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COMMENTARY

Open Access



# Two decades of Iranian midwives' activities as a health care provider under supervision in a multidisciplinary team in reducing maternal mortality

Mojgan Mirghafourvand<sup>1</sup>, Shahla Khosravi<sup>2\*</sup>, Jafar Sadegh Tabrizi<sup>3</sup>, Azam Mohammadi<sup>4</sup> and Parvin Abedi<sup>5</sup>

## Abstract

Iran is amongst the countries that have achieved the fifth goal of the United Nations Millennium Development Goal. The maternal mortality ratio (MMR) in Iran has declined from 48 cases per 100,000 in 2000 to 16 cases per 100,000 in 2017, showing an annual decline rate of about 6.3%. In the International Year of the Nurse and the Midwife (year 2020), this commentary highlights two decades of Iranian midwives' activities as a health care provider under supervision in a multidisciplinary team in reducing maternal mortality.

**Keywords:** Iranian midwives, Maternal mortality, Health care provider

Reproductive Health

نام مجله:

ISI Scopus PubMed MEDLINE ایندکس های مجله:

2.33 ایمپکت فاکتور:

Q1 : Quartile



## Vaginal Fluid Urea and Creatinine as Indicators of Premature Rupture of Membranes: a Systematic Review

Fatemeh Malchi<sup>1</sup> · Parvin Abedi<sup>2</sup> · Shayesteh Jahanfar<sup>3</sup> · Forough Talebi<sup>4</sup> · Shahla Faal<sup>5</sup> · Maryam Zahedian<sup>6</sup>

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### Abstract

The purpose of the present study was to determine the diagnostic accuracy of vaginal urea and creatinine levels in the detection of premature rupture of membrane (PROM). The Cochrane (central), EMBASE, PubMed, Scopus, and Web of Science were searched for studies published from the inception of the databases up to January 2020. We included published observational full-text articles. The mean differences (MD) and 95% confidence intervals (95% CI) were calculated. The significance level was set as 0.05. Eleven studies ( $n = 1324$ ) were considered for meta-analysis. Using the bivariate model, the summary estimate of sensitivity and specificity for urea was 0.96 (95% CI: 0.86, 0.98) and 0.93 (95% CI: 0.83, 0.97), respectively. The summary estimate of sensitivity and specificity for creatinine was 0.98 (95% CI: 0.92, 0.99) and 0.97 (95% CI: 0.89, 0.99), respectively. The overall mean of urea and creatinine in the case group was significantly higher than that in the control group ( $MD = 12.63$ , 95% CI [12.01, 13.25]) and ( $MD = 0.31$ , 95% CI [0.29, 0.32]), respectively. The results of this systematic review showed that the mean of urea and creatinine in the case group was significantly higher than that in the control group and the sensitivity and specificity of creatinine is higher than urea in the diagnosis of PROM.

**Keywords** Urea · Creatinine · Premature rupture of membrane

نام مجله: **Reproductive Sciences**

ایندکس های مجله: **ISI Scopus PubMed**

ایمپکت فاکتور: **3.06**

Q1 : Quartile

## The effect of group cognitive behavioural therapy for insomnia in postmenopausal women

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### Funding information

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### Summary

The menopausal period is associated with several complications in women. One of these complications is sleep disorders including insomnia disorder that can affect all aspects of personal life. The present study aimed to evaluate the effectiveness of cognitive behavioural therapy for insomnia (CBT-I) on insomnia severity and sleep quality among postmenopausal women. This was a randomised clinical trial in which 46 women were recruited and randomly allocated into two groups, one receiving CBT-I and a control group. The CBT-I group received six sessions of training, while the control group received only usual care. A demographic questionnaire, Insomnia Severity Index (ISI), and Pittsburgh Sleep Quality Index (PSQI), were used to collect the data. The ISI and PSQI were measured at baseline, 3 and 6 weeks after intervention, and in a 4-week follow-up. The Independent *t* test, the chi-square test, generalised estimating equation models, and Bonferroni correction were applied to analyse the data. According to our results, in the CBT-I group compared to the control group, the mean ISI, PSQI, sleep onset latency, sleep time, and sleep quality score reduced continuously from baseline to week 3 and from week 3 to week 6, and remained constant from week 6 to week 10. The mean sleep efficiency score improved significantly from baseline to week 3 in the CBT-I group and remained unchanged until the end of the study. CBT-I could significantly improve insomnia severity and sleep quality in postmenopausal women. Therefore, using this method is recommended for menopausal women with insomnia.

