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- Ethics Matters on Management of Health and Education, Teacher Professional Development
- Health Education and Nursing Care, Family Health Education, Role of the nurse in health promotion
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- Standards in Education, Quality and Equity in Education
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- Educational Teamwork Skills, Parent-Teacher Relationship
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Evaluation Of A Group Of Medical School Students’ Opinions In Terms Of Quality

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Nursing education in BiH- roadmap toward EU directive
EVALUATION OF A GROUP OF MEDICAL SCHOOL STUDENTS' OPINIONS IN TERMS OF QUALITY

Fatma BOLAÇ, Oya ÖGENLER

Medical education has a special importance among sectors is universal and the fulfillment of certain quality standards related with redounding the universal basic perfections is the most important expectation.

The aim of our study is to evaluate the expectations of the students in medical school from medical education and the realization status of their expectations within the academic process in terms of quality and standards.

The universe of the study consists of 230 students. Two open ended questions were asked to students in order to understand what their expectations were after being successful in ÖSYS and whether their expectations were fulfilled or not. In summarization of data frequency, average ±standard deviation, median; in comparison of data Student-t test was used. p<0.05 was assumed to be statistically significant.

In our study 116 (41.4% female, 58.6% male) students were reached with age average of 22.12±1.43 between 20-28). Their ÖSYS point averages are 501.85±11.85. Their birth places are 54.3% Mediterranean region, 28.4% Southeastern Anatolian region. According to quality standards 70 students (60.3%) stated that they have expectations about the features of the profession. 50% of them stated that their expectations are fulfilled, 35 of them (30.2%) stated that their expectations are not fulfilled and 23 of them (19.8%) did not state a clear opinion. The ÖSYS point averages of students who stated that their expectations were fulfilled were found to be lower than the ones who stated that their expectations were not fulfilled. (p=0.000).

In our study it was observed that students have an expectation about post graduation, academic process and social environment in terms of quality standards in medical education. As a result it os considered that increasing the knowledge levels of students about quality will develop their expectations positively and will contribute to medical education quality.

Key words: Education, Quality, Standard, Medical education, Medical student
RESTORATION OF ADOLESCENTS WITH DEPRESSION

Natsis Apostolos, Antoniou Sofia, Mpacharidou Konstantina

Introduction: Depression is a serious health problem that can affect people of all ages, including children and adolescents. The key feature of depression is persistent and enduring sadness, irritability and lack of interest or satisfaction of any activity.

Purpose: In this retrospective study highlights the impact of depression in adolescents. However, become known, and some easy achievement ways can all health professionals to restore the daily life of patients with depression.

Material & Methods: For this purpose, conducted extensive recording and study of literature in relation to this phenomenon and its effects on adolescent health, in electronic databases (Medline, Google scholar, Wikipedia, UNIVERSITY MENTAL HEALTH RESEARCH INSTITUTE (UMHRI) and scientific journals, with keywords: depression, teen, effects on mental health, ways restorations.

Results: Effects of depression on the health of children and adolescents affects their daily lives. The vast majority of all children show symptoms such as sadness and despair, retirement of staff and environment but psycho-social-economical symptoms such as irritability and suicidal. Beyond all this, however there are very simple ways to deal smoothly and without adverse outcomes depressive symptoms of patients.

Conclusions: The need for awareness and education non-psychiatric specialist health professionals in recognition of depressive symptomatology is of great importance. The treatment of depression is very important to individual, social and national level because it involves loss of employment, reduction of financial resources of the family, inability to participate in rehabilitation programs, and most importantly increase in health expenditure. In the modern era increasingly recognized the important role of rehabilitation of persons with mental disorders such as depression.

Keywords: Restoration, Adolescents, Depression
Knowledge and Attitudes of Greek Community Nurses towards Environmental Health and Dioxins


Abstract: Community nursing is the field of nursing science that promotes healthy environmental behaviors in the community. Nurses who are working in community settings are usually providing information to people that is raising awareness about environmental issues and their impacts on health; because human health is directly linked with environment and its protection.

Aim: The purpose of this research study was to assess the level of awareness and knowledge of Greek community nurses about environmental factors that affect health status. Aim of the study was also to research if there is a relation between the level of awareness and knowledge and nurses attitudes towards environment and dioxin.

Material and Methods: The sample of the study consists of 105 nurses that were recruited from health centers located within the broader of Attica area. An anonymous self-administered questionnaire distributed to the nurses. Descriptive statistics such as frequencies, means, percentages and standard deviations are been utilized. Inferential statistics such as pearson r correlation and regression analysis have been used to determined correlations between relevant variables. Level of significance accepted is p < 0.05.

Results: Levels of awareness and knowledge of Greek community nurses about environmental issues are high. These levels are statistically related with their attitudes towards environment and dioxins. Moreover higher score of knowledge on environment and dioxins in the groups of ages 25++ in opposed those of the group up to 25 y.o.

Conclusions: Community nurses in Greece are aware in environmental health issues and are willing to be active participants in environmental health educational programs. Community nurses as healthcare professionals have the knowledge to actively participate on environmental protective actions, to promote environmental sustainability and to contribute in reduction of adverse effects of human activities to the environment by educating people.
Assessment of Factors that Influence Nurses’ Attitudes towards Mental Illness

Fradelos Evangelos, Papathanasiou Ioanna, Argyrou Panagiota, Velentza Olga, Baro Chrusanthi, Zyga Sofia

Introduction: Mental disorders are the most stigmatized diseases. Despite the progress in social psychiatry and the adoption of mechanisms that raising awareness in the public, mentally ill patients are continuing to be victims of discrimination. Stigma is usually associated with alienation, social isolation, fear and prejudgment. Nurses and health care professionals are working together with patients and their families in order to address issues that are rising by those behaviors. Studies have shown that health professionals have attitudes and opinions that stigmatize mentally ill patients.

Propose: The present study aims to investigate the nurses’ attitudes towards mental disorders and their relation to the following factors: age, gender, education and working experiences in mental health settings.

Material and Method: A cohort of 127 nurses was recruited working in psychiatric or general hospitals as well as in community based rehabilitation facilities. Data was obtained by an anonymous self-administered questionnaire that consisted of demographic questions and the Opinion on Mental Illness Scale (OMI). Descriptive statistics such as frequencies, means, percentages and standard deviations are been utilized. Inferential statistics such as pearson r correlation and regression analysis have been used to determined correlations between relevant variables. Level of significance accepted is p < 0.05.

Results: The 73.2% of nurses was female, the 53.5% was married and the 55,1% had higher education degree. The mean of age was 39,33±7,37. The 63.8% is working with people suffering from mental diseases. Between the participants scores there are significant differences in most of OMI factors that related with working settings. Furthermore, level of education seems to influence the perceptions about mental illness; especially between high school graduates and university graduates.

Conclusions: Factors such as, age, level of education and working environment seem to be shaping the perceptions that nurses have about mental illness.

Key Words: Mental illness, Stigma, Nurses, Attitudes
The effect of anxiety on first-year nursing students' evaluations of the course

Kleisiaris F. Christos, Paphathanasiou V. Ioanna, Troullinou Argiri, Tsitsiridaki Maria-Angeliki, Sartzetaki Eleni-Christina, Emmanouilidi Euathia, Pantazi Angeliki, Fradelos Evangelos, Kourkouta Lambrini

Introduction: Although anxiety is a common experience for undergraduate students during academic performance, it has been suggested that higher levels of anxiety during exam period may negatively affect the students' exam performance. Therefore, we hypothesized that the presence of State-Trait or Total Anxiety on the time of test exam may affect the course grades especially in first-year students.

Methods: This observational study was conducted in Nursing Department of Technological Educational Institute of Crete, Greece. We studied 145 first-year Nursing students during their first exam period (2013), using the Greek version of the State-Trait Anxiety Inventory for adults (STAI) in four indicative courses. Statistically, $x^2$ test and Student t were used to explore the significance of descriptive characteristics of the study participants. Also, non-parametric variables such as student's characteristics and courses' evaluations were also controlled using linear r-Spearman and multiple linear regressions. P-values ≤0.05 was considered statistically significant using the SPSS version 19.0.

Results: The mean age of our sample was 19.2±2.5 while the majority of students (81.4%) were females. According to our analysis, the total courses' evaluations of students was not significantly affected by Total Anxiety ($t$=-1.26, $p=0.209$), but negatively affected by Trait Anxiety ($t$=-2.42, $p=0.027$). Also, both; State Anxiety ($r$=-0.528, $p<0.05$) and Total Anxiety ($r$=-0.424, $p<0.05$) were significantly associated with higher course evaluations in the course of Sociology.

Discussion: The total courses' evaluations was significantly affected by the Trait Anxiety suggesting that students achieved lower course grades when Trait Anxiety was present in the specific indicative courses. In agreement with our findings, a recent survey on Iranian first-year University students showed that Trait Anxiety was negatively associated with test performance in coincidence with poor preparation and test-taking strategies during exam period. In conclusion, the total courses evaluations was affected only by Trait Anxiety suggesting that decreased course grades are possibly affected by out-academic requirements in our sample.

Key words: Academic performance, state - trait - total anxiety, nursing students

ARTIFICIAL BLOOD: THE FUTURE OF TRANSFUSION THERAPY
Introduction: The increasing demand in covering the needs for blood, the problem of compatibility as well as the need of qualitative and safe transfusion, led researchers to search methods to produce artificial blood.

Purpose: Is to showcase the results of laboratory researches in Greece and Worldwide on this particular subject.

Method Review: The review of the literature for the period 1994-2014, was performed using Medline, PubMed and Google databases, with the following keywords: “artificial blood, substitutes, transfusion, stem cells, hemoglobin”, in Greek, English, French, Russian.

Results: The review of the literature shows that one of the biggest problems in medicine is the availability of blood for transfusion, which becomes more intense in non-adequacy blood supply situations (e.g. summer months, influenza epidemics). Additionally the risk of transmitting diseases such as AIDS or hepatitis and the problem of maintenance of blood from 35-42 days only are the main reasons which led scientists to attempt to develop artificial blood. There are three ways to produce artificial blood: With the help of biotechnology and genetically modified organisms, with chemical substitutes such as perfluorocarbon and the use of stem cells.

Conclusions: The importance and impact of artificial blood preparation will definitely change the way of Blood Transfusion. Results of earlier studies showed that administration of artificial blood is safe, with good results and without serious side effects. But we have to wait a few years in order for appropriate methods to be developed and tested sufficiently in efficiency, practicality and safety.

Keywords: Artificial blood, The future, Transfusion therapy

FAMILY’S ROLE IN THE JUVENILE DIABETES MANAGEMENT

Konstantinos Koukourikos, Anca-M. Mihalache, Areti Tsaloglidou

Introduction: The juvenile diabetes management is a challenge for both the child and his family, which plays an important role in disease management.

Purpose: The purpose of this review is to investigate the relationship between the child’s or adolescent’s family with type 1 diabetes and its compliance to treatment.

Method Review: The search of relevant articles for the period 2002-2014, was performed using Medline, Pubmed and Google databases, using the
following keywords: «family support, family role, adherence, childhood diabetes, diabetes type 1».

Results: According to the existing literature, the cooperation among family members and children, the quality of their relationship and the systematic monitoring of glycemic control by their parents, are important factors of successful management of juvenile diabetes. Also, strengthening the parental knowledge about the disease, the sensation of "weight" derived from it and reduces its negative influence on children, appears to be associated with a better compliance to the therapy. Studies results have shown that certain parental characteristics such as critical attitude towards children and adolescents, depressed and pessimistic behavior, undermine the effectiveness of treatment. Moreover, the appearance of conflict in the family is a limiting factor of compliance and management of diabetes.

Conclusions: The adherence to treatment of juvenile diabetes is achieved when parents and children or adolescents collaborate effectively for the desired effect. It is necessary to develop strategies so that skilled nurses can guide and support the families of children and adolescents with type 1 diabetes to its successful management.

Keywords: Family’s role, Juvenile Diabete, Management, Education

OVERVIEW ON ALBUMIN CLINICAL ROLE
Ekaterini Simonidou, Sophia Iosif, Anca-M. Mihalache, Konstantinos Koukourikos

Introduction: Human serum albumin is the most abundant protein in human blood plasma. It is produced in the liver and is widely used for volume replacement or correction of hypoalbuminaemia. Albumin serves many diverse functions such as: Maintaining oncotic pressure, transporting thyroid hormones, other hormones, unconjugated bilirubin, and many drugs.

Purpose: The purpose of this literature review was to demonstrate the significant role of albumin in health and disease and also to report the evolution in the field of synthetic substitutes.

Method review: The search of relevant articles for the period 2004-2014, was performed using Medline, PubMed and Google databases, with the following key words: “albumin, plasma products, synthetic albumin, and plasma transfusion”
Results: According to the existing literature, human albumin (HA) is the most expensive non-blood plasma substitute used to treat hypovolaemia or hypoalbuminaemia. The role of HA is, however, still controversial. Because of its limited availability and high cost, it is imperative that the use of HA is restricted to indications for which it is efficacious. The arguments over its pros and cons are long-standing.

Conclusion: Albumin has a unique physiological role which is unmatched by synthetic substitutes. Albumin acts as a transport system for many substances, including metabolic substrates and drugs. The major advantage of synthetic substitutes is in their relative economy and they can be used as a replacement for Human Serum Albumin and serum in patients with acute conditions such as burns, severe blood loss, and shock where extreme, life threatening fluid shifts can occur. Furthermore, the modern technology is very promising and in nowadays offers high molecular weight polymer which has the potential to bind and transport small molecules such as fatty acids, steroids, metal ions, and drugs.

Keywords: Overview, Albumin, Clinical role

POSTPARTUM DEPRESSION AND ITS INFLUENCE ON THE CHILD

Konstantinos Koukourikos, Anca-M. Mihalache, Areti Tsaloglidou

Introduction: Postpartum depression is a major health problem, which occurs during the first months after birth. Postpartum depression has detrimental effects on physical, cognitive and emotional development of the child.

Purpose: The purpose of this study is to investigate the correlation of maternal postpartum depression with any problems of child development.

Method Review: The search of relevant articles for the period 2002-2014, was performed using Medline, PubMed, Heal-Link and Google databases, using the following keywords: "postpartum depression", "child", "child development" and the combination of these.

