended that rare patient associations improve accessibility (translated in a foreign language etc.) and promotional information (about the business, history, founders, etc.) on their websites.

Keywords: Rare Diseases, Content Analysis, Website, Patient Association.

EXAMINATION OF THE RELATIONSHIP BETWEEN TRUST IN TURKEY AND TRAVEL INTENT IN HEALTH TOURISM

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ABSTRACT

Purpose: In this study, it is aimed to examine the relationship between the trust that patients who come to Turkey for health tourism purposes feel to Turkey as a destination and their intention to travel to Turkey.

Materials and Methods: In line with the purpose of the research; 178 patients, whose structure was determined by simple random sampling method among the patients in the institution to receive health care, constitute the sample of the research and the data were collected by applying a face-to-face questionnaire. In the research, "Personal Information Form", "Service Satisfaction Scale" and "Regional Trust Scale" were used. The data were analyzed with the SPSS program. In addition, as an analysis method, upon the determination that the data were not normally distributed; Mann Whitney U, Kruskal-Wallis and Spearman correlation analyzes were applied.

Results: It was determined that 52.8% of the 178 tourists participating in the research were female and 47.2% were male. In terms of age variable, it was determined that 41.6% of the tourists were between the ages of 18-30, 36.5% were between the ages of 31-45 and 21.9% were aged 46 and over. When the educational status variable of the tourists is examined, it has been determined that 42.7% of them are primary school graduates, 14.6% are high school graduates, 33.1% are university graduates, and 9.6% are graduate and higher education graduates.

Conclusion: As a result of the research, it was determined that there is a statistically significant and positive relationship between the confidence of the participating health tourists in Turkey and their intention to travel to Turkey. In line with this result, as their confidence in Turkey increases, their intention to travel to Turkey increases.

Keywords: Health Tourist, Trust in Turkey, Travel Intention

INVESTIGATION OF THE RELATIONSHIP BETWEEN UNIVERSITY STUDENTS' HEALTH INFORMATION ACQUISITION AND CONFIRMATION TENDENCY WITH NEWS MEDIA LITERACY IN DIGITAL ENVIRONMENT

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ABSTRACT

Introduction: The aim of the research is to examine the relationship between university students' health information acquisition and confirmation tendencies and news media literacy. In this context, the main purpose of this research is how students' confirmation status while acquiring health information has a relationship with the news media.

Methods: Using a quantitative research design, the "Health Information Acquisition and Confirmation" scale developed by Çömlekçi and Bozkanat (2021) and the validity and reliability of the scale, and the "News Media Literacy" scale developed and validated by Güdekli et al. (2022) were used. The data were obtained through Google Forms and these data were analyzed with the SPSS 22 package program. T-test, correlation analysis and regression analysis were used for the analyses.

Results: According to the results of the analysis, there was a moderate and positive significant relationship ($r=,431$; $p<0.05$) between university students' tendency to acquire and confirm health information and news media literacy ($R=,431$; $R^2=,185$; $p<0.05$). Therefore, we can state that 18.5% of the variable of health information acquisition and confirmation tendency is explained by news media literacy.

Conclusion: As a result of the analyzes showing that there is a positive and significant relationship, it has been concluded that an increase in the news media literacy levels of university students will also have a positive effect on the tendency to acquire and confirm health information.

Keywords: Health Information Acquisition, News Media Literacy, Digital Media

CAPITALISM AND WOMEN IN HEALTH

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ABSTRACT

Introduction and Purpose: Many women working in the public and private sectors are exposed to bullying such as second-class work, not being promoted, lower wages, and psychological pressure at work. In the field of health, it is seen that a male-dominated system is dominant at higher levels. Besides, there are various medicalization studies, directions and even impositions of national and international bodies on women who demand health services.

Method: The study is a qualitative research based on secondary data sources. In order to collect the data, literature review and document analysis were carried out on the subject, and the content analysis method was preferred in the analysis of the obtained data.

Results: Unfortunately, it has been observed that women, who have a great place in the health sector, cannot gain a place in higher levels. Among the reasons for this are the lack of attention given to their education and the mobbing they suffer in business life. In addition, it is observed that the “equal work, equal pay” policy is not applied to working women. It can be said that international companies and organizations, and even states, are trying to establish dominance over the female body that demands/not health services. Those who want to make commercial profit by using the health framework have started to see women as a commodity.

Discussion and Conclusion: The problem of inequality in health affects women and children more. In addition, unfortunately, it was this segment that was more affected by medicalization and imposing drug policies. Making profit on women and over their bodies and doing perception studies that cause this has become a very preferred way, especially today. In addition, it is thought that the health sector, which requires intense effort, is prone to the exploitation of women's labor and knowledge.

Suggestions: Policies should be rearranged and women's awareness should be raised against the exploitation of women working in and benefiting from health services.

Keywords: Health, Women, Capitalism, Exploitation

A STUDY ON TRUST TO PHYSICIAN AND PHYSICIAN COMMITMENT

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ABSTRACT

In the use of health institutions, the importance of the relationship between the patient and the doctor is increasing day by day, as well as the factors such as access, insurance, the level of the disease. Considering the factors affecting the patient-physician relationship, trust and commitment come to the fore. In this direction, the aim of this study is to examine the relationship between the level of trust in the physician and the level of commitment to the physician. In this regard, Physician Affiliation Scale, which was developed by Price & Arnould (1999), Sharma & Patterson (1999), Hausman & Mader (2004), was adopted to the healthcare sector by Wang, Huang & Howng (2011), and was conducted reliability and validity analysis to Turkish by Ünal et al. (2018), was used. In order to measure trust in the physician, the Doctoral Confidence Scale, which was conducted validity and reliability to Turkish by Şengül and Bulut (2020), was developed by Thomas et al., was used. The population of the study consists of individuals over the age of 18 residing in the central districts of Konya (Selcuk, Meram, Karatay); the sample consists of 650 people selected by random sampling method. SPSS 26.0 package program was used in the analysis of the study, and besides descriptive statistics (mean, standard deviation, etc.), t-test, one-way analysis of variance, correlation and regression analyzes were performed on independent groups. As a result of the analyzes, it was determined that there was a significant difference between the gender, age, marital status, educational status, income status, the number of applications to the health institution and health institutions they preferred when they got sick, and the levels of trust and commitment to the physician. In addition, a positive and highly significant relationship was found between the level of trust in the physician and the level of commitment to the physician. As a result, it can be said that as the trust of individuals to the physician increases, their commitment to the physician will also increase. It is recommended for future studies to determine the factors that create trust and commitment between the patient and the physician and to investigate how to increase this relationship.

Keywords: Physician, Trust, Commitment.

KNOWLEDGE AND ATTITUDES OF NURSES WORKING IN A PRIVATE HOSPITAL IN ANKARA AGAINST SURGICAL INTERVENTION INFECTIONS

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ABSTRACT

Surgical intervention infection affects 5.6% of patients in general surgery procedures in low- and middle-income countries. Surgical infection is a significant cause of mortality and morbidity worldwide. For this reason, it has become a matter of curiosity how much knowledge nurses have in the field of surgical infection. In this context, the aim of the study to be investigated is to determine the knowledge and attitudes of nurses about the care and importance of surgical infection. The population of the research consists of nurses working in a private hospital in Ankara. In the sample group, there are 40 nurses working in this private hospital. This research is a cross-sectional study. Data were obtained through the questionnaire form. Statistical analyzes included in SPSS version 21.0 were used to apply the data. In the light of the findings obtained from the study, 65% of the nurses about the surgical intervention infection; It was determined that 100% of them had knowledge and equipment about the importance of preoperative surgical intervention infection and patient hygiene. 2.5% of the nurses have sufficient knowledge about surgical intervention and infection practices.

Keywords: Surgical Infection, Nurse, Hospital

HEALTH SERVICE PROMOTION AND THE EFFECT OF COVID-19 ON WAITING TIME

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ABSTRACT

Objective: The Covid-19 pandemic, which started in China and affected the whole world, has had many social, political and economic effects. However, the most impact was seen in the health sector. Many applications have had to undergo changes. One of them is the waiting time. In this study, Covid-19; It was planned to determine the effect on waiting time and satisfaction score.

Material and Method: The study was conducted in a public hospital in Konya, between the dates 01.01.2019-30.09.2019 (pre-Covid-19) and 01.01.2021-30.09.2021 (Covid-19 process), emergency service and polyclinic waiting in a 9-month period. duration and satisfaction score data were examined. It is a retrospective study. "Survey Application Guide" questionnaires prepared by the Ministry of Health were used in the study (Ministry of Health 2021).

Results: While the number of emergency service applications in 2019 was 154,367, the number of emergency service applications in 2021 was 143,101. While patients who came to the emergency department waited an average of 12.08±1.47 minutes in 2019, they waited 6.12±5.42 minutes in 2021. Considering the satisfaction scores, the average satisfaction rate of the patients was 94.2% in 2019, while it was 97.2% in 2021.

While the total number of outpatient applications in 2019 was 528,177, the number of outpatient applications in 2021 was 190,706. While patients who came to the outpatient clinic waited an average of 71.52±29.62 minutes in 2019, they waited 36.55±86.09 minutes in 2021. Considering the satisfaction scores, the average patient satisfaction was 93.69% in 2019, while it was 98.08% in 2021.

Conclusion: When the emergency service applications are examined; Although the number of patients in 2021 (Covid-19 process) decreased numerically compared to 2019 (pre-Covid-19), this decrease is not statistically significant. However, significant changes were observed in the waiting time and satisfaction, while the waiting time decreased in 2021 (Covid-19 process), the average satisfaction score increased.

When the polyclinic applications are examined; The number of patients admitted in 2021 was found to be significantly lower than in 2019 (P<0.05). When the outpatient waiting times are compared according to years, the average waiting time in 2021 did not show any significance, although it decreased numerically (P>0.05). The polyclinic satisfaction score average in 2021 is significantly higher than in 2019.

Keywords: Waiting Time, Covid-19, Patient Satisfaction

EVALUATION OF THE CONDITIONS LEADING THE TERMINATION OF THE WOMEN'S UNWANTED PREGNANCY OUTSIDE OF HEALTH INSTITUTIONS: A QUALITATIVE STUDY

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ABSTRACT

Purpose: The aim of this qualitative study was to describe women's experiences of unintended pregnancy and induced abortion and the conditions constituting this process.

Material and Methods: The study group consisted of 13 women who had experience of unintended pregnancy/induced abortion, determined by snowball and purposive sampling method. The women were asked questions about the induced abortion they had experienced through a semi-structured interview form. The data obtained from the interviews were manually coded and the codes were categorized.

Results: Five main themes were identified as access to family planning services, access to correct information, factors affecting the decision to miscarriage, health-seeking behavior and recurrence abortion risk. It is seen that women cannot benefit from FP services effectively, and they carry the risk of resorting to induced abortion again under the same conditions, despite experiencing health problems after the abortion.

Conclusion: Primary health care workers should be aware of the barriers to women's access to family planning services. Every woman of childbearing age should be evaluated for unmet need for family planning. The need for induced abortion should be determined in the early period of women who have had an unintended pregnancy, and they should be provided with access to services within legal periods and under healthy conditions.

Keywords: Unintended Pregnancy, Induced Abortion, Health

THE EFFECT OF CENTRAL DRUG PREPARATION UNITS ESTABLISHED IN HOSPITALS ON DRUG SAVINGS

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ABSTRACT

Purpose: The remaining and unused doses in vials of IV (intravenous) drugs prepared for patient treatment are after being applied disposed of as medical waste. These drug losses in hospital clinics cause serious operating and public costs. Realization of drug preparation processes in different hospital clinics in a central unit can reduce drug waste by ensuring that the remaining doses are combined and used. The aim of this study is to reveal whether the central drug preparation units established in hospitals have an effect on drug savings.

Materials and Methods: This study is based on a retrospective review and evaluation of medical, administrative and financial records of drug treatments prepared in the central drug preparation unit established in a university hospital in Konya. The study includes IV drug treatments prepared by the drug preparation unit for patients hospitalized in pediatric services between 01/08/2022 and 31/10/2022. Research data, including device records, drug stocks and cost information regarding the drug preparation process, were collected from hospital units using the document review method. The obtained data were arranged in Microsoft Excel program in computer environment and numerical analyzes were made.

Results: In the drug preparation unit operated by outsourcing, 17.894 drug doses were prepared in three months. The total amount of drugs ordered for the treatment of 4.375 patients hospitalized in the pediatric service and sent out from the pharmacy stocks to the pediatric services is 23.340 and the total cost of these drugs is 508.248,63 TL (Turkish Liras). The total amount of drugs used in the unit to prepare the ordered drug doses is 12,876. Therefore, the total amount of drugs remaining to be returned to pharmacy stocks is 10,464 units, and the cost is 219.766,06 TL. The payment to be made to the contractor company, from which services are procured in return for 17.894 treatments prepared in the unit, is 89.470,00 TL.

Conclusion: Thanks to the central drug preparation unit of the hospital, the rate of drug savings on the basis of units is 44,83%. If the unit had not been established the proportion of cost of drug wastage to total drug cost is 0,432. Even after the drug preparation service fee is paid, the savings to be obtained by the hospital with the IV system is 130.296,06 TL and the savings rate is 25,64%. Therefore, it is recommended to establish central drug preparation units in hospitals to reduce drug waste, especially during the preparation of IV drugs.

Keywords: Centralized Drug Preparation, Drug Waste, Drug Savings, IV Drugs.

BLOCKCHAIN IN HEALTH SERVICES

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ABSTRACT

The rapidly developing digitalization process in the world creates a basis for transformation in the health sector as well as in many other fields. Blockchain technology, which is seen as a part of the digitalization process, has recently emerged as an effective and important technology in the digital transformation process in health services, as in many sectors. In this study, it is aimed to compile and deal with developing blockchain technologies and their reflections in health services in a conceptual framework. Within the scope of this study, the development process of blockchain technologies that work without a central management system and data storage mechanism and the advantages and disadvantages of these technologies are revealed. In addition, informations about the use of blockchain technology in the world and in our country is given, and information about the use of blockchain technologies in health services is presented in line with the information in the literature. The literature information under the headings of transfer of health data, integrity in research in the field of health, individual health records, billing and damage records, drug supply chain and prescriptions, and combating the pandemic process has been brought together and the usage fields of blockchain technologies have been detailed in today's conditions. The contributions of blockchain technologies to the transfer security of health data, the determination of the accuracy of the data of research in the field of health, the protection of individual health data, the time saving in health services, the follow-up of the processes from the production to consumption of drugs and the pandemic processes are summarized within the scope of this study.

Keywords: Blockchain, Digitalization, Health Services

EVALUATION OF HEALTH MANAGER'S VIEWS ON THE PLACE OF HEALTHCARE FINANCING IN THE SUSTAINABILITY OF HEALTH SYSTEMS

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ABSTRACT

In today's world, it is obvious that misuse of resources will pose great dangers for future generations, and it is known that sustainable strategies are very important to prevent this situation. The concept of sustainability is now prominent in the health sector, as in every sector, and is seen as an effective element in the functioning of institutions and even systems. While ensuring sustainability in health systems, the important issue is health financing, which arises from scarce resources and endless needs. While the use of resources without depletion and future reduction in health service delivery forms the basis of health systems sustainability, the issue of financing should not be ignored in the implementation process of all these. In this study, the views of health managers, who are one of the important gears of the health systems wheel, about sustainable health systems and the importance of health financing in the sustainability of health systems were examined qualitatively with the help of open-ended questions, with a phenomenological design. The interview form consists of 7 questions prepared by the researchers based on the literature and taking expert opinion. Within the scope of the research, 11 people working in managerial positions in health institutions in Konya city center were interviewed. In the research, findings about what financial management means for the participants, what is the place of financial management in terms of health services, the sustainability of health services, how sustainable health services affect costs, sustainability practices in hospitals, the place and effect of financial management in sustainability in health services are included. As a result of the research, one participant drew attention to the concepts of digital hospital and lean hospital regarding sustainability, while the others focused more on accessibility, establishment of income-expenditure balance, and correct management of the budget. Regarding the sustainability practices in their hospitals, the participants drew attention to practices such as conducting paper-based transactions in a digital environment, digital archive, preventing paper waste with zero waste, and saving energy. When the opinions of the managers about the place of finance in sustainable health systems are examined, the participants pointed out that sustainability cannot be achieved without financial management in general. Some participants stated that due to the financial inadequacy of the institutions, various measures should be taken and support should be provided on a local and national basis.

Keywords: Health Financing, Sustainability, Health Systems, Sustainability Of Health Systems.

OUT OF POCKET HEALTHCARE EXPENDITURES IN TURKEY

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ABSTRACT

In this study, it is aimed to examine out-of-pocket health expenditures, which is an important issue for countries and patients, in our country. In this direction, the data in the health statistics yearbook were examined. According to this, when the out-of-pocket health expenditures per person in our country are examined, while it was 113 ₺ in 2009 on a nominal basis, it showed a linear increase annually and reached 481 ₺ in 2020. On a real basis, it is seen that there is a slightly more horizontal course. Based on 481 ₺ in 2020, it was determined that out-of-pocket health expenditure per capita was equal to 323 ₺ in real terms in 2009, and ups and downs were observed on a yearly basis. In terms of US dollars, out-of-pocket health expenditure per capita, which was \$73 in 2009, reached \$100 in 2014, but then entered a downward trend and decreased to \$68 in 2020. The biggest factor in this decline is considered to be the rise in the Dollar/TL exchange rate. When analyzed according to purchasing power parity, out-of-pocket health expenditure per capita, which was \$120 in 2009, increased to \$191 in 2014 and \$239 in 2020. In addition, the share of out-of-pocket health expenditures in total current health expenditure was 17.2% in 2020. Although this rate has increased and decreased over the years, it is seen that it has decreased in the last three years since 2018. According to the international comparison of the share of out-of-pocket health expenditures in current health expenditures, it is noteworthy that Turkey is below the OECD average (19.8%) and the EU average (20.9%) in 2020. In addition, it is seen that Turkey is the 19th country with the lowest rate among the 42 countries compared. Although the share of out-of-pocket health expenditures seems to be small in total health expenditures, a burden may be placed on individuals, especially for developing countries, and this burden may even turn into catastrophic expenditures. Although the share of out-of-pocket health expenditures in current health expenditures for our country is still below the OECD and EU averages, it is noteworthy that out-of-pocket health expenditures tend to increase in monetary terms.

Keywords: Health Expenditure, Out-Of-Pocket Expenditure, Catastrophic Expenditure

ARTIFICIAL INTELLIGENCE TECHNOLOGIES IN HEALTHCARE

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ABSTRACT

Artificial intelligence aims to imitate human cognitive functions. Artificial intelligence is bringing a paradigm shift to healthcare by increasing the availability of healthcare data and enabling rapid advancement of analytical techniques. Major disease areas using AI tools include cancer, neurology, and cardiology. Next comes diagnosis, treatment, outcome prediction, and prognosis assessment. In the study, pioneering artificial intelligence systems applications such as IBM Watson are mentioned and the current situation and future effects of artificial intelligence applications in health services with examples from our country and the world are discussed. The aim of the study, which is a literature review, is to present the current applications for the benefits of artificial intelligence applications in the field of health services management, to examine the opportunities and difficulties, and to evaluate the advantages, disadvantages and future of artificial intelligence. Since the health sector is a technology-intensive sector, it will not be difficult to integrate artificial intelligence applications into the health field. In our country, applications such as “e-nabız”, “Merkezi Hekim Randevu Sistemi (MHRS)” have been established on the basis of artificial intelligence. The best example of this is the application of “Neyim Var?” integrated into the “e-nabız” and “MHRS”. There are also foreign versions of this application and it basically shows possible diagnoses by entering the patient's symptoms into the application. Afterwards, it informs the patient about which polyclinic he should make an appointment with. Artificial intelligence applications in health services have the potential to provide benefits such as efficiency, satisfaction, reducing the burden of service providers, and new competencies, but they also contain new challenges such as privacy, ethical issues, doctor-patient communication. Optimizing the benefits of artificial intelligence will require a balanced approach that facilitates innovation, increases accountability and transparency, encourages responsible access to data to further enhance computing capabilities, and builds trust among all stakeholders. Artificial intelligence is unlikely to displace humans in the future, but it will redefine roles and make itself as an indispensable cognitive assistant.

Keywords: Healthcare, Artificial Intelligence, Technology.

THE EFFECTS OF PHYSICIANS' COMPASSION SATISFACTION ON THEIR WORK ENGAGEMENT

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ABSTRACT

Physicians, who are considered as a very strong professional group in the social structure, are increasing the importance of the relationship between them and the patient. It is thought that physicians generally attach importance to behaving compassionately towards people in the doctor-patient relationship. It is stated that the satisfaction of compassion is effective on the mental health of the individual and in terms of the work he/she does, and acts as a protective factor against compassion fatigue, and it is observed that it positively affects the work commitment of the physicians. A high level of work engagement increases physicians' work performance, productivity, communication with patients, and sustainable service quality. In this direction, it was aimed to examine the effect of physicians' compassion satisfaction on their work commitment. 214 physicians were selected by random sampling method and constitute the sample size of the study. SPSS 26.0 package program was used in the analysis of the study and besides descriptive statistics (mean, standard deviation, etc.), t-test, one-way analysis of variance, correlation and regression analyzes were performed on independent groups. As a result of the analysis, 56.1% of the physicians participating in the study were women and 78% were married individuals. 83.2% of the participants are specialist doctors and 76.3% work in the public sector. It has been observed that the average of compassion satisfaction and work engagement of single physicians is higher than that of married ones. In the analyzes made, no significant difference was found between sector, status and gender changes, compassion satisfaction and job commitment. According to the correlation analysis, there is a positive high-level significant relationship between physicians' compassion satisfaction and work engagement, a negative low-level significant relationship between physicians' work engagement and income, age and experience variables, and a negative low-level significant relationship between physicians' compassion satisfaction and income, age and experience variables. a low-level significant relationship was detected. As a result, the high compassion satisfaction of physicians increases their commitment to work. Although it has an extremely important and effective function, there are not enough studies in the Turkish literature on the development of compassion satisfaction. Considering this situation, it is thought that the effect of compassion satisfaction on their work commitment will contribute to the related literature.

Keywords: Physician, Compassion Satisfaction, Commitment To Work.

CRITICISM OF MODERN MEDICINE AND THE RISE OF CONVENTIONAL MEDICINE

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ABSTRACT

The aim of this study is to examine the rise of traditional medicine and the criticisms made against modern medicine. In the study, first of all, the definition of traditional medicine, which is still in existence from the past to the present, and which is applied with various methods today, with which methods it is applied, and the factors affecting the use are mentioned. If we define traditional medicine simply, it includes the method of treating diseases with the knowledge and experience gained from religious beliefs, values and cultural elements transferred from generation to generation in a society. As a result of the literature review, it has been observed that traditional and complementary medicine is used effectively in the world and in our country. "Traditional and Complementary Medicine Practices Regulation" was issued by the Ministry of Health in our country on October 24, 2014. When we look at the data of the Ministry of Health, traditional practices in hospitals affiliated to the ministry and universities are seen as active and accessible services. In the other part of the study, the definition of modern medicine and the criticisms made to modern medicine are mentioned. The World Health Organization (WHO) defined modern medicine as: "It is the whole of knowledge, skills and practices that can be explained or not, based on theories, beliefs and experiences specific to different cultures, which are used in the prevention, diagnosis, improvement or treatment of physical and mental diseases as well as in maintaining good health". Today, the effectiveness and success of modern medical practices is an acceptable reality. However, there are various criticisms of modern medicine, such as ignoring traditional medicine, seeing people as a machine, commodifying health and medicalizing it. It is explained in more detail in the study. The study is of a compilation nature. Looking at academic research in the study, it is seen that traditional medicine will become more popular and modern medicine will be subject to criticism if precautions are not taken.

Keywords: Health, Modern Medicine, Traditional Medicine

A QUALITATIVE STUDY ON THE INVESTIGATION OF MEDICAL TOURISM WITHIN THE SCOPE OF HEALTH TOURISM IN TURKEY

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ABSTRACT

Purpose: The aim of this study is to examine the postgraduate theses and articles on health tourism and medical tourism, which are newly developing in Turkey and have started to develop and become widespread in the world in the last 10-15 years. With this study, it is aimed to support both graduate students and academicians in their studies on this subject in order to determine the subjects of future studies in the field of health tourism.

Material and Methods: Within the scope of the study, the content evaluation method was applied and the data were collected through document review. Therefore, this study demonstrates a qualitative research design. The thesis database of the Higher Education Institution (YÖK) was searched with the keyword "medical tourism". As a result of the scanning, a total of 88 theses were reached and examined within the scope of the research.

Results: 19 of the scanned theses are doctoral theses and 69 of them are master theses. In the light of the analyzes and evaluations made within the scope of the research, it has been seen that the market share of our country in the field of medical tourism is gradually increasing, and that the basic infrastructure and willingness to increase it even more exist, especially in private hospitals. However, it is understood that in order to increase the market share, it is necessary to increase the number and quality of health personnel who speak foreign languages, to promote our country abroad more effectively and effectively, to direct the private sector primarily to medical tourism, to carry out focused marketing studies and to strengthen intermediary institutions.

Conclusion: As a result, it is thought that the joint work of the health sector and other fields related to medical tourism will increase the competitiveness of our country in the field of medical tourism.

Keywords: Tourism, Health Tourism, Medical Tourism, Turkey

BIBLIOMETRIC ANALYSIS OF THESIS WRITTEN ON ECONOMIC ASSESSMENT IN HEALTH

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ABSTRACT

Health services are a strategic service that countries try to offer with their limited resources. As a result of the scarcity of all resources in the economy, the resources and expenditures used in health services should be made in the most cost-effective way. For this reason, it is important to evaluate the material, method or any element with monetary value economically. Economic evaluation in health services is made within the framework of technological evaluation methods in health. Economic evaluation methods include cost effectiveness analysis, cost minimization analysis, cost benefit analysis and cost - benefit analysis. In this study, it is aimed to bibliographically examine the theses, which include economic evaluation in the health sector, which are made in Turkey and registered in the YÖKTEZ platform. Considering the importance of economic evaluation studies in terms of the sustainability of health services, it is thought that it is important to study the status of the theses made in our country, their scientific stages, the methods used and the importance given to economic evaluation through theses. For the purpose of the study, bibliographic analysis was used. YÖKTEZ was searched in Turkish and English by using the keywords "economic evaluation, cost - minimization, cost - benefit, cost - benefit, cost - effectiveness and technological evaluation in health". As a result of the scanning, 1885 theses were reached. Theses that are not related to the field of health and that do not use economic evaluation methods are excluded from the scope. As a result of the relevant eliminations, 57 theses were examined in detail in the study. Cost-effectiveness analysis was used in 92.9% (53) of theses, cost-benefit analysis in 5.2% (3), cost-minimization analysis in 1.7% (1). 38.5% (22) of the theses were written as doctorate, 28% as 16 master's and 33.3% (19) as specialty in medicine. It is seen that the theses examined were mainly made in the field of health management. According to the results of the study, it can be said that doing more economic evaluation studies is important in terms of guiding decision makers and policy makers.

Keywords: Economic Evaluation, Health Technological Assessment, YÖKTEZ, Bibliography

MIGRATION AND VACCINATION: THE PROBLEM OF ACCESS TO HEALTHCARE SERVICES

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ABSTRACT

Refugees have problems in accessing health services, which are part of the social welfare services in the country where they migrate to. While refugees and childhood are considered two separate disadvantages, the intersectionality of this vulnerability makes refugee children even more vulnerable. In this literature review, it is aimed to examine vaccination, which is a preventive health service in refugee children. When the vaccination rates are examined, it is seen that after the war in Syria, the DBT3 vaccination rate of children decreased from 95% and the measles vaccination rate from 80% to around 50%. According to the WHO European Region Report, there are differences in refugee vaccination practices between countries. It is reported that for the vaccination of refugees in the European Union countries, a national vaccination program is implemented in 26 countries, a separate vaccination program is implemented in 2 countries, vaccines are free in 26 countries, and some vaccines are paid for adolescents in 2 countries. Vaccines are given at the entrance in 5 countries, in waiting areas in 21 countries, and in temporary shelters in 6 countries. In Turkey, 4 different strategies are implemented: border crossing vaccination, routine national vaccination, additional vaccination in epidemic situations, and vaccination completion and acceleration. OPA (0-15 years old), KKK (9 months-15 years old), DTaB-IPA-Hib (under 7 years old), DTaB-IPA (7-12 years old) vaccines are applied for children at border crossings. According to a study conducted on Syrian children in Turkey in 2021, the vaccination completion rate was found to be 47.9%. It is seen that communication problems, lack of identity records, transportation problems and lack of information about the health system are among the reasons for not being vaccinated. Vaccination practices are thought to be important in terms of preventive health services and public health in the context of migration and cohesion. Refugees should be included in social welfare services in the context of human rights in the countries migrated, regardless of the type of migration.

Keywords: Migration, preventive healthcare, disadvantage group, vaccination

INVESTIGATION OF THE RELATIONSHIP BETWEEN SUCCESSFUL AGING AND LIFE SATISFACTION OF THE ELDERLY LIVING IN A NURSING HOME: THE CASE OF KONYA PROVINCE¹

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ABSTRACT

Introduction: The ability of the individual to adapt to the physiological, psychological and social changes that occur in the aging process, to maintain the state of well-being as much as possible, and to use the existing resources efficiently by the individual enable a successful aging process. In this study, it was aimed to examine whether the levels of successful aging and life satisfaction of the elderly living in nursing homes differ according to various variables and the relationship between successful aging and life satisfaction. **Material and Method:** Relational screening model was used in the study designed in the quantitative research design. Nursing homes in Konya Province constituted the universe of the research. In the research, the entire universe was tried to be reached without any sample selection. The research group consists of 201 people aged 60 and over, 51 females and 150 males. “Demographic Information Form”, “Successful Aging Scale” and “Life Satisfaction Scale” were used to collect research data. Independent sample t test, one way ANOVA test and Pearson Correlation test were used in the analysis of the data. **Results:** As a result of the analysis made, gender, age, educational status, income status, income control, general health status, the need for another person to maintain daily routines, the frequency of going out, the number of people in the room, the place where they spend most of their life, chronic illness, routine activity A significant relationship was found between successful aging and the variables of the frequency of performing routine activities. A significant relationship was found between the variables of education status, income, general health, needing another person in maintaining daily routines, the frequency of going out, the number of people in the room, the status of performing routine activities, and the frequency of performing routine activities and life satisfaction. **Conclusion:** A moderate, positively significant relationship was found between successful aging and life satisfaction. **Suggestions/Discussion:** From this point of view, in order to ensure the continuation of the physical and mental well-being of the elderly, it is recommended that the elderly be included in various exercise/sport programs by taking into account the principle of voluntariness, by organizing awareness activities on the importance of healthy nutrition and physical functionality in the nursing home.

Keywords: Successful aging, nursing home, life satisfaction, aging, elderly

¹ Adapted from the thesis study titled “Examination of the relationship between successful aging level and life satisfaction of the elderly living in nursing homes: The case of Konya province”.