### KEYWORDS

Journal of Sleep Research **نام مجله:**

ISI Scopus PubMed **ایندکس های مجله:**

**ایمپکت فاکتور:** 3.98

**Q1 : Quartile**

RESEARCH ARTICLE

Open Access

# Health anxiety and related factors among pregnant women during the COVID-19 pandemic: a cross-sectional study from Iran



Najmieh Saadati<sup>1</sup>, Poorandokht Afshari<sup>2</sup>, Hatam Boostani<sup>3</sup>, Maryam Beheshtinasab<sup>2</sup>, Parvin Abedi<sup>2\*</sup> and Elham Maraghi<sup>4</sup>

## Abstract

**Background:** The COVID-19 pandemic has affected many countries around the world and Iran was no exception. The aim of this study was to evaluate health anxiety of Iranian pregnant women during the COVID-19 pandemic.

**Methods:** In this cross-sectional study, 300 pregnant women in different trimesters ( $n = 100$  in each trimester) were recruited. A demographic questionnaire and the Health Anxiety Questionnaire were used to collect data. Scores of  $< 27$ ,  $27-34$  and more than  $35$  were defined as low, moderate and high health anxiety, respectively. Due to nationwide restrictions, data were collected through social media groups. Chi-square tests, ANOVA and multiple linear regression were used to analyze the data.

**Results:** Mean (SD) total anxiety scores were  $22.3 \pm 9.5$ ,  $24.6 \pm 9.3$  and  $25.4 \pm 10.6$  in the first, second and third trimesters of pregnancy, respectively. 9, 13 and 21% of women had severe anxiety in the first, second and third trimesters of pregnancy, respectively. Women in the third trimester had significantly higher health anxiety scores than those in the first trimester ( $p = 0.045$ ).

**Conclusion:** At the time of the COVID-19 pandemic, women in the second and third trimesters of pregnancy were more worried about consequences of disease, but total health anxiety scores were significantly higher among women in the third trimester of pregnancy. Health care providers should pay more attention to the mental health of pregnant women in times of crises such as the COVID-19 pandemic.

**Keywords:** COVID-19, Corona virus, Health anxiety, Pregnant women

نام مجله: BMC Psychiatry

ایندکس های مجله: ISI Scopus PubMed

ایمپکت فاکتور: 3.63

Q1 : Quartile



## CLINICAL TRIAL STUDY

## Effect of Dietary Education on Cardiovascular Risk Factors in Rheumatoid Arthritis Patients



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**Abstract: Aim:** The aim of this study was to investigate the effect of dietary education on cardiovascular risk factors in patients with rheumatoid arthritis.

**Methods:** In this randomized clinical trial, 112 patients with rheumatoid arthritis were randomly assigned into two groups, intervention and control. Dietary education was provided for the intervention group in 4 sessions; anthropometric measurements, serum levels of RF, triglycerides, cholesterol, HDL, LDL, and fasting blood sugar were measured before and three months after the intervention. Data were analyzed using SPSS software and appropriate statistical tests.

**Results:** The mean of total cholesterol ( $p < 0.001$ ), triglycerides ( $p = 0.004$ ), LDL ( $p < 0.001$ ), systolic blood pressure ( $p = 0.001$ ), diastolic blood pressure ( $p = 0.003$ ), FBS and BMI ( $p < 0.001$ ) were decreased significantly in the intervention group after education compared the control group.

**Conclusion:** Traditional care for rheumatoid arthritis patients is not enough. Patients need more education in order to improve their situation.

## ARTICLE HISTORY

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reviews

**Keywords:** Rheumatoid Arthritis, cardiovascular risk factors, education, diet, CVDs, HDL.

نام مجله: *Current Rheumatology Reviews*

ESCI (ISI), Scopus, PubMed

ایندکس های مجله:

ایمپکت فاکتور: –

Q3 :Quartile



# The effect of education through mobile phone short message service on promoting self-care in pre-diabetic pregnant women: A randomized controlled trial

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Zahra Abbaspoor<sup>1</sup>, Anis Amani<sup>2</sup>, Poorandokht Afshari<sup>1</sup>  
and Sima Jafarirad<sup>3</sup>

## Abstract

**Introduction:** Gestational diabetes is increasing in developed and developing countries. This study aimed to evaluate the effect of SMS messaging on the self-care among pre-diabetic pregnant women.