Results: Postpartum depression negatively affects not only the mother but the child too. Many studies suggest that postpartum depression has detrimental effects on physical, cognitive and emotional development of the child, including increased risk for impaired cognitive and motor development, low self-esteem and behavioral problems. Boys are more prone to the effects of postpartum depression and have delayed physical and cognitive development. Regarding girls, they exhibit elevated levels of aggressiveness and hyperactivity.

Conclusions: Postpartum depression afflicts both the mother and her child. Particularly important is the help both the close relatives of the mother and the health professionals. The nurse in cooperation with the family
environment can contribute to the psychological support of the mother to treat postpartum depression and to strengthen mother-child relationship.

Keywords : Postpartum depression, child, motor development, low self-esteem, behavioral problems

THE PROFESSIONAL NURSE FACING ETHICAL DECISIONS MAKING IN DAILY CLINICAL PRACTICE

Konstantinos Koukourikos, Anca-M. Mihalache, Christos Iliadis, Ioanna Papathanasiou

Introduction: The high level of professionalism and patient satisfaction are the characteristics that give W.H.O to the concept of quality care.

Purpose: Is to investigate the concept of professionalism and the process of making ethical decisions in everyday clinical nursing practicing conditions.

Material – Method: A literature review was done (2002-2014) on MEDLINE, PubMed databases using specific keywords: “Decision making, Professionalism, Ethics, Deontology, Nurse, clinical practice”.

Results: The Nursing Ethics is a set of rules and principles that provide protection and promotion to the professional team, determine the professional identity, the limits of professional responsibility to the patient and also the clinical-ethic decisions. By making ethical decision, the clinical nurse determines his values as a professional, the principles of ethics, the patients' rights, the legislation and the nursing ethics codes as well.

Conclusions: Nowadays, the relationship between patient and health professionals is in deep crisis. Sometimes medical staff faces dilemmas in everyday duties at their work place. Behavior is not determinate by the knowledge. It takes vigilance and respect for the professionalism principles to ensure balance between the discoveries in the medical field and its use by humans and to ensure the quality of health services.

Keywords : Nurse, Ethical decisions, Clinical practice
THE ROLE PLAYING GAME IN HEALTH EDUCATION

Konstantinos Koukourikos, Ioanna Papathanasiou, Areti Tsaloglidou, Anca-M. Mihalache

Introduction: Health education aims to shape behavioral patterns that promote the physical, mental and social wellbeing of the individual. To achieve these objectives it is necessary not only the simple transmission of knowledge but also the adoption of approaches and methods that promote active and experiential learning, which can be developed through Role Playing Game.

Purpose: Is to determine the possibilities of adopting a theatrical game in approach to health educational issues.

Method Review: Search for relevant articles for the period 2002-2014, was performed using the databases Medline, Pupmed and Google, with the following keywords: “Role playing game, Psychodrama, health education”.

Results: This game and in general the educational drama can be an important methodological tool to approach the health educational issues, because through the roles played by the person, he puts top priority on what he felt and not on what he learned, thus contributing to the development of the emotional intelligence. Through role playing game learning takes place in a pleasant educational environment and improves verbal expression, imagination, understanding and willingness in execution of instructions in language courses, in social and in physical education. Also, it contributes to the development of critical thinking, self-esteem, self-concept, collaborative- teamwork and it gets in touch with complex communication codes, which are essential in Health Education.

Conclusions: In the Role Playing Game, the theatrical techniques are mainly used but also other performing art techniques in order to approach various issues. It is a new teaching method for making the person more active, helping him develop imagination, cultivates the psychomotor expression and the socialization.

Keywords: Role playing game, Health education, Self-esteem, Self-concept, Collaborative- teamwork
DISABILITY AND SOCIAL EXCLUSION

STYLOS DIONYSIOS

Introduction: The definition of social exclusion includes groups of the population that their access to the labor market and the consumption is accompanied by the stigmatization of people who suffer, such as people with disabilities.

Purpose: The purpose of this study is to investigate and therefore prevent the factors that lead to social exclusion of people with disabilities.

Material & Methods: Extensive review of the recent literature in electronic databases (Pub med, Google scholar) and magazines using as keywords: disability, social exclusion and prevention.

Results: The disability is internationally one of the most debated and constantly relevant issues of society. People with disabilities have the same rights as other citizens in their daily trades, having the right of every legitimate use, reference, access and appeal to all public bodies and authorities of the State. It is true that several attempts have been made to meet the needs of people with disabilities especially in the healthcare sector, which is a key sector for the care and treatment of people with disabilities which contributes to their integration into society in general.

Conclusions: The integrated response to the impact of disability, both in medical and psychosocial level requires the provision of comprehensive care through coordinated medical, psychological, educational and social services.

Keywords: Disability, Social exclusion, Prevention

PROTECTION FROM SEXUALLY TRANSMITTED DISEASES

STYLOS DIONYSIOS

Introduction: The STDs are a group of infections caused by various microorganisms transmitted by sexual contact.

Purpose: The purpose of this study is to investigate and therefore prevent the factors leading to the emergence and transmission of sexually transmitted diseases.

Material & Methods: Extensive review of the recent literature in electronic databases (Pub med, Google scholar) and magazines using keywords: STDs and prevention.
**Results:** STDs such as hepatitis B, HIV infection / AIDS, syphilis, gonorrhea, the chancroid, lymphogranulomavenerum, herpes of the genitals, infection with Chlamydia etc. can be found worldwide but are more common in countries with lower health care systems. So that’s why it is good to take into account the following:

To avoid multiple sexual partners.

Avoid sexual contact with unfamiliar people.

Always use condoms during sexual intercourse in all cases.

Avoid sexual contact if you experience any ulcer or papule (pimple) on the genitals or if you have a discharge from the urethra.

**Conclusions:** The information and sensitization of the population by health professionals about the risk of sexually transmitted diseases is prerequisite for the timely prevention and management of STDs.

**Keywords:** Protection, Sexually transmitted diseases, Infection

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**Foot Care Education for Diabetes Mellitus Patients**

Maria Lavdaniti, Eirini Pizirtzidou, Alexandra Dimitriadou

**Abstract**

Diabetes represents a major health problem and is related to many complications. One of them is diabetic foot, which is very common and believed to be the main cause of motor problems. Diabetes education has been recognized as an integral part of diabetes treatment and diabetes management.

The purpose of the present study was to review literature about education and diabetic foot care. Diabetes education is performed by a team which plays a key role in the education of patients and in identifying high-risk patients.

Patient’s education focused mainly on recognition of the diabetic foot, daily self-care, washing feet, trimming toenails, proper footwear, modification of the way of living and following the instructions of the diabetes team.

There is insufficient evidence that patient education alone is effective in achieving clinically relevant reductions in ulcer and amputation incidence, and thus the need for further research in order to clarify the necessity of education in diabetic foot care is great.
Nursing education in BiH- roadmap toward EU directive

Mirza Oruč, Dejan Bokonjic, Filip Dumez, Marteen Kaaijk, Lubica Rybarova, Salih Tandır, Adnan Mujezinović, Duška Jović,

SUMMARY

BiH Nursing education is still developing toward EU directive on regulated professions. At the moment there are two big projects dealing with the reform of Nursing curricula in Bosnia and Herzegovina, one of them is TEMPUS project CCNURCA (Competency Based Curriculum Reform in Nursing and Caring in Western Balkan Universities) and another one is project ProSES (Strengthening Nursing in Bosnia and Herzegovina). Both projects have goal to reform nursing curricula and education in general toward EU directive dealing with regulated profession. Deep analysis about current situation in nursing education has been done. Findings were very interesting because there were a lot of different information from different schools important for improving nursing education.

Methodology used for this research was analytic, comparative, descriptive and prospective. Three nursing faculties where analyzed Faculty of Health in Zenica, Faculty of Health sciences in Mostar and Nursing study program at the University of East Sarajevo. It is important that Tempus Project CCNURCA is running also in Albania and Montenegro, with EU partners from Belgium, Slovakia and Netherlands.

Findings showed important differences between the BH and EU nursing approaches. Number of nursing staff employed, medical orientation of the curricula, practice versus theory, usage of different teaching and assessment methodologies are some of the major differences between BH and EU approaches in nursing education which will be starting and leading points for BH nursing schools for reform and introducing proper nursing education recommended by WHO standards for nursing education and EU directive 2005/13 on regulated professions.

In conclusion deep analysis of current situation was major precondition for successful improvement of nursing education in BH in accordance to EU standards.

Key words: Nursing, Curricula, Reform, EU directive,
INVESTIGATING THE WELL-BEING OF ADOLESCENTS ENROLLED AT RELIGIOUS VOCATIONAL HIGH SCHOOL THROUGH THEIR SELF-PERCEPTION FIGURES

Müge Yukay Yüksel
Hacer Yıldırım Kurtuluş
Ayşe Ezgi Damar

Abstract

As in other psychosocial periods, the adolescence is one of the periods, which individuals should adapt to and pass through successfully. During this period, the individual might encounter with many personal, social, occupational and economic problems. What is important for the individuals throughout this period is to be able to have a positive self, to be uniquely individualized by maintaining their psychological well-being and to be able to develop their own self-perceptions by being aware of their own selves.

Thus, the aim of the present study is to investigate the psychological well-being of 9th grade adolescent students enrolled at Religious Vocational High Schools through the depiction of their self-perceptions depending on several variables and to shed light on further similar studies.

The participants of the study are 160 14-year-old students coming from different socio-economic background. The participating students attend Kadıköy Male Religious Vocational High School (Boarding) and Sultanbeyli Female Religious Vocational High School in the Istanbul province. As data collection instruments in the study, the Psychological Well-being Scale and the picture drawing technique were used.

The results revealed that although students’ levels of psychological well-being do not vary significantly depending on the self-perception figures they draw, there are significant differences depending on the gender, their perceived socio-economic level and whether they are boarding or not.

Key Words: psychological well-being, adolescence, self-perception
PHYSICALLY CHALLENGED STUDENTS IN THE MIDDLE SCHOOL
EFFECTS OF INTELLIGENCE GAMES

Murat Fazil Akkoc, Ismail Cenker, Figen Fidan

In this study, the middle school students with physical disabilities of mind intelligence the IQ scores to determine what was going on of effects has been made. SPSS model is performed using this work, Kütahya province of Central and middle school students with physical disabilities in rural areas, consisting of 45 people was carried out with.

Middle school students are measured from the word-class findings ready 15 intelligence game has been applied for a period of 10 days.

Intel-intelligence game studies the target audience as a result of students showed an increase of at least 1 IQ score was observed. Also this work comes from the countryside to the social participation of disabled students have been found to provide a significant contribution.

As result of the research schools, innovative methods for students with physical disabilities intelligence levels and increase their participation in social life with applications that various propoals were presented.

**Keywords**: Disabled students, Brain games, Social life.

Principles of education and low regulations for Alternative medicine methods of treatment

Elizabeta Popova Ramova, Snezana Stoirova· Leonid Ramov· Anastasika Poposka, Veselin Talevski· Tome Naumov

**Abstract**

The knowledge of the scientific thought for treatment and prevention on the illness is systemized in the conventional medicine Alternative and complementary medicine takes a greater interest in use in the modern societies in Europe and the USA, and in India and Chaina have special Institution for education established from Gaverments.
It has taken an important part of the health system for some Nordic countries, where even the funding of health accepts some of treatments with alternative methods that are used on a traditional way, they are adjusted for the western countries and there are educating institutions and institutions for treatment. The point of our research is to see the meaning of the students who in the future would use alternative methods of treatment.

**Materials and methods:** 27 students who were questioned with basic questions. The results have shown that the alternative methods of treating are used by the physiotherapists in some ways but not enough but what is important is the thing that physiotherapists are interested in this kind of treatments. In the curriculums of the physiotherapists educating program is used for the basic principles for this kind of treating. In our society we use some traditional ways of treatment from the people’s medicine and the first place is herbal therapy, but slowly there are some eastern way treatment also used as Yoga and acupuncture.

**Results:** In the educating system for the first time we use curriculum based education for physiotherapists. In this educating part we taught basic principles, identifications and counter identifications for each kind of treatment.

Students show important interest for their education and with the specialist studies they will be educated for application on some methods.

**Key words:** Alternative medicine, Educational principals, Students

**Educational program for rehabilitation of patients after surgical treatment of breast cancer, the role of physiotherapist activity**

Elizabeta Popova Ramova, Snezana Stoilova, Leonid Ramov, Tome Naumov,

**Abstract**

**Introduction:** Breast cancer is the most frequent cancer in females. For many years, breast cancer has been incredibly difficult for both patients and health care providers due to its high mortality and morbidity rates. The aim of our study was to access the application of rehabilitation program in secondary health system in our population.

**Material and method:** interwove was made by 50 female, from Association for patients with Cancer in Bitola. The application of rehabilitation program was accessing with score of maximal activity.

**Results:** 50% of patients have continual rehabilitation after surgical treatment; all of it is not paying from Health system. Discussion: A variety
of robust studies have clearly showed the beneficial effects of exercise in a healthy population, with a varying spectrum of positive changes in physiological and psychological effects.

The educational program involves in curriculum for physiotherapist is consisting of all steps for it. Conclusion: Future medical staff professionals can be successful increase quality of life by patient after mastectomy, but there are many health boarders to manage it in society.

**Key words:** Quality of life, Mastectomy, Education, Rehabilitation.

### Smoking and Breastfeeding

Ntoni Chrstina  
Thanos Dimitris  
Anastasopoulou Theodora

**Introduction:** Apart from active smoking and the harmful effects in the smoker there are also passive smoking or involuntary smoking, which is defined as the exposure of non-smokers to tobacco combustion products. With the return of breastfeeding in all countries of the modern world it is natural the passive smoking of infant to employ the researchers.

**Purpose:** The purpose of this review is to highlight the negative effects of passive smoking in the neonate.

**Material & Methods:** It has been carried out an extensive review of the recent literature in electronic bibliography (Pub med, Google scholar) and scientific journals with keywords: smoking, breastfeeding, adverse effects.

