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PEERS ALLEY
M E D I A

Annual Meeting on

The Future of Nursing and Nursing Education

October 25-26, 2022

Dubai, UAE

FUTURE NURSING 2022

Theme:

Advancing Healthcare Transformation:
The New Era of Nursing Education,
Research and Practice

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PROGRAM-AT-A-GLANCE

FUTURE NURSING
2022

DAY 1

OCTOBER 25, 2022

Scientific Program

09:00-09:45 Registrations

09:45-10:00 Opening Ceremony

Moderator: Manana Machitidze, University of Georgia, Georgia

Keynote Forum

10:00-10:35

Title: Characteristics of occupational incidents and accidents in a large university hospital in Belgium

Norbert Fraeyman, Ghent University, Belgium

10:35-11:10

Title: Possibilities of nursing high education in the context of covid-19: Reality and perspectives

Manana Machitidze, University of Georgia, Georgia

Refreshment Break 11:10-11:25

11:25-12:00

Title: Nursing in Georgia and perspectives on its development

Maia Gogashvili, University of Georgia, Georgia

Distinguished Speaker Talks

Chair

Manana Machitidze, University of Georgia, Georgia

Chair

Maia Gogashvili, University of Georgia, Georgia

12:00-12:25

Title: Confronting covert racism in the healthcare system: The future of the nursing profession

Amos Nkrumah, Mount Royal University, Canada

12:25-12:50

Title: Electronic medical record implementation in a large healthcare system from a leadership perspective

Abdullah Ali Al Ghamdi, King Abdulaziz Medical City, Saudi Arabia

12:50-13:15

Title: High prevalence of gastrointestinal symptoms in patients with primary Sjogren's syndrome cannot be attributed to pancreatic exocrine insufficiency

Aleksandra Hedstrom, Department of Medicine, Karolinska Institutet, Sweden

Lunch Break 13:15-14:00

Distinguished Speaker Talks

14:00-14:25

Title: Role of family nurse in early detection and management of Hepatitis C, HIV/AIDS and TB

Marina Jimukhadze, *University of Georgia, Georgia*

14:25-14:50

Title: Prevalence of symptoms and knowledge regarding carpal tunnel syndrome among gadget used adults

Athul Tintu Tomy, *Carmel College of Nursing, India*

14:50-15:15

Title: Unilateral pulmonary edema

Zhang Qinghai & Shi Yaopu, *Weifang People's Hospital, China*

15:15-15:40

Title: Perceptions of nursing students on the effect of cooperative learning on academic achievement and learning environment

Mohammad Reza Keramati, *University of Tehran, Iran*

15:40-16:05

Title: Covid-19 vaccine acceptance level in Ethiopia: A systematic review and meta-analysis

Addisu Tadesse Sahile, *Unity University, Ethiopia*

Refreshment Break 16:05-16:20

Distinguished Speaker Talks

16:20-16:40

Title: Determining the effect of group flower arranging sessions on caregiver self-efficacy and stress levels in an in-patient hospice

Joanne Lavin, *CUNY School of Professional Studies, USA*

16:40-17:00

Title: Obesity myths and facts

Ecler Ercole Jaqua, *Loma Linda University Health, USA*

17:00-17:20

Title: Comparison of the use of manikins and simulated patients in a multidisciplinary in situ medical simulation program for healthcare professionals in the United Kingdom

Marrit Meerdink, *University Hospitals Bristol and Weston NHS Foundation Trust, UK*

17:20-17:40

Title: Acupuncture for COVID-19 patient after ventilator weaning: A protocol for systematic review and meta-analysis

Xiangyu Zhu & Yu Zhang, *Beijing University of Chinese Medicine, China*

End of Day 1



DAY 2

OCTOBER 26, 2022

Scientific
P r o g r a m

Virtual Program

**Exclusively for
Virtual Speakers**

**Virtual Presentations
Conducted through
CISCO Webex**

KEYNOTE PRESENTATIONS

DAY 1



Annual Meeting on

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BIOGRAPHY

N. Fraeyman obtained a master degree in chemistry at the University of Ghent and became assistant at the Heymans Institute, Faculty of Medicine in 1971. NF obtained his PhD in Biochemistry in 1983 and became professor Pharmacology in 1992 at the Faculty of Medicine till 2015. NF was responsible for

the environmental issues at the University Hospital Ghent from 1996 till 2017 and was the head of the department for prevention of occupational accidents from 2000 till 2017. NF retired in 2017.