**Methods:** This randomized controlled trial conducted on 100 pre-diabetic pregnant women referred to Ahvaz Health Centers, Iran, Sep to Dec, 2016. Women were randomly assigned into the face to face education group and short message systems in addition to the face to face education group. Self-care variables were compared between the groups. Data was analyzed using chi-square, independent and paired t-tests.

**Results:** There was no difference regard to FBG and OGTT, but there was a significant difference between groups in physical activity level ( $P < 0.001$ ) and in all food groups except bread and cereals after the intervention ( $P < 0.05$ ).

**Conclusion:** The education through a short text message system seem couldn't control the blood sugar, but it could promote physical activity and food additives of pre-diabetic pregnant women. Key words: Self-care, Short message system, Pre-diabetes.

## Keywords

Self-care, short message service, pre-diabetes

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ایندکس های مجله: ISI Scopus PubMed

ایمپکت فاکتور: 6.18

Q1 : Quartile

## The Effect of Nursing Interventions Based on Burns Wean Assessment Program on Successful Weaning from Mechanical Ventilation: A Randomized Controlled Clinical Trial

### Abstract

**Background:** The effective design and implementation of the nursing interventions to evaluate the patients' readiness for ventilator weaning will reduce their connection time to the ventilator and the complications of their connection to it. This study was conducted to examine the effect of nursing interventions based on the Burns Wean Assessment Program (BWAP) on successful weaning from Mechanical Ventilation (MV). **Materials and Methods:** In this clinical trial, 70 patients undergoing MV in the Intensive Care Units (ICUs) of Golestan Hospital (Ahvaz, Iran) in 2018 were randomly assigned to intervention and control groups. The nursing interventions designed based on BWAP were implemented on the patients in the intervention group, who were later weaned from the device according to this program. The recorded data included demographic information, BWAP score, vital signs, and laboratory values, which were analyzed using the Pearson correlation coefficient, Chi-Square, Fisher, and Mann-Whitney U tests. **Results:** There was a statistically significant and inverse correlation between the BWAP score and the MV duration such that a high BWAP score was associated with a shorter MV time ( $p = 0.041$ ). Also, the mean number of re-intubation ( $p = 0.001$ ) and the number of re-connection to the ventilator in the intervention group were significantly lower ( $p = 0.005$ ). **Conclusions:** The results showed that nurses' assessment of patient's readiness for weaning from MV based on this tool and designed nursing care reduced the duration of MV, re-intubation, and re-connection.

**Keywords:** Intensive care units, nursing care, ventilator weaning

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### Introduction

The progress in the treatment of patients with acute critical life events has increased the survival rates of the patients who need Mechanical Ventilation (MV).<sup>[1]</sup> More than 800,000 patients need MV in the United States each year, which is projected to significantly increase with population aging.<sup>[2]</sup> Moreover, the patients who need MV support for more than 3 weeks account for more than 50% of the total ICU costs.<sup>[3]</sup> Although MV is often a lifesaver, it can lead to physiological, psychological, and lethal complications for the patients.<sup>[4,5]</sup> Nurses can reduce quickly and properly the dangers of using MV through reducing the ventilation protection, which leads to timely weaning of MV.<sup>[6]</sup> One of the significant roles of nurses in ICU is the diagnosis of the patient's readiness for weaning. Effective weaning features involve interventions to provide better weaning preparation, frequent

evaluation of weaning readiness, strategies for enhancing and promoting spontaneous breathing during weaning, and the use of Spontaneous Breathing Trials (SBT) to help determine the likelihood of weaning the patient from the ventilator.<sup>[7]</sup> ICU nurses are recommended to focus on the interventions assisting the patient in reaching this readiness point.<sup>[8]</sup> Through weaning tools and protocols, nurses can prepare the patients for weaning from MV effectively and safely. Previous studies have indicated that the use of standard weaning protocols can shorten the time of MV.<sup>[9,10]</sup> The established tools for assessing the patients' readiness for ventilator weaning such as Negative Inspiratory Force (NIF), Vital Capacity (VC), and Maximum Inspiratory Pressure (MIP) have not predicted weaning accurately. The Rapid Shallow Breathing Index (RSBI) is a good predictor of

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Q2 : Quartile





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ORIGINAL ARTICLE

# The effect of aquatic exercise on functional disability, flexibility and function of trunk muscles in postmenopausal women with chronic non-specific low back pain: Randomized controlled trial

*L'effet de l'exercice aquatique sur l'incapacité fonctionnelle, la souplesse et la fonction des muscles du tronc chez les femmes ménopausées souffrant de lombalgie chronique non spécifique : essai contrôlé randomisé*

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## KEYWORDS

Low back pain;  
Aquatic exercise;  
Electromyography;  
Postmenopausal  
women

## Summary

**Objectives.** – This study investigated the effect of 8-week aquatic exercise training on pain, flexibility, and function of trunk muscles in postmenopausal women with non-specific chronic low back pain.

