

# 1ST INTERNATIONAL CONGRESS OF OIK



**Kosovo Chamber of nurses, midwives,  
and other health professionals organizes:**

**1ST INTERNATIONAL CONGRESS OF NURSES, MIDWIVES AND OTHER  
HEALTH PROFESSIONALS OF THE BALKANS (ICNMHPB)  
MAY 6th-7th 2021**

*Focused on*

*“The Role, Importance and Challenges of Nurses, Midwives, and  
other Health Professionals During the Covid-19 Pandemic”*

## Abstract Book

**In cooperation with Chambers, Universities, and Nurses' Associations from Albania,  
Northern Macedonia, Slovenia, Croatia, and Turkey**



# 1st International Congress of Nurses, Midwives and Other Health Professionals of the Balkans –ICNMHPB

**May 06 – 07, 2021**

*“ The Role, Importance and Challenges of Nurses, Midwives, and other  
Health Professionals During the Covid-19 Pandemic ”*

*Sponsor*



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Professionals of the Balkans –ICNMHPB

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ABSTRACT BOOK

Prishtinë, May 06–07, 2021

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## “THE EFFECT OF SOCIAL SUPPORT RECEIVED DURING COVID-19 PANDEMIC ON MATERNAL POSTPARTUM DEPRESSION”

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**Purpose of the Study:** To examine the effect of perceived social support by mothers during Covid-19 pandemic on maternal postpartum depression was aimed.

**Methodology:** In this context, Pubmed and Guidelines were searched by using “Covid-19 Pandemic”, “perceived social support” and “Postpartum depression” keywords. As a result of these searches, 17 related publications were reached and reviewed.

**Results and Conclusions:** During Covid-19 process, many countries have taken various measures to effectively combat the epidemic. As a result of this, it was observed that social relations decreased, depression, health anxiety, financial anxiety and loneliness increased. According to studies, psychological disorders, especially anxiety and depression, increased during pandemic. Covid-19 epidemic poses an additional risk in terms of emergence of psychological diseases in mothers who are in postpartum period who are already at risk. Current studies show that women do not receive sufficient social support and their expectations are not met in postpartum period. Studies indicate that social support from healthcare professionals, family and immediate environment during pandemic will contribute positively to mother and baby in the postpartum period. In a study worsening of depressive symptoms has been observed in women who gave birth during pandemic. A significant increase was found in anhedonia, anxiety and depression scores. In a study conducted in a hospital where strict measures were taken during pandemic, 14.7% of women have depression risk and low maternal attachment scores. In addition, during pandemic, risk of postpartum depression in Turkish women increased compared to previous studies.

Nurses should provide supportive care during Covid-19 pandemic by ensuring that women benefit from healthcare services and that all complex information is made understandable. It is thought that developing a new nursing care program that includes personalized postpartum care, psychological support line and therapeutic interventions (online) for epidemic periods may be beneficial for mothers.

**Keywords:** Covid-19 Pandemic, Perceived Social Support, Postpartum Depression

## “THE QUALITY OF LIFE AND STRESS OF NURSES DURING THE EPIDEMIOLOGICAL EMERGENCY FROM COVID-19 AT REGIONAL HOSPITAL OF SHKODRA”

*S. Mjekaj. E.Pjetri. J.Kraja K.Precetaj. Xh. Frroku. L. Jaku*

**Introduction:** Evaluate the quality of life and the level of stress of nurses, especially now in the health emergency situation in order to identify the risk factors that lead to important changes in the quality of life of the nurse and their burnout risk.

**Objective:** To assess the quality of life and the level of stress of nurses who provide direct assistance during the covid-19 epidemic.

**Materials and Methods:** A questionnaire was distributed to a proactive sample of nurses who provide direct assistance in hospitals of the National Health System. The questionnaire is structured using two scales validated in the literature, namely the MBI to evaluate the stress factors and the SVQI to evaluate the quality of life.

**Results:** The 80 questionnaires analyzed show that more than 50% have a high risk of stress, in particular 66% of the respondents have a low personal achievement.

**Conclusion:** It was found that more than half of the respondents have a high risk of burnout due to high levels of stress recorded, a dequate recognition and extended hours. Consequently, the quality of life is not satisfactory.

**Keywords:** Nurses, Burnout, Stress, Quality of Life, Covid-19

## **“ASSESSING THE RISK OF HEALTHCARE WORKERS BEING EXPOSED TO THE COVID-19 VIRUS”**

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*Shqipe Tahiri-PhD candidate Vice Dean AAB College*

*Lirije Beqiri-PhD candidate Director of Nursing in QKUK*

*Idriz Sopjani Dean University of Nursing AAB College*

*Aferdita Berisha PhD candidate Lecture in Universi College*

### **Abstract**

The COVID-19 pandemic, which has become a significant threat to public health both in the world and in Kosovo, continues to spread gradually. A strategy that includes elements such as case detection/ isolation, quarantine of contacts and suspects, and reduction of transmission level is an advantage in blast management. On the other hand, healthcare workers are among the most critical factors that will ensure the health system's response to this process and the balance of service delivery capacity. This research aims to assess the risk of health workers being exposed to the COVID-19 virus. The selection of the method for conducting this study was based on and adapted to the nature of the research. Thus, empirical methods based on the life experiences of healthcare workers were used. In this case, the quantitative approach was used through the survey process, in which case 100 health workers of UCCK were surveyed regarding their exposure to the COVID-19 virus in the workplace. Of the 100 health care workers who responded to this study, 95% said that they had provided direct care to patients with COVID-19 at the health facility where they worked, and 90% had face-to-face contact (at a distance of 1.5 meter) with COVID-19 confirmed patients. For 75% of the respondents, no training material was provided for the specialized diagnosis for their unit in relation to COVID-19 nor for the instructions for the treatment schemes, etc. 80% of them did not receive any training on how to protect themselves from the COVID-19 outbreak from the institution they work for.