N. Fraeyman

Ghent University, Belgium

Characteristics of occupational incidents and accidents in a large university hospital in Belgium

Both the incidence of occupational incidents (unwanted events without loss of working time) and occupational accidents (unwanted events with loss of working time) in the health care sector remain high despite the efforts to prevent them. About half of all unwanted events in the health care sector are related to wounds with needles or other sharp objects but at least as important, both in number and in physical burden to the victim, are unwanted ergonomic incidents and accidents. These are commonly described as slips, trips and falls (STF's), events related to patient care such as lifting, bed-bed or bed-chair repositioning or transporting (occasionally heavy) patients and events not related to patient care as a consequence of an incorrect, uncontrolled movement with the body or handling (occasionally heavy) objects. All others are considered as non-ergonomic. Several reports describe that female, older and inexperienced employees are more vulnerable to occupational accidents.

We studied several aspects of occupational incidents and accidents occurring in Ghent University

Hospital over a long period (from 1993 to 2017) confirming previous evidence: 1) female and older employees were found to be more vulnerable, 2) the frequency (number of accidents/100 employees) was 2-4 times higher for employees performing manual tasks, and 3) the severity of ergonomic accidents, expressed as the number of lost days at work, was double as high than of non-ergonomic accidents. However, contrary to existing evidence, no independent association between body mass index and the frequency and severity of occupational accidents was observed.

During the entire study period, marked efforts related to the amelioration of ergonomic working conditions were done at different levels of the organization. We found a systematic decrease in the number of ergonomic accidents that was mirrored by an increase in number of incidents. It is tempting to speculate that the increase in number of reported occupational incidents may be a measure of increased safety culture/behavior and a reflection of the adequacy of the preventive measures taken.



BIOGRAPHY

Manana Machitidze graduated from Tbilisi State Medical University, Faculty of Pediatrics. Currently, she is a Doctoral student at the Faculty of Medicine of Tbilisi State University. Her dissertation topic is - "Improving Patients Treatment and Care Outcomes: Targeting Nurses Education".

Since 2014, she has been leading the clinical teaching and lecture courses of the Nursing Department at the School of Health Sciences of the University of Georgia, at the Nursing and other faculties of the school. She has completed training courses for Emory University TOT - Nurse Educator, Leader-Nurse, and Nursing Clinical Research Training and has

received the relevant certificates. She has experience in international projects (UN, USAID). Has practical medical, and pedagogical experience as a trainer, mentor, teaching planner, coordination, management, and lecturer. She is the Education Coordinator of the Georgian Nurses Association and a member of the nursing protocols development team, as well as the author/co-author of several books and publications. She has actively participated in many international projects, webinars, conferences, and meetings related to Nursing, Health Care, and education. She has active involvement in research in local and international healthcare fields.

Manana Machitidze

University of Georgia, Georgia

Possibilities of nursing high education in the context of covid-19 : Reality and perspectives

Aim/objective: The Covid-19 pandemic has swept the world and affected our daily life in various ways. While this impact is often negative, it has pushed some areas for development, overcoming challenges, and generating new opportunities. This article reviews the problem, its triggers, consequences, and perspectives.

Background: The education sector faced a challenge at the beginning of the pandemic of maintaining security and high-quality teaching simultaneously, especially since there was no online teaching experience. Healthcare faculties were at the forefront of such difficulties, as the training included not only theoretical but also simulation and practical teaching, the implementation of which was initially unimaginable.

Design and Methods: The article reviews and describes the global situation through secondary data analyses published in SCOPUS and PubMed from 2020-2022. Also, an analysis of survey results conducting in May 2020 at the University of Georgia (UG) School of Health Sciences.

Results and Conclusions: To formulate the main difficulties will be taken list: teaching, research, and communication. Along with education, the challenge was increasing Internet usage, which in many cases led to delays in the teaching-learning process. Creating virtual platforms and developing online pedagogy is undoubtedly a significant pandemic challenge.



BIOGRAPHY

Maia Gogashvili – since 2012 Head of the Nursing Department at the School of Health Sciences and Public Health of the University of Georgia. Has PhD degree in Public Health. Has years of experience in: Teaching, development and implementation of degree curricula and Syllabuses in nursing;

management and coordination of local and international projects; development and teaching of nursing courses; expert advisory work. She has actively participated in many international meetings related to Nursing and Health Care Management, education.

Maia Gogashvili

University of Georgia, Georgia

Nursing in Georgia and perspectives on its development

Nursing is an integral and important part of the healthcare system. In Soviet period nursing model in Georgia viewed nurse as the „first stage“ of medical practice (doctor’s assistant). This resulted in the impediment in the development of nursing as an independent profession. In order to improve public health through further development of the nursing practices in the country, and achieve increase in the quality of nursing care, introduction of higher education system was urgent. Throughout the recent history of Georgia, many fragmented attempts to develop the field were conducted. Nursing was one of the first health care group and practical discipline included in the Bologna Process. As a result of

reforming the education systems, from 2011 new level of a nurse have been introduced in the healthcare system of Georgia - Bachelor Nurse. Revision of vocational curricula began just in recent years, however due to the lack of professional nursing literature and many other factors, such as the absence of nurse trainers and outdated methods of clinical practice, the quality of education in Georgia requires its harmonization with international standards and intensive work in this direction is in progress. The University of Georgia was the first educational institution in the country where BSN program was developed and introduced.