**Methods.** – Twenty women with Chronic non-specific low back pain were voluntarily selected and randomly divided into the experimental ( $n=10$ ) and control ( $n=10$ ) groups. The experimental group participated in 24 sessions (3 sessions per week) water-based exercises, consisting of a 15 minutes warm-up, 35 minutes of main exercises, and 10 minutes to cool down. Baseline measurements, such as age, height, weight, BMI, functional disability, flexibility, and function of trunk muscles for each participant were assessed and recorded one week before and after the intervention period.

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نام مجله: Science & Sport

ایندکس های مجله: ISI Scopus

ایمپکت فاکتور: 0.78

Q3 : Quartile



## The relationship between rotating shift work and blood pressure among nurses working in hospitals of Abadan, Iran

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### ABSTRACT

Hypertension is a major risk factor for developing cardiovascular disease. Various factors such as occupational and environmental risk factors affect blood pressure. Shift work is considered to be an occupational stressor. The aim of this study was to determine the relationship between rotating shift work and blood pressure among nurses working in hospitals associated with faculty of medical science. This cross-sectional and descriptive-analytic study was conducted on nurses who worked in three hospitals associated with faculty of medical science, located in Abadan, southwest of Iran from September until December 2019. The sample size was 120 participants and divided into 60 rotating shift workers and 60 day workers (non-shift workers). The nurses were selected through the stratified random sampling technique. Demographic data, smoking status, and medical and occupational history were collected through a check list and interviews. Blood pressure was measured using a digital sphygmomanometer. Data were analyzed by the Mann-Whitney U, chi-square, Pearson's correlation coefficient and logistic regression by using SPSS software version 22. There was statistically significant difference in blood pressure between day workers and rotating shift workers ( $p \leq 0.001$ ). By logistic regression analyses, and even after adjusting for confounding variables, rotating shift work was associated with a higher prevalence of hypertension (OR: 1.76 [95%CI: 1.11–2.80]). The findings of this study showed that rotating shift workers have a higher incidence of hypertension than day workers. Therefore, a particular follow-up of rotating shift workers should be recommended to screen workers for hypertension.

### ARTICLE HISTORY

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### KEYWORDS

Blood pressure;  
hypertension; nurses; shift  
work; circadian rhythm

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ایمپکت فاکتور: 2.87

Q2 : Quartile

# The Effect of Portfolio-Based Education and Evaluation on Clinical Competence of Nursing Students: A Pretest–Posttest Quasiexperimental Crossover Study

This article was published in the following Dove Press journal:  
Advances in Medical Education and Practice

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**Purpose:** Currently, revisions in education and evaluation in the nursing domain are necessary to increase the clinical competence of graduates. The aim of this study was to compare nursing students' clinical competence using the portfolio method with conventional education and evaluation methods in clinical education.

**Methods:** In this pretest–posttest quasiexperimental crossover study, all six-semester undergraduate nursing students of Ahvaz Jundishapur University of Medical Sciences were classified into four groups. They were selected based on the use of portfolio and conventional methods during their apprenticeship. Then, they were educated using conventional and portfolio methods. Their clinical competence was measured by a self-appraisal questionnaire. Data were statistically analyzed with independent and paired *t*-tests.

**Results:** There were significant differences between average scores of clinical competence in all three domains before and after study in portfolio-based education method ( $P=0.0001$ ). Furthermore, the average difference in scores before and after internship between the two educational groups in all three domains — cognitive ( $P=0.002$ ), affective ( $P=0.0001$ ), and psychomotor — ( $P=0.0001$ ) was significant. Similarly, there was a significant difference in total average scores of clinical competence between the two methods ( $P=0.0001$ ).