RE-THINKING MOTIVATIONAL INTERVIEWING IN SOCIAL WORK PRACTICES

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ABSTRACT

Introduction: It is necessary to reveal the current motivation of individuals or groups in all interventions at micro, mezzo and macro levels in social work. It is very difficult to achieve effective results with a client who is unmotivated and resistant to change. One of the techniques used by social workers in this difficulty is motivational interviewing, the effectiveness of which has been scientifically proven. In this study, it is aimed to reveal how the motivational interview technique reflects on social work practices, why this technique is important in social work, and in which areas motivational interviewing is used in social work discipline. **Material and Method:** Studies have revealed that the motivational interview method can be used effectively in the field of social work. The motivational interview technique includes principles and methods that will provide insight to the social worker. Therefore, it is considered important to understand these principles and methods. **Findings:** This interview technique, which is compatible with social work values; It emphasizes cooperation with the client, the need to reveal contradictions, the importance of empathy and personal autonomy. It also gives an idea of what can be done when confronted with a resistant client. This technique, which can be used when working with a client with alcohol and substance addiction; It can also be used when working with people with chronic diseases, families, the elderly, young people, children, disabled people and clients from different cultures. **Conclusion:** Literature knowledge shows that motivational interviewing has a wide place in social work. However, there is a need for more experimental studies to be conducted in the field of social work on the subject. **Recommendations/Discussion:** Social work students and social workers need to improve their knowledge and skills on the subject. Thus, it is thought that the service offered to the applicant will become more qualified.

Keywords: Motivation, motivational interviewing, social work

PSYCHOSOCIAL SUPPORT SERVICE OFFERED AT CHILD SUPPORT CENTERS¹

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ABSTRACT

Introduction: All societies that adopt the understanding of social state try to develop policies and strategies for children who are dragged into crime or who are victims of crime. In Turkey, it is seen that different policies have been tried to be developed in this regard over time, and the names and functions of institutions in the field of child welfare have changed. Child Support Centers (ÇODEM) has been one of the organizations that have experienced this change recently. ÇODEMs, which have an important mission in the treatment of children who are driven to crime and who are victims of abuse, have specialized in the last quarter of 2022 within the framework of the Regulation on Child Protection Services Planning and Child Care Organizations Working Procedures and Principles, and transformed into a different structure. In this study, it is aimed to evaluate the services offered in ÇODEMs between the years 2014-2022. **Material and Method:** ÇODEMs; established in Turkey in 2014, it is a social service organization that temporarily stays among children who are found to need psychosocial support, against whom a precautionary decision has been taken. When we look at the services offered, it is understood that one of the most remarkable applications is the psychosocial support service. In this context, the compulsory program in ÇODEMs is the Anka Child Support Program. **Findings:** The Anka Child Support Program is the first structured program in Turkey for children who are victims of crime or driven to crime. The program aims to minimize the effects of trauma in children for various reasons. It is possible to say that the program contributes to the work of the professional staff, allows the child to be evaluated in a multi-dimensional way, facilitates social adaptation, contributes to the treatment of behavioral problems and has a positive effect on general well-being. **Conclusion:** In Turkey, ÇODEMs have formed one of the important structures in the field of child welfare. It is seen that psychosocial support services provided especially for children who are driven to crime and who are victims of crime contribute positively to the recovery of children. **Recommendations/Discussion:** It has been seen that there is a limited number of studies on ÇODEMs in the literature, and it is thought that the evaluation of the services provided in ÇODEMs will contribute to the professionals and individuals who receive services in this field.

Keywords: ÇODEM, psychosocial support, social wor

SOLUTION-FOCUSED BRIEF THERAPY AND SOCIAL WORK

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ABSTRACT

Introduction: Solution-focused brief therapy, which has a history of more than forty years, is based on the perspective that the client already has enough resources to solve their problems. The main goal of the professionals who prefer this therapy method is to give clients a perspective to awareness these resources they already have and to help them use them. Therefore, it is an approach that is not therapist-centered, but focuses on the client and client's wishes. **Method:** Therefore, in this study, which has the feature of compilation, the solution-focused brief therapy approach and some of the basic techniques it uses, as well as its use in the field of social work, will be revealed in the light of researches. **Results:** This therapy method, which is known to be used in working with children and adolescents, working with adults, family and couple therapy, can be worked with individuals and groups. In this approach, techniques such as miracle and scaling questions, exploring exceptions, positive feedback and compliments, tasks between sessions are used. One of the usage areas of the approach is the field of social work. **Conclusion:** The solution-focused brief therapy's focus on solutions, its client-based nature, and the emphasis that the client already has enough resources seem to be compatible with the nature of the social work profession. Therefore, this approach is suitable for the nature of social work. And considering the workload intensity of social workers, it is thought that it will provide an advantage in social work practice due to its short duration. **Recommendations:** It is considered that solution-focused brief therapy is suitable for use in interventions by social workers due to its time advantage and conformity with the nature of social work, and that researchers can strengthen the evidence base of solution-focused brief therapy-based social work interventions with output studies.

Keywords: Solution-focused brief therapy, solution-focused approach, social work

THE RELATIONSHIP BETWEEN EMOTION REGULATION SKILLS AND SUBSTANCE ADDICTION OF ADOLESCENTS

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ABSTRACT

Introduction: Emotions are human components that ensure our survival determined by biological, social and cultural factors. The ability of emotion regulation depends on a system that begins during pregnancy and is structured by experiences, especially between the ages of 0-3. This is the limbic system, the limbic system is more associated with emotions, and the amygdala in the limbic system is specifically associated with fear. The amygdala is associated with the basic sense of security that sustains existence. The argument that the basic sense of security is gained between the ages of 0-1, as claimed by psychodynamic theories, is also supported by neurobiological studies. **Conceptual Framework:** In the study, which will be carried out through a literature review, the relationship between emotion regulation skills and substance addiction in adolescence will be evaluated within the framework of current neurobiological and psychodynamic approaches. Adolescence as a developmental process, substance abuse and the biological and psychological dimensions of addiction will be discussed. **Results:** The optimal level of emotion regulation is a skill that is acquired largely through experiences and object relations between the ages of 0-3. Tendency of substance addiction may be due to difficulty in regulating emotions or the desire to stay in pleasure in any case. Substance Abuse is associated with biological, social and cultural factors. Biological structure and emotion regulation skills can make individuals more prone to substance addiction. Starting to use substances changes the biological systems, namely the structure of the brain. The biological change caused by substance addiction complicates recovery after addiction and increases the likelihood of addiction relapse. The onset of substance abuse usually occurs during adolescence, a period in which the brain grows again, neuroplasticity increases, and synchronization problems between emotions, thoughts and behaviors are common. Emotion regulation problems in adolescents may increase due to biological change. **Suggestions:** Since adolescence is risky in terms of substance addiction, it is necessary to look at the relationship between adolescence, emotion regulation and substance addiction, and to carry out preventive studies for adolescents and their families.

Keywords: Adolescence, substance abuse, emotion regulation, psychodynamic approach, neurobiology

A QUALITATIVE RESEARCH ON THE PROBLEMS FACED BY PATIENT RIGHTS UNIT RESPONSIBILITIES

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ABSTRACT

Introduction: Patient rights units carry out an important task in terms of solving possible problems between the patient/relative and the healthcare facility in healthcare facilities. Responsibilities of the patient rights unit work with different parties such as the patient/relative, health personnel and hospital administration in the problem solving process. In this context, the practical experience of the unit responsible is important. Therefore, this study was carried out to explore the experiences of the unit responsible working in the patient rights unit of health facilities within the scope of patient rights practices. **Material and Method:** The phenomenological approach was used in the research, which was designed using qualitative research methods. Semi-structured interviews were conducted with 14 patient rights unit officials in Konya, using the snowball sampling method to reach the participants. Ethics committee approval and written consent of the participants were obtained before the data creation process. Maxqda20 qualitative data analysis program was used in the analysis process of the findings. **Results:** Research findings were discussed in 4 themes including; patient rights practices, unit supervisors, health facility elements and recommendations on practices are discussed in 4 themes. As a result of their search, regarding patient rights practices; it has been emphasized that the expectation levels of the patients are high and the media is effective in experiencing this situation. For the unit responsible; it has been emphasized that difficulties are encountered from time to time in the problem solving process, and that being a unit manager has social, physical and psychological reflections. In the case of health facilities; along with the importance of the physical standards of the units, it has been determined that the approaches of health workers and hospital management towards patient rights units have important reflections on service delivery. Moreover; unit responsible within the scope of patient rights practices; It makes suggestions such as improving physical standards and increasing in-service training programs. **Conclusion and Recommendations:** Reflections on the implementation processes of the patient rights unit responsible; there are various elements related to the patient/patient relatives and health facilities. In this context, it is recommended to provide appropriate physical conditions and make supportive arrangements for patient rights units, which are in an important position in the process of providing quality health services and ensuring patient satisfaction, to provide more functional services.

Keywords: Rights, patient rights, patient rights unit, qualitative research

THE ATTITUDES OF SOCIAL WORK STUDENTS TOWARDS THE ELDERLY AND THEIR EMPATHY LEVEL¹

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ABSTRACT

Introduction: The aging of the world population raises various problems in terms of social work on a global scale. Elderly individuals may encounter negative attitudes in social life and this situation constitutes an obstacle to successful aging. At this point, it is important to measure the attitudes and empathy skills of the students who will be the future practitioners of the social work profession, who often work with elderly individuals. The study aimed to investigate the attitudes and empathy levels of social work students towards the elderly according to some variables and to reveal the relationship between attitudes and empathy. **Material and Method:** This study was conducted with the relational screening model, one of the general screening models. The research population consisted of 899 students studying at Selçuk University Faculty of Health Sciences Department of Social Work, Necmettin Erbakan University Faculty of Health Sciences Department of Social Work, and Selçuk University Beyşehir Ali Akkanat School of Applied Sciences Department of Social Work. 480 of these students were included in the sample. The Personal Information Form, the Kogan's Attitude toward Old People Scale, and the Empathy Quotient Scale were used to collect data. Research data were collected by administering the data collection tools face-to-face and using a web-based survey system. **Results:** The results showed that among the social work students, female students, those who have had life experience with elderly individuals, and those who have experience of visiting elderly individuals had significantly higher attitudes towards the elderly. The students who had life experience with elderly individuals and those who had experience of visiting elderly individuals were found to have significantly higher empathy levels. The empathy levels of those who visited elderly individuals 1-2 times a week were found to be significantly higher than those who visited them once a month. In addition, a weak, positive, and significant relationship was revealed between the attitudes of social work students towards the elderly and their empathy levels. **Conclusion and Recommendations:** Finally, it is recommended to include experiential experiences to improve students' attitudes and empathy levels during social work education. Since this is a self-reported study, more qualitative studies should be given to researching experiences to understand experiential processes.

Keywords: Social work, attitude towards the elderly, empathy, social work students

¹ This paper was compiled from the Master's thesis prepared by the first author under the supervision of the second author.

EXAMINATION OF POSTGRADUATE THESES ON THE SUBJECT OF AGING IN SOCIAL WORK

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ABSTRACT

Introduction: As an important socio-demographic change, the rapid aging of the Turkish population raises the need for information in this area. It is very important to address the issue of aging, which is one of the problem areas of social work, at the postgraduate level, to examine it with all its dimensions and to develop new service models in the field. In this study, it was aimed to determine the research trends in the field of aging by examining the postgraduate thesis made in the field of social work in Turkey. **Material and Method:** Qualitative research method was used in the research and theses were examined by document analysis. Using the "Thesis Questionnaire" created by the researchers in line with the purpose of the research, the theses were evaluated in terms of the year they were published, the university, the city where the data collection process took place, the subject, research method, sample characteristics, data collection tools and data analysis techniques. The theses in the social work department, which are in the YÖK National Thesis Database in Turkey and can be accessed in full text, are included in the scope of the study. **Results:** It was concluded that the theses examined were concentrated in 2019, the majority of them were carried out at Hacettepe University, and the data collection process was mostly carried out in the province of Istanbul. When theses are examined in terms of method, it has been determined that there are mostly research types and quantitative studies, scanning design, purposeful and easy sampling methods are used. **Conclusion and Suggestions/ Discussion:** In the light of the results obtained, it is thought that postgraduate theses can be diversified with different topics by considering current problems and needs and the phenomenon of aging can be handled with a wider perspective with research methods such as mixed method.

Keywords: Social work, aging, qualitative research, postgraduate theses, document analysis

SOCIAL WORK AND COGNITIVE BEHAVIORAL THERAPY APPROACH

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ABSTRACT

Introduction and Objective: Cognitive behavioral therapy (CBT) approach continues to attract attention and develop as a leading evidence based application methodology. CBT aims to train individuals on becoming their own expert, realizing how their thoughts affect their emotions and behaviors and preventing the recurrence of their problems. The present study sought to discuss the CBT approach within the context of social work discipline and compile examples of usage in this area. **Materials and Methods:** The researchers designed the study as a compilation. Within the context of the present compilation, the researchers reviewed academic databases such as Google Akademik, PubMed and SAGE, as well as books, national and international postgraduate dissertations. **Results:** Developed for individuals from nearly all age groups and with different characteristics (such as older adults, adolescents, women, addicted individuals, caregivers, parents), CBT has a wide field of application. Today when evidence based application has become crucial for social work profession, cognitive behavioral therapy has become one of the most frequently used psychotherapeutic intervention styles. In this context, applicants and social workers work together for the purpose of evaluating the validity and functionality of maladaptive cognitions and developing healthier and more rational and realistic points of view concerning the self, the world and others. CBT is remarkably promising for social workers who have to seek effective methods for change. This approach is not the only effective method for change. However, it has clearly defined technics and suggestions, and solid grounds. In addition to this, as CBT is based on acquiring skills and learning, it is possible to consider this approach a nonstigmatizing way of helping people. **Conclusion and Recommendation:** Main role of social workers as trainers, teachers and practitioners may be to train the applicants to help themselves, teach them the necessary skills, train them for using these skills and then follow them while they adapt these skills into other areas and problems. By adding skills and methods through such interventions, social workers may help applicants become the representatives of their own change who will be responsible for self-aid processes and increase the quality of their own lives. Therefore, the CBT training should be recommended as a useful, effective and empowering method both for social workers and applicants.

Keywords: Social work, cognitive behavioral approach, evidence based application

SUICIDE RISK FACTORS IN THE CONTEXT OF SOCIAL WORK

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ABSTRACT

Introduction: In general, the term "suicide" is defined as an individual's decision to end their life on their will or choosing to end their life. This definition emphasizes the individuality of the person committing suicide. However, suicidal behavior is not only a decision led by individual factors. It is a complex process in which social dynamics, life experiences, environmental conditions, living standards, and all interacting systems are effective holistically. As a result of micro mezzo and macro levels of social work practice and the "person in their environment" approach, the social work discipline which tries to look at the problems as a whole while producing solutions to the complex issues of individuals, families, and society, takes the responsibility of seeing suicidal behavior as a problem area. Due to its nature, suicidal behavior contains many risk factors. And the social work profession works with disadvantaged groups of society. For this reason, it seems inevitable to encounter suicidal individuals in the social work profession. In this context, it is necessary to determine the risks of suicide in micro-mezzo and macro dimensions and to evaluate suicide in the social work profession. **Findings:** As a result of the field study, it has been revealed that individual and environmental factors such as age, gender, marital status, ethnicity, unemployment, substance abuse, mental disorders, depression, hopelessness, loneliness, trauma and abuse history, inadequacies in access to services such as food, shelter, transportation, inability to benefit from health services, lack of meaningful and supportive relationships, family problems, poverty, social isolation, lack of belonging, loss of status, social disconnection increase the risk of suicide. In addition, it is emphasized that these reasons should be taken into consideration while researching suicide. **Material and Method:** This study is a compilation. It aims to emphasize the importance of the social work profession, evaluating risk factors when working with suicidal individuals and providing protective-preventive services within this framework. **Results:** The social work profession works with vulnerable groups in society. When suicide risk factors are evaluated, it is quite natural and possible for social workers to encounter suicidal individuals. Evaluation of suicidal behavior includes some important steps. Performing a proper assessment of suicide in the social work profession is sensitive process that requires professionalism. **Conclusion and Recommendation:** Studies in the field of social work on the evaluation of suicidal behavior and risk factors seem to be limited. It is thought that with the increase of studies in the related field, significant progress will be made in suicide prevention. Social workers are required to act carefully, sensitively, and professionally when making a suicide risk assessment. Therefore, training that include interview techniques related to suicide assessment seem essential for raising the awareness of professionals.

Keywords: Social work, suicide evaluation, individuals at risk, trigger factors.

ASSESSMENT OF THE RELATIONSHIP OF MOTHERS WITH THEIR CHILDREN AFTER ADOLESCENT PREGNANCY AND THEIR PSYCHO-SOCIAL PROBLEMS

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ABSTRACT

Introduction: The World Health Organization (WHO) accepts the adolescence as a period between the ages of 10-19 and describes adolescent pregnancy as the occurrence of pregnancy in girls between these ages. The marriage and reproductive ages of individuals differ all over the world. The factors causing these differences are generally the cultural structure of the society in which individuals grow up, the status of women, and their socio-demographic characteristics. Adolescent marriages and the number of children in these marriages differ from region to region in Turkey. Adolescent pregnancies are generally unintended and unplanned pregnancies. Pregnant adolescents are faced with many physiological, sociological, economic and psychological problems before and after delivery. For this reason, adolescent pregnancies appear as very important issues. **Material and Method:** The study was designed with qualitative research method and was conducted by holding face-to-face in-depth interviews with a total of 20 adolescent mothers residing in Ağrı, Adıyaman, Bingöl, Aydın and Diyarbakır cities of Turkey. Descriptive analysis and NVIVO program were used in analyzing the findings and establishing themes. **Findings:** In the field review, it was observed the main factors that causes the participants to marry at an early age were lack of education, limited financial opportunities of the family, religious beliefs and traditional family structures. It was determined that getting married at an early age caused negative outcomes in all aspects of their lives (economic, social, psychological, physical), and they experienced serious issues and attachment problems in the process of accepting and caring for their first child. **Conclusion:** The main reasons for high rate of adolescent pregnancies included early marriages due to cultural reasons, lack of information about marriage, insufficient informing by school and family, low financial situation, effects of urbanization, ethnicity, low educational level, culture, and patriarchal structure. **Recommendations/Discussion:** It is recommended to conduct joint studies in the field of social, psychological and health in order to prevent early marriages and to solve the associated problems. In addition, ensuring that young girls can continue their education is one of the social responsibilities in order to prevent adolescent pregnancies, which is one of the public health problems. In order to achieve this objective, it is suggested to include women more in working life, elevate their status and help to protect young people from adolescent marriage and thus adolescent pregnancies and their complications.

Keywords: Adolescent, adolescent mother, adolescent mother and child, psycho-social problems

A MODEL PROPOSAL FOR SOCIAL WORK INTERVENTION IN PRE-HOSPITAL EMERGENCY HEALTHCARE

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ABSTRACT

Introduction: Pre-hospital emergency health services (PEHS) constitute one of the basic building blocks of health services. It is often the first point of contact for people suffering from a life-threatening illness, accident or injury. Health care needs of those who benefit from PEHS include not only the physical dimension, but also the psychological and social dimension of health due to the nature of emergency and crisis. When health care workers who have an excessive workload and are constantly exposed to traumatic incidents go to the scene by ambulance, they focus only on the medical intervention quickly and the emerging psychosocial needs are mostly ignored. In this case, the skills of social workers are needed for the urgent psychosocial problems and follow-up of both patients and their families. In this study, given the structure of PEHS, a holistic approach to health is aimed by emphasizing the neglected psychosocial dimension of health. The aim of this study is (1) to reveal the need for social work in PEHS, (2) to examine its relationship with medical social work, (3) to raise awareness about holistic health care and (4) to present a model proposal for Turkey. **Conceptual Framework:** The conceptual framework of this study includes holistic approach, psychosocial dimensions of health and medical social work practices. **Results:** This article emphasized that PEHS model proposal can both help with early psychosocial intervention and treatment plans with a holistic approach, and reduce the intensity of health system by creating solutions for psychosocial problems. Considering that health refers to a state of complete biological, psychological and social well-being, it is important to provide psychosocial care and support in addition to emergency medical care. Medical social work interventions can have significant contributions in terms of providing psychosocial support to individuals in emergencies - both patients and their relatives- and for the health system. **Suggestions:** It is believed that the PEHS social work model would contribute to the service recipients, the social work profession and the society. It is still recommended to conduct large-sample analytical studies to better understand the reasons for using these services.

Keywords: Emergency, pre-hospital emergency health services, model, medical social work, 112 emergency call

AN ASSESSMENT ON THE EDUCATIONAL LIFE OF FOREIGN STUDENTS: THE CASE OF KONYA

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ABSTRACT

Introduction: While foreign students try to adapt to a new culture that is different from their own, they have to acquire new behaviors and meet expectations. The problems they encounter in their daily lives and the innovations they have to adapt to in their education life are also encountered by students. For this reason, it is important to make a general assessment of the educational life of foreign students in terms of revealing the problems experienced by the students. The aim of this research is to evaluate the education life of foreign students who continue their education at Selcuk University in general. **Material and Method:** In this study, in which the quantitative research method was adopted, 207 foreign students studying at Selcuk University who volunteered to participate in the research were interviewed. Convenience sampling method was used to determine the participants. The data of the study were collected using a personal information form consisting of closed and open-ended questions. SPSS program was used in the analysis of the data. **Results:** According to the data obtained from this study, which was conducted to evaluate the educational life of foreign students continuing their education at Selcuk University, 41.5% of the students participating in the research were from Central Asia, 25.1% from Africa, 18.4% from the Middle East, 11% from 6 of them are Caucasian, 3.3% of them are of European origin, and 56% are between the ages of 21-26. It has been observed that foreign students have problems in various fields such as social adaptation, cultural adaptation, language, food and nutrition culture throughout their education life. **Conclusion and Recommendations:** It has been observed that foreign students encounter various problems in their education life and develop individual solution mechanisms to cope with them. Policies developed by universities for foreign students are very important in order to minimize the problems experienced by foreign students in their education processes and to solve the existing problems at the maximum level.

Keywords: Foreign students, international education, university

ATTACHMENT THEORY AND REFLECTIONS OF ATTACHMENT THEORY ON SOCIAL WORK

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SUMMARY

The main purpose of the social work profession is to ensure the biopsychosocial well-being of the clients. For this purpose, the understanding of the necessity of evidence-based practices for social work, which carries out its professional practices, made it necessary to apply the theories on a legitimate basis. The realization of social work practice on an evidence-based basis is possible with the use of theories which with scientific methodology that have been validated. In this context, it is aimed to deal with attachment theory and to evaluate the reflections of attachment theory on social work practices. For this purpose, the basic concepts of attachment theory and its perspective on developmental periods are included. The function of the theory in social work practices is discussed. Attachment theory provides a perspective for getting to know the client, understanding the client's interpersonal relationships and understanding the relationship established between the client and the social worker. Attachment theory provides a framework for information gathering, evaluation, goal setting, and intervention to be used at various stages of the planned intervention process. In addition to this, it is seen that it contributes to social work in working with policy development. Considering the literature review conducted within the study, it can be said that attachment theory provides an important perspective and resource in the planning and delivery of services for individuals in all life stages at micro, mezzo and macro levels. It should be noted that attachment theory is an important resource for all social work areas, especially in areas where relationship dynamics are directly effective, such as child welfare and family welfare.

Keywords: attachment, attachment theory, evidence-based practice, social work

HOMELESSNESS FROM THE SOCIAL WORK PERSPECTIVE

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ABSTRACT

Introduction: Although homelessness is conceptualized as a violation of the right to accommodation, homeless people are at the intersection of multiple rights violations and these violations restrict their access to other rights such as health and employment. This situation paves the way for the conceptualization of homelessness as a social problem, so the necessity of developing holistic and comprehensive service models for homeless individuals comes to the fore. This literature-based research aims to evaluate homelessness, its causes and consequences, related policies and services from a social work perspective. **Conceptual**

Framework: Homelessness is a multidimensional social problem affected by individual, economic, cultural, social and environmental factors. Rather than being the result of a sudden and single event, homelessness occurs after a series of interrelated social problems like health problems, unemployment, bankruptcy, and divorce. These complex and overlapping problems can consume most, if not all, of a person's economic and social resources. Moreover, the process of being homeless and the experience of homelessness itself involve many physical and psychological difficulties. Therefore, homeless individuals need multiple services such as economic and social support, health services for physical and mental health.

Conclusion: Conceptualizing homelessness as just a lack of accommodation causes the multiple disadvantages of homelessness to be ignored. It further leads to development of single service models which are provided to those who do not have a place to accommodate. Similarly, there are no specific regulations for homeless individuals in the legislation and the authority to decide on the measures or service development is mostly left to the institutions. **Suggestions:** While developing service models for homelessness, having a holistic approach, which includes bio-psycho-social support, different types of housing and legislation, and participation of homeless individuals in the process are the main recommendations of the research.

Keywords: Homeless, homelessness, social work, policy

PEER BULLYING AT SCHOOL: TEACHERS' PERSPECTIVES

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ABSTRACT

Introduction: Peer bullying is a phenomenon that threatens children's perceptions of the safe environment in schools and negatively affects their social, emotional and academic development. Teachers play an important role in identifying bullying, providing a safe and supportive environment for students, and preventing bullying. In this study, it was aimed to reveal the knowledge and opinions of secondary school teachers about peer bullying. **Material and Method:** The cross-sectional survey model was used in the study, which was designed as quantitative research. The research was conducted with 216 secondary school teachers working in the Selcuklu district of Konya province. In the collection of research data, a questionnaire form prepared by the researchers was used to measure information about peer bullying. SPSS 20 package program was used in the statistical analysis of the obtained data. **Results:** Most of the teachers had difficulty in defining peer bullying, the students who bullied were mostly male and both genders were exposed to bullying, the bullying mostly took place in the garden and in the classroom when the teacher was absent or after school and during breaks, often verbally and physically. It was observed that it was mostly done by the males in the large classes against those in the lower classes or those who did not belong to any group, and the teachers rarely reported this situation anywhere. **Conclusion and Suggestions/Discussion:** In line with the results obtained, it is thought that studies can be carried out to improve the social competences of individuals included in the school system for a positive school environment, in-service training seminars can be given to teachers about peer bullying, and studies can be developed to expand the 'school social work' system, which is not yet implemented in our country.

Keywords: Peer bullying, bullying, school, teacher

EVALUATION OF EXERCISE AND CERVICAL TRIGGER POINT INJECTION AND GON BLOCKADE TREATMENTS IN PATIENTS APPLYING FOR MIGRAINE TREATMENT

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ABSTRACT

Introduction: Migraine is one of the most common causes of chronic headache in the community. Many patients apply to polyclinics for migraine treatment. Occipital nerve (GON) block is a widely used peripheral nerve block method and there are many studies on its use in migraine treatment. However, regular exercise and cervical/trapezoidal trigger point injections also have a place in the treatment.

Material and Method: 64 patients with migraine who applied to the Neurology polyclinic of Beyhekim Training and Research Hospital were included in the study. Patients were selected between the ages of 18-48. It is divided into 2 homogeneous groups. Exercise + cervical trigger point injection was applied to 31 of the patients by a sports medicine doctor, and occipital nerve block treatment was applied to 33 by a neurologist. In both groups, VAS values before and 1 month after treatment, number of days with headache in 1 month, duration of pain and number of painkillers needed in 1 month were recorded.

Results: Significant improvement was observed after treatment in both groups ($p < 0.001$). However, no significant difference was found between the two groups in terms of treatment success in terms of VAS, number of days of pain, duration of pain, and number of painkillers (p values 0.205-0.649-0.168-0.387, respectively).

Conclusion: Both exercise + cervical trigger point blockade and occipital blockade provide success in the treatment of migraine. These treatments can be alternative treatment options to chronic drug use in migraine.

Discussion and suggestion: Injection treatments can increase patient comfort and treatment success when applied in addition to normal migraine treatment.

Keywords: migraine, occipital nerve block, exercise, trigger point injection

EVALUATION OF POLICE RACECOURSE RECREATIONAL ATHLETES' AWARENESS ABOUT SPORTS AND SPORTS INJURIES

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ABSTRACT

Introduction: Police professional performance is directly related to human life and has critical importance. For this reason, many investigations such as physical, mental and security checks are carried out both in the world and in our country in police recruitment. It is known that the number of people who applied for the last police exam in our country is 187 thousand. Recently, these people have been trained in training areas known as "policing track" among the people in order to prepare for the sports interview, which is a part of the recruitment process.

Material and Method: A questionnaire created by us was applied to the parkour athletes who applied to the Ankara Gülhane Training and Research Hospital Sports Medicine clinic. In the survey; There are questions about age, gender, weight, height, marital status, education status, number of injuries after the track, how long after the track started, and the level of knowledge about sports injuries.

Results: 227 track athletes were included in our study. While no statistically significant correlation was found between the level of education about sports and sports injuries and the level of knowledge about sports and sports injuries before starting the track ($p=0.583$), there was a statistically significant correlation between the number of injured areas and the time taken for injury after starting the track. determined ($p=0.013$, $p=0.033$).

Conclusion: The most valuable result of our study is that the number of injuries who received training on sports injuries before starting the track was significantly lower than those who did not.

Discussion and suggestion: Individuals who are preparing for the police track should be informed about injuries and possible problems before starting the training.

Keywords: injury, police track, sports medicine

BİRİNCİ ULUSLARARASI SELÇUK SAĞLIK BİLİMLERİ KONGRESİ
1ST INTERNATIONAL CONGRESS of SELÇUK HEALTH SCIENCES

		Education Status		P
		Yes	No	
Point	n	157	70	0,583
	Av±Sd	7,59±1,40	7,49±1,22	
	Min	4	5	
	Max	11	10	
Number of Injury Regions	=1	5	27	0,013
	>1	66	129	
How long after starting the course he/she was injured	1	18	28	0,033
	2	22	30	
	3	9	38	
	4	21	61	

MOLECULAR STRUCTURE AND NONLINEAR OPTICAL PHENOMENA OF 26,28-Dİ (p-nitro) benzyloxycalix [4]arene-25,27- diol (Nitro)

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ABSTRACT

Due to its applications in optical communication and nanotechnology, to achieve the structures with great microscopic and macroscopic nonlinear optical (NLO) properties has attracted interest of many researchers. Calixarens are well-known macrocyclic molecules with their unique three-dimensional structure and unlimited differentiability. It is supposed that they are promising compounds for sensor applications because of sensing and selectivity properties in their structures. Our aim in this work is to present the linear optical (LO) and NLO behaviour of 26,28-di (p-nitro)benziloksikaliks[4]aren-25,27-diol (nitro) with dipole moment (μ), static and dynamic dipole polarizability (α), first (β) and second (γ) hyperpolarizability parameters as ab-initio. Computer programming techniques have been utilized as theoretical means to calculate the dipole moments, polarizabilities and hyperpolarizabilities of title compound. It has been firstly obtained the optimization studies on the examined structure. The μ , static α , β , γ and dynamic α , β , γ computations have been performed by the restricted Hartree-Fock (RHF) and time-dependent Hartree-Fock (TDHF) procedures, respectively, via the GAMESS program. The TDHF technique as a powerful quantum chemical method has been implemented to reveal the dynamic α , β and γ values of the examined compound. Theoretical determination of polarizability is quite useful to understand the relationship between both molecular structure and also linear and NLO properties. According to the calculation results, the investigated compound exhibits non-zero static first and second hyperpolarizabilities. Besides, the title molecule might have non-zero NLO phenomena due to relatively good dynamic second and third-order hyperpolarizabilities.