SCIENTIFIC ABSTRACTS

DAY 1



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Confronting covert racism in the healthcare system: The future of the nursing profession

Amos Nkrumah

Sociology & Anthropology, Mount Royal University, Canada

Racism is a social phenomenon that categorizes people based on race, colour, ethnicity, and culture in the allocation of resources in a way that unfairly disadvantages some and rewards others. Racism, particularly covert racism, is manifested in various forms and affects visible minorities in many ways, including avoidance, unfriendly verbal and nonverbal communication, and denial of

assistance, especially in healthcare institutions. Covert racism negatively impacts people's health outcomes physically, emotionally, and psychologically. This presentation is based on scholarly reviews and my research on racism using unstructured interviews and focus group discussions and arguing that the nursing profession has a critical role in addressing system racism in the healthcare system.

Biography

Dr. Amos Nkrumah is an Assistant Professor of Sociology at Mount Royal University (MRU), Calgary, Alberta, Canada. Dr. Nkrumah received his Ph.D. in Sociology from the University of Saskatchewan, Canada, M.A. in Social Justice and Equity Studies from Brock University, Canada, M.Phil. in Sociology from the University of Ghana, and B.A. (Honours) in Sociology and Political Science from the University of Ghana. Before joining Mount Royal on July 1, 2022, Dr. Nkrumah taught at the University College of the North (UCN), The Pas, Manitoba, for four years and Mount Saint Vincent University, Halifax, Nova Scotia, for two years. His research focuses on transnational migration, immigrants' socio-economic activities in Canada, immigrant entrepreneurship, specifically immigrants of African descent, as well as issues on race and racism. He has published on issues of immigrants' social and economic activities in Canada, race, and covert racism.



Electronic medical record implementation in a large healthcare system from a leadership perspective

Abdullah Ali Al Ghamdi², Yaseen M Arabi¹, Mohamed Al-Moamary³, Abdullah Al Mutrafy⁴, Raed H. AlHazme⁵ and Bandar Abdulmohsen Al Knawy⁶

King Abdulaziz Medical City, Saudi Arabia

Background: Information on the use of change management models to guide electronic medical records (EMR) implementation is limited. This case study describes the leadership aspects of a large-scale EMR implementation using Kotter's change management model.

Methods: This case study presents the experience in implementing a new EMR system from the leadership perspective at King Abdulaziz Medical City, a large tertiary care hospital in Riyadh, Kingdom of Saudi Arabia. We described the process of implementation and outlined the challenges and opportunities, throughout the journey from the pre-implementation to the post-implementation phases.

Results: We described the corresponding

actions to the eight domains of Kotter's change management model: creating a sense of urgency, building the guiding team, developing a change vision and strategy, understanding and buy-in, removing obstacles, creating short-term wins, building on the change and anchoring the changes in corporate culture.

Conclusions: The case study highlights that EMR implementation is not a pure information technology project but rather is a technical-based complex social adaptive project that requires a specific set of leadership competencies that are central to its success. It demonstrates that change management models might be useful for large-scale EMR implementation.

Biography

Dr. Abdullah Al Ghamdi is a board-certified family and addiction medicine physician from the University of Toronto, Canada, with over 20 years of clinical, academic, and training experience. He is an assistant professor of family medicine at King Saudi bin Abdulaziz University for Health Sciences in Riyadh.

Dr. Al Ghamdi holds a master's degree in health professions education from Maastricht University, the Netherlands, and a master's degree in leading innovation and change from York st. Johns University, the United Kingdom, and a diploma in health informatics from Sheffield University, the United Kingdom. He is a board-certified physician executive from the American Association of Physician Leadership.

Dr. Al Ghamdi participated at the national level in developing the healthcare model, designing national digital healthcare transformation, and leading train the trainer program for the postgraduate clinical training at the Saudi Commission for Health Specialties. He received leadership and academic awards internationally and nationally.



High prevalence of gastrointestinal symptoms in patients with primary Sjögren's syndrome cannot be attributed to pancreatic exocrine insufficiency

Aleksandra Hedstrom¹ and Miroslav Vujasinovic²

¹Department of Medicine, Karolinska Institutet, Sweden

²Department for Upper Abdominal Diseases, Karolinska University Hospital, Sweden

Introduction: Pancreatic exocrine insufficiency (PEI) results in maldigestion of fat, leading to steatorrhea, malabsorption and weight loss. Sjögren's syndrome (SS) is a chronic autoimmune rheumatic disease with unknown etiology. The exocrine pancreas and the salivary glands are functionally and histologically comparable, and pancreatic dysfunction in SS has been hypothesized.