**Results:** Nicotine is excreted in breast milk three times the amount than in plasma and is proportional to cigarettes that breastfeeding mothers smoke, although it’s being influenced by environmental factors and the smoking habits of the mother. The greater excretion into milk is in the first two hours after smoking. After 2.5 hours of smoking the amount of nicotine has been reduced and breastfeeding can be considered secure. Breastfed infants of mothers who smoke more than 10 cigarettes a day have colic, vomiting, tachycardia, weakness, susceptibility to infections and when mothers smoked 20 cigarettes a day, the symptoms are intense and there is a significant reduction in the production of breast milk.

**Conclusions:** Thus, the nursing mother should stop smoking or at least reduce it below 10 cigarettes a day. If a woman insists on smoking, she could smoke in times far from breastfeeding, for example before the infant’s bedtime.
Keywords: Smoking, Breastfeeding

CHILDREN WITH JUVENILE RHEUMATOID ARTHRITIS IN SCHOOL

Chan Elpida Louisa, Kerchanatzidou Marianna, Nastogianni Paraskevi

INTRODUCTION

Juvenile rheumatoid arthritis (JIA) is the most common type of arthritis that can strike children of any age with corresponding impact on their daily life and school. The disease affects about 14 to 20 annually per 100,000 children younger than 16 years old. It is more common in Europe and the US, where the incidence ranges from 1.3 to 22.6 cases per 100,000 children <16y.o. per year.

More specifically with regard to Europe is more common in the Nordic countries (Norway, Finland) and lower in the southern countries (p.ch.Gallia, Greece). This is about joint inflammation. Signs of arthritis are swelling, pain in the joint that has been injured, accompanied by lameness, stiffness, trouble walking or using the hands. Depending on the child may present with fever and rash on the skin, while other children feel joint pain that comes and goes. Childhood arthritis is a chronic disease. It is characterized by periods of remission where the child shows improvement of symptoms and laboratory findings, alternating with periods of exacerbation of the disease. Proper treatment keeps the disease at rest.

PURPOSE

This retrospective study examines the contribution of Nursing in adaptation of children with juvenile rheumatoid arthritis at school and promote their personal wellness.

MATERIAL AND METHODS

Extensive review of the recent literature was conducted in electronic databases (Pubmed, Google scholar) and in scientific journals.

RESULTS

Despite significant advances in the field of scientific research until today the cause of the disease has not been identified, however the studies in various theories continue. Some genes play a role in rheumatoid arthritis, but not everyone who developed the disease had these genes. Full cure for RA
unfortunately does not exist, but the medication in combination with the recommended physical therapy can effectively treat the symptoms and to halt further progression of the disease, thus helping the patient to continue a normal lifestyle.

Anti-inflammatory drugs are used primarily. Corticosteroids are an alternative treatment option while the hematopoietic stem cell transplantation is performed only at specific centers. Physical therapy and occupational therapy are essential for maintaining muscle strength and range of joint movements. The iridocyclitis should be treated by an ophthalmologist. For other extra-articular manifestations, the patient should be referred to experienced physicians and surgeons. The goal of physical therapy is to reduce pain, stimulate muscle growth and maintain mobility and general functionality of the joints, while the surgery restores functionality. Apart from the pain which is the unavoidable consequence of arthritis, most patients feel largely anxiety, depression and despair. So, the children and their families should be informed of the progress of the disease and the ways of dealing with, and are encouraged to express their concerns. Daily activities and the natural tendency of the children to play help to maintain mobility and participate in therapeutic exercises using special instruments. The NIA does not affect the mental state of the child, but can significantly hinder his education.

The difficulty walking, pain, stiffness, easy fatigue can be minimized with proper treatment and inform teachers of health professionals such as nurses, to help a clever child to successfully meet the demands of school. Interventions related adjustments in the school environment as long as there harmonious cooperation teachers, parents and health professionals. Because finally, children with juvenile rheumatoid arthritis at risk of developing weak bones (osteoporosis) due to disease, corticosteroid use, and reduced physical activity and weight bearing, healthy diet -Sufficient calcium -can help to maintain an appropriate body weight. Since children with juvenile rheumatoid arthritis are at risk of developing weak bones (osteoporosis) due to the disease, corticosteroid use, and reduced physical activity and weight bearing, healthy diet -Sufficient calcium -can help to maintain an appropriate body weight. Furthermore, studies have shown that well-informed patients who are actively involved in the regulation of disease and encounter less difficulty education programs and self asthenonpaidion with arthritis, as well as the support groups help raise awareness and active attitude to the disease. Paidiaastheneis help understand the disease, reduce pain to flare-ups and offer physical, emotional and spiritual support.

CONCLUSIONS

Children that are Patients with Rheumatoid Arthritis need help to cope with everyday problems caused by the disease. The collaboration of health professionals such as nurses with school operators and medical scientific
team, contribute to the full integration of children with rheumatic disease in the school environment and maximize performance.

Also assess the support system of the patient, which is called to play an important role in the care of. While family members can play a crucial role in helping a child with juvenile rheumatoid arthritis, encouraging to participate in physical activities - bearing in mind the recommendations of your child's doctor and physiotherapist - and discussing the situation with his teachers.

**Keywords**: Children, Juvenile rheumatoid arthritis, School

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**CHILDREN WITH DIABETES IN SCHOOL**

Kerchanatzidou Marianna, Chan Elpida Louisa, Nastogianni Paraskevi

**INTRODUCTION**

Diabetes mellitus (DM) is one of the most common chronic diseases of childhood. The pathogenesis of the appearance of diabetes is multifactorial, and the disease was responsible genetic factors that determine susceptibility to the disease, environmental factors (have implicated viruses, toxins, etc.), and some viruses acting on the beta cells of the pancreas, which is a kind of cells in the pancreas that make and secrete insulin. Children with Type I diabetes have lost the ability to produce insulin because the cells of the pancreas to produce damaged. Without insulin, the child's body can not use glucose and because of that the blood glucose levels to rise. When this occurs, the excess amount of glucose will be eliminated in the urine, thereby causing frequent urination and thirst. Because the body can not utilize glucose, this leads to weight reduction. So the child with diabetes, which has not been diagnosed or has not yet begun treatment, presents the following symptoms: thirst, frequent urination, weight loss and fatigue. The majority of these children remain several hours every day in school, which should provide them with the corresponding security.

**PURPOSE**

This retrospective study examines the contribution of nursing to the protection, safety and health promotion of children with diabetes in school.
MATERIAL AND METHODS

Extensive review of the recent literature was conducted in electronic databases (Pubmed, Google scholar) and in scientific journals.

RESULTS

Diabetes - despite the scientific progress made to treat - remains a challenging disease that plagued physically, psychologically and financially the children and their families. The program of a child with diabetes include one or two insulin injections daily measurements of glucose levels in urine and blood, attention to diet and exercise. In ordinary classroom, the teacher should be aware of the complications of the disease can occur at school, so when and if necessary to intervene effectively. These complications reported excessive anxiety that can present the child, which may fall into a coma or react to insulin. More specifically, there are two types of emergency that may occur at school by the disease, and which can address the educational staff. For this reason, there should be information to staff and the school children about "what is diabetes, that diabetes is not contagious disease, what signs and ways of treatment of hypoglycaemia and what are the necessary steps in case of need."

Several times you may need the child to measure blood sugar levels, while the blood is in school. This means that the child needs a special place in the school to use the device. The school should strive to provide a private space to the child when needed.

During the school years, children may be absent from school due to illness or hospitalization hospitalization. Cognitive also features children with diabetes, such as the ability to concentrate, and learning and memory, negatively affected by poor glucose control. All these above conditions can cause problems in school pupils’ progress. These factors increase the risk for reduced school progress when combined with low economic and educational level of the child’s family.

The unsatisfactory adjustment of the child with diabetes at school, can be influenced by the fear of rejection that the child can feel from the teacher and his/her classmates because he/she considers himself/herself different from others. The child may display refusal to go to school and to express complaints about physical complaints to school principal claim to return home, can present difficulties in relationships with other children, difficulties

It is very important that the teacher makes every effort so that the child is not isolated from their peers. The diabetic child has the same needs for support, encouragement and understanding and should be encouraged to participate in all activities.
The student needs support and encouragement from the teacher, for the child to gain confidence in himself for the increased accountability required by the state of his health.

Children with diabetes may even be involved in all school activities. With the right preparation can make diabetes management in any special occasion or celebration. They also, and be involved in sport at school. Exercise also can reduce glucose and should be done:

• Checking glucose before, during and after exercise
• Additional intake of carbohydrates when necessary

The design therefore an effective response to the disease of diabetes includes information and counseling throughout the child's family, the teacher and their classmates to create a healthy environment for tackling a difficult disease that requires attention on a continuous basis.

CONCLUSIONS

Proper treatment of children with diabetes in school is necessary for the safety, well-being and better education of children mellitus. The school can and must play an important role to facilitate and help the child with diabetes to participate as the other children in all school activities.

Keywords: Children, Diabetes, School

CHILDREN WITH MOTOR DISABILITIES IN SCHOOL

Nastogianni Paraskevi, Kerchanatzidou Marianna, Chan Elpida Louisa

INTRODUCTION

There are many different definitions of disability and different terms to describe persons with disabilities. According to the World Health Organization (1981), Persons with Disabilities considered all individuals who experience severe disability resulting from physical or mental harm. Persons with disabilities are classified as disabled.

The motor disabilities affecting the normal movement of children, making it difficult depending on the severity, functional activities of their daily life and their integration into the school process. The pedagogical practice was first adopted and used for several decades was that of school segregation (segregation). Children with disabilities that is trained and
koinonikopoioountan outside the general school in special education settings. The distinction, however, the categorization and ratings do not promote the modern role of the school and certainly not in line with modern educational theories and practices.

PURPOSE

In this retrospective study highlighted the problems of students with physical disabilities and the way of reaching the entire school.

MATERIAL AND METHODS

Extensive review of the recent literature was conducted in electronic databases (Pubmed, Google scholar) and in scientific journals.

RESULTS

The school integration of pupils with special educational needs in the general context of education, a preliminary stage and a prerequisite for the smooth integration of these children into society. The progress made in the field of educational research, the design and implementation of specialized educational programs, creates conditions educational integration in school students with different learning rate.

The educational integration of children with disabilities in mainstream school, it has been observed that maximizes the development of cognitive, language and social skills and improves their learning profile. Also, the interaction occurring between children with disabilities and non-disabled peers, increases empathy and social acceptance of diversity from the past.

Gravity also the state of motor disability, may vary from child to child and has graduated. As is clear from modern pedagogical research, the most common difficulties of children with physical disabilities are:

- difficulty Spatial - time orientation
- difficulty in mathematical thinking
- difficulty concentrating attention
- difficulty in processing and synthesis of information
- difficulty in structuring and establishment of information
- difficulty of transition from one activity to another.

That is why the evaluation of the cognitive capabilities of the child and the learning profile is very important. The evaluation is exploratory and extends to the whole duration of the pedagogical intervention. And after its completion established the overall educational intervention program divided into subsectors and short and long term goals. The educational intervention program should be governed by clarity and use appropriate teaching.
activities with clear objectives and rationale. Throughout the course of implementation is good to investigate the effectiveness and revised if necessary.

In addition, children who require aids to move there should be ramps to enable them to mmetakinountai safely. The classroom should be located on the ground floor because the stairs are a barrier for these children. If it is necessary to mmetakinisi upstairs then the school should have adequate lift. The desks also chairs the classroom is crucial for the safety of the child from falling on the monitoring of the course and for the use of the upper limbs for operating activities.

It is essential that the educational intervention program based on the principle of diversification and flexibility, to respect the staff of students work rate and promote pro-active action. Our main goal is the activation and cultivation of residual cognitive - cognitive and strengthening of positive behavioral patterns.

CONCLUSIONS

The child’s movement ability with physical disabilities in school is of great importance for social integration in the school environment.

Generally, a successful educational intervention program is good when it:

- provides clear instructions and directions
- is active
- evaluates the degree of understanding and the student’s performance
- provide collaborative learning opportunities
- is lexible and provide alternative activities for achieving the learning objectives
- promotes self-motivated and to respect the personal learning pace, particularly children with physical disabilities.

Keywords: Children, Motor disabilities, School

The patient's needs in the final stage of life

Tsiara Foteini

Introduction: When the patient realizes that he is going to die, he often experiences a deep existential crisis. While the patient is trying to deal with
the crisis and reduce the intense stress that it causes, he aims to give meaning to his life and death.

**Purpose:** This retrospective study is pointing out how important the role of health professionals, such as the nurses, is, in the support provided to the dying patients.

**Method of review:** Performed a literature search in electronic databases "Scopus, Medline" and through search engine "Google scholar". Criteria for exclusion articles were the language, other than English and Greek.

**Results:** All human beings seem unable to accept the natural circle of growth and decay of life and resist death, which lies behind every change in people’s lives. In the final stage of life, the anxiety and fear which is connected to death increases.

The undifferentiated and diffused anxiety feeling often hides a set of specific fears. These are associated with death and they differ from one person to another. The health professional stuff can help the patient identify, express, process and accept the meaning of death. It is also important, that the care provided to the patient meets his basic needs for security and self control in order for him to maintain a positive image of himself and dignity in the view of his imminent death.

**Conclusion:** The members of health professionals can create the appropriate atmosphere, which will allow the terminal patient to express his worries. Meanwhile they also operate on his behalf in order for some of his final needs to be covered before his death.

**Keywords:** Death, Patient in the Final Stage of Life, Patient’s needs.

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**KARABUK SEARCH BEHAVIOR IN THE CITY HEALTH RELATED RESEARCH IN PREGNANT**

Seval Yetgin, Haydar Sur

**Objective:** Research was performed as descriptive and cross sectional study in the province of Karabuk to investigate the differences of pregnant womens health seeking behaviour according to age group, their educational status, type of family, the health care provider and the distance to status, income status, social security status, number of pregnancies, the number of deliveries, the case of unintended pregnancy.

**Method:** The data collection was at least 312 pregnant women in which the study has begun on 2nd January 2014 and has been continued until 31st January 2014. Pregnant women attending gynecology clinics applying the method of systematic sampling survey was conducted face to face.
Survey consists of three parts. The frequency distribution and chi-square test used for the data evaluation.

**Results:** Pregnant women who research from the internet to learn about pregnancy and childbirth found having income higher than minimum wage in this study. The ratio of pregnant women who do not research much from the internet about pregnancy and childbirth is higher for the ones whose educational status are in elementary school level.