Keywords: second-order optical nonlinearity, electric dipole moment, third-order optical nonlinearity, ab-initio computation

**SECOND AND THIRD-ORDER HYPERPOLARIZABILITIES OF
5,11,17,23-TETRA-TERT-BUTHYL-26,28-DIMETHOXYCALIX
[4]ARENE-25,27-DIOL (DIMETOKSI)**

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ABSTRACT

Nonlinear optics (NLO) is the branch of optics that describes the behavior of light in nonlinear media. The search of new materials with NLO properties is an important research area. The NLO response of a molecule can be predicted by computations. In this work, to obtain the linear optical (LO) and NLO behaviour of 5,11,17,23-tetra-tert-butyl-26,28-dimethoxycalix [4]arene-25,27-diol (dimetoksi); ab-initio calculations of dipole moment (μ), static and dynamic dipole polarizability (α), first (β) and second (γ) hyperpolarizability values have been performed. The theoretical computations cover the determination of μ , static and dynamic α , β , γ tensor components. The molecular geometry of title molecule has been firstly optimized. The μ , static α , β , γ and dynamic α , β , γ computations have been achieved by the restricted Hartree-Fock (RHF) and time-dependent Hartree-Fock (TDHF) methods, respectively, via the GAMESS program. Theoretical determination of (hyper)polarizabilities has been found quite useful to understand the relationship between both molecular structure and also linear and NLO properties. According to the computation outcomes, the examined compound declares the static and dynamic first and second hyperpolarizabilities with non-zero. Thus, title molecule might have NLO phenomena in view of its quite good second and third-order hyperpolarizability values. Theoretical calculations yield a quick and inexpensive process of presaging their NLO responses especially during the design of new materials.

Keywords: time-dependent hartree-fock, electric dipole moment, nonlinear optical properties, ab-initio computation

FAITH COMMUNITY NURSING IN HOLISTIC CARE

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ABSTRACT

Human is a physical, psychological, social and spiritual being. For this reason, the individual should be seen as a whole and care should be given from a holistic perspective. For holistic care, nurses should determine the spiritual needs of the individual and provide spiritual care to meet these needs. There are faith community nurses abroad who focus on providing spiritual care for the cure of diseases, protection and development of health. Although faith community nursing is not a new concept, it has existed with Florence Nightingale since the beginning of modern nursing. These nurses, who were called community nurses because they were in churches at first, took the name of faith community nurses because they served people with various religious beliefs over time. Faith community nursing was defined as a nursing specialty and providing spiritual care was seen as a competency in accordance with the professionalism and ethical principles of the nursing profession. These nurses, who are important in the protection and development of public health with the roles and goals they adopt, unfortunately do not exist in Turkey, although they have had a place in nursing abroad from past to present. However, current nurses are not at the desired level in terms of providing spiritual care in the health institutions where they work. The reason for this situation is that the nursing education curriculum is insufficient in terms of spiritual care. It is recommended to update the nursing education curriculum in order for nurses to gain proficiency in spiritual care, which is necessary to improve community health and provide holistic care.

Keywords: spiritual care, nurse, holistic care, faith community nursing

**THE RELATIONSHIP BETWEEN RELIGIOUS ATTITUDE,
COMPASSION AND SPIRITUAL CARE TOWARDS NURSING
STUDENTS IN TURKEY**

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ABSTRACT

Introduction: This study aimed to examine the relationship between the levels of religious attitude, compassion and spiritual care perception in nursing students and to determine the affecting factors (n = 135).

Materials and Methods: Socio-demographic Diagnosis Form, Ok-Religious Attitude Scale, Compassion Scale and Spiritual Care-Giving Scale were used to collect their data. The data evaluated descriptive analyses, Mann Whitney U test, Kruskal Wallis H test and Spearman correlation analysis.

Results: A positive correlation was found between the scores of the Ok-religious attitude scale and cognition sub-dimension, emotion sub-dimension, behaviour sub-dimension, god sub-dimension and compassion scale and spiritual caregiving scale scores.

Conclusion and Suggestions: As a result, it has been found that there is a positive relationship between the religious attitudes of nursing students and their levels of compassion and spiritual care perception. It is recommended that the course contents for spiritual care, which is an integral part of holistic nursing care, should be included in the nursing curriculum, and attempts should be made to keep the level of compassion at a high level, taking into account the sociodemographic characteristics of the students and their perspectives on the nursing profession. Thus, highly compassionate nurses who use their religious attitudes positively to provide spiritual care will be trained.

Keywords: religious, compassion, spiritual care, attitude, nursing, turkey

DETERMINATION OF THE PROFILE OF WASTE MEDICATIONS COLLECTED DURING HOME CARE SERVICE¹

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ABSTRACT

Aim: The aim of this study is to reveal a general profile of waste medications collected from patients receiving home care services, in order to investigate the causes of medications' being waste and related economic losses.

Methods: This study was carried out on 100 patients aged 18 and over who were registered to receive home care services provided by Kocaeli Provincial Health Directorate Home Care Services. The pharmacist who attended the home visits with the home care team collected all medications that were not actively being used at home. She also collected demographic and clinical information as well as information on waste drugs from the patient and/or patient's caregiver.

Results: A total of 563 boxes (447 different items) were collected from 100 houses visited. Of the collected waste medications 34.5% was prescribed for the treatment of an acute condition and 14.1% was prescribed for the treatment of a chronic disease. Thirty-nine percent of the medications had expired. When the economic analysis of the collected waste drugs was performed, it was calculated that the price paid by the Social Security Institution for these drugs was 8 275,26 TL (1 379,21 USD/December 2019) and the total retail price of these drugs was 12 645,12 TL (2 107,52 USD/December 2019).

Conclusion: Considering that most of the waste drugs have been prescribed for the treatment of acute conditions it can be concluded that physicians and pharmacists have important roles for the prevention of waste medications at the levels of prescribing and counseling on the proper use of drugs, relatively.

Discussion: The inclusion of pharmacists in home care service teams is advised in light of the study's findings since it is believed to improve public health and contribute to pharmacoconomics.

Keywords: home care service, waste medicine, drug waste, pharmacist, economic analysis

¹ This summary was created from the master's thesis.

THE ASSESSMENT OF IMPAIRMENT IN FINE MOTOR SKILLS IN PATIENTS WITH MAJOR DEPRESSIVE DISORDER

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ABSTRACT

Objective: Major depressive disorder (MDD) is a common psychiatric disorder with a high risk of becoming chronic, suicidal and recurrent, and causing disability. Fine motor movements (FMM) can be a very suitable field of observation to address the impaired processes that may be behind psychomotor retardation in depressives. Our aim is to explain with a new paradigm how the deceleration in FMM is affected in terms of motor and/or cognitive processes in depressives.

Methods: 28 depressive patients and 28 control groups, were included in the study. In order to explain how the deceleration in FMM is affected in terms of motor and/or cognitive processes, in addition to the “serial selection reaction test (SSRT)” and “finger tapping test (FTT)”, the “Target-based reaction test (TRT)” that combines these two tests, includes cognitive components, strategy and action monitoring has been developed. FTT, SSRT and two-part TRT, together with Beck Depression Scale (BDI), Beck Anxiety Scale (BAI) were administered to the participants.

Results: Significant differences were found between the groups in BDI, BAI scores, FTT and SSRT data ($p < 0.001$ for BDI, BAI, $p = 0.019$ for FTT, $p = 0.032$ for SSRT). It was found that there was a difference between the groups in terms of TRT performance ($p = 0.013$). The difference between the depression group and the control group was due to the TRT error score ($p = 0.003$). It was observed that TRT target values decreased as BDI ($p = 0.001$) SSRT data ($p < 0.001$) and FTT data ($p < 0.001$) increased.

Conclusion: The depression group performed worse than the normal ones in all 3 computerized tests related to FMM (SSRT, FTT, TRT).

Discussion: We see that the main reason for the failure of patients with depression in TRT performance is TRT error values. It was observed that the patients might have loaded on motor performance for the sake of achieving the target, that is, a tendency to compensate the situation with motor effort instead of producing the cognitive strategy required by the test. It can be deduced that the main reason for psychomotor retardation is cognitive and motor skills are also limited.

Keywords: major depressive disorder, fine motor movement, cognitive impairment, psychomotor retardation

WHAT IS GOING ON INDOOR AIR QUALITY OF A UNIVERSITY HOSPITAL IN NORTHERN CYPRUS?

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ABSTRACT

Introduction-Purpose: There are two main purposes of microbial monitoring of the inanimate hospital environment. One of them is to monitor hygiene standards and the second is to determine the presence of nosocomial pathogens. *Objectives:* To investigate the indoor environment of the different departments of a university hospital.

Method: The prospective study was conducted in a university hospital, a teaching hospital with 143 beds and 30 intensive care unit beds, and a hospital with 6 different wards in Northern Cyprus. Active air sampling was done by using an air IDEAL 3P device. Air samples were taken at 38 points defined before in different parts of the hospital.

Findings: Our results showed a low level of microorganisms numbers in microbial airborne communities in a university hospital. Moreover, our results indicated that the temperature of the hospital's indoor environment is not significantly related to the airborne microbial community. On the other hand, our results indicate that the *Aspergillus* species were mostly isolated in the drug preparation room.

Discussion-Results-Recommendations: The studies have shown that one of the causes of hospital infections is the microorganisms entering the airborne microbial communities. In this case, epidemiology and pathogenesis of airborne microbial communities should be understood.

Keywords: indoor air quality, hospital, bacteria

HIGH-RISK HPV-DNA GENOTYPE DISTRIBUTION AND ITS RELATIONSHIP WITH EPITHELIAL CELL ANOMALIES IN CERVICAL CYTOLOGY IN KONYA PROVINCE

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ABSTRACT

Introduction: Cervical cancer is one of the most common cancers in women. Persistent infection with high-risk human papillomavirus (hrHPV) is the main etiologic factor for cervical cancer. Cervical cytology and HPV DNA genotyping are used as screening tests for cervical neoplasms. In this study, it was aimed to determine the intraepithelial lesion and malignancy (ILM) rate and high-risk HPV DNA genotype distribution of cases in Konya province, whose cervical cytology samples were taken and HPV DNA genotype analysis was performed simultaneously.

Material and Method: The study included 145 cases with positive hrHPV DNA results out of 3885 cases who underwent cervical cytology and simultaneous HPV DNA genotype analysis in Konya City Hospital Medical Pathology Department between January 2021 and December 2021. The data of the cases were obtained from the pathology archive. Liquid-based cytology materials stained with Papanicolaou stain (PAP) were re-evaluated and classified according to the Bethesda classification.

Results: hrHPV positivity was detected in 3.7% of 3885 cases. The mean age of the patients was 41.9±9.7. The most common HPV type in patients was determined as other hrHPV DNA (genotype 31,33,35,39,45,51,52,5 6,58,59,66,68) (60%). Again, in most of the HPV-positive cases (52.4%), the cytological diagnosis is negative for ILM. Among the cytological diagnoses in HPV-positive cases, the most frequently observed lesion is atypical squamous cells of undetermined significance (ASCUS) (49.3%). When cytological diagnosis distributions were evaluated according to HPV types, there was no statistically significant difference between patients with and without intraepithelial lesions according to HPV types. The distribution of ILM-positive cytopathological diagnoses by HPV types did not differ statistically significantly. The distribution of all diagnoses, including ILM-negative cytopathological diagnoses, according to HPV types did not show a statistically significant difference.

Conclusion: In studies conducted in Turkey, the prevalence of HPV is 2-6%. In a study conducted in the Konya region about 5 years ago, the prevalence of HPV was found to be 3.16%. According to our results, there is a slight increase in the rate. In our study, contrary to the literature, the most common type was not HPV16, but other types of hrHPV DNA (genotype 31,33,35,39,45,51,52,5 6,58,59,66,68). HPV prevalence and genotypes countries vary between countries and even in different regions of the same country. Larger epidemiological studies are needed in different regions of our country to accurately assess the prevalence of HPV infection.

Keywords: cervical cytology, hpv dna, intraepithelial lesion

CASES OF SPLENECTOMY IN THE FIRST TWO YEARS OF OUR HOSPITAL

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ABSTRACT

Introduction-Objective:The spleen is the largest lymphoid organ, lying between the stomach and the diaphragm. It has an average weight of 150 grams and filters old / degenerated blood cells and foreign substances. It performs hematopoiesis when necessary. Splenectomy, frequently performed by surgeons, is prominent in malignancy surgeries and hematological diseases. Apart from these, traumas constitute a serious indication.

Material- Method:In this study, we aimed to evaluate the splenectomy cases performed in our center according to indications, clinical findings and pathology results. Between August 2020 and October 2022, 78 cases were evaluated in terms of indications, age, gender and pathology results.

Results: Out of the 78 splenectomy patients, 34.6% were female and 65.38% were male. The average age is 39.34 years. Forty-one (52.56%) patients were operated for trauma and 37 (47.43%) for non-traumatic reasons. 11 patients were operated for benign-malignant hematological reasons, 17 patients were operated for malignant diseases, the primary of which was another organ, and the others were operated for various reasons. 19.23% of the patients are under the age of 18, 60% of which are operated for trauma and 33.33% for benign hematological reasons.

Discussion-Conclusion:Most splenectomies are done for traumatic rupture. The spleen is the most frequently injured abdominal organ. While most of the cases were traumatic in the study of Deepti Gupta et al., this indication was the second in the study of Almalı and Yılmaz. (3) In our study, the traumatic indication was in the first place. Splenectomy is a diagnostic and therapeutic method in benign and malignant hematological diseases. In Wilson M Alobuia, MD, most of the study was for benign conditions (mainly ITP). For malignancy, the most common diagnosis was marginal zone lymphoma. In our study, there were two lymphoma cases, one low-grade and the other high-grade lymphomas. Metastasis to the spleen is rare and usually originates from melanoma, lung, ovarian, and gastrointestinal malignancies. In our study, metastasis was observed in four of 17 patients whose spleen was removed for nonhematological malignancies. The most common primary splenic tumors are hemangiomas, was seen as a single case in our study. It was interesting to see in our study, two very rare cases of primary lung carcinoma metastasis to the spleen and nontumoral diseases, Sclerosing Angiomatoid Nodular Hyperplasia (SANT), which was described in 2004.

Keywords: spleen, splenectomy, tumoral, nontumoral

FACTORS AFFECTING UNIVERSITY AND DEPARTMENT CHOICE OF STUDENTS OF HEALTH SCIENCES – PRELIMINARY STUDY

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ABSTRACT

Introduction-Purpose: The choice of university and department is one of the important turning points in the lives of students. The university selection process is affected by many factors. In this study, it is aimed to determine the factors affecting the university preferences of students studying in the field of health sciences.

Method: Preparatory class or first-grade students studying health sciences were included in the study. Accordingly, 281 voluntary participants were reached via social media. A valid and reliable questionnaire developed by Akar (2012) was used as the data collection tool of the study. The questionnaire consists of 2 parts. There are 30 expressions prepared with 5 points Likert scale intended for factors that impacted the university preferences of students in the first part. In the second part, there are questions about participants' demographic characteristics examining. Questions about demographic information have been updated and contemporary questions have been inserted. The questionnaire was submitted to the participants via Google Surveys. All the data collected were analyzed using the IBM SPSS Statistics 23 program.

Results: 297 participants were included in the study, and 16 participants have voluntarily left the study. The age average of the remaining 249 women, and 32 males is 19.14 ± 2.07 . As a result of the survey, the family's income level is average 9294,61 TL. The number of siblings varied between 0 and 11. The education level of the parents was determined mainly by primary education. The participants are generally from the Central Anatolia region (107 participants), and it has been revealed that the types of high schools they graduated from are Anatolian high school (171 people), imam hatip high school (37 people), science high school (31 people), vocational high school (16 people). For university and department choice, the impacts of family, internship and post-graduation job opportunities, the academic prestige of the university, and the liveability of the city are among the factors.

Discussion-Conclusion: As a result of the study, it has been determined that the factors that the health sciences students most when choosing a university are academic reputation, family influence, and job opportunities. When the results of the study are focused, it has been revealed that women prefer health sciences more than men in their university preference. It should be noted that the study is a pilot study, participation is still ongoing, and the results may change.

Keywords: university choice, department choice, student choice, health sciences

EVALUATION OF VIRAL ETIOLOGY IN CENTRAL NERVOUS SYSTEM INFECTIONS

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ABSTRACT

Introduction: Central nervous system (CNS) infections, usually seen as acute meningitis or encephalitis, require rapid diagnosis as they can lead to high mortality and neurological sequelae. The most common causative agents are viruses that create similar clinical pictures. In CNS infections, detection of viral nucleic acids in the cerebrospinal fluid (CSF) is a frequently used diagnostic method. This study aimed to retrospectively evaluate the viral CNS infection agents detected in CSF samples.

Material and Method: Viruses detected by real-time polymerase chain reaction (RT-PCR) in CSF samples sent to Ankara City Hospital Molecular Microbiology Laboratory with the preliminary diagnosis of CNS infection between February 2019-July 2022 were analyzed retrospectively. Herpes Simplex Virus (HSV) type1 and type2, Varicella Zoster Virus (VZV), Enterovirus (EV), Mumps Virus (MV), Parechovirus (HPeV) by multiplex PCR method (FTD Viral Meningitis, Siemens); Cytomegalovirus (CMV) and Epstein-Barr virus (EBV) were studied with the Artus QS-RGQ (Qiagen, Germany) kit.

Results: Of 4772 CSF samples, 168 (3.52%) were found positive. According to the total number of samples, the positivity rates were found to be CMV 1.38%, EBV 0.83%, VZV 0.54%, HSV-1 0.52%, HSV-2 0.12%, MV 0.06%, EV 0.04%, respectively. The mean age was 34.6 (range, 0-103), 42% were female and 58% male. Table 1 gives the demographic characteristics. Headache, fever, confusion and a history of seizures are the most common symptoms at presentation (Table 2).

Conclusion and Recommendations: In this study, the viral prevalence in CNS infections was found to be 3.52%. It was seen that as the symptoms of patients were not specific to the causative agent, they could not be a guide in the diagnosis of the pathogen (Table 2). Viral nucleic acid detection in CSF by amplification-based methods (PCR) has been a milestone in diagnosis. Rapid and specific detection of viral agents prevents unnecessary use of antibiotics or antivirals and contributes to a decrease in mortality and morbidity. Therefore, prevalence studies contribute to the diagnosis-treatment approach and epidemiological data of the country.

Keywords: Central nervous system infections, viral encephalitis, viral meningitis, CSF, PCR

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Table 1. Positivity rates of viral pathogen and demographic characteristics of patients.

Pathogens	Positivity rates %(n) ¹	Mean age ²	Age range ²	Female %(n) ²	Male %(n) ²
1. CMV	1.38(66)	29.8	(0-91)	53(35)	47(31)
2. EBV	0.83(40)	34.4	(2-94)	50(20)	50(20)
3. VZV	0.54(26)	52.9	(7-103)	31(8)	69(18)
4. HSV-1	0.52(25)	57.08	(1-88)	24(6)	76(19)
5. HSV-2	0.12(6)	44.6	(16-74)	17(1)	83(5)
6. MV	0.06(3)	6	(2-14)	-	100(3)
7. EV	0.04(2)	18	(2-34)	50(1)	50(1)
Total	3.52(168)	34.6	(0-103)	42(71)	58(97)

¹The positivity rate was calculated according to the number of samples.

²Demographic characteristics were calculated according to the number of patients with causative agents.

Table 2. Symptoms of patients at admission

Symptoms	CMV	EBV	VZV	HSV1	HSV2	MV	EV	Total %(n)
Headache	15	4	11	7	2	2	1	25(42)
Fever	11	14	7	6	1	1	1	24,4(41)
Confusion	4	4	13	12	2	-	-	20,8(35)
Seizures	7	9	1	7	1	-	1	15,4(26)
Gait disturbance	7	1	3	1	-	-	-	7,1(12)
Weakness	6	4	-	1	-	-	-	6,5(11)

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Loss of balance	6	1	2	-	-	-	-	5,3(9)
Blurred vision	7	1	-	1	-	-	-	5,3(9)
Problems with speech	-	2	1	2	-	-	-	2,9(5)
Rash	1	3	-	-	-	-	-	2,3(4)
Lethargy	1	1	-	-	1	-	-	1,7(3)
Dizziness	3	-	-	-	-	-	-	1,7(3)
Hallucinations	-	-	-	1	-	-	-	0,5(1)
Agitation	-	-	-	1	-	-	-	0,5(1)
Fatigue	-	-	-	-	-	1	-	0,5(1)

COMPARISON OF THE KNOWLEDGE LEVELS OF PRESSURE ULCER PREVENTION OF NURSING STUDENTS WITH A FLIPPED AND TRADITIONAL LEARNING MODEL: A RANDOMIZED CONTROLLED STUDY

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ABSTRACT

Introduction-Purpose: Pressure ulcers, one of the most important quality indicators of health care, are a significant reason of mortality and morbidity. In this study, it was aimed to determine the pressure ulcer knowledge levels of nursing students studying at a university hospital in Northern Cyprus with two different methods.

Method: This study was carried out in the spring semester of 2021-2022 with randomized control, pre-post test and control groups. The population of the research consisted of second year nursing students of a university in Northern Cyprus. As a result of the calculations, 50 experimental and 50 control (n=100) students participated. Randomization was based on the total number of students, and the distribution of the groups was carried out accordingly. PuKAT 2.0 scale was applied to the students in the experimental group with flipped learning and control group with traditional learning model to measure the knowledge level before and after the pressure ulcer education was given to the students. The lowest score that can be obtained from the scale is zero, and the highest is 25. Written informed consent was obtained from the students and ethical committee approval was obtained from the university. Statistical Package for Social Sciences program was used for statistical evaluation.

Findings: The mean scale score of the students in the experimental group was determined as 8.24±2.51 before the education and 9.94±3.34 (difference 1.7) after the education. The mean scale score of the students in the control group was 7.40±2.67 before the education and 11.28±4.01 (difference 3.88) after the education. When both groups were compared with before and after training, it was statistically significant (experimental group p=0.007, control group p=0.001) (p<0.05).

Discussion: Nurses are among the most important occupational groups in terms of preventing the development of pressure ulcers. Emphasizing the importance of the subject, starting from the undergraduate nursing education, and making applications to increase the level of knowledge will benefit the subject.

Conclusion: According to the results of the study, the average scale score of the students in the control group (traditional teaching model) increased more after the education. However, both groups are not at the desired level.

Recommendations: It is among the suggestions to continue the education about pressure ulcers by increasing, to organize symposium and seminar-style organizations apart from the training models studied on the subject, and to encourage the students to the subject.

Keywords: Flipped learning, traditional learning, pressure ulcer, nursing

GUT MICROBIOTA IN TYPE 2 DIABETES METABOLITE TRIMETHYLAMINE N-OXIDE (TMAO): PREVENTION AND A NEW MOLECULE FOR TREATMENT?

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ABSTRACT

Introduction-Purpose: Trimethylamine-N-oxide (TMAO) has become very popular in recent years due to its many associations between diseases and various disorders and is frequently addressed by researchers. It has been reported that the level of TMAO concentration is positively correlated with the development of various diseases such as cardiovascular diseases, atherosclerosis, hypertension, ischemic stroke, atrial fibrillation, heart failure, cardiorenal disorders, diabetes, metabolic syndrome and cancer, including acute myocardial infarction and chronic kidney disease.

Methodology: In this study, a systematic review of the effect of TMAO on human health, the relationship between TMAO and type 2 diabetes and its role has been made and current information has been summarized. Relevant randomized controlled trials were searched in Pubmed, Trip Database, and Cochrane Library. The article search strategy includes “TMAO” or “trimethylamine oxide” and “Diabetes Mellitus”, Type 2” or “non-insulin dependent diabetes”.

Findings: Recently, high TMAO levels have been associated with the risk of Type 2 Diabetes in many studies. Understanding the link between Type 2 Diabetes and TMAO; Determining whether TMAO is a biomarker and detecting the presence of components that affect TMAO is important in terms of focusing on new treatment approaches.

Discussion-results: The intestinal metabolite TMAO may be a key molecule in the formation and progression of Type 2 Diabetes. TMA (trimethylamine) is formed by metabolizing choline and L-carnitine in dietary animal sources by intestinal microorganisms. In the liver, TMAO, that is, its oxidized form, is formed. Circulating TMAO levels are determined by many factors such as gut microbiota and dietary habits.

Recommendations: In the development of diabetes, therapeutic approaches such as inhibition of enzymes in TMAO metabolism, reduction of TMA absorption or increased urinary excretion, and reduction of dietary precursors intake are suggested to reduce high circulating TMAO levels. Understanding the link between Type 2 Diabetes and TMAO; Determining whether TMAO is a biomarker and detecting the presence of components that affect TMAO is important in terms of focusing on prevention and new treatment approaches. More studies are needed to fully understand the relationship between TMAO and Type 2 Diabetes.

Keywords: tmao, type 2 diabetes, tma

EXAMINATION OF DYSFUNCTIONAL BELIEFS AND ATTITUDES ABOUT SYMPTOMS, SLEEP QUALITY AND SLEEP IN PATIENTS RECEIVING HEMODIALYSIS TREATMENT

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ABSTRACT

Introduction: Insomnia, muscle cramps and fatigue are symptoms that should be addressed primarily in patients receiving hemodialysis treatment. This study was conducted to examine the relationship between symptoms, sleep quality, and dysfunctional beliefs and attitudes about sleep in patients receiving hemodialysis treatment.

Material and Method: This descriptive and correlational study was conducted with a total of 120 patients who received hemodialysis treatment in a private Hemodialysis Center between July 1 and September 30, 2022. Data were collected using the Introductory Information Form, Pittsburgh Sleep Quality Index (PUKI), Sleep-Dysfunctional Beliefs and Attitudes Scale-16 (DBAS-16), and Dialysis Symptom Index (DSI). Statistical analysis of the data obtained as a result of the research was analyzed by using number, percentage, standard deviation and arithmetic mean, pearson correlation test as descriptive statistics in IBM SPSS 25 program. Ethics committee approval and permission from the institution where the research would be conducted were obtained in order to conduct the study.

Results: It was determined that the most common symptoms related to hemodialysis were fatigue (70.8%), feeling nervous (61.7%), difficulty falling asleep (60.8%), and muscle cramps (48.3%). It was determined that 60% of the participants had a "PUKI" score of 5 points or more. According to the Pearson correlation test, a moderate correlation was found between the "DSI" score and the "PUKI" score ($p<0.01$).

Conclusion and Recommendations: As a result of this study, it was observed that the incidence of symptoms such as fatigue, sleep disturbance and muscle cramps due to hemodialysis treatment was high and these symptoms adversely affected sleep quality. It is recommended to make arrangements for the evaluation and management of symptoms in hemodialysis units, and training to increase the competencies of hemodialysis nurses for symptoms that are difficult to manage such as fatigue and insomnia.

Keywords: hemodialysis, sleep quality, symptom

THE EFFECT OF PARTIAL REMISSION STAGE ON DIABETES PROCESS IN INDIVIDUALS WITH TYPE 1 DIABETES

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ABSTRACT

Introduction-Purpose: Type 1 diabetes mellitus (DM) is an irreversible, autoimmune, chronic condition characterized by pancreatic β -cell destruction. Following the diagnosis of diabetes, some individuals experience a Partial Clinical Remission (PCR) phase, known as the "honeymoon". This stage is a transition period in which insulin production occurs by residual β (beta) cells following the diagnosis of Type 1 Diabetes and initiation of insulin therapy. During this period, beta cell destruction slows down and the need for exogenous insulin decreases, resulting in a controlled diabetes process.

Methodology: In this study, we evaluated the effect of insulin production on the immune system during the honeymoon phase after the diagnosis of type 1 diabetes. In addition, a systematic review was conducted to summarize the current knowledge in order to answer the question of whether this phase could be a new approach to the progression and treatment of type 1 diabetes. We searched Pubmed, Trip Database and Cochrane Library for relevant "randomized, controlled trials" on the impact of PCR phase on the health of individuals with type 1 diabetes. The article search strategy included "PCR" or "clinical remission phase" and "Diabetes Mellitus, Type 1" "insulin-dependent diabetes".

Findings: Many studies have associated the realization of a partial clinical remission period with a more controlled diabetes process in individuals with Type 1 Diabetes. Clinical studies have shown that individuals with type 1 diabetes who undergo a PCR phase have a lower risk of developing other autoimmune diseases compared to those who do not, and that less exogenous insulin is required throughout the diabetes process in relation to the duration of the PCR phase and age at diagnosis.

Discussion-results: Understanding the link between Type 1 Diabetes and PCR is important to determine the relationship between PCR stage and other autoimmune diseases and to focus on new treatment approaches by determining the presence of components affecting PCR.

Recommendations: Studies to prolong the PCR stage duration in diabetes should be conducted to ensure less beta cell destruction and new approaches should be developed for definitive treatment.

Keywords: type 1 diabetes, β cell, pcr

SYNTHESIS OF SILVER NANOPARTICLES USING WALNUT SEPTUM EXTRACT AND INVESTIGATION OF ANTIBACTERIAL ACTIVITY OF THE NANOPARTICLES

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ABSTRACT

Metal ions (copper, zinc, titanium, gold, silver, etc.) have been used safely in many areas for centuries due to their antibacterial, antifungal and antiviral properties. Metal nanoparticles (NP) can be synthesized as a result of reduction of metal ions by chemical, physical or biological methods. NPs, which exhibit different and superior properties than bulk materials, are used in a wide variety of fields owing to their unique chemical, physical and optical properties. The physical and chemical technologies used in the synthesis of metal NPs provide the synthesis of high resolution and desired size NPs. However, most of these methods are expensive, require the use of toxic chemicals, and the stability of the NPs formed is low. Due to these disadvantages, the use of biological systems such as plant extracts, bacteria, yeasts and fungi has been focused on recently. These methods, called green synthesis, are effective, convenient, economical and easy methods compared to others. The stability of the NPs produced by these methods is high and there is no harm to the environment since toxic chemicals are not used. In this study, silver nanoparticle (AgNP) was produced by green synthesis using silver nitrate and walnut septum extract. Optimum conditions for the production of AgNPs were determined by applying various parameters such as different AgNO₃: extract ratios, different pH, different durations in microwave oven and room temperature. AgNPs perform a characteristic absorption between 400-500 nm. Therefore, the amount of NPs formed in each condition was determined and compared using UV-visible spectrophotometer. The conditions that provide the highest amount of AgNP formation were determined as 1:1 AgNO₃: extract ratio, pH 7 and conditions in which the microwave oven was kept at 600 watts for 20 seconds. AgNPs produced under these conditions were purified by applying centrifugal precipitation method and then the antibacterial effect of NPs was investigated against *Escherichia coli* and *Staphylococcus aureus* via disk diffusion method. The results showed that AgNPs were effective against both bacteria. It is known that AgNPs produced using plant extracts show anthelmintic, antioxidant, anticancer, wound healing, hepatoprotective and antibacterial properties. Therefore, it is suggested that the produced AgNPs can be used in various applications such as wound dressing and food packaging.

Keywords: Antibacterial activity, green synthesis, silver nanoparticle

SLEEP, ANXIETY AND NEUROTROPHIC FACTORS IN WHIRLING DERVISHES

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ABSTRACT

Background/Aim: The Mevlevi Sema ceremony is a Sufi ritual that includes meditation, exercise actions, and religious symbols. Sema is also a method of meditation. There are few whirling dervishes in the world. Positive effects of worship on stress and anxiety leads to a hypothesis that whirling dervishes have low-stress levels, high sleep quality, and optimal neurotrophic factors. Our aim in the present study is to determine the effect of stress levels of whirling dervishes on neurotrophic factors.