Methods: Patients were recruited from the Department for Rheumatology at the Karolinska University Hospital in Stockholm, Sweden, between June and December 2019. PEI was assessed by fecal elastase-1 (FE-1) and ¹³C-mixed triglyceride breath test (¹³C-MTG-BT). The presence and severity of gastrointestinal symptoms were assessed by a well-established and validated survey based on a seven-point Likert scale.

Results: Fifty-seven patients with primary SS were included in the study, comprising 92% females with a median age of 63 years.

In total, 87% of SS patients were tested for FE-1 and all had normal results. All patients who underwent a ¹³C-MTG-BT had a normal cumulative ¹³C-exhalation. Compared to the control group, significantly more patients suffered from gastrointestinal (GI) symptoms ($p < .01$). The same number of patients noted moderate to severe loose bowel movements or constipation (38%). Eleven GI symptom parameters were compared to controls and the highest odd ratios were noted for the following moderate to severe symptoms: bloating, feeling of incompletely emptied bowel after defecation and abdominal pain relieved by bowel action.

Conclusion: In our study, most SS patients suffered from irritable bowel syndrome (IBS)-like GI symptoms that could not be attributed to PEI. Abstract should give clear indication of the objectives, scope, results, methods used, and conclusion of your work. One figure and one table can be included in your results and discussions.

Biography

Aleksandra Hedström, MD, PhD, started her residency in Internal medicine and gastroenterology and hepatology at Karolinska University Hospital, Stockholm, Sweden in 2012 and working as a specialist since 2020 at Department for Upper Abdominal Diseases, Liver and pancreas unit and unit for endoscopy, Karolinska University Hospital Stockholm, Sweden. In 2021 finished her thesis in "Clinical consequences of pancreatic exocrine insufficiency" and became PhD and her main research interest is in the field of pancreatology. Her practice focuses on pancreatology and endoscopy. She speaks 4 languages and even organizes course for future specialists in gastroenterology and primary care medicine. She is also active in teaching students and currently has started research in another field, investigations about HIV patients and their immune reservoirs.



Role of family nurse in early detection and management of Hepatitis C, HIV/AIDS and TB

Marine Jimukhadze

University of Georgia, Georgia

Despite significant improvements in recent years, the burden of TB, HIV/AIDS and hepatitis C remains high in Georgia.

At the primary healthcare level it might be difficult for physicians and nurses to identify high risk groups for hepatitis C and HIV/AIDS because of the stigma associated with these diseases, but in accordance with the strategic plans approved by the Georgian government in 2016, in frames of state programs, supported by the Global Fund, the measures are continuously implemented to monitor, control, prevent, diagnose and treat these

diseases, that ensures universal access to relevant services for high-risk groups and the general population.

Specially trained family nurses employed in the primary healthcare have made a major contribution to the introduction of integrated screening for all three diseases in rural areas, districts and large cities. Their participation increased patients awareness, identification of risk groups for TB with the use of special questionnaires, early detection of hepatitis C and HIV/AIDS with express tests and timely referral to family physician.

Biography

She works as a Head of Nursing Assessment and Pediatrics direction at the School of Health Sciences of the University of Georgia. She is a trainer with 20 years of experience and a family physician at National Family Medicine Training Center of Georgia. She actively participated in the development of Guidelines for clinical management of diseases in primary healthcare.



Prevalence of symptoms and knowledge regarding carpal tunnel syndrome among gadget used adults