**Conclusion:** The results showed the effect of educational method on increasing the clinical competence of nursing students in a clinical unit. This new method can be used as a combination of education, evaluation and student-centered methods.

**Keywords:** clinical competence, education, nursing student, portfolio

## Introduction

Nowadays, due to the practical orientation of the nursing profession and the increased information and techniques of nurses, educational considerations in this domain have high importance.<sup>1–3</sup> The goal of nursing education as a practical discipline is to increase students' awareness at the highest level of clinical competence in the domain of nursing care.<sup>4–7</sup>

Competence in nursing has many definitions. For example, according to the World Health Organization, competence in nursing is defined as a level of performance that represents the effective use of knowledge, skills, and judgment and as the ultimate efficiency of any educational system encompassing a variety of learning domains.<sup>8</sup> The UK Nursing and Midwifery Council uses the term "competence"

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ایمپکت فاکتور: —

Q1 : Quartile

## Original Research

**Development and Psychometric Properties Evaluation of a Care Needs Questionnaire in Phase 1 Cardiac Rehabilitation for Patients with Coronary Artery Disease: CNCR-Q**Neda Sayadi<sup>1</sup>, Johanne Alteren<sup>2</sup>, Eesa Mohammadi<sup>3</sup>, Kourosh Zarea<sup>1\*</sup><sup>1</sup>Department Nursing and Midwifery, Nursing Care Research Center in Chronic Diseases, Nursing and Midwifery School, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran<sup>2</sup>Molde University College, Faculty of Health Sciences and Social Care, Norway<sup>3</sup>Department of Nursing, Faculty of Medical Sciences, Tarbiat Modares University, Tehran

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## Abstract

**Introduction:** Cardiovascular diseases (CVDs) are one of the most common chronic illnesses and the leading cause of mortality worldwide. This study aimed to design and assess the psychometric properties of questionnaire to examine the care needs of patients with coronary artery disease (CAD) in phase 1 of cardiac rehabilitation (CR).**Methods:** This sequential exploratory study used a mixed method with two phases. In the first phase, qualitative study was performed by analyzing the concept of Schwartz-Barcott-Kim hybrid model; and in the second phase, quantitative data were obtained and analyzed for the psychometric parameters of the designed tool.**Results:** The questionnaire for care needs was based on the indicators of measurement, which was identified in the qualitative phase of the study, as a tool with 40 items. After conducting face validity qualitatively, all tool items were considered important and were retained for the next steps. After completing the steps for determining the content validity ratio (CVR) and content validity index (CVI) of 40 items, they were preserved for decision making at a later stage. The results of exploratory factor analysis revealed four factors: the factor analysis of three items was eliminated and the final version of the questionnaire CNCR-Q (Care Needs Cardiac Rehabilitation-Questionnaire) with 37 items remained.**Conclusion:** The findings indicated that the questionnaire with properties, such as simple scoring, reliability and validity, is an appropriate tool for assessing care needs in Iranian patients with CAD. Moreover, the CNCR-Q is an effective instrument for assessing patient needs before discharge.

## Introduction

Cardiovascular diseases (CVDs) are one of the most common chronic illnesses and the leading cause of mortality worldwide.<sup>1</sup> In the past years, about 15 million persons in Iran were affected by CVDs, while a large part of the general population is at risk of developing cardiovascular in the next years.<sup>2</sup> Therefore, the application of the principles of prevention in these diseases can be very effective. Cardiac rehabilitation (CR) provides a cost-effective therapy that aims to accelerate recovery following an acute event and reduce the risk of recurrent events through organized exercise prescription, education and risk factor adjustment.<sup>3</sup> Referral to CR is a recommendation for all patients with coronary artery disease (CAD).<sup>4-7</sup> Based on a rising body of evidence, participation can reduce hospital bed usage, cardiovascular death, as well as increase functional capacity and quality of

life.<sup>4</sup> In particular, the role of nurses' educational support has been outlined by Orem to explain their role in the rehabilitation process in cardiac special wards. Therefore, nurse's focus in this section is to rehabilitate patients with diseases which indicates CR, to accurately identify social, emotional and physical needs of patients and give them appropriate training to prepare them for roles that they played in the past. Evidence suggests that provision of these programs is out of nurses' due to the limited time they have. Therefore, having accurate assessment tools in a clinical setting to assess the needs of patients and their family can compensate for nurses' time constraints and increase effectiveness of the rehabilitation program.<sup>8</sup> Few studies have been done to accurately determine the needs of these patients and since the design of the tool is the first step in defining the concept and defining the concepts of a great deal of dependence on the philosophy