Materials and Methods: In this research, possible protective effect of Sema against stress was investigated. A total of 33 adult men comprising, 17 whirling dervishes, and 16 healthy volunteers were recruited. Neurotropic factors (VEGF, BDNF, GDNF), PNX-20, anxiety levels (BECK Anxiety Scale), and sleep quality (Richard-Campbel Sleep Scale) data were obtained from the participants.

Results: It was found that whirling dervishes have lower VEGF, BDNF, GDNF, Phoenixin levels, anxiety scores, and better sleep quality.

Conclusion: Many alternative meditation practices have being popularly utilised for stress management. Sema is a less-known type of meditation practice. Our results, revealed that Sema may be an effective tool in stress management.

Keywords: Sema, whirling dervishes, neurotrophic factors, phoenixin-20, sleep, anxiety

DETERMINATION OF WORKLOAD, JOB SATISFACTION AND BURNOUT LEVELS OF X-Y-Z GENERATION NURSES DURING THE COVID-19 PANDEMIC

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ABSTRACT

Introduction: Various factors affecting nurses' work performance and behaviors pressures will cause individual workload and burnout levels will increase over time. It is stated that as the level of burnout increases, the level of job satisfaction also increases over time.

Objectives: The perceptions of the X, Y and Z generations of nurses participating in the study about the working environment, job satisfaction and burnout levels during the Covid 19 outbreak were measured.

Methods: It was conducted in 16 hospitals affiliated to Bursa Provincial Health Directorate. As a data collection tool in the study, socio-demographic characteristics of nurses in the first part, Maslach Burnout Scale was used in the second part, Individual Workload Perception Scale-Revised in the third part and Minnesota Job Satisfaction Scale in the fourth part. SPSS 25.0 program was used for data analysis. One-way analysis of variance, pairwise comparison tests, independent sample t-test and Levene's test were used in statistical analysis.

Results: According to the results of the study; % 0,4 of the nurses had baby boom in the belt, %21 are in Generation X, %77,9 in Generation Y and %0,7 in Generation Z is receiving. %39 of the nurses stated that they did not work in the field of Covid-19 and % 61 stated that they did not work in the field of Covid-19. Working in the field of covid. According to the results, the average of those who did not work in the covid field in the perception of decrease in personal success level was 3,57, while the average of those who worked in the covid field was 3,53. There was a statistically significant difference between the two groups and it was statistically found that those working in the covid field had a higher perception of decrease in personal achievement level ($p < 0,005$). In all other departments, no statistically significant difference was found between the perceptions of those working in the covid field and those not working in the covid field.

Conclusions: When the relationship between the Maslach Burnout Scale, Individual Workload Perception Scale, Minnesota Job Satisfaction Scale and all sub-dimensions of these scales of the X-Y-Z generation nurses participating in the study was examined; it was determined that the burnout levels of the nurses were generally low, while the generations affected this situation, and the status of working in the Covid-19 field did not affect the general burnout level. While there was no significant difference in the sub-dimensions of emotional burnout and depersonalization in nurses working in the field of Covid-19, there was a significant difference in the sub-dimension of decrease in personal accomplishment level was found.

Keywords: covid-19, generation x,y,z, job satisfaction, workload, burnout

THE EFFECT OF NARINGIN ON IL-1 BETA LEVELS IN THE RENAL IN ISCHEMIA-REPERFUSION IN RATS

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ABSTRACT

Introduction: IL-1 beta is rapidly produced and released by many different immune and non-immune cell types in response to inflammatory signals. IL-1 alfa is constitutively expressed in many non-immune cell types. In the study, the effect of different doses of Naringin on IL-1 beta levels in experimental kidney ischemia-reperfusion was investigated.

Material/Method: For this study, it was carried out on 40 Wistar type male rats, 8-12 weeks old from Selçuk University Experimental Animals Research and Application Center. The groups were formed as follows: 1-Control Group; 2-Sham Group; 3-Renal Ischemia-Reperfusion Group; 4-Renal Ischemia-Reperfusion + Naringin (50 mg/kg/day) Group; After nephrectomy in the left kidneys, after 45 minutes of ischemia in the right kidney, 72 hours of reperfusion was performed. Naringin solution (50 mg/kg/day) was administered intraperitoneally at the beginning of the reperfusion, 24 hours later, and 48 hours later. 5- Renal Ischemia-Reperfusion + Naringin (100 mg/kg/day) Group (n=10): After nephrectomy in the left kidneys, after 45 minutes of ischemia in the right kidney, 72 hours of reperfusion was performed. Naringin solution (100 mg/kg/day) was administered intraperitoneally at the beginning of the reperfusion, 24 hours later, and 48 hours later. At the end of the experiment, serum urea and creatine levels were determined in the blood taken from animals that were terminated under general anesthesia.

Results: In the ischemia-reperfusion group, IL-1 beta levels increased significantly in both the cortex and medulla. However, administration of two different doses of Naringin for 3 days significantly suppressed the increased IL-1 beta levels.

Conclusion: The results of the study show that 3-days of Naringin supplementation in rats significantly suppressed ischemia-reperfusion-induced increased IL-1 beta levels.

Suggestions/Discussion: Since renal ischemia reperfusion may lead to severe tissue injury and organ failure, it may be important for future treatment approaches to reveal the possible role of Naringin therapy in the regulation of organ function and the importance of IL-1 beta in this role.

Keywords: renal ischemia-reperfusion, naringin, il-1 beta

INCIDENTALLY LESIONS DETECTED IN APPENDECTOMY MATERIALS

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ABSTRACT

Introduction: Acute appendicitis is the most common cause of acute abdomen requiring immediate surgery. Although rare, neoplasia is encountered in appendectomy materials performed for acute appendicitis. In this study, it was aimed to retrospectively evaluate the pathologies detected in appendectomy materials examined in our department in the last two years and to determine the frequency of common lesions and incidentally detected neoplasms.

Material and method: 2090 appendectomy materials examined in the Pathology Department of Konya City Hospital between November 2020 and November 2022 were evaluated retrospectively. The data of the cases were obtained from hospital records and pathology archives.

Results: Of the cases, 1339 (64%) were male and 752 (36%) were female. The age ranged from 2 and 91 years (mean 25.8±16,345). In the histopathological examination, 91% of the cases were diagnosed with acute appendicitis, while neoplasia was observed in 1.05% of the cases. Of the cases with neoplasia, 12 were low-grade mucinous neoplasia, 6 were well-differentiated neuroendocrine tumors, 3 were adenocarcinoma, and 1 were high-grade mucinous neoplasia. All of these cases were over 20 years old. In addition, there was enterobius vermicularis in 1 case, endometriosis in 1 case, and granulomatous inflammation in 1 case.

Conclusion: A variety of incidental pathologies, particularly parasitic infections and benign/malignant tumors that require additional treatment, might be detected in materials undergoing appendectomy due to acute appendicitis. A variety of incidental pathologies, particularly parasitic infections and benign/malignant tumors that require additional treatment, might be detected in materials undergoing appendectomy due to acute appendicitis.

Keywords: appendix, appendectomy, neoplasia

ADMINISTRATIVE STAFF OPINIONS ON DIGITALIZATION IN HEALTHCARE: A QUALITATIVE RESEARCH

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ABSTRACT

Introduction: Our lives are changing day by day with technological developments. These developments show their effects in both administrative and clinical processes in health institutions. Health institutions are extremely comprehensive and complex institutions by their nature. Therefore, some of the advantages and disadvantages brought by digitalization to health institutions are among the issues that attract attention. Within the scope of the research, it is aimed to understand the effect of digitalization, which causes rapid changes, in health institutions and to determine the thoughts of the employees on this issue.

Material and Method: Qualitative method and interview technique were used in the research. 9 administrative personnel working in the provincial health directorate formed the participants of the research. The data obtained from the participants through a semi-structured interview form were analyzed with the N-vivo 11 qualitative data analysis program. After the analysis, 4 main themes and 8 sub-themes were obtained. The main themes were determined as “digitalization process”, “digitalization strengths”, “digitalization weaknesses” and “digitalization future”.

Results: As a result of the research, digitalization in health services is a necessity of the global age; it has positive effects on economy, saving time and reducing errors; It has been determined that there are weaknesses such as ensuring data security, difficulty in compensating for errors, adaptation problems of personnel to digital systems, technical problems and working on more than one digital system, and it is believed that digitalization in health will develop in the future.

Conclusion: Previous studies on digitalization in healthcare are generally in the form of compilations. It is recommended to design qualitative or quantitative studies similar to the research and to include other employees in health institutions.

Keywords: Health Services, Digitization, Technology

IMAGING OF THE ETHMOMAXILLARY SINUS, ITS PREVALENCE AND EVALUATION OF ITS RELATIONSHIP WITH CHRONIC RHINOSINUSITIS

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ABSTRACT

Introduction: Ethmomaxillary sinus(EMS); is a variational air cell formed as a result of the placement of posterior ethmoid cells in the posterosuperior of the maxillary sinus. EMS may increase susceptibility to inflammatory paranasal sinus diseases such as chronic rhinosinusitis and may cause difficulties in surgical interventions to the paranasal sinuses. Therefore, in this study, we aimed to examine the ethmomaxillary sinus in patient groups with and without chronic rhinosinusitis. We evaluated whether there was a difference between the two groups in terms of incidence, age, and gender characteristics.

Materials and Methods: Approval was obtained from the local ethics committee for the study. The study included 150 patients (300 sides) diagnosed with chronic rhinosinusitis by the Ear Nose and Throat clinic and 151 individuals (302 sides) without chronic rhinosinusitis findings. Paranasal sinus CT images were reviewed retrospectively. The presence of ethmomaxillary sinus, whether it was bilateral or not, and its relationship with age and gender were examined. The severity of chronic rhinosinusitis was determined with the Lund-Mackay scoring system and its relationship with EMS was evaluated.

Results: Ethmomaxillary sinus was detected in 7 patients (7/301, 2.32%) and 9 sides (9/602, 1.49%) of 301 patients (602 sides) included. The incidence in the group with chronic rhinosinusitis was 2.6%. 3 of them were unilateral, and 1 of them was bilateral. The incidence in the control group was 1.98%, 2 of them were unilateral and 1 of them was bilateral. According to Lund-Mackay scoring, the mean of chronic rhinosinusitis severity was 8.62 (SD=5.47). While its severity was 5.25 (SD=3.94) in patients with EMS, it was 8.71 (SD=5.48) in patients without EMS.

Discussion: To eliminate the variability of the prevalence of EMS in the literature and to elucidate the relationship of CRS, especially ethmoidal and maxillary sinusitis, the study should be repeated with larger samples and in various ethnic origins. In addition, as in the current study, the relationship between variational air cells and sinusitis severity can be clarified by the Lund-Mackay scoring and its modification for different paranasal sinus structures.

Conclusion: There was no statistically significant difference between the groups with and without chronic rhinosinusitis in terms of the incidence of ethmomaxillary sinus ($p=0,774$). There was no evidence that EMS increased the severity of CRS.

Keywords: computed tomography, ethmomaxillary sinus, chronic rhinosinusitis, posterior ethmoid cells

PHYSICAL ACTIVITY IN SEDENTARY ADOLESCENTS and EFFECT OF SLEEP on QUALITY OF LIFE*

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ABSTRACT

It is seen that adolescent individuals who participate less in sedentary life and out-of-home activities, which are increasing day by day, make sedentary life a habit. It is predicted that the habit of sedentary life has taken its place today as a health problem in terms of both sleep and quality of life. physical activity and sleep; It is thought that adolescents increase self-expression, self-confidence and sportsmanship spirit, improve success and social communication skills, reduce mental fatigue and tension, and help increase their quality of life. Considering the benefits that physical activity and quality sleep habits gained during adolescence will create on health and quality of life in later ages, it is thought that there is a serious need for the development of health and social policies to reduce sedentary time and multidisciplinary intervention studies. The aim of this review is to examine the effects of physical activity and sleep on the quality of life of sedentary adolescents, which are frequently encountered in recent years due to the sedentary lifestyle of adolescents.

Keywords: sedentary, physical activity, sleep, quality of life

* This study will be published as a Review Article in the "Selçuk Health Journal".

RADIATION SAFETY IN OCCUPATIONAL HEALTH AND SAFETY LEGISLATION

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ABSTRACT

Introduction: The concepts of radiation and radioactivity have continued to be popular in the scientific world without losing any momentum since their Nobel prize-winning discovery. Non-ionizing radiation such as visible light, ultraviolet light, infrared light, radio waves and microwaves and ionizing radiation such as alpha rays, beta rays, neutrons, X rays, gamma rays are used in many areas of our lives such as food industry, health sector, defense industry. Today, the use of radiation has become an indispensable part of developing technology. In addition to the many advantages it brings, radiation has negative effects on the health of living things at the molecular, cellular, tissue and system levels. For this reason, the use of radiation is regulated by laws and regulations by the relevant authorities all over the world. Although there is a common roof in these regulations, each country has determined its own laws and regulations.

Material and Methods: In this study, occupational health and safety laws numbered 4857 and 6331 in force as of November 2022, radiation safety regulation and circulars were investigated by analyzing the documents.

Results: As a result of the examination of the relevant documents, the subject of radiation safety in the occupational health and safety legislation in Turkey has been revealed in all its aspects.

Discussions: As a result of the examinations, it has been suggested that the legislations in Turkey are generally compatible with the regulations proposed by the relevant authorities in the world, but there is a need for coordination between the authorized authorities in the matters of supervision and criminal sanctions.

Keywords: radiation, occupational health, occupational safety.

THE EFFECT OF NARINGIN ADMINISTRATION ON SERUM UREA-CREATINE LEVELS IN EXPERIMENTAL RENAL ISCHEMIA-REPERFUSION IN RATS

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ABSTRACT

Introduction: Serum creatinine level is a functional measure of ischemia-reperfusion damage. In most of the preclinical studies, post-reperfusion serum creatinine levels draw attention as an important indicator. In the current study, the effect of different doses of Naringin on urea and creatine levels in experimental renal ischemia-reperfusion was investigated.

Material/Method: For this study, it was carried out on 40 male Wistar rats which is 8-12 weeks old from Selçuk University Experimental Animals Research and Application Center. The groups were created as follows. 1-Control Group; 2-Sham Group; 3-Renal Ischemia-Reperfusion Group; 4-Renal Ischemia-Reperfusion + Naringin (50 mg/kg/day) Group; After nephrectomy in the left kidneys, after 45 minutes of ischemia in the right kidney, 72 hours of reperfusion was performed. Naringin solution (50 mg/kg/day) was administered intraperitoneally at the beginning of the reperfusion, 24 hours later, and 48 hours later. 5-Renal Ischemia-Reperfusion + Naringin (100 mg/kg/day) Group (n=10): After nephrectomy in the left kidneys, after 45 minutes of ischemia in the right kidney, 72 hours of reperfusion was performed. Naringin solution (100 mg/kg/day) was administered intraperitoneally at the beginning of the reperfusion, 24 hours later, and 48 hours later. At the end of the experiment, serum urea and creatine levels were determined in the blood taken from animals that were terminated under general anesthesia.

Results: Serum urea-creatinine levels in the ischemia-reperfusion group showed a significant increase compared to the control and sham groups. However, administration of two different doses of Naringin for 3 days significantly suppressed the increased creatine and urea levels.

Conclusion: The results of the study show that 3 days of Naringin supplementation in rats significantly suppressed the increased urea and creatine levels due to ischemia-reperfusion.

Suggestions-Discussion: Since ischemia and reperfusion in the kidneys can cause serious health problems, it may be important for future treatment approaches to reveal the importance of naringin treatment in preventing negative changes in serum urea and creatinine levels caused by ischemia and reperfusion injury.

Keywords: renal ischemia-reperfusion, naringin, urea, creatin, rat.

THE EFFECT OF NARINGENIN ON INFLAMMATION, APOPTOSIS, AND OXIDATIVE STRESS IN EXPERIMENTAL HYPERURICEMIA INDUCED BY POTASSIUM OXONATE IN RATS¹

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ABSTRACT

Objectives: The present study was performed to explore the effect of naringenin (NAR) in experimental hyperuricemia (HU) induced by potassium oxonate (PO) on blood uric acid levels and xanthine oxidase (XO), inflammation, apoptotic pathway, oxidative DNA damage, and antioxidant system in kidney tissue.

Materials and Methods: The Wistar Albino rats were divided into four groups: 1-Control group, 2-PO group, 3-PO + Naringenin (2 weeks) group, 4-PO (2 weeks) + NAR (2 weeks) group. The first group was not administered any drug. In the PO group, 250 mg/kg/day intraperitoneal PO was administered for 2 weeks. In the PO + NAR group, 100 mg/kg/day NAR injected intraperitoneally one hour after intraperitoneal PO injection (2 weeks). In the 4th group, intraperitoneal PO was injected for 2 weeks, followed by intraperitoneal administration of NAR for next 2 weeks. Serum uric acid levels and also XO, tumor necrosis factor-alpha (TNF- α), nuclear factor-kappa B (NF- κ B), interleukin-17 (IL-17), cytochrome c, glutathione peroxidase (GPx), caspase 3, 8-OHdG levels were determined in kidney tissues.

Results: HU increased the levels of XO, TNF- α , NF- κ B, IL-17, cytochrome c, caspase 3, 8-OHdG in kidney tissues. Administration of NAR decreased these values. Moreover, NAR supplementation led to an increase in GPx levels.

Conclusion: The results of the study show that NAR treatment or posttreatment reduces serum uric acid levels, and inflammation, apoptosis, and DNA damage; increases antioxidant activity in kidney tissue in experimental HU.

Keywords: naringenin, il-17, cytochrome c, caspase 3, 8-ohdg

¹ The results described in this paper were part of PhD thesis of Zehra Calis.

This research has been supported by Selcuk University Scientific Research Project Coordinatorship (SUBAP) (Project number is 19202068).

DETERMINING THE ORAL AND DENTAL HEALTH PERCEPTIONS OF NURSING STUDENTS

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ABSTRACT

Purpose: This study was conducted to determine the oral and dental health perceptions of nursing students.

Materials and Methods: The study is descriptive-cross-sectional. The population of the research consisted of 452 students studying between March 1, 2022 and April 1, 2022. Sample selection was not made in the study, and it was aimed to reach the entire universe. The sample of the study consisted of 381 students. An online data collection form was sent to the students via Google forms. The data collection form consists of introductory information and the Multidimensional Oral Health Locus of Control Scale (ÇBASKO). The score range of this scale is between 26-104 points and consists of 26 items. There is no item evaluated as negative in the scale. SPSS 22 package program was used in the evaluation of the data. In the analysis of the data, descriptive statistical tests such as percentage and mean were used. Before starting the research, the consent of the participants was obtained online.

Results: 78% of the participants were female. 23.1% of the participants were smokers and the status of not using alcohol was 100%. 26.4% of the students were first graders and 21.8% were fourth graders. 29.9% of the participants stated that they wanted to receive training on oral health, and 49.6% of them stated that they saw themselves on average in terms of oral health knowledge and skills. The students' total ÇBASKO score average was determined as 55.74 ± 6.50 .

Conclusion and Recommendation: As a result of the research, it was determined that the oral and dental health perceptions of nursing students were moderate. Other studies on the subject should be carried out, and oral and dental health education should be given to students periodically.

Keywords: oral health, nurse, student

EVALUATION OF EFFECTS OF ANTENATAL STEROIDS ON RESPIRATUAR STATUS OF PRETERM NEWBORNS

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ABSTRACT

Introduction-Aim: The incidence of prematurity, defined as any birth occurred between 22 and 37 gestational weeks, is approximately 5-7%. Preterm births are a frequent cause of mortality and morbidity. Lung development is critical for surviving in premature newborns. Corticosteroids are drugs administered to mothers during the antenatal period to accelerate the maturation of the fetal lungs and to minimize respiratory distress. In this study, it was aimed to evaluate retrospectively the effect of corticosteroid treatment on mothers during the antenatal period on the respiratory system of preterm neonates.

Method: In this study, respiratory conditions of 150 premature neonates born at ≤ 34 weeks and admitted to the Neonatal Intensive Care Unit of Selcuk University Medical Faculty Hospital between 2017-2021 were evaluated retrospectively. Premature neonates were divided into three groups as; group I: those whose mothers were not administered any antenatal steroid, group II: mothers were administered a single dose of antenatal steroid (betamethasone), and group III: mothers were administered double-dose (full course) of antenatal steroids. (Ethics committee approval number-2022/199)

Results: Frequency of pneumothorax was found in 1 (2.6%) neonate in group I and in 3 neonates (2.7%) in group II. There was a statistically significant difference between the groups in pneumothorax frequency ($p<0,05$). Intubation was required for 11 neonates (28.9%) in group I, 44 (55%) neonates in group II and for 42 neonates (37.5%) in group III. There was a statistically significant difference between the groups in terms of intubation ($p<0,05$). There were 6 (16.7%) deaths in group I, and 19 (17.1%) deaths in group II. A statistically significant difference was found in the rate of recovery and discharge in neonates who received antenatal steroids compared to those who did not receive antenatal steroids ($p<0,05$). However, there was no significant difference among the groups in delivery type, antibiotic use, sepsis frequency, radiological findings of lungs and frequency of surfactant use.

Discussion-conclusion: Neonatal lung diseases are major problems in preterm populations. Our study showed beneficial effects of full course antenatal corticosteroids but not single dose one. Full course corticosteroid administration in antenatal period decreases pneumothorax frequency and intubation need and increases the rate of uneventful discharge in preterm infants. Therefore, we believe that pregnancy follow up policies should be more stricted.

Keywords: preterm birth, corticosteroids, antenatal period

HEMATOLOGICAL PARAMETERS IN PATIENTS WITH ACUTE MYOCARDIAL INFARCTION: RETROSPECTIVE EVALUATION

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ABSTRACT

Introduction: Acute Myocardial infarction (AMI) is a mortal cause of cardiovascular disease. Identifying and understanding the risk factors for mortality after AMI provides important information for clinicians to determine prognosis and guide the treatment. Tests such as Neutrophil-Lymphocyte Ratio (NLR), Nucleated Red Blood Cells (NRBC), Immature Granulocytes (IG) and Mean Platelet Volume (MPV) can be used as prognostic factors. The aim of this study is to retrospectively investigate whether complete blood count parameters are valuable predictively in the clinical course of AMI patients.

Material and Method: The study was performed on the complete blood count parameters of the patients hospitalized with the diagnosis of AMI in the Cardiology Clinic of the Selcuk University, Faculty of Medicine and healthy people who applied to the cardiology outpatient clinic between January and October 2022. 59 AMI patients (59.97±11.719 years old) and 75 healthy individuals (58.19±11.688 years old) were included in the study. NLR levels were obtained by dividing neutrophil values by lymphocyte values. Statistical analyzes were performed with SPSS 20 package programs. Hemogram parameters were measured with Sysmex XN-3000 device.

Results: Neutrophil levels of the AMI group [5.49 (2.01-15.43)] were found to be significantly higher than the control group [4.79 (2.11-11.26)] ($p<0.01$). NLR and NRBC levels of the AMI group (respectively; [2.36 (0.79-10.43)], [0.00 (0.00-0.02)]) compared to the control group (respectively; [1.98 (0.70-13.68)], [0.00 (0.00-0.01)]) was significantly higher ($p<0.05$). There was no significant difference between the groups in terms of MPV, IG and lymphocyte levels. A positive correlation was observed between NLR-troponin T, between NLR-NRBC and between NRBC-IG in AMI patients.

Conclusion: We consider that biochemical tests such as NLR and NRBC, which are complete blood count parameters and can be studied without additional cost, can be used together with other cardiac parameters to determine the morbidity and mortality of AMI patients.

Keywords: AMI, NRBC, IG, NLR

EFFECTS OF PROBIOTICS ON HEPATIC THIOL-DISULFIDE BALANCE IN RATS WITH EXPERIMENTAL METABOLIC SYNDROME

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ABSTRACT

Fructose is a natural sugar present in a variety of fruits and honey, and it is widely used as a sweetener. Several studies have identified a link between dietary fructose and the metabolic syndrome. The effects of a high-fructose diet on the thiol/disulfide balance in liver tissues were studied in this study. The effects of Kefir, *Lactobacillus helveticus*, and *Lactobacillus plantarum* supplementation on thiol/disulfide content were also investigated. Male Wistar rats were administered a solution containing 20% fructose in drinking water for 15 weeks to produce experimental metabolic syndrome. In addition, Kefir, *L. helveticus* and *L. plantarum* supplements were given once a day by gastric gavage starting from the 10th week. Total thiol, native thiol and disulfide levels were analyzed in the liver tissues of rats. According to results, high dose fructose application decreased the hepatic total and native thiol content and increased the disulfide levels. Kefir and *L. plantarum* increased total thiol levels to their normal levels while lowering disulfide contents. Disulfide levels decreased in rats treated with *L. helveticus*. The findings showed that probiotics improved the thiol/disulfide balance in rats with experimental metabolic syndrome.

Keywords: Kefir, *Lactobacillus plantarum*, *Lactobacillus helveticus*, thiol/disulfide balance, fructose

INTERPRETATION OF BREAST BIOPSY DONE ON WOMEN PATIENTS UNDER 40 YEARS OF AGE

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ABSTRACT

Introduction: Breast cancer is the most commonly diagnosed cancer in females and most common cause of cancer related death. Therefore, early diagnosis and treatment is very important. Tru cut biopsies with ultrasonography is one of the most important method supplying early diagnosis rapidly. In this study, we aimed to evaluate pathological diagnosis retrospectively on tru cut biopsy of breast in our department in the last one year and to determine their incidences.

Material and Method: 269 tru cut biopsy of breast examined in the Pathology Department of Konya City Hospital between November 2021 and November 2022 were evaluated retrospectively. The data of the cases were obtained from hospital records and pathology archives.

Results: The mean age of the patients is 31,4 years. Most patients were seen between the ages of 30-39. There are no patients between the ages of 0-9. 89,2% (240) of the patients were diagnosed as benign. 10,7% (29) of the patients were diagnosed as malignant. Fibroepithelial breast lesions are the most common benign breast diseases and fibroadenomas was the most common in this group. Invasive breast carcinoma of no special type was the most common malignant tumor.

Conclusion: Although benign lesions are generally observed in females under 40 years of age, malignant tumors are also seen at a substantial rate. For this reason, it is very important for women to perform breast self-examination and routine check-ups for early diagnosis, regardless of age group.

Keywords: Breast, Tru cut biopsy, breast cancer, benign breast diseases

SPECIES-LEVEL IDENTIFICATION OF CANDIDA FUNGAL GROWTHS IN CERVICO-VAGINAL SWAB SAMPLES BY MALDITOF-MS

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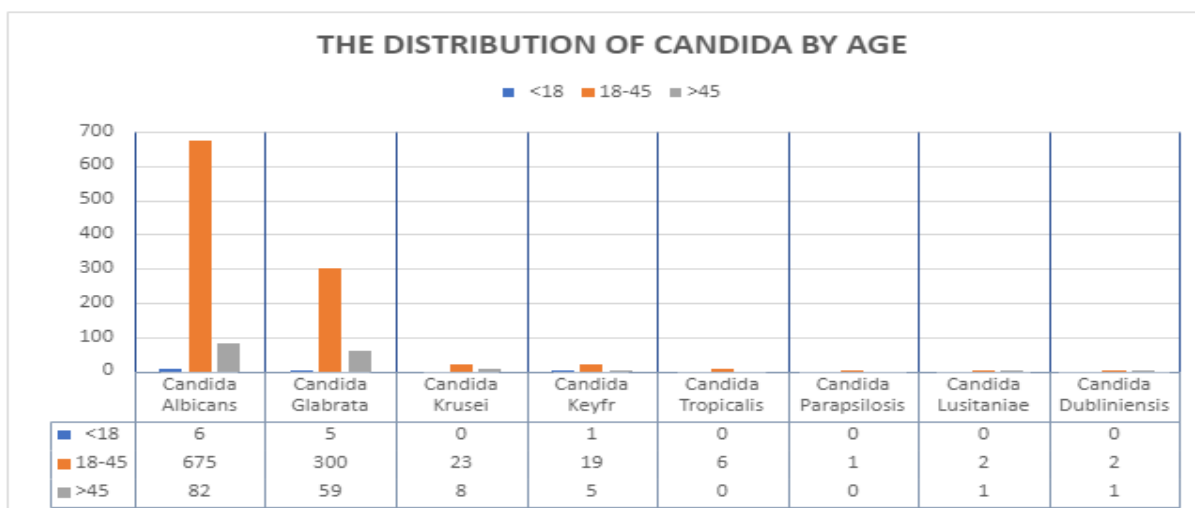
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ABSTRACT

Introduction and Purpose: Vulvovaginal candidiasis (VVC) is characterized by an infection of the genital mucosa by *Candida* yeasts, which mainly effects the vulva and the vagina. The disease occurs endogenously due to predisposing factors that cause yeast overgrowth. Signs and symptoms such as itching, burning, cracking, erythema and vulvar edema, leukorrhea and the presence of whitish plaques on the vaginal mucosa are common (1). Risk factors for vulvovaginitis include pregnancy, use of oral contraceptives, genetic predisposition, and previous antibiotic therapy. The incidence of infection, as well as the increase in colonization of the mucosa by the yeast, is also higher in women with diabetes due to their higher glycogen levels and in those with HIV due to immune suppression (2,3). The main etiologic agent is *Candida albicans*, accounting for 70–90% of VVC cases (4,5). Despite the fact that *Candida albicans* is the most common cause of vulvovaginal candidiasis, the frequency of vulvovaginal candidiasis caused by other *Candida* species, such as *C. tropicalis*, *C. glabrata*, and *C. krusei* is increasing, especially in HIV-infected women (6).

Material and Methods: 4200 cervical and vaginal culture samples submitted by Ankara City Hospital Microbiology Laboratory between May-October 2022 inoculated on SDA (Saboraud Dextrose Agar; Biocell, Turkey) medium with gentamicin and chloramphenicol in addition to routine nutrient media and incubated at 37°C. Species level identification of yeast isolated from samples was performed with MALDITOF-MS (Biomeriux, France).

Results and Conclusion: 4200 cervical and vaginal swab cultures submitted by our laboratory between May-Oct 2022 (6-month period). The number of samples observed reproduction of the *Candida* spp. is 1196. Results are grouped according to age in *Table - 1*.



The age group that the most of the examples are received is 18-45 age group, which overlaps the reproductive age. While the most prevalent species is *Candida albicans* isolated from samples, *Candida glabrata* is the second prevalent one.

Incorrect or unnecessary drug use in cases of vulvovaginal candidiasis causes the development of non-candida albicans infections with antifungal drug resistance and treatment failures as a result.

Keywords: Vulvovaginal candidiasis, *Candida* spp, MALDITOF-MS

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EFFECT OF INACTIVATED COVID-19 VACCINE ON SOME CYTOKINE LEVELS IN DOGS¹

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ABSTRACT

Introduction: In December 2019, a new coronavirus (SARS-CoV-2) infection (COVID-19), which manifests itself mainly with respiratory system symptoms and causes approximately 2-3% deaths, was detected in the Wuhan region of China. The virus, which was originally thought to have been transmitted from an animal reservoir to humans, possibly via an promoter host, has been determined to be rapidly transmitted from person to person. The disease named as COVID-19 has been declared as a "Pandemic" by the World Health Organization and the disease is still transmitted all over the world.

Methods: In this study, IFN-gamma, IL-4, IL-6 and TNF-alpha cytokine levels were determined in dogs vaccinated with low-dose and high-dose, Aluminium hydroxide adjuvanted inactivated COVID-19 vaccine for humans. Four dogs in each group (low dose, high dose and control) were vaccinated 2 times subcutaneously, 21 days apart. Whole blood samples taken from dogs at different periods were cultured with Covid-19 antigen and cytokine levels in culture supernatants were measured with commercial ELISA kits.