Athul Tintu Tomy² and Prabha Grace¹

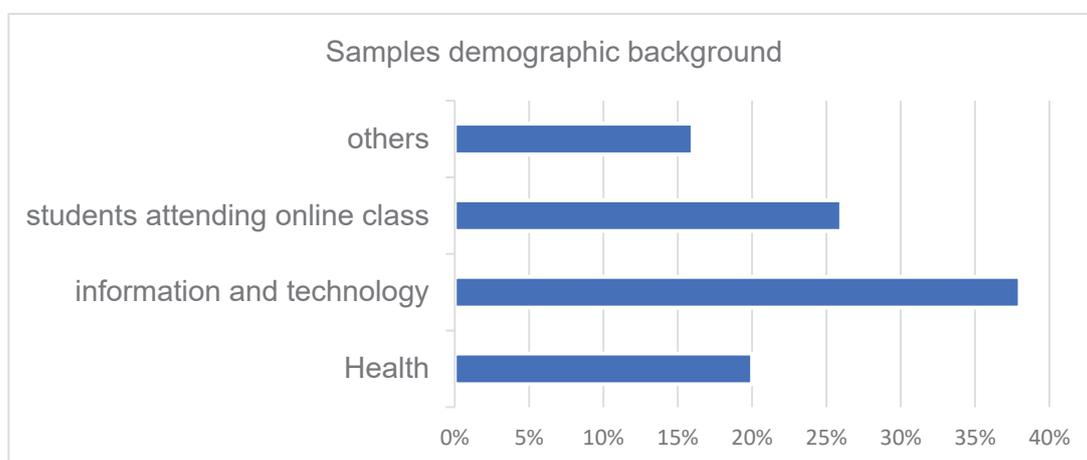
Carmel College of Nursing, India

Gadget is a small, unique-use mechanical or electronic device. Technology and gadgets are now indispensable in our daily lives. In the past few years carrying a miniature computer (a smart phone) in a pocket has become commonplace. It's a familiar story for many of us: after hours of typing away on our computers or scrolling through Facebook on our iPhones, we feel a twinge of pain in our hands, or the need to flex our wrists. The researchers think the symptoms seen after using these devices are very similar—and could indicate an increased risk of developing CTS.

Main objectives of my study were identifying the prevalence of symptoms and knowledge of adults regarding carpal tunnel syndrome among

gadget users, and provide an information leaflet about hand wrist exercises to prevent gadget use associated Carpel Tunnel Syndrome. An online questionnaire survey method used for data collection. 320 samples between 18 to 50 years of age group from various sectors were participated.

42 percentage of samples uses gadgets more than 5 hours in a day, whereas 46% of samples uses gadgets more than 8 hours in a day. 16% of samples have 2 or more symptoms and 48% of samples not having any symptoms. Samples working in health sector have adequate knowledge regarding Carpel Tunnel Syndrome, but samples from the other sectors have inadequate knowledge.



Prevalence of symptoms of Carpel Tunnel Syndrome				
	Frequency of samples have symptoms	Percentage	Frequency of samples not having symptoms	Percentage
Pain in the hand especially wrist and palm	68	21.25 %	252	78.75%
Experience numbness in the wrist and palm	43	13.4%	277	86.6%
Tingling sensation in the fingers	55	17.2%	265	82.8%
Burning sensation in the wrist or palm	22	6.8 %	298	93.2%
Weakness in the hand	65	20.3%	255	79.7%

Biography

My name is Athul Tintu Tomy, and I am proud to be a teacher. I was born and raised in India, where I lived now. Currently, I am working as an associate professor cum internal quality assurance coordinator at Carmel college of nursing, Kerala, India. I have total 10 years of teaching experience from various nursing colleges in Kerala. I earned bachelor degree and master's degree from Rani Meyyammai college of nursing, Tamilnadu, India during the year 2008 and 2011 respectively. I took Masters degree in Medical Surgical Department and my super-specialty is critical care nursing. I published 3 research papers in journals along with co-authors.



Unilateral pulmonary edema

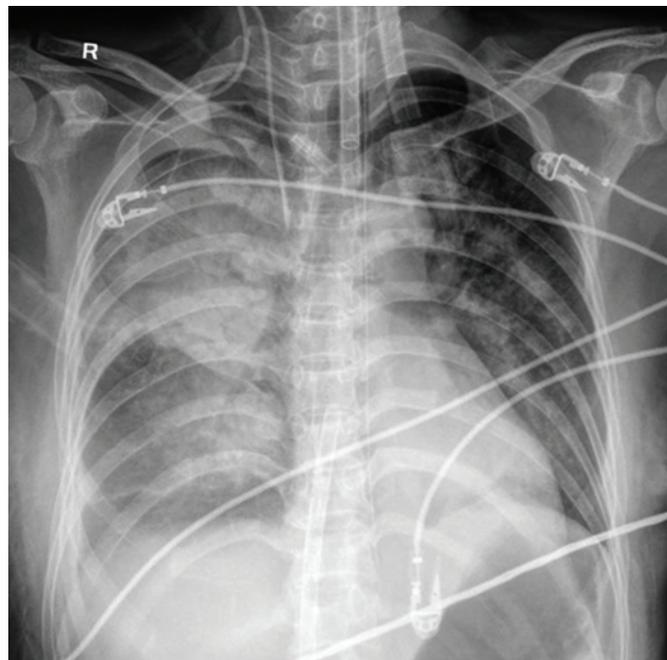
Qinghai Zhang and Yaopu Shi

*Department of Critical Care Medicine,
Weifang People's Hospital, China*



A 44-year-old woman presented to the emergency department with sudden chest tightness and suffocation, the chest radiogram revealed unilateral pulmonary edema (UPE), Color Doppler echocardiogram showed that the leaflet prolapsed with severe regurgitation, and the regurgitant jet tended to

blow rightward within the left atrium. With the assistance of mechanical ventilation and Venous-Arterial Extracorporeal Membrane Oxygenation (VA ECMO), then she was accepted mitral valve replacement. UPE is often misdiagnosed and delayed treatment, so accurate diagnosis and timely treatment are crucial.



