



Zdravotně
sociální fakulta
Faculty of Health
and Social Sciences

Jihočeská univerzita
v Českých Budějovicích
University of South Bohemia
in České Budějovice

CONFERENCE PROCEEDINGS

*XIII. International symposium
More than 200 years of
Florence Nightingale's legacy*

(online)

16th – 17th September 2021, České Budějovice, CZ

Editors:

*František Dolák, Marie Trešlová, Lenka Šedová,
Andrea Hudáčková*

České Budějovice 2021

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*University of South Bohemia in České Budějovice, Faculty of Health and Social
Sciences, České Budějovice, CZ (online)*

Editors:

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University of South Bohemia
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Aim of the symposium

XIII. International symposium on the theme 200 years of Florence Nightingale's legacy starts the next circle of nursing, scientific and international meetings.



This symposium tradition have started in 2001 as an annual South Bohemian nursing days with international participation by the head of the department of Nursing at that time prof. PhDr. Valérie Tóthová, Ph.D. She initiated the cooperation with foreign partner universities the organization of symposia so, that every following symposium is organized by the next university since 2008. The partner universities are: Constantine the Philosopher University in Nitra, Faculty of Social Sciences and Health Care, Slovakia; University of Debrecen, Faculty of Health, Hungary; University of Rzeszow, Institute of Nursing and Health Sciences Medical Faculty, Poland.

The up to now evaluation shows this system of symposium organization as very contributing, with mutual meetings for solving common professional concerns. The invitation is addressed to representatives of nursing and midwifery education and practice and to all who take part or are interested in the development of these disciplines. Starting this year we enlarge the theme also for the paramedic discipline. The aim of this symposium is finding the possibilities of further development of care and the improvement of the care of patient where we see the collaboration of the theoretical knowledge and good practice as a necessary attributes of professional attitude.

This year's symposium will remind important anniversary of establishment of Faculty of health and Social Sciences also of the Institute of Nursing, Midwifery and Emergency Care.

We warmly invite you to participate on the symposium.

Organizers of symposium



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Foreword

Dear colleagues,

I am honoured to welcome the participants of the International Symposium on Nursing to the Faculty of Health and Social Sciences of the University of South Bohemia in České Budějovice. The unfavourable epidemiological situation in the autumn of 2020 made it impossible for us to hold this symposium at the traditional time and celebrate Florence Nightingale's 200th birthday – the founder of modern nursing. This important figure was globally commemorated in 2020 by the Nursing Now awareness campaign (among others). Ironically, the global epidemiological situation enhanced the prestige of the nursing profession. We regrettably moved the nursing symposium to September 2021 and had been looking forward to meeting domestic participants and colleagues from Hungary, Slovakia, Poland, Slovenia and other countries. However, we are concerned about the possible restriction of the symposium; and thus, have decided to organise the entire event online. We know that online meetings cannot replace face-to-face meetings, but we did not want to risk beneficial messages and expert discussions not being heard. This year, the Faculty of Health and Social Sciences in České Budějovice is celebrating the 30th anniversary of its foundation. It is significant for us that colleagues from the Institute of Nursing, Midwifery and Emergency Care are organising the 13th nursing symposium at the same time.

Nursing is very important at our faculty, and professional meetings contribute to its further development and scientific strength. We hope that this international symposium contributes to establishing new contacts that will lead to co-operative professional and scientific research.

*Ivana Chloubová,
Dean of FHSS*



ABSTRACTS



Nursing education in the after-care of stroke patients

Original research study

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ABSTRACT

Introduction: Nurses play a key role in the care of stroke patients as care providers, intermediaries of personal recovery and multidisciplinary care.

Goal: The goal of the study was to describe aftercare predictors in stroke patients, particularly in home care, and to improve complex interdisciplinary care of patients with stroke of the ischemic type.

Methods: It was a quantitative study of an intervention type using a standardized face-to-face dialogue. The sample consisted of 354 home care nurses.

Results: The opinions of home care nurses can be regarded as homogeneous. The age, education, or length of home care experience have no significant influence. However, a significant correlation was proven between the nurse's age and opinion of the impact of stroke education. The youngest nurses (below 29) do not find stroke education stimulating for their work significantly more frequently. Nurses with a 3–5-year experience answer significantly more frequently that they do not keep records on the patient progress regarding the change of lifestyle. Nurses who meet patients less frequently do not frequently assess the level of stroke apparent in patients' everyday activities.

Conclusion: In the Czech Republic, nurses are educated on the care of stroke patients within their professional education. This education is not sufficient since it does not include aftercare. Therefore, one of the goals of this study will be a lifelong educational program for nurses taking care of stroke patients which will involve aftercare. Furthermore, relevant nursing competences will be proposed.

Keywords: *Educational program; Home care; Nurse; Stroke*

The study was supported by Ministry of Health of the Czech Republic, grant nr. NV19-09-00199.

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Nursing-advice. Polish nurses' opinions on the expansion of their competences

Original research study

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ABSTRACT

Introduction: The scope of competences of Polish nurses has significantly increased over the last five years.

Objective: The aim of the survey is to analyze nurses' opinions on the expansion of competences in their profession.

Methods: This is a cross-sectional, descriptive study conducted among 798 nurses using the survey technique. The Mann-Whitney test and the Kruskal-Wallis test were used. Correlation between two quantitative variables assessed with the Spearman's rho coefficient.

Results: The majority (65.48%) of the respondents believed that they were adequately prepared to take up new competences. Most of the respondents believed that the new competences would improve the efficiency of the health-care system in Poland (71.06%) and facilitate patients' access to health services (65.29%). According to the nurses, the scope of nursing advice will mainly consist of promotion and health education, wound treatment and prescribing medications. Age, seniority and education level significantly influenced the nurses' opinions on the scope of nursing advice.

Conclusions: The extension of professional competences of nurses will increase the prestige of the profession and is another step towards introducing the role of Advanced Practice Nurse in Poland.

Keywords: *Advanced practice nurse; New competences; Nurse; Nursing advice*

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Social aspects of the implementation of vaccination against *Haemophilus influenzae* type b

Review study

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ABSTRACT

Introduction: More than two decades of work to improve the first vaccine invented for *Haemophilus influenzae* type b (Hib) have led to a decline and near-total reduction in Hib invasive disease among children under 5 years of age in many countries. Vaccination has prevented disease in vaccinated individuals and has resulted in the development of immunity in the local population.

Main text: However, Hib has not disappeared completely; there are cases of the disease in adults, never vaccinated, who are susceptible to infection. The long term success of Hib vaccination is evident, but a disturbing phenomenon is the high percentage of people who evade the obligation to vaccinate their children. This applies to those suggesting cultural, ethnic or religious differences, fear of adverse reactions in children, influenced by anti-vaccination movements and alternative medicine propagating groups. The introduction and implementation of Hib vaccination has led to the acquisition of herd immunity and reduced antibiotic use in many countries.

Conclusion: However, the stability achieved may be shaken at any time due to the continued increase in the number of vaccine evaders. This may result in the emergence of diseases no longer considered to exist. Preventive measures by health care personnel and maintaining high vaccination rates are essential to ensure the safety and security of the entire population.

Keywords: *Haemophilus influenzae type b; Invasive diseases; Population immunity; Vaccination*

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The procedure of application and maintenance of *Lucilia sericata* larvae in pressure ulcer debridement therapy in patients under home health care

Original research study

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ABSTRACT

Introduction: Biological therapy with *Lucilia sericata* has many supporters all over the world, but is still used reluctantly due to limited knowledge and experience of medical staff and nurses.

Aim: Presentation of the process of application and maintenance of *Lucilia* larvae in pressure ulcer debridement therapy in patients under home health care.

Methods: The protocol of management and debridement of UPI/3-4°NPIAP pressure ulcer was presented, based on proprietary model recommended by PTRL (Polish Wound Management Association) 2000 and conducted in accordance with the Declaration of Helsinki. The project study was approved by the Bioethics Committee of the University of Rzeszów on 30 June 2017.

Conclusion: Wound debridement with *Lucilia sericata* in patients under home health care is a safe and inexpensive medical procedure which accelerates the process of necrotic tissue removal within a few days from application.