**Conclusion:** As a result, in terms of improving the health of pregnant women infants, it is important for those women to get an accurate information from accurate sources as well as from accurate people.

**Key Words:** Health, Health services, Health-seeking behavior, Pregnancy

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**A TAXONOMY OF PATIENTS’ REACTIONS DURING HOSPITALIZATION**

Trifoni M., Laskaki A., Theofanidis D.

**Introduction:** Hospitalization per se causes various degrees of stress. Significant factors affecting all patients include fear of the disease, possible loss of control, or alerted body image (e.g. mastectomy). Also, the factors that affect the patient’s emotional responses include: genetic and emotional background, personality traits, intelligence, defense mechanisms, and education level.

In this light, fear of death and the struggle for survival is an inevitable emotional process which nurses should be familiar with in order to support their patients.

**The aim** of this systematic review is to provide some basic insight into the typical responses of our patients to an episode of illness. A further objective is to describe the patients’ potential cognitive and psychosocial reactions during their hospitalization by creating a simple taxonomy for mapping out patients’ reactions to illness.

**Methods:** This was a systematic review whereby updated data was collected from both formal and ‘gray’ literature of the last five years with the following key-words: patient’s cognitive and behavioral reactions to illness, psychological responses, and psychiatric disorder in medical in-patients.

**Results:** The classification of individual reactions and behavioral patterns are as follows:

i) **Passive patients:** they are generally characterized by patience, dependence, weakness, lack of freedom of choice and they usually prefer to be represented by experts. Although passive patients are depending on others, often they react well to the stress of the disease because it may meet
their needs for dependency.

ii) **Self-conscious patients**: for this group of patients, it is important to focus on the quality and cost of health services.

iii) **Active patients**: they are characterized by a profound sense of action, independence and freedom of choice. They are also striving towards a new nurse-patient relationship based on guidance and cooperation rather than the former active-passive model.

**Conclusions**: Hospitalization introduces the patient into the unknown while the hospital environment poses a direct threat that can trigger severe psychological reactions. In order for nurses to fulfill their professional role as patient's advocates, they need to share insights of their patients’ circumstances and potential reactions so that they can offer them a truly therapeutic environment.

**Keywords**: Hospitalization, Passive patients, Active patients, Taxonomy

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**Residence, marital status and health of the mother as risk factors for premature birth in the region of Pleven, Bulgaria.**

Un M., M. Kamburova, S. Georgieva.

**Introduction**

Premature birth is associated with increased infant mortality, short and long-term negative effects on health and additional costly care needs. It is a major problem for public health worldwide.

The interest of researchers into residence, marital status and health of the mother as risk factors for premature birth is caused by the fact that they directly affect the incidence of premature birth of a baby.

**Methods**

The aim of study was to explore the impact of factors, such as residence, marital status and health of the mother as risk factors for premature birth in the region of Pleven, Bulgaria.

A descriptive case-control study was carried out at the University Hospital-Pleven, Bulgaria.

The study was comprehensive for premature children and representative for full-term infants born in 2007 in the town of Pleven, Bulgaria.
The information regarding the residence, marital status and health of the mother was derived from medical records and by interviewing mothers.

Special questionnaires were designed for the purposes of the study.

Odds ratio (OR) was calculated to determine the risk of premature birth.

Results

Our study demonstrated: a more than threefold increased risk of a premature birth for mothers living in rural places (OR 3.37, 95% CI 1.86-6.1); a more than twice increased risk of a premature birth for unmarried mothers (OR 2.83, 95% CI 1.7-4.7); more than three times higher risk for mothers who have been sick during pregnancy.

Conclusion

Our results confirmed our research hypothesis regarding residence, marital status and health of the mother as risk factors for premature birth in the region of Pleven, Bulgaria.

Key words: Premature birth, Residence, Marital status, Mothers' health, Risk factors

SCHOOL ENVIRONMENT AS A PRECONDITION FOR HEALTH OF STUDENTS AND STAFF

Manolya Un, Stela Georgieva, Mariela Kamburova

Introduction: Healthy school environment is an important element of the Coordinated School Health Model. It concerns the quality of the physical and aesthetic surroundings, psychosocial climate, safety and culture of the school, periodic review of the conditions etc. According to the number of studies characteristics of the school environment are statistically related to student’s health and academic achievement.

The aim of this paper is to examine different aspects of school environment, their influence on well-being of the school community and the necessity of their improvement.

Materials and methods: A comprehensive study on health promotion at school was conducted over a representative sample of schools in the region
of Pleven, Bulgaria. Data were collected by self-administered questionnaire among students, parents and staff; interview with school principals and documental review. A specially designed set of questions was used.

**Results:** In the Region of Pleven there are 118 schools built in the period 1912 – 1998 year. Most buildings are renovated and with well-maintained school surroundings. Physical components of school environment have been strictly controlled. According to the school documentation deviations from the hygiene standards of temperature, lighting, ventilation in the classrooms are not registered.

Recommendations of the Regional Health Authorities are fulfilled in time. About 60% of buildings have had no free access to school environment for disabled people.

As regards the psychosocial, emotional and organizational components, subjects under study are broadly agree that school environment is mainly healthy but needs some improvements as better opportunities for sport and nutrition services in about of two thirds of schools. About 40% of the respondents consider that improvement of human relationships and work satisfaction would make for healthier school community.

**Concussion:** The influence of school environment on health and academic performance was realized and community make efforts to be continuously optimized.

**Key words:** Health promotion, School community, School environment

**MENTAL DISORDER AND SUICIDE IN THIRD AGE**

OLGA VELENTZA, EVENGELOS FRADELOS

**Abstract**

In later life suicide is at least two times more common than in the general population. In old age suicide attempts decrease but suicides increase. It is telling that there is one fatality for every 10-20 suicide attempts in the general population but in the elderly same takes place in every 4 attempts.

It should be noted that suicidal behavior in the elderly indicates a genuine death wish and is related to a very high degree with depression. The purpose of this study is to record the problems that lead older people to
suicide and to find ways in the treatment of mental disorders in order to reduce the suicide attempts.

**Results:** According to epidemiological studies, the overall prevalence of mental disorders in the elderly is about 25%. A third of this percentage represents serious disturbances 4 to 5% senile and arteriosclerotic dementia, 1% melancholic situations, 1 to 2% chronic delusional states and two thirds mild or minor disorders, mental retardation not reached dementia, depressive or establish character neuroses.

Senile psychiatric diseases occupy the third place among all illnesses after cardiovascular disease and cancer. It is expected to increase by 300% over the next 30 years according to current predictions.

**Conclusions:** Demographic and epidemiological studies indicate that a rising problem in the following years will exclusively relate to the gerontology sector given that every second European will be over 55 years old.

This group of physical, social, economic, political and pathological problems will have a haunting effect on our society.

**Keywords:** Third age, Elderly suicidal behavior, Mental disorders.

**SOCIAL SKILLS TRAINING IN CHRONIC MENTAL PATIENTS UNDER THE PSYCHOSOSIAL REHABILITATION**
OLGA VELENTZA, EVENGELOS FRADELOS

**Abstract**

Social skills training is a process that resembles the nursing process and its stages. It is a part of social rehabilitation programs of chronic mental patients. It is also a process by which a health practitioner tries to diversify the existing state of chronic mental patients. It is a “set of cognitive-behavioral methods of social rehabilitation, which in a direct and active education, enhance and promote existing social skills. Alternatively by teaching new skills in chronic psychotic patients in order for them to cope with everyday demands of life and be protected from any symptoms of disease deterioration. The purpose of this study is for mental health professionals to learn and then teach ways of communication, behavioral and transaction between chronic mental patients and other people. Mainly though aims to strengthen, through social skills learning their
ability for living independently in the community. Results: Social skills training, tailored to individual needs of the patient can help to:

Develop and maintain personal relationships with other persons.

Take responsibility for medication.

Find and maintain stable employment.

Find and maintain permanent housing, selection of relaxation mode and enjoyment at spare time.

Finally aims at chronic psychotic patients maintaining a level of functionality which enables them to live within the community and provides them with a minimum level of social skills enhancing thus their quality in life.

**Key Words**: Social skills, chronic psychotic, social skills training, rehabilitation, training methods

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**SUICIDE PREVENTION IN ADOLESCENT AND DEPRESSION**

Stergios Papastergiou, Tolis Natsis, Giannis Tsirigotis

**INTRODUCTION**: Depression in adolescent is presented with increased frequency and is directly connected with the risk of suicide. The clinical picture differs in relation with adult depression and the risk of depression continued in adult life.

**PURPOSE**: The purpose of this retrospective study is to identify the factors that lead young people to depression and suicide and its prevention.

**MATERIAL AND METHOD**: Therefore conducted extensive recording and study of literature in electronic databases (Medline, Google scholar) and magazines. Criterion for exclusion the article is mainly the language. Articles used in Greek and English.

**RESULTS**: The diagnostic criteria for depression adolescent is essentially the same as those for adult, however, the expression of the symptoms may vary depending on the development stage. The most important risk factors a family history of depression, female sex, abuse in childhood or neglect, stressful life events and chronic disease. Depression also impacts negatively on growth and development, school performance, the relations of friends or family and can lead to suicide.
CONCLUSIONS: The safe and effective therapy requires accurate diagnosis, assessment of suicide risk and use of cognitive behavior.

Keywords: Suicide prevention, Adolescent, Depression

Medical Law and Deontological Obligations of Medical Staff in the Physical Medicine
Marijana Gligorovska, Veselin Talevski, Elizabeta Popova Ramova

Abstract
Physical medicine in the last 20 years has significant place in the systems of health, and also became very popular with the young people, so many students showed great interest about enrolling the high medical schools, branch for physiotherapist. The basic and most significant issue for regulating the relations in medicine is the law, actually the medical law. In those terms some issues are conflicted with the basic rules of ethics or with the scientific principals and standards of human medicine. Medical deontology is a complexity of principles, attitudes and methods which every medical worker should obey professionally and privately, too. In those terms it is very important to define the term behavior. There are numerous definitions about the human moral which reflects on professional and deontological morality. So it can be concluded that the moral is complicated phenomenon made of natural biological, psychological, social and mystically religious arguments. Talking about natural biological elements means that the moral is only human phenomenon conditioned by its nature, its instinct mind and others. In the case of ethical–deontological problem knowing only the philosophy of ethical and classic order is not enough, it is important to become a philosopher or an ethic worker. And that means the physiotherapist and the physiatrist should be able to deal with the moral problem of the patient and to show him the way of hope by strengthening his wish and hope. According to deontological obligation the physiotherapists have to follow the alternative knowledge and old alternative medicine and all that should be accompanied with life practice. The fact that beside the drugs these diseases are cured with the proper food, exercises, different rituals and life habits they will become their lifestyle.

Keywords: Medical Law, Deontological Obligations, Physical Medicine
Quality Of Life In Patients With Coronary Artery Disease

Dimitris Thanos
Anastasopoulou Theodora
Ntoni Christina

Introduction: Coronary artery disease is a very rare cause of death nowadays, especially in developed countries and is a “privilege” of the industrial developed ones.

Purpose: In this retrospective research are being highlighted the factors who contribute to the preferment of health and the life of quality in people with coronary artery disease (CAD).

Method Of Review: It has been carried out a long retrospective of the most recent relevant bibliography in online database (Pub Med, Google Scholar) and scientific magazines with keywords: quality life, CAD and restoration.

Results: The definition and the detection of the predisposed factors of atherosclerosis, are the first and most important steps of the prevention of CAD and as in fact the reduction of morbidity and mortality which are caused of them.

The new way of life, the diet changes, which is full in fat; stress, smoking, sedentariness, diabetes and hypertension, characterize the industrial developed countries and are the ones who are being inculpated for the development of CAD.

Conclusions: Public’s information from health professionals in the recognition and treatment of danger factors who cause CAD, leads to the protection and preferment of its quality life.

Keywords: Quality of life, Coronary artery disease, Public’s information

SUDDEN DEATH AND SPORTS

Matka Nikolaos

Introduction: Sudden cardiac death in athletes is a phenomenon with important social implications. The excellent physical condition also does not guarantee protection against sudden death when latent heart disease pre-exists.

Purpose: This retrospective study identifies the factors causing sudden death in athletes and their treatment.
**Material & Methods:** Extensive review of the recent literature in electronic databases (Pub med, Google scholar) and magazines.

**Results:** Individuals with substrate organic heart disease, even when asymptomatic are exposed to increased risk during athletic activity or immediately after that. Sudden death is usually associated with coronary heart disease, hypertrophic cardiomyopathy and congenital anomalies of the coronary arteries. Thus, a detailed recording of family and personal medical history and physical examination of athletes is regarded as the most appropriate approach to their preventive examination.

**Conclusions:** The risk for classification sudden cardiac death in athletes and the implementation of strategies for its prevention may help to prevent such a painful incident.

**Keywords:** sports, sudden death and athletes

**THE IMPACT OF MENTAL DISORDERS OF PARENTS IN CHILDREN**

Iliadis Christos, Papathanasiou Ioanna V., Fradelos Evangelos, Kourkouta Lambrini

**Introduction:** Several common disorders, such as depression, anxiety and eating disorders, affecting parents who are in the process of raising children. These disorders have a negative impact on the social and psychological functioning of people and affecting aspects of child development, including physical, cognitive, social, emotional and behavioral development.

**Purpose:** the purpose of this study is to highlight the impact of mental disorders of parents in children

**Materials and Methods:** There was an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and science journals.

**Results:** To help children of parents with mental illness, children need to be identified. In part it is difficult to identify those children whose parents suffer from a disorder or not require hospitalization, or the problem is not known to health services because there is no question of the medical staff for the presence of children or not during the discussion with the parent. Parents need to feel comfortable disclosing their problems to their general practitioners or even teachers when necessary. The recognition of these children and helping them is important not for the benefit of the child alone and has overall benefit. For example, children's mental health problems persist into adulthood in an appreciable minority of cases and the increasing costs of health affect the community as a whole.
Conclusions: The important therefore not only to identify and solve the problems of parents, and children because of mental problems in childhood can have a significant impact on their later life.

Keywords: mental disorders, effects, parents and children.

BURNOUT OF NURSES
TSALOGLIDOU A, KOUKOURIKOS K., PANTELIDOU P. KOURKOUTA L.