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## Original article

## The challenge of deciding between home-discharge versus hospitalization in COVID-19 patients: The role of initial imaging and clinicolaboratory data

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## ARTICLE INFO

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## ABSTRACT

**Background/Objective:** It is important to predict the COVID-19 patient's prognosis, particularly in countries with lack or deficiency of medical resource for patient's triage management. Currently, WHO guideline suggests using chest imaging in addition to clinicolaboratory evaluation to decide on triage between home-discharge versus hospitalization. We designed our study to validate this recommendation to guide clinicians. This study providing some suggestions to guide clinicians for better decision making in 2020.

**Methods:** In this retrospective study, patients with RT-PCR confirmed COVID-19 (N = 213) were divided in different clinical and management scenarios: home-discharge, ward hospitalization and ICU admission. We reviewed the patient's initial chest CT if available. We evaluated quantitative and qualitative characteristics of CT as well as relevant available clinicolaboratory data. Chi-square, One-Way ANOVA and Paired t-test were used for analysis.

**Results:** The finding showed that most patients with mixed patterns, pleural effusion, 5 lobes involved, total score  $\geq 10$ , SpO<sub>2</sub>  $\leq 90$ , ESR (mm/h)  $\geq 60$  and WBC ( $10^3/\mu\text{L}$ )  $\geq 8000$  were hospitalized. Most patients with Ground-glass opacities only,  $\leq 3$  lobes involvement, peripheral distribution, SpO<sub>2</sub>  $\geq 95$ , ESR (mm/h)  $< 30$  and WBC ( $10^3/\mu\text{L}$ )  $< 6000$  were home-discharged.

**Conclusion:** This study suggests the use of initial chest CT (qualitative and quantitative evaluation) in addition to initial clinicolaboratory data could be a useful supplementary method for clinical management and it is an excellent decision making tool (home-discharge versus ICU/Ward admission) for clinicians.

## 1. Introduction

At the beginning of December 2019, a new coronavirus (COVID-19) disease was identified in China and quickly spread to many countries around the world. Most patients develop mild symptoms such as fever, malaise, dry cough, fatigue or headache. In some patients, the disease however progresses and causes respiratory distress such as severe pneumonia, pulmonary edema, acute respiratory distress syndrome (ARDS) and multiple organ failure, and even death.<sup>1,2</sup> In case of ARDS or organ failure, the patients may require mechanical ventilation and

intensive care unit (ICU) admission.<sup>3</sup>

It is necessary to predict the patient's prognosis prior to decide on home-discharge versus hospitalization, especially in such countries as Iran (where this study took place), they have a higher rate of COVID-19 infections and the lack of sufficient resources (such as ICU beds and ventilators). Identifying the predictive indicators can also improve the outcome.<sup>4,5</sup> Combination of imaging findings and clinicolaboratory data in the early stages of the disease are thought to be the best indicator of prognosis. Some studies suggest using chest imaging as an effective tool and appropriate prognostic factor in COVID-19 patients.<sup>5-8</sup> Currently,

Abbreviations: COVID-19, Coronavirus disease 19; CT, Computed tomography; ICU, Intensive care unit; RT-PCR, real-time polymerase chain reaction; SpO<sub>2</sub>, Peripheral oxygen saturation; ESR, Erythrocyte sedimentation rate; WBC, White blood cells; CRP, C-Reactive protein; GGO, Ground-glass opacities; RUL, Right upper lobe; RML, Right middle lobe; RLL, Right lower lobe; LUL, Left upper lobe; LLL, Left Lower Lobe.

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## The preferences and expectations of married women receiving preconception care in Iran: a qualitative study

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### ABSTRACT

Preconception care (PCC), as an essential strategy in continuity of the care approach for women, could reduce maternal and child mortality. Women's expectations from healthcare providers regarding PCC are different based on their knowledge, experiences and culture. The purpose of this study was to explore Iranian women's preferences and expectations regarding PCC. In this qualitative content analysis 22 married women with intention to become pregnant were recruited from 22 healthcare centers in Mashhad, Iran, using purposive sampling. Data were collected through semi-structured in-depth interviews from March to October 2014. Interviews were transcribed verbatim and analyzed using a conventional content analysis approach. The main expectation of women regarding PCC was "being supported and receiving continuing care". This overarching theme consisted of five categories including continuity of care, couple-centered care, establishing effective communication, accessibility to preconception services and access to competent professionals. Women highlighted their expectations as the need of support and to receive continuing healthcare. They requested PCC for couples and emphasized the importance of the health professional's competency as well as access to information and services of PCC. Women's experiences manifested several areas within which changes could be applied to improve the quality of preconception care.