Keywords: Chronic wound; Debridemen; Extravasation; *Lucilia sericata* larvae

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Contemporary dimension of paediatric nursing – basic principles of nursing care for children

Review study

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ABSTRACT

Introduction: The primary task of paediatric nursing is to care for healthy, ill and disabled children and to provide competent support to their parents/guardians. While striving to provide the best health care for children, the professional role of nurses is changing. The aim of this paper is to present the main assumptions of contemporary paediatric nursing.

Main text: The situation of paediatric nursing is culturally diverse in the health care systems of different countries. Working within the U.S. Pediatric Nursing Invitational Forum, a team of paediatric nurses developed a document entitled “*Securing the Future of Children’s Health. A Report on Pediatric Nursing*”, which identified the rationale for the development of local paediatric nursing systems. According to their findings, all children need a healthy and safe environment to thrive. In addition, they require access to culturally appropriate health care services. Paediatric nurses are qualified to provide holistic care for children and their families. Within their key professional responsibilities, paediatric nurses recognize the fundamental importance of the family – *Family Centered Care* (FCC) – to a child’s health and in the treatment process. At the same time, the child’s needs are at the center of attention and the child is involved in decision-making along the lines of *Child Centred Care* (CCC).

Conclusion: The contemporary role of the paediatric nurse in the 21st century is evolving not only in terms of clinical knowledge and practice, but more importantly, it focuses on culturally sensitive care of children in collaboration with their parents/guardians.

Keywords: Care; Children; Paediatric nursing; Parents

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The effect of music therapy in senior citizens in community care

Review study

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ABSTRACT

Introduction: Music therapy (MT) is a broad discipline which uses music and its components to improve one's health and well-being.

Main text: The aim of the paper is to present an overview of studies that assessed the effect of MT as an intervention applied in seniors living in a community. The MEDLINE Complete, CINAHL, Pubmed, ScienceDirect, ERIC, Academic Search Complete, Academic Search Ultimate, Directory of Open Access Journals and OpenAIRE databases were used for the search. According to the criteria, studies in English, available in full text, published 2015–2020 were searched; 5 studies met the criteria; 4 of them evaluated the effect of MT in seniors with cognitive impairment. The effect of MT was most often evaluated in the studies in terms of cognitive status, or physical fitness or function. MT was performed for 12 weeks in all included studies. However, the weekly frequency and duration of the MT sessions varied. MT had a positive effect on the patient's cognitive state, especially on memory and attention. MT involving exercise has also had a positive effect on body flexibility, muscle strength and endurance, and balance.

Conclusion: MT can be an effective method for senior citizens to maintain health or slow down the processes associated with aging, such as cognitive decline or physical and functional impairment.

Keywords: *Community care; Effect; Music therapy; Senior*

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Monitoring and risk assessment in healthcare

Original research study

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ABSTRACT

This study aimed to identify and evaluate the risks associated with the administration of medication by nurses.

Methods: The study uses a qualitative survey combined with results from expert focus groups. Twenty-two executives from four hospitals in the South Bohemian Region participated in focus group discussions. Failure Modes and Effects Analysis (FMEA), a proactive method, was used to analyze interdisciplinary teams of experts on the drug administration process used by nursing staff at these hospitals.

Results: Twenty-eight nurse-related potential drug administration errors were identified, and 12 were identified as having specific causes. The average risk number (RPN) was 97; for six events, the RPN was greater than 125. The most common or riskiest potential mistakes were identified as (1) incorrect dosing, (2) medication administered to the wrong patient, (3) administration of the wrong drug, (4) improper substitution of a generic drug for a prescribed drug, and (5) communication errors associated with receiving verbal orders (e.g. via telephone).

Conclusion: The FMEA is a valuable management tool that effectively helps healthcare professionals analyze risky healthcare processes.

Keywords: Drug administration; FMEA method; Healthcare; Management; Medication errors; Risk

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Development of the education of non-medical professions in minority groups in the period of the First Czechoslovak Republic

Review study

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ABSTRACT

Introduction: The formation of the new Czechoslovak state was accompanied by many challenges in health care from the point of view of a multicultural society. The paper aims to analyze primary and secondary sources dealing with the problem of national minorities in selected non-medical professions in the period of the First Czechoslovak Republic.

Main text: After the break-up of the Austrian-Hungarian Monarchy, the individual monarchy laws dealing with health care problems and the education of health care professionals were in force for several years. The young Republic was not nationally homogeneous, which was also reflected in the healthcare system. Midwifery education was provided in Czech and German in two towns where the German minority had formed numerous communities. The criteria for admission to a German school were strict. The main criterion was German nationality. The Czech speaking applicants were not allowed to be admitted to the German midwifery school. The education at nursing schools was also provided in Czech, Slovak and German. However, according to the studied sources, no other challenges were present in nursing education except for the language problem.

Conclusion: The review shows that in the First Czechoslovak Republic, education of selected non-medical professions was ensured in the German language for national minorities.

Keywords: *Czechoslovakia; Education; Midwifery; Minority; Nursing*

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Excessive body weight and physical activity among students aged 10–16

Original research study

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ABSTRACT

Introduction: Significant increase in the incidence of excessive body weight among children and youth constitutes a major public health challenge. One of the factors influencing weight gain is reduced physical activity.

Aim: The aim of the work was to assess the incidence of overweight and obesity and its relationship with physical activity in schoolchildren.

Methods: The study was conducted among 166 primary school students, with a lower secondary school subdivision in Lubaczów. The selection for the sample was random. The work used the diagnostic survey method using the Physical Activity Questionnaire for Older Children (PAQ-C), Physical Activity Questionnaire for Adolescents (PAQ-A) and measurements of selected anthropometric parameters.

Results: Overall physical activity among the students studied was low at PAQ = 2.70. Boys (PAQ = 2.26) were statistically more likely to be active than girls (PAQ = 1.92) ($p < 0.000$). The average BMI at the date of the study was 20.46 kg/m² and obesity was found in 10.2% of the subjects. The distribution of Body Mass Index (BMI) values in subsequent preventive studies showed an upward trend. Abdominal obesity according to the Waist Circumference (WC) index affected 3% of students and 4.8% of students according to Waist to Height Ratio (WHtR). The higher level of physical activity was significantly related with the decrease of BMI values ($p < 0.000$) and abdominal obesity verified by the WC ($p < 0.002$).

Conclusion: The level of physical activity of the students surveyed is overall low, which significantly translates into the incidence of excessive body weight, which, according to the trend of distribution of the BMI, increases gradually over the course of preventive examinations.

Keywords: *Abdominal obesity; Children; Excessive body weight; Physical activity; Young people*

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Citizens' awareness of stroke – the risks and consequences

Original research study

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ABSTRACT

Introduction: Apart from heart diseases, stroke is the most common cause of hospitalization. Annually, cerebral vascular diseases account for 10% of deaths (Johnson et al., 2016). The knowledge of risk factors and general public's, particularly family members', health education by health care professionals represent one of the ways of how to achieve a decrease of stroke incidence and of possible consequences. Nurses play an important role in the care of stroke patients, which is essential for achieving optimal patient outcomes (Theofanidis and Gibbon, 2016).

Objective: To find out level of awareness of stroke among the citizens of the Czech Republic.

Methods: A combination of a non-standardized questionnaire on CMP prevention and a standardized overall health literacy questionnaire (HLSQ-16) was required for data collection. The sample of citizens was constructed by quota sampling, which corresponds to all citizens of the Czech Republic in terms of regions and age. In total, the sample consisted of 1004 citizens.

Results: The vast majority of citizens of the Czech Republic (97%) say that they have heard of a condition called stroke. Other monitored sociodemographic features have no statistically significant effect. As part of the identification of citizens' awareness of stroke, it was also ascertained who is primarily affected by stroke, in other words, which group of citizens is most at risk from this point of view. Almost 75% of citizens believe that a stroke can affect people of any age, less than 20% think it only affects people over the age of 40, 41% of respondents do not know and their position on this issue is unclear. Only an insignificant proportion of citizens believe that CMP only affects younger people. Citizens of the Czech Republic would, for the most part, welcome more information about stroke. Citizens' interest in this issue is significantly influenced by their gender, age, marital status, place of residence, and education. On the positive side, most Czech citizens (62%) know the risk factors that can lead to a stroke. Their knowledge is statistically significantly affected by the gender, age, and marital status of the respondent.