Results: IFN- γ and IL-4 concentrations increased in both vaccine groups (high-dose, low-dose) compared to controls at 14th and 56th days post-vaccination. However, there was no significant difference in IFN- γ concentration between vaccine groups. Significant changes in the concentrations of TNF- α and IL-6 in the control and vaccine groups could not be determined.

Conclusion: It was observed that inactivated Covid-19 vaccine caused an increase in the regulatory cytokines of cellular (IFN-gamma) and humoral (IL-4) immunity in dogs, however, it did not increase inflammatory cytokines (IL-6, TNF-alpha).

Key words: Covid-19, vaccine, Aluminium hydroxide, dog

¹ This Project supported by TUBITAK (Project number: 1004/18AG020) and Selcuk University Scientific Research Projects Coordinatorship (Project Number: 20301009).

SYNTHESIS AND ANTIBACTERIAL EFFECTS OF GLYOXIME DERIVATIVES OF METHYLGLYOXAL AND ITS ANALOGUES AS HIGHLY REACTIVE ENDOGENOUS DICARBONYL COMPOUNDS

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ABSTRACT

Introduction: Methylglyoxal (MGO), a dicarbonyl compound, is known to accumulate in cells as a byproduct of various metabolic pathways, including glycolysis. Excessive accumulation of MGO in cells may cause harmful effects by forming advanced glycation end products (AGEs) and inactivating antioxidant systems. In addition, MGO has been the focus of attention with its identification as the main antimicrobial component of Manuka honey, which stands out with its high antibacterial properties. The structural analogs of MGO, Glyoxal (GO) and Phenylglyoxal (FGO), are other reactive dicarbonyl compounds that are less common in living organisms. This study was aimed to investigate the antibacterial properties of glyoxime derivatives obtained from the reaction of the reactive dicarbonyl ends of glyoxals with hydroxylamine.

Materials and Methods: In the study; Glyoxime derivatives were synthesized by the reaction of three commercially available glyoxals with hydroxylamine hydrochloride. The antibacterial effects of synthesized glyoximes and glyoxals on bacteria were investigated by disc diffusion and broth microdilution methods, and also their antibiofilm effects were investigated by crystal violet microtitration methods.

Results: The synthesized glyoximes were purified and characterized. In the disk diffusion test, mean zone diameters of MGO:19mm, FGO:15mm and GO:12mm were measured on Gram-positive bacteria. For Gram-negative bacteria, 10mm, 8mm, and 8mm were measured, respectively. The synthesized glyoximes did not show any significant effect on bacteria.

Conclusion and Discussion: Dicarbonyl compounds glyoxal (GO), methylglyoxal (MGO), phenylglyoxal (FGO), and their glyoxime derivatives were evaluated against Gram-positive and Gram-negative pathogenic bacteria in both agarized and liquid assay systems. High activities of glyoxals measured in agarized media were not observed for glyoxime derivatives. Lower than expected antibacterial activity was observed in the liquid assay system. The decrease in bacterial inhibition can be explained by the fact that the highly reactive dicarbonyl compounds react with the biomolecules of the nutrient medium and lose their activity. The potential of glyoxals to inhibit the formation of bacterial biofilms is relatively low. In addition, phenylglyoxime has been shown to have 59.5% and 55.21% inhibition against *P.mirabilis* biofilms in MIC/4 and MIC/8 concentrations respectively.

Keywords: glyoxal, methylglyoxal, glyoxime, antibacterial, antibiofilm.

EVALUATION OF THE RELATIONSHIP OF LIVER ENZYMES AND SHORT CHAIN FATTY ACIDS

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ABSTRACT

Introduction: Aspartate transaminase (AST), alanine transaminase (ALT) and alanine phosphatase (ALP) enzymes known as liver enzymes are also found in extrahepatic organs. ALT and AST enzymes are considered markers of liver damage, as they are the main site of metabolism of the liver. Propionate is largely taken up by the liver. Acetate enters the peripheral circulation to be metabolized by peripheral tissues. In particular, acetate and propionate may reach the liver via the portal vein. About 40% of acetate and 80% of propionate are taken up in the portal vein and metabolized by the liver, the liver is an important site for the metabolism of short-chain fatty acids (SCFA) in humans. Changes in SCFAs can cause many diseases such as Parkinson's, Alzheimer's, depression, and metabolic diseases. In this study, we aimed to evaluate the relationship between liver enzymes and SCFA.

Material and Method: Feces acetic acid and propionic acid levels of 59 patients who came to our hospital for routine control were measured by gas chromatography technique (ppm) and serum AST, ALT, ALP (mg/dL) routine techniques. Feces short chain fatty acids chromatograms were recorded using an OpenLAB CDS data processor (Agilent Technologies Inc., Wilmington, DE, USA). Identification and calibration of short chain fatty acid peaks was achieved by comparing the retention times standards.

Results: In the correlation Pearson test, feces acetic acid and propionic acid levels showed a positive correlation with serum AST and ALT values, and ALP value showed a positive correlation with propionic acid ($p < 0.05$).

Conclusion: As a result of our study, the relationship of liver enzymes was revealed with propionic and acetic acid. Increased AST, ALT and ALP levels are evidence of liver damage from propionic acid and acetic acid administration.

Discussion: According to the results of the literature review, an increase in liver enzymes was observed in male rats exposed to propionic acid. This shows that propionic acid causes liver damage, which supports our study. In another study, blood acetate concentration increased with ethanol consumption in alcohol-induced liver disease. This supports the relationship between acetic acid and liver enzyme correlation in our study.

Keywords: AST, ALT, feces acetic acid, propionic acid

NURSING CARE FOR CHILD DIAGNOSED EPIDERMOLYSIS BULLOSA BASED ON THE ROPER, LOGAN, TIERNEY NURSING MODEL: A CASE REPORT

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ABSTRACT

Epidermolysis Bullosa (EB); It is a systemic, inherited and chronic autoimmune disease. The disease can affect both genders, regardless of race and ethnic group; It is a disease that progresses with water-filled blisters seen in various parts of the body such as hands, feet, legs, esophagus, and mouth. It is a disease that affects 19 infants per one million live births. The clinical picture of children with EB is very severe; Morbidity and mortality rates are high due to increased bullae in the mucosa of vital organs. This disease can affect all organs of the body systemically. In chronic diseases, pediatric nurses have important responsibilities in order to ensure the adaptation of the child and family members to the disease, maintain remission and increase the quality of life. Increasing the effectiveness of care this stage, systematize nursing theories and models are used in order to provide guidance, create a guide and increase professionalism. In the literature, there is limited number of Roper Logan Tierney's Nursing Model Based on Life Activities Nursing Model in the care of children with chronic diseases. In this case report, nursing care of a patient with EB, which is a rare case, was presented with reference to Roper Logan Tierney's Nursing Model Based on Life Activities Nursing Model. In the analysis of the case, a care plan was created by considering 6 specific activities (Ensuring the Safety of the Patient and His Environment, maintaining communication, nutrition, evacuation, individual cleaning and dressing, death) according to 12 life activity models, in which the addiction status was evaluated.

Keywords: Epidermolysis bullosa, life activities, nurse, pediatric.

CAN INTENSIVE EXERCISE BUILD OXIDATIVE STRESS?

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ABSTRACT

Objective: Malondialdehyde (MDA) is formed as a result of lipid peroxidation and ischemia modified albumin (IMA) is a modified albumin type caused by reactive oxygen derivatives formed as a result of ischemia. In this study, we aimed to evaluate the plasma levels of MDA and IMA in blood (serum) taken from women who were determined to do professional sports and women who lead a sedentary life.

Method: Participants were divided into two groups, women designated as professional sports (30 people) and women exercising the sedanter lifestyle (30 people). Blood samples were taken from the athletes after exercise and those with sedentary life. Venous blood samples were collected from all participants serum, MDA and IMA levels and spectrophotometric method were measured.

Results: In this study, it was found that professional sports women had a significantly increased serum IMA level compared to the control group women who lead a sedentary life ($p<0.05$). However, no significant difference was found in plasma MDA levels.

Conclusion: Our findings show that severe exercise plays an important role on oxidative stress parameters. Intensive exercise can affect the antioxidant defense system and causes cell damage by increasing oxidative stres. As a result, antioxidant capacity enhancing treatment may demonstrate a beneficial effect, since it can affect the performance and health of people who exercisers.

Keywords: MDA, IMA, Sedentary, Exercise

EXTREMELY RARE MALIGNANT TUMOR OF THE BLADDER: BLADDER CHONDROSARCOMA

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ABSTRACT

Introduction: Sarcomatoid urothelial carcinoma (SUC) is a rare malignant neoplasm that accounts for approximately 0.5% of histological subtypes of bladder tumors. SUC is defined as a high-grade neoplasm containing histologically malignant epithelial and mesenchymal components. SUC is usually diagnosed over the age of 65 and the male/female ratio is 3/1. Usually the first symptom is hematuria. The prognosis of SUC is worse than that of typical urothelial carcinoma due to the aggressive course of the tumor and uncertainty regarding the optimal treatment regimen. Bladder chondrosarcoma, which is a specific differentiation of SUC, is much rarer and the number of cases reported in the literature is less than 10. In this study, we aimed to present a patient diagnosed with bladder chondrosarcoma.

Case Report: A 61-year-old male patient with no comorbidities was admitted with the complaint of left flank pain. No abnormality was detected in the physical examination and laboratory values. Computed tomography (CT) imaging of the patient revealed a solid lesion on the left side wall of the bladder and grade 2 hydronephrosis in the left kidney (Figure-1). The patient underwent transurethral bladder tumor (TURM) resection. The pathology result was reported as chondrosarcoma, a rare bladder cancer (Figure-2). It was decided to perform a radical cystoprostatectomy operation on the patient, and no findings consistent with distant metastasis were found in the imaging studies. Two months after radical cystoprostatectomy, the patient received 4 cycles of gemcitabine + cisplatin chemotherapy. One month after chemotherapy, the patient's general condition deteriorated and the CT scan revealed a recurrent multiloculated necrotic mass lesion measuring approximately 130x100 mm in the pelvic region, bilateral obturator region, and in the area inside the bladder lodge, with peripheral contrast enhancement (Figure-3). Additional surgical or oncological treatment could not be applied due to the patient's general condition disorder.

Conclusion: A multimodal approach including definitive surgery, local radiation therapy and chemotherapy is used in patients diagnosed with bladder SUC. Chemotherapy studies have shown that a gemcitabine and cisplatin-based regimen is well tolerated and effective. Although there is not enough data in the literature about very rare variants of SUC, such as bladder chondrosarcoma, which we have presented, aggressive and rapid treatment should be performed, keeping in mind that the tumor is likely to progress aggressively.

Keywords: Sarcomatoid urothelial carcinoma, chondrosarcoma, radical cystectomy, chemotherapy



Figure 1 Abdominal CT: A solid tumoral mass is observed on the right side wall of the bladder.

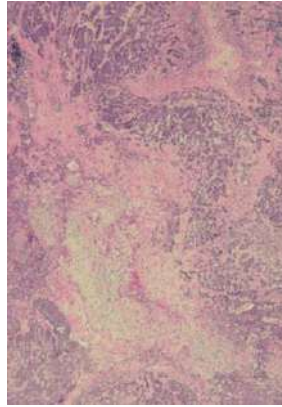
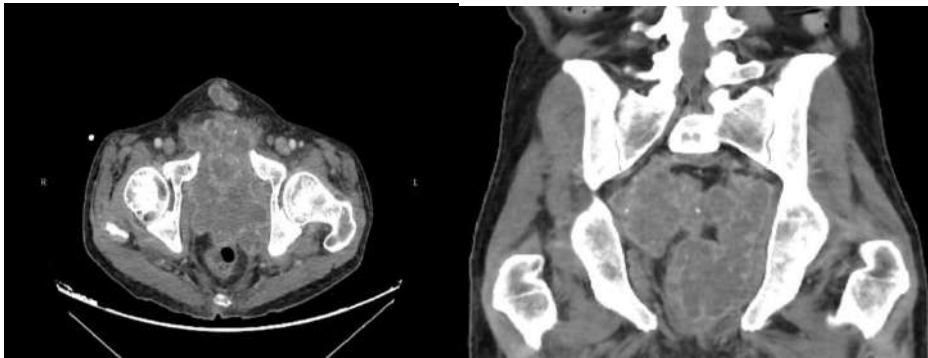


Figure 2 Microscopic view of bladder chondrosarcoma with Hematoxylin-Eosin staining (Tumor with central cartilaginous hyaline matrix deposit)



OUR INTENSIVE CARE EXPERIENCE IN A PATIENT WITH STATUS EPILEPTICUS- CASE REPORT

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ABSTRACT

Introduction: Status epilepticus (SE) is one of the most common emergencies in neurology. Since its mortality is high and it can cause permanent damage, the diagnosis should be made quickly. It is necessary to start urgent treatment, including pre-hospital. In this case, we aimed to present the patient who presented with status epilepticus.

Case: A 22-year-old male patient was intubated at the external center after developing respiratory failure with the diagnosis of status epilepticus. The patient who was brought to the emergency department with 112 was admitted to intensive care. The patient, who was followed on an intubated mechanical ventilator, was unconscious, sedated. The patient's breathing sounds were bilaterally rough, there was an anomaly in the extremities. There were no pathological findings in the brain CT except for bilateral lateral ventricular occipital horn enlargement and it was similar to the examinations 3 months ago. P.A. Chest X-ray showed infiltration in the right lower lobe. EKG was normal sinus rhythm. In the tests: Procalcitonin: 1.06 ng/ml, CRP:201 mg/dl, Ph :7.31, PCO₂:48. Aspiration pneumonia and S.E. with their diagnosis, treatment was started. Neurology, chest diseases and infection consultations were performed. Meropenem is started. The patient had a known diagnosis of epilepsy and a history of drug use of 5 (Levetiracetam , Benvida , Valproic acid , Phenytoin , Topiramate). The patient who received sedation had regurgitation from the nasogastric tube. Levetiracetam was given intravenously. Valproic acid and Phenytoin were started gradually. On the 3th day he was extubated. Noninvasive CPAP was started. At the 9th hour of extubation, the patient had seizures four times in a row. Pentobarbital was gradually performed after midazolam. The doses of antiepileptic drugs are increased. Bacterial growth was observed in the cultures of the patient who responded to the treatment. Antibiotics have been revised. In the follow-up, Procalcitonin : 0.27 ng/ml , CRP :73 mg/dl were found. The patient with stable hemodynamics was transferred to the neurology service on the 7th day of his hospitalization.

Conclusion: Previously used anti-seizure drugs and the type of epilepsy are very important in the selection of drugs in the treatment. Maintenance treatment should be planned in parallel with the anti-seizure drugs used urgently. If the patient is seizure-free for 24 hours, anesthetic drugs can be tapered and discontinued. Causes that may lead to seizures should be considered. Infection is a factor that can trigger an epileptic seizure. Infection should be considered in the treatment approach in patients with status.

Keywords: status epilepticus, infection, intensive care

NEW BIOMARKER FECES BUTYRIC ACID AND THYROID HORMONES FOR MICROBIOTA HEALTH

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ABSTRACT

Objective: A healthy gut microbiome influences the immune system and also has a significant impact on thyroid function, particularly autoimmune thyroid diseases such as Hashimoto's thyroiditis and Graves' disease. The gut microbiota also influences the conversion of T4 to T3; T3 is the active form of thyroid hormone. The iodothyronine deiodinase enzymes play a central role in converting T4 to its active form T3. It is assumed that the microbiota influences the activity of these enzymes. The aim of this study is to investigate the relationship between feces levels of butyric acid, one of the short-chain fatty acids, which is considered a good indicator of microbiota, and serum thyroid hormones.

Materials and Methods: Fecal butyric acid levels of 45 patients who came to our hospital for routine control were measured by gas chromatography technique (ppm) and serum TSH (μ IU/mL), Free T3 (pg/mL), Free T4 (ng/dL) levels were measured by routine techniques. Identification and calibration of the short chain fatty acid peaks was achieved by comparing the retention times with those of the standards.

Results: In the correlation pearson test, a positive correlation was found between feces butyric acid levels and serum Free T4 values ($p < 0.05$).

Conclusion: There are recent studies that there may be a difference in the composition of the gut microbiota in patients suffering from thyroid diseases compared to healthy individuals. As a result of our study, we think that we have contributed to the literature by proving the existence of a relationship between fecal levels of butyric acid, which is involved in the regulation of gut health, immune system and microbiota, with serum T4 levels.

Keywords: feces butyric acid, thyroid hormones, microbiota

NURSING CARE OF A PATIENT INFECTED WITH COVID-19 AND WITH Fournier GANGRENE: CASE REPORT

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ABSTRACT

Introduction: Fournier's Gangrene is an infectious disease characterized by necrotizing fasciitis that progresses rapidly and has a high mortality rate. In this infectious disease encountered in the anorectal region and genital skin areas, the emergency surgical treatment approach is in the form of debridement of necrotic tissues. Although postoperative care of the patient after debridement is of critical importance, if COVID-19 is accompanied, the care and treatment process becomes difficult for the health team. In this process, the roles and responsibilities of the surgical nurse come to the fore prominently. In this case study, it was aimed to provide postoperative nursing care to a patient infected with COVID-19 and with Fournier Gangrene to increase nursing knowledge.

Methods: In this case study, postoperative nursing care in the isolation intensive care unit of a patient with COVID-19 infection and debridement of necrotized tissues in the perianal region due to Fournier Gangrene was presented. The data were collected by using the perioperative process information of the patient. The nursing process was planned and nursing care was applied for the patient with the North American Nursing Diagnostic Association-International (NANDA-I), Nursing Outcomes Classification (NOC) and Nursing Interventions Classification (NIC) systems.

Results: Problem-oriented nursing diagnoses such as Acute Pain, Hyperthermia, Deterioration in Tissue Integrity, Deterioration in Physical Mobility, Deterioration in Body Image, Social Isolation, Deterioration in Sitting, as well as risk nursing diagnoses such as Bleeding Risk, Risk of Falling and Risk of Infection were determined in the care of the case. Nursing care was provided in a holistic manner and the targeted patient outcomes were achieved. The treatment process of the case is ongoing.

Conclusion: In this case, it was observed that postoperative nursing care of a patient with Fournier Gangrene became difficult due to COVID-19. It is assessed that the planned nursing care provided contributes to the management of the case. It is assessed that the results of this study will set an example for managing the postoperative care needs of patients hospitalized in the isolation intensive care unit with planned nursing care and monitoring their results, and will guide nurses who are given patient care in similar conditions. It is suggested that more cases related to the management of surgical patient care in special conditions such as pandemics should be shared and included in the literature.

Keywords: Covid-19, Fournier Gangrene, Postoperative Care

THE EFFECT OF BURNOUT IN HEALTHCARE PROFESSIONALS ON EATING AND SLEEP

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ABSTRACT

Introduction: Health workers, who are the occupational group who maintain the care and treatment of patients in hospitals and treatment centers, have many psychiatric difficulties related to their profession. Long working hours, professional difficulty, insufficient support at the workplace, sometimes the low number of working people and increased shifts can lead to symptoms such as fatigue, hopelessness, burnout in healthcare workers (Sivrikaya & Erişen, 2019). In our study, burnout, depression levels, suicidal thoughts, sleep patterns, eating attitudes of health workers and their relationship with each other were examined.

Method: The research was carried out with healthcare professionals working at Recep Tayyip Erdoğan University Training and Research Hospital. 58 health workers were included. Volunteers with a history of any chronic or mental illness and drug use were excluded from the study. Hospital Anxiety and Depression Scale, Maslach Burnout Scale, Pittsburgh Sleep Scale, Eating Attitude Test and Suicidal Ideation Scale were administered to the participants.

Results: 40 (69%) of the participants were female and 18 (31%) were male (table.1). A positive and significant relationship was found between eating attitude and depersonalization ($p=0.0004$ $R=0.377$), which is the sub-dimension of burnout, and total burnout levels ($p=0.002$ $R=0.397$). There is a significant positive correlation between sleep disturbance and the sub-dimension of burnout, which is emotional exhaustion ($p<0.05$ $R=0.578$), depersonalization ($p=0.01$ $R=0.337$) and total burnout levels ($p=0.0002$ $R=0.464$). No significant difference was found between suicidal ideation and burnout sub-dimensions and total burnout scores ($p=0.359$) (table.2).

Discussion: In our study, it was seen that eating attitude and sleep disorder were positively and significantly related to burnout levels. According to our research data, as the levels of burnout in healthcare workers increase, the symptoms of sleep disorders and eating disorders also increase. Compared to other occupational groups, healthcare professionals are a professional group with more empathy and more difficulty in the emotional field (Aslan, 2008). In our study, no difference was found between the burnout levels of the groups with and without suicidal ideation. There is a need for more research and improvements on the burnout of health workers, who are a special working group on this issue.

Keywords: healthcare professionals, burnout, eating disorder

INVESTIGATION OF THE EFFECT OF SILENCED TUFT1 GENE ON MIGRATION IN PANC-1 CELL LINE

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ABSTRACT

Aim and Scope: Pancreatic cancer is one of the deadliest cancers due to its late diagnosis and rapid metastasis. New treatment alternatives are needed to overcome the difficulties in treatment due to low survival and poor prognosis of patients with pancreatic cancer. Tuftelin (*TUFT1*) is an acidic protein that plays a role in the development and mineralization of dental tissues. In addition, it was thought that the *TUFT1* gene may have different functional roles, with its overexpression in many embryonic and non-mineralized soft tissues and cancer tissues. In our study, it was aimed to determine the effect of silencing the overexpression of the *TUFT1* gene in the PANC-1 cell line on the migration/cell migration activity of pancreatic cancer.

Materials and Methods: Migration/assay/wound healing method was used to observe the effect of TUFT1 gene on migration/cell migration in pancreatic cancer cell line. Cells were seeded into each well of a 6-well plate so that the plates were confluent after 24 hours. After 24 hours, for the wells to be confluent, a wound bed (wound bed) was created by opening scratches/ taken with an invert microscope from the determined scratch areas in each well at 0, 3, 6, 12 and 24 hours. Images taken at 0 hour were accepted as reference point. The difference between the groups at the 3rd, 6th, 12th and 24th hours of TUFT1-siRNA and NT-siRNA application was statistically analyzed. Measurements were made with three replications from each experimental group. The results were analyzed with the Image J program.

Results: It was observed that siRNA application to PANC-1 cells suppressed the expression of *TUFT1* gene. Accordingly, cell migration was significantly suppressed in TUFT1-siRNA-treated cells compared to NT-siRNA-treated control cells, and their migration capacity decreased.

Discussion/Suggestion: In conclusion, we believe that silencing the *TUFT1* gene with siRNA administration significantly reduces the migration rate of PANC-1 cancer cells and will constitute an effective approach for the diagnosis of pancreatic cancer and new treatment strategies.

wounds on the plates with the help of a sterile 100 µl pipette tip. Cells were transfected with 25 nM TUFT1-siRNA and 25 nM Non-Targeting siRNA. A 25nM dose of TUFT1-siRNA and NT-siRNA was transfected onto PANC-1 cells. Cells treated with NT-siRNA were used as controls. After the scratch was created, photographs were

Keywords: Pancreatic cancer, *TUFT1*, Migration, PANC-1

SYNERGISTIC POTENTIAL OF GEMCITABINE AND *LAETICUTIS CRISTATA* (SCHAEFF.) AUDET EXTRACT AGAINST PANCREATIC CANCER CELL LINE PANC-1

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ABSTRACT

Introduction: Pancreatic cancer continues to be one of the deadliest diseases. Despite intensive studies, the 5-year survival rate of this cancer type has been increased from 3.1% to only 10%. Due to its aggressive nature and complex tumor microenvironment, current diagnostic and therapeutic strategies are insufficient against pancreatic cancer. The discovery of new natural products that will replace chemotherapy agents with very high side effects or that will act synergistically with them is still among the popular research fields today. In this study, it was aimed to determine the cytotoxicity of the ethanol extract of the mushroom *Laeticutis cristata* (*L. cristata*) as a natural product, in comparison with Gemcitabine, a chemotherapy agent. In addition, the synergetic effect of a 1:1 mixture of the two on PANC-1 cells has been demonstrated.

Method: After drying and mechanically powdered, extraction of *L. cristata* was carried out using Soxhlet in the presence of ethanol. Cytotoxic effects on PANC-1 were determined by MTT method using certain doses (1000, 500, 250, 125 µg/ml) of mushroom extract, Gemcitabine and 1:1 mixture of them (to determine the synergetic effect) for 24, 48 and 72 hours.

Results: The IC₅₀ values of the mushroom extract of *L. cristata* were found to be 477,120 µg/ml, 280,439 µg/ml, and 204.122 µg/ml and IC₅₀ values for gemcitabine were found to be >1000 µg/ml, >1000 µg/ml and 113,534±0,713 µg/ml for 24, 48, and 72 hours, respectively. In the experimental group, in which each dose of both mushroom extract and Gemcitabine was mixed in a 1:1 ratio, the IC₅₀ values were found to be 672,594 µg/ml, 118,895 µg/ml, and 79,751 µg/ml for 24, 48, and 72 hours, respectively.

Conclusion: According to the results obtained, while Gemcitabine did not show cytotoxic effect in the 24th and 48th hour experimental groups, the mushroom extract showed cytotoxic effect in the same experimental groups. In addition, in the 48th and 72nd hour experimental groups, the combination of the two acted synergistically against PANC-1 cells and showed a higher effect at lower concentrations compared to Gemcitabine and mushroom extract.

Discussion/Suggestion: In conclusion, the application of the mushroom extract alone and its synergistic effect with Gemcitabine instead of a chemotherapeutic agent which cells are resistant and also effects healthy cells has the potential for an anticancer therapeutic agent.

Keywords: natural product, anticancer, mushroom, synergetic effect, cytotoxicity

CYTOTOXIC EFFECT OF AG₂S NANOPARTICLES SYNTHESIZED BY GREEN SYNTHESIS METHOD AGAINST PANC-1 CANCER CELLS

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ABSTRACT

Introduction: In recent years, many new strategic studies have continued to fight cancer. One of the remarkable ones among these studies is the nanoparticles synthesized by the green synthesis method, which are environmentally friendly and do not contain harmful chemicals in the synthesis process. In this study, a comparative analysis of the antiproliferative effects of Ag₂S nanoparticles synthesized by the green synthesis method and Gemcitabine, a chemotherapy agent, was performed against pancreatic cancer cell line PANC-1. In addition, the synergistic effect of 1:1 mixture concentrations of Gemcitabine and Ag₂S nanoparticles on cells has been demonstrated.

Method: After growing PANC-1 cells under suitable conditions, the cells were treated with various concentrations of Ag₂S nanoparticles, which were synthesized by the green synthesis method using cherry fruit and characterized by FTIR and XRD, and the chemotherapy agent Gemcitabine. Moreover, 1:1 mixtures of different concentrations of Ag₂S and Gemcitabine were performed on cells for the detection of synergistic effects. The experimental groups were incubated for 24, 48, and 72 h, and the cytotoxic effect was determined by the MTT method.

Result: The IC₅₀ values of Ag₂S nanoparticles were found to be 75.773±1.884 µg/ml, 87.513±1.209 µg/ml, and 91.363±2.720 µg/ml for the 24, 48, and 72 h, respectively. The IC₅₀ values for gemcitabine were >1000, >1000 and 113,534±0,713 µg/ml at 24, 48, and 72 h. In the experimental group, in which each dose of both Ag₂S and Gemcitabine was mixed in a 1:1 ratio, the IC₅₀ values were 82.883±1.418, 46.315±1.835, 18.979±0.024 µg/ml for 24, 48, and 72 h, respectively.

Conclusion: According to the results obtained, while Gemcitabine did not show a cytotoxic effect in the experimental groups at 24 and 48 h, Ag₂S showed a cytotoxic effect in all experimental groups treated at 24, 48, and 72 h. In addition, simultaneous treatment of Gemcitabine and Ag₂S at 48 and 72 h experimental groups showed a synergistic effect against PANC-1 cells, combination dosages showed higher cytotoxic effects at lower concentrations.

Discussion/Suggestion: Instead of administering high doses of chemotherapeutic agents to patients, nanoparticles can be used alone or may take advantage of the synergistic effect of the use of lower-dose chemotherapy agents together with nanoparticles. Recent studies have shown that such strategies promise to reduce the side effects of chemotherapy.

Keywords: nanoparticle, anticancer, cytotoxicity, green synthesis, synergetic effect

FECHES VALERIC ACID AND TOTAL BILIRUBIN LEVELS

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ABSTRACT

Objective: Total bilirubin is the sum of unconjugated and conjugated bilirubin. Bilirubin is formed as a result of the breakdown of the hemoglobin protein, and the bilirubin formed as a result of the destroyed hemoglobin passes to the liver and is transported to the bile from there and is transferred to the small intestine through the bile and is excreted. Bilirubin is mostly excreted in the faeces and gives color to the stool. Some of the bilirubin is reabsorbed and gives color to the urine. Short-chain fatty acids obtained from intestinal microbial fermentation of indigestible foods have important metabolic functions and are crucial for gut health. The aim of this study is to reveal the relationship between valeric acid, which is one of the short-chain fatty acids that are high in the second level, and total bilirubin levels.

Materials and Methods: Faecal valeric acid levels of 57 patients who came to our hospital for routine control were measured by gas chromatography technique (ppm) and serum total bilirubin (mg/dL) by routine techniques. Feces short chain fatty acids chromatograms were recorded using an OpenLAB CDS data processor (Agilent Technologies Inc., Wilmington, DE, USA). Identification and calibration of the short chain fatty acid peaks was achieved by comparing the retention times with those of the standards.

Results: In the correlation pearson test, feces valeric acid levels showed negative correlation with serum total bilirubin values ($p < 0.05$).

Conclusion: As a result of our study, it was revealed for the first time that the fecal levels of valeric acid, which is involved in the regulation of intestinal health, immune system and microbiota, are associated with serum total bilirubin levels.

Suggestions/ Discussion: Any condition that leads to deterioration in bile and liver functions can cause a problem in bilirubin processing, causing an increase in bilirubin level in the blood and is an indicator of liver damage. While valeric acid is normally found at very low levels in the gut, it has been reported to be detected at high levels in patients with autism spectrum disorders, autoimmune conditions and inflammation. Bacteria that synthesize valeric acid are pathogenic bacteria that normally occur at very low levels in the gut. Based on our findings, we speculate that disruptions in the microbiota may be associated with liver disorders.

Keywords: feches valeric acid, total bilirubin, microbiota

AN ANTIOXIDANT: QUERCETİN

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ABSTRACT

Introduction: In recent years, interest in naturally occurring plant phytochemicals has increased for the treatment of various diseases. Flavonoids belong to the group of natural products with variable phenolic structure and are found in fruits, vegetables, grains, bark, tree roots, tree trunk, flowers, tea and wine. More than 400 species have been identified, most of which are responsible for the attractive colors of flowers, fruits, and leaves. Quercetin is a member of the flavonoid class called flavonols. Some foods rich in quercetin are apples, strawberries, grapes, citrus fruits, tea, many seeds, nuts, honey, propolis and herbs.

Material and methods: In order to determine the possible effects of quercetin, cell culture studies are carried out as well as animal and human studies.

Results: The most well-known feature of quercetin is its antioxidant activity. Quercetin is the most potent flavonoid to protect against reactive oxygen species caused by exogenous damage or produced during normal oxygen metabolism. Inhibition of free radicals that cause oxidative stress reduces the risk of metabolic and cardiovascular diseases and various types of cancer.