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### KEYWORDS

Expectation; patient preference; preconception care; qualitative research; women

### Introduction

In the modern healthcare systems, consumer involvement in decision making in healthcare is a policy requirement in many countries (Coulter et al. 2011). A review of the literature revealed that participation of consumers in healthcare has been associated with improved health outcomes (Targett 2011). A strategy underlying consumer-driven health plans could ensure that increased information and choices will cause consumers to be informed managers of their own health and healthcare services (Hibbard, Greene, and Tusler 2008).

The term 'expectancy' is used in psychology as a general concept, in contrast to health literature, which refers to 'expectations' in the real world. A patient's 'expectation' has been defined as "the anticipation that given events are likely to occur during, or as an outcome of, healthcare". So, what people anticipate or expect to receive (expectation) from their healthcare, compared with their observations of what they receive in practice (experiences), are potentially important in influencing

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Q2 : Quartile

## Factors Contributing to Mother–Daughter Talk about Sexual Health Education in an Iranian Urban Adolescent Population

### Abstract

**Background:** Parent–adolescent dialog on sexual issues reduces high-risk sexual behavior in adolescents. However, many adolescents are deprived of such training. Several factors may affect the sexual dialog between parents and adolescents. This study aimed to investigate the factors associated with mother–adolescent daughter dialog on sexual health matters in Iran. **Materials and Methods:** This cross-sectional study was carried out on 363 female adolescents aged 14–18 years in Ahvaz-Iran, between June 2015 and January 2016. Data collection was conducted utilizing multi-stage cluster sampling in high schools using the Parent–adolescent sexual dialog questionnaire and the parent–adolescent general dialogue questionnaire. The validity of the questionnaires was confirmed using content and face validity and their reliability was confirmed through internal consistency. The data were analyzed using descriptive statistics, Pearson's correlation coefficient, independent one-sample and two-sample *t*-tests, one-way ANOVA, and Post-HOC (Duncan) test. **Results:** The mean score of mother–daughter sexual dialog had a significant relationship with mother's education ( $F = 4.03, p > 0.003$ ), adolescent's major ( $F = 4.48, p < 0.004$ ), mother–daughter general communication ( $p < 0.001$ ), and emotional relationship with parents ( $F = 6.47, p < 0.002$ ). The more is the mother–daughter general communication, the more will be their sexual communication ( $p < 0.001$ ). There was no relationship between the score of mother–daughter sexual communication and the age of mother or adolescent, parents' job, parents' marital status, and having sisters ( $p = 0.86$ ). **Conclusions:** Some demographic characteristics of parents and adolescents, and the parent–adolescent emotional relationship can affect the communication between them about sexual issues. So efforts to enhance this communication should consider these factors as mediator variables.

**Keywords:** Adolescent, communication, Iran, parent–child relations, sexual health

### Introduction

Most of adolescents in the developing countries have no access to sexual education. Sexual education is a process through which people acquire the necessary knowledge and information about sexual issues and form their beliefs, attitudes and values.<sup>[1]</sup> A major part of the burden of diseases and premature death among adults is related to the behaviors that have begun during adolescents including high-risk sexual behaviors.<sup>[2]</sup> In Iran, like other countries, a number of teenagers begin sexual activity in adolescents.<sup>[3]</sup> It has been reported that about 20% of Iranian adolescents are sexually active.<sup>[4]</sup> However, most teens acquire sexual information from peers or the media, which may be inaccurate and cause unprotected early

sexual activity.<sup>[5,6]</sup> Parents can act as primary sexuality educators of their children if they are trained.<sup>[7,8]</sup> Many parents and children would prefer that their sexuality educators be parents. Nevertheless, most studies show that sexual talking between parents and children is low. Despite the desire of mothers to impart sexual education to their children, they consider it shameful and taboo culturally, and refrain from referring to sexual relations in their talk with their children. Children also refuse to talk with their mothers about private matters.<sup>[9]</sup> In a study in Singapore, more than 80% of parents said they talk with their adolescent children about abstinence or use of condoms and the consequences of premarital sex, but less than 60% of them were comfortable in communicating with their children about sex.<sup>[10]</sup>