Conclusion: Generally, it can be stated that the range of predictors influencing the quality of life of post-stroke patients and their significant ones is broad. Worldwide, stroke is one of the most common causes of death and disability.

Keywords: *Awareness; Consequences; Risk; Stroke*

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Role of nurses and their protection during pandemic situations

Original research study

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ABSTRACT

Introduction: Nurses make up the most substantial part of health professionals in all health care systems. This makes them the most likely health care professionals to encounter infected patients. In managing a pandemic, nurses are the most important and arguably the most at-risk link in the health care system. Their importance during pandemics was pointed out by Nolte (2020), who stressed that, in the context of pandemics, the role of nurses in history has been neglected despite the fact that they have always performed their duties in full force during pandemics, and many have paid for it with their lives. The Covid-19 pandemic highlighted several difficult ethical issues facing healthcare professionals and, above all, nurses in the care of patients and families. Other issues affecting nurses include the safety of patients, colleagues, and families, as well as the changing nature of nurses with respect to patient and family relationships (Morley et al., 2020).

Objective: The main objective of the project is to describe the role of the nurse in the health care system during epidemic/pandemic situations, i.e., relative to other nurses, doctors, and patients in situations involving high risk of exposure environments (HRE), low risk of exposure environments (LRE), and primary care environments (PCE).

Methods: The project have run from May 2021. It consists of four stages corresponding to each of the four years of the project. In the 1st phase of qualitative research, we will carry out in-depth interviews with nurses and doctors that worked during the epidemic/pandemic. Opinions from the adult population in the Czech Republic and health professionals on the issue of the nurse's role during epidemics and pandemics will be based on a representative sampling using a quantitative survey of the adult population and a quantitative survey of nurses and doctors. Based on the literature study, the experience of the research team, and the results of the quantitative analysis, the following will be

created: An online course for nurses in HRE, LRE, and PCE, to provide additional information associated with nursing care during epidemics and pandemics.

Conclusion: Based on study outcomes, recommendations for changes in the General Nursing Study Program will be made so that graduates will be better prepared to provide safe nursing care during epidemic/pandemic situations. Based on the results we will create an online course for nurses that provides specific supplemental information regarding epidemic/pandemic situations.

Keywords: Covid-19; Nurse; Nursing; Pandemics

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The influence of selected geriatric syndromes on the quality of life in the population older than 60 years

Original research study

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ABSTRACT

Introduction: Geriatric syndromes are a large-scale issue that affects the health of seniors. In our study, we focused on fragility, sarcopenia, weight loss, and cognitive deficits. The Rapid Geriatric Assessment tool was selected to monitor geriatric syndromes and the WHOQOL-BREF tool was selected to monitor quality of life.

Objective: The aim of our study was to determine whether selected geriatric syndromes occur in the population older than 60 years and whether they have an impact on quality of life.

Methods: The study was prepared using a quantitative research survey, which took place in a population over 60 years of age in the South Bohemian Region. Study participants had to be recipients of nursing care in a hospital or health and social care facility or in home care.

Results: The study showed that the domain of physical health and the psychological domain were most affected. The study also showed that geriatric syndromes have different intensities of action on quality of life domains.

Conclusion: Nursing care provided to the elderly should be more focused on monitoring geriatric syndromes. Based on the results of monitoring, the nursing care itself should be adjusted. However, we should prevent geriatric syndromes as part of prevention.

Keywords: Geriatric syndromes; Nursing; Quality of life; Tools

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Awareness of reproductive health among high school students

Original research study

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ABSTRACT

Reproductive health is defined as the ability to fertilize (in men), to get pregnant, carry to term and give birth to a healthy child (in women). Young people should be informed about possible causes of ill reproductive health. A midwife plays an essential role in this kind of education.

Objective: To find out level of awareness of the term reproductive health among high-school population.

Methods: Pilot study – quantitative research with the use of questionnaires focussing on high school students, the research was carried out on the sample of 114 high school students.

Results: The research discovered that 36% of students do not know the term reproductive health at all. The research was further trying to find out what topics in the framework of reproductive health are mostly introduced to students at school. The following topics were most frequently mentioned: sexually transmitted diseases (67.5%), physiology of menstrual cycle (48.2%) and birth control (46.5%); 50% of respondents declared that they were not introduced to any topics regarding reproductive health while in high school; 71.9% of respondents gained their knowledge on reproductive health from the Internet.

Conclusion: The research showed that high school students are interested in the topic of reproductive health. One of the professionals that should participate in the education in this field should be a midwife as she is competent to do so.

Keywords: *Awareness; Reproductive health; Student*

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Missed nursing care before and during the first wave of the COVID-19 pandemic in the Czech Republic – an observational study

Original research study

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ABSTRACT

Introduction: During the time of the COVID-19 crisis, the research focused on missed nursing care has received a new impetus due to exacerbation of pre-existing workplace conditions contributing to this phenomenon.

Objective: To evaluate frequencies, types of, and reasons for missed nursing care before and during the first wave of the COVID-19 pandemic at inpatient medical and surgical wards in acute care hospitals in the Czech Republic.

Methods: A comparative cross-sectional study was conducted, using the MISSCARE Survey. A sample of nursing staff during the first wave of the COVID-19 pandemic ($n = 371$) from 30 inpatient wards of four acute care hospitals was compared with previous studies conducted in the Czech Republic before the COVID-19 pandemic.

Results: 63.8% of nurses left at least one element of care undone. The most frequent missed nursing care activities were found to be activities of fundamental nursing care: The most significant reason for missed care reported by nurses included the unexpected increase in number and severity of patients' conditions on wards, urgent situations in patients, and insufficient staffing.

Conclusion: The prevalence of missed nursing care in this study was not higher in comparison with recent studies conducted in Czech acute care settings before the COVID-19 pandemic. The patterns and reasons of missed care revealed in this study were in line with previous studies in the Czech Republic conducted before the COVID-19 pandemic.

Keywords: *COVID-19 pandemic; MISSCARE Survey; Missed nursing care; Nursing*

This contribution was supported by Grant IGA Unfinished nursing care and practice working environment (IGA_FZV_2020_001).

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Needs of informal carers and possibilities of their support

Original research study

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ABSTRACT

Introduction: Due to the need and current relevance, informal care as a part of the long-term care system as well as the issue of caregivers are included in the Czech National Strategy for the Development of Social Services between 2016 and 2025.

Objective: The goal of this qualitative research was to identify selected areas that informal caregivers encounter in connection with the care of a loved one in the home environment in the South Bohemian Region. The secondary goal was to find out what problems informal caregivers face in connection with the use of social or health services.

Methods: We analysed 44 in-depth interviews with 45 informal caregivers. Participants were selected using the "snowball sampling" technique and a selection through institutions. The interviews were processed in the ATLAS.ti programme, version 9.

Results: Barriers to informal care include lack of time, the insufficient availability of physiotherapy at home, lack of information about the possibilities of use and type of services, and entitlement to benefits. Informal caregivers lack relief services, personal assistance, activation services, leisure activities, and transport services.

Conclusion: Due to the complexity of the issue, informal care must be part of a comprehensive approach to caring. We recommend strengthening the competencies of informal caregivers through comprehensive counselling and other services. Individual needs of informal caregivers in the South Bohemian Region must be considered.

Keywords: *Barriers to care; Care of a loved one; Informal care; Missing services; Needs of caregivers; South Bohemian Region*

This study was created with the state support of the Technology Agency of the Czech Republic within the ÉTA programme, and project No. TL03000518 "Support of informal caregivers in the South Bohemian Region through audio-visual means, including virtual reality".

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Use of evaluation instruments for patients with chronic heart failure in practice

Review study

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ABSTRACT

Introduction: Chronic heart failure is a common disease and a serious public health problem.