Biography

Qinghai Zhang, MD, Director of the Intensive Care Medicine Research Office, member of Shandong Intensive Medicine Association, has a number of provincial and municipal scientific research projects, and has been engaged in acute and critical illness work for a long time, including clinical and scientific research. Proficient in cardiopulmonary resuscitation, sepsis, shock, ARDS, MODS, gastrointestinal dysfunction and gastrointestinal bleeding, acute coagulation dysfunction, multiple trauma and complex trauma, acute renal insufficiency, etc.

Yaopu Shi, attending physician, Outstanding young physician in Weifang, Rescue contribution award in Weifang, Proficient in surgical intensive care, circulatory management, sedation and analgesia, severe infection treatment, etc.



Perceptions of nursing students on the effect of cooperative learning on academic achievement and learning environment

M. R. Keramati¹ and R. M. Gillies²

¹Department of Education, University of Tehran, Iran

²School of Education, University of Queensland, Australia

Although previous studies have highlighted the positive effects of cooperative learning (CL) on academic achievement as well as the learning environment, they have not shown how this happens. The purpose of this study was to determine the effectiveness of CL in the field of nursing, as well as to identify students' perceptions of how these effects occur. In this mixed methods, sequential explanatory design data were collected through achievement test, WIHIC questionnaire, and in-depth interviews. There was a significant difference between the academic achievement of students and also their perception of classroom environment in the experimental and control groups in favour of CL. The students' experience indicated that CL not only creates a secure environment and enhances the deep learning and motivational process, but also increases instructor support and provides equal opportunities for student involvement in the patient education classroom. The findings of this study illuminated the role

of social interdependence theory played in helping students connected with each other to promote learning. This study can increase the willingness of instructors to implement CL. It encourage administrators to meet the prerequisites for implementing CL. Findings of this study have three meaningful implications. First, experiencing CL in a university class room helps to provide the momentum for nursing students to implement it in their teaching practices if they want to teach at the university in the future as faculty members. Second, it may encourage administrators in universities of medical sciences to meet the prerequisites for implementing CL by developing instructors' knowledge of CL and equipping classrooms so students are able to work in small groups. Third, this study emphasizes the importance of interaction for nurses during their education. Classroom interactions can prepare them for effective interaction with patients in their workplace.

Biography

Mohammad Reza Keramati is an Associate Professor in the Faculty of Psychology and Education, University of Tehran, Iran. He was a visiting academic at the University of Alberta (2011-2012) and the University of Queensland (2019-2020). His major research interests include learning-teaching sciences, cooperative learning, small group process, and classroom leadership in primary and secondary schools and universities. He has organized many workshops for faculty members of the universities of medical sciences and other universities in Iran in the field of cooperative learning in higher education.



Covid-19 vaccine acceptance level in ethiopia: A systematic review and meta-analysis

Addisu Tadesse Sahile¹ and Tennyson Mgutshini²

¹Unity University Addis Ababa, Ethiopia

²University of South Africa, South Africa

Background: The coronavirus disease 2019 pandemic has had a devastating impact on the everyday lives of the world's population and to this end, the development of curative vaccines was upheld as a welcome panacea. Despite the undeniable negative impact of the disease on human beings, lower than expected proportions of people have taken up the vaccines where Ethiopia represents an interesting case example, of a nation where COVID-19 vaccine acceptance levels have not been well investigated and a need exists to assess the overall level of vaccine acceptance.

Methods: A systematic multi-database search for relevant articles was carried out across Google Scholar, Web of Science, Science Direct, Hinari, EMBASE, Boolean operator, and PubMed. Two reviewers independently selected, reviewed, screened, and extracted data by using a Microsoft Excel spreadsheet. The Joanna Briggs Institute prevalence critical appraisal tools and the modified Newcastle Ottawa Scale (NOS) were used to assess the quality of evidence. All studies conducted in

Ethiopia, reporting vaccine acceptance rates were incorporated. Comprehensive meta-analysis version 3.0 was used for the analysis. Heterogeneity was confirmed using Higgins's method, and publication bias was checked by using Beggs and Egger's tests. A random-effects meta-analysis model with a 95% confidence interval was computed to estimate the pooled prevalence. Furthermore, subgroup analysis based on the study area and sample size was done.

Results and Conclusion: After reviewing 67 sources, 18 articles fulfilled the inclusion criteria and were included in the meta-analysis. The pooled prevalence of COVID-19 vaccine acceptance in Ethiopia was 57.8% (95% CI: 47.2%–67.8%). The level of COVID-19 vaccine acceptance in Ethiopia was at a lower rate than necessary to achieve herd immunity. The highest level of vaccine acceptance rate was reported via online or telephone surveys followed by the southern region of Ethiopia, whilst the lowest was reported in Addis Ababa.