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ایمپکت فاکتور: –

Q2 : Quartile

# Explaining the Care Experiences of Mothers of Children with Hirschsprung's Disease: A Qualitative Study

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and Kourosh Zarea<sup>1</sup>

## Abstract

Hirschsprung's disease is a gastrointestinal anomalies that disrupts excretion. In this disease, like other chronic diseases; mothers undergo a lot of care. Considering the concept of nursing care, it is important to understand the care and its effects on the parents, the child, and care improvement. The purpose of this study is to understand the care experiences of parents of children with Hirschsprung's disease. In this qualitative study which was performed by content analysis approach, 12 participants were selected from mothers of children with Hirschsprung's disease who were referred to pediatric surgeries through purposeful sampling. The data collection method was a half-structured interview. All interviews were recorded and then were handwritten word by word and data were analyzed using Elo and Kyngas qualitative content analysis method. Data analysis began from the time of the first interview and in parallel to the next interviews (simultaneous analysis). At the beginning, the first-level coding was done. Data analysis led to the emergence of 3 main themes: "erosion care, socio-economic challenges, acceptance, and position-matching," and each of the themes included several sub-themes. The results of this study showed that parents of children with Hirschsprung despaired of concern and suffering from care which these suffers included physical, psychological, social, and material dimensions, but was also associated with satisfaction and acceptance of the disease. These findings emphasize that one of the most important tasks of nurses in clinical institutions, especially in relation to these children, is to provide proper family-centered care.

## Keywords

Hirschsprung's disease, care experiences, mother, children, qualitative study

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## Introduction

Hirschsprung's disease is the most common congenital disorder of bowel movement which its incidence is 1 out of every 5000 to 10000 live births.<sup>1</sup> A variety of clinical demonstrations can also range from a minor or severe constipation with or without specific diets at different ages to failure to excretion of clear meconium and distention, even if perforation of the proximal colon and peritonitis varies in the first few days of birth.<sup>2</sup> Children with Hirschsprung's disease are placed in the group of chronic diseases throughout their lives due to chronic intestinal disorders.<sup>3</sup> As a result, post-operative defects in these children will have negative effects on the child


and the family.<sup>3,4</sup> Therefore, long-term follow-up of these children is essential for improving intestinal function.<sup>5</sup>

However, these problems affect the quality of life of the child and the family and in fact, they affect the whole social system of the child and the family.<sup>1</sup> So that more

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Q3 : Quartile



## The Outcomes of Humanistic Nursing for Critical Care Nurses: A Qualitative Study

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**ABSTRACT**

**Background:** Despite the importance and the necessity of humanistic approaches to care, there are limited studies into their outcomes for nurses. **Objectives:** The aim of this study was to explore the outcomes of humanistic nursing for critical care nurses (CCNs). **Methods:** This qualitative study was conducted through conventional content analysis. Data were collected through semi-structured interviews with 16 CCNs purposively selected from hospitals in Ahvaz, Iran. Trustworthiness of the data was ensured using Lincoln and Guba's criteria. **Results:** The outcomes of humanistic nursing were grouped into three main categories, namely personal growth and self-actualization, protection of personal dignity, and greater satisfaction and comfort. Each of these categories had three subcategories which were development of abilities, self-concept and self-worth, spiritual transcendence; greater popularity, improved social status of nursing, appreciation, respect, and support for nurses; and happiness, satisfaction, and motivation, respectively. **Conclusion:** Humanistic approaches to care help fulfill the needs of both patients and nurses. The findings of this study provide a deeper understanding about how to reinforce humanistic behaviors and can be used in nursing education and practice.

**KEYWORDS:** Content analysis, Critical care, Humanistic nursing, Outcomes

**INTRODUCTION**

Humanism and respect for human being are the core and the starting point of nursing.<sup>[1]</sup> Humanistic nursing is a mutual subjective interaction between nurse and patient and is a response to the situation which aims at facilitating recovery.<sup>[2]</sup> It is characterized by empathy, respect for human dignity, altruism, patient autonomy, friendly environment, and holistic care.<sup>[3]</sup> Humanistic approach to care helps recognize nurses' personal

values,<sup>[3]</sup> develops their professional abilities, and improves their satisfaction.<sup>[4]</sup>

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