Aims: The aim of the work was the analysis of Czech and foreign professional literature and periodicals to obtain a relevant comprehensive overview of the most commonly used questionnaires to assess the quality of life in patients with chronic heart failure.

Methods: The selection criteria were studies on the use of questionnaires to assess chronic heart failure. Data were obtained from licensed professional databases EBSCO, ProQuest, Google Scholar. Publications were searched in English, Czech and Slovak. Stringed keyword strings with Boolean (AND) operators were used for the search. Academic periodicals were searched for – full texts in peer-reviewed journals.

Results and Discussion: Only eight studies specifically related to evaluation were eligible for content analysis. Based on the studied literature for quality of life assessment, only two tools meet the assessment criteria – the Minnesota Living with Heart Failure Questionnaire (MLHFQ) and the Kansas City Cardiomyopathy Questionnaire (KCCQ).

Conclusion: KCCQ and MLHFQ are 2 of the most used and validated questionnaires for quality of life assessment specific to heart failure. Studies support the use of MLHFQ, followed by KCCQ.

Keywords: *Kansas City Cardiomyopathy Questionnaire; Minnesota Living with Heart Failure Questionnaire; Quality of life*

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Importance of community care and the care of the health of population in interwar Czechoslovakia in 1918–1935

Historical research

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ABSTRACT

Introduction: In the newly established Czechoslovak Republic, the early 20th century was connected with a number of fundamental events, which later shaped the course of history.

Main text: The first Czechoslovak Republic was a nationally and socially heterogeneous country. In addition to differences in opinions of individual ethnic groups, it faced the spread of epidemics. Changes needed to be implemented to reduce the numbers of the ill and the dead effectively and in a short time [1]. Health was perceived as wealth and a factor enabling to achieve welfare, contentment, and happiness [2, 3]. Therefore, nursing activities of the Czechoslovak Red Cross, which was established in 1919, can be observed. These nursing activities were mainly focused on the care of children, poor patients, the elderly and the handicapped. The primary care was particularly provided to these group. Attention was also paid to the fight against epidemic diseases [4, 5]. In the Czechoslovak legislation and statutory instruments, concepts such as community healthcare, home hygiene or issues associated with healthcare facilities appeared. The activities of individual societies and associations also played an important role in the care of population. The role of nurses in outpatient clinics was strengthened at this time thanks to the competence aimed at education and individual education of the population [6].

Conclusion: The care of the population's health was important in our country in the past. The identified sources show that it penetrated into individual areas of human lives striving to ensure the health of the population also for the next generations.

Keywords: *Community care; Czechoslovakia; Interwar period; Nursing; Public health*

This paper is a partial result of the solution of the scientific project with registration number 20-094705 „Health system of the first Czechoslovak Republic in the context of its national and social composition – center vs. periphery”, supported by the Grant Agency of the Czech Republic.

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Quality of life and health behaviors of overweight and obese seniors

Original research study

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ABSTRACT

Introduction: Nearly 70% of elderly people in Poland have excessive body weight, and every fourth person has a BMI above 30 and is classified as obese. Overweight and obesity often coexist with other diseases, disrupt the daily functioning of seniors, impair mobility and deteriorate general health while affecting the quality of life.

Objective: Assessment of the health behaviors and quality of life of overweight and obese elderly people living in the Rzeszów poviát in the Podkarpackie Province.

Methods: The study population consisted of 100 people over 65 years of age diagnosed with overweight (BMI 25–29.9 kg/m²) and obesity (over BMI 30 kg/m² and above) living in the Rzeszów poviát in the Podkarpackie Province. The research tool was the original questionnaire.

Results: The BMI index of more than two out of three respondents (69%) indicated that they were overweight. Three out of ten respondents were obese. Three quarters of the respondents declared that in the last month they had problems with work or everyday activities resulting from their health condition, which resulted in the need to shorten the time of work or other activities.

Conclusion: Overweight and obesity significantly reduce the quality of life of older respondents, negatively affecting their overall well-being and efficiency. In everyday life, they are faced with the problems of pain and discomfort, fatigue and lack of energy (often in the case of obesity), impaired mobility, and difficulties in everyday activities of life.

Keywords: *Obesity; Overweight; Quality of life; Seniors*

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Unfinished nursing care as a potential indicator of hospital-acquired infections

Original research study

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ABSTRACT

Introduction: Health care-associated infections (HAI) are important indicators of quality of care in hospitalized patients. Health care-associated infections affect patients in a hospital or other health-care facilities, and are not present or incubating at the time of admission.

Aim: The aim of this multicentre cross-sectional study was to analyse the prevalence of health care-associated infections and adverse events in relation to unfinished nursing care.

Methods: Data collection took place over a period of 5 months (June–October 2020) in 105 wards of acute inpatient standard care in 14 hospitals in eight regions of the Czech Republic. Data on the prevalence of hospital-acquired infections were collected at each ward from patients' medical records. Unfinished nursing care was assessed by nurses each month ($n = 3384$) using PIRNCA questionnaire (Perceived Implicit Rationing of Nursing Care).

Results: In the five months of data collection, 678 health care-associated infections were recorded (51% of all recorded adverse events). Urinary tract infections occurred the most – on average $3.5 (\pm 5.74)$ / 100 patients, then gastrointestinal infections $1.5 (\pm 3.64)$ /100 patients and surgical site infections $1.1 (\pm 3.53)$ / 100 patients. The average total value of unfinished nursing care for all hospitals was 1.49 (range 1.31–1.96). The most frequently neglected nursing interventions were: failure to provide the necessary psychological support to the patient and failure to supervise the fulfilment of a delegated activity. These non-performed activities then affected the incidence of hospital-acquired infections ($p < 0.05$) and other observed adverse events, except medication errors. The strongest relationships were confirmed in the nursing activity of “non-compliance with the recommended procedures for infection prevention”, which was the only one that strongly correlated with the incidence of healthcare-associated infections.

Keywords: *Healthcare-associated infections; Hospitalized patients; Nurses; Unfinished nursing care*

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Education of patients with type 2 diabetes at the School of Diabetes

Original research study

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ABSTRACT

Introduction: Education on diabetes is considered to be an important element of diabetes prevention and treatment. The classes are organized by a nurse educator on a monthly basis. The meetings are attended by both patients and their caretakers.

Objective: To show the role of a nurse in the process of self-care to patients with type 2 diabetes.

Methods: The study included 100 patients of both sexes (55% women, 45% men), aged 56–80, diagnosed with type 2 diabetes (100%). The study was conducted at the School of Diabetes in Chełm using a proprietary survey questionnaire composed of 10 questions.

Results: More than half of the respondents (57%) described their preparation for self-care in diabetes as good, while 5% of people claimed excellent preparation, and only 2% felt they were insufficiently prepared. The vast majority of respondents (91%) answered that the education provided by a nurse educator had a positive effect on the well-being of patients with diabetes. According to 95% of respondents, greater awareness of complications arising from diabetes increases motivation for treatment.

Conclusion: Systematic training at the School of Diabetes allows to prepare patients for effective participation in diabetes therapy, prevention of complications, and efficient self-control, as well as to reduce the rate of complications and direct costs of medical care.

Keywords: *Diabetes prevention; Education; Nurse; School of Diabetes*

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Expectations of patients staying in the hospital relative to nurses' patient reviews for nursing research – the system overview of Polish and world literature

Review study

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ABSTRACT

Introduction: The growing demand for medical services and competition among various health care facilities are associated with greater expectations of hospitalized patients. Accurate understanding of the needs of clients for medical services and meeting their expectations is decisive for the final evaluation of the services provided and contributes to greater interest in this entity.

Main text: The literature review shows that the needs of patients are dependent on occupational activities, nursing and are of a motor or intellectual nature. In this regard, the role of the nursing staff is fundamental and covers the entire care and healing process. Nurses' activities are interdisciplinary. Both the availability of care and the knowledge of the nurse are important factors responsible for the patient's motivation to participate in treatment and rehabilitation. The quality of nursing services has a significant impact on the effects of a treatment. The assessment of patients' satisfaction with the services provided in nursing care contributes to undertaking appropriate interventions for patients and planning activities. Learning about the factors influencing patient satisfaction enables the improvement of the quality of nursing care.

