

*2. International Journal of
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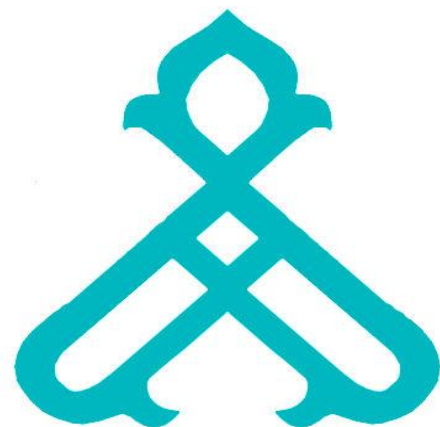
I-HEALTH MANAGEMENT AND PRODUCTION

II -HEALTH ECONOMICS AND HEALTH FINANCE

III- HEALTH AND SAFETY AND EMPLOYEE'S HEALTH AND SAFETY RESPONSIBILITIES AND WORKERS RIGHT

IV- HEALTH EDUCATION

V-HEALTH AND NURSING



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Welcome Address by Congress Chairman



Dear colleagues,

Welcome to 2. International Journal of Health Administration and Education Congress (Sanitas Magisterium). We are proud to be hosting this meeting in Gebze/Kocaeli.

The Sanitas Magisterium has attracted Health Scientist with an interest in management, safety, education from not only the BALKAN region but from other parts of the world as well. In this edition, we strive to continue its dedicated vision of providing the most conducive and productive learning and knowledge exchange platform for participants specializing in the field of health management, education and safety.

Themed “*Contemporary Issues In Healthcare Management and Education*”, Sanitas Magisterium 2016 will enable participants to equip themselves with updates on the latest developments and practices through scientific sessions, plenary discussions, oral and poster sharing.

We have an exciting line-up of expert speakers and social programme to make Your attendance a joyful one. We encourage you to take this excellent opportunity to share your experiences, latest research findings and present your abstracts and papers at the congress. We look forward to welcoming you and your family to Gebze, a multi-cultural, historical and cosmopolitan city, for a memorable congress.

Prof. Aysegul Yildirim Kaptanoglu, Trakya University Health Management

A.Kaptanoglu



*INTERNATIONAL
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ABSTRACT BOOK*

CONTEXT

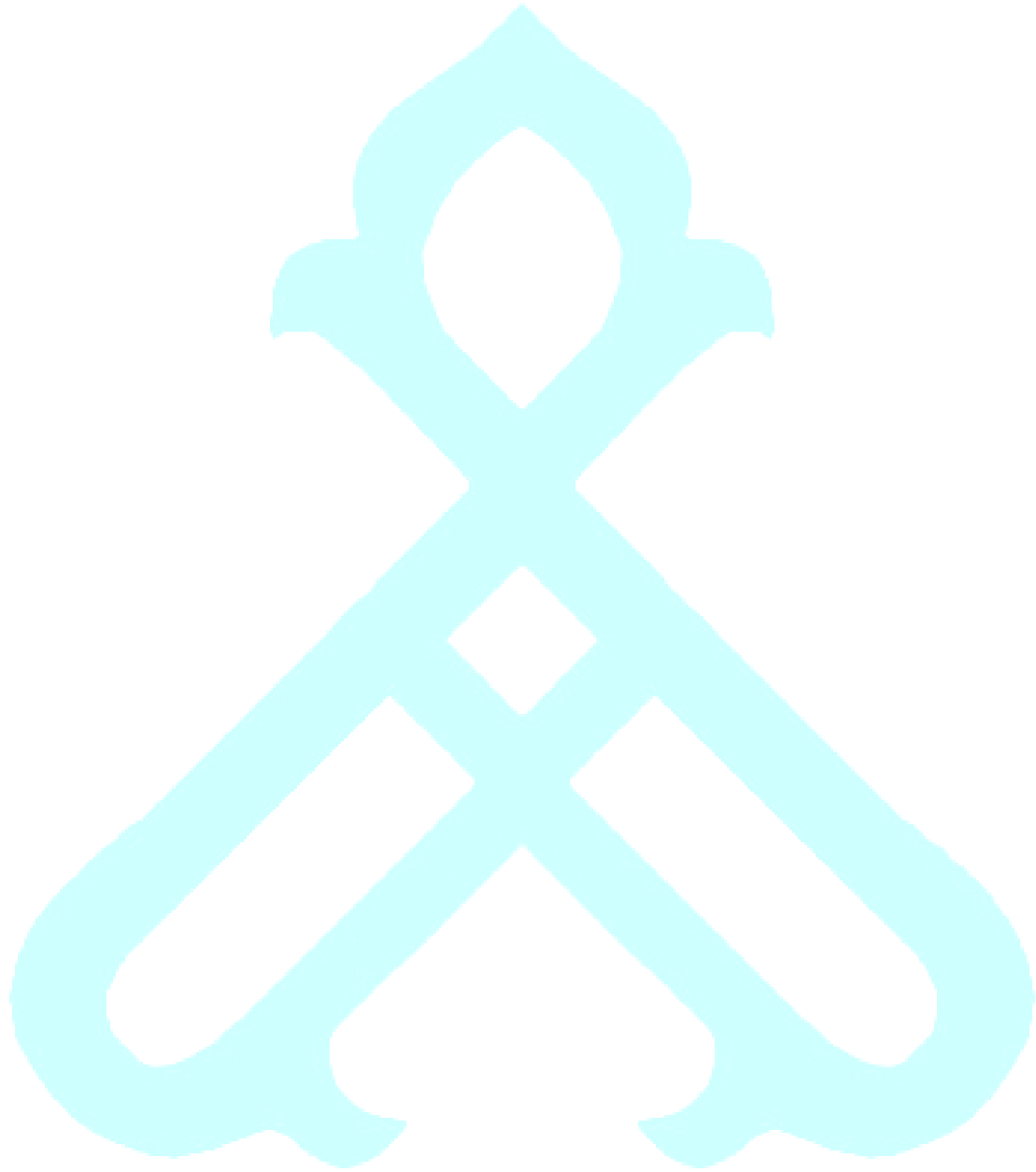
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CHAPTER I

HEALTH MANAGEMENT AND PRODUCTION

A Practical Framework for Health System Review

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Abstract:

Reviewing a health system requires background information about the geography and the environment, as well as about population demographic, social, economic, epidemiological data. The goals of the health system must be taken into consideration: care for people's health, responsiveness to health needs, fairness in financial contribution, access to care, population coverage. The review has to pertain to the functions of the health system: stewardship (system design, integration of data and data analysis, policy making, regulating, assuring a fair environment for the actors in the system, consumer protection, performance assessment; inter-sectoral advocacy and collaboration), resource generation (manpower and materials), financing (revenue collection, fund pooling, purchasing, contracting, procurement, payments), and provision of services (structures, scope of care, quality, equity, efficiency). The performance review requires the analysis of relevant indicators.

Key words: geographical and population information, goals, structures, functions of the health system, performance review

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Attitudes towards the Adaption and Use of Clinical Information Systems by Health Professionals: An Empirical Investigation

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Introduction: Despite the benefits of the use of clinical information systems (CIS) in the workplace, health professionals resist when it comes to the adoption of such systems. Although barriers may involve a variety of factors, investigating the acceptance behavior of health professionals towards CISs is important, when intervention policies have to be planned in order overcome the problem.

Methods: A cross sectional survey was designed using a 32-item tool to assess the beliefs of the health professionals working at two Hospitals of Iraklion, Crete, Greece. The tool consisted of three structures, concerning a) the acceptance of the new CIS recently installed b) the comparative acceptance between the new and the previous system and c) the evaluation of the new CIS features. Out of 240 distributed questionnaires 135 were answered using 5-point likert type scale (r/r 56.25%).

Results: The comparative acceptance of the old system was found very low (Mean: 1.63, SD: $\pm 1,19$). The evaluation of the new CIS system features (i.e. operational and technical characteristics) was found satisfactory high (Mean: 3.5 SD: 0.95). Finally, the overall acceptance of the new system was found lower than expected (Mean: 3.2, SD: 1.2).

Discussion: The health professional's resistance to adopt and use a new CIS system reported in the literature was confirmed. Such an attitude seems to be independent of the CIS features and the comparison of the older system. This conclusion implies that wide margins exist for interventions, such as proper education and training, better promotion, embedding more medical-related characteristics, etc in order to assist CISs acceptance and use by health professionals. Further research should investigate possible factors related to hospital and health professional's culture.

Keywords: Clinical Informational Systems • Computer acceptance • Resistance to new technologies • Health professionals

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Using Social Media for Health Issues: A Study on the Students of Vocational High School of Health Services

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Extended Abstract

Introduction: In the last decade, social media has become a phenomenon for both individuals and business. While individuals are using social media for interacting with others, expanding networks, sharing experiences and making comments, healthcare organizations began to use social media in order to reach target groups, interact with clients and promote products and services. Also, social media has changed the nature of the communication between the health organizations and the clients from one way communication to interactive, and become a trigger for individuals to make better decisions by reviewing the others' comments and experiences about hospitals, physicians, drugs, and healthcare etc. As a source of information, social media has become an important tool for reducing the information asymmetry between the health service providers and the clients. Furthermore, the increasing use of mobile phones, especially smart phones, allowed individuals to be online in social media whenever and wherever they are without any time or place constraints. In many academic researches, it is found that social media is mostly used for health information seeking and the use of social media is more popular for the youngsters.

Purpose: The rise of social media has attracted the attention of many practitioners and researchers, and each research has focused on different aspects of social media in health care such as prevalence of use, reasons of use, advantages and disadvantages, social media usage habits among different age/sex/education level/income groups. In order to identify the current status of social media use of young adults for health related topics, this study carries on three purposes which are (a) to determine the use of social media by young adults, (b) to evaluate the reasons of social media use for health issues, (c) to identify the differences between gender and location.

Material and Method: This study was designed as a descriptive research and the survey method was used to collect data in December 2014 among voluntary students during their final examinations. The survey was

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developed on PEW Research Centre's Health Tracking Survey which was implemented in USA at 2012. The study's sample consisted of 506 students who are the studying at Vocational High School of Health Services in Gazi University and Trakya University. The data obtained from the questionnaires were coded and computerized by the researchers, and, the frequency and percentage distributions were calculated using SPSS 15.0 statistic software. Comparison of the categorical data was carried out using Chi-square test. The values of $P < 0.05$ were considered statistically significant.

Findings and Results: Totally, 506 students studying at two different universities participated in the study. It's clear that young adults use social media tools for healthcare purposes, and the results indicate that Facebook and Twitter are the most popular social media sites used for health issues. Mobile applications related to physical exercise, diets and periodic tables are the most popular applications among young adults. Application developers and smart phone producers should take this into account and work more on 'free' health applications in order to raise awareness and improve the health knowledge of young adults.

Key Words: Healthcare, Social Media, Young Adults, Mobile Applications

Lean is to improve value for the patient

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Abstract

Introduction: Lean Management (LM) is a philosophy linked to the story of Toyota Motor Company (TMC) since 1918. Basic principle in LM is focusing on creating value for the people who receive product or services. For building LM organizations, the team must try hard and continuously to eliminate all non-value creating activities. They also must have free time for innovation of activities that increase customer value.

Purpose: The purpose of this paper is to develop LM in health care organizations and to consider activities and efforts aimed at increasing the value for the patients. The article indicates challenges and opportunities faced by health care organizations that intend to integrated LM principles and presents the specific context of the healthcare industry. Finally, the concepts of “basic and simple” and “customer value and patient value” are illustrated through a simple example of process. LM is not reductions in patient care and staff in healthcare organizations but is to make all process at lower overall cost. Lean management and principles, which was implemented in physiotherapy was discussed in the paper.

Keywords: Lean management • Physiotherapy • Healthcare • Innovation • Customer value • Basic

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The Satisfaction Measures Diyarbakir of Family Medicine Public System and Family Medicine in Turkey

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Abstract

The aim is to evaluate the Family Practice System provided in the scope of Primary care health services that are applied within the health conversion program framework. We have tried to evaluate if the citizens were pleased with this system, if they were aware of the system; moreover how well exactly the system is being applied. The research was applied to 56 citizens living outside the provincial borders of Diyarbakır. During the collection of the research data the scale of “Family Practice System Satisfaction Scale” has been used. The values of the Satisfaction values of the citizens in relation to the Family Practice Satisfaction scale has been calculated using Cronbah Alpha coefficient 0,663 ($p = 0,000 < 0,05$). The Cronbah Alpha coefficient which has been calculated for the general reliability of the scale has been found to be 0,66 ($p = 0,000 < 0,05$). The frequencies of the scales and variance analysis for the comparison of the scale, reliability analysis in order to determine the reliability of the scale, frequency analysis for statistics defining data analysis have been used. It has been noted that there was a significant difference regarding the subjects of how many times the participants have gone to the Family Practitioner, how satisfied they were with the services they received, the duty of the Family Practitioner and how well he/she performed his/her duties and the sustainability and future of said system. As a result of the research that has been carried out, according to the analysis results, it has been observed that the satisfaction scale of the citizens due to the setbacks that have been faced in the application of the Family Practice System; which is one of the cornerstones of the health conversion program, is quite low.

Keywords: Family physician, Health, Health transformation, Satisfaction

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In Marketing Health Services, Investigation of the Effect of Advertising Activities on Marketing

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Abstract

Purpose: In order to investigate the effect of advertising activities on marketing from the viewpoints of the students of health sciences, this study was prepared as complementary.

Material and Method: The survey questionnaire was administered to 280 students studying in Faculty of Health Science, Selçuk University. In the assessment of the data of the study, reliability analysis was utilized; t-test for dual comparisons; and variance analysis for multiple comparisons.

Results: The study group expressed that they viewed an advertisement as promoting a goods and services with a score of 61.5%. Among the information resources the patients who use to choose hospital, 96.3% of them expressed that they paid attention to the title of the hospital and of the physician.

Conclusion: In promoting the institutes presenting healthcare, advertisement is the first step. But in our study, it was concluded that advertisement can give a pre-information about hospital with the rate of 62.3%, and that advertisements do not always give a rate of 46.9 %.

Importance: It shows how health managers can effectively use the specified marketing factor; and that it makes contribution to literature.

Keywords: Health Service Marketing, Advertisement, Promotion

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Problems of Private Hospital Management

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Introduction: Privatization implementation took part in health sector to a large extent as in most of the other sectors. Nowadays 36 percent of the hospitals in Turkey consist of private hospitals. The problems of private hospitals, which have a big share in providing health services, is quite important. Private hospitals in Turkey date back to 1933. "Private Hospitals Regulations" has been valid since 2009.

Method: In this study, the importance of private hospital managements, their current problems, and their share in Turkish health sector are discussed. Description of the problems faced in private hospital management, detection of the source of these problems, and offering suggestions to solve these problems are among the objectives of this study. Within this context, private hospital managements in Turkey were researched from past to present, and the literature was examined. Secondary data was used in this study, and it has qualitative features.

Result: According to 2014 statistics of Ministry of Health, there are 556 private hospital managements in Turkey. In patient bed occupancy rates of these hospitals are 50.5%, and average length of hospital stay of these patients is 2.2 days. 22.4 percent of doctors and 32.3 percent of specialist physicians work in private health enterprises in Turkey. According to examined data sources, problems of private hospital managements were evaluated in subcategories. These are: Foundation Phase, Human Resources, Marketing, Management and Organization, Control and Evaluation, Technology and Finance based problems.

Discussion: The problems regarding to Foundation Phase were generally originated from bureaucratic process which contains detailed procedures. Restrictions in marketing affect health enterprises as a private sector in a negative way. Absence of qualified health professionals also affect private health enterprises dramatically. It was seen that the problems of private health enterprises originate from many different reasons. To resolve the problems, not just the private health enterprises but all functions related to subject should be enhanced.

KeyWords: Private Hospital, Problems, Problems of Business Management, Business

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Research upon Organizational Commitment of Employees Serving in a State Hospital in Konya

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Purpose: The aim of this study is to research the organizational commitment level of healthcare staff. The research has been performed in a state hospital serving in Konya. The research consists of 150 people. Organizational commitment survey which Bülbül, Ashhan brought on in 2010 has been performed.

Method: The research consists of 150 people. Satisfaction survey which Ercan brought on in 2004 has been performed. The fact that the organizational commitment of employees becomes high is significant for institutions to serve better. It's claimed that individuals who have organizational commitment are also highly productive, and they act within emotions of commitment, productivity, and responsibility. Employees' opinion, attitude and behaviour towards the organizations in which they are involved prompt the organizations to determine policies about commitment. Organizational commitment has become a vital subject for organizations.

Results: Organizational commitment is closely related to quitting job, absenteeism, retreat, seeking work activities, and attitudinal, emotional and cognitive structures like job satisfaction, job embrace, morale, and performance, characteristics related to employees' work and role such as autonomy, responsibility, participation, and sense of duty, and employees' personal characteristics like age, gender, period of service, and education. Finally, it's assumed that knowing individuals' organizational commitment factors would provide numerous benefits to organization in the future and improving organizational commitment would decrease organizational costs to a large extent. In this study, organizational commitment level of the employees will be evaluated.

Key Words: Heathcare staff, organizational commitment, organization, commitment, health

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Communication Problems between Patients Healthcare Staff and Patients and Solution Offers in Health Facilities

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Knowledge and transfer of knowledge has gained much importance in our age than ever before. Knowledge are transferred written and /or oral, and often supported by visual materials. The relationship between healthcare staff and patients are under the influence of many factors. Determinants of the relationship, as it sometimes may be features of healthcare staff sometimes the characteristics of the patients. In this study it is purposed to evaluate the healthcare staff-patient relationship based on the patient perspective and to investigate whether patients' views on relationship between healthcare staff and patient regarding the dimensions that define the relationship varies according to socio-demographic characteristics.

At the end of the study technical competence of healthcare staff, confidence to them, behavior on them, the disclosure level of the patient-physician, language used by health professionals and the general impression of the communication with the physician; patients age, they know the name of the health workers, the duration of the call, general health status and that vary according to the clinic they apply, whereas gender, marital status, and was found to have no significant effect on evaluation by the healthcare worker education levels.

The most of outcomes of health system closely is affected from quality of communication between health workers-patients. Satisfaction of physician, patient, nurse and other health staff are some elements affecting health staff-patients communication. Preliminary study examining physician and patient communication was realized by thinking to explore the issue affecting many outcomes in content of this study. When the study is examined, many studies showing that used medical terms by physician is adversely affected to the communication between health staff-patient are drawn the attention. But, to reveal the problem clearly, firstly seeing it from both sides will be more benefit. In this regard ,in this study primarily, it was tried to determine whether there was a communication problem between health staff and patients mutually. On the other hand, if there is, it is seek answers to question that such a problem which might cause from who, the sides solves .

This study aims to evaluate the health communication between the patient and their relatives who need to health services focusing on health communication through the concept of communication. The study is fundamentally a review but also professional knowledge and observation has been used in the study. The quality and effectiveness of communication between the all health staff , patients and their relatives have effects on the result of health services. In this context, in this study the structure of communication between health professionals and patients has been examined. When the studies about health communication is examined, these studies shows that they intensively focuses on doctor-patient and nurse-patient communication. The main reason of miscommunication between health professionals and patients is knowledge asymmetry that a feature of health services. So used medical terms by health professions makes the communication harder. The pleasure of staff and patients depends on positive communication.

Keywords: Communication, Health Staff, Patients, Communication problems

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Evaluation of Outsourcing Activities of Two Hospitals in Istanbul Province

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Introduction: Outsourcing is a practice that used by companies which want to focus on their basic functions. They are using this practice in order to reduce costs by transferring portions of work such as radiology services, laboratory services, computer data placement services, housekeeping services, security services and etc. Managers prefer to use these activities from outside suppliers rather than completing it internally.

Purpose: The main aim of this study is to determine perception of managers related to outsourcing activities of two hospitals in Istanbul, Turkey.

Material and Method: The data of the study was collected by in-depth interview with 2 senior executives of 2 hospitals. One of them was public and the other was private hospital. The sample was chosen with voluntary basis in between A level hospital in Istanbul.

Results: It was found that most commonly used outsources were as follows: radiology services, computer data placement services and general cleaning services. According to depth interview the main reason for using outsources is to reduce costs of these activities, and to deal with basic functions of companies.

Conclusion: According to a study that conducted in Turkey, %77 of companies use outsources in many supporting services. So, outsourcing is a crucial factor for businesses. In our study it was also found that hospitals prefer to outsource with experienced company that could reduce prices and pay less for workforce. So, that would decrease the internal staff overload.

Keywords: Outsource, Services, Supporting Services, Private hospital, Public hospital

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The Paradox of the Orthodox: Doctors are the “Lords” of the Greek Healthcare System

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Introduction: It is widely recognized that patients' satisfaction is strongly related to quality of Health services representing the quality of healthcare provision. The purpose of the present study was to assess the level of outpatient's satisfaction recording their opinions/impressions with respect to medical and nursing care provided.

Methods: This quantitative study involved outpatient's who visited 3 Primary Health Services in Heraklion, Greece. We studied 611 participants (74.6% women) aged 18-83 years old during a 3-month period (October-December, 2013). Outpatients' satisfaction was assessed using a structured questionnaire delivered by the Ministry of Health. This self-administrative questionnaire consisted of 7 modules 29 Likert-type questions as follows; 1=very poor to 5 = very good). The associations between modules and a total satisfaction was controlled using non-parametric methods (r-Spearman) and the associations between total satisfaction and individuals characteristics was assessed performing multiple linear regressions. P-values ≤ 0.05 was considered statistically significant.

Results: Data analysis revealed that our study patients were reported more satisfied by Medical Care (mean 4.4), Laboratory services (4.3) and Nursing Care (4.2) provision. Medical care was significantly associated with Nursing Care ($r=0.675$, $p<0.001$) and Service Administration ($r=0.327$, $p<0.001$). Also, overall satisfaction was significantly associated with an increased age ($p=0.006$), service by laboratory services ($p=0.009$), medical care ($p=0.002$) and nursing care ($p=0.013$).

Discussion: The main finding of the present study was that outpatients' satisfaction was mainly associated with medical care - in contrary with the rest of components, suggesting that medical staff is the key role in Greek Public healthcare system. There is a hard belief that Greek primary care users were based on physicians' politeness. Interestingly, it was also found interaction between medical and nursing care, possibly due to the fact that partnership of both; doctors and nurses is a catalytic component improving positively patients' outcomes. This study concludes that patient's satisfaction is depended on doctor's care, suggesting that Greek doctors are presented as "Lords of the Greek Healthcare System".

Keywords: Outpatient satisfaction, Primary health care, Medical care, Quality of healthcare.

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Differences in Quality of Care Provided to Greek Hospitalized Patients

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Introduction: Hospitals are undergoing pressure from governments and the general public to improve their quality and compete effectively. It has been suggested that patient's impressions and/or opinions constitute a reliable indicator for the evaluation of quality of care provided. Therefore, the purpose of this paper is to highlight patients' perceptions and expectations related to the quality of care provided in public hospitals.

Methods: In this literature review we systematically studied original papers and systematic reviews conducted in Greek hospitals for the last 5 years (2011-2015). We also used specific keywords such as "patient's satisfaction, quality of care, perceptions and expectations of patients" on the electronic databases (PubMed, Scopus & Trip database). Supplementary literature was researched in Greek Nursing and Medical Journals. Finally, 17 articles were critically reviewed showing useful results.

Results: Differences in quality of the provision of health services were found to be the credibility that consists of the stability of care, the consistency and the duration of performance, the personnel responsiveness and the vigilance to serve the health user, its efficiency, the accessibility of health services, the politeness, understanding and communication of health professionals in relation to their professionalism, the security and the working environment.

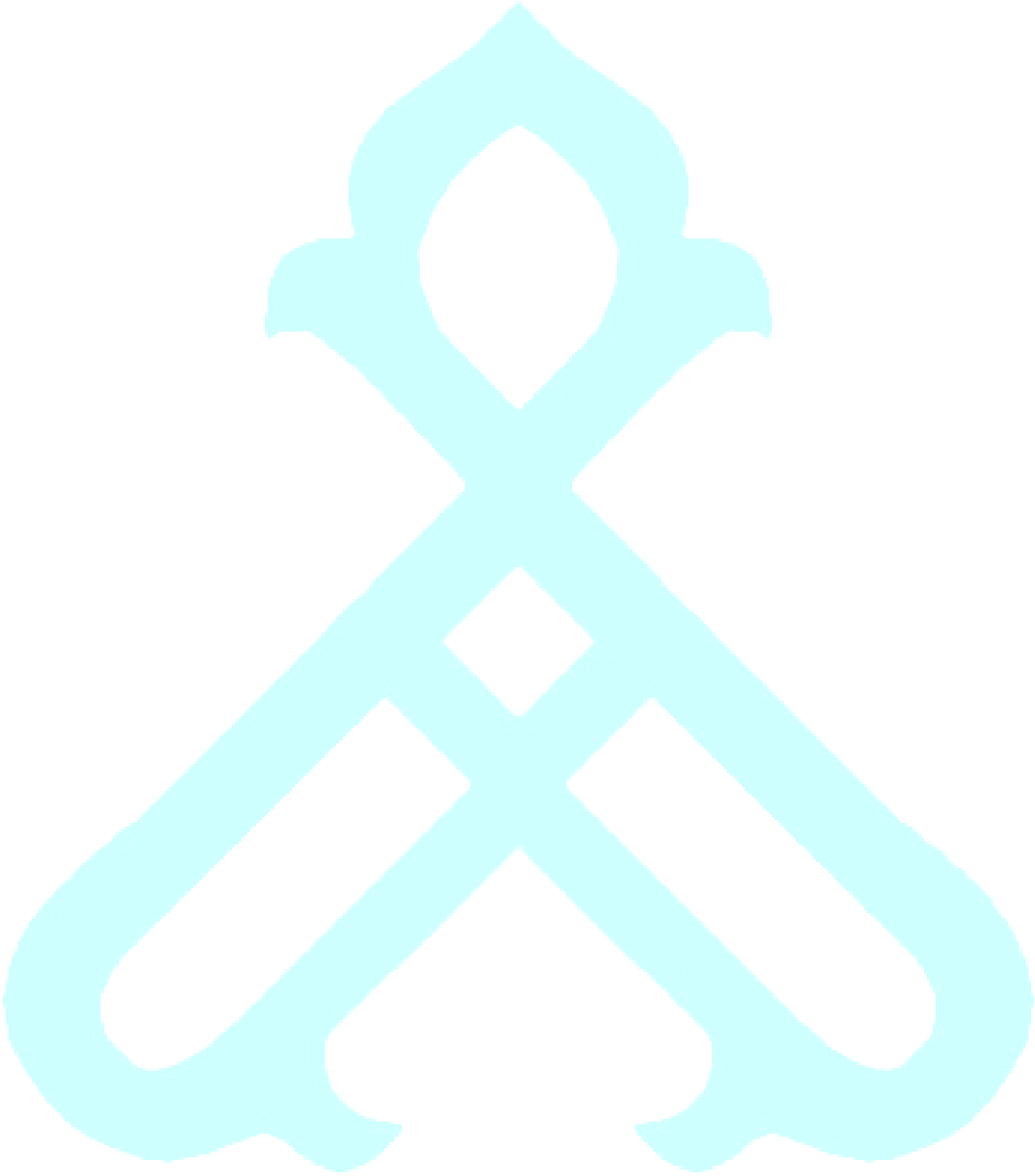
Discussion: The results clearly establish the areas where quality improvements are more demanding. Further, it provides directions for hospital managers and policymakers to develop strategies which will meet patients' expectations of service quality restore patients' trust in public hospitals and increase thus their competitiveness. Finally, it gives support to the view that, although difficult, service quality in the health sector can be measured and consequently be monitored systematically in order to narrow previously identified gaps and take corrective actions when necessary.

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Key words: Patient satisfaction, Quality of care, Hospital, Accessibility



Quality of Care in Hospitalized Pediatrics Patients

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Introduction: The concept of patient satisfaction has emerged in the literature as a reliable indicator for assessing the impact of health policies that is straight related to the adequate satisfaction of general and specific health needs. In particular, the assessment of quality of nursing care of pediatric patients hospitalized in pediatric clinics based on the satisfaction of their family. Therefore, patient satisfaction from nursing care is the most important factor that determines their general satisfaction of the care provided in hospital. The higher quality is provided nursing care to pediatric patients, the higher the satisfaction rates of their families. Consequently, the main purpose of this study is to assess the degree of user satisfaction in pediatric clinics of the provided health care.

Methods: In this review of the literature we studied systematic reviews and original researches conducted in Greek hospitals for the last 7 years (2008 - 2014). Specific keywords such as: "satisfaction, quality of care, pediatric patients, health, Greece" was used searching on electronic databases (Scopus and PubMed).

Results: Parents appeared satisfied with the treatment and care their child received in the hospital, while pointing out problems relating to both staff shortages, and the lack of cooperation and participation in their child's health care. Also, workers at pediatric clinics especially in nursing services assessed fairly high degree of service users. Instead, the infrastructures of the hospital adversely affect user satisfaction.

Discussion: Policymakers bodies should develop better strategies to meet patient's expectations regarding care provided services. Additionally, it should restore the confidence of users to public health services. Finally, there should be systematic recording of the views of patients about satisfaction considered corrective measures as needed.

Key words: Satisfaction, Quality of care, Pediatric patients, Health, Public health services

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Association Between the Applied Health Policies and Probability of Premature Death in Bulgaria

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Introduction: Non-communicable diseases (NCDs) are estimated to account for 94% of total deaths in Bulgaria. The duty of national health system is to implement health policies for reducing negative consequences of premature death (between ages 30 and 70 years) due to NCDs for public health.

Purpose: Analysis of the association between numbers of health policies applied in response to non-communicable diseases and the likelihood of premature death in Bulgaria. Assess the situation in Bulgaria comparing with the other member states of the European Union (EU).

Material and methods

Primary information was extracted from World Health Organization's Global status report on NCDs (2014) and Health for all databases for European Region of WHO.

The data were processed statistically and illustrated with tables and graphs.

Results and Discussion

For 2014th the probability of premature death of fourth NCDs (cardiovascular diseases, cancer, chronic lung diseases and diabetes) in Bulgaria was 24%. It was highest level in comparison with other EU countries.

Life style risk factors as current tobacco smoking, total alcohol per capita consumption, raised blood pressure, etc. were more widespread among males. Despite of the reduction of premature deaths by cardiovascular diseases in the last twelve years age-standardized death rates and number of deaths in Bulgaria were higher for males than females.

The number of health policies applied in Bulgaria is lowest (2) in comparison with other member states of the EU (9 in Lithuania). They are only related to standards for the management of major NCDs through a primary care approach and presents of national, population-based cancer registry.

Conclusion: It was found necessary to implement effective health policies in Bulgaria in order to improve public health and to reduce the probability of premature death in the country.

Keywords: Premature death, Non-Communicable Diseases, Health Policy, Public Health, Risk Factors

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Job Satisfaction Analysis of Health Workers in Edirne

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Introduction: In this study, analysis of job satisfaction of healthcare workers were evaluated in Public Health Department of Edirne. A cross-sectional study was conducted with face to face interviews. Training-related job, satisfaction with their current job, ideas valued status, over working conditions, physical environment, information- processing systems, in-service training, workplace conditions, food and hygiene, communication, coordination, issues and costs are evaluated in the study.

Result: The majority of employees (49.6%) were less than 5 years of his time in the job, the occupation of 91 % to be satisfied with their job current job, but satisfaction for descriptions of job 78,2's % were identified. Satisfaction from physical conditions was 62%, workplace hygiene satisfaction level was found to be 59 %.

Conclusion: There was need to increase interest to the foods. And also to communicate with managers and other staff were considered to be strong. It was seen that there is a need to work on the awarding of success.

Keywords: Health care workers, Job satisfaction, Human resources, Business analysis,

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Learning Organizations and Being a Learning Organization in Health Institutions

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Introduction: Health institutions are people oriented and dissemination and sharing of information has a intensive role for these institutions. This study aims to examine the advantages of being a learning organizations in health institutions.