Conclusion: It provides benefits by suppressing the secretion of mast cells in some allergic conditions such as hay fever and urticaria. Quercetin inhibits both cyclooxygenase and lipoxygenase activities and prevents the formation of inflammatory mediators. It can be used as a preventative against secondary problems such as neuropathy, retinopathy, diabetic cataract and nephropathy, which can develop with the conversion of glucose to sorbitol in diabetes. It suppresses the production of uric acid, which causes gout symptoms. Quercetin found in tea can prevent osteoporosis by increasing bone mineral density. Quercetin has also been shown to inhibit the growth of *Helicobacter pylori*, which causes peptic ulcers. In addition, quercetin has an anti-proliferative effect and this is achieved by the regulation of genes that regulate cell growth and the modulation of the cell cycle. Quercetin shows antiviral properties by preventing the growth of some bacterial species as well as preventing the entry of viruses into the host cell. It has been shown that quercetin is a strong antiviral drug molecule against SARS and MERS viruses and has an inhibitory effect on various stages of the viral cell cycle in COVID 19 infection.

Discussion: Interest in naturally occurring biomolecules is very high, and quercetin is an outstanding example of therapeutic applications.

Keywords: Quercetin, flavonoid, antioxidant.

RAPIDLY DEVELOPING SCROTAL CYSTIC MASS AFTER INGUINAL HERNIA OPERATION: CYSTIC ADENOMATIOD TUMOR

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ABSTRACT

Background: Adenomatid tumors constitute approximately 30% of paratesticular masses. These masses, which are often seen in the third and fifth decades, are usually well-delimited, small and solid masses but rarely cystic. In this case report, we aimed to present a patient with a paratesticular 15 cm cyst that developed within 10 days after left laparoscopic inguinal hernia repair.

Case report: A 60-year-old male patient presented with rapidly developing scrotal swelling after left laparoscopic inguinal hernia repair 10 days ago. Pelvic and scrotal magnetic resonance imaging revealed a properly confined cystic lesion with no diffusion restriction with 15 cm peripheral contrast enhancement pushing the left testicle and epididym to the inferior (Figure 1). It was thought that the patient may have developed lymphocele as a cystic lesion that developed so rapidly. The operation was performed 1 month after the diagnosis after the cardiology postponed the operation due to the patient's existing patients. In the operation, the cystic lesion was completely removed (Figure 2) and sent to pathology. Cytological evaluation of the cyst contents revealed no malignancy or infection. Scrotal drain was taken on the first postoperative day and the patient was discharged on the second postoperative day. The pathology result of the patient, who had no problems in the postoperative third week control, was reported as cystic adenomatoid tumor. The patient was offered control.

Conclusion: In rapidly developing paratesticular cystic formations, adenomatoid tumors should also be considered.

Keywords: Adenomatid tumor, paratesticular cyst

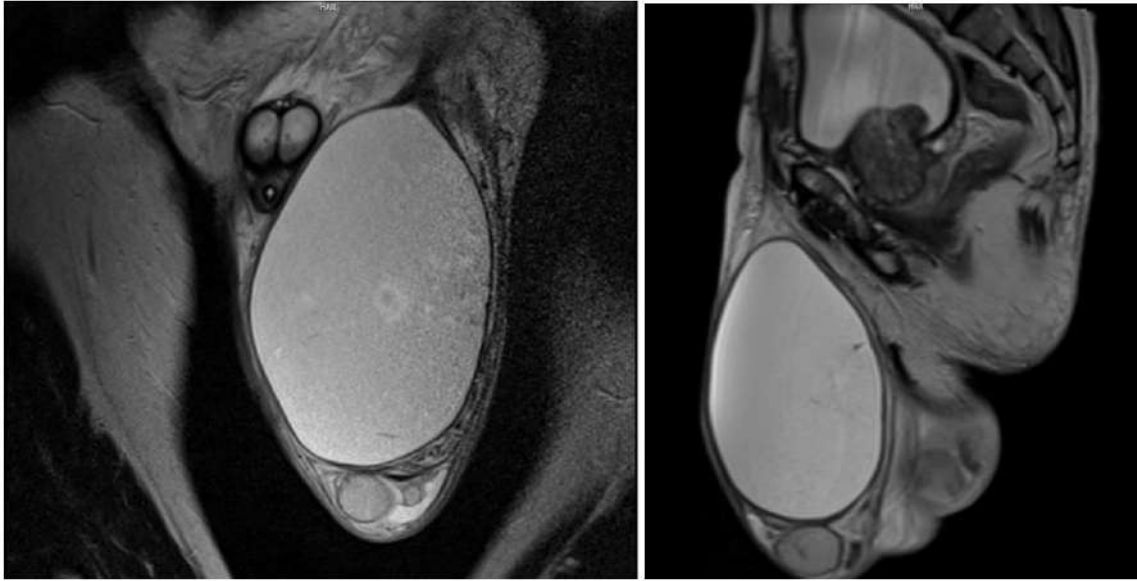


Figure 1: Pelvic and scrotal magnetic resonance imaging revealed a properly confined cystic lesion with no diffusion restriction with 15 cm peripheral contrast enhancement pushing the left testicle and epididym to the inferior

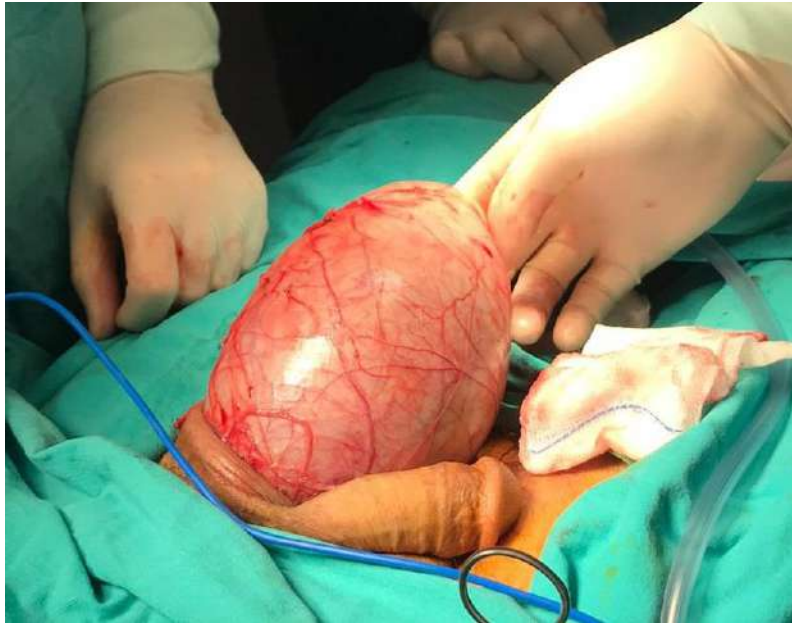


Figure 2: The appearance of the cystic structure during operation

INVESTIGATION OF DISTRIBUTION OF MICROORGANISMS ISOLATED IN CEREBROSPINAL FLUID IN A UNIVERSITY HOSPITAL

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ABSTRACT

Introduction: Meningitis is an acute infectious disease caused by various microorganisms such as viruses, bacteria, parasites and fungi. Meningitis caused by bacteria is the most common and dangerous. In this study, it was aimed to retrospectively investigate the distribution of bacterial agents isolated from cerebrospinal fluid (CSF) samples sent to the laboratory.

Material and Method: The culture results of CSF samples sent from various clinics of Selçuk University Faculty of Medicine between January 2021 and October 2022 were evaluated. Gram staining was performed after the samples sent to the laboratory were cytocentrifuged. At the same time, single colony cultivation was performed on blood agar, Eosin Methylene Blue agar (EMB) and chocolate agar media. Plates were incubated at 37°C for 18-48 hours, and the chocolate medium was incubated in an oven with 5% CO₂ for 72 hours. Identification of microorganisms from the growing samples was done by conventional methods. BD Phoenix (Becton, Dickinson and Company, USA) automated system was used for microorganism identification when necessary.

Result: Positivity was found in 67 (5.1%) of 1302 samples studied. Of the positive patients, 40 (59.7%) were male and 27 (40.3%) were female. Most common agents in CSF cultures were; *Klebsiella pneumoniae* (15%), *Pseudomonas aeruginosa* (12%), *Acinetobacter baumannii* (7.4%), *Enterococcus faecalis* (6%). *Staphylococcus epidermidis* (20.9%) and *Staphylococcus haemolyticus* (15%) were the most common coagulase-negative staphylococci. Specimens with bacterial growth were mostly sent from Neurology (67.1%), Pediatrics (19.4%), Anesthesia and Reanimation Intensive Care (6%) and Neurology (3%) units.

Discussion and Recommendations: Compared to the data in the literature, microorganisms causing nosocomial infections were isolated more frequently in CSF samples due to reasons such as increased invasive procedures, prolonged hospitalization, and cerebrospinal fluid shunt applications. As a result, considering that bacterial meningitis can lead to serious complications, knowing the isolated agents and their antibiotic susceptibility will guide the planning of appropriate treatment. In addition, it is thought that similar studies to be conducted in this area in our region will contribute to the epidemiological surveillance data of meningitis pathogens.

Keywords: Cerebrospinal fluid, meningitis, microorganism

METABOLIC CHANGES OCCURRING IN INSULIN RESISTANCE

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ABSTRACT

Aim: Insulin resistance is evaluated as decreased efficacy of insulin in target tissues and/or decreased response to its physiological levels. It is the main pathogenic component of many metabolic diseases, especially type 2 diabetes mellitus. Our aim in the study is to investigate the abnormal findings that occur at the biochemical level in insulin resistance.

Material-Method: Those who did not have any known chronic disease and who applied with the complaint of weight gain were included in the study. Age and gender distribution determined. Body mass index (BMI) was calculated. After 8-10 hours of fasting, fasting glucose, insulin level, lipid panel, urea, creatinine, aspartate transaminase, alanine transaminase, white blood cell, hemoglobin, hematocrit, platelet, thyroid stimulating hormone, thyroxine and ferritin levels were studied in all participants. Insulin resistance index (HOMA-IR) was calculated with an auto-analyzer device and those >2.5 were considered as insulin resistance. Those with HOMA IR > 2.5 were included in the patient group (n: 51), and those with HOMA IR < 2.5 were included in the control group (n: 48). Demographic and biochemical variables of the groups were compared.

Results: The mean BMI of the patient group was found to be significantly higher than the healthy group ($p<0.05$). Similarly, fasting glucose, insulin, thyroxine, urea, alanine transaminase, hemoglobin, hematocrit, ferritin and triglyceride levels were significantly higher than the control group ($p<0.05$).

Conclusions: Insulin resistance affects a wide spectrum in the pathogenesis and progression of metabolic diseases.

Suggestions: Early detection and treatment of insulin resistance is very meaningful for the prevention of metabolic diseases. Therefore, regular follow-up and healthy lifestyle changes are necessary.

Keywords: HOMA-IR, fasting glucose, triglyceride, hemoglobin, alanine transaminase

DETERMINATION OF CYTOTOXIC EFFECT OF CASTANEA SATIVA MILL LOADED NANOPOROUS GLASS ON THE MCF-7 CELL LINE

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ABSTRACT

Background: Nanoporous glasses (NGC) are amorphous materials with high surface area and high pore volume produced by selective leaching of phase separated alkaliborasilicate glasses in acidic solution. It also has a high SiO₂ content and stands out as a promising new generation material in biological applications. *Cestanea sativa* (Mill) used in this study has valuable nutrients and is considered an important plant in many countries including Turkey.

Materials and Methods: In our study, the loading capacity of *C. sativa* (Mill) ethanolic extract loaded into NGC and the cytotoxic effect of *C. sativa* (Mill) extract loaded NGC and *C. sativa* (Mill) extract on MCF7 breast cancer were determined by XTT method.

Findings: As a result of the extract loading test performed with NGC microparticles whose surface is functionalized with amine groups, it was determined that the NGC extract loading capacity was 0.23 mg*Cestanea sativa*/mgNGC. According to the XTT results, the NGCs tested and the extract showed cytotoxic effect dependent a time and concentration. The IC₅₀ value of the loaded NGC was determined as 16,38 µg/mL, 107,9 µg/mL and 6,776 µg/mL while the IC₅₀ value of the extract was determined as 98,78 µg/mL, 141,1 µg/mL and 15,23 µg/mL for 24, 48 and 72 hours, respectively.

Results: Our findings showed that loaded NGCs have a cytotoxic effect against breast cancer cells.

Recommendations: The application of biomolecules with cytotoxic effects against breast cancer cells with inorganic drug carrier materials may be an effective and promising strategy.

Keywords: Castanea sativa (Mill), MCF7, NGC, Cytotoxic effect

THE EFFECT OF COENZYME Q10 ADMINISTRATION ON THE EXPRESSION OF SOME GENES IN RATS WITH HYPOTHROIDIA

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ABSTRACT

Introduction: Hypothyroidism is an endocrine disorder that occurs mainly due to the insufficiency of thyroid hormones in the body or the inability of these hormones to affect target tissues. As a result of the insufficiency of thyroid hormones, the systems are affected and accordingly, the health status of individuals is adversely affected. Coenzyme Q10 is a lipophilic antioxidant that plays a role in membrane stability, energy conversion and ATP production. The aim of this study was to determine the effect of Coenzyme Q10 on GDNF, PLZF, SOX3 and THY1 gene expression levels in rats with hypothyroidism induced by 6-n-propyl-2-thiouracil (PTU).

Materials and Methods: Rats were divided into four groups: control group (G1), hypothyroidism group (G2), coenzyme Q10 group (G3), Hypothyroidism + Coenzyme Q10 group (G4). To induce hypothyroidism, it was given to drinking water at a rate of 0.05% w/v (PTU) for 30 days, except for G1 and G3. Coenzyme Q10 i.p. for 30 days to G3 and G4 groups. 10 mg/kg/day was administered. On the 31st day, blood samples were taken from the animals under anesthesia and their serum was removed. GDNF, PLZF, SOX3 and THY1 gene expression levels were determined in sera by Quantitative Real Time-Polymerase Chain Reaction (Real Time-PCR) method. Statistical analysis was performed and One-way ANOVA (Tukey) was used to test for differences between groups.

Results: It was determined that serum GDNF, PLZF, SOX3 and THY1 gene expression levels were significant between the groups ($p \leq 0.05$).

Conclusion: Our findings showed that coenzyme Q10 administration caused improvement in GDNF, PLZF, SOX3 and THY1 gene expression levels.

Recommendations: Further studies are needed for the use of coenzyme Q10 in the treatment of hypothyroidism.

Keywords: Gene expression, Hypothyroidism, Coenzyme Q10, Thyroid

THE PLACE OF IRRADIATION TECHNIQUE IN FOOD SECURITY AND SAFETY

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ABSTRACT

Introduction: Food security, which is one of the most basic needs and rights of human beings, has been endangered due to many reasons such as climate change, wars, economic crises, inadequate and/or incorrect agricultural practices, and the inability of agricultural production to keep up with the population growth rate. One of the most important pillars of food security is to reach safe food. Today, a significant part of the foodstuffs produced in the world are thrown away due to inadequate storage and processing methods, and it is known that unsafe foods cause serious threats to human health that may result in death by causing food-borne diseases. This situation has led human beings to seek techniques to prevent the deterioration of food products and raw materials.

Materials and Methods: Studies on the development of new methods that reduce losses in food production, extend shelf life and ensure food safety are continuing. Food irradiation, which is one of the methods that has been studied extensively in recent years, is a method that can meet these expectations and its use is becoming more widespread. The food irradiation method, in its simplest form, can be defined as exposing the food to ionizing radiation within the framework of predetermined rules. In this study, the usage areas of the irradiation process will be discussed and its place, benefits and restrictions on food safety and security will be evaluated.

Results: By analyzing the available data and application examples, food irradiation applications were explained, and its benefits and limitations were revealed.

Discussion: As a result of the study, it was revealed that the irradiation process is a reliable method, and it has been suggested to be used more widely because it successfully serves the purpose of achieving safe food.

Keywords: food security, food safety, food irradiation

A CONSIDERABLE TOPIC: POSTPARTUM DEPRESSION IN FATHERS: SYSTEMATIC REVIEW

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ABSTRACT

Introduction: The postpartum period can be a challenging period for fathers as well as mothers, with both physiological, psychological and social stress factors. However, a limited number of studies have been conducted on the mental health and needs of fathers in this process, and in this systematic review, it is aimed to examine the studies on postpartum depression in fathers.

Methods: Google Scholar, NationalThesis Center and Pubmed databases on the subject were searched with the keywords "paternal depression, Edinburgh postpartum depression and postpartum", and 945 studies published between 2014-2022 were examined. Compliant with the inclusion criteria of the study; A total of 19 Turkish have 6 descriptive, 4 descriptiveandcross-sectional, 2 review, 2 methodological, 1 observational, 1 semi-experimental, 2 cross-sectional, 1 qualitative research design. The publication was scanned and evaluated.

Results: When the studies included in the study were examined, it was seen that income status, age, social support, type of marriage, the number of people living at home, the quality of the relationship with the spouse were among the factors affecting postpartum depression in fathers. According to the results of 7 studies using the Edinburgh Postpartum Depression Scale; The risk of postpartum depression was 18.8% of the fathers participating in the study, the postpartum depression rate of the participants with a previous history of depression was 38.5%, and the depression risk of the fathers participating in the study, which was 16.9% in the first postpartum day, was % in the second month after the birth. It is among the findings that it decreased to 14.5.

Conclusion: Conditions such as age, incomestatus, social support, type of marriage, planned pregnancy, gender expectation, number of dependents, quality of relationship with spouse, duration of marriage, history of depression, educationlevel, education about baby care during pregnancy. When the databases scanned are taken into account, it is stated that the issue is an important cause of morbidity for our country, that fathers should be included in the birth and postnatal trainings and that counseling and support should be provided in possible situations, thus increasing the sense of security and postpartum depression in fathers should not be ignored. It is seen that more studies are needed for diagnosis and treatment.

Keywords:Paternal depression, edinburgh postpartum depression and postpartum.

INVESTIGATION OF THE FUNCTION OF SPIRITUAL SUPPORT UNITS IN HOSPITALS

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ABSTRACT

Introduction: Spiritual support service is a psychological help method that has become widespread in many areas today. The most widely used area in the world is health. In recent years, in the field of health in Turkey, this service has been provided in order to contribute to the healing processes of patients, taking into account the current conditions. In this study, spiritual counseling and guidance services provided in hospitals in our country to give moral, motivation and spiritual support to patients, relatives and hospital staff were examined.

Method: This study, which was carried out using the analysis-synthesis method, was created by compiling the information and findings obtained as a result of the relevant literature review.

Results: It is accepted that mental emotional state has serious positive and negative effects on the physical, mental and social aspects of the patient's health. Considering these effects, it has been stated that spiritual support services are offered in the field of health in many developed countries in order to benefit the patient's mental well-being. Spiritual support service applications, which are determined to have supportive benefits for health services, have started to be implemented in hospitals in pilot provinces in our country in recent years. Although the framework is still not fully determined, these practices, which are carried out in hospitals to meet the spiritual needs of the individual, are tried to be offered by moral support staff.

Conclusion: In addition to physical therapy, moral support is needed in addition to psychological-social support for patients' mental well-being, acceptance of their illness and willingness to treat. Based on the patients' needs for moral support, it has come to the fore to provide spiritual counseling and guidance services in hospitals, if requested.

In our study, it was found that there are spiritual support units in 146 health facilities, 143 of which are hospitals affiliated to the Ministry of Health, and 3 of which are university hospitals, in 74 provinces in Turkey, and 198 spiritual support officers serve in these units. It has been concluded that over 120,000 patients, their relatives and health personnel applied for spiritual support within a year.

Keywords: hospital, spiritual support, spiritual support staffers, health

ESOPHAGEAL ATRESIA AND TRACHEOESOPHAGEAL FISTULA: A CASE REPORT

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ABSTRACT

Introduction: Trachea and esophagus develop from the foregut in embryological life. As a result of failure to separate these two structures by the tracheoesophageal septum, esophageal atresia and tracheoesophageal fistula develop. Tracheoesophageal fistula (TEF) is a congenital anomaly seen in one in 4000-5000 live births. In clinical diagnosis, it may occur with improper advancement of the nasogastric tube. Although there are five different types, the most common proximal esophageal atresia and the trachea associated with the lower esophagus are seen. Coughing, bruising and choking may occur during feeding in the postpartum infant. Findings such as difficulty in breathing and foamy bubbles in the mouth occur. 33% of esophageal atresia and TEF cases can be found together with different anomalies including other organs and systems.

Case Report: A 34-week-old premature newborn baby boy was admitted to Selçuk University Medical Faculty Hospital when he was five days old due to respiratory distress and developmental delay, and his treatment was started. The birth weight of the patient with respiratory distress syndrome symptoms was 1405 grams. Because the nasogastric tube did not progress after delivery and the results of the examination, correction operation was planned due to esophageal atresia and tracheoesophageal fistula.

Discussion: Esophageal atresia and tracheoesophageal fistula can be diagnosed in newborns born in healthcare institutions due to the failure of the nasogastric tube to progress. However, it is necessary to determine the place where the tip of the probe reaches radiologically. Follow-up and treatment should be carried out in tertiary health institutions in order to prevent mortality and to search for additional anomalies.

Conclusion: Symptoms of aspiration, bruising, bubbles and foamy secretions from the mouth during feeding in newborn babies are among the conditions that should be investigated clinically. The chance of survival can be increased by acting quickly and with appropriate treatments.

Keywords: Esophageal atresia, tracheoesophageal fistula, respiratory distress

CONGENITAL MEGACOLON (HIRSCHSPRUNG'S DISEASE): A CASE REPORT

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ABSTRACT

Introduction: Congenital megacolon, also known as Hirschsprung's disease, was described in two infants in 1886. Prolonged constipation, followed by diarrhea and vomiting are signs and symptoms in patients with abdominal distension. There are four layers in the intestinal wall: the mucosa, submucosa, muscularis externa, and serosa from the inside out. In the submucosa, sympathetic and parasympathetic nerve fibers and ganglion cells form the nerve plexus called plexus submucosus (Meissner). It controls digestive-related secretions and contraction of muscles. There are two muscle layers in the muscularis externa, longitudinal and circular. Between these two smooth muscle divisions is the plexus myentericus (Auerbach). The myenteric plexus regulates the segmental and progressive peristaltic movements associated with the alimentary canal. Megacolon congenitum (morbus Hirschsprung), a congenital intestinal disease, occurs due to a defect in the migration of crista neuralis cells, which are necessary for the formation of intramural ganglion cells of the large intestine enteric nervous system.

Case Report: A three-day-old newborn male patient was admitted to Selçuk University Medical Faculty Hospital due to malnutrition, vomiting and inability to make meconium. Findings of Hirschsprung's disease were detected in radiopaque X-rays. As a result of the examinations and evaluations made in this direction, a colostomy was opened after surgery and the patient was discharged after oral feeding was started. As a result of the examinations and evaluations made in this direction, a colostomy was opened by surgery and the patient was discharged with oral nutrition.

Discussion: Nutritional disorders, which are among the most common problems in newborn babies, should be evaluated and treated quickly. Appropriate surgical treatment should be timed. Patients should be followed up and parents should be informed about complications.

Conclusion: As seen in our case, the diagnosis of congenital megacolon should be considered in infants with symptoms such as malnutrition and inability to make meconium, which are among newborn problems.

Keywords: Newborn constipation, congenital megacolon, newborn colostomy, malnutrition

INVESTIGATION OF MORPHOMETRY OF LUMBAL AND SACRAL REGIONS IN SACROILIAC JOINT DISEASES WITH MAGNETIC RESONANCE IMAGING-PREREPORT SUBMISSION

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ABSTRACT

Background: The sacroiliac joint complex is the most important mechanical axis structure in the human body. The force from the lower extremities is mainly transferred to the spine through this joint. The sacroiliac joint is a part that is frequently evaluated in painful conditions of the lumbar region, pelvis and lower extremities. It has been of interest to examine the associations of sacroiliac joint pain with joint morphometry to optimize the management of sacroiliac joint patients. Therefore, in our study, it was aimed to take morphometric measurements in the lumbar and sacral regions of patients with sacroiliac joint pain.

Materials and Methods: In this study, lumbar and sacral morphometric measurements of 60 patients (28 women, 32 men) who underwent Magnetic Resonance Imaging (MRI) for sacroiliac joint pain were retrospectively taken. Measurements taken included length and angle measurements in the sagittal, coronal and axial planes.

Findings: Minimum, maximum and mean values were calculated for all parameters. L5 and S1 vertebra height and L5, S1 and S2 vertebral width, transverse and sagittal diameters of S1 vertebral corpus, at the S2 vertebra level, the distance to the insertion of the foramina sacrales on the right and left, The angle between the joint line and the sagittal plane on the right side were found to be larger in males than females. At S1 and S2 vertebra levels, the insertion distance of the foramina sacralia was found to be greater on the right side than on the left. Significant correlation relationships were observed, which was statistically moderately significant according to the parameters changing with age. Statistically significant correlations were also observed between other parameters.

Results: According to the obtained data, while revealing the morphometric features of the joint in patients with sacroiliac joint pain, it also explains its relationship with neighboring structures.

Recommendations: Since our study is a preliminary report, when our data are evaluated according to the diagnoses and the control group, it will present an effective and promising strategy to the literature for the diagnosis and treatment of sacroiliac joint diseases.

Keywords: Sacroiliac joint, Morphometry, Sacrum, MRI, Lumbal5 vertebra

COMPARATIVE BIBLIOMETRIC ANALYSIS OF RAT AND MOUSE MODELS PREFERENCES IN EXPERIMENTAL SCIATIC NERVE INJURY STUDIES IN TURKEY

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ABSTRACT

Introduction: Rat and mouse models are frequently used to simulate peripheral nerve injuries. Accessibility and relatively large size of the sciatic nerve of these animals are the main reasons why it is preferred more than other peripheral nerves. In this study, it was aimed to perform comparative bibliometric analyzes of rat and mouse model preferences in sciatic nerve injury studies conducted in Turkey.

Material and Method: In advanced search section of the Web of Science (WoS) database, only English articles were searched by entering the "Mesh" terms to narrow the search spectrum. All articles originated from Turkey published until 21.11.2022 were accessed and a data set was created. Bibliometric analysis of the articles was performed using the "Bibliometrix" software.

Results: Bibliometric data of 135 articles using rat models and 1741 articles using mouse models were obtained. Most of the rat models were studied at the Akdeniz University (53), and mouse models were mostly studied at the Hacettepe University (162). Rat models were most frequently studied by Sarikcioglu L. (16), mouse models were most frequently studied by Yilmaz O. (53). It was revealed that both animal models were mainly funded by TUBITAK (rat:11; mouse:320). Akdeniz University funded the same number of studies (11) as TUBITAK in rat models.

Conclusion: The obtained bibliometric data quantitatively showed that multicenter neuroscience studies would produce high-impact publications. Also it was inferred that quantity of publications originating from Turkey using rat models took place in the top 10 in terms of contribution to the literature.

Discussion: The number of publications and citations originating from Turkey using rat and mouse models has increased in recent years. In addition to institutions with large budgets, such as TUBITAK, universities were also effective in this increase rate.

Keywords: Bibliometric analysis, mouse, rat, sciatic nerve injury, Turkey.

THE EFFECTS OF PLYOMETRIC TRAININGS ON AEROBIC CAPACITY IN JUDO ATHLETES¹

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ABSTRACT

Introduction: This study aims to determine whether plyometric training has an effect on the body characteristics and aerobic capacity of female Judo athletes aged 14-16.

Material and Method: The research consists of Konya Metropolitan Municipality Sports Club Women's Judo Team athletes. It was determined whether the plyometric training applied before the judo training for 8 weeks differed according to the various anthropometric characteristics and aerobic performance tests of the sampled athletes. In data collection, height, body weight, body mass index and body fat percentage measurement test (Skinfold); 20 meters shuttle run test (Aerobic oxygen capacity test) was applied. SPSS package program was used in the analysis and evaluation of the data.

Results: According to the results of the values obtained in the research, plyometric training; No significant differences were found in the aerobic performance tests, oxygen capacity development, anthropometric and physical characteristics of judo athletes.

Conclusion and Suggestions: 8-week plyometric training in addition to judo training; It was observed that female Judo athletes had a positive effect on the development of aerobic oxygen capacity, anthropometric and physical characteristics, but this effect was not statistically significant. In addition, the application of plyometric training to Judo athletes of different age groups is recommended as a result of the research.

Keywords: Judo, motoric, plyometric, performance test.

¹ * This study will be published as a Research Article in the "Selçuk Health Journal".

THREE BROTHERS WITH HIRSCHSPRUNG DISEASE

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ABSTRACT

Introduction: Hirschsprung's disease (HD) is a multi-genetic disorder with complex inheritance patterns. Population risk is 1 in 5000 but is reported to be increased in families of patients with HD. We present 3 brothers with HD.

Case Description:Brother 1: A rectal biopsy was performed at 36 months of age for the patient who had been constipated since birth. Rectosigmoid type HD was detected. The patient underwent a successful Duhamel procedure.

Brother 2: A rectal biopsy was performed at 15 months of age for the patient who had been constipated since birth. Rectosigmoid type HD was detected. The patient underwent a successful Duhamel procedure.

Brother 3: Ileostomy was performed in the patient who was operated on in the neonatal period due to abdominal distension, vomiting and lack of stool output. As a result of biopsies taken from the patient, total colonic aganglionosis was detected. No pathology was found in the genetic chromosome analysis performed on the patient, chromosomal array analysis was planned. The patient is currently being followed up with a 10-month ileostomy.

Conclusions:Familial recurrence of HD occurs frequently. Families of diagnosed patients should be informed and genetic counseling should be given to families.

Keywords: Hirschsprung hastalığı, genetic, familial

THYME (ORIGANUM VULGARE) ANALYSIS: A CROSS-SECTIONAL STUDY

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ABSTRACT

Introduction-Purpose: Thyme in its crude herb form is carminative, antibiotic, anthelmintic, astringent, expectorant, and antitussive. Like the herb's infusions and extracts thyme oil is also carminative, expectorant, and possesses antimicrobial and antihelmintic properties, due to concentrated thymol and carvacrol content. Thyme was known to classic Rome; it was added to cheeses and alcoholic beverages. In the 17. Century, herbalist Nicholas Culpepper wrote that thyme teas and infusions were useful for whooping cough, shortness of breath, gout and stomach pains. He suggested that a thyme ointment be used to eliminate abscesses and warts. Thyme oil was used as a rubefacient and counterirritant and was part of an herbal cigarette that was smoked to relieve stomach upset, headache, fatigue. Thyme essence was used in perfumes and embalming oils.

Scope, Methodology (Method): Since the study was a plant analysis study, there was no need for an ethics committee. In the study, the principles of the Declaration of Helsinki were followed. Samples given from Temmuz organic farm. 5% solution of essential oil in n-hexane. Gas chromatography mass spectrometry is used to identify components of essential oil and gas chromatography flame ionization detector is used to determine percentages.

Discussion-Results and Recommendations: The components determined with the highest percentage in the medical thyme analysis are as follows: Carvacrol 41.425%, thymol 10.945%. These analysis results seem to be compatible with Istanbul thyme.

Keywords: thyme, analysis, thymol.

HOW DOES MIGRATION AFFECT WOMEN'S HEALTH?