Conclusion: The high quality of medical services provided contributes to correct interpersonal relations between the medical staff and the patient and reduces the occurrence of dissatisfaction with the quality of medical services provided.

Keywords: *Expectations; Hospital; Nursing; Patients*

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The role of health care system in the First Czechoslovak Republic in caring for people with contagious diseases

Original research study

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ABSTRACT

Introduction: During the period of the establishment of the First Czechoslovak Republic, there were changes in the health care system mainly due to the First World War. The health care had limited possibilities in terms of prevention, resource allocation and treatment, but nevertheless provided a good basis for the development of nursing care.

Objective: This paper aims to describe the state of the health care system in the First Czechoslovak Republic with special attention to nursing care for patients with contagious diseases.

Methods: The research uses the analysis of historical sources – periodicals, documents and archival materials that map the system of care in the First Czechoslovak Republic. Data from these sources provide information about the history of nursing in the context of contagious diseases and the factors that influenced it.

Results: One of the biggest problems of the First Czechoslovak Republic from the point of view of the health care system was the fight against contagious diseases. Laws and government regulations have provided for example mandatory vaccination, mobile disinfectant units and set conditions for the isolation of people with contagious diseases, which has significantly contributed to minimizing the epidemiological risk.

Conclusion: It is important to learn from the past so that we can provide the highest possible level of care in the future. From this point of view the health care system of the First Czechoslovak Republic provides a lot of ideas.

Keywords: *Contagious diseases; First Czechoslovak Republic; Health care system; Nursing*

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Disinfection of objects and surfaces in nursing practice in the context of nurses' knowledge

Original research study

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ABSTRACT

Introduction: Nurses use a variety of reusable high touch objects and surfaces to provide nursing care. For their continued safe use, it is important to ensure their effective mechanical cleaning and disinfection.

Objective: To find out nurses' knowledge of the principles of disinfecting reusable non-critical objects and surfaces.

Methods: Quantitative research using the questionnaire technique was used to determine the knowledge of nurses. The research group consisted of 184 nurses from a selected regional hospital in the Czech Republic. Data were analysed using descriptive statistics and a statistical test.

Results: The research found out that nurses have limited knowledge in some practices. The research found out that 68.5% of the nurses have knowledge about the procedure of decontamination of trays for preparation of injection and infusion therapy without contamination of biological material. It was also found out that 51.1% of the nurses have knowledge about the interpretation of disinfectant efficacy spectrum and 79.9% of the nurses have knowledge about the procedure of dilution of disinfectant solution. The problematic aspect was also the knowledge of the Spaulding classification.

Conclusion: Performing disinfection of objects and surfaces is an important aspect of minimising the transmission of healthcare-associated infections. Based on the research findings, it is important to regularly train nurses and seek new opportunities to prevent healthcare-associated infections.

Keywords: *Disinfection; Healthcare associated infections; Knowledge; Nurse; Nursing practice; Prevention*

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Telenursing in V4 countries

Review study

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ABSTRACT

Introduction: Telenursing is a part of computerized and electronic health care that is becoming a permanent component of modern nursing in the 21st century. There are significant differences in the level of its development and implementation abroad compared to the countries of the former socialist regime. In the V4 countries, telenursing is currently underdeveloped and little researched.

Main text: The results of research studies and specific implementation processes were registered predominantly in Poland and the Slovak Republic. Nursing technologies implemented in the Republic of Poland mainly include research results, teleconsultation services and services for the protection of the health of the population. In Slovak telenursing, studies were focused on mapping the information, opinions and interest of nurses as well as persons/patients in relation to telenursing. The websites www.teleošetrovatelstvo.sk (online counselling and education of persons/patients in their home environment) and www.teleestra.sk intended for mothers with newborns and infants were made available to the public. In Hungary, we can observe a project of good practice in the field of home nursing care – HoCare Project. In the Czech Republic, telemonitoring of patients is applied within telemedicine, and information and communication technologies support health literacy in the elderly.

Conclusion: Based on the information available, it is evident that the way of providing nursing care “at a distance” effectively complements traditional nursing care.

Keywords: *Information and communication technologies; Telemonitoring; Telenursing; V4 countries*

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SmartHome and the continuity of care

Original research study

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ABSTRACT

We spend most of the time of our life in our own rooms and houses. Elderly people want to live in their own apartments or houses as long as possible. They also want to live as long as possible in their familiar social environment. A hospital stay or moving to a nursing home are fundamental changes in the lives of many people. However, modern technology can support a long and self-determined life in one's own home and thus contribute to a better quality of life and support a continuity of care.

In the research project Home 4.0, supported by the Bavarian State Ministry of Health and Care with €4.5 million, a technical-digital solution is being developed and evaluated. The project objective is to enable people in need of care and assistance to stay in their own environment as long, safely and self-determined as possible with technical-digital support.

Sensor data collected in everyday life are systematically logged under strict compliance with data protection and data security, evaluated and used as a basis for quick intervention in the case of emergency as well as for a prognosis for proactive intervention in case of an emerging decline in health status. The goal is to equip 100 households and apartments with digital assistance technologies and to develop a database for machine learning. With use of Artificial Intelligence, prognoses for the early detection of changes in the course of chronic diseases are to be developed in order to activate regional assistance and rescue services in case of emergency and to maintain continuity of care.

Keywords: *Artificial intelligence; Continuity of care; Elderly people; SmartHome*

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Interpersonal relations among nurses

Original research study

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ABSTRACT

Introduction: Interpersonal behaviors include various forms of interaction between people. For proper interpersonal relationships among nurses, the following factors are important: skills of mutual agreement, relations within the group, the ability to work and the degree of identification with a group of nurses.

Objective: The thesis' aim is to judge interpersonal relationship between nurses and to find out what factors have influence on the character of those relationships.

Methods: Diagnostic survey was used as a research method. The technique used for testing was polling. Research was done among nurses working in hospital wards. Research was done during the first quarter of 2020.

Results: Based on empirical analysis, a relation between education degree and work satisfaction was noticed. Among the features affecting the quality of interpersonal relationships, the respondents most often indicated: kindness, conscientiousness, diligence, integrity.

Conclusion: Cooperation, mutual trust and partnership are determinants which are mentioned most often by the respondents. Seniority of respondents had a relationships with work satisfaction. There is a relation between education degree and the determinants of interpersonal relations in the ward.

Keywords: *Interpersonal relations; Nurses; Work*

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Nursing staff attitudes toward a culturally different patient as exemplified by social distance assessment

Original research study

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ABSTRACT

Introduction: Social distance according to Bogardus (1947) is on one hand degree of liking and closeness and on the other hand dislike and avoidance of contacts and ties with other persons or groups. According to a code of professional ethics, nursing staff is obliged to treat every person equally and not to show their emotions towards the patient.

Objective: The purpose of this study was to determine the extent of nursing staff bias toward culturally different patients. 180 nurses from Poland participated in the study, to whom a link to the survey questionnaire was sent via the Internet.

Methods: It was a cross-sectional study conducted between March and June 2021. The modified Bogardus scale was used to assess social distance towards Romani people, Muslims, homosexuals and deaf people.

Results: Respondents had the greatest distance, in descending order, towards Muslims, homosexuals and Romani people. People with hearing disabilities did not elicit negative attitudes from nursing staff. Caring for Romani people evoked the most negative emotions, fear and anxiety among respondents.

Conclusion: The social distance manifested in the attitudes of nursing staff toward selected culturally different patient groups demonstrates the need for ongoing cultural competence training and counteracting stereotypes.

Keywords: *Culturally diverse patient; Deaf people; Homosexuals; Muslims; Romani people; Social distance*

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Coping in patients with multiple sclerosis

Original research study

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ABSTRACT

Introduction: Multiple sclerosis (MS) is an incurable disease and can be a huge burden on young people, but also on the elderly.

Objective: The objective of the present study was to evaluate adaptive and maladaptive coping strategies in patients with MS and to study differences with respect to gender, age, disease duration and social support.