Method: The study is a review and discusses the concept of learning organizations in health services.

Discussion: Peter Senge describes learning organization in his book “Fifth Discipline” as; “where people continually expand their capacity to create the results that truly desire, where new and expansive patterns of thinking are nurtured, where collective aspiration is set free and where people are continually learning how to learn together”. Health services require skilled and learning manpower. Health institutions need to be flexible to follow new technologies and to solve the problems that they can face any time. To meet this needs depends on making learning a part of corporate culture and ultimately being a learning organization in health services.

Conclusion: Information era effects health services as well. Health services are dependent of skilled manpower and medical technology. So health institutions need to encourage their human resources to learn as a team, produce new information and share to be a learning organization. Managers need to provide a comfortable environment for workers. And it must be remembered that health workers may have problems and expectations too.

Keywords: Learning organizations • Healthcare services• Health institutions •Organizational learning• Individual learning

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Systematic Review and Meta-Analysis of Social and Demographic Pre-Disposing Factors of Falling Among Elderly People

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Introduction: The multi factorial causes of falls among elderly people are well known. Identifying the social-demographic characteristics of elderly people who fall would enable to define the typical profile of the elderly who are at risk of falling.

Objective and Method: The social-demographic risk factors for falls among the elderly people have been evaluated. In order to carry out a meta-analysis by combining the results of all of these selected studies a systematic literature review using the key words via EBM, CINAHL, EMBASE, PUBMED and MEDLINE” elderly aged 75 years or over”, “accidental fall”, “living single”, “living nursing home”, “living with family” and “risk factors” were searched and used.

Inclusion criteria entailed the selection of articles with the following characteristics: population of subjects aged 75 years or over, falls that took place in everyday life, and social-demographic risk factors for falls.

Results: 3,688 indexed articles published between 1987 and 2015 were identified, and 925 studies with available data were included, of which 150 had data on social-demographic risk factors for falls.

Difficulties in activities of daily living (ADL) or in instrumental activities of daily living (IADL) double the risk of falling:

The OR and 95% CI were 2.04 (2.10, 2.30) for disturbance ADL and 2.10 (1.98, 2.51) for IADL. The OR and 95% CI for women were 1.42 (1.11 - 2.01) and 0.94 (0.81 - 1.74) for men. In the subgroup of patients older than 75, being protected in nursing home from falling with an OR and 95% CI =0.58 (0.43 - 0.62).

Conclusion: Defining factors that create a risk of falling and protect elderly people from falls using social-demographic characteristics provide that "elderly people aged 75 or more" needed a specific help. These could be developed either at home or in nursing home with the collaboration of family and community.

Keywords: Social-demographic Characteristics, Risk factors, Falls, Elderly, Meta-analysis, Living single , Living Nursing Home, Living with Family

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Globalization of Integrated Medical Information Systems the Challenge of the Next Decade: Perspectives, Design and Implementation

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Introduction: It is widely accepted that the application of information systems in the health care sector over the past years not only improved the management of the health care organizations, but also contributed in the improvement of the health care delivery itself. Information sharing concerning medical records among different hospitals, which may be based on different regions, even based on different countries, seems to be most important issue of the next decade. Although different health organizations may use different information systems, the medical information should be formatted, stored and distributed among authorized users quickly, and being understood and used easily and efficiently. Thus, the future medical information systems should be based on three principles:

1. Modern network architecture
2. Incorporating the best practices of Medicine and Nursing
3. Using common data bases and medical information coding

Such an approach has multiple benefits: Individuals may receive best medical care, as their medical record and history will be available on request at any place, once the patient is registered in any local system. Medical information will be formatted according to the same rules. Medical and nursing decisions concerning patient evaluation and treatment, may be supported by the best practices, easily accessed using the system, if needed. Acute care and emergency departments may be more efficient, as the medical history of the patient will be available by the time the patient will be transferred to the hospital. Moreover, statistical outputs concerning any item such as drug consumption, hospital availability, infection control, etc. may be used to better policies,

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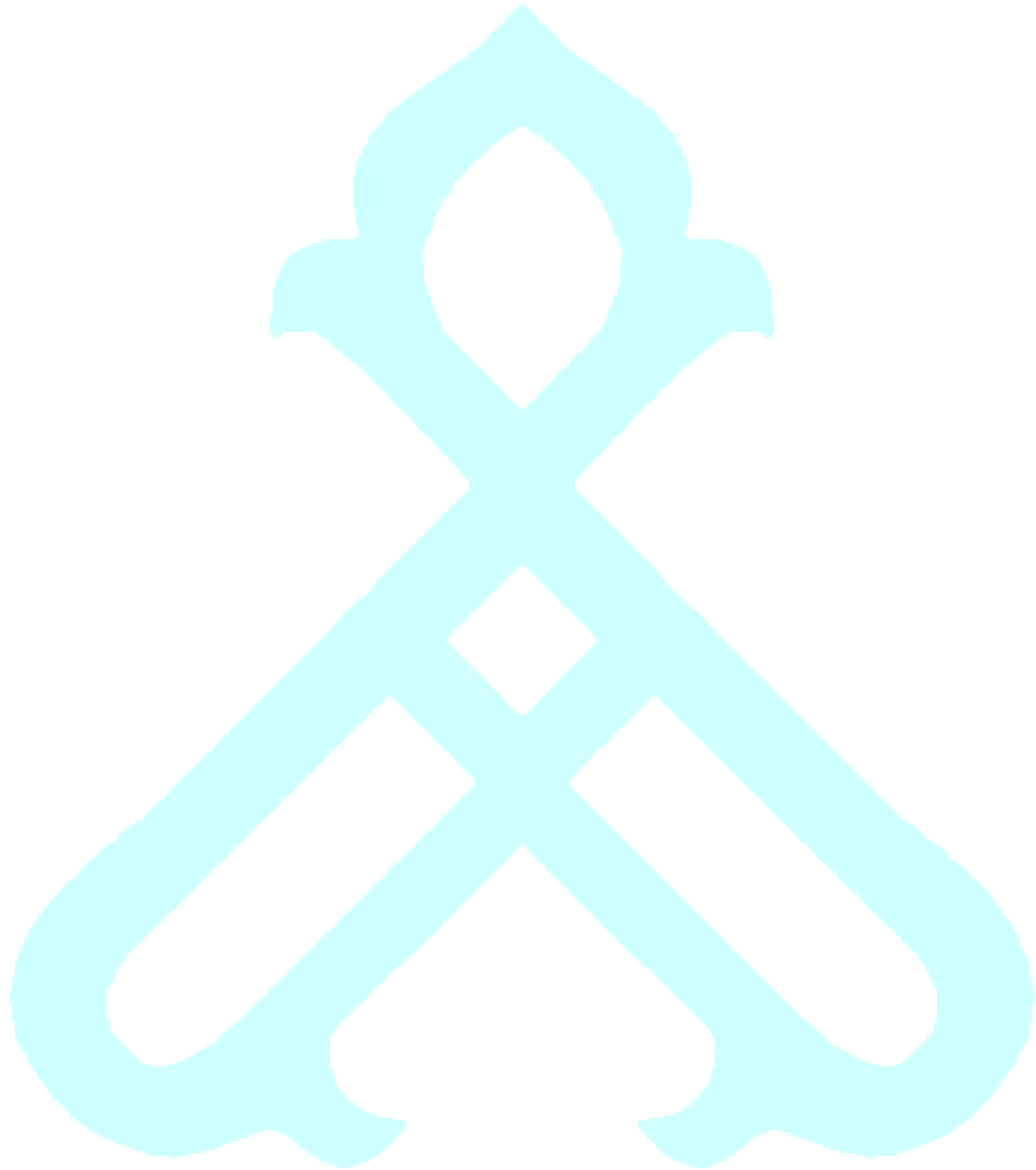
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improving the overall health care delivery. Software developers should cooperate with health care professionals and scientists in order to create modern integrated medical information systems based on such principles.

Conclusions: Health care professionals as well as hospital managers and government organizations should embrace and encourage the use of medical information systems, as a new approach, the “medical information culture” of the next decade.

Keywords: Information systems • Medical information culture • Health care organizations



EU – Turkey Accession Negotiations on Public Health and Global Trends in Health Policies

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Introduction: The EU and Turkey relations have typically been tough since the first Turkish application for membership back at 1959. The relationship suffered several stagnations through the long years of Turkey’s associate membership and then candidacy for full membership. As a matter of fact, the times of progression among them have been very limited throughout their history of interaction. Since 2005, Turkey and the EU have started accession negotiations, which has been expected to be resulted eventually with Turkey’s membership such as rest of the other accession negotiations had completed, especially by Turkey. However, this negotiation has taken a different path, it has been now more than ten years, and it is almost locked. Either as a result of the reluctance of Turkey due to the lack of membership perspective or thanks to the political obstacles put forth by the EU, in most of the negotiation chapters the advancement is very limited if there is a progress. On the other hand, the level of compliance in the chapter comprising public health is surprisingly high. According to the recent progress reports for Turkey, the Commission seemed quite satisfied with Turkey’s compliance on public health issues and asks only some slight improvements.

Conclusion: The main question of this paper will be “why there is a considerable progress and a high level of compliance in public health policy between the EU and Turkey unlike other policies?” In other words, even though there are no signs of giving Turkey a clear membership perspective or removing political hurdles which having been cause the slowdown in negotiations, what makes the public health policy different comparing the most of other policy areas. In this study it will be suggested that the global trends in health policy, such as social approach of WHO or market centered pressures from World Bank and IMF, affect both Turkey and the EU simultaneously. Moreover, it is claimed that due to the lack of a well rooted health system in Turkey, the transformation of Turkish public health policy is much faster than the EU which accelerates the compliance among the parties in the field of public health.

Keywords: Public Health, Health Policy, EU, Turkey

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Mobbing Against Hospital Staff Members: Sample of Mut Public Hospital

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Purpose: The objective of this study is to determine the mobbing against healthcare professionals, and the way that it occurs.

Method: In the survey method, which was chosen as data collection method in this study, survey questions are composed of two parts. In the first part there are questions about personal information; in the second part there are 38 questions taken from Leymann's scale, which is consisted of 5 subdimensions, to determine psychological violence behaviours. Samples of the study consist of 80 healthcare professionals, who work at Mersin Mut Public Hospital. During the analysis of surveys, SPSS 20.0 statistic programme was used, independent samples t-test was used for paired comparisons, and one way analysis of variance was used for multiple comparisons. Cronbach Alpha reliability coefficient of the scale used in the study was calculated as 0,611.

Results and Discussion: When the subdimensions of the scale were examined in terms of age factor, it was seen that there is a significant difference between Affecting of victim's communication opportunities and Defamation of victim's personal identity ($p < 0.05$). The result of Scheffe test conducted to detect the difference in Affecting of victim's communication opportunities subdimension showed that the difference is between the group of aged 40 and above and the age group of 20 to 29, and the communication opportunities of the age group of 20 to 29 are restricted more. The result of the analysis conducted to detect the difference in Defamation of victim's personal identity subdimension showed that the difference is between the age group of 20 to 29 and the age group of 30 to 39, and the age group of 20 to 29 are affected from defamation of personal identity more. When it was compared to the group of aged 40 and above, it was detected that the communication opportunities of the age group of 20 to 29 were restricted more. It was seen that the age group of 20 to 29 was affected from defamation of personal identity more than the age group of 30 to 39.

It was observed that mobbing behaviours in 250 female and 162 male healthcare professionals vary from 11.9% to 60.1, and the verbal abuse rate was found as 31.8%, sexual abuse rate was found as 12.4% in a doctorate study named as "The Effect of Psychological Violence (Mobbing) on Healthcare Professionals" conducted in 2008. As a result of this study, it was determined that the communication opportunities of nurses were restricted more than health technicians. It was seen that the communication opportunities of workers with experience of 1 to 9 years, were restricted more than the workers with experience of 10 to 19 years. When the Defamation of victim's

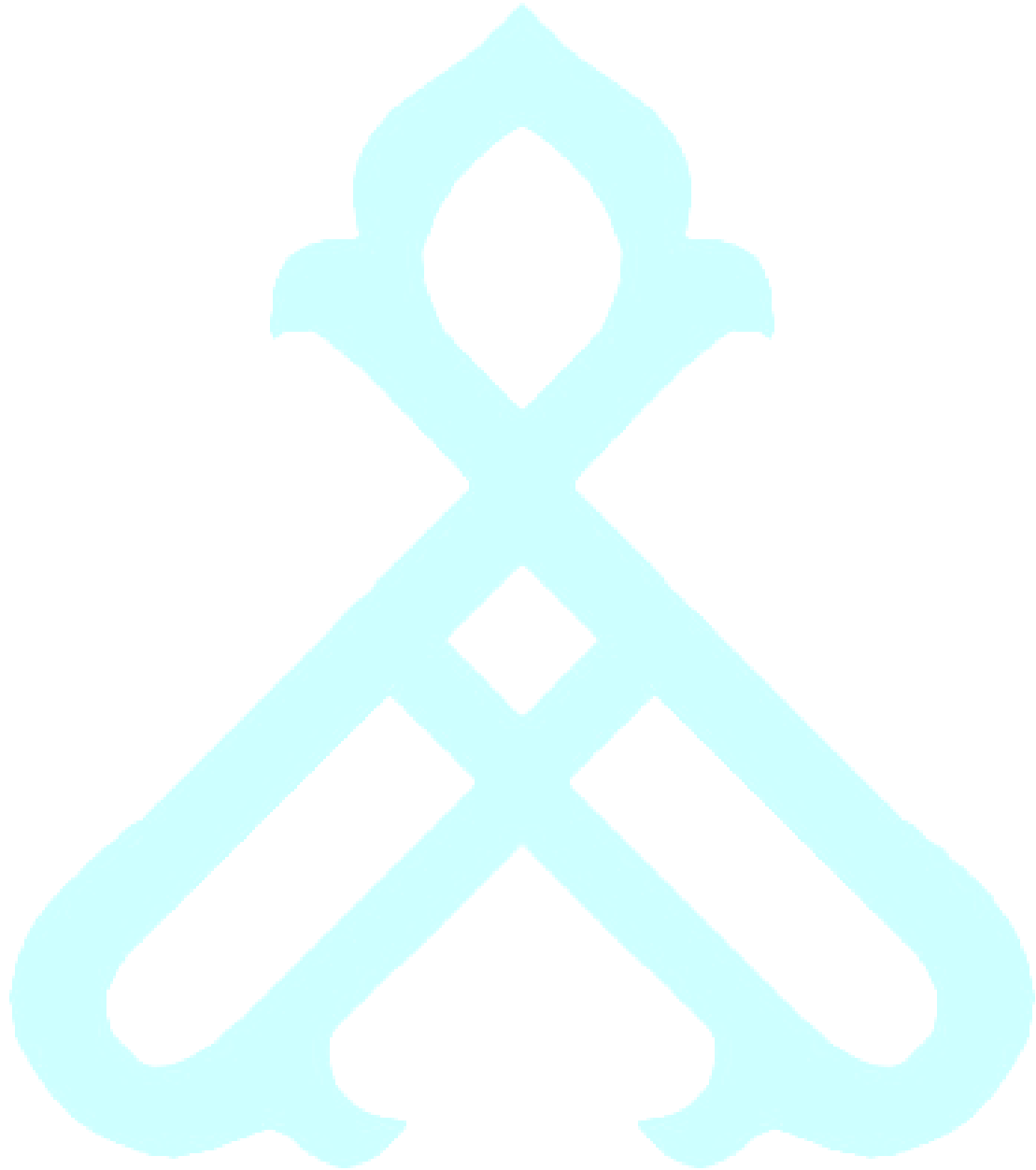
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personal identity subdimension was evaluated in terms of social rank, it was determined that nurses are affected the most..

Key Words: Mobbing, Psychological Violence, Healthcare Professionals, Hospital Staff Member



Examination of the Reasons for Delays in Delivery Periods of Dental Prostheses with the Ishikawa Diagram

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Introduction: The Ishikawa (fishbone) diagram is a very effective and frequently used method of determining the reasons for results and demonstrating them systematically. The purpose of this study is to determine the reasons for the delays in the dental prosthesis delivery periods in a public oral and dental health center operating in Turkey. For this purpose, managers of the institutions were interviewed, and “corrective preventive activity forms” were examined. The main reasons and sub-reasons for the delays were analyzed with the Ishikawa diagram and visualized.

Conclusion: As a result of the evaluation done, four main reasons which prolonged the delivery periods of dental prostheses were obtained. These reasons are doctor-oriented (that the number of the patients a doctor has to care for is too many, that the doctor is off-duty, and that the doctor is on sick leave), patient-oriented (that the patient feels fed up due the high number of appointments and transportation problem), system-oriented (that the time intervals between appointments are long, and that the period determined in the prosthesis service purchase by a tender is long) and laboratory-oriented (physical inadequacy, that the number of the try-ons of prosthesis patients is too many, repetition of the work, and that the number of the work that can be done is limited) reasons.

Keywords: Oral and Dental Health center, Dental prosthesis, Delay, Ishikawa Diagram

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Organization of Palliative Care Services in Turkey

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Introduction: This study is significantly important in terms of examining current situation and pointing out deficiencies. The developments in the field of medicine has extended duration of life and has retarded death and has risen the time to be spent suffering from terminal illness more and more. This increase in the life time of incurable patients or patients who don't respond to treatment has increased the need for palliative care. . Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Purpose: The aim of this study was to examine the existing palliative care services situation in Turkey.

Method: This study has been generated by reviewing the literature about the topic. The research has the qualification of descriptive survey model and it is a compilation study.

Findings: There has been an increase in the number of patients in need of palliative care. Correspondingly with the aforementioned increase, the number of the centers serving in palliative care field has been increasing as well. According to Directorate General of Health Services, while the number of active palliative care centers was 17 in 2013, this number went up to 97 in 2015. The number will increase in coming years.

Conclusion: The number of palliative care centers in our country is far away from satisfying the need currently. The need of patients in need of care is generally satisfied by their families. Besides, the legal lap in setting up and managing institutions to serve in this field poses another problem. To solve the problems, the awareness of the society must be raised and new institutions to satisfy the need must be set up. Regulating curriculum and filling legal gaps are among other requirements in order to raise palliative awareness.

Key Words: Quality of life, Palliative Care, Hospice

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Protestant Ethic

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Introduction: This study explains how Protestant Ethic of Capitalism subsided by talking Weber's approach with Modern Industrial Capitalism of Marxist views and Asian comminutions.

Either capitalism is perceived as only "plunder", "scoop" and "fraud" under the influence of Asian Culture or only "explanation" under influence of Marxist view in our opinion. Desire of profit and earning has existed in every age and society. However Weber advocates the drive to obtain, earnings passion and greed of profit are no way the some things Capitalism. According to him, Capitalism may be identical with these irrational impulses reined at best, at least with balancing of rational. Desire of profit and earnings has existed in every age and society. However, the combination of the pursuit of profit with rational discipline thought history for once in view in modern times. This composition is modern enterprises which aim to achieve maximum profit thought a bureaucratic organization. Weber's capitalism is based on "Modern Industrial Capitalism". According to Weber, Industrial Capitalism has two fundamental conditions as complementary and essential. Supplementary conditions of Capitalism: the emergence of the bourgeoisie, urbanization, the development of industrial technology and rational law. Complementary conditions are needed for consisting material body of capitalism. However it is soul that enlivens the body and characteristic. In this context modern industrial capitalism soul is "Protestant Ethic".

According to Weber the domination of capitalism all over the World is not pillage, plunder and colonization advocated by Marxist thought, it is emphasized that morality caused by Protestant asceticism thinking. Idea of underlying the Protestant ethic that the desire to surrender himself to soul constantly trying to close to God and the work has seen as worship has been instrumental in the removal of most of need capitalism is workers source. Protestantism has spread quickly especially in Germany, England, US in a short time. Especially in the US, Georgia has many churches where excessively Baptists have inhabited. There are also many community created by Protestant denominations today. These communities become a structure involved as Ahi organization of the Ottoman Empire that strengthening trade relations or is a family company that provides global connectivity in addition to their religious obligations.

According to Max Weber; capitalist mentality is present in Protestant ethics. Protestant morality, successful economic activity and income have been identified as desirable religious activities. Protestants were hard working and saving capital. To resist principle of desire of soul that arising from beliefs didn't permit the inactivity of fortune as they didn't allow accumulating inordinate expenditure. So, they invest, they have created strange flesh and economic order. In fact, Protestant ethics is in full compliance with the first stage of capitalism both the search for maximum profit and the largest part of the profit.

Keywords: Protestant • Ethics, Weber, Economics

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A Non-Traditional Approach to Leadership: Shared Leadership

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Abstract

Although common research area of many social science, it has not formed a common perception among social scientists about what leadership means. Leadership is a concept that can be analyzed in different ways when examined from different perspectives. One of these perspectives is “shared leadership” and this perspective is a matter of investigation for years.

Leadership is an important issue that can affect the success and failure of various organizations, countries and social, religious or military movements. When looked at the history of leadership, it can be understood that the history of leadership as old as the history of mankind. People tend to live together as a group in the past and as a society today. In the societies, people need to be guided and affected and the person who can guide and affect the society excel with acceptance of society. Leadership issue is always available in the history and it would not be a wrong expectation that leadership concept will be available even in the future. Researchers have done a lot of researches to determine the most effective leadership style over the years, and these studies still continue.

Shared leadership has strong relationship with other areas in management literature such as empowerment and learning organizations. In shared leadership it is emphasized that organizations should maximize the bottom-up or distributed leadership approach as much as possible.

Keywords: Leadership, Leadership approaches, Shared Leadership

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Stress Management Resources and Effects on Health Workers in Health Institutions

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Introduction : Organization and management of resources in an efficient and effective manner of use and quick production of goods and services, must be maintained in a quality manner. Businesses that take into account the competitive conditions in the market give importance on the management of the organization to keep up with the competition. As well as the efficient use of resources but also have a healthy business environment and the psychology of motivation levels of employees are required to be kept at a high level. The aim of this study was the personnel of health institutions faced identify sources of stress and management to determine the effect on health care workers and develop recommendations aimed at preventing these stress factors.

Materials and methods: The study of the main mass (universe) which operates in the province of Trabzon Oral Health Centre and the State hospital medical staff involved in total of 125. Questionnaires were used as a collection tool. The questionnaire used consists of 25 questions. The reliability analysis of the survey results is performed with SPSS Cronbach's alpha value of 0.850 is reached.

Results: They were subjected to administrative sources of stress during the work of health workers as a result of this research, the stress of the family and they reflect the private lives of age sources of stress, however, the demographic characteristics and differences as working time has been shown to be caused.

Keywords: Stress, Stress Management, Managerial Stress, Coping with Stress, Health workers

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The Comparison of Burnout Syndrome Level of Employees Working in Public and Private Hospital

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Introduction: Burnout is one of the important concepts in literature. Burnout syndrome effect people's professional and social life negatively, causing the lose of self-regard, chronic fatigue syndrome, despair, hopelessness and characterized by physical, emotional and mental exhaustion. Health care workers participated in our study serve people worried, traumatized and people in negative cases such as have a risk of death and despair. Therefore health care workers have a risk of down with burnout syndrome. Scientific researches about burnout syndrome in health sector indicate that high level of burnout syndrome is related with nature of business. In this context, the organization type (public or private) health care staff are working on is important in respect to the difference in nature of business. Because public and private sector are different from each other in terms of work-load, working times, discipline practises, reward types, leadership style, patient profile, salary, social rights etc. On that sense, the burnout level of health care staff working on both sector is different from each other.

Purpose: In this context, in this study, our aim is to identify comparatively the burnout level of health care staff working on public and private hospitals.

Material and Method: For this purpose a questionnaire was conducted to 68 health care staff working on public hospital and 72 on private hospital in Sivas. Datas obtained was analyzed by SPSS program.

Results: The research results indicate that almost half of health care workers exposed to at least one of the dimensions of burnout syndrome, there was statistically significant difference between burnout level of health care staff working in public and private hospital, private hospital workers had higher burnout level, nurses, face to face interacting with patients, have highest level of burnout, covenanted employee had higher level of burnout than permanent staff.

Key words: Burnout syndrome, emotional exhaustion, desensitisation

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The Effect on Job Satisfaction of Nurses of Executive Nurses' Leadership Behaviors

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Introduction: Hospitals, labor-intensive operations are organized in order to give the health care needs of the community. Therefore, the hospital depends on the success of human resources. Nurses constitute an important part of human resources in line with the hospital purposes must be motivated. Attitudes and behaviors of managers in ensuring the job satisfaction of nurses plays an important role. Executive Nurses' leadership behavior, directing other nurses effectively to the right target. Effectiveness and efficiency of nursing services, are closely related to leadership behaviors exhibited. This study was planned nurses' leadership behavior of managers to determine the impact on the job satisfaction of the nurses.

Method: Depending on the research objective is a sample set consisting of nurses of the Ankara Polatli State Hospital. The research data were obtained from hundreds of nurses who agreed to participate in the study. For creating data sets in research "Personal Information Form", "leadership behavior scale" and "Minnesota job satisfaction scale" containing a questionnaire was used. In evaluating statistical analysis of the data; percentage, frequency, correlation analysis, Kruskal-Wallis H-test and Mann-Whitney U test were used.

Results: The result of research nurses, executive nurse of the leadership style "task-oriented" as perceived, "was determined to be a high level of intrinsic job satisfaction. Executive Nurses' of leadership behaviors that affect nurses and nurses' job satisfaction level has reached the conclusion that the relationship significantly advanced with each other. Perceived leadership style scale with average dimensions between occupational groups and work in the units they are working and they have chosen willingly variable was significant statistical difference; job satisfaction level of education, working time and work by the way has been found that there are statistically significant differences between them.

Keywords: Executive Nurse, Nursing, Leadership, Job satisfaction

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The Evaluation of Shared Leadership Perception at Secondary Healthcare Institutions in Kırklareli Province

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Introduction: Although common research area of many social science, it has not formed a common perception among social scientists about what leadership means. Leadership is a concept that can be analyzed in different ways when examined from different perspectives. One of these perspectives is “shared leadership” and this perspective is a matter of investigation for years. This study aims to determine the perception of shared leadership among secondary care health service providers.

Material and Method: The universe of the study 66 nurses working at Babaeski Public Hospital in Kırklareli. In the period of the research, those who refused to participate in the study and who authorized were excluded. Voluntary setting was conducted. To examine the perception of shared leadership 50 nurses working at Babaeski Public Hospital in Kırklareli were surveyed (%75).

The 24-item questionnaire used in data collection was developed based on previous researches and expert opinions. The questionnaire has two parts. The first part consists of 8 questions regarding demographic characteristics and the second part consists of 16 questions (four options Likert scale) related to the perception of shared leadership. 2 different components were found according to the factor analyze. One of them is “Leading and Motivation” and the second component is “Organizational trust and Problem solving”.

Results: The Cronbach’s alpha coefficient of the scale was found to be 0,95 analyses were performed by SPSS 13 statistical software package. %84 of those surveyed are woman, all of them are nurse, %64 have bachelor degree. The data analyses revealed that there is a significant difference between educational status and perception of shared leadership ($p=0,011$). To test hypothesis, in the first stage, Kolmogorov-Smirnov that using to measure the normal distribution was conducted and $p=0,005$ found. Therefore, in the second stage, Kruskal-Wallis was performed and $p=0,011$ was found.

Conclusion: According to the shared leadership scale means, those have master degree education more tended to share leadership roles in Babaeski Public Hospital in Kırklareli.

Keywords: Leadership, Shared leadership, Nursing, Public hospitals, Primary Healthcare

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The Satisfaction Level of Outpatients

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Introduction: Health patients to doctors for years have been associated with the ability to define quality of service improvement. Today, especially in service quality identification manufacturer for the service is about much more factors. Factors affecting the satisfaction of patients undergoing outpatient diagnosis and treatment were investigated in this study. The aim of this study was to measure the satisfaction level of the outpatients.

Materials and methods: The study of the main mass (universe) in the last 12 months the Gümüşhane services in Government hospitals are operating in the province to 120 patients. Simple (random) sampling method was used in research in. Data were collected by survey. The reliability analysis of the survey results is performed with SPSS Cronbach's alpha value of 0.662 is reached.

Results: Overall satisfaction level with the services of the patients participating in the study were high.

Keywords: Service Quality, Patient Satisfaction, Satisfaction Levels, Patient

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The Validity and Reliability Study of Turkish Version of Work-Related Flow Inventory (Wolf)

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Introduction: Work is an important area in human life. Work life offers social and economic networks among people. After Industrial Revolution, work life changed from human power to machine power. On the other hand people's education, skills and competences became core element of production. In literature flow means 'one that many people have used to describe the sense of effortless action they feel in moments that stand out as the best in their lives.' According to this definition, during flow, people are focused their work intensely and this situation increases his/her motivation. The flow has three components: absorption, enjoyment and intrinsic motivation. Bakker developed a 'work-related flow inventory' (WOLF) in 2008. WOLF was occurred 13 items ad 3 dimensions (absorption-4 items, enjoyment-4 items and intrinsic work motivation-5 items). This inventory was conducted 7 employees who worked at companies in Netherland. Yalçınkaya had translated WOLF into Turkish and had conducted validity and reliability of inventory but according to results of study she reduced 13 items to 12 items and reduced 3 dimensions to 2 dimensions. The aim of this study was to determine reliability and validity of work-related flow inventory.

Method: In first step permission letter was received from Bakker. After permission letter, the inventory was translated into Turkish by specialist. Turkish version of WOLF was conducted to 40 health staff who worked at university hospital in Edirne than 3 weeks later repeated measures were performed.

Results: Labor forces are core component in health services. In health sector, attitudes of labor force have strongly related with organizational performance. Flow is as important as other factors like motivation, satisfaction to improving organizational performance. In this study, we examined inventory of WOLF which was performed by Bakker in 2008 and 13-items and 3 dimensions had wholly proven.

Conclusion: The Turkish version of WOLF can be used in research to determine effects of work-related flow on workforce in health services.

Keywords: Hospital, Validity, Reliability, Work, Flow

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The Effect on Motivation of Nurses of Manager Nurses' Leadership Behaviors

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Introduction: Hospitals, labor-intensive operations are organized in order to give the health care needs of the community. Therefore, the hospital depends on the success of human resources. Nurses constitute an important part of human resources in line with the hospital purposes must be motivated. Attitudes and behaviors of managers in ensuring the motivation of nurses play an important role. Manager Nurses' leadership behavior, is focused on directing other nurses effectively to the right target. Effectiveness and efficiency of nursing services are closely related to leadership behaviors exhibited. This study was planned nurses' leadership behavior of managers to determine the impact on the motivation of the nurses. Depending on the research objective is a sample set consisting of nurses of the Ankara Polatli State Hospital. The research data were obtained from hundreds of nurses who agreed to participate in the study. For creating data sets in research "Personal Information Form", "leadership behavior scale" and "Minnesota job satisfaction scale" containing a questionnaire was used. In evaluating statistical analysis of the data; percentage, frequency, correlation analysis, Kruskal-Wallis H-test and Mann-Whitney U test were used. The result of research shows that the leadership style of the manager nurse is perceived as "task-oriented" and "was determined to have a high level of intrinsic motivation. Manager Nurses' of leadership behaviors that affect nurses and nurses' motivation level has reached the conclusion that the relationship significantly advanced with each other. Perceived leadership style scale with average dimensions between occupational groups and work in the units they are working and they have chosen willingly variable was significant statistical difference; motivation level of education, working time and work by the way has been found that there are statistically significant differences between them.

Keywords: Manager Nurse, Nursing, Leadership, Motivation

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Solar Energy Project

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Introduction: The cost of energies is constantly increasing. At this point, energy resources, especially solar energy, have a great importance. Solar energy is based on obtaining energy from the sun. The energy that comes from the sun to the world occurs with the process of fusion in the core of the sun. Solar energy is used for heating, cooling and generating electricity. The investment cost of solar systems are low and the system is efficient. It is also ecofriendly. Turkey has a big production capacity for solar energy.