Introduction: The professional burnout is a syndrome of physical and mental exhaustion, which occurs after repeated failures to address the anxiogenic conditions of the workplace. Nursing is suffering greatly from this painful syndrome.

Objective: The objective of this study was to review the world literature regarding the impact of burnout on the nursing staff.

Material and methods: Extensive review of the recent literature was conducted in electronic databases (Pubmed, Scopus and Google Scholar) and scientific journals.

Results: The syndrome of burnout comes from the accumulated years of work-related stress symptoms that the individual ‘carries’, resulting in the affected job satisfaction and the lost of moral values of the person. The most common reasons cited are the workload and the emotional labor, the organizational and administrative structure of public hospitals, the reduced control and limited autonomy in planning and delivering care. The sources of stress act cumulatively resulting in the possible occurrence of these physical, psychological and behavioral reactions or even in psychosomatic diseases.

Conclusions: The prevention of burnout syndrome and the factors that contribute to its appearance through specially designed programs for prevention and education of health professionals is essential.

Key Words: Burnout, nursing staff

CARING FOR PATIENTS WITH EATING DISORDERS
TSALOGLIDOU A, KOUKOURIKOS K., ILLIADIS CH, PANTELIDOU P, KOURKOUTA L.

Introduction: Eating disorders are primarily psychiatric conditions which are developed over time and are characterized by severe disturbances of eating behavior, abnormal perceptions of weight and appearance, and often obsessions with exercise. The patients are often present with serious and chronic symptoms, comorbid medical and psychiatric illness, and history of
poor response to treatment. Given the serious medical, nutritional, and psychological risks associated with anorexia and bulimia nervosa, it is advisable that patients be seen within the framework of a multidisciplinary team.

**Objective:** The objective of this study was to review the world literature regarding the care of patients with eating disorders.

**Material and methods:** An extensive review of the recent national and international literature in electronic databases (Pubmed, Google Scholar) and in scientific journals was accomplished through the use of appropriate keywords.

**Results:** Nutritional rehabilitation along with some form of re educative psychotherapy and cognitive behavior therapy, have been found to be effective for the management of nutritional disorders. There are many programs where the patients may receive inpatient care, residential care, partial hospitalization or intensive outpatient treatment depending on the existing level of the eating disorder. Based on an in-depth assessment, the full continuum of care, from intensive inpatient care to outpatient programs should be offered. Each program provides different ways of treatment and progressively brings the patient closer to eating disorder recovery.

**Conclusions:** There is a need to look at eating disorders within a global view of mental and biological functioning. Some of the primary goals in the treatment of persons with eating disorders should be to restore the functional capacity, to normalize the eating patterns, to achieve normal perceptions of hunger and satiety, to correct biological and psychological sequelae of malnutrition and to improve the quality of life of these patients.

**Key words:** eating disorders, nursing care, anorexia and bulimia nervosa

**NURSE COMPETENCE**

Pantelidou P., Lemonidou C., Tsaloglidou A.

**Introduction:** In the contemporary health care settings, which continually change and evolve, nurses face many challenges on an everyday basis. In the clinical environment nurses’ interventions are the most decisive element that contributes to the patients’ recovery. Evaluating the competence of practicing nurses is crucially important in identifying areas for professional development and educational needs and, also, in making sure that nurse competencies are put to the best possible use in patient care.

**Purpose:** The purpose of this paper is to study the meaning of the term “nurse competence” and to evaluate the level of nurse competence in the clinical setting.
Method: A systematic review of the Greek and international literature, from 2000 to 2010, using as key words the following terms: “competence, nurses, nursing practice, nursing roles”.

Results: Twelve studies that deal with defining the term “nurse competence” were found and are presented here, showing little consensus between nurse researchers, as to what is meant exactly by competence when applied to assessment of clinical practice. Another twenty five studies, including reviews and original papers, which are concerned with evaluating nurse competence in different clinical settings, were viewed and critically analyzed.

Conclusion: There are differences between the competence nurses have and demonstrate in their practice depending on factors like age, length of work experience and working department. Suggestions for further study are made at the end.

Key words: Nurse competence, clinical setting

CURE OF PULMONARY ARTERIAL HYPERTENSION

Kiriaki Kaiopoulou, Konstantina Bacharidou, Apostolos Natsis

INTRODUCTION: Pulmonary arterial hypertension as of its present data is supposed as an insurable disease and includes a group of diseases which are characterized as of progressive increase in pulmonary vascular pressures and resistances.

Methods: It was carried out a search of Greek and foreign bibliography by electronic databases Medline, Scopus, Heal Link and science magazines.

Results: Pulmonary arterial hypertension includes some forms, of different statement of reasons but with the same clinical symptomatology, histopathology and in some cases with the same correspondence in cure. For its cure health professionals like nurses will have to consist:

-Self limitation of the same patient for restricting the frequency and the gravity of the symptoms
-Avoidance of the pregnancy
-Prevention of the infections basically of the respiratory (pneumonia). It is required an annual preventive injection for the flu and the pneumococcus.
-Avoidance of aimlessly travels by planes
-Avoidance of medicines that affect the metabolism of the anticoagulants or they increase the possibility of bleeding of the gastrointestinal.

-Psychological support.

Conclusions: Pulmonary arterial hypertension is a disease with dramatic effects on the health and the life quality of the patients. Her pathogenetic mechanisms form a field of continuous research. The knowledge of these mechanisms it is believed that it will lead to the discovery of the suitable medication.

**Keywords**: Pulmonary arterial hypertension, lung diseases, cure of the lung diseases

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**NURSING INTERVENTIONS DURING THE FIRST 48 HOURS POST STROKE**

Mata S., Theofanidis D.

**Introduction**: Stroke is the third leading cause of death in the western world. Studies have shown that during the acute phase, severe clinical deterioration is observed in 37% -43% of patients as a result of individual pathological complications.

**Aim**: The purpose of this systematic review is to classify the clinical causes of stroke deterioration and to prioritize nursing interventions accordingly.

**Methods**: A systematic review was undertaken using combinations of the following key words: progressive stroke, clinical deterioration, stroke in evolution.

**Results**: Analysis of the literature revealed two major categories of complications evolving mechanisms during the acute phase:

i) Potentially non-reversible: brain – hernia formation, massive edema, local biochemical ischemic changes, infarct prolongation.

ii) Potentially reversible: arrhythmias decreased cardiac output, hypertension, hypovolemia, electrolyte disorders, blood glucose disorders, hypotension and hypothermia.
During the acute phase, causes of death include the following:

- <24 hours: brainstem compression
- 1-5 days: uncontrolled hemorrhage, massive infarction with oedema
- 5-14 days: bronchopneumonia, pulmonary embolism, cardiac complications

**Conclusions:** Knowing the pathophysiology of stroke nurses will be able to recognize and pinpoint in a timely and accurate manner the patient’s clinical deterioration worsening signs and therefore will be able to intervene effectively. Monitoring for the 3Hs (i.e. Hypertension, Hypovolemia, Hypothermia) is crucial during the first 48-72 hours post stroke. Other clinical nursing interventions include measures for immobility, infections, pneumonia and pulmonary embolism.

**Keywords:** Nursing interventions, 48 hours post stroke, Death

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**RATIONAL DRUG USE**

Güldem Biçer Dizdar, Öğuz Özyaral

1. **INTRODUCTION and AIM**

Drugs are substances which are used for the purpose of protecting from diseases and changing the pathological states in patient’s favor in order to protect and maintain the individual and community health. Drug is a social product. Indication of each drug group is different, they cannot be substituted. This study will be conducted for the purpose of defining proper use of drugs that are an indispensable product for people today, rational drug use and preventability of drug waste. With this understanding, duties falling into pharmacists and physicians in rational drug use and preventing the drug waste will be addressed.

In the material and method part, whether drug active substances selected in Samsun province within November 2012 were prescribed by physicians with correct indications or not were reviewed and in which conditions drug was taken with wrong indications was examined.

In conclusion and recommendations part, regulations which may be performed for diffusion of rational drug use and reduction of drug waste were addressed.

**MATERIAL and METHOD**

Population of the research is constituted by prescriptions written to 1561 people in private hospital, state hospitals, university and training research hospitals and family practice centers in Samsun province central county and other counties within November 2012. The research was conducted over two different commercial types of amoxicillin clavulanate acid active substance and commercial type of active substance named ciprofloxacin.
The reason why these active substances are selected is that drug group which is mostly subject of the waste is antibiotics and the antibiotic group mostly consumed in Samsun in November 2012 is these three drugs. Research was conducted in basis of prescription with encrypted login screen over MEDULA drug tracking system that is drug tracking system of Social Security Institution (SGK).

While examining the prescriptions, patient selection was not made, patient difference was not observed, information belonging to patients were kept hidden. The only information about patient is that which antibiotic drug was used in which diagnosis. Also, while making selection, data such as health institution in which prescription was written, physician who wrote the prescription and which care health institution the prescription was written were ignored. Results were close to each other as average and it is completely incidental.

529 of total 1561 drugs are Amoxicillin Clavulanate Acid (I). Unit price of this drug is 6,97 TRY and accordingly total prescription cost is 3.687,13 TRY. Unit price of 530 prescribed Amoxicillin Clavulanate Acid (II) drugs was 6,97 TRY and accordingly total prescription cost is 3.694,10 TRY. Total 502 Ciprofloxacin drugs were prescribed and unit price is 5,97 TRY. Total prescription cost of ciprofloxacin is 2.996,94 TRY. Here, unit price means public price of drug. It is the price which SSI pays to pharmacies per drug box. It is the price for which pharmacy discount applied for pharmacies in different rates is not applied. Price written on drug label is 12,56 TRY.

CONCLUSION AND SUGGESTIONS

Studies conducted in our country show that there are waste drugs in substantial amounts in our homes. A large part of these drugs goes to waste or is consumed by people unconsciously, distributed to acquaintance and friends. This state shows that our habits in drug use is poor, regulations should be made in regard to drug waste.(19)

- Promotion studies of drug companies should be limited, expenses in this regard should be taken under disciplinary and control
- Physicians should be informed of equivalent drug use
- Variable strategies’ combination should be established by requirements of different groups and different environments
- Dissemination policies of rational drug use should be developed
- Profit obtained from drugs whose profit margin is high, which is put into market recently should be prevented
- Use of guidance and drug lists recognized nationally determined by WHO for diffusion of rational drug use should be extended among physicians
- Studies should be conducted with various printed materials, visual and printed mass for dissemination of rational drug prescribing
- Over the counter drug use should be restricted with inspection mechanisms
- Patients should be warned about physician, pharmacist, nurse cooperation and drug adverse effect, importance should be placed on information
It should be explained to people through public educations that drug accumulation in homes is wrong in terms of interruption of treatment, drug toxicities and drug waste.

TSALOGLIDOU A, KOUKOURIKOS K, KOURKOUTA L

**Introduction:** Ebola virus disease is a severe viral infection characterized by fever, shock and coagulation defects that in many ways appears to be similar in humans and nonhuman primates. The disease is first acquired by a population when a person comes in contact with the blood or bodily fluids of an infected animal.

**Objective:** The objective of this study was to review the world literature regarding the treatment and prevention of Ebola Virus Disease and to evaluate the knowledge of nurses about it.

**Material and methods:** An extensive review of the recent national and international literature in electronic databases (Pubmed, Google Scholar) and in scientific journals was accomplished through the use of appropriate keywords.

**Results:** Diagnosis of Ebola Virus Disease may be delayed given health care professionals’ unfamiliarity with these diseases, heterogeneous clinical presentation within an infected cohort, and lack of widely available diagnostic tests. Detection of Ebola virus antigens or virus isolation appears to be the most reliable means of diagnosis for patients with suspected acute Ebola Hemorrhagic Fever, since patients with this disease may not develop detectable antibodies before death. Initiation of ribavirin therapy in the early phases of illness may be useful in treatment of some of these viruses. There are no licensed vaccines to treat the disease until now.

**Conclusions:** Adherence to recommended isolation precautions will allow for proper patient care while protecting the health care workers who provide care to patients with Ebola Virus Disease capable of nosocomial transmission. In recent years, laboratory research has produced treatments and vaccines that are effective in laboratory animals and that could potentially drastically reduce case-fatality rates in humans.

**Key words:** Ebola Hemorrhagic Fever, Ebola Virus Disease, treatment, prevention

**GENE THERAPY APPLICATIONS**

Monios Alexandros, Anca Michaela, Iliadis Christos, Amprachim Sara Eleni, Dimitriadou Aliki, Kourkouta Lamprini
ABSTRACT: Gene therapy includes the transfer of genes in order to achieve and maintain the proper level of functional protein involved in a disease throughout a person’s life.

AIM: The purpose of the present study is to highlight the usefulness of its application on the human population in general.

MATERIAL AND METHODS: Extensive review of the recent Greek and International literature was conducted in electronic databases (Medline, Scopus and Heal-link) and scientific journals. Key words used are: genes, hereditary diseases and gene therapy.

RESULTS: In gene therapy, the drug is not a protein or other composition, but a part of genetic material, a part of DNA. Gene therapy seeks to restore a pathological phenotype, a process which includes a change of the genetic material to the cells of the suffering tissue. The therapeutic genes are transferred into the patient cells either by killed viruses, or by non-viral vectors, or by transfer of “naked” DNA. It involves genetic diseases, hereditary or non-hereditary (cancer, Parkinson disease). The gene transfer occurs in somatic cells, not in germ cells and it is not passed to the offspring.

Vehicles are commonly used for the gene transfer. A vehicle is successful when it assures, under the appropriate circumstances, the entry to a large percentage of cells and the expression for the desired time.

CONCLUSIONS: The success of gene therapy depends on the careful design of each study and may result in the improvement of patients’ quality of life.

KEY WORDS: genes, hereditary diseases, gene therapy

GALINOS: THE SUCCESSOR OF HIPPOCRATES
Tsitsis Nikolaos, Tsiligiri Maria, Rarra Aikaterini, Georgoudi Aikaterini, Georgousi Paraskevi, Kourkouta Lambrini

Abstracts: Galen was the second greatest Greek physician of antiquity following Hippocrates and the last in time from all the major practitioners of the Greco-Roman world.

Aim: This review aims to highlight the work of Galen as a physician of antiquity.