Methods: A cross-sectional study. Fifty two patients with MS were studied, including 35 (67%) men. The self-report questionnaires Brief COPE, NOC Coping 1302, Proactive Coping Inventory, and Perceived Social Support Scale were used. The average age of the respondents was 38.4 years (SD = 7.68).

Results: Research shows that patients with MS use adaptive forms of coping, and proactive coping. Nurses rated less adaptive strategies in patients with MS. No differences in gender and disease duration, as well as in age, except the Active coping strategy. Social support showed statistically significant relationships with individual coping strategies.

Conclusion: Diagnostics and nursing interventions of ineffective coping and social support are very important and should be a part of health care of patients with MS.

Keywords: *Coping; Multiple sclerosis; Social Support; Stress*

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Assessing nurses' professional competence: a descriptive study

Original research study

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ABSTRACT

Introduction: Professional competence is a fundamental concept in nursing that is directly related to quality improvement in patient care and safety.

Objective: This study was conducted to assess the professional competence of nurses.

Methods: A descriptive cross-sectional study was conducted in April 2020, with data collected through an online survey. The purposive sample consisted of 276 registered nurses (women = 198; men = 44) from different clinical settings in Slovenia. Data were collected according to the Nurse Professional Competence scale (NPC). The scale was limited to a 7-point response format (from 1 = to a very low degree to 7 = to a very high degree).

Results: The results show that nurses assessed their competence moderately high [mean = 5.67, SD = 0.730 (95% CI 5.58, 5.76), $p = 0.000$]. However, results showed no statistically significant differences between participants based on their demographic and other data and competency assessment score. Linear regression analysis was conducted to predict the NPC assessment score based on the age of the participants. Here, a significant regression equation was found [$F(1, 240) = 22.999$, $p < 0.000$], with R^2 of 0.087.

Conclusion: Although registered nurses rated their competence highly on key competency components expected of professionals, longitudinal follow-up of registered nurses and newly graduated nurses regarding their ongoing competency development and continuing education is needed.

Keywords: *Nursing; Nurse competence; Quality of care; Registered nurses; Self-assessment*

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Lactation counselling – examples of good practice

Original research study

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ABSTRACT

Introduction: Lactation counselling replaces traditional forms of handing down breastfeeding experience. Good quality counselling supports the mother and builds her self-confidence (Mydlililová, 2020). Understanding lactation is essential to prevent problems and more serious complications and lactation counselling provides early solutions. Only health professionals (lactation advisors with medical education) and mothers (lay lactation advisors) can become official lactation advisors after completing a two-day course. It includes practice at the National Lactation Centre. The courses are accredited by WHO and UNICEF. Lactation advisors are obliged to regularly train at professional events organized by the Lactation League. Lactation counselling can be provided by phone, in person at the centres or at home (Laktační liga, 2021).

Aim: To map the most common problems with breastfeeding and their solutions within lactation counselling.

Methods: Qualitative research survey, method of document analysis (25 mothers). Pencil and paper processing into categories and case studies.

Results: Based on the analysis of the documents, two categories were created: Problems of breastfeeding mothers and Intervention of a lactation advisor. The category of Breastfeeding Problems includes the following subcategories: Lack of Milk, Breast Problems, Breastfeeding Techniques, Excess of Milk, Prevention, Maternal Health Problems, and Newborn Health Problems. The category of Lactation Adviser Interventions includes the subcategories: Positions during Breastfeeding, Alternative Feeding Techniques, Breast Care, Breastfeeding and Storage of Breast milk, Education and Solving Newborn Health Problems. The case study deals with the issue of maintaining exclusive breastfeeding of a newborn in mothers undergoing appendectomy surgery.

Conclusion: Breastfeeding is natural nutrition of newborns and infants. WHO and UNICEF recommend exclusive breastfeeding for children up to 6 months of age followed by breastfeeding with gradual introduction of food until 2 years old. Lactation advisors play an important role in this strategy. However, the solution of some problems such as the issue of anaesthesia during breastfeeding, pharmacological treatment, etc. requires professional medical knowledge. In

this case, mothers should use the advice of lactation advisors who are health professionals.

Keywords: *Advisor; Breastfeeding; Lactation counselling; Mother; Newborn*

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Psychophysical burden of nursing staff during covid-19 pandemic

Review study

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ABSTRACT

Introduction: In November 2019, a series of COVID-19 cases was noted in Wuhan, China (Biegańska-Banaś and Makara-Studzińska, 2020; Lango, 2020). On March 3rd 2020, World Health Organisation announced the coronavirus pandemic in the world (WHO, 2021). Till now over 180 million cases were reported worldwide (CSSE&JHU June 26th 2021). Daily exposure to the virus and the high mortality rate of the disease resulted in a high psychophysical burden on the nursing staff.

Main text: From the beginning of the pandemic, the medical staff was the group most involved in combating it. Daily exposure to the virus has become an occupational hazard and resulted in high morbidity and mortality among staff. The report of the International Council of Nurses indicates that by the end of December 2020 there were 2 262 deaths among nurses (ICN, 2021) The fact that the disease was unknown and deadly put a heavy burden on medical staff. There have been many studies on the psycho-physical burden among nurses working with patients infected with COVID-19. Numerous studies confirm that there are cases of anxiety and stress levels as well as post-traumatic stress symptoms in the group of nurses (Gniadek et al., 2020; Lagase, 2020; Nowicki et al., 2020; Sampaio et al., 2020; Shen et al., 2020). The most common causes of stress are work in new, unknown conditions, organizational reasons, and emotional causes.

Conclusion: The time of the pandemic is a previously unknown situation that poses a significant psychophysical burden for the medical staff.

Keywords: COVID-19; Nursing; Pandemic; Psycho-physical burden; Stress

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Level of disability in people with physical disabilities

Original research study

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ABSTRACT

Introduction: Physical disability is a multifactorial issue and includes all movement impairments, amputations, malformations, and deformations. We use many assessment tools in clinical practice. Usually, nurses assess the risk of pressure sores, risk of falls, level of independence, and nutritional status. In many healthcare facilities, nurses use old tools to measure these domains and do not focus on the other domains of a disability.

Objective: We focused on the usability of the WHODAS 2.0 tool to measure disability in people with physical disabilities and analyzed the actual level of disability during hospitalization.

Methods: We used the quantitative research method with the standardized tool WHODAS 2.0 for measuring the actual level of disability in people with physical disabilities. 214 patients were assessed during their hospitalization. We collected data between May and August 2019, and we use the SASD program and standard scoring sheet for standard evaluation of the level of disability in each domain.

Results: People with physical disabilities are disabled during hospitalization in each domain we assessed (understanding and communication, mobility, self-care, relationships, life activities, and participation). The total level of disability is 52.26%.

Conclusion: The main affected area is the mobility and participation domains. The assessment tool WHODAS 2.0 is handy for measuring disability in each domain and overall. We recommend using it in clinical practice.

Keywords: *Healthcare facilities; Level of disability; Physical disabilities; WHODAS 2.0*

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BENEFITS – Better and Effective Nursing Education For Improving Transcultural nursing Skills

Original research study

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ABSTRACT

Introduction: With this presentation, the authors want to introduce an Erasmus+ strategic partnerships for higher education project, number KA-2 20191-TRO1-KA203-076879.

Main text: The goal of this project is to evaluate current evidence based on educational interventions to improve nursing students' cultural competence and the effectiveness of these interventions.

The presentation will explain the intensive training program that took place between 25th and 31st July 2021 in Giresun, Turkey. Participants consisted of 25 students and 16 teachers from 2 continents, 6 countries and 7 institutes.

During the one-week intensive training program the students were sensibilized better for the cultural and care and health diversity. The partners developed a new curriculum in transcultural nursing for BSc nursing students.

The aim of the intensive training program was decided to be "To develop/promote awareness of culture based care; It is aimed that at the end of this course students will be capable of evaluating individual, family and community in a proper and evidence-based manner, and they will be competent to plan, implement and evaluate a culture based nursing care".