Purpose and Conclusion: This study aim to explain the concept of solar energy, discuss the implementation and contribution in health industry and highlight the importance of solar energy for Turkey. We wish, with this project, awareness about solar energy will raise and this ecofriendly and efficient resource will be used in Turkey. To implement the project, firstly vacant area around the hospital is detected. And four different alternative area are selected. The selected areas are evaluated in aspect of suitability for hospital and the one that has the least cost is selected.

Keywords: Electricity energy, Sun, Solar energy, Hospitals

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From Past to Present in Health

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Introduction: The Law Nr. 224 was the largest, most comprehensive and most social step in the Health Sector after Dr. Refik SAYDAM's National Health Policy which started in the beginning of Turkish Republic then continued till late 1940s.

But unfortunately intended results with the law Nr. 224 were not gained due to mainly following reasons;

- Doctors and Health Personnel were not educated properly about the mentality of the law Nr. 224.
- Less number of people took part in Health Management applications.
- Governments did not pay attention in practicing the terms of the Law Nr. 224 and did not perform necessary investments.

After the unintended results of Law Nr.224, "Transformation of the Health Program" came up in 2003. The main target of this program was a health service organization which is more planned and controlled. Regarding this program, The First concrete action was taken in only 2011 which was the Law Nr. 663 "Organization and Functions of Ministry of Health and related Department.

According to Law Nr.244

- Health service shall be served to everyone, at every were and anytime.
- Policy of "Multifunctional sevices at narrow appliication areas" is targeted.
- All of preventive and curative applications shall be served at cottage hospitals.
- Patient Referral chain application is developed.
- Socialized health services is planned according to the application area.
- Socialized health services is planned according to the application area.
- Concept of "Preventive Medicine(Doctor)" is developed.

According to Law Nr.663

- All citizens became able get healt service at all state ow ned medical facilities. Most citizens became able to get health servicies at private medical facilities.
- Mainly Soial Security Hospials and all state owned medical facilities have been managed underone single structure.
- "Full Time Working" application for Doctors has been put into practice.
- Law of "Organization and Union of Public Hospitals" came into force.
- Several Social Security Departments have been collected under one single structure which is named "Social Security Department.
- "Family Doctor" application has been put into practice.
- Performance-based payment has been applied to the healt service staff.

Conclusion: Law Nr. 224 was enacted in order to realize socialization of health care, but intended outcomes was not obtained. Consequently, Law Nr. 663 has been enacted and it is expected that healthcare's outcomes are appropriate for all public in long term.

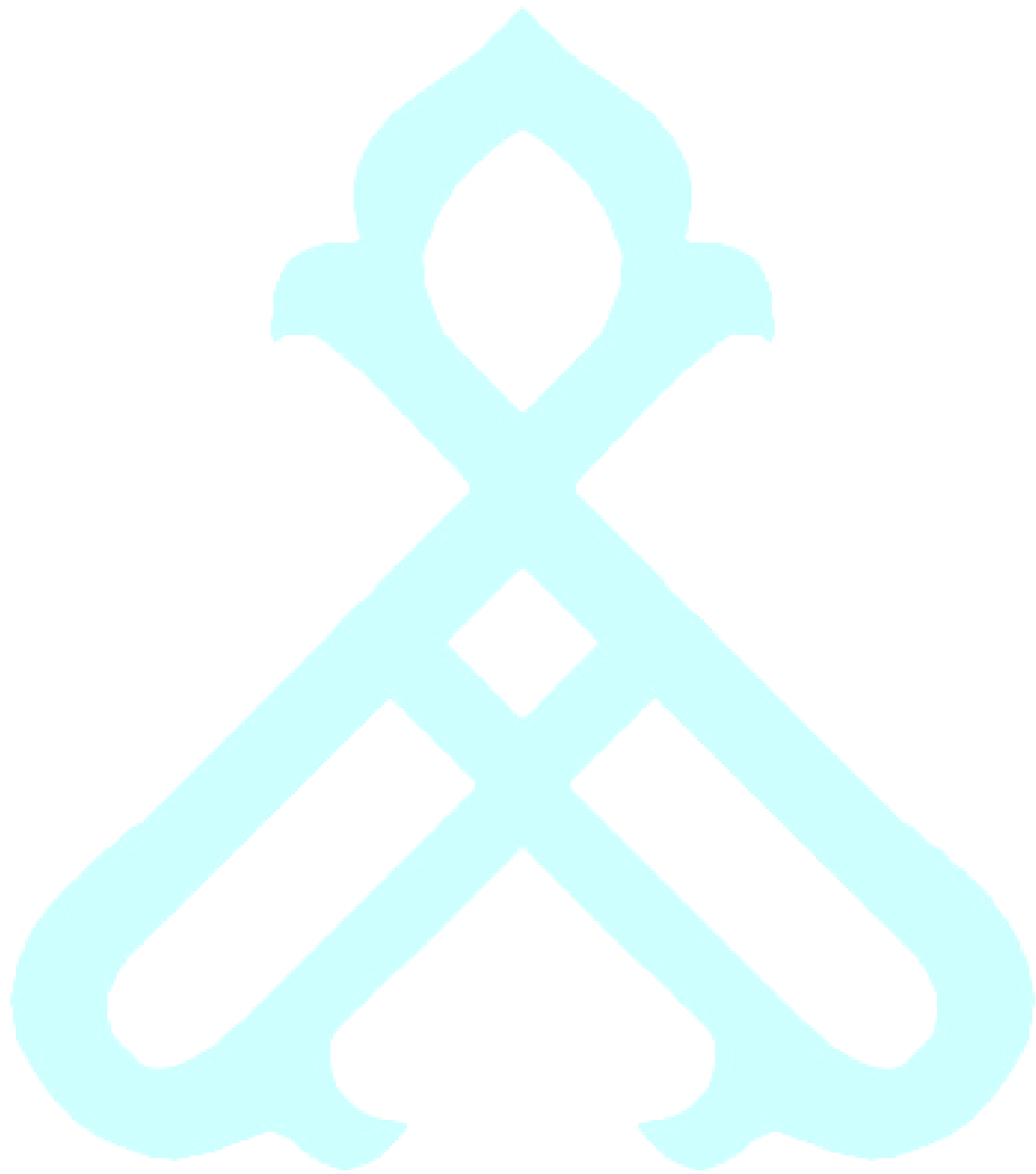
Key words : Law, Health Sector, Turkish Republic, Health Management

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CHAPTER II

HEALTH ECONOMICS AND HEALTH FINANCE



Current Financial Solutions in Health Care Business

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Introduction: Changes in the health care management business environment, due to global technological innovation and competition, the use of financial solutions appeared in health care organizations. Health care Organizations like primary care centers, pharmacies, hospitals etc needs data about direct and indirect costs and performance within the organization's activities, processes, services and customers.

Traditional managerial accounting techniques such as absorption costing, budgeting and profit-based performance measures were replaced with strategic management accounting, activity-based costing (ABC), strategic cost management (SCM), project cost management (PCM), non-financial measures, balanced scorecard (BSC) and target costing. ABC, BSC and PCM are used in frequently in daily health care practice.

PCM is shown in figure 1. In this method every job is project. Among the many responsibilities and duties, health project managers find themselves in charge of the correlation between the project, and the cost related to it.

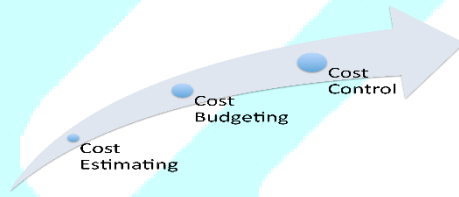


Figure 1. In this cost management method health managers most aware about estimating tools and techniques trusted by entrepreneurs everywhere.

The cost of a project is calculated for “The resources necessary to complete scheduled activities.”

Thorough this method management of project's cost will cover three main stages as indicated in figure

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BSC is a strategic management with four important components: Financial, Customer, Business, Learning and Growth as shown in figure 2.

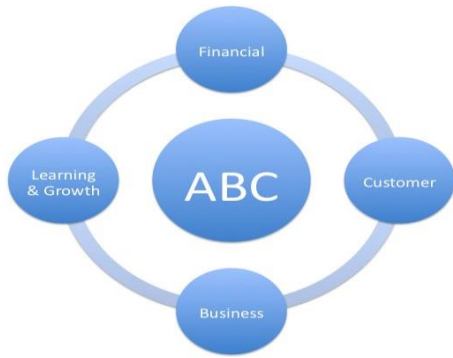


Figure 2. "How many jobs have you created?" is an important measurement for the current economy.

Today's economic developer knows that the pillars of development are a healthy workforce who is learning and growing.

Another stakeholder is the customer. Their relationship is crucial, such as finance and business. If not, this can lead to disaster.

1. **Conclusion:** Successful implementation of ABC/PCM would not be the same in every health care organization. Tailored to the unique strategy, structure, capabilities, and needs of the firm, ABC/PCM is a universally useful. Health care data should be collected according to the needs of the health care organizations. This must support their efforts to create value for all stakeholders.

Key words: Activity-based costing (ABC), Project cost management (PCM), Health care organizations, Finance, Health manager

The Cost-Effectiveness Analysis for Turkey Breast Cancer Screening Program: The Case of Istanbul

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Introduction: Breast cancer; as the cause of 23% of all female cancer patients, the most common cancers among women. Worldwide in 2013 due to more than 1.3 million new breast cancer and breast cancer are 458.503 deaths. Breast cancer globally since 1990, increased 0.5% year on year, compared with 5% in developing countries. With advances in recent years in screening and treatment methods increased the survival rate in the developed countries in the developing world, the ratio remained low. Much research suggests that the low level of survival from cancer at an advanced stage and largely unnoticed by both diagnostic methods and in less developed countries is due to limitations in treatment capacity. The World Health Organization (WHO), considers the diagnosis of breast cancer at an early stage; in order to improve health outcomes for both measurements and to reduce costs for treatment an effective solution.

Material and Method: This study of breast cancer screening program for health payers aims to cost-effectiveness evaluation. In this context, screening is done in Istanbul Bahçeşehir district. These studies ; In the age range 40-69 , 5938 calculated annual mammography screening programs conducted by the group composed of women and the effects of cost-effectiveness analysis was conducted. Model; women groups participated in the screening program regularly every year in 4 years. The model and epidemiological data received earlier studies on breast cancer in the world and cost data was also used.

Purpose: The main purpose of this study was to analyze the ongoing screening program Bahçeşehir 4 years. But besides, health policy makers will evaluate its goal to offer an alternative to creating policies on this issue, we also observe. The results analysis in Bahçeşehir screening program has a cost-effectiveness ratio of 54%.

In the literature, breast cancer, various screening methods (breast self-examination, clinical breast examination, mammography, magnetic resonance imaging , etc .) To examine the cost-effectiveness or profit and loss analysis, there are studies that compare with each other. And there are various losses, including mammography in the diagnosis of particular benefit over harm analysis.

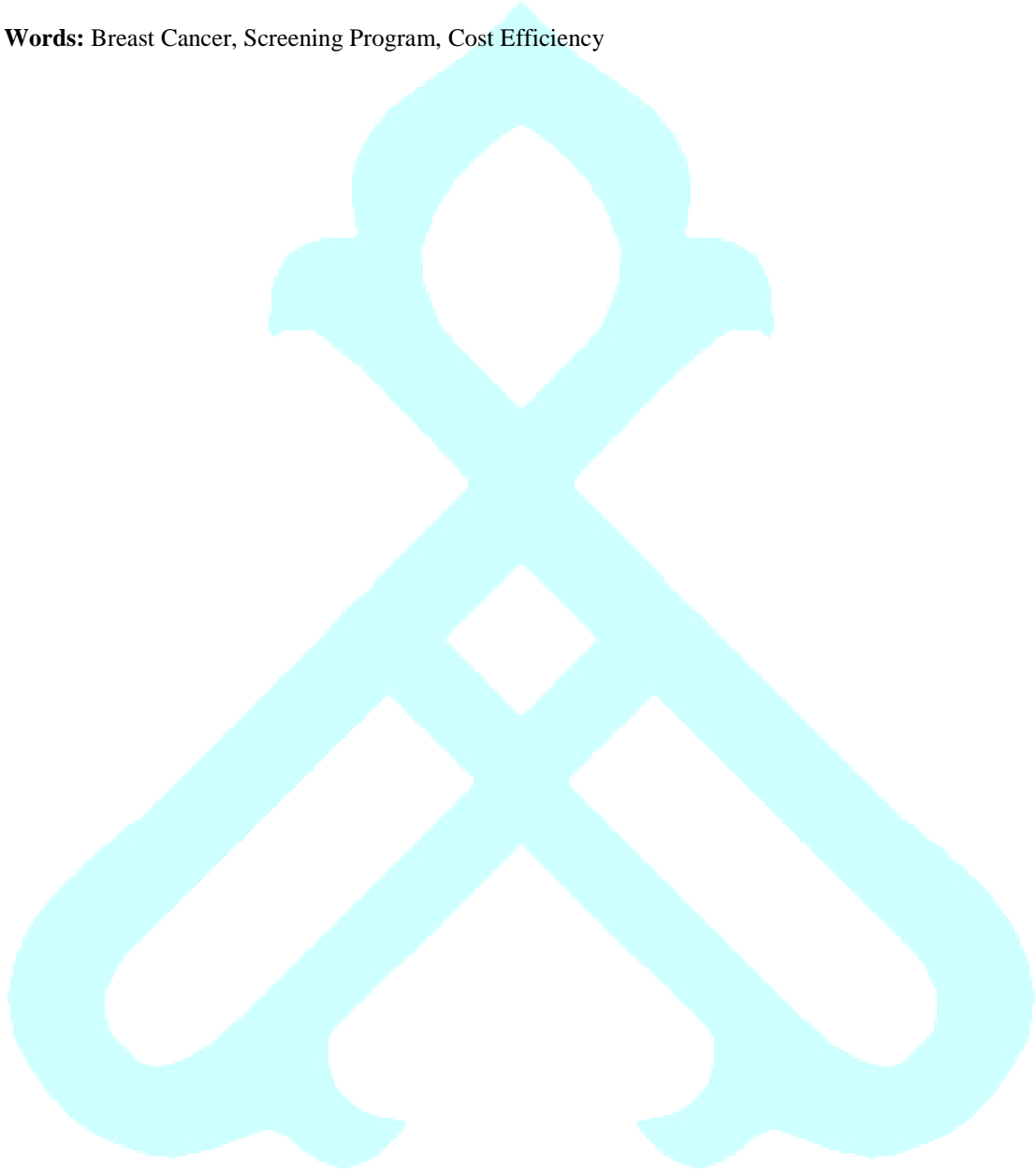
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Conclusion: Breast cancer as well as all over the world in recent years, Turkey has entered a rapid growth trend. And breast cancer awareness and the women in the risk group is extremely important to undergo regular screening as well. Until today, Turkey has made no nationwide screening program. Therefore, in line with the policy that the number of participants in our study, our aim to offer an alternative included a simulation. 10 times . 59380 program cost effective output under the assumption that 77% of women participated in the screening. Our study shows the cost of a widespread screening program would be made effective by mammography in Turkey.

Key Words: Breast Cancer, Screening Program, Cost Efficiency



Work Condition and Women and Health Institution: The organization of working time for women and its effects in the health sector

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İdil Yildırım^b

Introduction Women workers numbers are very high in health care industry. Working time arrangements in the health care sector are diverse across countries and health care institutions in the same country. Highly-skilled staff is required 24/7. Working time arrangements remain one of the main challenges to best meet the needs of patients, employees, and health care institutions. Married women and women with children do not apparently accustom to working when their family are in home.

Women in the 21st century were less likely to leave employment or to reduce their annual work hours even if their husbands got a high salary. And, women were less likely to become employed or work more hours if their spouse got a pay cut. In other words, their labor supply decisions were less sensitive to their husband's income than they had been in the past. The qualitative field research was conducted in Istanbul, and was informed by a previous review of the international literature on the organization of working time and its effects in the health services sector. Based on the results of this international literature review, further in-depth research concerning working time arrangements was conducted for the health services sector in primary, secondary, tertiary care health institutions. This paper is based primarily on the findings from the case studies conducted in these three step health institutions among a total sample of 31 participants. A qualitative analysis based on the information gathered from the field research using focus group discussions and in-depth interviews presents an overview of both working hours and working time arrangements in the health services sector. According to this research women want arrangements on workers', well-being, including their work-life balance, individual and organizational performance, women's labor supply, taking account of demographic factors, such as the number and age of their children, and other factors, including non-labor income were questioned. This is a significant new development, a wage increase had found important on women's decision about how many hours to work. A change in the pay of their spouses have not influence on married women's labor supply.

In the 20th century women were perceived as secondary earners within the family, more likely to be affected by their spouses' wages. In 21st century especially in health care, the traditional division of labor between men and women is breaking down. Men and women are more equally sharing home and health care market responsibilities, although women still bear a larger share of housework and child care than men do.

Conclusion: The following working time arrangements were identified by the international literature review of labor work force organization: Compressed workweeks based on a reduced number of weekly working days and an increased length of daily shifts to balance work with personal life.

Improved shift-structure organizations through specific working time arrangements such as time-banking schemes increased women workers' sovereignty in organizing their schedule.

Flexible working arrangements, including job-sharing arrangements aligned with workers' Circadian rhythms

Keywords: Women, Work Behavior, Wages, Health

Examining The Regulations For Female Healthcare Workers

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The role of working women has changed as can be seen in throughout of the World. However, the consequences of this issue left women apart from their families and especially from their children. In Turkey, in 2016 a new statute was issued for working mothers to grow up their children while being in the public and private labour market. Indeed there is not a Code that includes regulations for workers' who must look after their parents. However, for health staff this legal regulations seem to be hard to practice. Health care staff, work very hard and if they do not accept these working conditions, employers can find easily another employee from the market. This paper is an attempt to study the challenges will be faced by health care working women in maintaining a balance between their personal and professional life. Although law implies that every worker can enjoy the same rights, there is a discrimination from the part of healthcare workers. For healthcare labour market, it should propose other workplace solutions for childcare services, to expand women's employment opportunities.

Keywords: Work-life balance, working women, personal life, professional life, women healthcare workers

The Technical Efficiency of Hospital Surgical Services: an application for Turkish Public Hospitals

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In this study, a model, which is similar to the one that is being used by the Turkish Public Hospitals Institution (TPHI) to evaluate the efficiency scores of the Turkish public hospitals, is constructed to estimate technical efficiency of surgical service production of hospitals. The main purpose of the study is assessing the distribution of efficiency scores within hospitals with respect to the hospital roles and hospital capacity. In this regard, this study aims to find a clue to discuss the efficiency and equity of surgical service production on the basis of this new hospital management policy. Stochastic Frontier Analysis (SFA) is used to estimate the technical efficiency of surgical services of hospitals, with a trans log production technology and efficiency effects model definition. In the analysis, cross-sectional data on 347 acute-care hospitals in 2014 were used and the sample was consisted of only MoH general hospitals including the teaching hospitals. The overall technical efficiency of surgical service production of the hospitals is found 0.72. The results of this paper suggest that, the technical inefficiency of surgical services of Turkish public hospitals is closely related with the hospital size. As the hospital capacity increases or/and the role group of the hospital levels up, the hospital efficiency scores increases significantly.

Key Words: Surgical Service Efficiency, Stochastic Frontier Analysis, Health Transformation Program, Public Hospital Associations

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Factors Associated with Suicidal Behavior amid Financial Crisis in Greece

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Introduction: It has been demonstrated that socio-economic factors such as unemployment, low income and marital status were affected during economic crisis. Accordingly, this study was aimed to investigate whether low income and depression are risk factors for suicidal behavior.

Methods: Cross-sectional study was conducted in Greek outpatients attending public health services in the island of Crete, Greece in the period of 2014. Suicidal behavior was screened using the suicidal behavior (SBQ – R), depression using the BECK depression inventory, the quality of life (HRQoL) using the SF-12. Low income (<7000€) was defined as the annual individual according to economic indicators of the year of 2012. A significance level was considered as the p-value ≤ 0.05 .

Results: The mean age of 408 (72.1% women) participants was 45.6 ± 12.0 . Participants with income <7000 were associated with the increased suicidal behavior ($p < 0.05$). Increased suicidal behavior did not differ with respect to gender (OR=1.26; CI: 0.60-2.66), whereas, patients with depression were more likely to report suicidal behavior (OR=6.86; CI: 1.83-25.73) compared to patients without depression (reference category). In addition, participants with increased suicidal behavior were also twice more likely to present poor HRQoL (OR=2.48; CI: 1.20-5.15) compared to participants without suicidal behavior.

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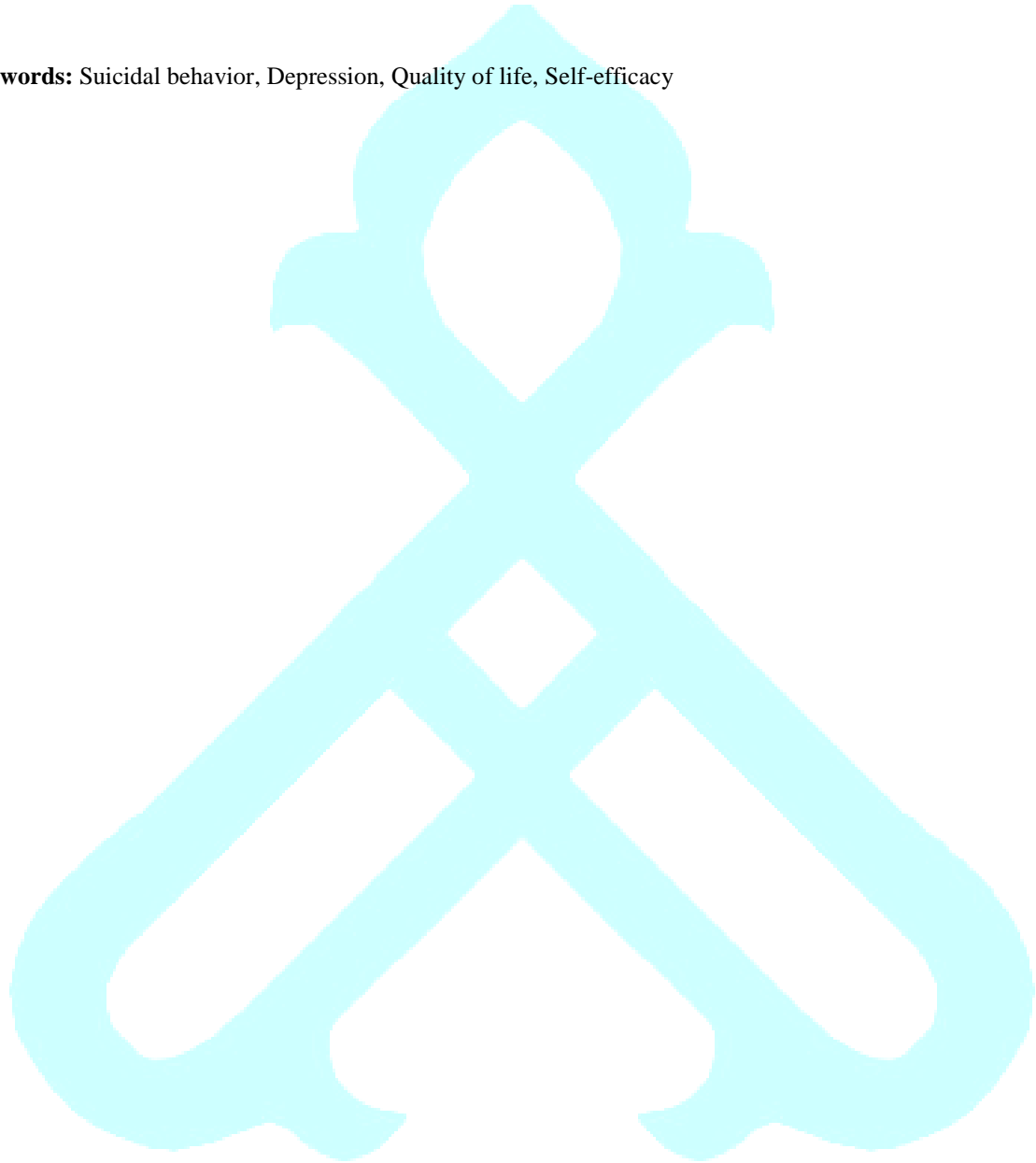
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Discussion: Our analysis showed that the “poor” HRQoL and severe depression are important risk factors for suicidal behavior. However, low annual personal income, unemployment, low self-efficacy and marital status were not associated with increased risk in multivariate analysis after adjusting for participant’s characteristics. Similar findings showed that subjects with major depression (DSM-IV criteria) and a history of attempted suicide was seven times (OR=6.89) more likely to experience suicidal thoughts than subjects without history. In conclusion, during this economic crisis in Greece, low HRQoL and the presence of depression are important risk factors and interrelated triggers for increased rates of suicidal behavior.

Keywords: Suicidal behavior, Depression, Quality of life, Self-efficacy



Financing Policies For Home Health Services

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Health spending of the country shows an upward trend for several reasons including a change as the aging population , technological developments , rising expectations of citizens and patients, expansion of health insurance coverage and the provision of services and physician payment models of several countries. This increased spending is a serious health funding pressures on scarce land resources . Public service area is the main task of the state is experiencing rapid change all over the world the last thirty years. Especially with the lack of public financing despite the rapid growth in demand for public services funding -strapped governments have begun to produce new policies in this regard. Home health services , chronic illness or disability with or after discharge should receive treatment at home or in the terminal phase, to restore the health of the people who , upgrade and individual professional level of many health and social services to protect against the possible complications is to give where they live. It varies from country to country delivery of home health services zones. However, in parallel with home health care financing model in many countries it seems to be given by local authorities. In this study, home delivery model of health care financing local governments, mainly in the way we study the way the country will contain samples.

Keywords : Home health care, Finance policy, Health economics

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Taxation in Struggling With Consumption of Tobacco and Alcohol as a Case of Negative Externality

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Introduction: Externalities refers to situations when the effect of production or consumption of goods and services imposes costs or benefits on others. Externality can be either positive or negative. While a positive externality is the positive effect an activity imposes on an unrelated third part, a negative externality is negative effect. An example of a negative externality is the effect of one person's smoking other people exposed to health problems.

Governments have different tools for dealing with externalities. These are quantity - based measures such regulation and price-based measures, for example taxation. Prohibiting smoking in public areas, or taxation on these goods are other measures. Taxation has mainly fiscal purposes but it has some extra fiscal purposes such as reducing the consumption of alcohol and tobacco products. Governments can prevent its using by taxes. Higher taxes on tobacco and alcohol can reduce its use.

Purpose: The purpose of this study is to outline the taxation effect in using tobacco and alcohol consumption and some comparative analysis and finally evaluate these negative externalities.

Keywords: Tobacco, Alcohol, Taxation, Externalities

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Measuring Hospital's Efficiency: Evaluation of The Impact of The Economic Crisis Using Data Envelopment Analysis (DEA)

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Introduction: A common issue in hospital management is the evaluation and minimization of the cost of the overall operations, combined at the same time with the best quality output delivery standards. Decreasing the cost should be based on diachronic secure observations, in order to minimize the risk of accidental useless interventions. In other words, interventions should be focused on specific items. It is very well known that the health care sector and especially public health, produces grate expenses in any state. Especially in Greece, the resent financial crisis, which started at 2008, forced the Hellenic government to adopt horizontal policies in order to decrease the cost of the health care sector. The goal of this study is to evaluate the relative efficiency of the General University Hospital of Heraklion (GUHH) before and during the development of the sovereign debt crisis in Greece.

Methods: In our strategy, we focus in the time interval between the years 2009 and 2013. Furthermore, we investigate the possible parameters of the efficiency variation, during the corresponding time period, in order to discretize the influence of the economic crisis and the applied policies on the organization. To do so, we use Data Envelopment Analysis (DEA), implemented in two phases: a) On an annual basis for the period 2009-2013 and b) on a semi-annual basis (as intermediate cross- assessment) for the period 2011-2013. In both cases the analysis was performed in two ways: a) without weighting, and b) using as weighting variables these time periods.

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Results:

Used input:

1. Human resources (medical, nursing, administrative, technical).
2. Bed availability (developed).
3. Financial data (operating expenses separated into five categories: medicines, medical supplies, orthopedic materials, chemical reagents, other costs).

Used output:

1. The number of visits to outpatient clinics.
2. The number of visits to the emergency department

Discussion: We conclude that the relative efficiency of the University Hospital has improved, overall, in recent years. Moreover, among the individual analyzes and conclusions, it is remarkable that the quantities of chemical reagents, orthopedic material and pharmaceutical expenditure could have been reduced, for the years 2009-2012, so they could have contributed to increase the efficiency of this period. In conclusion, as DEA is a strong tool suitable for benchmarking in operations management, it may also be used in hospital management in order to estimate the impact of policy interventions diachronically.

Keywords: Evaluation • Efficiency • Economic crisis • Data envelopment analysis

The Impact of Income Inequality and Economic Growth on Health in OECD Countries: A Panel Data Analysis

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Introduction: The link between income inequality and health has been discussed in the empirical literature for a long time. However, the empirical results are very mixed and ambiguous. This paper investigates the impact of income inequality and economic growth on health using panel data models for a panel of 12 OECD countries over the period 1991-2007. In other words, this paper examines the co-integration and causal relationships between the variables. In the study, life expectancy at birth as a health indicator is used. The results of panel unit root tests show that the series are stationary at their first difference. This means that they are integrated at I. The results of Pedroni co-integration test show that there exists a long run relationship between income inequality, economic growth and life expectancy at birth. We find that there exists a positive and significant relationship between economic growth and life expectancy at birth in the long run. We also find that there exists an insignificant relationship between income inequality and life expectancy at birth in the long run. Finally, there exists a long run causal link running from income inequality and economic growth to life expectancy at birth. These findings can provide some policy implications for OECD countries.

Keywords: Health, Income Inequality, Economic Growth, Panel Data, OECD Countries

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Poverty and Ill Health: A Bidirectional Relationship

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Introduction

Due to the economical crisis that exists nowadays in many developed countries, there are a lot of people who are becoming poorer every day. Poverty affects human health as it forces people to live in non - healthy environments, and makes them incapable of coping with the upcoming health problems as there are no resources to be used.

Purpose: The purpose of this review is to present the relationship between poverty and ill health and to provide an understanding of the way by which this relationship affects the individual's everyday life.

Methodology: Extensive review of the recent literature was conducted in electronic databases (Pub med, Google scholar), and in scientific journals using the appropriate key words: poverty, ill/ poor health, relationship.

Results: It is well documented in the literature that poverty is closely linked to ill health. There is a bidirectional relationship as poverty is both a cause and a consequence of ill health. In the same time poverty enhances the chances of ill health due to environmental risks, such as poor nutrition, inadequate sanitation, less access to health care services, less access to information. Ill health in turn ensnares individuals in poverty as, for many, time away from work may mean lost income.

Conclusions: From the experience we have so far from the poor countries, it is clear that action is needed to strengthen domestic policies of promoting health. Policy makers should understand poverty and its effects on health and should try to take measures nationally and internationally to reduce the burden of ill health that is a consequence of poverty.

Keywords: Poverty, Ill/ poor health, Relationship

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Comparison of Bismarck and Beveridge Systems

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Introduction: Benchmarking Bismarck and Beveridge systems offers a basis approach to evaluate the health systems. It can be shown that provision of health care services supply method and finance of health care are fundamental components of health system of a country. Now that we want to understand the differences health systems, it should be examine European health system's historical background and its actual statistical data.

Bismarck System

At the end of 19. Century, there was premium and compulsory solidarity fund utilizing for workers. At that times, not affecting from economic liberalism so much and its traditional paternalistic governmental approach of Germany result in putting into action social insurances first.