Material and Methods: Writings and excerpts from ancient Greek texts written by doctors and philosophers are studied and analyzed as well as the related to them bibliographic sources.
**Results:** From child Galen frequented to Asclepieion, where many patients were flocking and he attended physicians to practice the medical profession. At the age of 14 started to attend regularly medical courses. He believed that good health was the result of a balance of four juices of the body: blood, bile, black bile and phlegm. Any disturbance in this balance leads to disease. He described the liver and heart valves separating arteries from veins. He said that more blood is in the aorta and it is channeled into the aorta from the left ventricle after being passed by the right. Galen spoke about the movement of the muscles, the lung cancer, the tumors, cirrhosis of the liver, the seizures, the epilepsy, the delirium tremens, the tuberculosis, stones in the bile and the disorders of the spleen. Finally, he was also dealt with diet, he made many surgeries and prepared a lot of medications.

**Conclusions:** Galen was destined to influence, more than any other physician of antiquity, the development of medicine in the West, at least until the Renaissance.

**KEYWORDS:** Galen, physician, antiquity

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**THE CONSEQUENCES OF GENETICALLY MODIFIED FOOD ON HEALTH**

Ouzounakis Petros, Iliadis Christos, Tsaloglidou Areti, Koukourikos Kostas, Vakalopoulou Marina, Kourkouta Lambrini

**Abstract:** Genetically modified foods (GM foods) are created artificially by adding or removing genes from organisms belonging to completely different species.

**Aim:** The purpose of this paper is to highlight the impact of GM foods on human health.

**Material and Methods:** Extensive review of the recent Greek and International literature was conducted in electronic databases (Medline, Google Scholar) and in scientific journals.

**Results:** There are many dangers of eating genetically modified foods. By eating genetically modified foods, new allergens enter into the food chain of people, with adverse effects on their health. The frequent consumption of these foods also increases the resistance of bacteria to antibiotics and as a result the effectiveness of drugs is reduced. Even during the preparation of food mutant, the secreted toxic substances are capable to cause major problems in human health.

**Conclusions:** Despite the fact that GM foods are spreading rapidly, people should be careful in their consumption because of their painful impact on human health.
**Keywords:** effects of genetically modified food, health

**PERINATAL NEONATAL CARE IN BYZANTIUM**

Iliadis Christos, Tsaloglidou Areti, Koukourikos Kostas, Plati Panagiota, Fradelou Georgia, Kourkouta Lambrini

**Abstract:** The high prenatal and infant mortality in Byzantium from infectious diseases has led to the development of pediatric centers providing prenatal care to the newborns.

**Aim:** The purpose of this study is to highlight the prenatal care of the newborn in Byzantium.

**Material and Methods:** A comprehensive review of the recent Greek and International literature was conducted in scientific journals and electronic databases, such as Pubmed and Google scholar.

**Results:** The cutting of the umbilical cord of the newborn was the start of prenatal care. The control of ears, nose, throat, urethra, and finger joints was the next step. Then, the newborn had to be washed with lukewarm, it had to be wrapped in swaddling clothes and finally to be placed in a clean and quiet environment. The lullaby was part of everyday care, in order for the baby to be slept. A comfortable and happy atmosphere for the care of the newborn was generally assured.

**Conclusions:** The Byzantine involvement to the care of infants is indicative of perceptions of the Byzantine period, as well as of the existing conditions.

**Keywords:** prenatal care, neonatal, newborn, Byzantium

**THE IMPACT OF MENTAL DISORDERS OF PARENTS IN CHILDREN**

Iliadis Christos, Papathanasiou Ioanna V., Fradelos Evangelos, Kourkouta Lambrini

**Introduction:** Several common disorders, such as depression, anxiety and eating disorders, affecting parents who are in the process of raising children. These disorders have a negative impact on the social and
psychological functioning of people and affecting aspects of child development, including physical, cognitive, social, emotional and behavioral development.

**Purpose:** the purpose of this study is to highlight the impact of mental disorders of parents in children

**Materials and Methods:** There was an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and science journals.

**Results:** To help children of parents with mental illness, children need to be identified. In part it is difficult to identify those children whose parents suffer from a disorder or not require hospitalization, or the problem is not known to health services because there is no question of the medical staff for the presence of children or not during the discussion with the parent. Parents need to feel comfortable disclosing their problems to their general practitioners or even teachers when necessary. The recognition of these children and helping them is important not for the benefit of the child alone and has overall benefit. For example, children’s mental health problems persist into adulthood in an appreciable minority of cases and the increasing costs of health affect the community as a whole.

**Conclusions:** The important therefore not only to identify and solve the problems of parents, and children because of mental problems in childhood can have a significant impact on their later life.

**Keywords:** mental disorders, effects, parents and children.

**THE TREATMENT OF PAIN IN ANCIENT GREECE**

Kourkouta Lambrini, Vakalopoulou Basiliki, Papathanasiou Ioanna, Fradelos Evaggelos, Prokopiou Evanthia, Papaemmanouil Agapi

**ABSTRACTS:** Pain, the son of Erida and grandson of Nihta, is the oldest problem that a man has ever faced. Its treatment was one of the most important services of medical care provided in ancient Greece.
MATERIAL AND METHODS: Extensive review of the recent Greek and International literature was conducted in electronic databases, such as Medline, Scopus, Heal Link and in scientific journals.

AIM: The purpose of the present study is to highlight the methods of treating pain in Ancient Greece.

RESULTS: Painkillers herbal remedies were used by Apollo, one of the gods of ancient Greeks to treat the pain. The son of Asclepius continued his work. The earliest written references regarding the treatment of pain are found in the Homeric epics, where it is described that the mysterious "nepenthe" medicine for the pain of the soul was used. The “mikon hypnoforos” known as “poppy” has also its own place in the therapeutic cult of ancient Greece. The raw opium was first used from the time of Minoans as a primitive analgesic, as it contains various narcotic substances, which were considered as a symbol of immortality for the ancients. Its use was known to the Mycenaeans as well as to Cypriots and Macedonians. The administration of meconium with honey was used regularly as a sedative. Finally, the extract of the bark of willow belongs to the pain relievers and has antipyretic action.

CONCLUSIONS: The ancient Greek physicians knew how to cope with pain by the use of the means of that time

KEYWORDS: pain, treatment, analgesics, ancient Greece

HEPATITIS B PREVENTION METHODS

Kourkouta Lambrini, Iliadis Christos, Ouzounakis Petros, Kourkouta Vasiliki, Dimitriadou Alexandra

Introduction: Hepatitis B is an infection of the liver which is caused by the hepatitis B virus. The best treatment of this disease is it prevention.

Purpose: The purpose of this study is to highlight the hepatitis B prevention methods.

Material & Method: There was an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and science journals with Keywords: prevention method, hepatitis B.

Results: The best method for the prevention of the disease is vaccination. The vaccine helps to create the organism antibodies against hepatitis B virus and to firmly maintain their levels, so that the vaccine not infected by the virus upon contact. Transmission of hepatitis B is mainly through the blood and biological fluids, so can achieve prevention by limiting the exposure to such agents. Attention and use precaution during sexual act is a basic rule. Health professionals must comply with the instructions for the use and disposal of needles and use gloves for any act within their work.
**Conclusions:** Hepatitis is a disease that is growing rapidly, but the adoption of preventive methods can reduce its appearance.

**WORKPLACE HEALTH PROMOTION**
Iliadis Christos, Taxtsoglou Kiriaki, Frantsana Katerina, Koukourikos Konstantinos, Spanopoulou Katerina, Kourkouta Lambrini

**Introduction:** Workplace health promotion is an institution that was introduced to many European countries. It aims at improving the employees’ health and is based on both employers’ and employees’ coordinated actions.

**Purpose:** The purpose of this study is to highlight the workplace health promotion.

**Material and Methods:** It was extensively conducted a recent literature review of electronic databases (Pub Med, Google Scholar) and scientific journals.

**Results:** In recent years, the workplace is constantly facing changes. The factors that may lead to unpleasant effects on workers’ physical and mental health could be: the increased use of both technology and production line, the introduction of new information as well as knowledge in the workplace, demographic changes regarding the workforce, the increase of pressure and patterns of work and, finally, the reduced amount of staff. For this reason, it is essential new practice methods be introduced in the workplace to improve health and ensure employees’ quality of life. Workplace health promotion aims at adopting both strategies and methods of good practice. So, various aspects of working life such as physical exercise, smoking, eating, alcohol consumption, the management of stress and mental health in workplace might be approached. Simultaneously, workplace health promotion aims at developing methods in order the measures of workplace health promotion and development of culture and consciousness to be managed.

**Conclusion:** Both health improvement and workplace health promotion will result in improving the quality of work and the relationship amongst the workforce.

**Keywords:** health promotion, work, workplace.
PREVENTION OF OSTEOPOROTIC FRACTURES
Taxtsoglou Kiriaki, Iliadis Christos, Tsaloglidou Areti, Kourkouta Lambrini

Introduction: Osteoporosis is the most common metabolic bone disease. Osteoporotic fractures occur in traditional areas such as the hip, vertebral bodies and the distal radius and in the entire skeleton.

Purpose: The purpose of this study is to highlight the prevention methods of osteoporotic fractures.

Material & Method: There was an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and science journals.

Results: Exercise and proper diet acquired a special importance in preventing fractures. Exercise should include medium weight lifting to strengthen the trunk and lower limbs. Calcium is an essential ingredient for the growth and development of the skeleton. The intake reduces bone loss and increases bone density in the lumbar spine. Vitamin D is essential for the prevention of osteoporosis, since it maximizes the intestinal absorption of Ca. Exposure to sunlight for 10-15 minutes twice a week, usually sufficient to form the necessary metabolite. Smoking has harmful effects on skeletal bone health and therefore recommended it stopping, while alcohol consumption should be limited and must not exceed two drinks daily.

Conclusions: Prevention of osteoporosis results in reducing the incidence of osteoporotic fractures and improves quality of life for the patients.

Keywords: prevention method, osteoporotic fractures, osteoporosis.

PREVENTING BULLYING AND SCHOOL VIOLENCE
Iliadis Christos, Monios Alexandros, Frantzana Katerina, Tsaloglidou Areti, Ouzounakis Petros, Kourkouta Lambrini

Introduction: Bullying and violence at school is a matter that concerns each and every person, for, it has repercussions at different levels. It also requires everyone should cooperate and be able to communicate so as the efforts of dealing with this problem to be successfully addressed. For this reason, the prevention has a key role in reducing this phenomenon.

Purpose: The purpose of this study is to highlight the methods of prevention of bullying and school violence.

Material and Methods: It was extensively conducted a recent literature review of electronic databases (Pub Med, Google Scholar) and scientific
magazines. The keywords that were used were: prevention, school violence, preventive measures.

**Results:** The prevention of school violence refers to school in general and classroom in particular. The proper cooperation amongst schools, teachers, parents and students would help in order this matter to be approached properly. Generally, at school, the set-up of a school board against bullying and school violence would help the methods of prevention for the best. The school board would try drawing up a declaration against school violence and documentation of both the rights and responsibilities of all the members of school community. It is important the supervision of the school space during school breaks be increased by teachers. Moreover, the cooperation between teachers and parents would help reduce the perpetuation and the encouragement of school violence. Generally, as regards the classroom, the discussion about the definition and types of school violence and bullying, as well as the planning of the classroom rules against violence would help so as the school violence to be dealt effectively by children. Last but not least, a major preventive measure of school violence would be the chances of cooperation amongst students.

**Conclusion:** In a world plagued by school violence and bullying, prevention and the provision of information might reduce their extensive growth.

**Key Words:** Preventing, Bullying, School, Violence

**Nursing Role and Health Promotion in childrearing**
Enriada Cani, Takele Desta, Maria Lavdaniti

**Introduction:** Communication and health education are independent nursing actions that accompany all nursing care. They are probably the most frequently used interventions for nurses working with childbearing and childrearing families because health promotion is such priority for this population.

**Purpose:** The purpose of the present study was to review literature about nursing role related to health promotion in childrearing

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

**Results:** Communication and health teaching are best accomplished when they are placed within the context of the nursing process. Learner needs and characteristics, teacher characteristics, available support people, and
level of content are all factors that affect learning or whether communication will be received. Assessing these allows nursing diagnoses that clearly state specific health needs to be formulated. Common nursing diagnosis related to communication or health teaching are: health-seeking behaviours related to ways to improve the child’s nutritional intake and anxiety related to perceived amount of material needed to be learned for home care of child

**Conclusions:** Learning to communicate is one of the most important skills that children learn. Communication with children can be either formal or informal. Communication and health teaching are what builds successful bases for disease preventions and health promotion for an age. Nursing can help these goals by consulting with schools and health care organizations to develop health teaching programs and by teaching such programmes

**Key Words:** Nursing Role, Health Promotion, Childrearing

**PRIMARY PREVENTION OF DOMESTIC VIOLENCE**

Kourkouta Lambrini, Frantzana Katerina, Monios Alexandros, Plati Panagiota, Mihalache Anca, Iliadis Christos

**Introduction:** The prevention of domestic violence is an essential issue. It is vital the prevention of child abuse be dealt with success. Thus, both the problem of domestic violence and criminality in general may be treated effectively.

**Purpose:** The purpose of this study is to highlight the methods of primary prevention of domestic violence.

**Material and Methods:** It was extensively conducted a recent literature review of electronic databases (Pub Med, Google Scholar) and scientific magazines. The keywords that were used were: domestic violence, prevention, primary prevention.

**Results:** The aim of primary prevention is the general improvement of living standards of families. If the overall quality of life improves through upgraded health, education and justice policies, the entire population will be provided with equal opportunities and social inequalities will be reduced. The improvement of social and economic conditions, particularly in poor families, will contribute to reducing the incidence of domestic violence. Parents ought to be educated about the changes of their attitudes regarding the issues of children’s upbringing and especially, the use of corporal punishment. The latter is aimed at reducing the children’s abuse through physical violence. Furthermore, a major factor in order the domestic violence to be addressed would be the targeted education as regards health promotion in general and mental health in particular. Last but not least, the limitation of the incidence of domestic violence will be
reduced if the conditions that strengthen the mother-child bond, such as the extension of pregnancy and maternity leave, are facilitated. Also, the planning of new projects for pregnant mothers, a good childbirth and systematic monitoring of the new born baby would help to reduce domestic violence.