In the one-week intensive training program, instructors from all participating countries contributed to the effective teaching of intercultural nursing care by using active and original educational methods such as gamification, group work,

animation, and photographic storytelling. The effectiveness of the training program was evaluated with the BENEFITS assessment scale developed within the scope of the project and with different objective criteria.

Conclusion: This new curriculum with these topics will improve/develop the nursing students' skills, attitude and knowledge in this field.

Keywords: *Curriculum; Intensive program; International group; Transcultural nursing*

This study was funded by Erasmus+ 2019-TR01-KA203-076879 BENEFITS Project.

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Experiences with the mandatory (school) subject Professional communication and nonviolent self-protection at the Medical College in Prague

Original research study

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ABSTRACT

Introduction: Nurses, paramedics are frequently exposed to the consequences of aggression, and are among the most endangered professionals (Pekara et al., 2017). This is a descriptive study aiming to compare an intervention group of paramedics participating in a training session compared to a control group not participating in a similar training session.

Objective: Medical College in Prague has prepared a five-semester mandatory course for paramedic students. The focus is on training in communication, simulation scenarios with actors and real patients, and training for prevention of violence in their professional practice after graduation.

Methods: The goal was to compare this group with those who did not attend this course. We did 20 semi-structured in-depth interviews with paramedics two years after their graduation. This group was compared with a matched control group (age, department, level of education and practice experience) who did not attend the communication course. During the qualitative analysis, the data was repeatedly coded, moving from concrete passages to more abstract levels of coding, from codes to categories and finally to three overarching themes. In this study is tested whether the control group would show improved perception and management of violent patients, compared to an intervention group.

Results: The educated group more often thinks about causes of violence in patients than the group without mandatory education.

Conclusion: The intervention group tried to prevent every conflict and take care of violent patients despite their threats or verbal abuse.

Keywords: *Communication; Education; Prevention; Violence*

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Ensuring physical manipulation of patients by the management of selected South Bohemian hospitals

Original research study

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ABSTRACT

Introduction: Ensuring the quality and safety of physical manipulation of the patient is associated with the application of risk management as well as with the economic and personnel support of these activities.

Objective: The aim of this paper, based on the project "Physical Manipulation of Patients in Nursing Care" (FMP2019-02) is to analyze the provision of physical manipulation of patients by the management of selected South Bohemian hospitals.

Methods: The research of a qualitative nature consisted in the analysis of the answers made by the representatives of the management of selected South Bohemian hospitals to questions from the fields of risk management, staffing and financial funding of patient handling.

Results: Hospitals have identified the risks associated with patient manipulation in various types of documents and are continuously evaluating these risks. From an economic point of view, all hospitals spend funds on the purchase of aids and on capital costs associated with the adaptation of their facilities. Unfortunately, in the personnel area, some hospitals do not record incapacity for work associated with the consequences of patient handling.

Conclusion: Based on the research results, it is possible to make recommendations to hospital management that will lead to risk reduction and improvement of physical manipulation of patients, especially in standardization and continuous monitoring of this process.

Keywords: *Financial funding; Physical manipulation of patients; Risk management*

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Relationship of coping, quality of life and cognitive status in stroke patients

Original research study

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ABSTRACT

Introduction: Quality of life, coping strategies and other variables that may relate to the expected outcome indicator are important indicators in the process of evaluating recovery in patients after a stroke.

Objective: The objective of the present study was to examine quality of life in stroke patients and its relationship to coping strategies and cognitive status in a sample of hospitalized stroke patients.

Methods: A cross-sectional study. Fifty stroke patients were interviewed, including 21 (42%) men. The self-report questionnaires Brief COPE and SF-36, and a test of cognitive function (MMSE) were used for data collection. The average age of the respondents was 57 years (SD = 13.05).

Results: The worst-rated areas of quality of life in the stroke patients were Physical Activity, Overall Physical Health, and Health Change. No statistically significant difference between the genders was detected. Adaptive strategies Active Coping and Instrumental Support related to better quality of life in three domains. The adaptive strategy Planning positively correlated with cognitive status.

Conclusion: Identifying the relationships of quality of life, coping and cognitive status in stroke patients provides important information for the process of recovery and achievement of positive expected outcomes in the treatment and care for stroke patients.

Keywords: *Cognitive status; Coping; Quality of life; Stroke*

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Increasing health literacy in children

Review study

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ABSTRACT

Introduction: Ever since the academic year of 2016/2017, the Faculty of Health and Social Sciences of the University of South Bohemia in České Budějovice realizes the Children's University for children between the age of 8 and 15 years old. The main reason behind the creation of this project has been to introduce children to the higher education environment, to allow them to gain new knowledge and skills commonly used by the non-medical professions. At the same time, motivate children to utilize the skills in taking care of their health and the health of their close ones.

Main text: The concept of the Children's University strives for the development of communication skills, teamwork, and the acquirement of the key skills of some non-medical professions. The duration of the studies takes two years; the course is carried out during the winter and the summer semester. Each of them involves five meetings of the standard duration of two lessons. Each lesson has its syllabus according to which it's realized. The education is conducted under the guidance of experienced tutors: pedagogues and students of the Faculty of Health and Social Sciences. The emphasis is on motivation, understanding, and acquiring basic skills related not only to health. In individual semesters, the children simultaneously work on assignments from each lesson and practice their acquired knowledge at home as part of e-learning. A graduation ceremony concludes the two-year cycle of lectures. During the whole academic year, the Children's University simultaneously realizes the so-called Children's University on the road, which teaches first aid to primary school pupils in an interactive manner.

Conclusion: The activities realized by our Children's University lead to the increase of medical literacy and the acquisition of practical skills such as first aid, sick care, healthy diet, and exercise in the child population.

Keywords: *Child; Education; Literacy; Motivation; Student*

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The four conservation principles and colorectal cancer

Original research study

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ABSTRACT

Introduction: The Czech Republic ranks 14th in the world in the incidence of colorectal cancer. For this reason, early prevention and the possibility of using the M. E. Levine's conservation model are necessary.

Goal: The aim of this paper is to map the sub-changes caused by colorectal cancer, assessed according to the M. E. Levine's model.

Methods: In the empirical part we used a combination of qualitative and quantitative research. The Pre-research (qualitative) was used to identify the key data for answering the research questions and creating a custom-designed questionnaire. A non-standardized questionnaire was distributed across the Czech Republic to 300 patients with colorectal cancer. We also designed nursing documentation, which was verified by focus group with 35 nurses from clinical and community practice.

Results: Results show that patients are limited in areas of contact with friends and their loved ones to maintain social integrity. In the principle of maintaining structural integrity, problems with diet or alcohol consumption were identified. In the field of energy conservation, the influence of the length of diagnosis and colonoscopy performed as part of the preventive examination. In the principle of conservation of personal integrity, we have found that the length of time determines the fear of getting stoma and limiting of private life.

Conclusion: Provides evidence of the possibility of using M. E. Levine's conceptual model in colorectal cancer patients.

Keywords: *Colorectal cancer; Four Conservation Principles; M. E. Levine's model; Nursing*

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Measures leading to the reduction of infectious diseases in the First Czechoslovak Republic

Original research study

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ABSTRACT

Introduction: The year 1918 was characterized not only by organizational, political and economic changes triggered by the disintegration of the Austrian-Hungarian monarchy but also by a difficult epidemiologic situation. The healthcare system of the young state faced a complicated task: to reduce the number of infectious diseases and to prevent them from spreading [1].

Methods: The study is based on a historical analysis of Czech periodicals, documents and archival collections from that time dealing with this topic.

Results: At the beginning of the existence of the First (pre-Second World War) Czechoslovak Republic infectious diseases, such as scarlet fever, diphtheria, typhoid fever, dysentery, tetanus, puerperal fever, endemic typhus, smallpox, trachoma, malaria, rabies, were registered and observed [2]. At the time of the formation of the Republic, the unified Epidemic Act from 1913 was in force [3]. The Act was associated with various regulations concerning the isolation of the patient, the duty to report, the transfer of the patient to hospital, relocation, recovery or death. In 1920, the Act 412, On compulsory vaccination against smallpox, was passed [4]. In 1925, the Czechoslovak Healthcare Institute was founded in Prague [5], the national anti-epidemic apparatus was set up by the Ministry of Health, and mobile disinfection vehicles were established [1].