Biography

Addisu Tadesse Sahile is a public health researcher and academician in Addis Ababa, Ethiopia. He graduated his doctoral study (Ph.D.) at the University of South Africa from the department of Health Studies in 2019. He is the founder and general manager of ETag consultancy and Training. He has worked for different institutions in Addis Ababa and has more than 23 publications. Dr. Addisu has presented research outputs at different international conferences. He is a well-known reviewer of Dove Medical Press and BMC serious Journals including BMC Psychiatry, BMC Health Service, BMC Cardiovascular Disorder, and BMC Nursing.



Determining the effect of group flower arranging sessions on caregiver self-efficacy and stress levels in an in-patient hospice

Lavin Joanne¹, Claire Lavin², Bai Xin³,
Mastropaolo Stephanie⁴ and Feldman Debbie⁴

¹CUNY School of Professional Studies, USA

²Collage Of New Rochelle, USA

³York Collage, USA

⁴Family Care Center Calvary Hospital, USA

This study was designed to promote enhanced self-efficacy and decreased stress levels for family caregivers at a hospice care hospital, thus increasing their quality of life. This is achieved through group flower arranging sessions. Flowers evoke many responses including love, caring, and beauty. Human reactions to flowers involve smell, texture and color which provide an aesthetic attraction. Family and friends often become the informal caregivers to terminally ill spouses, siblings, and others. They support and supplant the role of professionals resulting in personal stress and compassion fatigue. The objectives are to 1) Enhance self-efficacy scores for family caregivers of Calvary patients. 2) Decrease stress levels for family caregivers of Calvary patients and 3) Disseminate results to other hospices. 71 caregivers were recruited to the study. Their family members or friends

became terminally ill and were receiving care in the Calvary Hospital. Results show the flower arranging sessions resulted in significant increased self-efficacy and decreased stress and associated problems for the caregiver participants. Implications and suggestions for future research are discussed. Family member feedback consistently supported that the program was relaxing, healing, comforting therapeutic, and educational. Family members reported that they loved to be able to bring the flowers back to their loved ones at times brightening the patients' moods and at other times simply brightening the room itself. This type of program allowed family members the opportunity to actively do something for their loved ones while simultaneously taking time for themselves to engage in a stress-reducing activity.

Biography

Joanne Lavin retired as Associate Director of the CUNY SPS Nursing Programs June 2020. Currently she continues as an Adjunct Professor in the RN to BS program. Previously she was the Director of the Nursing Programs at York College CUNY. Dr. Lavin has been involved in research with 3D for health care students as well as a Test Coordinator for the National League for Nursing.



Obesity myths and facts

Jaqua E

Loma Linda University Health, USA

The goal of this talk is to explain and clarify some misconceptions about obesity.

1. Obesity is a choice, not a disease: Myth. Obesity is a chronic, relapsing, multifactorial, and neurobehavioral disease. An increase in body fat endorses abnormal fat mass physical forces and dysfunction, resulting in unfavorable metabolic, biomechanical, and psychosocial health consequences.^{1,2,3,4}
2. Obesity can be attributed to genetics: Fact. In 2007 a genome-wide association study (GWAS) identified the Fat mass and obesity-associated gene (FTO), an established obesity-susceptibility locus located at chromosome 16 q12.2. Specific alleles of the FTO gene may be associated with adiposity.^{5,6,7}
3. Being overweight is never healthy: Fact. For BMI ≥ 25 , each 5 kg/m² increased in BMI is associated with 30% higher mortality. It is also related to an increased risk of cancer, diabetes mellitus type 2, hypertension, and thrombosis. To every 1 kilogram in weight gain, the risk of developing diabetes type 2 may increase by 9%.^{8,9} An alternative way to categorize obesity and diseases caused by obesity is between fat mass and sick Fat.
4. Obesity is not associated with sleep. Myth. "Sleep is the 'most sedentary activity' yet may be the only sedentary one that protects from weight gain" .^{10,11} World Health Organization (WHO) and Center for Disease Control and Prevention (CDC) recommend 7-8 hours of sleep a night.⁸
5. There is no relationship between breastfeeding as an infant and obesity. Myth. Rates of obesity are significantly lower in breastfed infants. There would be a decrease of about 15-30% in obesity rates for teenagers and adults if any breastfeeding happened in infancy compared with no breastfeeding.