In this condition, Germany was the first country of other European countries according to level of industrialization. Prime Minister Bismarck tried to gain an impression of social state for his country because of affect's economic depression in 1877 and due to the fact that socialist movement set going to worker masses against cropping up poverty. The efforts returned to concrete steps and sickness insurance law was enacted. Than in 1884 occupational accident insurance, in 1889 old age and disability insurance was established and put into practice. At first content of social insurance of Bismarck was for those who had certain wages but after a certain period it were included in all paid. This system highly depends on implementation the technic of private insurance. Giving an allowance in proportion to the wages of the insured risk facing was adopted. The principle of necessity was implemented. All workers in containing of the law were insured and according to the branch of insurance, primes were distributed between the insured and employer. The primes were determined according to the insured's wages in certain proportions.

Beveridge System

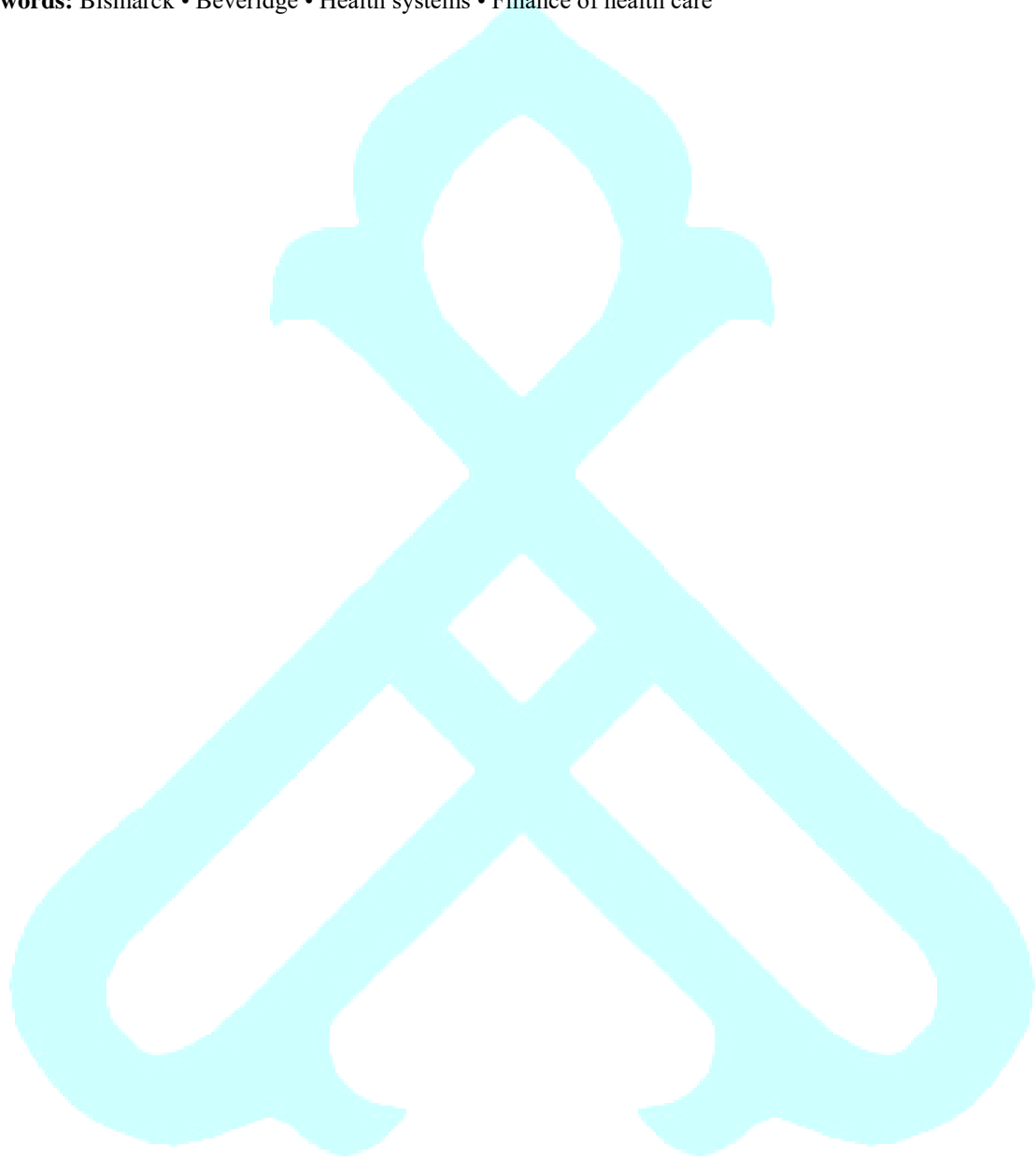
The first country is England where the movement of industrialization began. Consequently, the first country also is England where taking steps about social security. In 1897 a important law about social security was enacted. According to this law, in the event of accidents at work it is considered to be responsible for the employer, regardless of whether the offending employee. In 1911, important developments was observed in scope of social security. National Security Law arranged sickness, disability and unemployment insurances. Compulsory insurance policy was adopted and primes was collected from those who worked in proportion to their monthly or weekly wages. Self-employed had to pay an amount as a prim. Another important development was seen in administrative management of the social insurance. In this scope the government taken over and government authorities became determinant in running of the system. Than in 1942 "Beveridge Report" occurring a reform

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had been prepared in scope of social security. This report ensured that health and social security system financing from general taxes arised. In this system, health care is provided by government due to the fact that government is responsible for people's health conditions. All population utilize from health care free .

Conclusion: This backbone health systems of Europe's statistical data will be demonstrated as a poster. Via the poster, it will be made inferences from Germany and England health systems based on Bismarck and Beveridge financial sytle.

Keywords: Bismarck • Beveridge • Health systems • Finance of health care



Would Smoke Exposure Due to Financial Crisis and Risk of Chronic Obstructive Pulmonary Disease

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Introduction: Nowadays, due to the existing financial crisis in Europe, people rely on coal and biomass in the form of wood for heating as an "energy saving" measure. Wood smoke exposure is a risk factor for COPD, which is a major cause of disability and is the fourth leading cause of death throughout the world.

Purpose: The purpose of this review is to highlight the effect of wood exposure on Chronic Obstructive Pulmonary Disease (COPD).

Methodology: Extensive review of the recent literature was conducted in electronic databases (Pubmed, Google scholar), and in scientific journals using the appropriate key words: Wood smoke exposure, financial crisis, chronic obstructive pulmonary disease.

Results: There is consistent evidence that there is a strong association between wood smoke exposures and COPD. Indoor and outdoor air pollution due to particulate matters (pm) increases the risk of chronic obstructive pulmonary disease and of acute respiratory infections especially in childhood. It also decreases lung function, increases asthma rates, develops of chronic bronchitis and worsens preexisting asthma and chronic obstructive pulmonary disease (COPD). This air quality deterioration is mostly due to the increased price of fuel oil, which leads the residents to burn the less expensive wood/biomass during the cold season for domestic use.

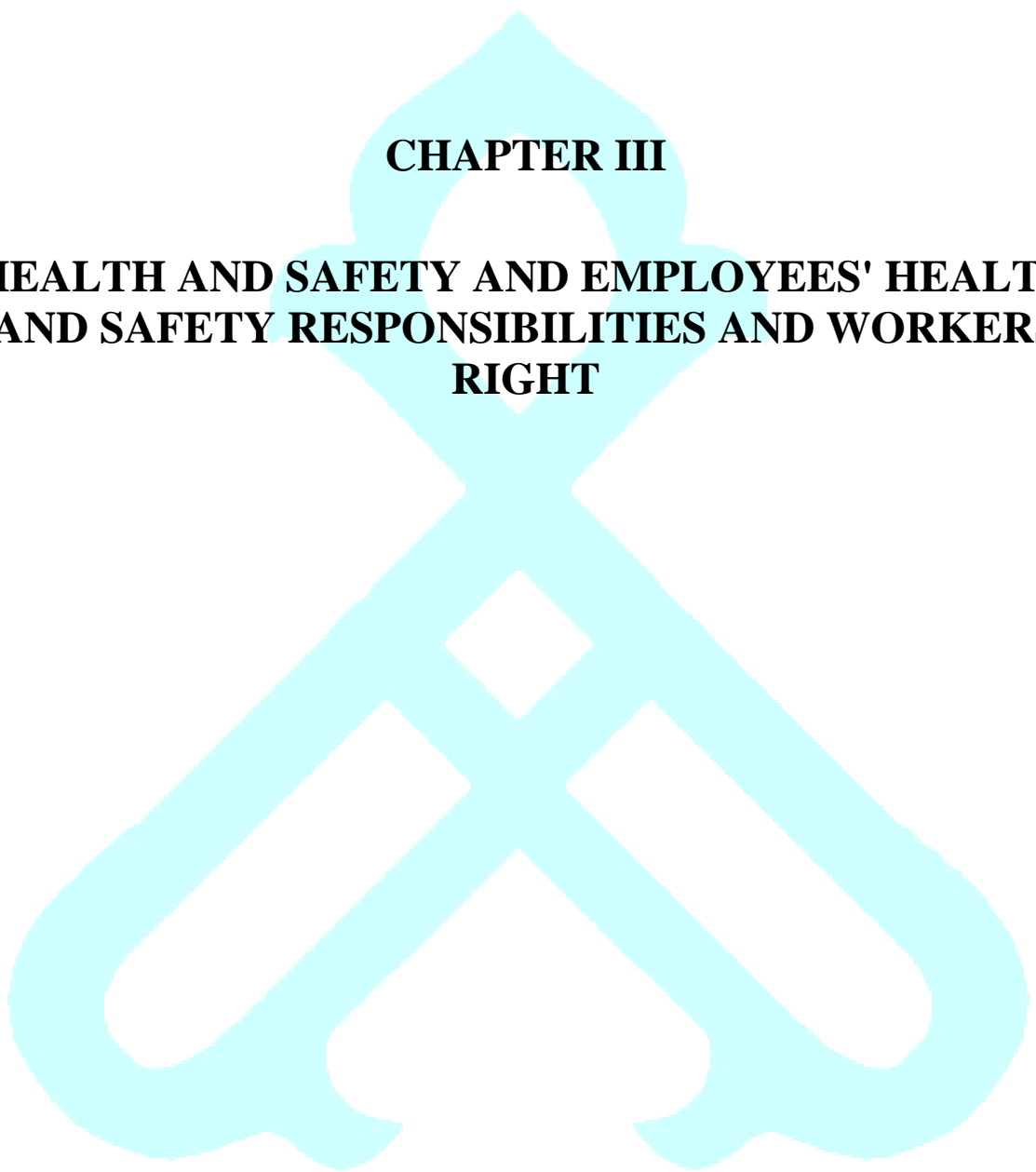
Conclusions: Household and outdoor air pollution secondary to burning of materials such as wood for domestic heating is a cause of many diseases and mainly of COPD. Effective measures are required to be implemented, in order the side effects of wood exposure to be minimized.

Keywords: Wood smoke exposure • Financial crisis • Chronic obstructive pulmonary disease

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CHAPTER III
HEALTH AND SAFETY AND EMPLOYEES' HEALTH
AND SAFETY RESPONSIBILITIES AND WORKERS
RIGHT

The Importance of Doctor-Patient Communication in Clinical Practice

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Introduction: It is worldwide known that effective doctor-patient communication is an important component in clinical practice. It has been suggested that patient's good reporting communication with their doctors increases patient's satisfaction regarding their healthcare. Therefore, the purpose of this paper is to highlight the importance of communication as a clinical intervention between medical personnel and patients.

Methods: We critically studied 8 original papers and 4 systematic reviews for the last 5 years (2011-2015) using specific keywords such as communication between doctor and patient, i.e., on the biomedical databases (PubMed, Scopus, Trip-database). All included articles were written in English and Greek language.

Results: Although in clinical practice there are many barriers to good communication in the doctor-patient relationship, most studies indicated that had acknowledged training skills in communication, provided significantly more effective communication and thus better health outcomes in patients care such as patient's self-efficacy, understanding, and recognition of emotional and cognitive variables. In Greece, due to doctor's lack of training in communication skills and doctors' burden of work leads to non-disclosure of patients information increasing patient's anxiety and fear and thus discouragement of collaboration and confliction by patients.

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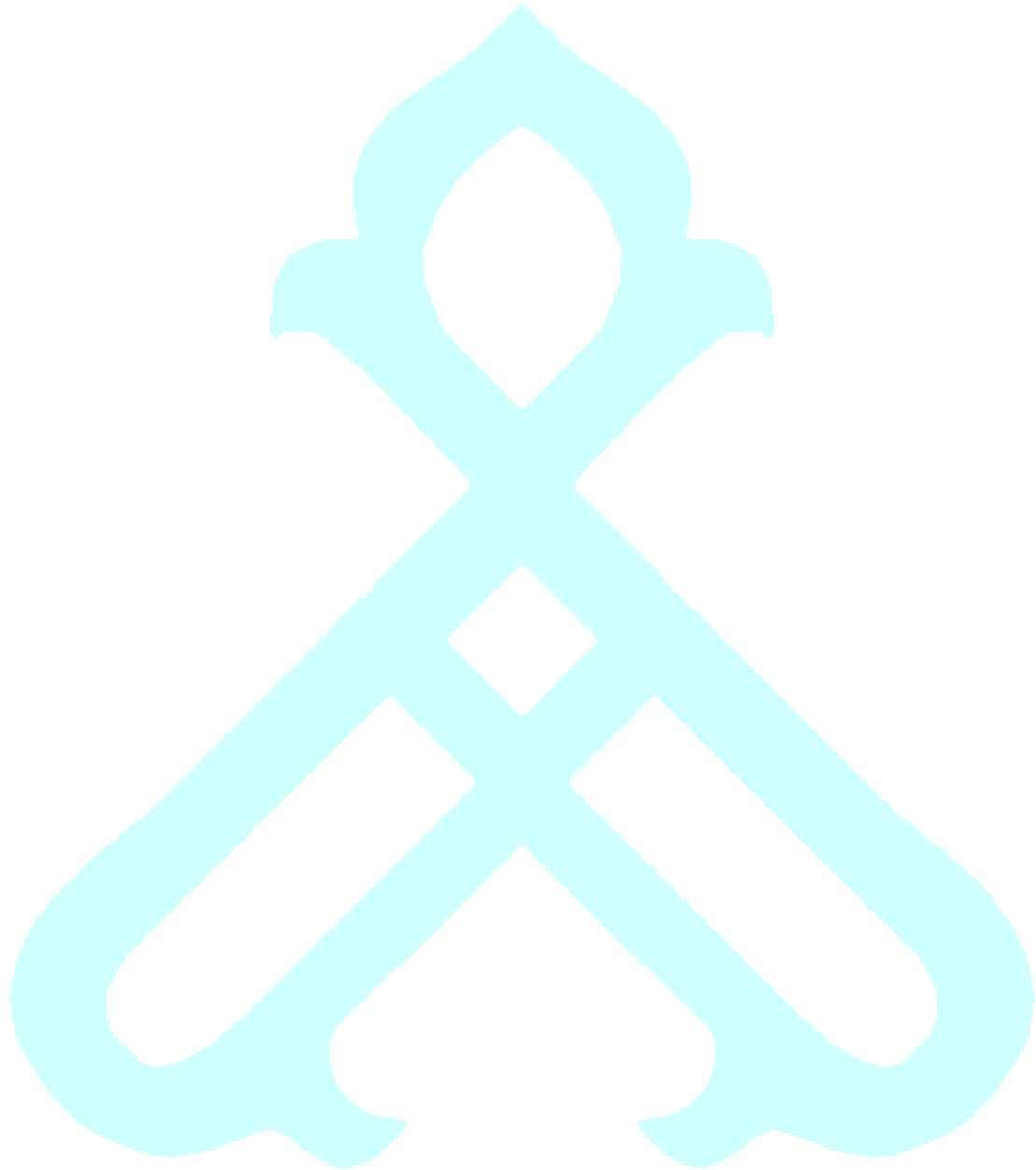
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Conclusion: Our results suggests that trained doctors and/or with better communication and interpersonal skills are improving quality of care of the patients. Accordingly, educational programs in communication would be incorporated in the academic syllabus in Greece. This may improve quality outcomes and better adherence to the treatment process. In conclusion, the implementation of educational programs, should be included in academic syllabus of the Educational Medical and Nursing Schools in order to improve patient's quality of care.

Keywords: Doctor-patient Communication, Patient Satisfaction, Doctor-patient Relationship, Quality of Care



Readiness of The Health Professionals Working in Emergency Departments Towards Massive Destruction

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Introduction: It is worldwide observed that massive destructions have being increased over the past years. The purpose of the present study is to investigate the readiness of health professionals working in emergency departments to confront with such a demanding situation.

Material and Method: Factors such as knowledge of crisis management plans, exercises, as well as experience and cooperation level of the personnel are tested using a preliminary questionnaire. Out of 120 doctors and nurses working in emergency departments of two major hospitals of the region of Crete, Greece. Finally, 83 answered the 21-item questionnaire using a 5-point likert type scale.

Results: Almost all the personnel (N=75; 90.4%) trusts that plans should be used in case of an incident. Only 1/3 of the staff (N=27; 32.5%) knows where to go and what to do in case of a massive destruction. The majority (N=75; 90.4%) does not know where to drive volunteers, whereas a high percentage (65.1%) is not aware of how to find necessary supplies and equipment needed during a crisis as well as how to communicate with the person who will be in charge. Only a few of the personnel (N=9; 10.8%) believe that they can replay successfully in case of a crisis. Finally, the majority of the medical staff (N=31; 86.11%) and the nursing staff (N=29; 80.56%) prefer attendance to drills and practicing in excrescences.

Conclusion: Although health professionals working in emergence departments are in the first line in the case of a massive destruction, they have a rather low confident on how to face efficiently a crisis. Policies aiming to the better preparation of the personnel of the emergency departments should be adopted, involving simulation exercises of a variety of massive destructions.

Keywords: Emergency department, Crisis management, Massive destruction, Readiness

Investigation of The Effects of the Risks and Hazards Healthcare Workers Face on The Levels of Job Stress

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Purpose: In order to investigate the effects of the risks and dangers healthcare workers face on the levels of job stress, [this study] was prepared as descriptive

Material - Method: The survey was administered to 153 healthcare workers working in the hospitals of the province Konya. In the assessment of the data of the study, reliability analysis was utilized; t-test for dual comparisons; and variance analysis for multiple comparisons.

Results: It was identified that the healthcare workers participating in the study generally perceived the hospitals as danger. It was expressed that healthcare workers were mostly consisted of women with 68.6% and singles (65.4%) and that the level of workers to expose to stress were high with the rate of 40.5%.

Conclusion: It was concluded that the levels of stress- perceptions was fostered by the risks and dangers resulted from hospital setting; that in the women, stress perception was more compared to the men. Measuring the size of the effect of job stress level is important in terms of contributing to the literature.

Keywords: Occupational health, Safety, Risk, Danger, Job stress

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A Disaster Risk Analysis Trial For Flood Hazard, Gümüşhane City Example

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Purpose: Disasters are the reality that people always had to live with its possibility in ages and still live with it today. Due to the nature of the disasters, mostly, can't be predicted where, when, intensity and how much area, living being and human would be effected. So, before become a disaster, for all of the hazard originated by human and nature must be taken preventive and limiting measures. At this point, disaster risk measurement gain great importance in terms of disaster risk management. The main purpose of the study is to create a risk analysis for disaster which may occur when a flood hazard comes to being in Gümüşhane city.

Materials and Methods: Target population of the study is the related persons about floods working in general directorate for state hydraulic works (223 branch office), special provincial administration, disaster and emergency directorate(AFAD), Gümüşhane municipality, provincial directorate of environment and urban planning. Data were collected through questionnaires. The survey results were expressed as single risk analysis using the arithmetic mean method.

Results: As a result of the risk analysis, the dimensions of disaster in the event of flood that Gümüşhane city may be exposed to were expressed by converting into numerical values such as very high risk, high risk, medium risk, low risk and very low risk.

Key Words: Disaster, Disaster Risk, Disaster Risk Management, Gümüşhane, Flood

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Can Turkey's Window of Opportunity be a Solution for the EU's Health Workforce Problem?

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Introduction: The population of the world has dramatically increased within the last 50 years due to the advances in the quality of health services, food sector and hygiene issues. This period of transition caused aging of the population due to the change in fertility and mortality rates from high numbers to low numbers in both of them. The increase in the number of old people in society resulted in several problems such as the decrease in labor force participation and the increase in the dependent population. This decrease in labor force participation causes some shortfalls in the number of qualified staff working for many sectors including the health sector in many industrialized countries. It is predicted that this deficit will continue to increase especially due to the fact that aged population benefit from health services more than the other age groups of the society. Almost all members of the European Union (EU) encounter with the problems relating health workforce as a result of aging population. It is considered that EU would need more immigrant workers in order to deal with this problem. Within this scope, Turkey, as a candidate country to the EU, could be considered as a potential source for the health workforce needed by EU. Although it's claimed that there will be an excessive labor flow from Turkey to the EU, researches display that it would be only between 2,7 to 4million. However, according to some evaluations, the Union needs almost 6 millions of workers in order to meet its labor deficit.

Conclusion: The main research question in this study is "can Turkey's window of opportunity be a solution for EU's health workforce problem?" In order to answer this question the age related demographics of Turkey and the EU will be analyzed. The projections concerning the requirement about health workforce both for Turkey and the EU will be assessed. Accordingly, through the comparison of data gathered from both parties a conclusion about whether Turkey can provide a window of opportunity for the EU health workforce tried to be reached.

Keywords: Health Workforce, European Union, Health Policy

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Migrant Populations in Greece: A Healthcare Challenge

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Introduction: Asylum seekers and refugees have been arriving in southern Europe in escalating numbers. These vulnerable groups are desperate for sanctuary. Yet, in financially compromised countries, such as Greece, the vast health and care needs of refugees may exhaust local healthcare resources to the detriment of both refugees and the host population alike.

Purpose: the purpose of this discussion paper is to uncover and critically evaluate current situation and legislation for health rights for migrants in Greece.

Results: Currently in Greece, undocumented migrants, are not entitled to public healthcare (which is state sponsored), unless there is a life-threatening situation and until health stabilization is achieved with the exception of children <18 years. Thus, undocumented migrants can be treated only in hospital emergency services. Yet, refugees and asylum seekers have equal access to healthcare as Greek citizens, although there are no provisions for persons who have applied for asylum and are still waiting for confirmation of their status as asylum seekers, apart from the right to access emergency services.

Discussion: Currently in Greece, the complexity, bureaucracy and delays characterizing migration status procedures, combined with the extent of informal employment, are the major obstacles to migrants' access to care, as most remain uninsured. Also, the ongoing precarious socio-economic condition of many also jeopardizes their access to health care resources, mainly to specialized services and secondary care.

Conclusions: Migration has proven to be an ongoing complex healthcare, socioeconomic and politically controversial issue. Europe now needs more efficient and effective policies to protect both migrants and established citizens alike. In addition, European nations now need to prevent further humanitarian crisis and ease the consequences of migration by managing it in all of its complex aspects.

Keywords: Migration, Asylum seekers, Greece, Healthcare, Refugees

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Female Workers in Health Sector: Where Are We in Working Life? (Phase 1)

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Introduction: The dramatic increase has been detected in the participation of women in the paid labor force since World War II. While in 1947, 31.5 % of women and 86.8 % of men were in the paid labor force. By 1999, women's labor force participation had approximately doubled to 60 %, while men's was 74.7 %. According to International Labor Organizations' (ILO) report (2012), half of female workforces have worked in service sector in global level. On the other hand, due to the nature of health care organizations, workers especially nurses are mainly female. Currently, the traditional division of labor between men and women is breaking down. Men and women are more equally sharing home and market responsibilities, although women still bear a larger share of housework and child care than men do.

The aims of the project study are to develop and measure a scale about conditions of female workers, which is called 'The perception of working life', and to determine the perception levels of female workforce in health sector about suggestions of future needed regulations for women.

Material and Method: This study has two phases:

- (a) Scale development: A scale about conditions of female workers which is called 'The perception of working life' was performed. There are 15-item in scale. Validity and reliability study of scale has been done at General Secretary of Public Hospitals Association in Edirne.
- (b) Scale implementation: Purpose of this phase is to determine the perception levels of female workforce in health sector about regulations for women. 'The perception of working life' scale will be apply to female workers who work at hospitals of General Secretary of Public Hospitals Association in Edirne. This part of research will be descriptive study. 25% stratified sampling will be used for sampling from population. Only voluntary participants will be included in research.

Results: This is an ongoing project. Results will be shared at the end of the research.

Conclusion: Female workers' social and work place roles are increased after pregnancy process so job stress, anxiety, role conflict can be occurred. On the other hand especially in private sector female workers become disadvantage group during career life. Policies which enhance the role of female workers in work life should be made by government and international institutions.

Keywords: Female Workforce, Health Care, Hospital

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Analysis of The Complaints Made to The Workers' Rights and Safety Unit of a Public Hospital: A Retrospective Study

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Purpose: This study has been carried out to analyze the complaints made to the Workers' Rights and Safety Unit of the Seydişehir State Hospital and to draw attention to the violence against health workers.

Method: The study is of a retrospective quality and the applications made to the Workers' Rights and Safety Unit of the Seydişehir State Hospital between 04.04.2012 and 09.09.2015 (n=63) have been taken into consideration. The data was obtained by scanning white code notification forms, complaint petitions, and official correspondence records.

Findings: Of the workers who have made a white code notification upon being subjected to violence, 57,1% are women and 42,9% are men. When examined according to their titles, it is observed that doctors, nurses and medical secretaries constitute the top three with 60,3%, 23,5%, and 4,8% respectively. 52,4% of the personnel were subjected to violence at the emergency room, 31,9% at the miscellaneous outpatient clinics of the hospital, 4,8% at the children's clinic, 4,8% at patient admissions, 3,2% at the EKG department, 1,6% at radiography and 1,6% at the intensive care unit. 85,7% of the personnel were subjected to verbal abuse, 11,1% to attempt to actual bodily harm, 1,6% to physical violence and 1,6% to slander. Of those who inflicted violence, 61,9% are patient's relatives, 36,5% are patients and 1,6% are pharmacist assistants. In addition, the majority of those who inflicted violence are men. None of those who have made notification has quit service after the violence they have gone through. It has been established that legal proceedings in 76,4% of the lawsuits filed after the workers were subjected to violence are still ongoing, that it was decided there was no need for prosecution in 17,5% of them and that those who inflicted violence were penalized between 2100 and 8840 TL in 6,1% of them.

Conclusion: The violence against health workers has started to be felt more and more in Turkey in recent years. The violence suffered in the health industry becoming common is a serious problem. Violence can lead to the

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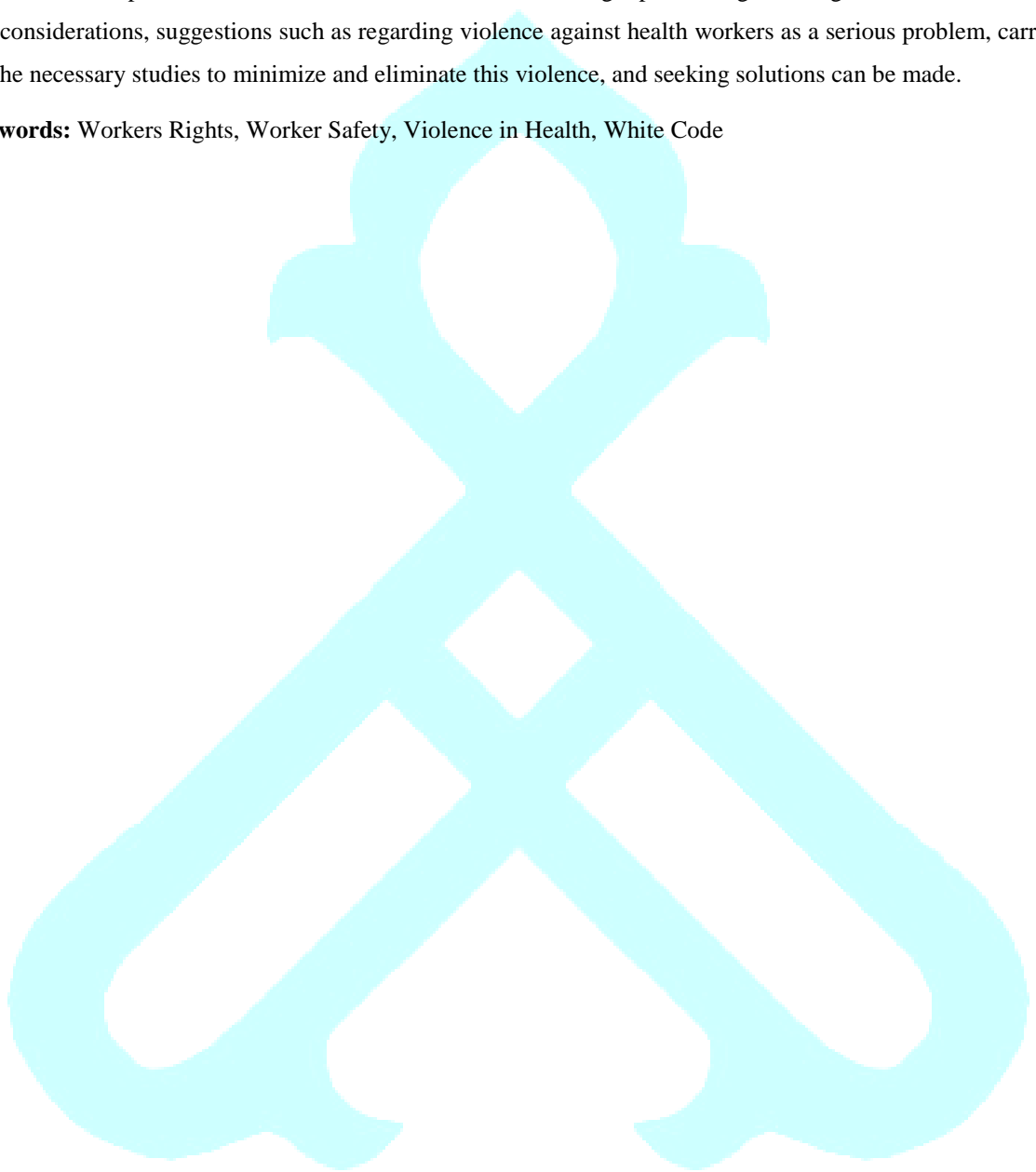
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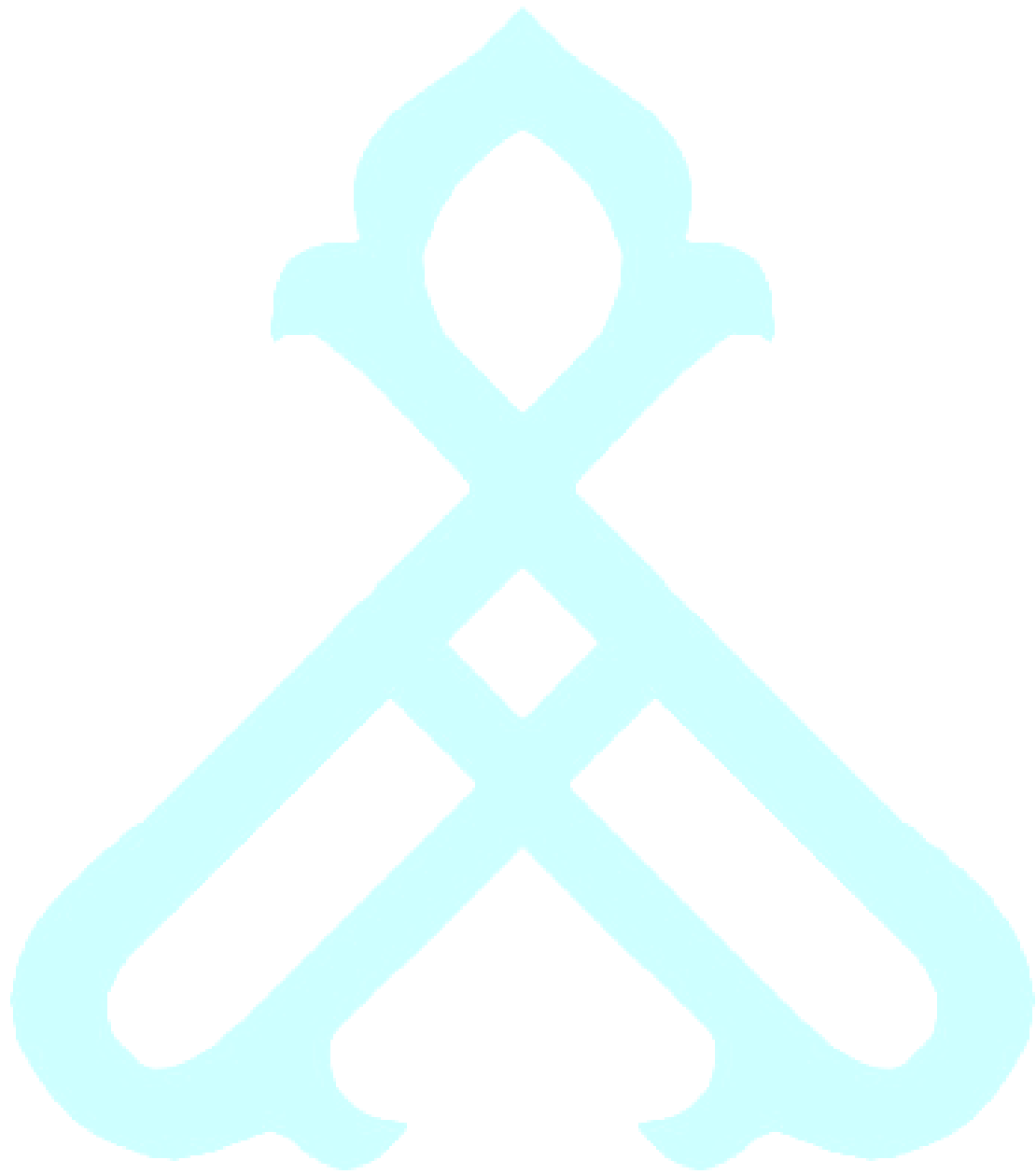
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disruption or the halt of health services and a decrease in employee motivation. Furthermore, direct or indirect costs may be incurred as a result of the violence against health workers. According to the results of this study which has been carried out to analyze the complaints made to the Workers' Rights and Safety Unit of the Seydişehir State Hospital, female workers and doctors are subjected to more violence. The violence against worker concentrates on emergency rooms and of the types of violence, verbal abuse stands out the most. The majority of those inflicting violence is patient relatives. It has been established, some individuals who inflicted violence were imposed fines at various amounts as a result of legal proceedings. Taking the results of the study into considerations, suggestions such as regarding violence against health workers as a serious problem, carrying out the necessary studies to minimize and eliminate this violence, and seeking solutions can be made.