**Conclusion:** Domestic violence leads to physical as well as mental abuse. For this reason, the prevention is the only way of dealing with this type of violence.

**Perceptions and Knowledge, regarding breast self-examination of female Social Work and Pre-primary Education students of a University of Cyprus**

Ifigenia Moissi, Savvas Karasavvidis, Maria Lavdaniti, Rodoula Kyriakou, Xenia Georgiou, Stavros Parlaris, Panos Konstandinidis, Despina Sapountzi-Krepia

**Introduction:** Breast self-examination is a method for the prevention of breast cancer, which can be applied by the women themselves at home. The female students' education and training in self-breast examination, during their studies, can play an important role in the prevention of breast cancer.

**Aim:** The aim of the present research was to investigate perceptions and knowledge of the female students of Pre-primary Education and Social Work of a University of Cyprus regarding breast self-examination.

**Material and Methods:** The sample consisted of 90 female students from the Pre-primary Education and Social Work Departments of a University of Cyprus. Data collection took place in May 2014. As an instrument of data collection the Champion Health Belief Model Questionnaire, that it was validated to the Greek language, was used. The response rate was 72%. All the participants were informed about the purpose of the study, their participation was voluntary and their anonymity was retained. For the statistical analysis the SPSS18 package was used.

**Results:** A 70% (n = 78) of the participant said that they have not been taught breast self-examination technique, however, the majority (81.3%, n
= 73) wants the teaching of the breast self-examination to be part of their curriculum. Nevertheless, the 73.8% (n = 67%) have never made a breast self-examination, the 72.6%, (n = 66) did not declared no intention to apply breast self-examination in the next months or in the next year.

Regarding the health motivation and factors influencing the application of the breast self-examination, subjects declared that the fear of developing the disease 72.5%, (n = 66) is mobilize them to apply the technique but, the ignorance of the benefits of the technique, the ignorance of how to apply the self-examination and the ignorance of necessity for applying the breast self-examination reported as negative factors in both of the students groups. The department of studies does not influence the students’ knowledge and attitudes about breast self-examination (p > 0.05).

Conclusions: The emergence of the importance of breast self-examination concept of in personal health promotion and the teaching of its application seems to be a point for considering the implementation of health education programs to students in the prevention of breast cancer. Comparative studies with students from the Departments of Health Sciences with respect to breast self-examination are needed for the investigation of individual motivation, knowledge and attitudes in relation to the discipline.

Keywords: Perceptions, Knowledge, Breast Self-examination, Students, Cyprus

PREGNANCY AND JAUNDICE

Natisis Apostolos, Anthony Sofia, Papastergiou Stergios

Introduction: Jaundiceduringpregnancyusually an urgentsituationwhichshouldbe readilydiagnosed and treated. Furthermore, many of the diseasescharacterized byjaundicehave highmortalityto mother and fetus.

Purpose: In thisretrospectivestudy identifies the situations accompanied byjaundice in pregnancy and the necessary of addressing both the expectant mother and the fetus.

Material & Methods: Extensivereview of the recentliterature in electronic databases, journals and books.

Results: Family history, laboratory findings (increased ALT, findingsof microangipathichemolytic anemia) and imagingdata of pregnant woman is of importance for the diagnosisof jaundice in pregnancy. Thequarteralsothis show, its gravity, the other clinical manifestationsthat accompany it (itching, nausea, vomiting, abdominal pain, neurological manifestations, bleeding diathesis), the medical history (travel to an endemic area for hepatitis C, a high-risk group
for hepatitis B, appearance of jaundice in previous pregnancies) should be investigated for the protection of both the mother and the fetus from the effects of jaundice.

Conclusions: The occurrence of jaundice during pregnancy makes it imperative for a full investigation of the patient thus preventing the death of both itself and the fetus.

Keyword: jaundice, pregnancy, fetus.

USE OF ENTERTAINMENT AS A MEAN OF TREATMENT
Samaras Dimitrios, Kostidou Sofia, Iliadis Christos, Iakovidis Dimitrios, Prodromidis Konstantinos, Koukourikos Konstantinos

Introduction: Entertainment beyond that contribute to mental wellbeing of the individual helps to treat various forms of disease.

Purpose: The purpose of this study is to highlight the use of entertainment as a mean of treating various diseases.

Material & Method: There was an extensive review of the recent literature in electronic databases (Pub med, Google scholar) and science journals with Keywords: entertainment, therapy, ways.

Results: Forms of entertainment that contribute to treatment are: a) visual, b) music, c) dancing, d) theater, and e) laugh. Entertainment develops the person emotionally and make it again creative, giving him an existential meaning in life and it deeds. It contributes to the improvement of self-awareness, self-esteem and self-confidence of the individual also improving the communication with other people. Makes the person more social, reducing the feeling of anxiety and fear. Entertainment helps the individual to explore the inner world and express more comfort the problems without fear to deal with than others. It also helps to create a different way of thinking with reference to health status and the course of disease.

Conclusions: The entertainment in the above ways helps and supports individuals emotionally resulting in improved the progress of the disease until a cure sometimes.

EXERCISE AND THIRD AGE
Ziogou Theologia, Samaras Dimitrios, Kostidou Sofia, Karabinis George, Kleisiaris Christos, Koukourikos Konstantinos

Introduction: The exercise benefits multiple seniors helping them to the muscle strengthening, to increase their durability and prevent minor injuries from falling, independently of their level of difficulty.
Purpose: In this retrospective study identified the psychosomatic benefits that elderly people can provide from the exercise.

Material & Method: There was an extensive review of the recent literature in electronic databases (PubMed, Google scholar) and science journals with keywords: exercise, old age, benefits.

Results: The ideal duration, frequency and intensity of exercise for the elderly is not fully defined. Generally recommended a two day exercise a week, lasting 20 to 30 minutes, that there is the expected benefit. The regular exercise leads the elderly in better performance for spiritual and physical work, better quality of life, mental balance and sexual activity. It also helps in slowing the normal stiffness, which is connected with the aging of muscles, tendons, ligaments, bones and joints, maintaining the agility, strength and coordination, as well as improve the overall image of the body’s health.

Conclusions: The positive effects of sport for seniors referred to health, slowing the aging process and improve their individual and social status.

OCCUPATIONAL THERAPY IN IMPRISONERS WITH MENTAL DISEASE

Antoniou Sofia, Natsis Apostolos

Introduction: The implementation of “occupational therapy” within the prison although it is very recent, it is particularly important for imprisoned people and especially for the mentally ill.

Purpose: In this retrospective study highlights the positive effects of occupational therapy programs to promote the quality of life of prisoners and especially the mentally ill.

Material & Methods: Extensive review of the recent literature in electronic databases, journals and books. Keyword: occupational therapy, prisoners and the mentally ill.

Results: Overall, the occupational therapy within prisons designed to protect patients from the effects of prison as stigma, abstinence education and mental devastation. Helps patients, essentially, to rediscover themselves, to strike a balance between self-care activities, relaxation, productivity and leisure. Their occupational therapy helps to define and
redefine their values, interests, to recognize the spiritual and mental strength they have and use it to achieve their healthy goals, improve their self-image.

**Conclusions:** Through the entire program prisoners perceive and better understand their mental illness and over time many of them are able to make their own key pieces of their everyday lives, such as taking the drug at the right dose and at the right time.

**Key Words:** Occupational Therapy, Imprisoners, Mental Disease

**HEALTH EDUCATION STRATEGIES FOR CHILDREN**

Bacharidou Konstantina, Natsis Apostolos, Kaiopoulou Kiriaki

**Introduction:** The education of children in the proper treatment of their disease is considered as highly important because they learn to responsibly handled the extremely difficult situation of their health, following the possible elimination of complications and crises of their disease.

**Purpose:** Is to highlight the importance of providing specialized training, through specific health strategies, with the aim of familiarizing children to their new and demanding lifestyle.

**Method of review:** Performed a literature search in electronic databases "Scopus, Medline" and through search engine "google scholar" with keywords: health education, health strategies for children with diabetes, for the period 2000-2014. Criteria for exclusion articles were the language, other than English and Greek. Eventually included 5 review articles.

**Results:** The review shows that the parents plays a particularly important role in achieving acceptance by children of the lifestyle changes they have to make. First of all, because they see them as behavioral patterns and trust them and secondly it is them who have to explain and supervise children in everyday life in order to avoid complications of care plan and possible disease crisis. Because compliance with medication, glucose testing, adjustments in diet, the control of every day exercise and activity etc, are some of the daily guidelines they have to receive.

**Conclusions:** the parents having the right information and continued support from their Health

Professionals should help children to face their problem. The goal of the process is to enable children to become the most active participants on their health care, to manage diabetes on a day-to-day basis.

**Key Words:** Health Education, Strategies, Children
FINANCING OF HEALTHCARE SERVICES AND EVALUATION OF
ALTERNATIVE TENDENCIES

Songül CAN, Emel BAŞOL, Abdulkadir IŞIK

Beyond to be used as an indicator for development level of countries, health is evaluated as an important factor to achieve this development and for human capital as well. Because it increases the quality of life, in some way health is being evaluated as a consumption area. On the other hand it is a service being evaluated as an investment area which contributes to increase quality of life. Nowadays, healthcare services are an important part of national economy and it emerges as a major service sector.

Financing of healthcare services and the margin of healthcare expenses in national income are being discussed in every country and health is one of the most important issue on politicians agenda. No matter which method is being used to finance healthcare services and supply it, the main idea is to provide quality healthcare services for every people in an admissible equal and effective way.

Financing method of healthcare services are changing by country, besides even if the same method is being accepted, it can have different consequences in each country. Financing problem in healthcare services lead to many varieties by affecting on quality and quantity of healthcare services. Thus the encountered problems in supply and financing of healthcare services are affecting individual and public health. Generally, when dealing with financing problem in healthcare services, social security system is being taken into account too. Therefore these two subjects can not be considered without each other.

For this purpose, in the first chapter of this study, the methods of financing healthcare services are considered with many aspects and an overall perspective is provided. The main point which study is focusing on is to compare the methods which are being used in healthcare services and classify the activities one by one and generate new unique ideas like sharing cost between nonprofit companies and organisations.

Keywords: Healthcare service, financing methods, alternatives and activity

DETERMINİNG THE LEVELS OF DAILY ACTİVİTY AND LIFE QUALİTY OF ELDER INDIVİDUALS: EXAMPLE OF PRIVATE BİSEV NURSING HOME

Arzu TÜRKMEN

Abstract: This study is initiated for the purpose of determining the daily life activities and factors that affect the life quality of elder individuals residing in Çanakkale Province, Biga County Private Bisev Nursing Home, providing
instructive suggestions to corporations in order to develop health caring of elder individuals. Questionnaire method was utilized through face to face discussions with elder individuals (n=58 people). Statistical analysis was conducted on SPSS Clementine 12.0 package program. Descriptive analysis is performed for the analysis of data as well as cross tables were formed through frequency distribution of participants included to research, health problems they experience, and variance analysis between disease types and different characteristics. Consequently; average of the elder individuals residing at nursing home is $\bar{X} = 78$ and they are included to group of advanced ages. 89,7% of the elder individuals are covered with social security, 51,7% have income. Activity rate of the elder individuals that they could independently is 74%, auxiliary means used mostly by elder individuals are determined as glasses and crane. Rate of individuals not performing any physical activity is high and rate of elder individuals experiencing no health problem is 81%. Rate of elder individuals benefiting from care service in the nursing home is 87,9%. 74,1% of the elder individuals are willing to live in nursing home. One of the conclusions drawing utmost attention is that even though all of the elder individuals residing at nursing home have children, they prefer to remain in nursing home.

**Keywords:** Elder, daily activity, life quality, nursing home.

**The Use of Honey in Oncology Care**

Maria Lavdaniti, Theodora Pappa, Chrysoula Kolokoura

**Introduction:** Honey is a natural product and has a number of properties. It is well known for its biological and/or pharmacological effects - ranging from anti-inflammatory, antioxidant, antibacterial and antihypertensive to hypoglycemic effects. There is evidence with regard to the antimetastatic, antiproliferative and anticancer effects of honey on various forms of cancer.

**Purpose:** The purpose of the present study was to review literature about honey and its use in oncology care.

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

**Results:** It was found that honey promoted wound healing in cancer patients. It reduces both the severity and duration of radiation-induced oral mucositis and prevents weight loss. Also, it was found to reduce microbes within the oral cavity in head and neck cancer patients. There are findings on the antimetastatic, antiproliferative and anticancer effects of honey on various forms of cancer, such as breast and colorectal cancer. While
honey is selectively toxic with respect to tumors or cancer cells, it is non-cytotoxic on normal cells.

**Conclusions:** Honey may be considered either as a treatment option or as an auxiliary to standard care. There is a need for further research in order to establish the potential benefit of honey for cancer patients, particularly those undergoing radiotherapy.

**Key words:** honey, oncology, cancer, care

**Maintenance of Aseptic Techniques for Urinary Tract Catheterization in Northern Greece**

Maria Lavdaniti, Cani Enriada, Dimitriadou Alexandra, Papapetrou Savvas, Sofia Zyga

**Introduction:** Urinary tract infections are common hospital-acquired infections. Guidelines on monitoring, education and techniques for the insertion of catheters have been published. Departments for infection control in many hospitals have established control practices for preventing and monitoring urinary tract infections.

**Purpose:** The investigation of maintenance aseptic techniques in hospitalized patients.

**Material-Method:** The study was observational and was carried out on 100 patients in hospitals of a major city in Northern Greece. A questionnaire containing demographic data and questions based on the established nursing protocol for urinary catheterization was used.

**Results:** The majority of the patients were female (52%), had graduated from high school (n=27%) and most of them had been catheterized in a surgical theatre. A percentage of 70.6% were informed about the duration of catheterization and 47% of them were informed with respect to the thorough cleansing of the genital area. The vast majority of health professionals performing catheterization used the appropriate kit (98%), sterile gauzes (98%), sterile gloves (69%) and appropriate urinary tubes (97%). All health care professionals used antiseptic solutions. It was indicated that there was a statistical gender difference in hand hygiene (p=0.36), material organization (p<0.001), cleaning of genital area (p=0.001) and appropriate catheter placement (p<0.001).