Biography

Ecler Jaqua, MD, DipABLM, DipABOM, FFAFP

Being in love with medicine her whole life, Ecler began at only age 17 her medical school at The Lutheran University of Brazil. Fascinated with the comprehensive care of all ages, and the continuing care of the individual and family, she naturally embraced and pursued her focus in Family Medicine. After completing a Family Medicine Residency at Loma Linda University Health, as well as being chief resident during her last year of training, she decided to specialize in Geriatric Medicine at UCLA. Soon after completing her fellowship in LA, she returned to Loma Linda to pursue her passion for teaching residents, caring for her family and geriatric patients. Additionally, she had the opportunity to complete the Lifestyle Medicine Board and the Obesity Medicine Board certification while working as an Assistant Professor at Loma Linda University Family Medicine Residency.



Comparison of the use of manikins and simulated patients in a multidisciplinary *in situ* medical simulation program for healthcare professionals in the United Kingdom

M. Meerdink and J. Khan

Bristol Medical Simulation Centre, University Hospitals Bristol and Weston NHS Foundation Trust, United Kingdom

Purpose: Simulation training is increasingly popular in healthcare education, and often relies on specially designed manikins. However, it is also possible to work with actors, or simulated patients (SPs), which may provide a greater sense of realism. This study aimed to compare these 2 approaches, to ascertain which makes healthcare professionals feel most comfortable, which leads to the greatest improvement in confidence, and which is most beneficial to learning.

Methods: This study was embedded in a pre-existing multidisciplinary *in situ* simulation program. A multidisciplinary group of learners from a range of backgrounds—including nurses, doctors, and other allied health professionals—were asked to complete a questionnaire about their learning preferences. We collected 204 responses from 40 simulation sessions over 4

months, from October to December 2019. Of these 204 responses, 123 described using an SP and 81 described using a manikin.

Results: We found that 58% of respondents believed they would feel more comfortable working with an actor, while 17% would feel more comfortable using a manikin. Learners who used both modalities reported a significant increase in confidence ($P < 0.0001$ for both). Participants felt that both modalities were beneficial to learning, but SPs provided significantly more benefits to learning than manikins ($P < 0.0001$). The most common reason favoring SP-based simulation was the greater realism.

Conclusion: In scenarios that could reasonably be provided using either modality, we suggest that educators should give greater consideration to using SP-based simulation.

Biography

My name is Marrit Meerdink, I am a medical doctor working in the United Kingdom. I am originally from the Netherlands, grew up partially in the United States, and am currently doing my specialist training in internal medicine in Bristol, in the South West of England. I have a special interest in education, especially through simulation. In addition to my clinical role, I have enjoyed setting up and running simulation training for healthcare workers, and have been involved in a number of programmes including a multi-national military medical simulation exercise. I am passionate about the value of multidisciplinary simulation training, especially when provided in a team's own clinical environment, and thus this is the focus of my research.



**Acupuncture for COVID-19
patient after ventilator
weaning: A protocol for
systematic review and
meta-analysis**

Xiangyu Zhu and Yu Zhang

*Beijing University of Chinese Medicine,
China*



CCOVID-19 is one of the greatest challenges facing people around the world in the 21st century, with respiratory symptoms most pronounced. Patients with symptoms such as severe respiratory failure are often supported by mechanical ventilation. The damage of COVID-19 to the respiratory system and the use of a ventilator may cause adverse consequences such as airway damage, atelectasis, respiratory muscle paralysis, and a decrease in lung function. So, the respiratory rehabilitation of COVID-19 patients who get ventilator support during the treatment is particularly important. At present, there are many studies on the diagnosis, prevention, and treatment of COVID-19 in traditional Chinese medicine, especially on the pathogenesis, clinical syndromes, and treatment plan of respiratory diseases. Acupuncture which is a kind of well-known traditional Chinese external treatment, has been used as adjuvant treatment for it in China. Acupuncture can improve the symptoms of respiratory tract obstruction, the blood metabolism of lung

and bronchial tissue, decrease efficiently the recovery time of respiratory muscle, and so on. Acupuncture can also improve immunity and relieve anxiety with specific acupoints, which can enhance the quality of life of such patients. The cognitive status, musculoskeletal system, and respiratory system of the patients after mechanical ventilation are poor, and their physical strength is not good. Therefore, the previous postural changes and breathing exercises are not always applicable. Acupuncture, by contrast, can be done in a fixed position, which can reduce the physical exertion of weak patients and play the above effects. Such treatments can be effective and relieve the pressure on medical funding at the same time. We will use meta-analysis to assess safety and effectiveness of acupuncture for rehabilitation on respiratory function after weaning from the ventilator during the treatment of COVID-19. We hope our presentation can provide some new ideas for the healthcare of COVID-19 patients.

Biography

Xiangyu Zhu: MPT, Ph.D., lecturer in School of Acupuncture and Massage, Beijing University of Chinese Medicine. Presided over and participated in 3 national projects, 3 provincial and ministerial projects, 2 invention patents, and published more than 10 papers in SCI and Chinese Core Journals.



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