Keywords: Workers Rights, Worker Safety, Violence in Health, White Code





Development and Validation of a Measure: Workplace Religion Accommodation Rights

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Introduction: Workplace religion accommodation rights is seen an important factor in the nowadays. Most of the research on workplace religion rights made at work has been done in European and Anglo-Saxons countries. Literature that addresses work place religions in the workplace defines the individual's expression of an inner life. The development of a measure relying on health staff such as nurse, health technicians, physiotherapist, dietitian and physicians are prepared by Yıldırım et al. Lots of research on the relationship between religion, spirituality, and health suggests that assessing for and discussing clients' religion and spirituality (R/S) in clinical practice may result in positive health and mental health outcomes.

Purpose: The aim of this study is to develop a 30 questions Likert type "Workplace Religion Accommodation Right Scale" (WRAS).

Results: The result of analyses shows that WRAS has three factors. First factor has 11; second factor has 10; third factor has 9. "Work and Personal Views" call factors as "Allowance of Religious Expression by Employees", "Existence/communication of religious accommodation policies". Confirmatory Factor Analysis tests the construct validity of WRAS. Cronbach's alpha reliability coefficients of three factors and whole scale are 0,841; 0,785 and 0,90 respectively. Test-re test reliability coefficient is 0,88. The final form of WRAS is adequate for measuring Workplace Religion Accommodation Right Scale" (WRAS).

Conclusion: Workplace religions accommodation rights has a vital role to play for an individual, community, society and organization as a whole. Work place religions accommodation, when present in an individual, can help him build a positive attitude with high values in the work. That could help motivation in work. It helps develop an employee into a better human being, leader and a manager.

Keywords: Workplace religion, Accommodation rights, Work motivation, Health Staff

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Migrants and Public Health

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Introduction: Health protection is a fundamental human right. It is vital it be provided without discrimination for all vulnerable groups such as immigrants.

Purpose: This review highlights immigrants' health problems and their impact on public health.

Methods: The methodology of this study included search of review studies and research in leading databases such as PUBMED, MEDLINE and IATROTEK. The criterion for the selection of the articles was the Greek and English language.

Results: The increased risk of contracting various diseases amongst migrants' populations is mainly due to the impact of socioeconomic data on health as well as on changes of the economic situation. Additionally, immigrants suffer from reduced availability and access to health services, as well as the difficulty of the health care system of their host country to cope with the particular perceptions and health practices of each immigrant group. The different perceptions of minority populations regarding the concepts of health, disease and the problems around communication with health professionals, are just some causes of a major problem, which concerns international organizations, governments and health professionals. Furthermore, assimilation and marginalization, which are associated with the status of the presence of illegal immigrants, are considered to be as aggravating factors for creation of public health problems.

Conclusions: It is essential immigrants be sensitized regarding the importance of prevention, adoption of healthy lifestyles and changing their conduct for the prevention of diseases in order public health to be promoted and protected.

Keywords: Immigrants, Public Health, Aggravating Health Factors, Diseases

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Violence Against Healthcare Professionals

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Introduction: Violence is a case that we can face frequently both in individual and in societal dimensions. Nowadays it is observed that in addition to societal violence, violence against health care professionals also increases. Violence faced at health care facilities, are cases that performed by the patient, patient's relatives or other people, which pose a risk for health care professionals, and which contain threatening, physical assault, and sexual assault.

Method: This study was conducted as a descriptive research with the purpose of determining the situation of violence against health care professionals by the patient or patient's relatives, forms of violence faced by health care professionals, and personal and occupational features that affect these. The study was performed on emergency room staff of a public hospital affiliated to Union of Konya Government Hospitals General Secretary, and a medical faculty hospital affiliated to two universities in September of 2015. In sample selection, improbable sampling method was used. A survey form, which was prepared by using there lated literature and "Violent Incident Form" (VIF) by Arnetz (1998), was used together data. The survey was performed on 187 health care professionals who accepted to participate in the study. Data was evaluated by using frequency analysis and chi square analysis.

Result: According to data gathered from thestudy, 79 percent of participants were subjected to violence. 43 percent of health care professionals were subjected to violence by the patient or the patient's relatives. 48 percent of violence cases were perpetrated by men. 36 percent of assault took place during the clinical examination and treatment. Assaults were performed mostly (29%) between 5 pm and 10 pm. 56,7 percent of participants indicated that a record was not kept after the act of violence. According to the result of the study, health care professionals were subjected to verbal abuse the most.

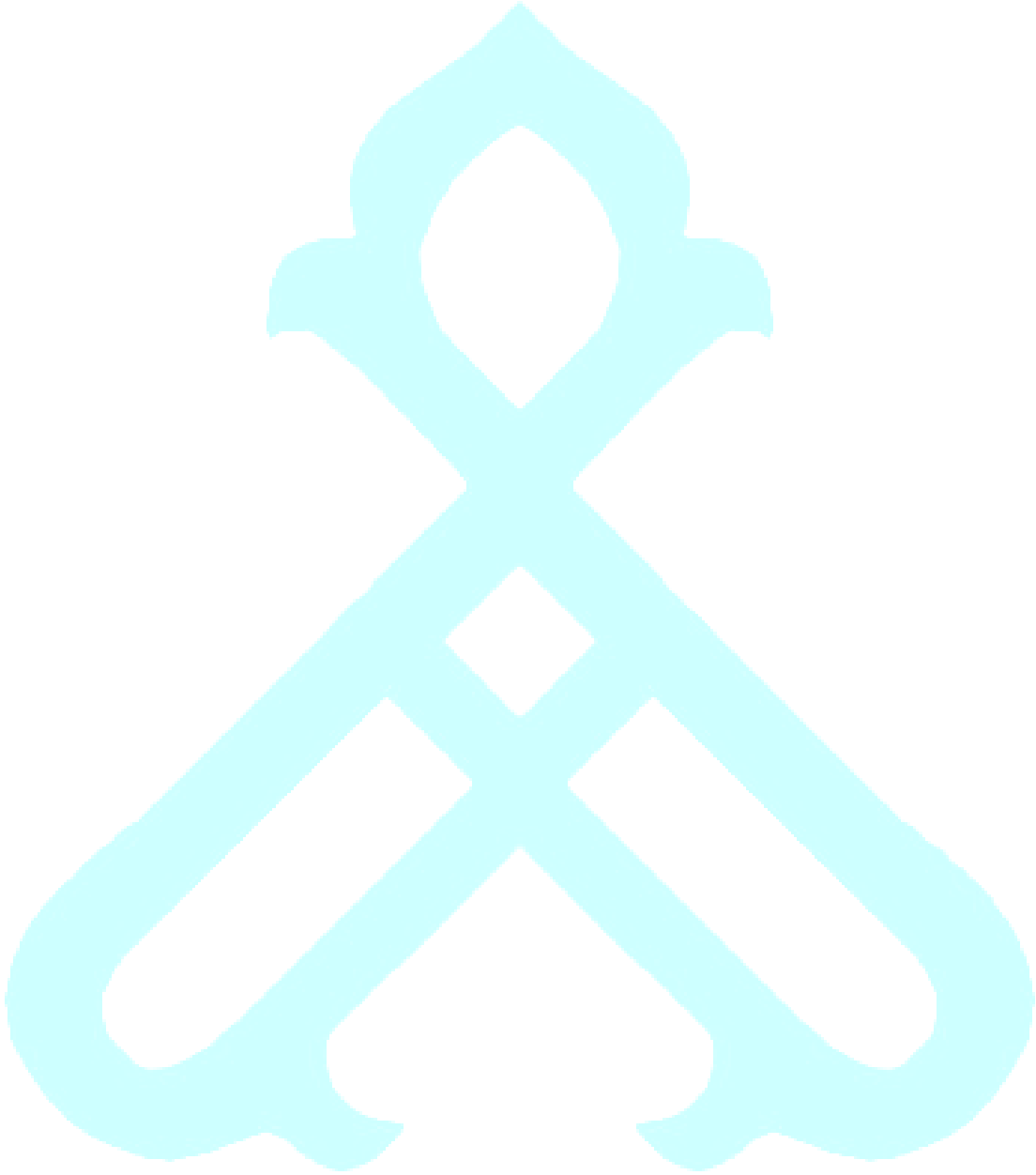
Discussion: Not keeping recordand not tracking the case after the acts of violence are indicators that even the most basic procedures are not performed to prevent the violence. As a result of acts of violence, the psychology of health care professionals are adversely affected. When it is considered that this situation affects their business lives, it is under stood that violence is a serious problem which should be prevented.

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Keywords: Healthcare Professionals • Violence • Emergency Room • Konya



Legal Characteristics of Case Registration in Pre-Hospital Emergency Health Services and Health Workers' Legal Contractual Obligations

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Introduction: During execution of pre-hospital emergency medical services, cases are recorded by using case registration forms and Emergency Medical Services Automation System (EMSAS). Case registration forms, which have medical applications made after service and the patient's informed consent forms, have legally binding both in terms of institutions and health personnel and patient. Case registration form is one of the first written evidences which are referred to in the cases of possible civil and criminal investigation. Including medical interventions to patients, patients and relatives' rejection or acceptance of treatment increases the importance of case registration forms. In the possible investigation be carried out against medical personnel, considering the possibility of registration forms as for and against evidences and keeping all registration forms carefully and meticulously will protect legally both health workers and their institutions and patients and their relatives. In the pre-hospital emergency medical services making further examinations intended to diagnose patients or keeping patients under observation for a certain period of time for this reason is an unlikely situation. Such a situation is against to operation aims of pre-hospital emergency medical services.

Conclusion: For this reason, in pre-hospital emergency medical services to achieve fast accurate diagnosis and to begin treatment requires good knowledge and experiences. Due to the nature of pre-hospital emergency medical services, in addition to the difficulty of putting diagnosis and accordingly beginning treatment, shortness of time, conditions and opportunities can cause the emergence of a potential medical malpractice.

Key words: Pre-hospital emergency medical services, Case registration forms, Informed consent forms

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CHAPTER IV
HEALTH EDUCATION



Education of Children with Down Syndrome

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Chatzinikolaou C.

Michou M.

Abstract

Introduction: The gap between children with Down syndrome and same age children is often widen with age, but the appropriate education can be helpful to them and when they get older they can become productive, offer to society and take as well.

Purpose: This review highlights the contribution of education in launching health to children with Down syndrome.

Material and Method: The methodology of this study included search in leading databases as MEDLINE, GOOGLE SCHOLAR, HEAL-LINK. The criterion for the selection of the articles was the Greek and English language.

Results: Despite general common characteristics of children with Down syndrome many differences are observed between them as it concerns in general abilities, learning disabilities, appearance and health. So, educational programs should be personalized and emphasized in personal problems and the abilities of each child. Priorities that should come first to children with Down syndrome are self-service (dressing up, feeding, personal hygiene) communication and socialization. At the end, targets should be classified from easy to difficult and the child should be encouraged and will taste the success of its abilities.

Conclusion: Education of children with Down syndrome is considered essential for the development of abilities that will make them accomplish their basic hygiene needs

Keywords: Child, Education, Down syndrome

Education to People with Physical Disability

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Chatzinikolaou C.

Michou M.

Introduction: Society's knowledge in issues of physical disability, like rights of the handicapped and planning programs to face their needs are necessary to understand the principals of multidimensional model of disability.

Purpose: This review highlights the contribution of education in launching health to people who are coping with physical disabilities.

Material and Method: The methodology of this study included search in leading databases as MEDLINE, GOOGLE SCHOLAR, HEAL-LINK. The criterion for the selection of the articles was the Greek and English language.

Results: Educational programs should differentiate and specialize according to the characteristics and needs of handicapped in matters as age, level of education, category of disability and location of their residence. Also should be considered as well, the recognition of their rights and the accessibility to any kind of equipment and services, with no exception.

Conclusion: The creation of a new perspective is necessary in education, so future distinctions will be avoided to people with physical disabilities.

Key Words: Disability, Education, Handicapped

Hygiene Rules in Mosaic Law

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Michou M.

Mata S.

Anastasilakis I.

Introduction: The hygiene issue, both public and personal, was troubling people in the past. The significance of hygiene matters can be seen in the scripts of the Old Testament.

Purpose: This research shows the hygiene rules in the Mosaic Law and the meaning they had in a Jewish theocentric society.

Material-Method: Systematic recording and research has been done in the relevant sources and texts from Leviticus and Talmud of the Old Testament.

Results: The hygiene rules that had been settled from Moses, are focused to the laws that concern purity, cleanliness, diet and the prevention of contagious diseases. They recommended the washing of their hands before meals. Also instructions were written for the way they could have contact with infectious objects, for the cleaning of women after giving birth and the terms of hygiene and the way infants were fed. Additionally, very popular to the Jews was the surgery of «circumcision» for prevention and hygiene reasons. In the catalogue of people who were believed to be «impure» except women in menstruation, were included the sufferers from contagious diseases, like gonorrhoea and leprosy. When an epidemic was about to happen everybody was alert and people who were infected from a disease were isolated. Also their homes and clothes were disinfected to stop the spreading of the disease. Lastly, the Sabbath holiday is also considered as a remarkable hygiene measurement.

Conclusion: Hygiene amongst the Jewish people was of great significance and composed the proof of their faith to the one and only God.

Key Words: Hygiene, Jews, Old Testament

Evaluation the Perception of Students on University Education

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Abstract

Introduction: Youth represents the most important and influential periods of human life and the way which young population spend that period is vital. Each year, around 800-900 thousand students are admitted to universities in Turkey and the total number of registered students is about 4 and a half million. It indicates that most of Turkish youth tends to be university students. At this point, it is important to determine university perception of young people who are already registered in universities. The purpose of this study is to explore students' perception of university in Edirne Province.

Material and Method: The universe of the study includes 1385 students who are registered in the Health Sciences Faculty of Trakya University. In the period of the research, those who refused to participate in the study and those who authorized were excluded. Voluntary setting was conducted. To examine the perception of university, 282 students were surveyed. The 34-item questionnaire used in data collection was developed based on previous researches and expert opinions. The questionnaire has two parts. The first part consists of 7 questions regarding demographic characteristics and the second part consists of 27 questions (four options Likert scale) related to the perception of university. The Cronbach's alpha coefficient of the scale was found to be 0,56.

Results: All analyses were performed by SPSS 13 statistical software package. %78 of study participants live in student dorms, %52.1 of those surveyed have 0-2000 TL income range, %44 of their family have 2 children, %40 of participants are nursing student and %74.8 are woman. According to hypothesis tests, there are poor and positive correlation between age of participants and university perception ($p=0,024, r=0,134$). And there is statically significant difference between grade level of participants and university perception ($p=0,048$).

Key Words: University, University Students, Perception, Education

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Contributing Factors to the Phenomenon of School Bullying

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Introduction: Bullying is the problem afflicting the schools nowadays. Many children around the world are victims of bullying by classmates and even by their own teachers. The scientific terminology of bullying, refers to a phenomenon in which a student has a strong desire to cause harm to another individual within the same school environment.¹ Factors contributing to the occurrence of the phenomenon vary such as the socioeconomic background of the family, the different origin of the child is a factor to accept teasing at school, the sex and the school environment etc.

Purpose: The purpose of this study is to reveal the factors that affect and contribute to the phenomenon of school bullying.

Methodology: For this study the method of systematic review was used. Also there was a search among the electronic databases of PubMed, Google-scholar, ProQuest and Wiley.

Results: The results from the systematic review showed that many children are victims of bullying at school. The violence of bullying are divided into various categories such as direct, indirect and electronic violence. Victims of bullying have low self-esteem even in their adult life, depression, and in some cases the victims are driven to suicide. Also bullies are stigmatized for the aggressive behavior they have.

Conclusions: The bullying affects more and more children worldwide, is spread in schools as a contagious disease. The phenomenon of bullying appears to primary school children in smaller percentage, as children grow into adolescence the percentage level rises. Factors contributing to the occurrence of the phenomenon are due to family, hereditary factors, socioeconomic background, and the ignoring by parents and teachers, etc.

Suggestions: Informing parents about the phenomenon of bullying and how to recognize the signs in their child. Create programs in schools with the help of the Community nurse, psychologists and educators to address bullying. Create programs in schools to prevent bullying.

Keywords: Bullying, Scholls, Violence

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Analysis of the Partnership for Health Promotion at Bulgarian Schools

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Introduction: According to the Health promotion concept health is a shared responsibility of individuals, the community, the state and non-governmental organizations. Partnership offers great potential to address problems and achieve goals but it is also associated with certain difficulties. Establishment of successful partnership requires a common purpose, shared responsibilities, complementary competencies, collaboration and mutual respect.

Purpose: The aim of this paper is to analyze whether the partnership as a main health promotion principle is put into practice in the observed school community.

Methods: A comprehensive medico-social survey on school health promotion was conducted from September 2012 to May 2013 over a representative sample of schools in Pleven region of Bulgaria. Data were collected by self-administered questionnaire among 1280 members of the school community, interview with school principals and documents review. Questions are directed to the elements of the coordinated school health model. Data analysis of the presented part of the study, examined the partnership for health promotion at school, was consistent with the methodology "The Partnership analysis tool" using a specially designed checklist for evaluation.

Results: Over 90% of the investigated subjects and organizations realize the necessity of partnership. They have a clear goal to improve well-being of the school community and a shared understanding that the benefits from the partnership outweigh the exert efforts and costs. On the other hand not all potential partners are included in the process of planning priorities for action. Almost a half of them not always have a clear idea about their responsibilities to fulfill the goals.

Conclusions: Both positive and weak points of the partnership could be considered. The necessity for partnership in school health promotion is recognized but it is difficult to transform into real action due to limited competences and collaboration.

Key words: School health promotion, Coordinated school, Health model, Partnership for health promotion, Bulgarian schools

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Family Behavior and Adolescence Behavior in Diabetes Mellitus

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Introduction: Type 1 diabetes is a chronic illness that requires daily management, including adherence to an insulin regimen, blood glucose monitoring, and attention to nutrient intake and physical activity. This affects many children, adolescences and their parents.

Purpose: The purpose of the present study was to review literature about adolescence and family behavior and diabetes type I.

Material - Method: A literature review was conducted using the electronic databases PubMed and Google scholar. The following key words were entered: “diabetes”, “family”, “adolescence” “behavior” and a combination thereof. Exclusion criteria of articles were the language, except English.

Results: Adolescence is a transition period and the adolescent attempts to establish a sense of individual identity and autonomy, so it is common for conflicts to occur. Parental involvement in the management of care in adolescence has been associated with increased adherence to youths’ medical regimens as well as better glycemic control an intervention that enhances family communication and conflict resolution would improve adaptation to diabetes, treatment adherence, and diabetic control. The effectiveness of family participation and treatment adherence, diabetic control and adjustment to diabetes are interventions that target to family problem solving and communication.

Conclusions: Clinical implications include the importance of providing support to parents to decrease critical behaviors and assessing and addressing adolescence behavior and self-efficacy for diabetes care.

Keywords: Adolescence, Families, Diabetes Mellitus

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Benefits of Internship Activities for The Students of University Department of Health Administration

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Purpose: Occupational groups that are owned by almost all the students in the application of theoretical knowledge training and behavior at work is done so they can be converted to final year students in the Department of Health Management The aim of this study is to measure the assessment practicum to internship.

Materials and methods: Literature search made and as a result of this search is primarily for research students ' evaluations and a survey was created to deliver solutions The survey was applied to the final year students in the academic year 2014-2015. The survey data obtained through the SPSS program resolved the problem and the solution of frequency, percentage, standard deviation and the average was taken. Questionnaires were used as a collection tool. The questionnaire used consists of 21 questions. The reliability analysis of the survey results is performed with SPSS Cronbach's alpha value of 0.935 is reached.

Results: As a result of research, the majority of the answers given on the Internship training of students in expectations "quite a lot" is in the form of. the findings did not allow to apply the knowledge theoretically gained in school with their internship training and it has been observed that suggestions made in this direction.

Keywords: Internship, Healthcare Management, Vocational Training

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Exercise and Health Education

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Introduction: The term exercise is defined as the every movement we make in order to process our daily routine, whether it relates to our work, our personal convenience or our enjoyment.

Purpose: This review highlights the contribution of the exercise of health and its promotion generally.

Methods: The methodology of this study included search of review studies and research in leading databases such as PUBMED, MEDLINE and IATROTEK. The criterion for the selection of the articles was the Greek and English language.

Results: Fitness is the basis of a dynamic and productive mental activity. Additionally, the benefits of exercise on health concern:

A) Lungs: increase regarding pulmonary ventilation and the volume of air inhaled. Therefore, the maximal oxygen intake helps our breath to become stronger, slow and stable when we are relaxed or under pressure.

B) Heart: strengthening of myocardium. The function of the heart is better and more relaxed.

C) Muscles: hypertrophy and strengthening of the muscles. Therefore, more energy production and increased metabolism

D) Bones: improvement of strength, density, growth and strengthening of the bones.

E) Blood: increase the amount of red blood cells and hemoglobin. Therefore, the quantity of oxygen is increased too.

F) Immune system: increase the number of leukocytes by strengthening mechanisms that fight microbes and infections that affect our Organism.

Conclusions: The need for physical activities and our engagement in sports to safeguard our health becomes bigger and bigger if we take into account the current production conditions which have changed nowadays. They

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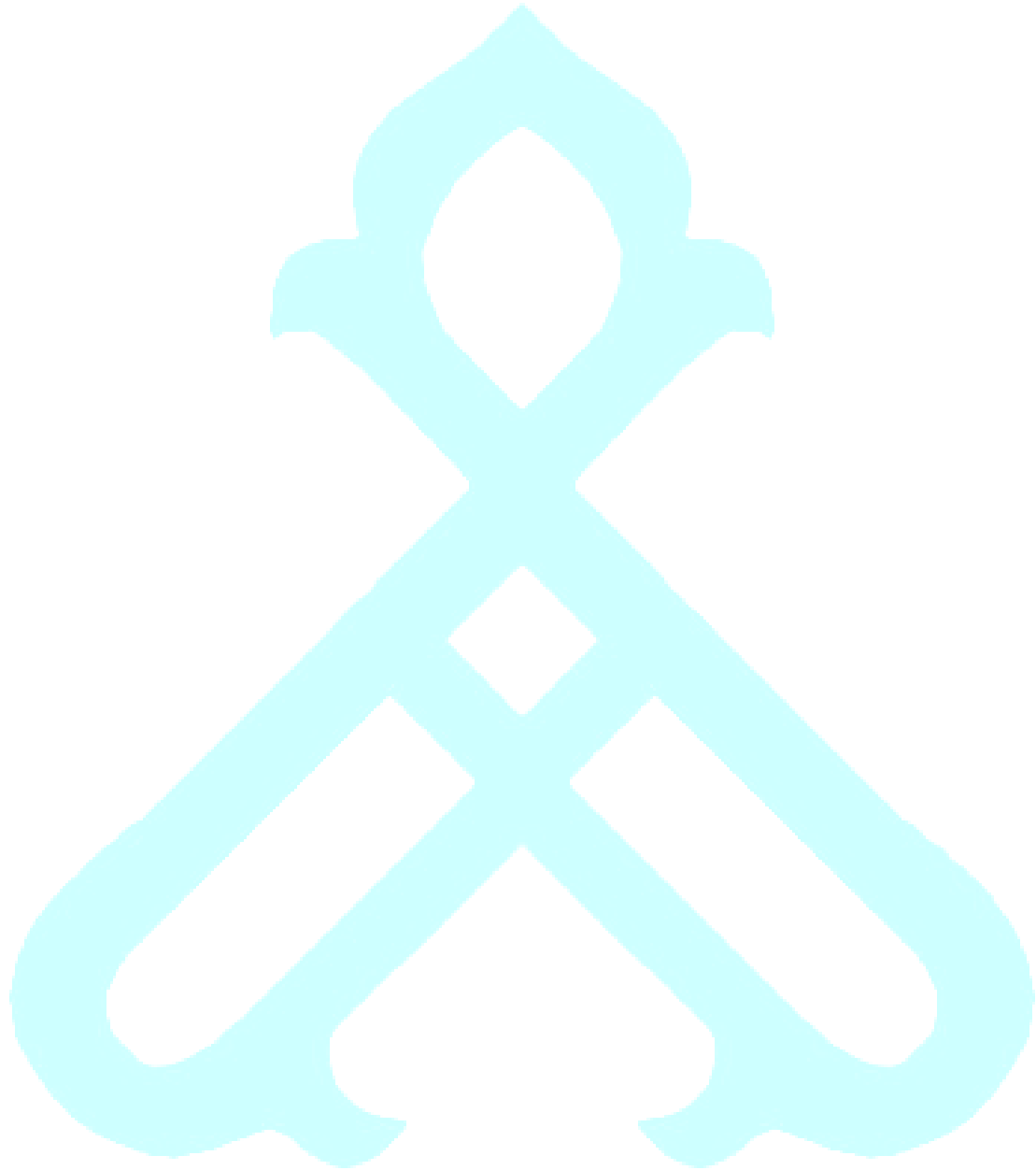
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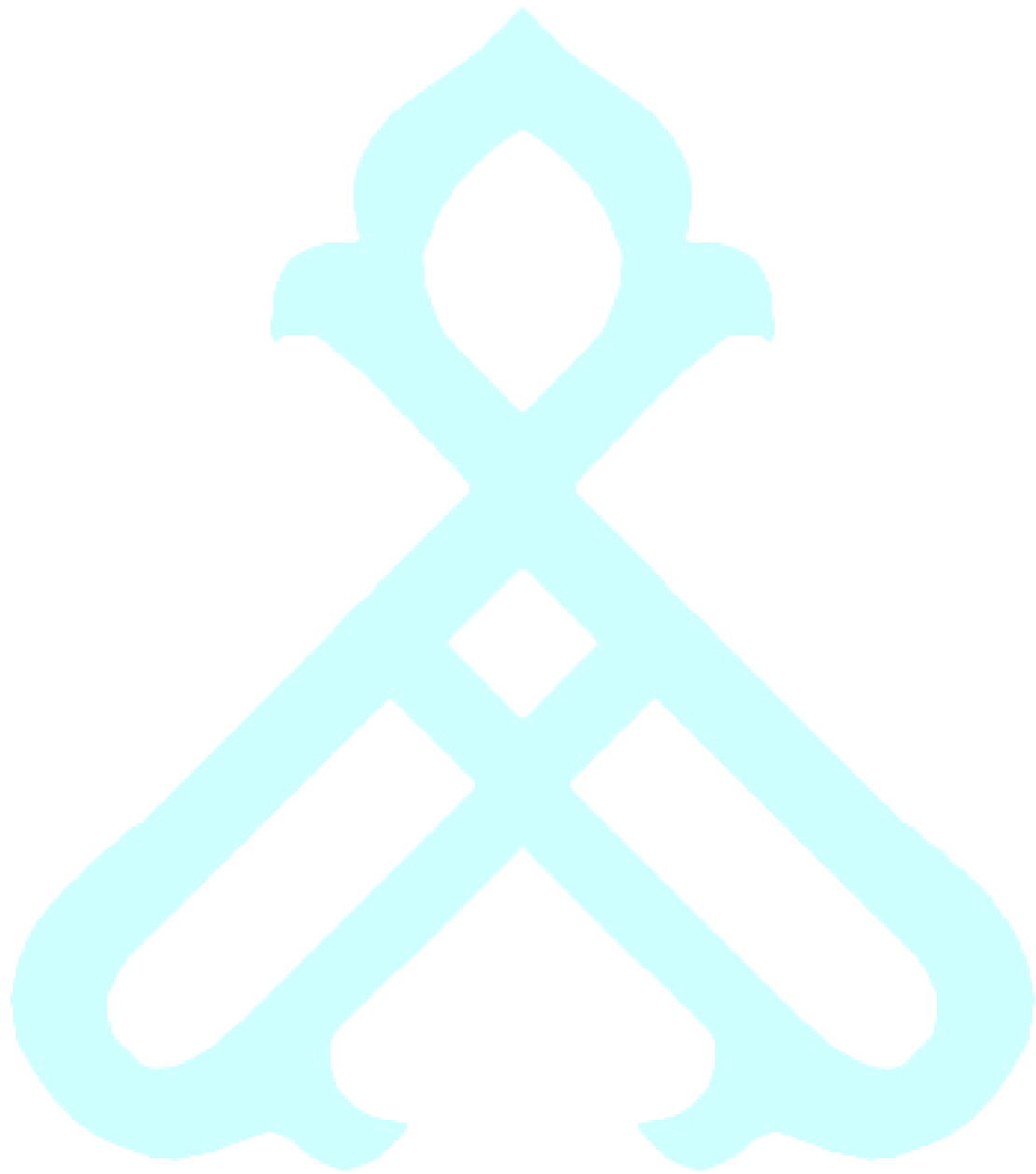
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require much less physical work due to automation and the invasion of new technologies in the productive process.

Keywords: Exercise, Physical Activity, Health Promotion





Mother as an Illicit Drug Abuser and Pregnancy

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Introduction: By the mother two abuse of illicit drugs the pregnancy is perceived in an advanced stage because of amenorrhea or the false belief that, because she use drugs, it is unlikely to get pregnant.

Purpose: In this review it is highlighted the relationship between the drug user mother and her pregnancy and the effects thereof.