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ABSTRACT

Entry: Throughout history, people had to leave the places they lived for different reasons. This separation, which finds meaning with the concept of migration, has caused various effects between people and place / space in many ways. Migration has paved the way for the change and transformation of rules, beliefs, thoughts and structures related to people, especially the individual.

Goal: In this study, current literature is summarized in order to understand how the physical and mental health of women immigrants, who make up about half of the 272 million immigrants in the world, are affected by migration.

Method: Recent 10-year studies on the impact of migration on women's health were compiled by searching Pubmed, MEDLINE, PsycINFO, CINAHL, Healthstar and EMBASE.

Argument: The article search strategy includes "migration" and "women's health". In many studies, it is known that women have migrated at similar rates to men in the last 60 years. Women and children are most affected by displacement as a result of war and human trafficking. In some migrations, women migrants can access better health conditions by taking advantage of the good health systems in the country they migrate to. However, the health of female immigrants is more often adversely affected. Most of the time, women are twice as disadvantaged both in terms of gender and as immigrants. In particular, the fact that women immigrants are more vulnerable to sexual harassment and acts of violence causes them to be more victims. Depending on language, ethnicity and gender, the status of being affected by immigration may vary. Collecting and analyzing sex-disaggregated data provides a clearer understanding of the impact of migration on women and girls. To improve the health of women immigrants, it is important to develop and implement effective gender-sensitive policies that recognize and insist on respect for the rights of immigrants.

Findings: Women who migrate are better off in the countries they migrate to than in their own countries to benefit from health conditions. The reason for this is either that their home countries are less developed among the reasons for emigration, or health Decency has become unattainable due to the war.

Result: Although the health facilities of migrant women are more developed in the countries they migrate to, their transportation is not as sufficient. In order to increase this competence, action needs to be taken.

Advice: Both the policies that need to be considered in terms of the health status of migrant women and the opportunities provided in hospitals need to be designed without creating a sectoral anger policy.

Keywords: migration, women, health

EFFICIENCY AND CLINICAL RESULTS OF BLEOMYCIN INJECTION IN THE TREATMENT OF LYMPHATIC MALFORMATIONS

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ABSTRACT

Background: Lymphatic malformations (LM) are rare congenital anomalies. The traditional treatment is surgical excision, but intralesional sclerosing agent injection is now preferred because of frequent recurrences after surgery, poor cosmetic results, and a high complication rate. We aimed to evaluate the efficacy of sclerosing agent injection used in the treatment of LMs in children.

Materials and Methods: We retrospectively analyzed the children who treated for LM between January 2011 and January 2022. The lesion sizes of the patients who underwent sclerosant (Bleomycin) injection under general anesthesia were recorded before and after the treatment, and the difference between them was evaluated statistically.

Results: Fifteen patients were retrospectively analyzed. The mean age was 45.2± 14.1 months. Of these, 10 (66.6%) were male and 5 (33.3%) were female (F/M=1/2). The mean age of male patients was 55 ± 20.1 months; The mean age of the female patients was 25.8 ± 11. Seven patients had a single dose, two had twice and six had three and more. The average lesion size before the treatment was 55.2±28.4 mm; after treatment: 23.8±18.2mm.

Conclusion: With the statistical analysis, it was seen that there was a statistically significant difference between the dimensions before and after the treatment (p<0.05) and the sclerosant injection had a great effect on the treatment (R:0.89).

Discussion/Suggestion: Intralesional injection of bleomycin is less effective for microcystic or mixed type LMs, but provides effective reduction for a safe surgical procedure. It is an effective treatment for macrocystic lesions. It should be the primary choice in treatment.

Keywords: lymphatic malformation, sclerotherapy, bleomycin

EVALUATION OF PATIENTS WITH ILEUS IN TERMS OF HISTOPATHOLOGICAL FINDINGS, ETIOLOGICAL FACTORS; 6 YEARS EXPERIENCE.

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ABSTRACT

Introduction: In this study, patients who were operated for ileus were examined in terms of demographic features, etiological factors and distribution of histopathological diagnoses.

Material and Method: Patients who were operated for ileus in Karaman Training and Research Hospital between January 2017 and November 2022 were analyzed retrospectively and cross-sectionally. Conditions causing rare mechanical small bowel obstruction were included, and the cases were evaluated by comparing their demographic features, etiologic factors, and histopathologic features

Results: The data of 84 patients who were operated for ileus between the specified dates were analyzed. Average age of cases were 60,9 and 33,3% of cases were female (n=28), 66,6% were male (n=56). The etiological factors were brid and previous operation in 28% of cases (n=24), 14% mechanical obstruction (n=12), 17% mesenteric ischemia (n=15), 15% invagination (n=13), 19% strangulation in hernia (n=16), 5% gallstone ileus (n=4). 78% of the cases were diagnosed as mucosal ischemia and hemorrhagic infarct (n=67), and 5% of Meckel's diverticulum (n=5) and 14% had a neoplasm that would cause mechanical obstruction (n=12).

Conclusion: In our series, the most common etiological finding was adhesions. Other findings were hernias, mesenteric ischemia, invaginations, mechanical obstruction and gallstone ileus, respectively. The most common finding in the small intestinal mucosa in histopathological examination are ischemic changes, full-thickness necrosis and hemorrhagic infarction. Meckel's diverticulum is a common lesion, and metastatic tumors as well as mesenchymal neoplasms with polypoid development are the most common neoplasms detected. In our clinical experience, patients who were operated due to ileus were mostly male gender, and the most common etiological factor was adhesions (brids). Ileus is a disease with high mortality and it is important to plan elective hernia-like abdominal operations in patients by evaluating them in terms of benefit and harm.

Keywords: ileus, brid, histopathology

THE RELATIONSHIP BETWEEN PROSTATE CANCER AND TMAO

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ABSTRACT

Introduction: Trimethylamine-N-oxide (TMAO) is an inflammatory and oxidant molecule formed by the oxidation of trimethylamine (TMA) formed by the intestinal microbiota by the liver. It has been suggested that it is associated with many cancers, especially secondary to its inflammatory effect. There are studies showing a positive relationship between TMAO and different types of cancer. In this study, we aimed to investigate the variability of TMAO in cancer by comparing TMAO levels in patients with prostate cancer and prostate specific antigen (PSA) above 4 ng/mL and in patients with PSA below 4 ng/mL and without prostate cancer.

Materials and Methods: 28 healthy controls and 40 prostate Ca patients were included in the study. The age range of the control group was 42-88, and the age range of the patients was 50-89. TMAO analyzes were performed by liquid chromatography mass spectrometry (LC-MS/MS), and PSA was performed by electrochemiluminescence method. Statistical analysis was performed with IBM SPSS version 21.0.

Results: The mean age was 68.62 ± 8.35 in disease groups and was 60.82 ± 11.71 in healthy controls, and these difference was statistically significant ($p=.004$). There was no statistically significant difference between disease and control groups in terms of TMAO (313.5 [130-982] vs. 478 [102-1980], ($p=0.172$)). The median PSA in disease groups was higher compared to the controls (7.59 [4.21-597] vs. 1.26 [0.03-4.01], $p<.001$).

Discussion: There are studies showing an increase in TMAO levels in prostate cancer, which is the most common cancer in men. In this study, PSA was found to be significantly higher in patients. Although TMAO levels were found to be higher in patients, it was not statistically significant. Considering the role of human intestinal microbiota in TMAO production and the potential effects of epithelial formations in the intestinal lumen, we think that more studies are needed to show the place of TMAO in prostate cancer.

Keywords: Prostate Ca, PSA, TMAO

INVESTIGATION OF THE PRESENCE OF DOMINANT GENES IN NON-TYPICAL PASTEURELLA MULTOCIDA STRAINS

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ABSTRACT

Healthy animals carry pathobionts in their nasal passages, most commonly members of the Pasteurellaceae family including *Histophilus somni*, *Mannheimia haemolytica*, and *Pasteurella multocida*. *P. multocida* causes various diseases in animal species, including bovine hemorrhagic septicemia, enzootic pneumonia, snuffles in rabbits, avian fowl cholera, and swine atrophic rhinitis. In this study, it was aimed to determine of the dominant genes percentages on capsule synthesis mechanism of the non-typical *P. multocida* strains. In this study, 36 non-typical *P. multocida*, obtained from 1250 lung samples (calf, sheep, and goat), with respiratory system infection, was used in this study. It was analysed of the gene presences of the serogroup (KMT1, capA, capB, capD, capE, capF), serotyping (L1-8, L3A-L6A), toxin (toxA), adhesins (ptfA, pfhA, tadD), iron acquisition (exbB, exbD, tonB, hgbA), and protectins (ompA, ompH, omp87, plpB) among the isolates were determined using the PCR protocol. Obtained results were evaluated by statistical analysis. All strains had some genes from toxin (toxA), adhesins (ptfA, tadD), iron acquisition (exbB, exbD, tonB, hgbA), and protectins (ompA, ompH, plpB), while none of them possessed the oma87, ompH with pfhA. The highest percentages were observed ompA (61.1%), ptfA (52.78%), and tadD (52.78%) genes. As a conclusion, non-typical *P. multocida* strains may cause pneumonia in farm animals. Especially, it was thought that correlation between protectin and adhesin genes may block of capsule sythesis in the non-typical strains *P. multocida*.

Keywords: Farm animals, *Pasteurella multocida*, virulence factors

A CASE OF UNILATERAL POSTAXIAL POLYDACTYLY

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ABSTRACT

Polydactyly is one of the most common congenital limb anomalies and is defined as having more than five fingers on the hand and/or foot. Foot polydactyly is often associated with polydactyly in the hand. Reported incidences of polydactyly in both hands and feet are 0.03 – 0.1 %, while isolated foot polydactyly has been reported to occur with an incidence of 0.003 – 0.105 %. 37-year-old female patient referred to our hospital with difficulty in wearing shoe, pain, misformation of fifth toe on left foot and cosmetic complaints. When the computed tomography image of the patient was examined, it was found that the fifth metatarsal bone appeared thicker than the other metatarsal bones. The fifth metatarsal bone is connected to the two phalanges via the metatarsophalangeal joint at this level. The patient has five metatarsal bones and six fingers. Polydactyly usually was classified into three types as preaxial, mesoaxial (central), and postaxial. The extra finger is called preaxial if it is along the tibial aspect of the foot (on the thumb), and postaxial if it is along the fibular aspect (on the fifth finger). In the other fingers, it is called central (meso-axial) polydactyly and is rare. Polydactyly can be seen isolated, as well as part of a syndrome or accompanied by a chromosomal anomaly. Polydactyly manifests itself as an integral part of a large number of well-characterized syndromic malformations or as a common association. With our case, which is an example of a rare isolated polydactyly, we aimed to present current information and approaches in various aspects.

Keywords: anatomy, computed tomography, polydactyly, variation.

A CASE OF MYXOPAPILLARY EPENDYMOMA IN THE LUMBOSACRAL SPINAL CANAL

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ABSTRACT

Myxopapillary ependymomas account for about 13% of all spinal ependymomas. With its typical placement (filum terminale-conus medullaris) and different morphological symptoms, it is considered a variant of the ependymoma. Myxopapillary ependymomas tends to be more commonly seen in male patients in their fourth decade (mean age: 35 years). The most common complaint when patients receive a diagnosis is pain. 19-year-old patient was admitted to our hospital with a complaint of pain in the lower back and right leg that has been going on for two years. When the contrast-enhanced sacrum magnetic resonance image of the patient was examined, a tumor of approximately 58 mm in size was detected, which began at the L5-S1 level and extended to the S2 - S3 level. It was found that the properly limited mass extends along the craniocaudal segment and partially extends to the bilateral anterior sacral foramina at the level of S1 - S2. It's diameters were measured as 39x25 mm at the widest level in the axial section. It was observed that it caused remodelling in the posterior part of the vertebrae and a decrease in anteroposterior diameter, at the S1- S2 level. Myxopapillary ependymomas tend to grow slowly and usually don't develop neurological deficits. For this reason, they receive a late diagnosis, and delayed diagnosis negatively affects the results of treatment. Our case is important because it is a rare mass in a young adult and is detected only with pain complaints.

Keywords: anatomy, magnetic resonance imaging, myxopapillary ependymoma.

DETERMINATION OF VIRULENCE FACTORS AND ANTIFUNGAL RESISTANCE GENE OF *CANDIDA* SPECIES ISOLATED FROM VAGINAL SAMPLES

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ABSTRACT

Introduction: Vulvovaginal candidiasis (VVK) is a common genital tract infection that affects millions of women each year. Clinical manifestations of the disease include white discharge and itching, which can be thick or very thin. In this study, It was aimed to investigate the frequency of AINT (integrin A), HWP1 (hyphal wall protein 1), ALS (agglutinin-like sequence), SAP (secreted aspartyl proteases), PLB (phospholipase B) ve CALB (*Candida antarctica* lipase B) genes that virulence factors of in *Candida* species.

Material and Method: In this study, 100 isolates identified as *Candida* in the vaginal swab sample taken from the patients who applied to the Gynecology and Obstetrics Clinic of a tertiary university hospital and had complaints such as vaginal itching and discharge were evaluated. Isolates obtained from patients were identified using standard microbiological methods and molecular tests. In the study, the presence of CALB, AINT, HWP, PLB, SAP and ALS virulence genes and ERG11 resistance gene, which play an important role in *Candida* infections, were investigated using PCR method.

Results: Considering the distribution of *Candida* species isolated in the study, *Candida albicans* was 57 (57%) the most frequently isolated species, followed by *Candida glabrata* 26 (26%). SAP, AINT and HWP virulence genes were the most frequently detected virulence genes in all *Candida* species, while the PLB gene was the least detected gene. In *Candida albicans* isolates, the highest rate (93.0%) was found to have the SAP gene, followed by the HWP gene with a rate of 86%. Similarly, the highest rate of SAP gene was found in non-albicans *Candida* species. ERG 11 resistance genes were detected in 77.2% of *C. albicans* species and 62.8% of non-albicans *Candida* species.

Conclusion: In recent years, non-albicans *Candida* species are frequently isolated as infectious agents and striking figures in drug resistance draw attention. In our study, it was determined that the frequency of isolation of non-albicans *Candida* species was at significant rates.

Recommendations: It is thought that the determination of virulence factors will help to explain the pathogenesis of infection by *Candida* species and to develop new anticandidal treatments.

Keywords: Virulence genes, *Candida*, PCR, vaginitis

EFFECT OF JUGLONE ON STEM CELL MARKER GENES IN THE PANC-1 HUMAN PANCREATIC CANCER CELL LINE

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ABSTRACT

Introduction: Low efficacy or side effect problems of currently used drugs have led scientists to find/develop new therapeutic agents in treatment. Especially in cancer cases, known as the disease of our age and where the search for a definitive treatment continues, studies on therapeutic agents are increasingly continuing. There is a strong need for the discovery of alternative therapeutic agents and the development of new treatment strategies in pancreatic cancer, which draws attention with its difficulties in diagnosis and high mortality rates, due to the observation of resistance to chemotherapeutic agents used in the clinic and the inadequacy of current treatment methods.

Juglone, has a long history in traditional Chinese treatment methods. Its cytotoxic effects on cancer cells as well as antifungal, antiviral and antibacterial activities, makes juglone a promising anticancer agent. It is known that tumors consist of heterogeneous cell subpopulations and that these subsets give different and distinct responses to various therapeutics. Cancer stem cells (CSCs), a subset of these tumor cells, are thought to be responsible for the development of chemotherapy-resistant, aggressive and recurrent tumors. Therefore, the development of new and specific therapeutics that will target and eliminate CSCs may play an active role in the fight against cancer.

Materials and Methods: PANC-1 human pancreatic cancer cells (hPCC) were cultured and the cells were treated with 5,10,15 and 20 µM juglone concentrations. After 24 hours, RNA isolation and cDNA synthesis were performed. Expression levels of our target genes *OCT4*, *SOX2* and *NANOG* were examined by qPCR.

RESULTS: Juglone decreased *OCT4*, *SOX2*, *NANOG* genes expressions by 3,15; 2,12 and 2,62-fold, respectively at 10 µM dose.

Conclusion: Juglone, which causes suppression of *OCT4*, *SOX2* and *NANOG* gene expressions in our study, may contribute to more effective treatment of cancer by reducing the effectiveness of cancer stem cells with appropriate dose adjustment.

Recommendations/ Discussion: Juglone has cytotoxic and apoptotic effects in various cancer cell lines and inhibition effects of its on angiogenesis and metastasis in the PANC-1 hPCC line were demonstrated in our previous studies, In this study, the suppression on *OCT4*, *SOX2*, *NANOG* genes expressions, the cancer stem cell marker genes, by juglone once again shows the anticancer effect of juglone.

Keywords: juglone, PANC-1 cell line, *OCT4*, *SOX2*, *NANOG*.

**LOG-LINEAR MODEL APPROACH TO THREE-WAY
CONTINGENCY TABLES FOR INVESTIGATING COVID-19
PANDEMIC DATA**

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ABSTRACT

Log-linear analysis is widely used for investigating the relationships between factors in contingency tables. In this way, log-linear analysis used in the analyses of contingency tables is a generalized linear model approach to count data coming from Poisson distribution. In this study, COVID-19 patients are grouped according to the age, gender and the existence of Diabetes Mellitus (DM) for investigating COVID-19 Pandemic data using log-linear model for three-way contingency table. Main effects and also all possible two and three-way interactions between these factors are investigated using log-linear analysis in three-way contingency table. As a result of this study, all main effects and two-way interactions are found statistically significant ($p < 0.001$). On the other hand, three-way interaction is not found statistically significant at $\alpha = 0.05$.

Keywords: Log-linear model, COVID-19, Contingency Table, Poisson Distribution

A CASE OF TALOCALCANEAL COALITION

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ABSTRACT

Introduction: Tarsal coalition is the fusion between two or more tarsal bones that can occur due to mesenchymal differentiation and segmentation defect. The frequency of tarsal coalition is approximately 1-6%, but most cases are asymptomatic. The most common subtypes are between the talus and calcaneus and between the calcaneus and navicular bones.

Case Report: Magnetic resonance imaging of a 28-year-old male patient with chronic pain in his foot at Selçuk University Medical Faculty Hospital revealed a junction between the talus and calcaneus, consistent with the appearance of the tarsal coalition in the right ankle.

Discussion: The diagnosis of the talocalcaneal coalition, one of the subtypes of the tarsal coalition, can be made by clinical examination or imaging studies. Evaluation of the imaging properties of the ankle, the anatomy of the surrounding formations, and the different subgroups of coalitions are essential for correctly interpreting this region's radiography, computed tomography, and magnetic resonance images.

Keywords: tarsal coalition, talocalcaneal coalition, magnetic resonance imaging

A CASE OF NON-OSSIFYING FIBROMA IN THE DISTAL FEMUR

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ABSTRACT

Introduction: Non-ossifying fibroma is considered a benign tumor of the long bones. It is usually detected as asymptomatic and affects the bones around the knee. Although its etiology is unclear, it is considered a developmental disorder.

Case Report: Magnetic resonance imaging of a 22-year-old male patient, who was being followed up at Selçuk University Medical Faculty Hospital, was performed due to pain in his right knee. A cortex-based irregularly circumscribed mass was detected in the distal diaphyseal part of the femur in the right knee joint region, and a non-ossifying fibroma was considered considering its clinic.

Discussion: This type of lesion is one of the pathologies followed without being touched and with attention to their development. Some of them can cause pathological fractures. It is characteristic that it is detected at low intensity on magnetic resonance imaging. Its evolution after its first appearance and distribution in skeletal parts are crucial for accurate diagnosis and treatment.

Keywords: femur, non-ossifying fibroma, magnetic resonance imaging

DISTRIBUTION OF MICROORGANISMS REPRODUCING IN URINE CULTURES OF PATIENTS APPLIED TO SELÇUK UNIVERSITY FACULTY OF MEDICINE HOSPITAL

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ABSTRACT

Introduction: Urinary tract infection (UTI) is one of the most common infections of community or hospital origin in our country and in the world. UTI is an inflammatory response of urothelium, which can be seen in a wide range from asymptomatic bacteria and pyuria to life-threatening serious infections. The aim of this study is to determine the distribution of microorganisms that reproduce in urine cultures that come to our laboratory.

Material and Method: The results of urine culture sent to Selçuk University Faculty of Medicine Medical Microbiology Laboratory from various clinical units between January 2021 and October 2022 and detected reproduction were examined retrospectively. The sent sterile urine samples were incubated for 18-24 hours at 37°C by sowing a line on 5% sheep blood agar and Eosin Methylene Blue (EMB) agar media. Cultures with 10⁴ colonies (CFU/mL) and overgrowth of microorganisms, which were not considered as contamination, were considered positive. Microorganism definitions of polyclinic patients were made by conventional methods. Species definitions of intensive care and service patients were determined by conventional methods and/or fully automated BD Phoenix device (Becton, Dickinson and Company, USA).

Result: A total of 6290 microorganisms were detected in urine cultures sent to our laboratory during the study. 4189 (66.6%) of the patients were female and 2101 (33.4%) were male. When we examined the age groups of the patients, most cases were 1748 (27.8%) in the 0-18 age group and 1591 (25.3%) in the 66-80 age group. 800 (12.7%) of the samples were sent from the Urology outpatient clinic, 783 (12.4%) from the Pediatric Nephrology outpatient clinic, and 511 (8.1%) from the Pediatric Emergency outpatient clinic. When the distribution of reproducing microorganisms was examined, the most frequently isolated factor was found to be 3444 (54.8%) *Escherichia coli* (*E. coli*), 1345 (21.4%) *Klebsiella* spp. in the second place, and 655 (10.4%) *Enterococcus* spp. in the third place.

Discussion and Recommendations: In conclusion, in accordance with the literature, the most common factors detected in UTIs in our study were gram-negative enteric bacteria (*E. coli* and *Klebsiella* spp.). In addition, in our study, the rate of positivity in women was higher than in men in support of previous studies. Finally, considering that UTIs have a wide surveillance in the society, knowing the isolated bacteria and antibiotic susceptibilities will guide the selection of appropriate treatment.

Keywords: *Escherichia coli*, urinary tract infection, urine culture.

ANNULAR PANCREAS: CASE REPORT

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ABSTRACT

Introduction: The pancreas secretes exocrine and endocrine and is a secondary retroperitoneal located organ in the abdomen. During the embryonic period, the ventral and dorsal buds of the foregut develop. By week 6, the ventral bud and ductus pancreaticus rotate counterclockwise around the duodenum. There are several anatomical variations of the pancreas.

Aim: Recognition of the anatomy and possible variations of the pancreas and related anatomical structures is important, especially in terms of preventing complications in surgical procedures. It is aimed to emphasize the importance of pancreatic anatomy and variations through the case in our study.

Case: Contrast-enhanced magnetic resonance imaging of the whole abdomen is requested from a 50-year-old male patient who was referred to the oncology outpatient clinic with the suspicion of malignancy. In addition to the existing pathologies, annular pancreas is observed. It is determined that abdominal pain and nausea attacks occur at certain time intervals.

Conclusion: Annular pancreas is among the developmental anomalies of the pancreas. The pars descendens of the duodenum is partially or completely surrounded by the pancreas. Its incidence is 1/2000. Half of the cases present with vomiting in the neonatal period. The other half may remain asymptomatic until adulthood and present between the ages of 30-50. There may be symptoms such as nausea, vomiting, pain in the epigastric region. In symptomatic cases, the treatment is surgery. It is important to know the anatomy and variations of the pancreas in the surgery of the pancreas and organs adjacent to the pancreas. It is also important in terms of its relationship with down syndrome, tracheoesophageal fistula, congenital heart anomalies and intestinal malrotation.

Keywords: Annular pancreas, variation, anatomy

INFERIOR VENA CAVA DUPLICATION: CASE REPORT

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ABSTRACT

Introduction: The development of the vena cava inferior takes place between the 5-7th weeks in the embryological period. Subcardinal veins draining the kidneys and sacrocardinal veins draining the lower extremity are formed in the embryo. If the left sacrocardinal vein is not disconnected from the left subcardinal vein, a second venous system is formed and a double inferior vena cava is seen. This situation is called duplication.

Aim: The anatomy of the vascular structures in the posterior abdominal wall is very important in order not to cause bleeding complications in the surgeries of this region. It is aimed to emphasize that there may be variations of the inferior vena cava through the case in our study and that these variations may not be defined before the surgical operation, which may lead to various complications. **Case:** A 57-year-old female patient is admitted to the clinic with abdominal pain. Contrast-enhanced whole abdomen computed tomography is performed with the suspicion of acute appendicitis. In the imaging, it is detected that the vena cava inferior is doubled incidentally.

Conclusion: The incidence in vena cava inferior duplication is 0.2-3% and is the most common type among inferior vena cava anomalies. Duplication of the inferior vena cava is mostly asymptomatic. It is detected incidentally during radiological imaging or surgical operations. Recognition of the anatomical variations of the inferior vena cava is very important for the prevention of hemorrhagic complications in retroperitoneal approach surgeries such as adrenalectomy, sympathectomy, abdominal aortic aneurysm. Thanks to radiological imaging methods, it is possible to detect preoperative variations.

Keywords: Inferior vena cava, anatomy, duplication

FECES BUTYRIC ACID AND SERUM IRON BINDING LEVELS

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ABSTRACT

Introduction: Iron is a highly abundant metal on planet Earth and is particularly necessary for many life forms, from bacteria to mammals. Unabsorbed iron leaves unwanted side effects at the highly interactive host-microbe interface of the human gastrointestinal tract. Recent advances in elucidating the molecular basis of interactions between iron and gut microbiota hold an important place in the health and pathogenesis of gut inflammatory diseases. Short-chain fatty acids derived from the intestinal microbial fermentation of indigestible foods have important metabolic functions and are crucial for gut health. Butyric acid; It is produced by intestinal bacteria of the genus *Faecalibacterium prausnitzii*, *Eubacterium rectale* and *Roseburia* spp. Although butyric acid is produced in the smallest amount compared to acetic acid and propionic acid, it has a significant effect on cellular energy metabolism and intestinal homeostasis, which is the main energy source for colonocytes. Our aim in this study is to reveal the relationship between butyric acid, one of the short chain fatty acids, and serum iron binding capacity level.

Materials and Methods: Feces butyric acid levels of 59 patients who came to our hospital for routine control were measured by gas chromatography technique (ppm) and serum transferrin (mg/dL), iron (µg/dL) and iron binding (µg/dL) levels were measured by routine techniques. Feces short chain fatty acids chromatograms were recorded using an OpenLAB CDS data processor (Agilent Technologies Inc., Wilmington, DE, USA). Identification and calibration of short chain fatty acid peaks was achieved by comparing the retention times with those of the standards.

Results: In the correlation pearson test, feces butyric acid levels showed a positive correlation with serum iron binding levels ($p < 0.05$).

Conclusion: As a result of our study, the relationship between feces butyric acid levels, which are involved in the regulation of intestinal health, immune system and microbiota, and serum iron binding levels was revealed for the first time.

Discussion: The correlation between butyric acid levels and iron binding levels suggests that diseases related to iron deficiency may also have an impact on gut health.

Keywords: faeces butyric acid, iron, iron binding, microbiota, short chain fatty acids.

EXAMINING OF THE USE OF MIXED RESEARCH METHODS IN GRADUATE AND POSTGRADUATE THESES IN THE DEPARTMENTS OF SPEECH AND LANGUAGE THERAPY

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ABSTRACT

Introduction and Purpose: The mixed research method, which provides the opportunity to answer complex questions in the field of health, was induced by the limitations of the quantitative and qualitative research methods. This study aims to examine the frequency of use of mixed methods in graduate and post-graduate theses conducted in the speech and language therapy department from the fields of health sciences.

Method: This study, which was designed with a descriptive research method, included universities that gave graduate and post-graduate degrees in the department of speech and language therapy in Turkey. Data, according to the information on the Council of Higher Education's online page, were collected from the published graduate and post-graduate theses in Anadolu University, Dicle University, Hacettepe University, Istanbul Medipol University, İstinye University, and Uskudar University. In total, 248 graduate and 48 post-graduate theses were found between 2004-2022 years. Data were examined through descriptive analyses using percentage frequency tables.

Results: When a total of 296 graduate and postgraduate theses produced in 6 universities were examined, it was found that 281 (94.93%) of the theses were carried out with the quantitative method, 6 (2.02%) with the qualitative method, and 9 (3.04%) with the mixed method. At the graduate's thesis level, it was indicated that 236 (95,16%) of the 248 graduate's theses were carried out with the quantitative method, 6 (2,41%) with the qualitative method, and 6 (2,41%) with the mixed method. At the postgraduate theses level, it was reached results that 45 (93,75%) were carried out with the quantitative method of the 48 postgraduate theses, and 3 (6,25%) with the mixed method.

Discussion and Conclusion: Although obtained results showed that the frequency of mixed methods using is quite a few in the speech and language therapy department which is a new department in Turkey, produced that the quantitative method is often preferred. This situation was expressed by O'Cathain et al. (2009) too. One of the factors that caused this situation may be the lack of knowledge and education of researchers about the research paradigms as O'Cathain et al. (2009) expressed.

Recommendations: For the preferred mixed method that has a lot of advantages in studies that seek for the complex questions conducted in health science, it is suggested that increased education about the mixed method and encouraged use the mixed method to researchers.

Keywords: research methods, mixed method, department of speech and language therapy

References: O'Cathain, A., Nicholl, J., & Murphy, E. (2009). Structural issues affecting mixed methods studies in health research: a qualitative study. *BMC Medical Research Methodology*, 9(1), 1-8.

**COMPARISON OF AUDITORY BRAINSTEM RESPONSE
RESULTS IN NEWBORNS WITH AND WITHOUT RISK FACTORS
ACCORDING TO THE NATIONAL NEWBORN HEARING
SCREENING PROGRAM - PRELIMINARY STUDY**

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ABSTRACT

Introduction-Purpose: Within the National Neonatal Hearing Screening Program (NNHS) undertakes a 35 dB SPL Auditory Brainstem Response test (ABR) to determine whether the hearing is normal without discharge of the newborn. Diagnostic IBC test can be used to diagnose hearing loss in the pediatric group and to determine its location if there is a loss. Newborns with risk factors such as cesarean section and low birth weight are checked with an ABR test every six months until the age of three. The study has aimed to investigate whether there is a difference according to the risk factor status as a result of the ABR test applied to babies with risk factors and babies without risk factors within the scope of the NNHS.

Method: A total of 200 ears, and 100 infants (54 boys, 46 girls) who committed NNHS and who have normal hearing, neurological, and physiological were included in the study. Latency and amplitude values of wave V at 20, 40, and 60 dB nHL and waves I, III, V at 80 dB nHL in the ABR test performed with click and CE-Chirp® LS stimulus, gender, and risk factor differences were evaluated.

Results: The mean age of the babies included in the study was 29±2.6 days, and the mean gestational age was 38.2±1.1 weeks. When the wave V latency and amplitudes obtained at 80, 60, 40 and 20 dB nHL levels were examined between genders and according to risk factor, no significant difference was found between click and CE-Chirp® LS stimuli (p>0.05).

Discussion-Conclusion: As a result of the study, the results of newborns with normal hearing and the Diagnostic ABR test, whose risk factors were detected, show similar results with newborns without risk factors and with normal hearing. In the literature, no study has been found stating that there is a difference between the two groups according to gender and risk factor. Based on these results, it is thought that it is appropriate to evaluate babies with risk factors up to three ages with screening ABR.