**Conclusions:** Nurses can play an important role in catheter care and in minimizing the risk of infection. Our results suggest that the aseptic technique is useful for preventing urinary tract infection.
**Child with a Respiratory Disorder and Nursing Care**

Enriada Cani, Ouzounidou Chrysoula, Maria Lavdaniti

**Introduction:** Respiratory Disorders are among the most common causes of illness and hospitalization in children. Overall, respiratory dysfunction in children tends to be more serious than in adults because the lumens of a child’s respiratory track are smaller and therefore more likely to become obstruct.

**Purpose:** The purpose of the present study was to review literature about autonomy and nursing care in child with a respiratory disorder

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

**Results:** Respiratory illness can begin as early as moments after birth if a new-born has difficulty initiating a first birth or establishing regular respiratory. A nurse in an emerge care often is the first health care provider to talk to a patient about a child’s respiratory illness. It is important to establish both the onset and duration of the problem so that its seriousness can be rapidly determined. A child admitted to the hospital with a respiratory disorder is usually in an acute stage of the illness. A child’s condition may worsen rapidly in the first few hours until a prescribed medication. Nursing assessment that a child is developing tachypnea or retraction may be the first indication of a child’s worsening condition. Assessment of respiratory illness in children includes an interview, physical examination and laboratory testing.

**Conclusions:** The outcomes and plans of the nursing care in children with respiratory disorder will focuses on supporting the child and family through keeping parents informed about their child’s health status and response to treatment.

**Key Words:** Child, Respiratory Disorder, Nursing Care
Elderly Alcoholic and Nursing Care

Enriada Cani, Nikolaos Tsitsis, Maria Lavdaniti

**Introduction:** Alcoholism in the elderly is fairly common, but it often goes unrecognized or it is ignored. It is a major complication in the provision in home medical care, especially when the caregivers are unaware of the existence of this disease.

**Purpose:** The purpose of the present study was to review literature about autonomy and self-care in elderly alcoholic and the nursing care

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

**Results:** Alcoholism was not considered as a disease entity but only an isolated symptom. The elderly in particular were not thought of us being part of the overall problem of the alcoholism. In fact, it was a nearly self-limited problem. Nursing profession and slowly the general population are being to look at alcoholism as a separate disease. It is classified as a chronic illness that it has its own symptoms and treatment. Very few health professionals have any training in alcohol assessment techniques, treatment methods and resources for help. Once we have accepted its presence as a disease, we must address the problem in all areas of health care, including the home care industry

**Conclusions:** An effective assessment in the home care setting must include both an understanding of our own attitudes toward alcoholism and the formation of an identification method. Providing home care to a patient who is an alcoholic, who is in need of medical care nurses are able to help these population through minimizing this problem. There is a great need for further research in order to enlarge our understanding of the goals of elderly alcoholic and the factors contribute to the mastery of nursing care

**Key Words:** Elderly, Alcoholic, Nursing, Care
Nursing Role and Health Promotion In Childrearing

Enriada Cani, Takele Desta, Maria Lavdaniti

Introduction: Communication and health education are independent nursing actions that accompany all nursing care. They are probably the most frequently used interventions for nurses working with childbearing and childrearing families because health promotion is such priority for this population.

Purpose: The purpose of the present study was to review literature about nursing role related to health promotion in childrearing

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

Results: Communication and health teaching are best accomplished when they are placed within the context of the nursing process. Learner needs and characteristics, teacher characteristics, available support people, and level of content are all factors that affect learning or whether communication will be received. Assessing these allows nursing diagnoses that clearly state specific health needs to be formulated. Common nursing diagnosis related to communication or health teaching are: health-seeking behaviours related to ways to improve the child’s nutritional intake and anxiety related to perceived amount of material needed to be learned for home care of child

Conclusions: Learning to communicate is one of the most important skills that children learn. Communication with children can be either formal or informal. Communication and health teaching are what builds successful bases for disease preventions and health promotion for an age. Nursing can help these goals by consulting with schools and health care organizations to develop health teaching programs and by teaching such programmes

Key Words: Nursing Role, Health Promotion, Childrearing

Challenges on childhood diabetes management

Maria Lavdaniti, Maria Tsiligiri, Despina Sapountzi-Krepan

Introduction: Type 1 diabetes is the most common and severe metabolic disorder of childhood and has the potential for long term life-threatening complications. The treatment is complex and demanding for children and
their families. Following treatment recommendations requires that youth and their families expend considerable time, energy, and effort.

**Purpose:** The purpose of the present study was to review literature about autonomy and self-care in adolescent with 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 mellitus”, “adolescent”, “self-care”, “management” and a combination thereof. Exclusion criteria of articles were the language, except English.

**Results:** The goal of managing childhood diabetes is to develop a physically healthy and emotionally mature adult. Some of the challenges associated with this include the complexity of the treatment, the physiological and emotional changes associated with normal growth and development. Also, it is reported the existence of difficult process of transferring diabetes management responsibilities from parents to adolescents. The adolescents' autonomy in diabetes management is an essential element in this process. Sometimes, the transfer of diabetes management responsibility from parents to adolescents is unsuccessful, and this fact influence diabetes management and metabolic control.

**Conclusions:** Diabetes management in childhood is complex and affects almost all aspects of the child’s physical and emotional development. There is a great need for further research in order to enlarge our understanding of the goals of self-management and the factors contribute to the mastery of diabetes management.

**Key Words:** Childhood, Diabetes Management

**Infections And Diabetes Mellitus**

Pantelidou Pelagia, Sofia Soilemezidou, Evangelia Ourda

**Introduction:** Diabetes mellitus is one of the most common diseases in the globe, with roughly 220 million patients worldwide according to World Health Organization (WHO). The data indicate the existence of a clear correlation between infections and diabetes mellitus, that have strong ramifications in the quality of the related patients’ life.

**Objective:** This systematic review states the correlation between infections and diabetes mellitus, with the purpose of safeguarding and promoting the welfare of related patients.

An extensive review of recent relevant bibliography was carried out in electronic databases (Pub Med, Google Scholar) as well as in scientific
magazines using the following key-words: diabetes mellitus, infections, sepsis.

**Results:** It is a fact that diabetic patients are more susceptible to infections, with more adverse progression and higher complication frequency. Those infections can be:

- Skin and soft tissue infections (fungus-necrotic)
- Otitis externa
- Cholecystisis
- Urinary tract infections (cystitis-pyelonephritis)

It is also noted that insufficient regulation of glucose raises the ramifications of the infections, while they contribute to the disruption of diabetes mellitus. For this reason, prevention is the best treatment. A good regulation of glucose will contribute to infection treatment for diabetic patients!

**Conclusions:** Infection treatment for diabetic patients must be timely and effective, so that the already burdened clinical course and quality of life of patients with diabetes mellitus can be protected.
PREGNANCY AND HEART DISEASE

Ourda Evangelia, Pantelidou Pelagia, Soilemezidou Sofia

Introduction: The huge progress that took and takes place in cardiology the last years, resulted in an increase of the number of young pregnant women with congenital heart disease. Purpose: The contribution of the development of the science of cardiology in the treatment of pregnant women with heart disease, was examined in this retrospective study. Material & Method: An extensive review of the recent relevant literature in electronic databases (Pub med, Google scholar) and journals with keywords: pregnancy, heart diseases, cardiology and cardiac surgery, was carried out. Results: The most common congenital heart diseases that were observed during pregnancy are: patent ductus arteriosus, atrial septal defect, pulmonary valve stenosis, ventricular septal defects, tetralogy of Fallot, stenosis of the isthmus of the aorta, diseases of the aortic valve and mitral valve disease. All pregnant women with heart disease should be monitored both from an obstetrician and a cardiologist. The improvement of our diagnostic and therapeutic tools have minimize the morbidity and mortality of these women. However cases like this need well-organized centers with special experience. Conclusions: In case of pregnancy, the interested should immediately visit their doctor. During pregnancy, it is essential to avoid agents which can generate cardiac failure.
EDUCATION ON MANAGEMENT OF DYSPNOIA IN LUNG CANCER PATIENTS

Kerasina Papastergiou, Eleni Kalaitzi, Maria Lavdaniti

**Introduction**: Lung cancer is one the leading cause of cancer deaths worldwide. Dyspnea is reported as one of the most common distressing symptoms in people with cancer. Patients with lung cancer suffer from several symptoms, such as fatigue, dyspnea, pain, cough, loss of appetite and haemoptysis and experience high dyspnea levels.

**Purpose**: The purpose of the study is to investigate the elements of education in lung cancer patients to manage dyspnea.

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

**Results**: Lung cancer patients should receive information about signs and symptoms requiring medical assistance. Nurses and other health care professionals should provide information on medications and O2 therapy and inform patients about importance of remaining calm. It is effective to teach coping techniques, e.g. positioning, fan, relaxation and identify triggers, control environmental irritants, smoking, pets. Furthermore, the education about progression of symptoms, disease, diagnostic test results and future management plans is important. Finally they have to ensure that patient/family at home have resource and contact numbers for emergency.

**Conclusions**: Patients with lung cancer have many problems and dyspnea is one of the most common of them and requires special attention. The nurse takes an active role in educating and informing patients about the appropriate interventions that could be taken to reduce dyspnea and prevent complications.

**Key Words**: Education, Management Of Dyspnoia, Lung Cancer Patients

**The Effectiveness of Educational and Environmental Interventions in the Homes of Asthmatic Children: The Role of Community Health Professionals**

Christianna Christou, Maria Lavdaniti, Despina Sapountzi-Krepia
Introduction: Asthma is the most common chronic disease of childhood. It is one of the most common diagnoses for the hospitalization of the children to the hospital and it counted a large number of school absences. The applications of environmental and educational interventions are necessary to investigate and ascertain whether it reduces symptoms of asthma, the limitation of activities and the Emergency Health Services usage.

Purpose: The purpose of this systematic review was to investigate whether the multifaceted environmental and educational interventions in asthmachildren's homes would reduce the disease’s morbidity and visits to emergency departments.

Material and Methods: The method used was to search for relevant Greek and International bibliography in data bases like Cinahl, Pubmed, Medline, Science Direct, Scopus, using the key words: asthma, environmental pollution, environmental intervention, children και community health worker in all possible combinations.

Results: The search resulted in 16 studies that met the predefined criteria. An important finding during the search of the literature, was that the implementation of educational and environmental interventions in children's homes with asthma can reduce asthma symptoms, reduce the restriction of children’s activities and leads to a reduction of their visits to emergency departments.

Conclusions: This review gives a reasonable basis for promoting the implementation of educational and environmental interventions in children’s homes with asthma. It needs however further investigation of its effectiveness with studies with less methodological problems. This will help the health professionals to acquire a better knowledge of the topic.

Keywords: asthma, environmental intervention, children, community health worker, systematic review

Physiotherapists’ Perceptions Regarding the Paraplegic Patients Compliance to Recommended Home Physiotherapy Exercises: A Qualitative Approach

Ismini Serpanou, Evanthia Sakellari, Markos Sgantzos, Evangelia Kotrostiou, Maria Lavdaniti, Despina Sapountzi-Krepia

Introduction: Spinal cord injury is a difficult situation in a person’s life. Physical therapy plays an important role in the rehabilitation of patients with incomplete post-traumatic paraplegia. The patients’ rehabilitation
involves a long-term home exercises program for improving patients’ stability and mobility. The non-compliance of patients to at home based exercise program, without the physiotherapists’ supervision, is a major problem that affects rehabilitation.

**Aim:** The exploration of Greek physiotherapists’ perceptions regarding the compliance of patients with incomplete post-traumatic paraplegia to recommended home exercises.

**Methodology:** A qualitative approach was adopted. A semi structured questionnaire was used for interviewing in depth a sample of thirteen physiotherapists practicing home physical therapy to patients with incomplete post-traumatic paraplegia in the area of Athens. The interviews were verbatim transcribed and analyzed using the qualitative content analysis.

**Results:** The categories emerged from the data analysis were: 1) the reasons for which physiotherapists recommend home exercises, 2) the barriers that physiotherapists face with patients non-compliance on recommending exercises, 3) the role of the family in patients’ compliance, and 4) the influence of the economic crisis on patients’ compliance with recommended exercises.

**Conclusion:** The compliance barriers are related to the patients’ psychological state and to their resignation from the effort especially when their kinetic situation stabilizes or when their kinetic improvement is slow and when the heavy load of exercises practiced leadsto excessive fatigue and injuries. Effective communication with the patient, the establishment of realistic goals and the families’ support to the patients are useful tools for helping patients in their rehabilitation process.

**Keywords:** incomplete post-traumatic paraplegia, patients’ compliance, physiotherapists, perceptions

**Nursing education in BiH- roadmap toward EU directive**

Mirza Oruč, Dejan Bokonjić, Filip Dumez, Marteen Kaaijk, Lubica Rybarova, Salih Tandır, Adnan Mujezinović, Duška Jović

**Abstract**

BiH Nursing education is still developing toward EU directive on regulated professions. At the moment there are two big projects dealing with the reform of Nursing curricula in Bosnia and Herzegovina, one of them is TEMPUS project CCNURCA (Competency Based Curriculum Reform in Nursing and Caring in Western Balkan Universities) and another one is project ProSES (Strengthening Nursing in Bosnia and Herzegovina). Both
projects have goal to reform nursing curricula and education in general toward EU directive dealing with regulated profession. Deep analysis about current situation in nursing education has been done. Findings were very interesting because there were a lot of different information from different schools important for improving nursing education.

Methodology used for this research was analytic, comparative, descriptive and prospective. Three nursing faculties where analyzed Faculty of Health in Zenica, Faculty of Health sciences in Mostar and Nursing study program at the University of East Sarajevo. It is important that Tempus Project CCNURCA is running also in Albania and Montenegro, with EU partners from Belgium, Slovakia and Netherlands.

Findings showed important differences between the BH and EU nursing approaches. Number of nursing staff employed, medical orientation of the curricula, practice versus theory, usage of different teaching and assessment methodologies are some of the major differences between BH and EU approaches in nursing education which will be starting and leading points for BH nursing schools for reform and introducing proper nursing education recommended by WHO standards for nursing education and EU directive 2005/13 on regulated professions.

In conclusion deep analysis of current situation was major precondition for successful improvement of nursing education in BH in accordance to EU standards.

**Key words:** nursing, curricula, reform, EU directive
APPENDIX

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