Methods: It was performed an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and in scientific journals, with the keywords: illicit drug abuser mother, Papathanasiou

Results: Often, the dependent mother experiences the pregnancy like an accident, like an unpredictable event and may seek abortion. The child, as a reference, will restore the lost unity and will give her the purpose she lost. And then is when she is experiencing the dilemma "the child or the drug", which characterizes the ambivalent attitude towards the infant. As consequence, sometimes she might be careful toward the child, offering love and generally covering the needs and the in next moment to have completely changed attitude towards him.

Conclusions: Illicit drugs are one of the biggest scourges of contemporaneous societies and are particularly dangerous during pregnancy for both the mother and the fetus.

Keywords: Illicit drug, Pregnancy and child, Abuser mother

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Diabetes Self-Management Education

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Introduction: Diabetes is a chronic disease that occurs due to body's inability to produce adequate amounts of insulin or respond to the presence of insulin. The insulin deficiencies can cause high blood glucose levels. In 2014, the global prevalence of diabetes was estimated to be 9% among adults over 18 years old.

Purpose: The purpose of the present study was to review literature about diabetes self-management education.

Material - Method: A literature review was conducted using the electronic databases PubMed and Google scholar. The following key words were entered: "diabetes", "self-management", "education" and a combination thereof. Exclusion criteria of articles were the language, except English.

Results: Diabetes self-management includes monitoring blood glucose levels, adherence to medication regimens, nutritious eating, appropriate exercise, monitoring blood pressure and dealing with the stressors that accompany having a chronic disease. For diabetic patients, learning how to manage their care is vital in preventing complications and delaying the disease process. Diabetes self-management education requires the patient to possess health-seeking behaviors that facilitate the learning process and self-care actions. A relationship between health professional and patient should be established in order to teach and encourage patients' self-care management.

Conclusions: It is important to create an empowering and motivational environment for teaching self-management in order to stimulate patients to actively participate in their care and seek information about their care. There is a great need for further research in this field to support patient's individual responsibility for self-care.

Keywords: Diabetes, Self-Management, Education, Health education

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Translation and Validation of the Facit Spiritual Wellbeing Scale (Facit-Sp12) for Greek Population

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Introduction: According to World Health Organization (WHO), spirituality is an important domain of quality of life especially in terminal, life threatening chronic diseases. For many people spirituality and religion are not just very important dimensions of their existence, but also a source of support that contributes to wellbeing and coping with everyday difficulties of life.

Purpose: Aim of the study was the translation of the Facit Spiritual Well Being Scale (Facit-Sp12) in Greek language and the validation of the scale for the Greek population.

Material and Methods: The Facit-Sp12 questionnaire is an anonymous self-administered questionnaire that contains twelve, four point Likert scale, closed questions (0=Not at all, 1=A little bit, 2=Some-what, 3=Quite a bit, 4=Very Much). The questionnaire was translated into Greek language and then back translated in the English in order to be checked for any inconsistencies. The sample of the study was 183 chronic kidney disease patients, undergoing hemodialysis. Exploratory factor analysis, with principal components analysis with Varimax rotation was performed for checking the construct validity of the questionnaire. The test-retest reliability and the

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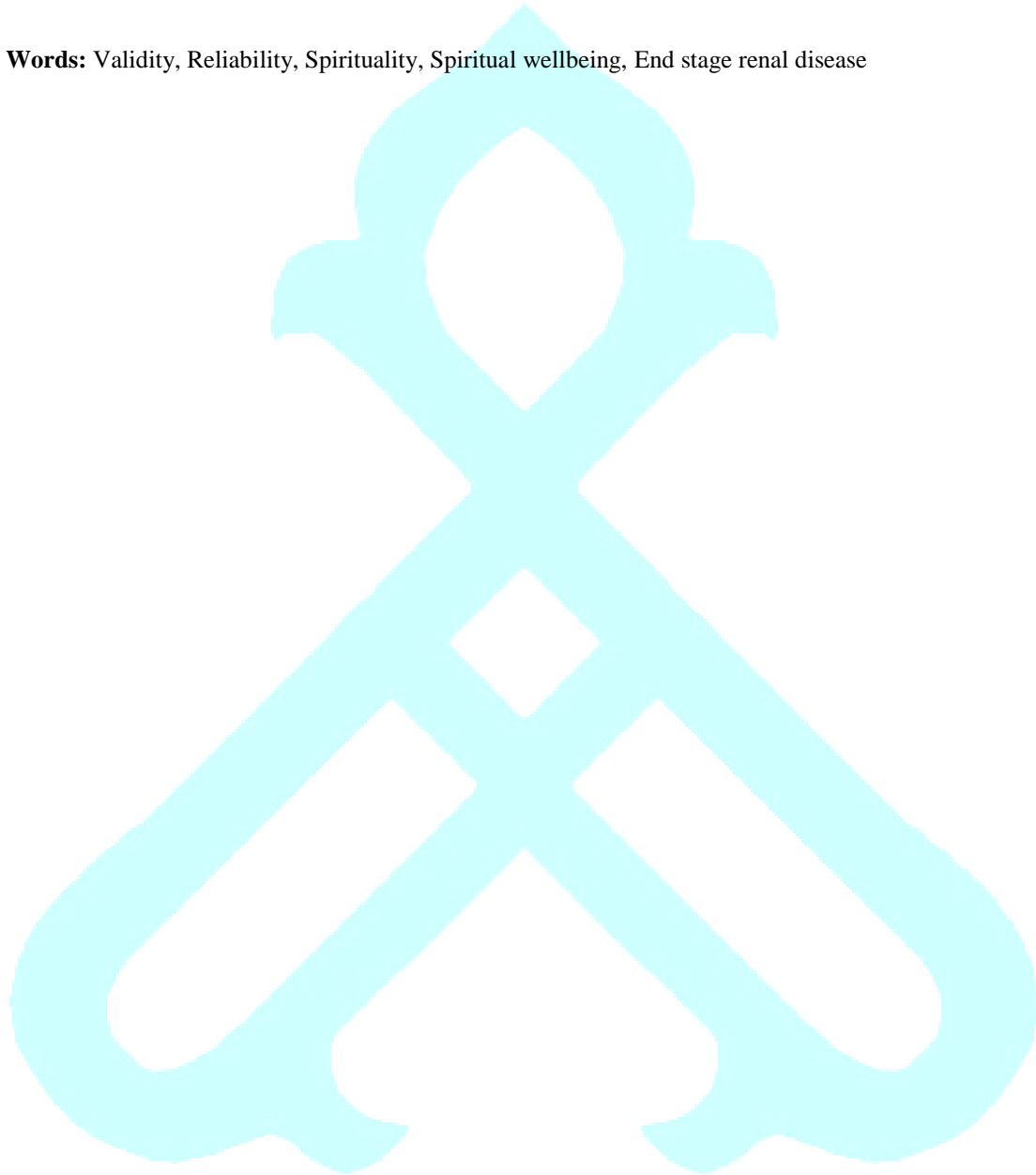
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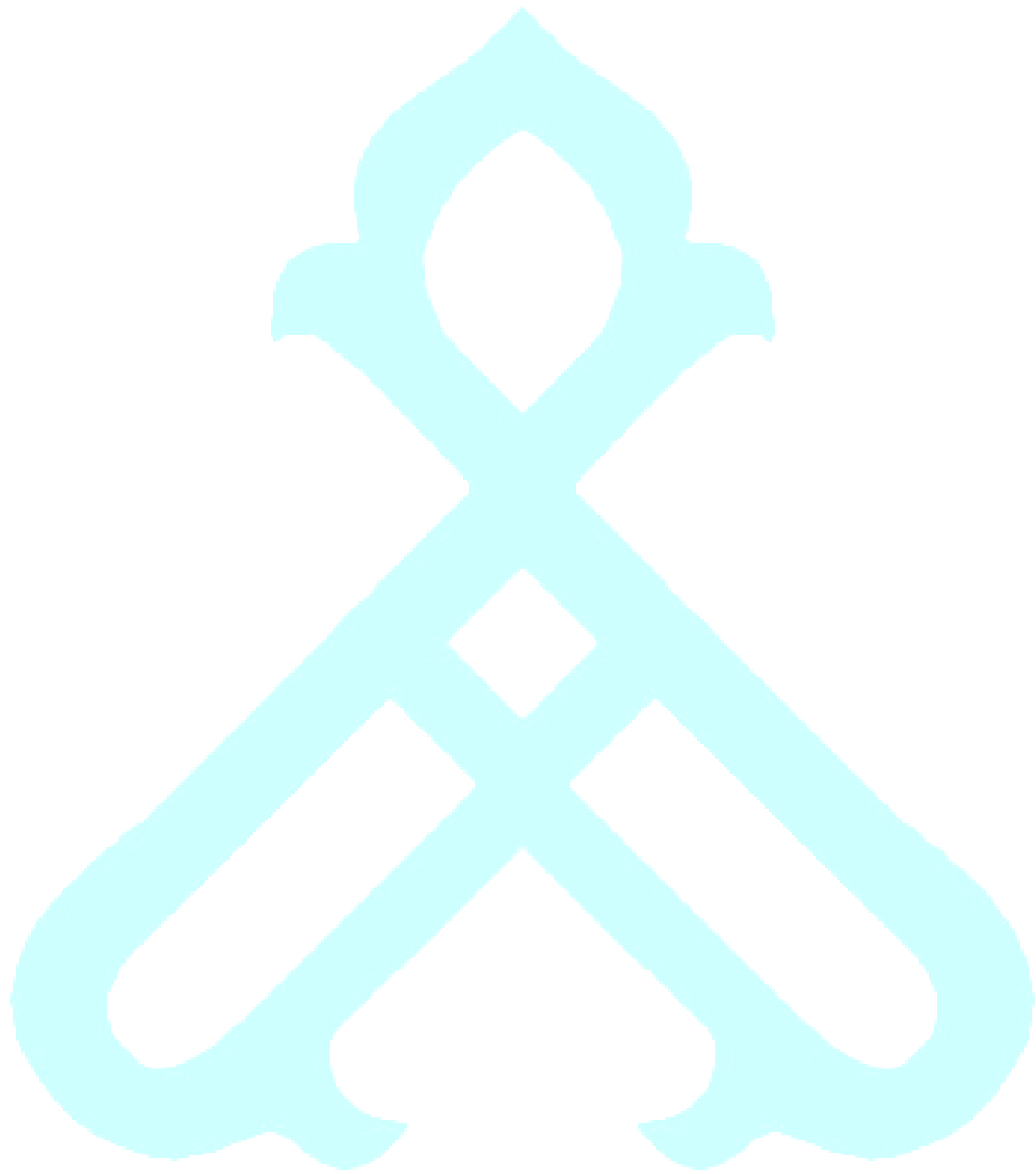
internal consistency were also examined. Statistical analysis performed by the use of SPSS 21.0. Statistical significance level was set at $p=0.05$

Results: The final Greek version of the questionnaire includes all of the twelve questions. The mean age of the participants was 61.81 ± 13.9 . Three factors were exported from the statistical analysis. The Cronbach- α coefficient was 0.77 for the total questionnaire and for each subscale was 0.70 for “meaning”, 0.73 for “peace” and 0.95 for “faith”. Between the three subscales “meaning” had the highest score (mean 12.49, $SD=2.865$).

Conclusions: The Facit Spiritual Wellbeing Scale - Facit-Sp12, is a valuable and reliable questionnaire of three dimensions that can be used for assessing spirituality and spiritual wellbeing in Greek population.

Key Words: Validity, Reliability, Spirituality, Spiritual wellbeing, End stage renal disease





The Application of Nursing Theories in Nursing Practice

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Introduction: Nursing is a discrete body of knowledge comprising paradigms, frameworks and theories. Nursing theory is defined as ‘a creative and rigorous structuring of ideas that project a tentative, purposeful, and systematic view of phenomena’.

Purpose: The purpose of the present study was to review literature about the application of nursing theories in nursing practice.

Material and Method: A literature review was conducted using the electronic databases PubMed and Google scholar. The following key words were entered: “nursing theories”, “nursing practice”, “application” and a combination thereof. Exclusion criteria of articles were the language, except English.

Results: Nurses use theories in everyday clinical practice in order to: organize patient data, understand patient data, make decisions about nursing interventions, plan patient care, predict outcomes of care, evaluate patient outcomes. Some of the nursing theories that provide the basis for clinical practice are: Orem’s Self-Care Framework, Roy’s Adaptation Model, Neuman’s Systems Model and Watson’s Theory of Human Caring.

Conclusions: Nursing process continue to use nursing theories as the core for decision making in determining if nursing care to patients is meeting the expected outcomes. The application of these nursing theories is a challenge and it provides opportunity for meaningful nursing practice.

Keywords: Nursing, Nursing practices, Nursign Theoris

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CHAPTER V
HEALTH AND NURSING

Cancer Pain

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Introduction: The incidence of cancer pain depends on the site and the stage of the disease. Perception of pain is influenced by physical, psychological, social, cultural and spiritual factors.

Purpose: This paper reviews all the current data regarding the management of the cancer pain with emphasis to the pharmacological therapy and outlines the fundamental of the supportive and the palliative care.

Material and Method: The methodology of this study included search of review studies and research in leading databases such as PUBMED, MEDLINE and IATROTEK. The criterion for the selection of the articles was the Greek and English language.

Results: Drug therapy is the cornerstone of the pain management. It is effective, relatively low-risk, low-cost and the results appear almost instantly. Supportive care addresses the physical symptoms and complications of the disease. Supportive care helps cancer patients to face psychological and social problems. . Improves the communication with patients and helps them to understand the extent of disease and prognosis.

Conclusion: The cancer pain not relieved causes reduced quality of life, functionality, activity, appetite, productivity, income and willingness to continue treatment. The pain relief is a basic human right.

Keywords: Cancer pain, Supportive care, Palliative care



Assessing The Effect of Chronic Obstructive Pulmonary Disease on Cardiovascular Disease Development in Primary Healthcare Patients

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Introduction: Previous studies have shown that chronic obstructive pulmonary disease (COPD) and Cardiovascular Diseases (CVD) are linked, but the true figures of this association are conflicted. Therefore, this study was aimed to explore the impact of COPD in individuals with confirmed cardiovascular disease.

Methods: In this cross-sectional study were randomly recruited outpatients aged (45+) who were approached the Public Primary Health Services of Heraklion, Crete, Greece, during a 3-month period (October - December 2014). COPD was detected using the International Primary care Airways Group (IPAG). It is also recorded the 10 most prevalent CVD (coronary artery disease, heart failure i.e.). Statistically, control χ^2 and multiple logistic regression were used to control the significance of the correlations. P-values <0.05 were considered statistically significant.

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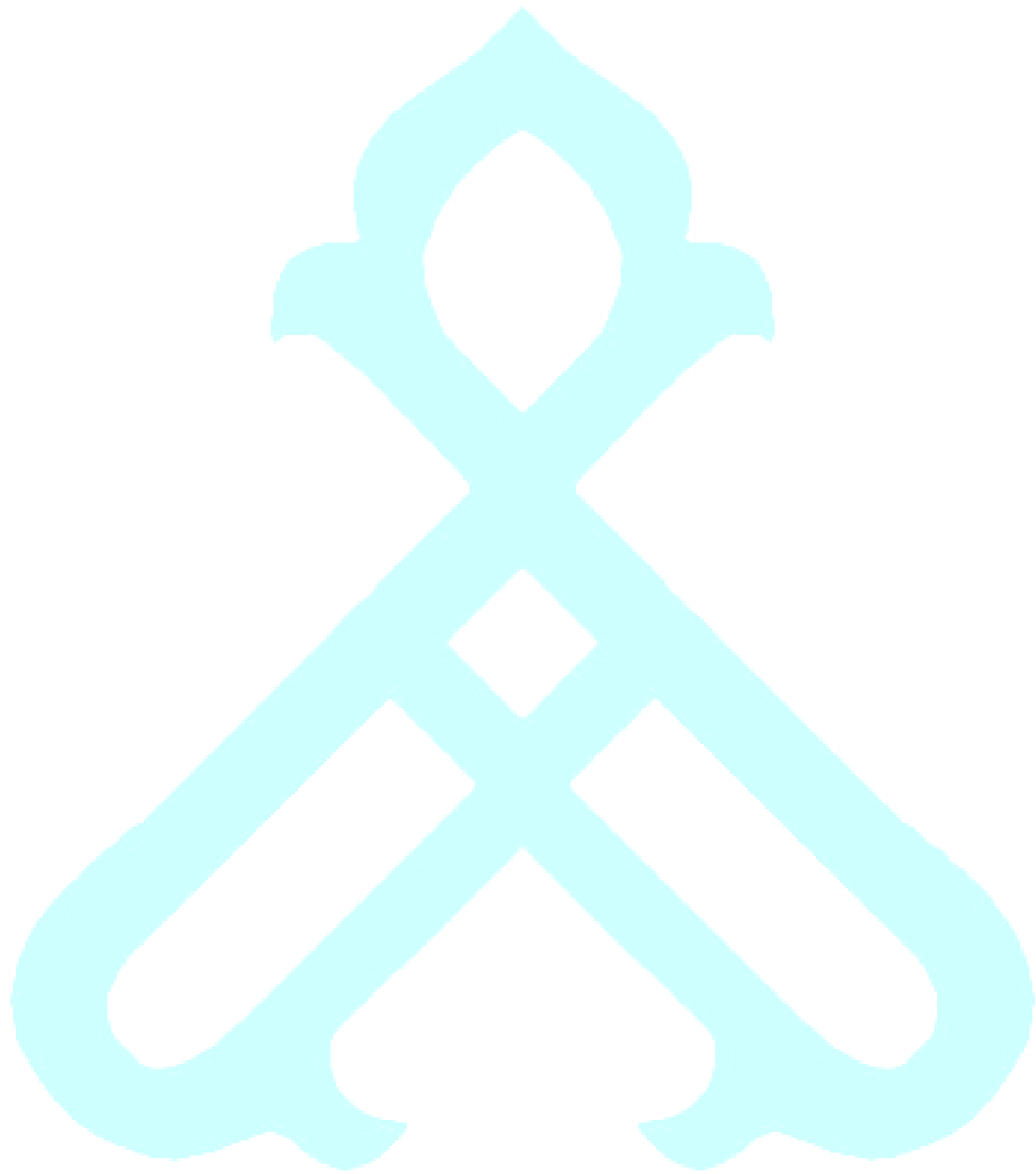
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Results: The mean age of the 862 participants was 62.6±9.6. The prevalence of COPD was found 16.6%. Logistic regression revealed that COPD patients were more likely to present coronary heart disease (OR=1.35; CI: 0.66-2.77) and heart failure (OR=3.39; CI: 0.56-20.45) compared to non-COPD patients, but these associations were not significant. However, smokers were significantly more likely to present COPD (OR=13.12; 6.87-25.04) compared to non-smoker participants.

Conclusion: The main finding of the present study was that CVD was not affected by the presence of COPD, suggesting that these diseases are not associated. In comparison to our results, data of study conducted in United States showed that COPD and CVD are independently associated, mainly due to higher prevalence of congestive heart failure. In contrary, recent studies showed strong association between COPD and CVD, reporting that COPD increases the likelihood of CVD developing. In conclusion, despite the increased likelihood of presenting CVD among COPD patients, this study confirms that the most important risk factors for both; COPD and CVD development remain tobacco use and older age.

Keywords: COPD • Smoking • Cardiovascular Disease • Comorbidities • Coronary Artery Disease



Assessment of Sleep Disorders in Elderly Patients with Depression

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Introduction: Evidence has shown that both; sleep disorders and depression are more prevalent in elderly patients compared to the general population. However, a potential link between sleep disorders and depression remains unclear mainly due to a high prevalence of undiagnosed sleep-disordered breathing in Greece. This study was aimed to estimate the prevalence of most common sleep disorders such as Obstructive Sleep Apnea/Hypopnea Syndrome (OSAHS), Excessive Daytime Sleepiness (EDS) and Insomnia in aging and to assess their epidemiological association among patients with depression.

Methods: This cross-sectional study was conducted in 180 elderly adults (mean age 74.56±6.32, 62% male) receiving home care services in Heraklion, Crete, Greece. The Berlin Questionnaire was employed to assess the likelihood for OSAHS, the Epworth Sleepiness Scale to assess daytime sleepiness and the Athens Insomnia Scale to assess Insomnia disorder. Depression was defined using a Greek version of the Geriatric Depression Scale (GDS). Demographic characteristics, BMI and a history of stroke and cardiovascular diseases (CVD) were

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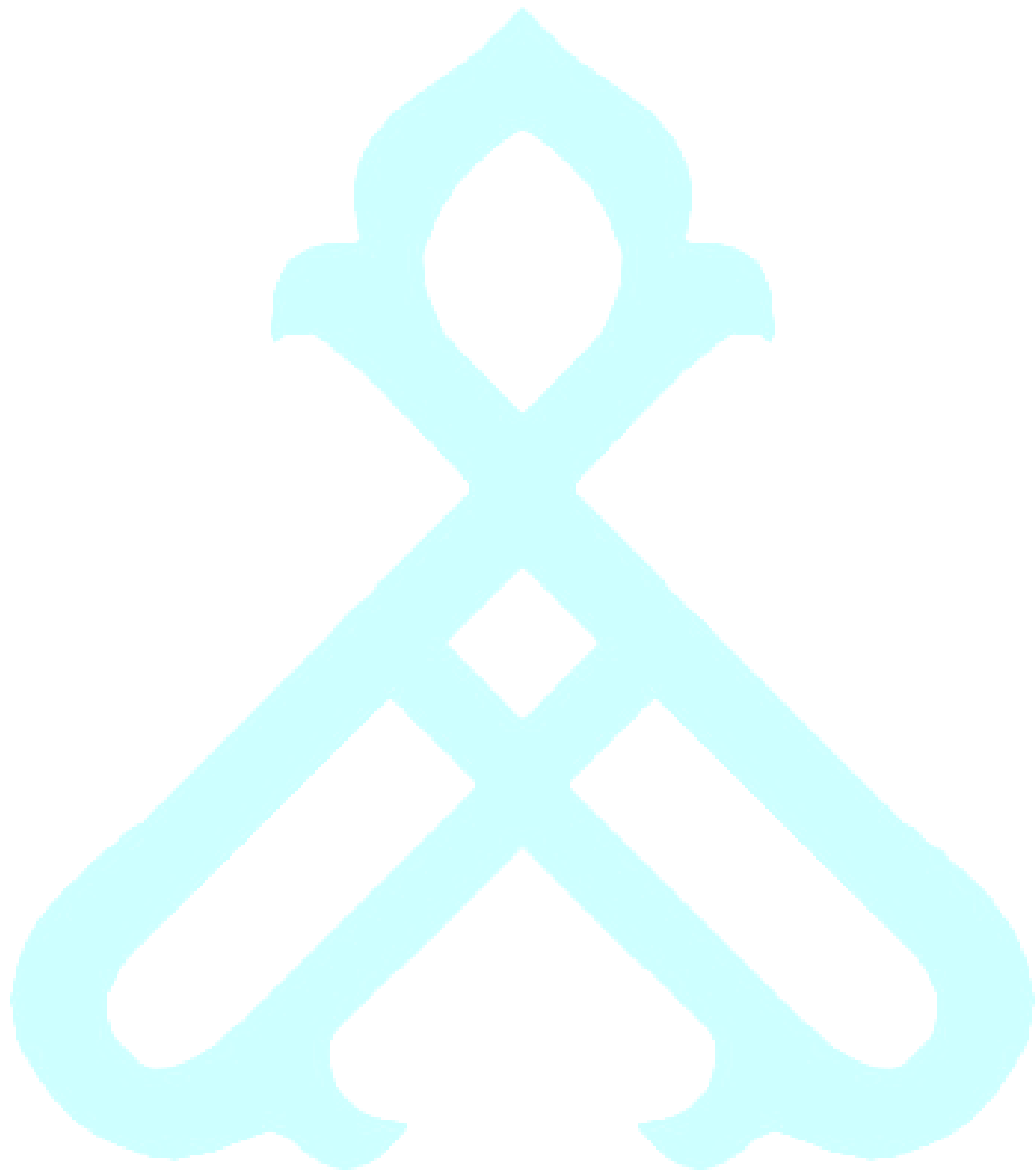
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also assessed. The associations were controlled using Kruskal Wallis, Mann Witney and ANOVA test. P-values ≤ 0.05 was considered statistically significant.

Results: The prevalence of high risk for OSAHS was found 37.7%, excessive daytime sleepiness 30.5%, Insomnia 38.9%, and Depression 7.2%. The prevalence of OSAHS was significantly higher in CVD patients (56.2% vs. 25.2%, $p < 0.001$) and Stroke patients (78.9% vs. 32.9%, $p < 0.001$) compared to patients without CVD and Stroke, respectively. Importantly, the incidence of Depression in patients at high-risk of OSAHS was significantly greater (14.7% vs. 2.2%, $p < 0.001$) compared to patients at low-risk of OSAHS. Similarly, the incidence of Depression in patients with Insomnia was also greater (14.3% vs. 2.7%, $p < 0.001$) and, EDS (10.9% vs. 5.6%, $p < 0.047$) compared to those ones.

Conclusion: These findings point out that primary care professionals who care for elderly patients who present with several, common and burdensome, chronic mental disorders, especially depression should expect to find this depression often coinciding with undetected, and therefore untreated sleep disorders. Thus it is crucial to consider sleep disorders as an important co-morbidities in older adults and systematically screen for sleep disorders in primary care practice.

Keywords: Sleep-disordered Breathing • Sleep Apnea Syndrome • Depression • Daytime Sleepiness



Depression in Spinal Cord Injured Population

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Introduction: Spinal cord injury results in varying degrees of paralysis and sensory loss and it was first mentioned in the Edwin Smith papyrus 5000 years ago as an untreatable disease. Spinal cord Injuries have a substantial negative impact on the mental health of injured individuals and the vulnerability of spinal cord injured population was found to be associated to emotional disorders including depression.

Purpose: The purpose of this review is to investigate the influence of depression to spinal cord injured population.

Method: The search of relevant articles for the period 2002-2014, was performed using Medline, PubMed, Google Scholar and ProQuest databases.

Results: The prevalence of depression after SCI is higher than that in the general population and it is an issue that requires special attention. Depression symptoms include a feeling of sadness, sleep disturbances, loss of interest and pleasure in enjoyable activities, loss of sexual interest and problems thinking or concentrating. The vulnerability of spinal cord injured people is associated with depression and depression symptoms found to be associated to pressure ulcers, urinary tract infections and repeated hospitalisation due to complications. It is also supported that depression is associated with early mortality in spinal cord injured people, while contribute in longer hospital stay, less independence following discharge, poorer social integration and lower self-esteem. Clinically significant levels of depression extend long after discharge from hospital and are not related to the length of time since discharge. Symptoms indicating depression are also associated with a low rate of return to work and in an average decrease on depression scores was positively correlated with days/week of mild exercise.

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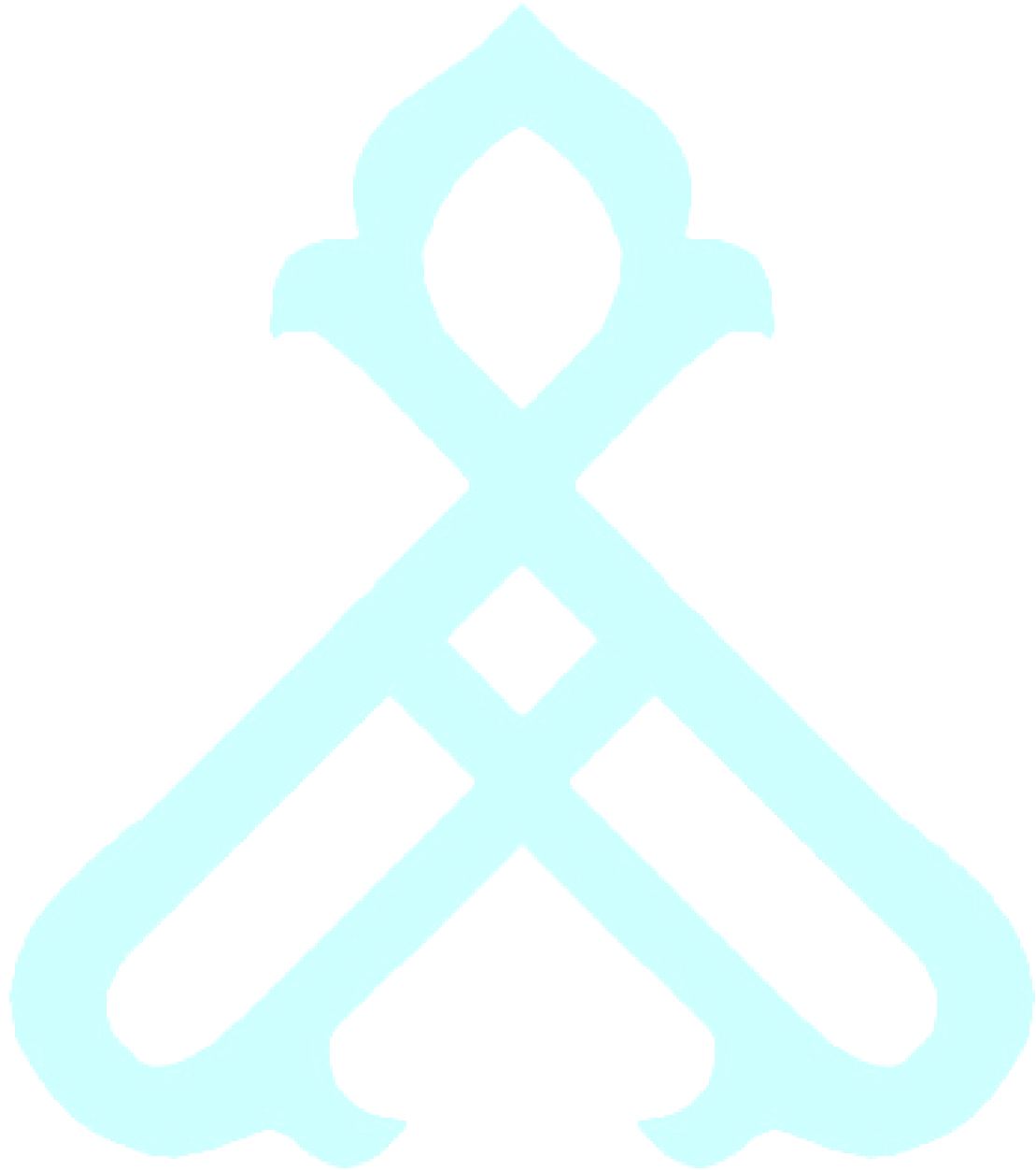
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Conclusion: Depression is more common among spinal cord injured people, it influences patients' quality of life and life expectancy, increases complications, while contributes in longer hospital stay and increased medical expenses.

Keywords: Depression • Untreatable Disease • Spinal Cord Injured People • Mental Health • Prevalence



Predisposing Factors and Prevention of Colon Cancer: A Systematic Review

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Introduction: Cancer is a condition of unknown aetiology. Colon Cancer is one of the most common malignant tumors with significant morbidity and mortality worldwide.

Purpose: The investigation of predisposing factors and incidence Colon Cancer and primary and secondary prevention measures.

Methodology: A systematic literature review contacted including surveys and meta-analyses concerning the effect of predisposing factors, incidence of the Colon Cancer, and disease prevention. Data were extracted through ProQuest, PUBMED and Google Scholar databases and in selected websites.

Results: The analysis included 20 research studies and meta-analyses. According to the studies a person can significantly reduce the likelihood of Colon cancer by avoiding specific food and harmful habits in everyday life. Compulsory is considered the implementation of primary prevention measures including a reduce of the consumption of animal fat, the ingestion of high amounts of fruit, vegetables, whole meal bread, olive oil and calcium, of fish and poultry. Processed meat has to be avoided and a reduction of excessive calorie intake and avoidance of smoking and alcohol use are also suggested. For persons belonging in high risk groups it is necessary to go regularly through secondary prevention screening tests such as blood testing in stools, colonoscopy, orthosigmoeidoskopisi, genetic testing of mutations, measurement of carcinoembryonic antigen and the barium enema with double contrast enhancement. Taking primary and secondary prevention measures help to reduce new cases. Early diagnosis and treatment, rehabilitation and social reintegration ultimately aim to reduce morbidity and mortality of this disease.