Keywords: auditory brainstem response, risk factor, neonatal hearing screening program

OXIDATIVE STRESS

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ABSTRACT

Many living organisms obtain the energy they need to maintain their vital functions from molecular oxygen (O₂). Mitochondria, which are found in almost every part of the living body, are the necessary organelles for this process. O₂ taken into the body is the source of free radicals (FR) that contain unpaired electron or electrons and therefore show reactive oxidant character. The body has many sources of FR, and one of the most common of these sources is undoubtedly the mitochondria. FR production may increase as a result of increased physical activity, stress, and some external effects that the organism is exposed to. The body has a defense system against FR, but when this defense is insufficient and the dominant FRs cause various damage, it is called oxidative stress. Antioxidants are necessary for the survival of cells by preventing cellular damage. The living body tries to balance against FR with the antioxidant mechanisms it acquires through enzymatic and non-enzymatic ways. In case of disruption of this balance, various cell and organ damage in the body and therefore various diseases are inevitable. In today's conditions, oxidative damage in the organism can be measured with certain markers. In this review, definitions of FR and antioxidant, sources of oxidative stress, oxidative damage and its markers, and defense systems of the body will be mentioned.

Keywords: antioxidant, oxidative stress, free radical

DIABETES MELLITUS AND ITS RELATIONSHIP WITH BIOCHEMICAL PARAMETERS

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ABSTRACT

Diabetes mellitus (DM) is one of the most common chronic diseases worldwide. DM is a metabolic disease characterized by hyperglycemia caused by insufficient or low insulin production in β -cells in the islets of Langerhans in the pancreas. The most prominent symptoms of DM include dry mouth, polyphagia (overeating), polydipsia (excessive water drinking), polyuria (frequent urination), and fatigue. Less common symptoms include unexplained weight loss, blurred vision, non-healing infections or sores, itching, and recurrent fungal infections. If hyperglycemia due to DM continues for a long time, it can damage the nerves, eyes, kidneys and other organs. Psychological diseases such as anxiety and depression can also be seen in patients with DM. Insulin-dependent type 1 diabetes mellitus (T1DM) and non-insulin-dependent type 2 diabetes mellitus (T2DM) are the most common types of DM. T1DM is characterized by absolute insulin deficiency associated with destruction of pancreatic β cells. T2DM is mainly caused by insulin resistance and deficiency in insulin secretion. T1DM is an autoimmune disease and happens when the pancreas is exposed to antibodies produced by the body. Insulin production cannot be performed due to the damage. When T2DM develops, the pancreas produces insulin, but either insufficiently or the body cannot use it properly. T2DM has become more common due to the increasing incidence of obesity nowadays. The risk of heart disease and stroke is greatly increased in T2DM. T2DM has a high risk of causing serious health problems, especially in the vessels that feed the kidneys, nerves and eyes. Hemoglobin A1C test, blood glucose levels, insulin, C-peptide and fructosamine are the most frequently checked parameters in the detection of DM. The fact that DM cases are constantly increasing worldwide and result in deaths shows that early diagnosis, treatment and follow-up of DM should be given importance.

Keywords: diabetes, glucose, pancreas

THE EFFECTS OF *CROCETIN* ON INDUCED APOPTOSIS BY CHOLESTEROL DEPLETION-MEDIATED LIPID RAFT DISRUPTION IN BREAST CANCER CELL

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Abstract

Objective: The purpose of this study was to determine the effect of lipid raft function loss due to depletion of cholesterol in the lipid raft structure of cell membrane by *crocetin* and Methyl β cyclodextrin (M β CD) on cell viability and lipid raft-associated gene and apoptotic gene expressions of breast cancer cell (MCF-7).

Materials and Methods: For this purpose, MCF-7 cell were treated with different concentrations of M β CD and *crocetin*. Cell viability was evaluated by WST-1 at 24 and 48 hours. The mRNA expressions of caveolin 1, LRP 6, survivin, Bcl2, Bax, Caspase3 were assessed in the M β CD-treated group; *crocetin*-treated group; mixed-treated group M β CD+ *crocetin* MCF-7 cells by reverse transcription polymerase chain reaction at 24 hours exposure.

Results: Cell viability indicated that all concentrations of M β CD decreased viability of MCF-7 cell compared with control; reduction in cell viability was greatest with 1 mM. Additionally, exposure to all *crocetin* concentrations significantly reduced cell viability of MCF-7 as time-dependent manner. There was statistically significant down-regulation of caveolin 1, LRP-6, survivin, Bcl2 in response to M β CD and *crocetin* at 24 h but Bax ve caspase 3 expressions were increased compared to control at 24h.

Conclusion: These results indicated that *crocetin* application to MCF-7 in addition to M β CD regulated mRNA expression of lipid raft-associated genes and apoptotic genes. These findings suggest that *crocetin* affects MCF-7 function via cholesterol depletion-related deterioration in the lipid raft structure, which is critical for induction of apoptosis in MCF-7 cells.

Keywords: *Crocetin*, Lipid raft, Methyl β cyclodextrin, MCF-7, Apoptosis

THE RELATIONSHIP BETWEEN NURSES' EMOTIONAL LABOR BEHAVIORS AND BURNOUT: A SYSTEMATIC REVIEW

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ABSTRACT

The aim of this study is to examine the studies conducted in the sample of nurses in Turkey on the relationship between emotional labor behavior and burnout. The research was carried out in October 2022 by scanning Pubmed, Türk Medline, Web of Science, ScienceDirect, EBSCOHost, Dergipark, ULAKBİM and Google Scholar databases with the keywords nurse, emotional labor and burnout. Retrieved articles were eliminated according to the criteria determined for this study and 5 research articles were included in the study. In three of the articles included in the study, it was determined that there was a positive relationship between the emotional labor behavior of nurses and their burnout levels. In an article, it was determined that there is a negative relationship between surface behavior, one of the subdimensions of the emotional labor scale, and emotional exhaustion, which is one of the subdimensions of the burnout scale. It has been determined that there is a significant relationship between emotional labor behavior and burnout, and the number of studies on the subject is insufficient. It is recommended to increase the number of studies on the subject.

Keywords: Emotional Labor Behavior, Burnout, Nurse, Systematic Review

EVALUATION OF THE EFFECTS OF HERBST TREATMENT ON CONDYLE DIMENSIONS IN INDIVIDUALS WITH SKELETAL CLASS II MALOCCLUSION

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ABSTRACT

Objective: To evaluate the effects of Cast-splint Herbst (CSH) device used in the treatment of patients with skeletal Class II malocclusion on condyle dimensions and to compare them with Class II control group individuals.

Materials and Methods: Our study included 16 individuals with skeletal Class II malocclusion treated with CSH in the post-peak period (Study Group, mean age: 14.62±0.60 years) and 16 individuals with skeletal Class II jaw association without CSH (Control group, mean age: 15.66±1.57) were included. In this study, measurements were made on panoramic radiographs. Panoramic radiographs were taken before (T0) and after (T1) CSH treatment, which lasted an average of 9.81±2.53 months in the study group, and with an average interval of 6.93±1.84 months in the control group due to other dental treatment requirements. AutoCAD computer program (AutoCAD, Autodesk Inc.; San Rafael, CA) was used for condylar area, height and circumference measurements. 'Paired Samples-t', 'Independent Samples-t', and 'Mann Whitney-U' tests were used for statistical analysis.

Results: There was no difference between the groups in pre-treatment condylar measurements. When T0 and T1 measurements were compared within the group, no significant difference was observed in both groups. When the differences in condylar height, area and circumference measurements in the T0-T1 time interval were evaluated between the groups, a statistically significant increase was observed in the study group in the left condyle area. It was determined that there was no statistically significant difference between the groups in T1.

Conclusion: It is thought that CSH treatment applied during growth-development period to individuals with skeletal Class II malocclusion contributes little to the growth of the mandibular condyle.

Keywords: Class II malocclusion, Herbst, Panoramic Radiograph, Condyle

THE EFFECTS OF ACAMPROSATE USE ON THE KIDNEYS IN ALCOHOL DEPENDENT RATS

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Abstract

Aim: The aim of this study was to examine the effects of acamprosate, which is widely used in the treatment of alcohol dependence, on the kidneys.

Method: 32 Wistar female rats were used in our study. All groups were given substances related to oral gavage method for 21 days. Items given to the groups; Group 1; 10 mg/kg saline, Group 2; 10 mg/kg ethanol + 10 mg/kg saline, Group 3; 200 mg/kg acamprosate + 10 mg/kg saline, Group 4; 10 mg/kg ethanol + 10 mg/kg saline + 200 mg/kg acamprosate. On the 22nd day, kidneys of all rats were taken for histopathological examination.

Results: It was determined that the kidney tissues of Group 1 had a normal structure. It was determined that the Bowman gap distances of Group 2 were quite close to normal. In group 3, an increase in the distance of Bowman's spaces, shedding of tubular epithelial cells, intense tubular degeneration and tubular dilatation were detected ($p < 0.05$). An increase in the distance of Bowman's spaces in Group 4 (less than Group 3), shedding of tubular epithelial cells, tubular dilatation and tubular degeneration were detected ($p < 0.05$). As a result of the findings, it was determined that the use of acamprosate alone can cause pathological results for the kidneys.

Conclusion: In the light of the data obtained; It has been understood that it is very necessary to check the kidney health at regular intervals even if the individuals do not have any kidney disease during the acamprosate treatment period.

Keywords: acamprosate; alcohol addiction; dependence; physiology

IMPACT OF CONSUMPTION PRE/PROBIOTICS, PHYSICAL ACTIVITY LEVEL ON SLEEP QUALITY, ACADEMIC ACHIEVEMENT AMONG UNIVERSITY STUDENTS

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ABSTRACT

Background/Aim: Even though literature research focuses on the contribution of probiotics and prebiotics to body health, current studies show that they also have effects on mental health. In this study, it was aimed to examine the effects of consumption of probiotics and prebiotics and physical activity levels of university students on sleep and academic achievement.

Materials and Methods: In the study, a survey which consists of socio-demographic information, National Health and Nutrition Examination Survey (NHANES), International Physical Activity Questionnaire (IPAQ) short form and Pittsburgh Sleep Quality Index (PSQI) short form were conducted on 241 university students studying in Konya.

Results: While there was an increase in academic achievement in male students as prebiotic consumption decreases ($p=0.013$), an exact opposite situation ($p=0.041$) was observed in female students based on research results. In both groups which consists of high and low achievement students, it was observed that there was an increase in the sleep quality of the individuals with a below average prebiotic consumption as the physical activity levels increased.

Conclusion/Result: In conclusion, effective methods should be developed by taking gender into account in order to improve the sleep habits and academic achievement of university students, and students should be encouraged to acquire the right habits.

Keywords: probiotic, prebiotic, sleep, academic achievement

COMMERCIALIZATION OF HEALTH

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ABSTRACT

Health is seen as a need of great importance for all individuals and society. Today, the increase in expenditures in the field of health also supports this situation. It is seen that health services, which have been regarded as a public service since the past and largely provided by the state, are among the areas that have seen the greatest impact due to their involvement in the marketization process at the global level. The concept discussed in this study is the concept of "commodification". A commodity is defined as a commodity/object that is produced for commercial purposes and can be bought and sold. The study was created by examining the literature on marketization, neoliberalism and commodification in terms of health services delivery process and by scanning the sources. The aim of this study is to address the components that cause the commodification of health services, as well as to explain the relationship between capitalism and neoliberalism. As a result of the results of the study, human health has been considered as a product and has ceased to be only a public service. The concept of commodification, which affects the health field as in every field, acts with the motive of minimum output and maximum profit. It is seen as an inevitable situation that health is seen as a commodity, that is, something that can be bought and sold, treated as a commercial activity, and attributed as a mediator in the marketization process.

THE RELATIONSHIP OF NURSING AND MIDWIFERY UNDERGRADUATE STUDENTS' HEALTH BELIEFS AND KNOWLEDGE LEVELS OF BREAST CANCER WITH BREAST SELF-EXAMINATION BEHAVIOR

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ABSTRACT

Introduction-Aim: Early diagnosis is important in reducing mortality in breast cancer. Individuals' knowledge and health beliefs about breast cancer affect their BSE behavior. For this reason, this study was conducted to determine the relationship between the health beliefs and breast cancer knowledge levels of nursing and midwifery undergraduate students with BSE behavior.

Material and Method: This study was conducted in a web-based descriptive and relationship-seeking design, with a total of 448 female students in the third and fourth grades of nursing and midwifery departments in a state and a private university in Konya. Data were collected online between 28 December 2020 and 15 January 2021 using the "Introductory Information Form" prepared by the researchers, "Champion Health Belief Model Scale (CHBMS)" and "Comprehensive Breast Cancer Knowledge Test (CBCKT)". Data were analyzed with descriptive statistics (number, percentage, etc.), chi-square analysis, independent groups t test and Mann-Whitney U test.

Results: It was determined that 75% of the students performed BSE, but only 52.7% of them regularly applied BSE. The mean score of the students' perception of sensitivity sub-dimension of CHBMS was 6.79 ± 2.18 ; seriousness/importance perception about breast cancer sub-dimension mean score was 20.85 ± 5.54 ; benefit perception sub-dimension mean score of was 17.16 ± 3.37 ; obstacle perception sub-dimension mean score was 21.16 ± 6.76 ; confidence/self-efficacy about BSE application sub-dimension mean score was 38.72 ± 7.42 and health motivation sub-dimension mean score was 26.31 ± 4.89 . The mean total score of CBCKT was 9.73 ± 3.25 ; the mean score of the general knowledge subscale was 7.12 ± 2.12 and the mean score of the treatability subscale was 2.60 ± 1.68 . According to the status of BSE; there was no statistically significant difference between the mean scores of the total and sub-dimensions of CBCKT, and the mean scores of the sensitivity and severity/importance perception sub-dimension of CHBMS ($p > 0.05$), there was a statistically significant difference between the mean scores of benefit, disability, confidence/self-efficacy and health motivation sub-dimension of CHBMS ($p < 0.05$). The rate of BSE was higher in those living in a nuclear family (78.1%) and those who had clinical breast examination (91.4%) ($p < 0.05$).

Conclusion and Suggestions: It was observed that most of the students applied BSE, their general knowledge about breast cancer was high and their level of knowledge about treatability was low. In general, among BSE practitioners, it was concluded that the sensitivity and seriousness of breast cancer, especially the benefit and self-efficacy perception regarding BSE application and health motivation were high, while the perception of barriers was low. In this context, health beliefs, attitudes and behaviors related to the importance of breast cancer and BSE should be developed during their education so that nurses and midwives can be role models in terms of preventive health practices in the society.

Key words: breast cancer, breast self-examination, nursing, midwifery.

POSTER HANDOUTS

EFFECTS OF GLUCOSINOLATES ON NUTRITION AND HEALTH

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ABSTRACT

Glucosinolates are secondary plant metabolites containing sulfur and nitrogen, which are commonly found in Brassica vegetables such as cabbage, broccoli, cauliflower and horseradish. When glucosinolates, which are stable in plant tissue, are damaged by cutting and chewing, the thioglycoside bond of glucosinolates is broken down by the enzyme myrosinase. Various different degradation products such as glucose, sulfate, isothiocyanate, epithionitrile, nitrile, indolic alcohols, oxazolidinones, amines and thiocyanates are formed from glucosinolates that are enzymatically degraded by the myrosinase enzyme. Glucosinolates and their breakdown products are important both for their effects on human health and for reasons such as taste odor formation, antimicrobial and toxic effects in vegetables. However, in recent years, especially the isothiocyanates, which are a breakdown product, have come to the fore to increase the antioxidant capacity. By inhibiting the phase I enzyme and inducing the phase II enzymes, isothiocyanates help to reduce the risk of some types of cancer with their anticarcinogenic effect, and to reduce the risk of chronic diseases such as type 2 diabetes and cardiovascular diseases thanks to their anti-inflammatory effect. Sulforaphane, which is formed as a result of hydrolysis of glucoraphane, the main glucosinolate in broccoli, by the myrosinase enzyme, blocks apoptosis and prevents the release of reactive oxygen species. Another important property of this isothiocyanate is inflammation, such as interferon regulatory factor 3 (IRF3) and macrophage migration inhibition factor (MIF). There are studies emphasizing a negative relationship between the risk of lung, stomach, colon, prostate, breast and rectum cancers and high consumption of Brassica vegetables. It was determined that the amount of glucosinolate was highest in Brussels sprouts and the lowest in cauliflower. The bioavailability of glucosinolates can be significantly increased with proper storage and preparation. Thermal processes inactivate myrosinase and enzymatic. In this study, the place and importance of glucosinolates in nutrition, their effects on health were investigated. In this study, the place and importance of glucosinolates in nutrition and their effects on health were investigated.

Keywords: Glucosinolates, isothiocyanate, sulforaphane.

DETERMINATION OF BLACK TEA AND HERBAL TEA CONSUMPTION STATUS OF ADULT WOMEN: THE CASE OF KONYA PROVINCE

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ABSTRACT

Introduction: Black tea (*C. Sinensis*) and herbal teas are among the most consumed beverages in the world from past the present. Black tea and herbal teas are preferred not only because of they are beverages, but also because of their effects on health. It is known that herbal teas have antioxidants, support immune functions, and relax the digestive system, nervous system, and heart health. This study was conducted to determine the consumption of black tea and herbal teas and their attitudes towards the herbal tea consumption of by adult women.

Material and Method: The study were included 530 adult women between the ages of 18-65 living in Konya. Research data were collected between September 2019 and June 2020 using a questionnaire form. The questionnaire form included questions that determine demographic characteristics, herbal tea consumption status, and attitudes towards herbal tea consumption. In addition, a food consumption frequency form was used to evaluate the consumption of black tea and herbal tea.

Result: The participants are more than half of (50.8%) between the ages of 18-30, and 38.7% have a normal Body Mass Index (BMI). It was determined that 93.6% (n=496) of the participants consumed black tea, 79.4% (n=421) consumed herbal tea, and 10.6% were advised to herbal tea consumption by a dietitian. Of the women in the study think that 60.0% of the herbal tea they consume helps to lose weight, 68.0% of the herbal teas consumed have no side effects, and 60.0% it is not important to consider their diseases while consuming herbal tea. According to BMI consumption of black tea and herbal tea was evaluated, and the relationship between the consumption frequency of black tea, green tea, and linden tea was found to be statistically significant ($p<0.05$).

Conclusion and Suggestions: According to the results, it was found that the use of black tea and herbal tea by adults was high. In future studies, more comprehensive studies on the amount of consumption of herbal teas, the reasons for consumption, and their effects on the body will contribute to the literature.

Keywords: Black tea, herbal teas, health.

DEVELOPMENT OF GC METHOD FOR DETERMINATION OF SHORT CHAIN FATTY ACIDS AND APPLICATION IN CHEESE

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ABSTRACT

Cheese products produced using industrial and traditional methods have an important position in world industry and trade with their daily consumption and production in parallel with both consumer demands and technological developments. Cheese products are at the forefront of basic foodstuffs due to the vitamins, carbohydrates, fats, minerals, adequate and balanced protein they contain in the nutrition of babies, children and especially the elderly.

Short-chain fatty acids, which play an important role in the protection of health and the development of diseases, are found in the milk fat triglycerides of ruminant animals. Short-chain fatty acids, which directly contribute to the organoleptic properties and flavor of cheeses, are present in significant amounts in cow, sheep and goat cheeses.

Although the analyses of short-chain fatty acids can be performed using gas chromatography (GC) and high performance liquid chromatography (HPLC) techniques, the use of GC technique is more common for the qualitative/quantitative determination of these compounds. It is the separation of propionic and isobutyric acids, which is used as the basic criterion for the detection and determination of species in analyses performed using chromatographic techniques.

In this study, a new gas chromatography analysis method has been developed for the analysis of short chain fatty acids in some cheese types produced industrially in Konya and its surroundings. In the evaluation of the analyses, k' , tailing factor, N and Rs values obtained from the chromatographic separation results were used. All the short-chain fatty acids were determined in cheese analyses carried out with the developed method. While acetic acid (50-205mg/kg) was detected the most in cheese samples, the least isobutyric acid (1.5-4.7 mg/kg) was detected.

Keywords: SCFFA, cheese, GC, chromatography.

EVALUATION OF MAGNESIUM USE IN THE ANTENATAL PERIOD IN TERMS OF THE RISK OF INTRACRANIAL HEMORRHAGE IN THE NEONATES

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ABSTRACT

Introduction-aim: Intracranial hemorrhage (ICH) is a common cause of morbidity and mortality in preterm neonates with a gestational week of <32 or a birth weight of <1500g. Since the blood pressure autoregulation of premature neonates is not mature enough, sudden changes in blood pressure have a direct effect on the brain. Magnesium is a vasodilator agent which have neuroprotective features. Antenatal magnesium sulphate (MgSO₄) administration is a frequent procedure for women at risk of preterm delivery. In this study, it was aimed to retrospectively evaluate the effect of MgSO₄ to mothers during the antenatal period on the risk of intracranial hemorrhage in neonates.

Method: In this study, presence of intracranial hemorrhage in 266 premature neonates born at <34 weeks of gestational age and admitted to the Neonatal Intensive Care Unit of Selcuk University Medical Faculty Hospital between 2017-2021 was evaluated. Premature neonates were divided to; group-1: neonates born to mothers who were administered MgSO₄ during the antenatal period (n=186) and group-2: neonates born to mothers who were not administered MgSO₄ during the antenatal period (n=80). (Ethics committee number 70632468-050.01.04-E.267667).

Results: ICB was detected in 28 (15.1%) neonates whose mothers received MgSO₄ during the antenatal period, and in 15 (18.8%) neonates whose mothers did not receive MgSO₄. There was no statistically significant difference between the two groups. In addition, no significant difference was observed between the two groups. In addition, there was no difference in Apgar scores, discharge type, sepsis and coagulation disorder. Antenatal steroid was administered to 123 (96.9%) mothers in group-I, and 39 (72.2%) mothers in group-II. A statistically significant difference was found between the groups in terms of antenatal steroid administration and intracranial hemorrhage risk.

Discussion-Conclusion: Our study did not any significant association between antenatal MgSO₄ administration to pregnant women and ICH in their preterm babies. However, there was a significant decrease in frequency of mortality and ICH in these babies. For more comprehensive evaluation of effects of antenatal MgSO₄ administration on neurological development in preterm babies, multicenter and randomized clinical studies are needed.

Keywords: preterm, intracranial hemorrhage, magnesium sulphate,

VISUAL PERCEPTION OF CHILDREN WITH HEARING LOSS

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ABSTRACT

Introduction: Early childhood hearing loss can negatively affect child's language, communication, social, emotional, cognitive and motor skills directly or indirectly. Due to the lack of auditory input, children with hearing loss rely on their visual senses more heavily. Visual perception skills are one of the effective skills on children's development processes. The deficiency in this skill development can adversely affect children's social life and academic success. This paper aims to compile research results on the visual perception of children with hearing loss and to raise awareness about the importance of visual perception in the rehabilitation process of hearing impaired children.

Material and Method: Based on the aim of this paper a literature review was conducted to survey national and international research on the visual abilities of children with hearing loss using EBSCOhost and data bases including ERIC, Google scholar, and Council of Higher Education Thesis Center.

Results: Literature review showed that there are few research investigating the visual perception skills of children with hearing loss and there are heterogeneity between the results reported. As the sources of such heterogeneity, differences in the tasks employed, diversity in the characteristics of the sample, and heterogeneity of the target stimulus are reported. No research could be found investigating the effects of such critical variables as preferred communication mode and onset, etiology or amount of hearing loss on the visual skills.

Conclusions and Discussion: It is evident that children with hearing loss rely on their visual senses to learn, Therefore, there is a need to evaluate and use visual perceptual skills in the rehabilitation process.

Suggestions: Individual training programs need to be prepared through multidisciplinary approach by the professionals in the field. Such training affects the relationship between the individual and the society, and ensures that their communication needs are met.

Keywords: hearing loss, hearing impaired children, visual perception

INVESTIGATION OF THE INTERACTIONS OF CALIX[4]ARENE CYCLIC AMINE DERIVATIVES WITH CT- DNA USING SPECTROSCOPIC METHODS

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ABSTRACT

Calixarenes are generally chemically and thermally stable compounds. Calixarenes can be easily functionalized from their aromatic rings or hydroxyl groups. Due to these properties, they are with a wide range of potential commercial applications and specific purposes. The bowl shapes and the presence of hydroxyl groups make this family of compounds, allows it to interact with a wide variety of guests through a combination of hydrogen bonding and aromatic ring-based interactions. Various ring sizes are available as a macrocyclic compound. The ones containing 4, 6 and 8 phenol rings have the most study area and are the easiest to synthesize. Calixarenes are cyclic oligomers obtained as a result of the interaction of substituted phenols with formaldehyde by the condensation reaction. Imidazole and its derivatives have gained importance in medical biochemistry due to their pharmacological potential. Imidazole compounds are antifungal, fungicide, antihypertensive and antiprotozoal etc. It is present in the content of many synthetic drugs such as. In this study, the starting material p-tert-butylcalix[4]arene was synthesized. Later, this compound was converted into some p-tert-butylcalix[4]arene imidazole derivatives by interacting with compounds containing different imidazole groups. The interactions of the synthesized compounds against eukaryotic ct-DNA were investigated by uv-visible and fluorimetry spectroscopy. As a result of this study, a increase in the absorbance densities of the compounds was observed at increasing CT-DNA concentrations in UV-visible spectroscopy of substance CT-DNA interactions. According to the results of the fluorimetry study, a quenching was observed in the emission intensities of the compounds and the quenching constant K_{sv} was calculated.

Keywords: calixarene, ct-DNA, cyclic amine

**STUDIES OF DNA INTERACTIONS WITH CALIX[4]ARENE
IMIDAZOLE DERIVATIVE IN THE PRESENCE OF ETHIDIUM
BROMIDE BY FLUORIMETRIC METHOD**

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ABSTRACT

Calixarenes are a class of cyclic oligomers formed by the reaction of phenol and/or its derivatives with aldehydes via methylene bonds. Calixarenes are known as host molecules and are third generation compounds in supramolecular chemistry. Calixarenes ; It attracts the attention of many researchers because it has chemical stability, high melting point, different pore size and other unique physical and chemical properties. In recent years, the binding mechanism of small molecules such as drugs and organic dyes to DNA has been an active area. It has been a featured topic in biological and pharmaceutical chemistry. The intracellular target for most antibiotics and anticancer drugs is DNA. Therefore, drug and DNA interaction studies play a key role in pharmacology, and synthesizing and designing new drugs for DNA is of great importance. Drug efficacy depends on the affinity and mode of binding. The DNA compound is recognized by synthetic molecules as an optical compound. DNA optical recognition has received long-term interest for both chemists and biologists because of the potential therapeutic uses of synthetic molecules in cancer therapy. For DNA ligands, DNA base pair intercalation, binding to the phosphodiester backbone, binding to minor and major grooves are the main non-covalent interaction patterns

In this study, some p-tert-butylcalix[4]arene imidazole derivatives were synthesized and interaction studies with ethidium bromide and ct-DNA were performed by fluorimetry spectroscopy at different temperatures. K_{sv} and K_b values were calculated from the obtained data.

Keywords : ethidium bromide , ct-DNA , calixarene , imidazole

INVESTIGATION OF THE BIOFILM PROPERTIES OF ESCHERICHIA COLI STRAINS ISOLATED FROM URINARY TRACT INFECTIONS¹⁰

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ABSTRACT

Introduction: The presence of biofilm-forming bacteria in healthcare is a matter of concern as it places a significant financial burden on the healthcare system and results in increased morbidity and mortality. Due to reasons such as increasing antibiotic resistance and biofilm production mechanisms, determination of antibiotic resistance levels and biofilm production of clinically originated bacteria will be a key weapon in the fight against these strains. In this study, 135 Escherichia coli strains isolated from urinary tract infections were evaluated for biofilm production.

Materials and Methods: The phenotypic biofilm forming abilities of the isolates were observed using micro titer plates by crystal violet staining method. The control of whether the biofilm positive strains contained the *fimH* gene in the genotype was determined by PCR reaction.

Results: As a result of the test performed based on the spectrophotometric measurement with the crystal violet staining method, 7.4% (10 strains) of the isolates showed the ability to form biofilms. It was confirmed that 10 strains capable of producing biofilm were positive for the *fimH* (508 bp) gene, which is an important virulence factor in biofilm formation.

Discussion and Conclusion: Among the 135 strains tested, only 10 strains (7.4%) were found to be biofilm positive. Biofilm positive strains; It was also evaluated molecularly in terms of *fimH* adhesion protein found in type 1 fimbria. Accordingly, it was determined that all 10 biofilm positive strains contained the *fimH* gene. It can be said that there is a direct relationship between biofilm forming abilities and adhesion factor genes seen in our *E. coli* strains. Evaluation of the factors that contribute to biofilm formation can be helpful in designing new therapeutic solutions for the treatment of these infections.

Recommendations: Monitoring virulence factors such as antibiotic resistance studies and biofilm production is one of the most important issues regarding the characterization of resistant strains. Fighting against the enemy without knowing his identity; can cause loss of time, money, labor and life. Characterization of bacteria that cause various diseases is important at this point.

Keywords: urinary tract infection, *escherichia coli*, biofilm, *fimH*, crystal violet

¹⁰ Bu çalışma Mehmet Akif BOZKIR'ın "İdrar Yolu Enfeksiyonlarından İzole Edilen Escherichia coli Suşlarının Antibiyotik Direnç Profilleri, Genişlemiş Spektrumlu Beta Laktamaz Üretimi ve Biyofilm Özelliklerinin Değerlendirilmesi" başlıklı tezinden üretilmiştir.

LEVELS OF SHORT CHAIN FATTY ACID IN HOME MADE FRUIT VINEGAR

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ABSTRACT

Vinegar is a unique product produced by two-stage alcohol and acetic acid fermentation from carbohydrate sources. In addition to its beneficial effects on health, vinegar is used in the preparation of foods and as a preservative in foods. Polyphenols, micronutrients and other bioactive compounds in vinegars provide antimicrobial, antidiabetic, antioxidant, antiobesity and antihypertensive effects. The content and quality of vinegars produced from different raw materials or using different production methods are different from each other. In recent years, fruit and vegetable vinegars with different functional and sensory properties have gained importance. One of the most important bioactive compounds and the main volatile compound in vinegar is acetic acid, the short-chain fatty acid that gives vinegar its strong, sour flavor and flavor. Vinegar is thought to have an antimicrobial effect, especially due to its acetic acid content. Organic acids such as acetic acid and propionic acid are of great importance in the biological preservation of foods. According to TS 1880 EN 13188 vinegar standard, the total acid content of vinegar produced in our country (as free acetic acid in water) should not be less than 40 g/L. In this study, homemade vinegars produced by the traditional method from Quince, Hawthorn, Mountain Plum, Cherry, Pear fruits were obtained. The levels of short-chain fatty acids (acetic acid; propionic acid; isobutyric acid; butyric acid; isovaleric acid; valeric acid; isocaproic acid; hexanoic acid and N-heptanoic acid) with functional properties were investigated in these vinegars produced from different raw materials. According to the analysis results, in terms of total volatile acid composition, the acetic acid content was highest in hawthorn vinegar (87.87%) and the lowest in sour cherry vinegar (48.42%), while propionic acid was found the most in sour cherry vinegar (30.18%) and the lowest in quince vinegar (2.48%). In addition, butyric acid, valeric acid and isocaproic acid were detected the most in sour cherry (4.61%), pear vinegar (4.45%), and quince vinegar (5.7%), respectively. As a result, it has been observed that homemade natural vinegars contain volatile fatty acids at different rates depending on the raw material.

Keywords: Vinegar, volatile fatty acids, bioactivity.



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