Conclusion: The established legislative regulations and further precautions gradually led to the reduction of infectious diseases.

Keywords: *Healthcare facilities; Infectious diseases; Legislation; Precautions*

This paper is a partial result of the solution of the scientific project with registration number 20-094705 "Health system of the first Czechoslovak Republic in the context of its national and social composition – center vs. periphery" supported by the Grant Agency of the Czech Republic.

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Transcultural assessment model and the Roma minority

Original research study

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ABSTRACT

Introduction: The Roma are the most numerous national minority living in the Czech Republic.

Objective: The aim of this paper was to find out the specifics of nursing care in clinical and community practice for the Roma minority using the conceptual model of J. N. Giger and R. E. Davidhizar.

Methods: The research part was implemented using a quantitative research method, a non-standardized questionnaire technique. The research team consisted of 600 respondents from all over the Czech Republic. Selection itself was done using a stratified sampling. The collected data was then inserted into the SASD matrix and then sorted into SPSS.

Results: The research carried out has shown that health is one of the highest values in life for Roma people. Although health comes first, their way of life does not match this finding. This mainly concerns the area of substance abuse and disease prevention. Health care is influenced by their education. The Roma minority is a relatively closed group of inhabitants, which to this day is difficult to assimilate into the majority society.

Conclusion: The Roma minority is a group of people with a different culture. If the nurses have sufficient cultural competence, they will also improve their ability to communicate with a patient of a different culture. The research was carried out within the framework of the team research project of GAJU No. 048/2015/S.

Keywords: *Giger and Davidhizar; Nursing; Roma minority*

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The relation between physical handling and ethics

Original research study

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ABSTRACT

Background: This paper focuses on ethical aspects of physical handling. Nursing care of patients must respect each man as human being. Therefore, they must perform medical procedures gently and with respect to avoid psychic impairment or negative experiences.

Aim: We would like to find the attitude of nurses to ethics in the area of physical patient handling.

Methods: Self-developed quantitative questionnaire was used to assess the attitude of nurses to ethics regarding physical handling. The Likert scale monitored frequency, the level and agreement with presented statements. The sample consisted of 96 nurses from 5 South Bohemian hospitals. Statistical analysis was performed using the SASD and the SPSS software. In the first stage of classification, frequency tables were constructed for individual indicators and absolute and relative frequencies and mean values were calculated; the level of variance was of 0.05. As part of the context analysis, the Chi-square of good agreement – χ^2 (Pearson Chi-Square) and the Independence Test were applied according to the nature of the characters and the number of observations.

Results: The answers to statements show the respect to individual patient's rights and are in the range "I fully respect" and "I rather respect". The respondents respected the patient's right to express their opinion (89%), the right for privacy (77%), the right to refuse care (44.8%), the right for autonomy (72.9%), and the attitude for human dignity (87.5%). Gentle care is more likely to be provided by graduates from secondary nursing schools and high schools than by university graduates ($p < 0.05$). Information about the medical procedure that is about to be performed is more likely to be given by graduates from secondary nursing schools and high schools than by university graduates. The graduates from secondary nursing schools and high schools are less likely to agree with the statement: When my co-worker does not use manipulation aid, I don't use it either ($p < 0.01$). 6.2% of the respondents indicated that they would like to uphold an ethical approach but lack the working conditions to do it. The respondents indicated lack of manipulation aids and lack of time due to lack of personnel.

Conclusion: The adherence to ethical principles when providing physical handling by healthcare personnel is quite good but meets obstacles due to inadequate working conditions.

Keywords: *Nursing ethics; Patient physical handling; Patient's rights; Patient manipulation*

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Assesment of the nutritional status of healthy children using bioelectrical impedance and anthropometric measurement

Original research study

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ABSTRACT

Introduction: Regular monitoring of healthy children should include precise assessment of their nutritional status to identify children and adolescents at risk of nutrition disorders.

Objective: The purpose of the study was to assess the nutritional status of healthy children using different nutritional risk screening tools.

Methods: The study conducted between March 2016 and April 2018 involved a group of 550 children and adolescents within the age range of 7 to 15 years. Anthropometric characteristics (body mass, height, body mass index) were collected using standard procedures. In addition, the following parameters were analyzed: fat mass, fat-free mass, body cell mass, and total body water.

Results: The results revealed that variables such as children's age and sex significantly differentiated the values of selected components of the body composition. In the study group of girls, a steady increase in FM up to 13–15 years of age and then its stabilization was demonstrated. In boys, there was an increase in FM in kg with a simultaneous decrease in the percentage of total body weight. The increase also concerned other components of body composition in kg, with their different percentage distribution.

Conclusion: As a result of differences in nutritional status assessment with BMI in relation to actual body composition values, screening and in-depth methods should be combined for precise screening of child development.

Keywords: *Body composition; Children; Health; Nutritional assessment; Nutrition indicators*

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Developing the “Better and Effective Nursing Education For Improving Transcultural nursing Skills (BENEFITS)” Cultural Competence and Cultural Sensitivity Assessment Tool

Original research study

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ABSTRACT

Aim: This study was conducted to develop a scale to measure the progress of nursing students' respect for diversities, cultural competence, culturally sensitive communication and transcultural nursing skills.

Methods: This methodological study was conducted from April 2020 to April 2021 in two universities, among postgraduate ($n = 70$) (for pilot study) and third/fourth grade bachelor's degree nursing students ($n = 459$). Language adaptation and content validation was performed for this scale. Reliability analysis for scales is performed in order to test internal consistency of the items and to test whether all items are assessing the same topic. Reliability of scales are inspected by Cronbach Alpha value. Descriptive Factor Analysis and Confirmatory Factor Analysis were performed for reliability and structural validity of the adapted scale.

Results: Cronbach Alpha value was 0.953 (for pilot study) and 0.828 (for the scale development). BENEFITS Assessment Scale was composed of 43 items. During the scale development analysis 17 items were excluded from the scale and remaining 26 items were gathered under 5 subdimensions. In this study, the mean total scale score was 132.86 ± 14.56 . According to Descriptive factor analysis, factors explained 69.826% of the variance. In confirmatory factor ana-

lysis of the scale, structural equation modeling results identified that the scale would be composed of 26 items with $p < 0.0001$ significance level.

Conclusion: The data obtained from this study reveal that BENEFITS Assessment Scale is a valid and reliable measurement tool to determine respect for diversities, cultural competence, culturally sensitive communication and transcultural nursing skills of nursing students.

Keywords: *Cultural care; Cultural care evaluation; Cultural knowledge and nursing skills; Cultural respect; Cultural sensitivity; Nursing education, Nursing students; Transcultural nursing*

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Experts for nursing validation studies in Slovakia and Czech Republic

Original research study

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ABSTRACT

Introduction: A validation process is important for the development of nursing science and essential for the development of classification systems. In the methodology of validation studies in nursing, there are several models and criteria for identifying nurse experts.

Objective: The objective of the present study was to compare the expert selection criteria.

Methods: A cross-sectional study. A total of 815 nurses were assessed, including 435 (53.4%) nurses from Slovakia. The questionnaires consisting of the criteria for an expert for nursing validations according to Fehring (1994) and Zeleníková et al. (2010) were used for data collection.

Results: A statistically significant difference was found in meeting the expert selection criteria in accordance with the evaluated methodologies. According to Fehring's expert selection criteria (1994) – accepting the requirement for a master's degree – 13% of the nurses in the sample would meet the requirement. According to the proposed national criteria for Slovakia and the Czech Republic, 82.5% of the nurses would meet the expert selection criteria.

Conclusion: Consistent selection of experts for validation studies is considered crucial. In modifying the expert selection criteria according to the specificity of a country, precision and responsibility in selection are required, while respecting the necessary conditions for sufficient knowledge and skills of an expert based on research and clinical experience.

Keywords: *Criteria; Expert; Nursing; Validation*

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