Conclusion: A significant number of studies support for the prevention of Colon Cancer to follow a diet and specific lifestyle. However other studies found no association of these factors with the occurrence of colon cancer. Therefore, the subject deserves further study in order to confirm or deny the association of the disease occurrence with the above factors.

Keywords: Cancer • Colon Cancer • Prevention • Predisposing Factors

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The Effect of L-Carnitine to Improve Mobility and Sperm Count in Patients with Idiopathic Asthenospermium

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Introduction: To determine what effect has the application of L-carnitine within three months of therapy to improve mobility and sperm count in patients with idiopathic asthenospermia.

Methods: The influence of sperm in 35 men before and after treatment with L - carnitine. Men taking carnitine 2g 2 times a day for 3 months. A sperm analysis was performed before and after treatment, and the results were statistically analyzed. As part of the analysis is determined by the number of sperm / ml, total mobility, and the percentage share of some form of sperm. A sperm analysis is performed with respect to WHO criteria for semen analysis.

Results: Three months of treatment with L-carnitine has led to an increase in the percentage of progressively motile sperm and increase total mobility, which was statistically significant. Also, there was a decrease in the percentage of sperm nonprogressive and immobile sperm, as well as an increase in the number of sperm / ml, but these changes were not statistically significance.

Conclusion: The application of L-carnitine in the pharmacological treatment of infertility in men with idiopathic asthenospermium a positive impact in terms of improving sperm motility and increase the number of sperm.

Keywords: Idiopathic Asthenospermia • L-carnitine • Sperm • Sperm Motility

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Anemia and Blood Transfusions in ICU Patients

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Introduction: Anemia is a commonly encountered clinical problem in ICU patients. As a consequence, red blood cell (RBC) transfusions are frequent in these patients. Almost 90% of critically ill patients who stay in the intensive care unit for 72 hours or greater suffer from anemia and approximately 50% of them receive red blood cell transfusions.

Purpose: The purpose of this literature review was to present the impact of anemia on outcomes in ICU patients and the potential complications of RBC transfusions.

Methods: The search of relevant articles for the period 2000-2015, was performed using Medline, PubMed and Google databases, with the following key words: «anemia, blood transfusion, ICU patients, and Critically Ill patients».

Results: According to the existing literature the etiology of anemia in critical illness includes repeated phlebotomies, blood loss, surgical procedures, coagulopathies, pathogen-associated hemolysis and nutritional deficiencies. Studies show that anemia is associated with worse outcomes in patients with coronary artery disease, respiratory dysfunction and sepsis. The goal of RBC transfusion in the critically ill is to increase oxygen delivery to and hence consumption by tissues. An increase in hemoglobin should improve patient's oxygen carrying capacity and help deliver oxygen to hypoxic tissues. Modern studies suggest that correcting anemia by transfusion often either provides no benefit or is harmful.

Conclusion: Despite growing evidence that risk of RBC transfusion outweighs its benefit, RBC transfusion remains an essential and frequently performed medical intervention for the treatment of anemia.

Keywords: Anemia, Illness, RBC Transfusion, ICU Patients

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Apnea and Breathing Disorders

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Introduction: Sleep is an important biological function of human beings. It occupies a large part of an individual's life. Sleep disorders, such as apnea, tend to become one of the most important problems of the modern man.

Purpose: This review highlights the impact of apnea during sleeping on breathing and people's health.

Methods: The methodology of this study included search of review studies and research in leading databases such as PUBMED, MEDLINE and IATROTEK. The criterion for the selection of the articles was the Greek and English language.

Results: Some disorders can cause significant trouble sleeping such as breathing disorders and sleep apnea. Apnea is defined as the complete cessation of breathing; In other words, the complete cessation of the breathing air from nose and mouth. It lasts at least 10 seconds and it can be repeated regularly during the night.

The most common symptoms of sleep apnea is snoring and choking, which can lead to wakefulness during the night. The risks from the sleep apnea syndrome are serious, as it can lead to heart attacks, headaches and chronic fatigue. Sleep apnea can lead to concentration and memory problems. It is also linked with depression and bad mood.

Conclusion: Sleep is not a luxury item, but it is an imperative for the human organism. Early recognition and treatment of sleeping disorders contribute generally to promotion of people's qualitative sleep and health.

Keywords: Sleep, Breathing Disorders, Apnea, Treatment

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Assessing the Effect of Chronic Obstructive Pulmonary Disease on Cardiovascular Disease Development in Primary Healthcare Patients

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Introduction: Previous studies have shown that chronic obstructive pulmonary disease (COPD) and Cardiovascular Diseases (CVD) are linked, but the true figures of this association are conflicted. Therefore, this study was aimed to explore the impact of COPD in individuals with confirmed cardiovascular disease.

Methods: In this cross-sectional study were randomly recruited outpatients aged (45+) who were approached the Public Primary Health Services of Heraklion, Crete, Greece, during a 3-month period (October - December 2014). COPD was detected using the International Primary care Airways Group (IPAG). It is also recorded the 10 most prevalent CVD (coronary artery disease, heart failure i.e.). Statistically, control χ^2 and multiple logistic regression were used to control the significance of the correlations. P-values <0.05 were considered statistically significant.

Results: The mean age of the 862 participants was 62.6 ± 9.6 . The prevalence of COPD was found 16.6%. Logistic regression revealed that COPD patients were more likely to present coronary heart disease (OR=1.35; CI: 0.66-2.77) and heart failure (OR=3.39; CI: 0.56-20.45) compared to non-COPD patients, but these

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associations were not significant. However, smokers were significantly more likely to present COPD (OR=13.12; 6.87-25.04) compared to non-smoker participants.

Conclusion: The main finding of the present study was that CVD was not affected by the presence of COPD, suggesting that these diseases are not associated. In comparison to our results, data of study conducted in United States showed that COPD and CVD are independently associated, mainly due to higher prevalence of congestive heart failure. In contrary, recent studies showed strong association between COPD and CVD, reporting that COPD increases the likelihood of CVD developing. In conclusion, despite the increased likelihood of presenting CVD among COPD patients, this study confirms that the most important risk factors for both; COPD and CVD development remain tobacco use and older age.

Keywords: COPD, Smoking, Cardiovascular Disease, Comorbidities, Coronary Artery Disease



Primary Healthcare Services and Patients with Chronic Obstructive Pulmonary Disease

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Introduction: Chronic Obstructive Pulmonary Disease (COPD) is a chronic disease that is characterized as the fourth leading cause of death worldwide and the fifth leading cause of morbidity, affecting 10% of adults 40 years and older. Primary care is considered environment with easy accessibility and emphasis on providing care to people with chronic obstructive pulmonary disease.

Purpose: The purpose of this study is to highlight the key role of primary healthcare services which uses a primary prevention approach for patients with Copd.

Material and Methods: A literature review was conducted using the electronic databases Pubmed and Cochrane. The following key words were entered: “primary healthcare services”, “patients”, “Chronic Obstructive Pulmonary Disease” and a combination thereof. Exclusion criteria of articles were the language, except English.

Results: It was found that the best predictor for the reduction of worsening in COPD is the primary care services. In addition, in other studies were proved that patients with COPD promoted to primary care services had fewer exacerbations and fewer hospitalizations per year.

Conclusions: In summary, it was demonstrated that integrated primary care of patients with COPD associated with the benefits and the total cost of care, emphasizing the importance of access to structured primary care units.

Keywords: Primary Healthcare Services, Chronic Obstructive Pulmonary Disease, Patients

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Genetically Modified Foods and Human Health

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Introduction: The human diet problems are increasing because every day are raised questions about issues related to the health of society as a whole and for each man personally.

Purpose: The purpose of this study is the impact of genetically modified food and human health.

Methods: The methodology of this paper includes the searching of studies review and researches in authoritative databases such as PubMed, MEDLINE and IATROTEK. The articles selection criterion was the Greek and the English language.

Results: The main obvious problems related to human health of long term effects of genetically modified foods are the following:

- a) Allergies: The risk of allergic reaction from mutated foods derives from a protein of those foods.
- b) Antibiotic resistance: Many products contain mutated genes, creating a variety of bacteria resistant to antibiotics.
- c) Toxicity: With the genetic modification many plants contain elevated levels of natural toxins which can cause poisoning. These are visible mainly in infants and young children, who are particularly vulnerable to allergies and dietary changes.

Conclusion: Civil society faces modified products with reservations due mainly to the fear of harmful effects on health and the environment in general

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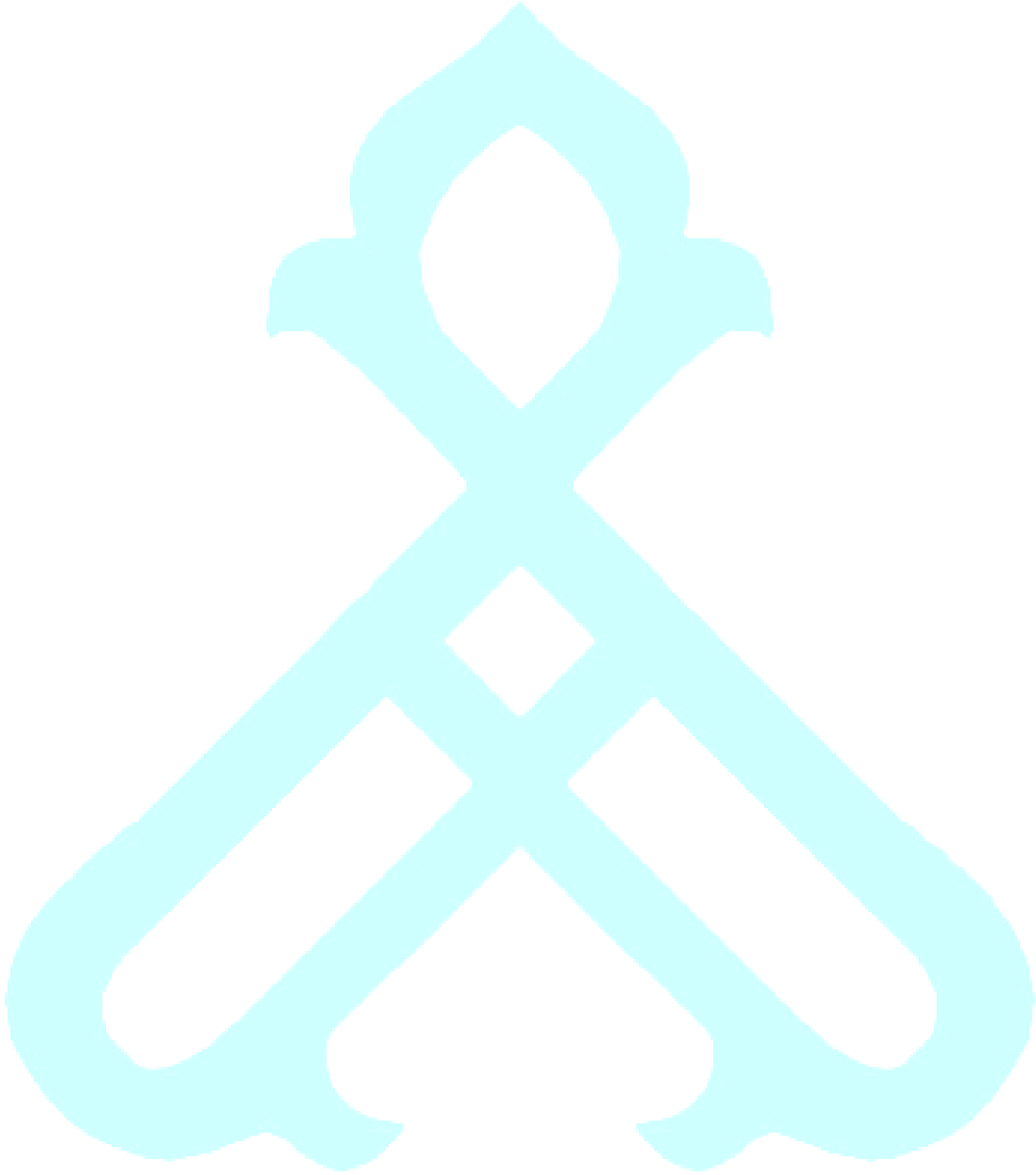
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Keywords: Genetic Modification and Mutation • Mutated Food • Health and Genetically Modified Products



Health Status Assessment of Patients with Undiagnosed Chronic Obstructive Pulmonary Disease

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Introduction: Health status of patients with Chronic Obstructive Pulmonary Disease (COPD) affected not only COPD-related risk factors, but also the symptoms of the disease itself, particularly at an advanced stage. This study objected the possible association between COPD patients and characteristics might affect their health status.

Methods: This cross-sectional study involved outpatients attending primary health services (PE.D.Y) - Heraklion Crete (November-December, 2014). COPD was detected using the International Primary Care Airways Group (IPAG) questionnaire, while their quality of life was assessed by the scale Clinical COPD Questionnaire (CCQ). Excluded subjects that were already diagnosed. Statistically, multiple logistic regression was used to evaluate the overall health status in patients with or without COPD. P-value <0.05 was considered statistically significant.

Results: The mean age of 937 participants was 61.0±10.8 (range 40-92 years). COPD was identified in 15.7% of the study participants. COPD patients had significantly higher mean Health Status (2.35±1.11, vs. 1.78±1.27, p<0.001) patients without COPD, suggesting "worst" Overall Health Status. Similar results were observed in subscales of the CCQ as follows: Symptoms (2.49±1.07, vs. 1.77±1.26, p<0.001), Mental state (2.04 ± 1.34, vs. 1.62 ± 1.45, p<0.001) and functionality (2.36±1.25, vs. 1.86±1.38, p<0.001) of patients without COPD. In addition, the overall health status was associated positively with male gender (betas 0.355, p<0,001), older age (0.208, p=0.011) and smoking (0.327, p<0.001). No other significant associations were observed.

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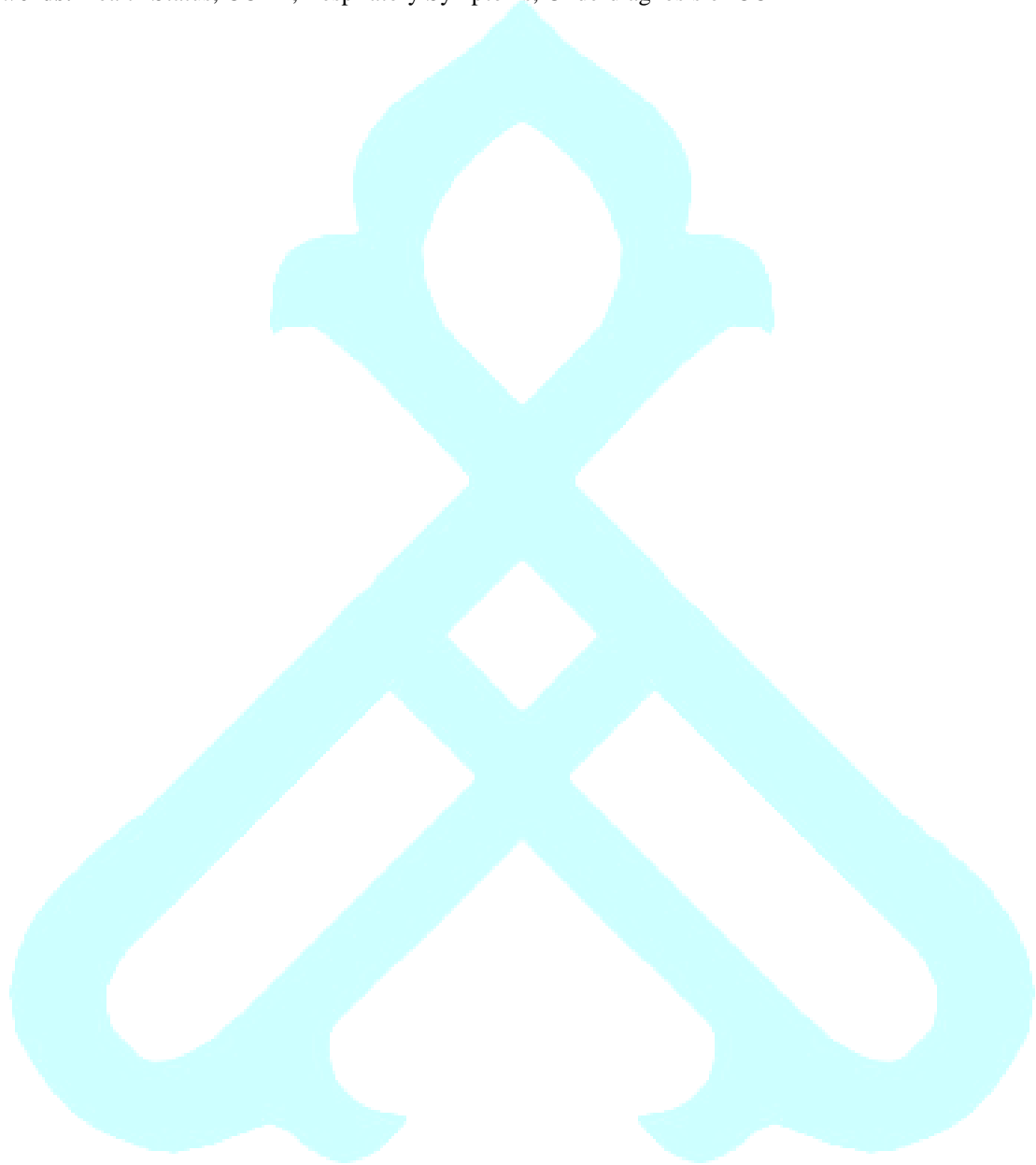
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Conclusion: In Greece, data of based-population studies have shown that the prevalence of COPD was significantly increased from 2004 to 2014 showing prevalence >20% in women and older population in 2014 due to the increased tobacco use, in comparison to figures (11.6% for men and 4.8%) ten years before (2004) in the population aged >35 years with a smoking history of >100 cigarettes per lifetime. In conclusion, this study confirms that smoking is not only the main causative factors of COPD development, but also the most important modifiable factor improving patient's health status.

Keywords: Health Status, COPD, Respiratory Symptoms, Underdiagnosis of COPD



History of Orthopedics

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Introduction: Orthopedics, as a branch of general surgery, aims to prevent, to diagnose and to treat diseases of the musculoskeletal system.

Purpose: This historic review aims to highlight the development of orthopedics in the history of surgery in general.

Methods: It was performed an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and in scientific journals, with the keywords: history, surgery and orthopedics.

Results: The history of orthopedics starts from antiquity. By then in ancient Greece was published the first books of Hippocrates referred to orthopedics "On Articles". Successors of Hippocrates are considered Galen (2nd century A.D.) and Paul of Aegina (7th century A.D.). In the 13th century in the first universities is already studied the human anatomy. In 16th century Ambroise Pare has contributed to the development of orthopedics. In 1741 Nicolas Andry was the first two used the term orthopedics for the treatment of various skeletal deformities in infants and therefore he's considered to be the founder. In 1895 the discovery of X-rays helped in the study of bone diseases. Also then was discovered and the plaster bandages which are used until today. Since then the orthopedic progress notes great strides that helps in the movement of patients and of disabled persons.

Conclusion: Orthopedic surgery accompanies people from ancient times to our days, protecting and promoting the health of these through conservative and surgical methods.

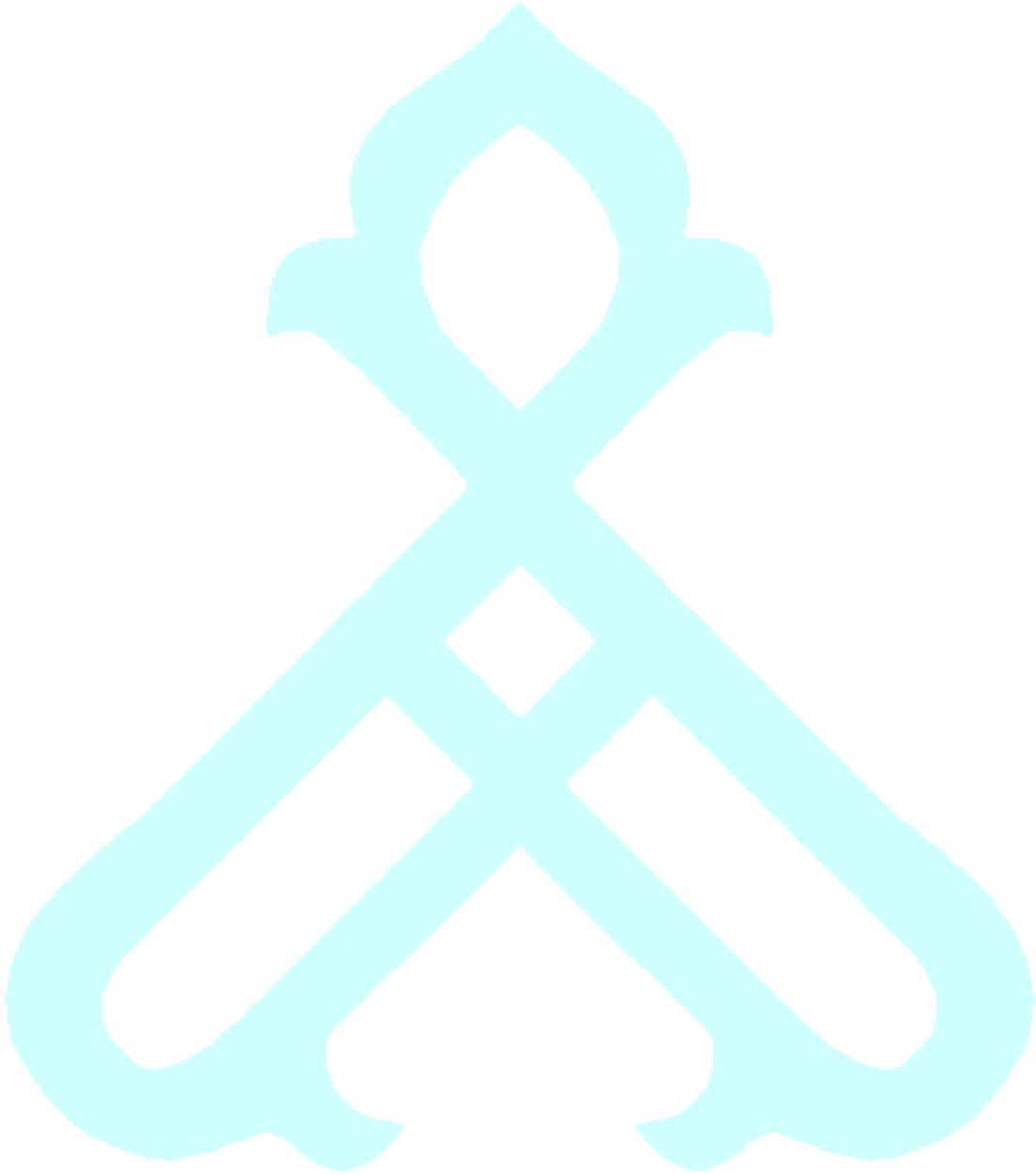
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Keywords: History, Surgery, Orthopedics



Indications for Colostomy Application

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Introduction: Colostomy is the interruption of the normal bowel function and outsourcing a part of the colon on the anterior abdominal wall, also known as "unnatural anus"(anus praeternaturalis)

Purpose: This retrospective study aims to highlight the indications for colostomy application in order to promote the health of these patients.

Methods: It was performed an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and in scientific journals, with the keywords: colostomy, indication.

Results: The main and most frequent indication for colostomy construction is the final result of abdominoperineal bowel remove done for the treatment of colorectal cancer. Further evidence for the colostomy creation is in emergencies such as in cases of acute occlusion or rupture of the colon. There are palliative colostomies, colostomies that are made during surgery for intestinal obstruction in patients with advanced disease. There are implicated several causes for the application of colostomy as intra-abdominal inflammation or abscess, bowel perforation, fistula, hernia, retraction, orifice stenosis. Also responsible may be considered Crohn disease, diverticulitis and cancer.

Conclusions: The colostomy is a temporary or a permanent opening of the colon and solves the problem of occlusion and of proper bowel function in these patients.

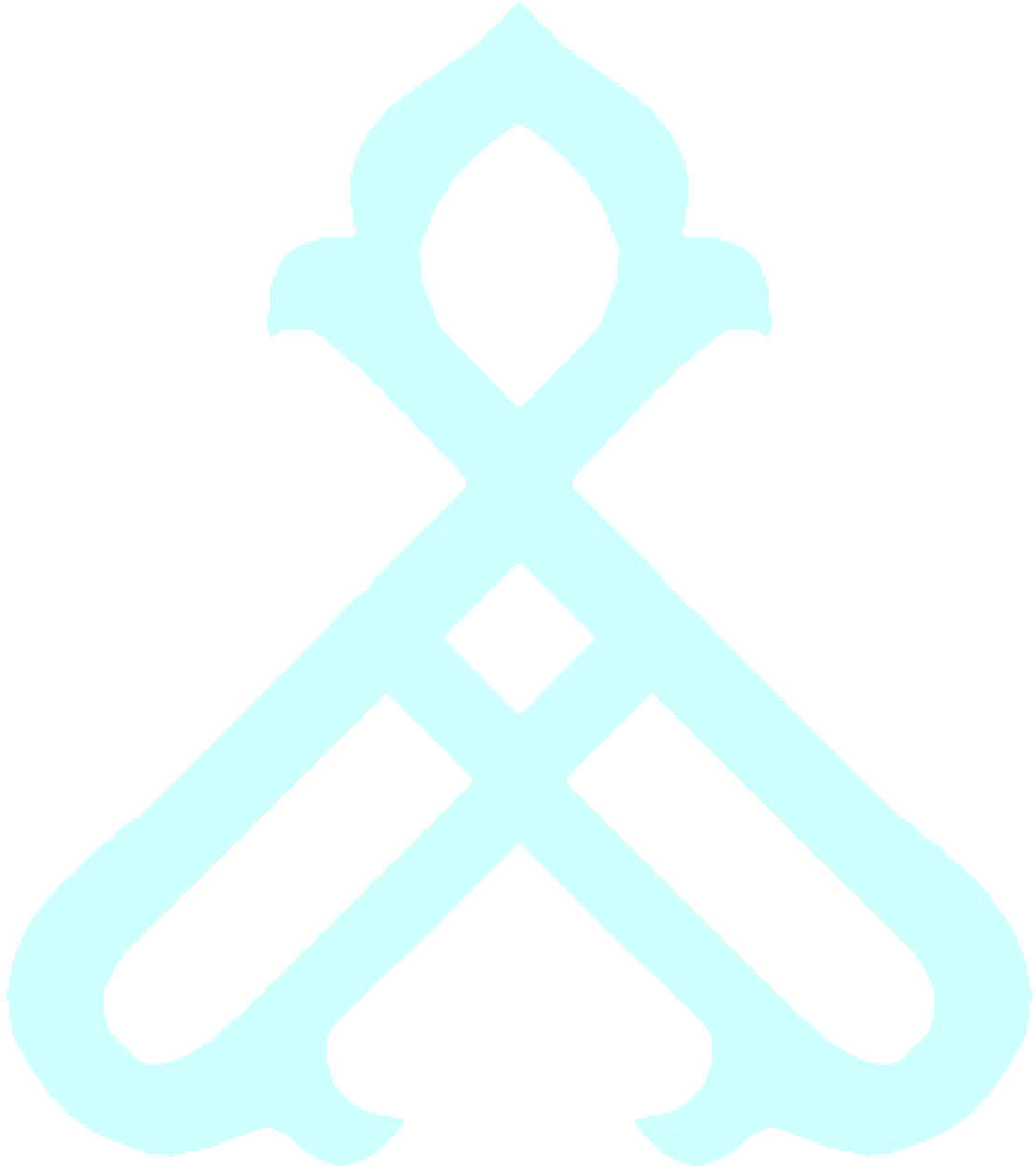
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Keywords: Colostomy, Abdominal Wall, Unnatural Anus



Infertility and Its Effects on Mental Health of Couples

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Introduction: Infertility is a major life event that causes social and psychological problems. Infertility is the inability to naturally conceive, carry or deliver a healthy child and according to WHO is defined as 12 months of appropriately timed intercourse that does not result in conception.

Purpose: Is to review the psychological issues related to infertility, summarize the relevant research, and describe current provision of psychological consultation to individuals and couples undergoing infertility treatments.

Methods: The search of relevant articles for the period 2000-2015, was performed using Medline, PubMed and Google databases, with the following key words: “Infertility, Mental health, psychological impacts on couples”.

Results: According to the existing literature, infertility is a growing problem and affects an estimated 10%-15% of couples of reproductive age in all cultures and societies almost all over the World. The medicalization of infertility has led to a disregard for the emotional responses that couples experience, which include depression, anxiety, fear, distress, loss of control and confidence, stigmatization, and a disruption in couples' relationship. Health professionals follow a patient-centered approach to provide help for the specific needs of the couple. Others psychological interventions are: stress management and coping-skills training.

Conclusion: Women in general have a positive attitude in seeking psychological help in the form of cognitive-behavioral therapy, couples counseling and infertility counseling. Due to the fact that infertility is a problem that affects the both of the wives, the couple should be together in the evaluation and treatment of infertility. Infertility should be treated as the couple's problem.

Keywords: Infertility, Mental Health, Psychological Impacts

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Experiences and Emotions of Informal Caregivers Who Provide Long-Term Care for Patients Hospitalized in Rehabilitation Centre: A Qualitative Study

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Introduction: Family members and especially husbands and wives are responsible for the obligations of patient care. The role of the caregiver is multilateral, as they are called to take on different roles towards the patient, such as prostate, friend, partner, while they have the responsibility for decision-making.

Purpose: The purpose of this study was to investigate the experiences and feelings of people who are caregivers for people with chronic diseases who are hospitalized in a rehabilitation center.

Methods: The study was conducted in the geographic region of Larissa in a private rehabilitation center, during the period from 1 March 2015 until 30 April 2015. The target population of the study consisted of 15 family members of the patients who acted as care givers and provided long-term and unpaid care in the rehabilitation center in hospitalized chronic patients. Before the start of the study, the informed consent was requested and was granted permission to conduct research in the rehabilitation center by the competent authorities of nursing. At the same time was requested by the participants their written consent (consent after information) for their participation in the research after a briefing on the purpose and objectives of the study and the manner of data

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collection (taped interview). Then, those who agreed to participate in the study were interviewed and answered a specially designed questionnaire (guide questions) qualitative research that aimed to capture the experiences and emotional state during informal care, as well as the how and whether the experiences and feelings have changed over time in providing informal care to the hospitalized patient. Data collection was performed by the interview qualitative method, where the reporter interviewed attendants. The researcher, after the data collection, carried out the transcript, followed by analysis of the data by the method of content analysis.

Results: From the interviews content analysis the following categories emerged: a. Feelings, relative to the patient / relative, compared with themselves (caregiver) in relation to the care provided, with respect to the life, b. Experiences in relation to health professionals and care, in relation to carers of others, and c. expectations, thoughts about the future, wishes and prayers for the future.

Conclusion: In conclusion the study results demonstrated that the carer givers who stayed in the rehabilitation center experiencing negative emotions. The general emotional status may be improved by the training they receive from the center staff and their education could contribute significantly to the treatment and handling of the whole situation.

Keywords: Informal Caregivers • Long-Term Care • Rehabilitation Centre • Emotions

Title: Why Did I Choose Nursing?

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Introduction: Nursing as a profession is developing each day in every way from professionalism to clinical skills practice. Nurses represent 1/3 of whole health care professional population in world and choosing the path of nursing is very complex and complicated process. Still selection of candidates for such complex call is very structured process that should have been analyzed on several levels.

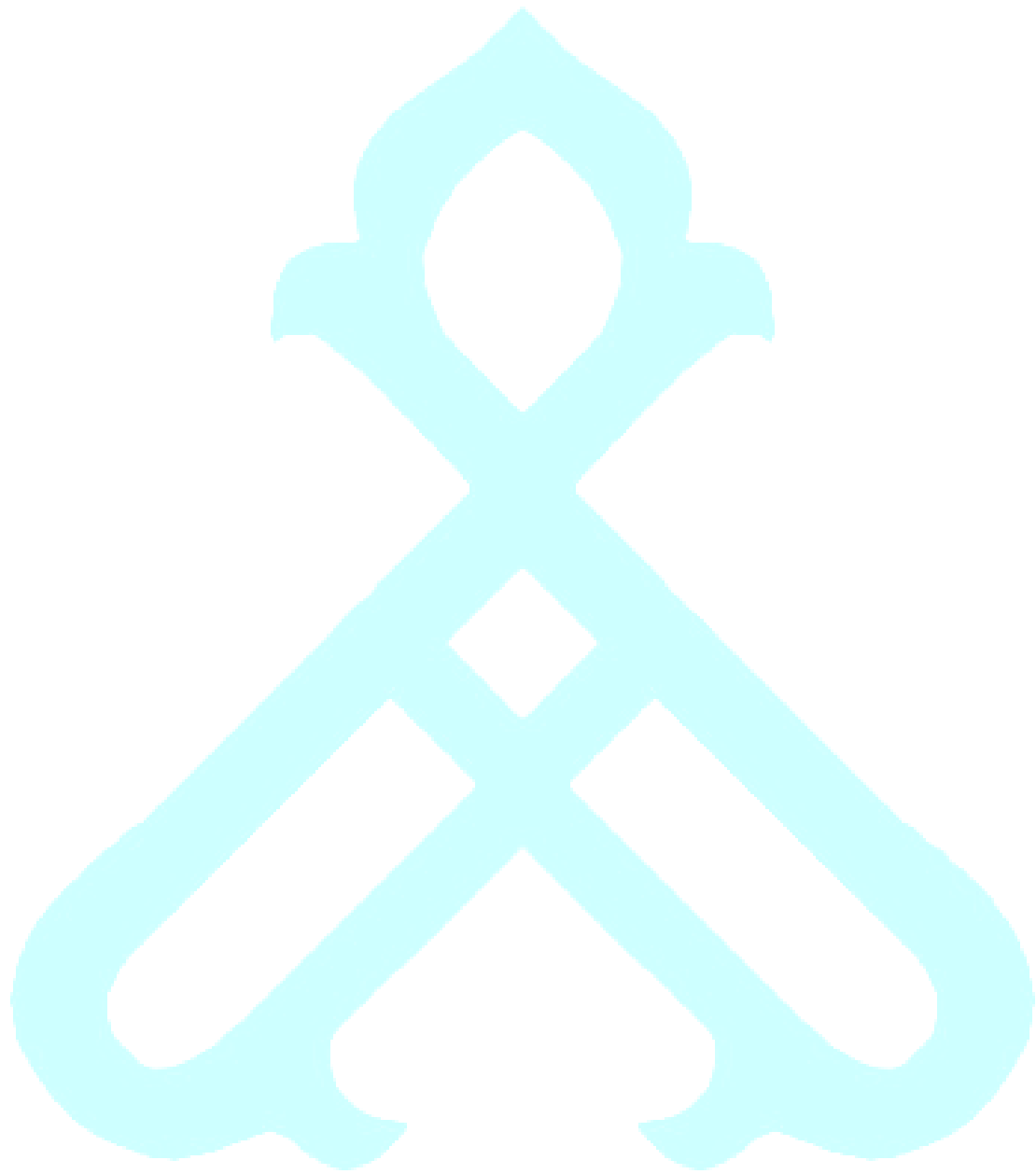
Purpose: For purpose of this research special questionnaire will be developed with straight question and with provided answers for participants in this research that will show main reasons of choosing Nursing as profession. We will use two groups of researchs: 1. Nurses that already have working experience (excluding criteria will be working experience minimum 6 months) 2. Nursing students (excluding criteria will be minimum of one semester in Nursing school).

Material and Method: Methodologies used for this purpose will be comparative, descriptive methodology that will be based on comparison, analysis and using of specific statistical data. Review of literature with similar topic will be done so that comparison will be made.

Conclusion: Upon the discussion and research results conclusions will be made.

Key words: Nursing, Profession, Choose, Selection

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Normalization of Mentally Ill People and Community Care

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Introduction: Community Care is the work done with the general population in order to change his attitude to mental illness – madness.

Purpose: This review highlights the contribution of health promotion to mentally ill people's normalization.

Methods: The methodology of this study included search of review studies and research in leading databases such as PUBMED, MEDLINE and IATROTEK. The criterion for the selection of the articles was the Greek and English language.

Results: The systematic Community Care brings changes that are directly obvious as regards population behavior towards mentally ill individuals. The therapeutic team needs to bring deeper and key changes concerning the credo and beliefs of the community. It is manifested that time and daily work is essential by the team. Community care is even the treatment and intervention of the therapeutic group in a person's acute psychotic crisis. Things are very difficult during crisis intervention, when this is done in the community. The Psychiatric team needs to work simultaneously at the patient's and his family's level as well as the level of community.

Conclusion: The more the community is sensitized, the more the bias is reduced. So, the individual who suffers from psychosocial problems does not experience aggression from his surroundings. As a result, the patient shows lesser aggression and dangerousness.

Keywords: Mentally Ill Patients, Health Education, Community, Community Education

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Opioids Treatment of Chronic Pain in Older Adults

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Introduction: Chronic pain is one of most prevalent conditions found in older people and has been defined as the persistence of pain symptoms for more than 6 months. Common etiologies for chronic pain include osteoarthritis, rheumatoid arthritis and joint pain.

Purpose: Is to highlight the efficacy and tolerability of opioid use through a literature search strategy in elderly people with chronic pain.

Method review: The search of relevant articles for the period 2000-2015, was performed using Medline, PubMed and Google databases, with the following key words: “Opioids, treatment, chronic pain, elderly”.

Results: According to the existing literature, opioids use in treatment of chronic pain in older population is extremely small. Drugs like morphine, hydrocodone, oxycodone, codeine, reduce the intensity of pain signals reaching the brain and affect those brain areas controlling emotion, which diminishes the effects of a painful stimulus. It’s important, opioids not to be administered in case of any organ failure. If they are adequately used at the right dosage, may only present some predictable and preventable adverse effects. The tolerability of opioids is extremely important in older persons, because adverse events such as drowsiness, dizziness, gastrointestinal problems and motor imbalance have more serious consequences in older frail patients already at a greater risk of falls.

Conclusion: Treatment for chronic pain is not always correctly targeted, which leads to a reduced quality of life, with decreased socialization, depression, sleep disturbances, cognitive impairment, disability and malnutrition. Opioids use at a low dosage can help for chronic conditions like pain but special care should be taken in the evaluation of opioid adverse effects.

Keywords: Chronic Pain, Elderly, Opioids, Treatment

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Nurses' Knowledge, Assessment and Management of Post-Operative Pain

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Introduction: Postoperative pain could be characterized as a defense mechanism of the body for warning the individual to take action. Pain management can potentially reduce the frequency and severity of postoperative complications, accelerates recovery and reduces hospital days and incidence of chronic pain. Health professionals should manage postoperative pain professionally without delay in order to prevent prolonged or widespread reactions which can lead to undesirable results.

Purpose: To investigate nurses' knowledge assessment and management of postoperative pain and their contribution to post-operative pain management.

Material and methods: The material of the present study comes from searching for research studies in the databases Proquest, MedLine, PubMed.

Results: Postoperative pain is an unpleasant sensory and emotional experience associated with a surgical trauma. Each human being faces pain differently as a subjective feeling that can be described through personal statements regarding the pain experience. The holistic care of the patient in pain includes somatic, social, emotional and spiritual issues and it is a challenge for nurses. The majority of nurses have the necessary knowledge regarding the assessment and management of postoperative pain, while their attitudes are positive and empathetic for patients in postoperative pain. Nursing interventions related to post-operative pain management include pain assessment, regular administration of analgesics, non-pharmacological interventions and preoperative patient education.

Conclusions: Nurses' sufficient pain management is related mainly with the use of analgesics, while regular assessment of pain and assessment of the efficiency of analgesics are used. Nevertheless, the non-pharmacological interventions are not used widely while preoperative patient education. For pain management in surgical patients is limited. More efforts are needed for improving the pain management practices of nurses.

Keywords: Pain, Post-operation, Post-Operative Pain, Nursing, Nurses Knowledge

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Psychotherapeutic Interventions for Patients with Dementia in Home Care

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Introduction: Dementia is a disorder presenting higher prevalence rates as age increases. Dementia was associated with increased mortality and thus greater burden for the public health administration. Pharmacological treatments have minimal benefits on the symptoms of dementia. Based on the limited efficacy of pharmacological treatments, the French National Health Authority (HAS) has strongly encouraged the development of non-pharmacological care strategies. Therefore, the purpose of this paper is to highlight which psychotherapeutic interventions are implemented in home care.

Methods: In this literature review we thoroughly studied original papers and systematic reviews conducted in nursing homes for the last 11 years (2004-2015). We also used specific keywords such as “psychotherapeutic interventions”, “home care”, “non-pharmacological interventions”, “elderly patients with dementia” on the electronic databases (PubMed, Scopus & Trip-database). Finally, 14 articles were critically reviewed showing useful results.

Results: Most studies indicated that the main symptoms which require therapeutic interventions are: a) cognitive impairment and b) agitation. Randomized controlled trials have shown that the main interventions for the

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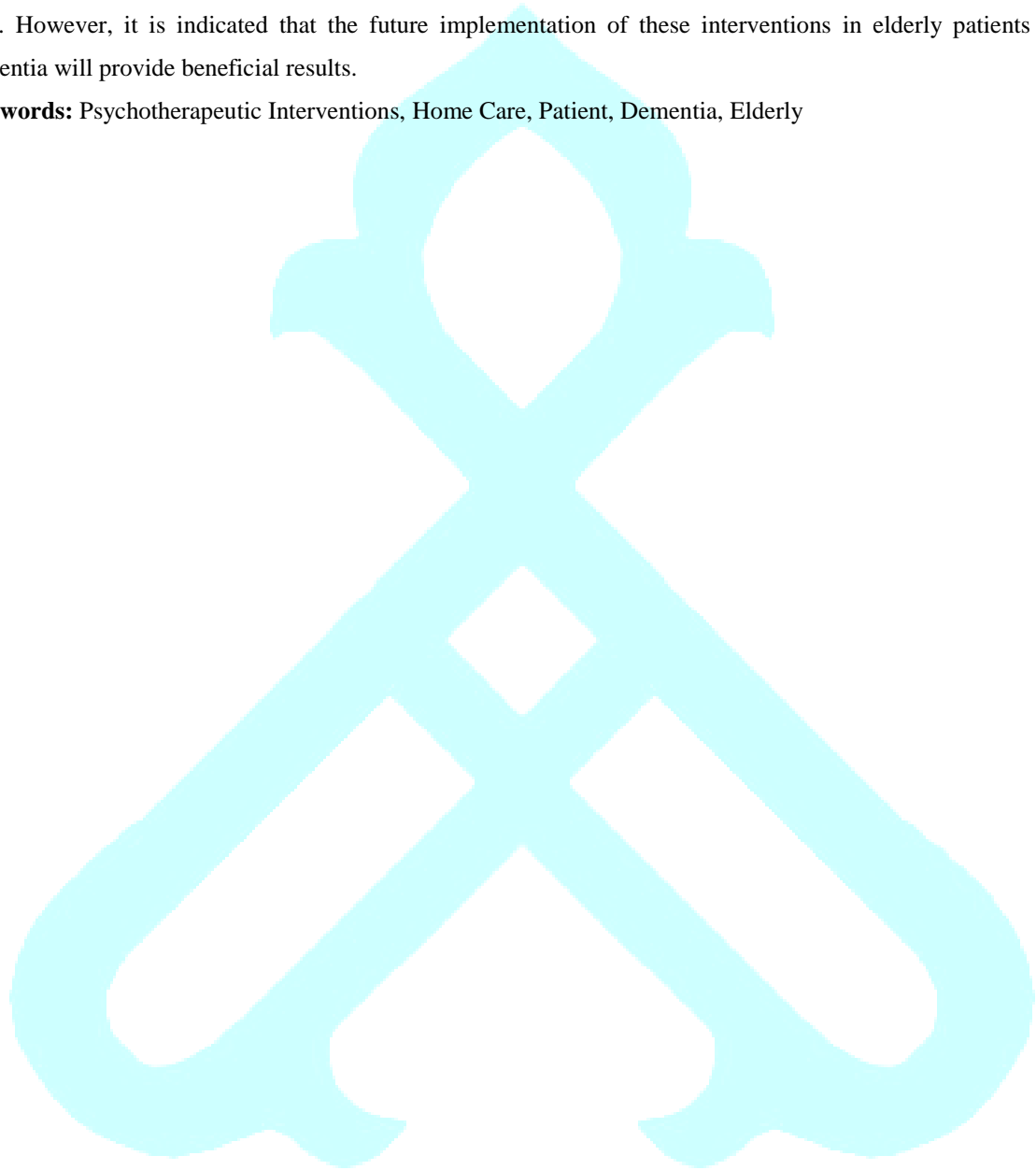
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cognitive function are mental exercises (such as reading and arithmetic tasks), card games and reminiscence therapy. Furthermore, music therapy is recommended for agitation and aggressive symptoms.

Discussion: Regardless of the methodological approach that was followed, results indicate that music therapy was the most effective psychotherapeutic intervention for agitation, as it was found that agitation was decreased even 1 month after the intervention. Additionally, it decreased significantly the aggressive symptoms, mainly during the bathing procedure. Mental exercises were the most effective method for cognitive impairment, as they provided a significant improvement in cognitive function. Psychotherapeutic interventions are lacking in home care. However, it is indicated that the future implementation of these interventions in elderly patients with dementia will provide beneficial results.

Keywords: Psychotherapeutic Interventions, Home Care, Patient, Dementia, Elderly



Quality of Life of Haemodialysis Patients: A Research Study

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Introduction: Chronic Kidney Disease (CKD) and Diabetes Mellitus (DM) are serious and chronic health problems with high prevalence and incidence, great cost for patients themselves, their families and health services. Within this context, the concept of Quality of Life (QoL) plays an important role, despite the fact that it is only in the last decades that it has risen research interest for health care professionals. A lot of definitions have been stated regarding QoL, with the one from World Health Organization (WHO) being the most complete. According to this QoL is the individuals' perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. The aim of the present study was to evaluate and compare the levels of QoL between two groups of hemodialysis patients with and without DM.

Methods: In order to evaluate QoL, the Kidney Disease Quality of Life-Short Form (KDQoL-SF) questionnaire was used, along with epidemiological and demographic data. The sample was the patients dialyzed in a public hospital's Dialysis Unit in Thessaloniki, Greece.

Results: General and mental health of non-diabetic dialysis patients were significantly better than diabetics. Furthermore, cognitive and sexual function of non-diabetic dialysis patients were better than in diabetics. In addition, diabetic dialysis patients did not have a permanent paid job. Finally, men and younger patients had higher levels of physical and mental health.

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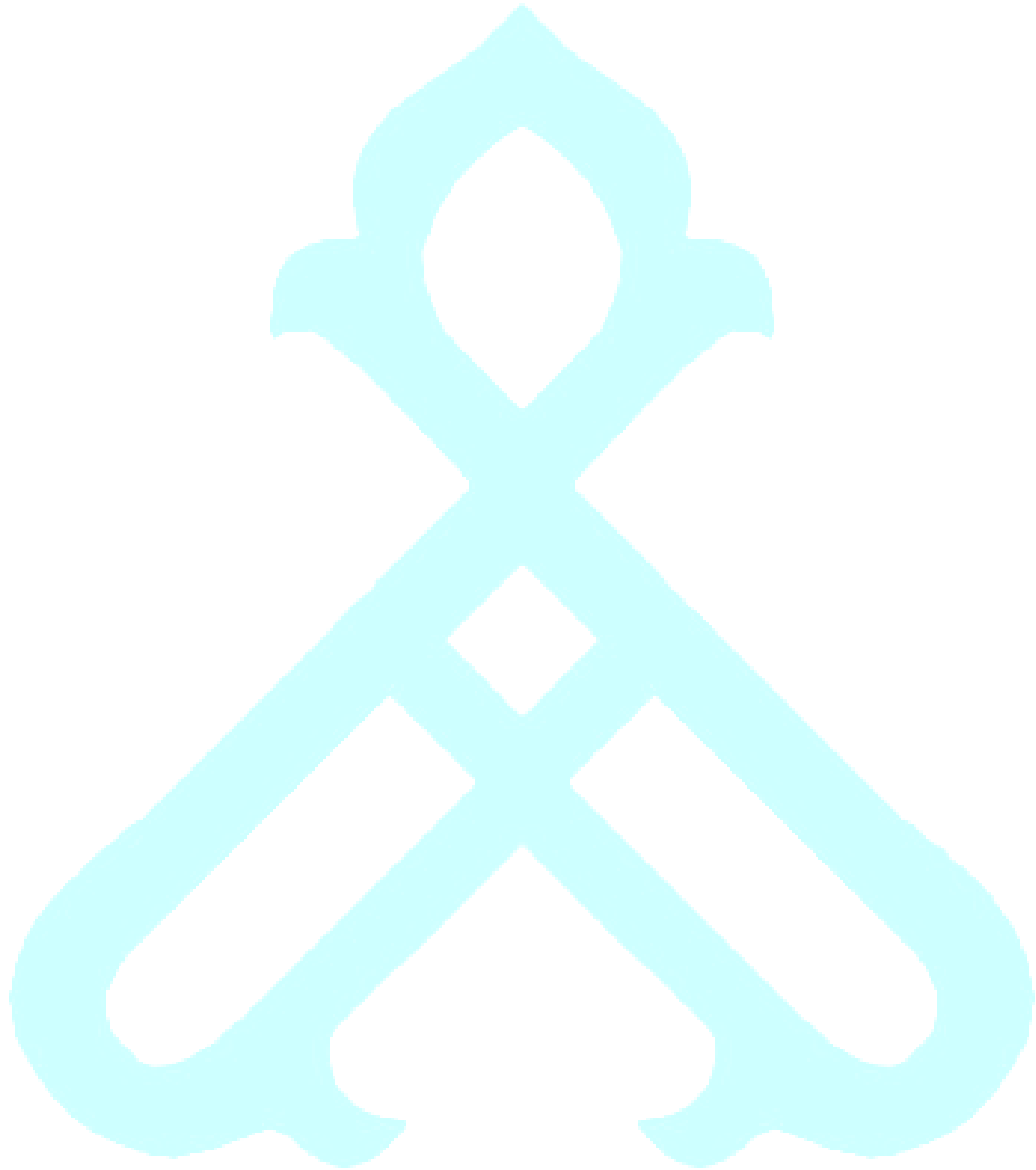
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Conclusion: Non-diabetic dialysis patients seemed to enjoy higher levels of health, occupational functioning, and important mental functions such as cognitive ones. Men, compared to women, and younger patients, compared to elderly ones, also seemed to enjoy higher levels of health.

Key-words: Diabetes Mellitus, Chronic Kidney Disease, Diabetic Nephropathy, Quality of Life



Reasons for Encounter in Primary Healthcare Settings Based on The International Classification Primary Care (ICPC-2)

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Introduction: In Greece, due to absence of electronic database, doctors usually record only a diagnosis of patients and not the related-disease symptoms as the actual RFE. Therefore, this study was aimed to investigate the prevalence of the PFE recording patient's symptoms in primary healthcare.

Methods: This retrospective prevalence study was conducted in 6 Primary Healthcare Settings (PHS) for the period (2012-2014). Reason for Encounters (RFE) was defined as a recorded patient's symptom (medical records) that were retrieved from medical archives (files) of the PHS. Data were coded and classified in accordance with the International Classification Primary Care (ICPC-2). Prevalence of the PFE was calculated using cross-tabulation and analyzed using bootstrap method, corresponding 95% confidence intervals (CI).

Results: The mean age of 917 participants (51% male) was 55.5 ± 20.6 (ranging 18-98). The most common symptoms as PFE were; respiratory symptoms (26.2%), symptoms related to musculoskeletal system (23.8%), unspecified general symptoms (23.3%) and digestive symptoms (17.3%). No significant differences were

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observed regarding prevalence of the symptoms among organic systems. However, patients entered significantly more frequently during the summer months (31.5%) for symptoms related to musculoskeletal system compared to the winter months (16.5%). As expected, respiratory symptoms were reported more frequently during winter's months (31.8%) vs. (22.8%) of the summer months.

Conclusion: In Greece, hypertension, lipid disorders and/or dyslipidemia, ischemic heart disease, diabetes mellitus type II were reported as the most frequent diseases that patients visiting public health services. The most important, independently of disease prevalence, the most common classified musculoskeletal symptoms such as injuries and trauma were found due to increased frequency of traffic accidents at the summertime. In addition, abdominal pain, vertigo/ dizziness and coughing were also frequently reported. In conclusion, the use of coding and classifying systems such as ICPC-2 provide a sufficient epidemiological profile of the PFE to health administration. This particularly contribute to the control and the management of diseases especially in Primary healthcare.

Keywords: Reason for Encounter, Classification of Symptoms, Public Health Services, ICPC-2, Primary Healthcare

Sexuality in Young Breast Cancer Patients

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Introduction: Breast cancer is the most common type of cancer in women worldwide and in young women under 50 years occurs in a small percentage. Although sexuality is an important human experience can be damaged during and following cancer treatment.

Purpose: The purpose of the present study was to review literature about sexuality in young breast cancer patients.

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

Results: The loss or deformation of a breast as a result of mastectomy or breast reconstructive surgery can evoke a lot of negative feelings regarding body image. Chemotherapy can cause a variety of side effects which affect female sexuality especially if it results in a premature menopause. Consequences of radiotherapy are mostly local and temporary and are generally limited to pain and irritations of the breast skin.

Conclusions: it is important to inform the young patient about sexual issues at every stage of treatment and recovery, and identify couples at risk for sexual dysfunctions and offer them professional and adequate help at the right time. Psychoeducational interventions with an element of sexual therapy interventions seem to have many benefits.

Keywords: Sexuality, Breast Cancer, Youth Patients

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Stomatitis: A Side Effect of Chemotherapy

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Introduction: Chemotherapy induces a number of toxicities and side effects in body. Toxicities of the oral cavity, which include mucositis and stomatitis, are some of the most significant and unavoidable toxicities.

Purpose: The purpose of the present study was to review literature about stomatitis after the chemotherapy.

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

Results: The incidence and severity of mucositis is highly variable and is dependent on treatment-related and patient-related risk factors. It has many consequences like pain, difficulty in swallowing/chewing food, decreased nutrition. Resources that are needed to manage the acute effects of mucositis and its impact on the patient include, but are not limited to: total parental nutrition, increased use of antifungals and opioid analgesics, increased emergency department visits, and increased hospitalizations. Nurses need to assess stomatitis and intervene effectively in order to alleviate the patients.

Conclusions: Stomatitis is one of the most distressing dose-limiting toxicities for patients. However, given the tremendous impact that these oral toxicities have on the patient and the healthcare system, there is a need for further studies to develop effective strategies for prevention and treatment.

Keywords: Cancer, Chemotherapy, Side Effects

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The Effects of Vitamin E and Exercise on Muscle

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Introduction: Intense exercise and training leads to free radicals creation. There is a system of lip soluble -such as vitamin E- and other substances that may sequester free radicals protecting the tissues such as muscles.

Purpose: In this reviewer study, the benefits as well as the positive effects of vitamin E on the muscles are highlighted.

Methods: An extensive review of the recent literature in electronic databases (Pub med, Google scholar) and in scientific journals was performed using the following keywords: ischemia, exercise, muscles, vitamin E.

Results: Physical exercise causes transient ischemia on skeletal muscles resulting in oxygen deficit, accumulation of lactic acid and pain, without their performance being severely affected. Vitamin E (tocopherols - lip soluble compounds with strong antioxidant properties that are generally found in vegetable oils and vegetable foods) acts as a natural antioxidant and protects the muscle fibers from damages of oxygen free radicals. Vitamin E increases the tissue resistance as to induced lipid peroxidation by the exercise and it leads to decreased free radical production and to tissues' integrity such as muscular tissue.

Conclusions: Administration of vitamin E on ischemic muscles that are exercised provides significant reduction of associated damage and protects other tissues from the effects of free oxygen radicals.

Keywords: Ischemia, Exercise, Muscles, Vitamin E

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The Surgical Treatment of Intertrochanteric Fractures

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Introduction: The treatment of intertrochanteric fractures is surgical because it is the only procedure that will lead to a rapid mobilization and rising of the patient.

Purpose: This study aims to highlight that surgery is the treatment of intertrochanteric fractures.

Methods: It was performed an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and in scientific journals, with the keywords: therapy, surgery, intertrochanteric fractures, for the period 2006-2013.

Results: The treatment option for intertrochanteric hip fractures is the internal fixation. The two proposed methods of internal osteosynthesis are: the internal fixation with plate and screws and intramedullary nailing with gamma type nail. In the internal osteosynthesis with plate and screws are exclusively used the SHS type (Sliding Hip Screw) which allows the gradual sliding of the central screw and the compression of the fracture. However, in some cases the initial surgical method of treatment of these fractures is the total arthroplasty or the hemiarthroplasty. The indications for the hemiarthroplasty or for the total hip arthroplasty is a coexistent osteoarthritis of the hip and in profound crushing of the fracture in patients with severe osteoporosis fact that will minimize the chances of a safe internal fixation.

Conclusions: The progress of medicine and the discovery of new materials give promising signs in supporting the patients and improving their quality of life.

Keywords: Therapy • Surgery • Intertrochanteric Fractures

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Treating of Pain in Ancient Populations

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Introduction: Pain is interwoven with the appearance of man on earth. The prehistoric populations, as they were experimenting with plants and food, found that some of them were effective in treating pain.

Purpose: This historical reviewer study highlights the way that pain was treating by the ancient populations, especially those of Mediterranean area.

Methods: A review of medical and historical literature through electronic database MEDLINE, IATROTEK and respective libraries was carried out. Criterion of articles selection was the Greek and English language.

Results: The approach of pain preoccupied humans since ancient times particular for the complete psycho-spiritual benefits in parallel to the physical ones.

The word “pain” comes etymologically from the name of the goddess “Poini”, that in Greek means “penalty”. The English word “pain” originated from that name. Apollo was the god who was countering the pain. In the siege of Troy, the doctors Podalirius and Machaonas used analgesics, tonic beverages and powdered roots, for the treatment of pain. Hippocrates claimed that pain was caused by the poor mixing of the four juices of the human body. In ancient Mesopotamia, the perception that pain was the result of divine discontent was prevailing. The ancient Egyptians believed that pain was caused by the gods of pain Sekhmet and Seth. The Jews, from the other side, believed that pain was divine punishment and ordeal.

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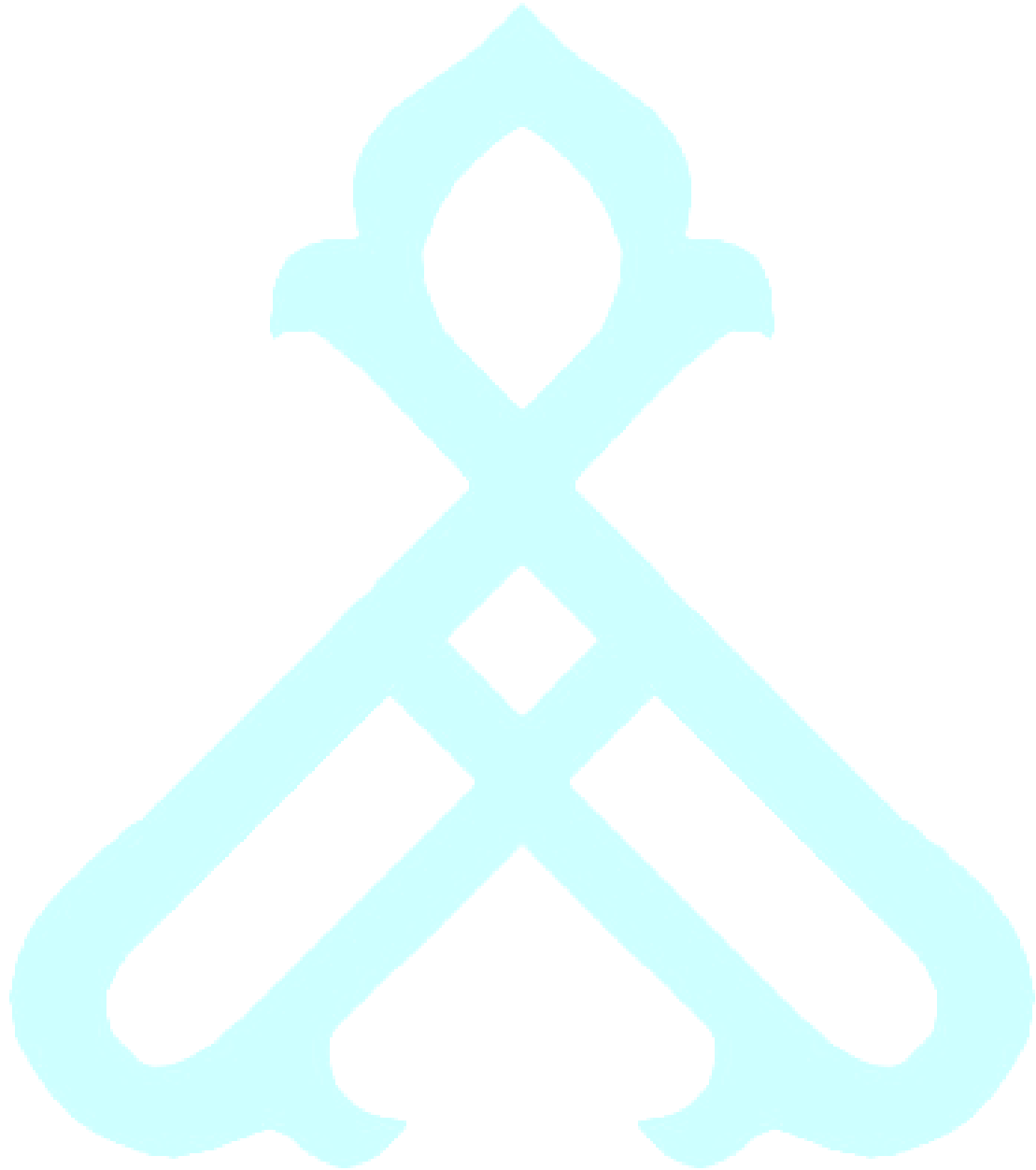
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Finally, the medications of treating the pain came from the plant and animal kingdom as well as from the minerals, with the opium being the main analgesic of all the ancient peoples.

Conclusions: The perceptions therefore of ancient peoples about the pain were pioneer for both its description and treatment.

Keywords: Antiquity, Ancient Greece, Pain, Analgesia



Oral Hygiene and Respiratory Infection in Elderly

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Introduction: Each year an increasing number of people worldwide, particularly our elderly population, are affected by respiratory diseases. In the elderly, the aspiration of salivary secretions containing oral bacteria into the lower respiratory tract can cause serious respiratory infections, such as pneumonia.

Purpose: The purpose of this review to investigate the preventive effect of oral hygiene on respiratory infections, focusing on elderly people requiring nursing care.

Methodology: Extensive review of the recent literature was conducted in electronic databases (Pubmed, Google scholar), and in scientific journals using the appropriate key words: oral hygiene, respiratory infection, elderly.

Results: Treatment consisted of antiseptic decontamination of the oral cavity using chlorhexidine gel several times a day during hospitalization leads to a reduction for nosocomial infection. Additionally, mechanical oral hygiene has a preventive effect on mortality from pneumonia, and non-fatal pneumonia in hospitalized elderly people and elderly living in nursing homes.

Conclusions: Enhanced oral hygiene prevents respiratory infections in elderly persons requiring nursing care.

Keywords: Oral hygiene, Respiratory infection, Elderly

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