## “WESTERN BALKAN COUNTRIES AND NURSING SCIENTIFIC RESEARCH-LESSONS AND CHALLENGES FROM THE COVID-19 PANDEMIC- SCOPING LITERATURE REVIEW”

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### Abstract

**Purpose of the study:** A review of the literature related to scientific nursing papers published by researchers from Western Balkan countries on the COVID-19 pandemic.

**Methodology:** The online search included the independent Google Scholar and PubMed database search for the pandemic period for works published in English only. PubMed included only articles in the full paper category, while Google Scholar also included papers presented at conferences. The keywords used for the search were "country name and COVID-19 pandemic", "nursing research articles and COVID-19". The categorization of findings for analysis was performed according to the database, origin and professional profile of the main author, topic, and type of paper article / conference presentation.

**Results and Conclusions:** A search of PubMed identified 209 potential articles. The main authors from the Western Balkans were Albania (3), Bosnia and Herzegovina (9), Kosovo (2), Montenegro (1), Northern Macedonia (1), and Serbia (36). Further filtration of the findings showed that among the published nursing articles were respectively from Albania (2), Bosnia and Herzegovina (0), Kosovo (0), Montenegro (0), Northern Macedonia (0), and Serbia (0). The Google Scholar findings were mainly conference presentations, mostly with researchers from Albania. The results showed that the contribution of nursing research from the Western Balkan countries during the COVID-19 pandemic was very poor, although international responses stressed the importance of science and nursing science in addressing the need for health care in an appropriate and equitable manner. Strengthening search nursing capacity as the basis of evidence-based nursing practice for its continuous improvement, reducing health costs, and increasing the well-being of the population is a challenge that must be faced by health professionals of all levels.

**Keywords:** Western Balkans, research, nursing, Covid-19, challenges.

## “PSYCHOLOGICAL BURDEN OF HEALTH WORKERS DURING THE COVID-19 PANDEMIC: A SYSTEMATIC LITERATURE REVIEW”

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**Introduction:** COVID-19 in addition to other harms to human health, carries significant psychological risks especially to health workers who are in the forefront of patient care. Our study aims to understand the psychological burden of health workers during the Covid-19 pandemic among healthcare workers (HCWs) based in a systematic literature review.

**Methodology** and design-A systematic coherent review of literature published recently, after COVID-19 pandemic spread. We searched Pubmed, CINAHL, Scopus, Medline.

**Discussion:** The ongoing COVID-19 pandemic is a global challenge which has resulted in significant mortality and morbidity worldwide, with more than 140 million cases and over 3 million deaths as of 18 April 2021. With increased demands on an already taut healthcare sector, HCWs are faced with increased workload, with the ever-present risk of infection and the fear of transmission to their loved ones. Recent studies involving health professionals' reports that over 50% of participants reported depressive symptoms, about 45% anxiety, and some 35% sleep disturbances. HCWs also recognized the need for psychological supports.

**Conclusions:** COVID-19 has already been documented to carry significant psychological risks. Psychological anxiety was found to be prevalent among HCW in health care settings with patients infected with this virus. Rapid access to eliminate or manage the psychological and emotional burden, along with providing HCW support mechanisms, is vital to protecting their psychological well-being.

## “THE EFFECT OF COVID-19 PANDEMIC ON SKIN TO SKIN CONTACT AND KANGAROO CARE OF INFANTS IN NEONATAL INTENSIVE CARE UNITS”

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**Purpose of the Study:** To determine the effect of Covid-19 pandemic on skin to skin contact and kangaroo care (KC) of infants in neonatal intensive care units (NICU) was aimed.

**Methodology:** In this context, Pubmed and Guidelines were searched by using "Covid-19", "Skin to Skin Contact", "KC", "NICU" keywords. As a result of these searches, 12 related publications were reached and reviewed.

**Results and Conclusions:** WHO and UNICEF recommend that newborn should be placed on mother's bare breast immediately after birth and be given KC until first successful breastfeeding occurs. In COVID-19 outbreak, current recommendations for skin-to-skin contact are controversial. WHO recommended taking infection control measures and supporting mothers to start and continue breastfeeding and not separate them from their babies. Before the pandemic, this recommendation for NICU was applied by mother hotels. Due to epidemic, a maximum of 2 asymptomatic people are accepted to NICU and mostly this person can be a mother. However, mothers are only allowed to express breastmilk for their babies and they are recommended to do this in suitably prepared breastfeeding rooms. The mother and father are recommended to test daily when they show flu symptoms, and if mother is positive or suspicious, visit to NICU is prohibited. Unfortunately, mothers are not admitted to NICU in any way in some hospitals. Visitors are not accepted for newborns who are covid-19 positive. Healthcare team reports information about newborn to their relatives through videos or photographs. This situation prevents KC application and decreased by 30% in pandemic. Skin-to-skin contact time is also reduced in places where KC is applied. Families have become anxious to continue KC after discharge. According to a projection study, in case of full transmission of Covid-19, the benefit provided by KC was 65 to 630 times higher than risk of dying from Covid.

**Key Words:** Covid-19 Pandemic, Kangaroo-Mother Care Method, Neonatal Intensive Care Units, Skin to Skin Contact



## “ARE NURSING STUDENTS WILLING TO VOLUNTEER DURING COVID-19 PANDEMIC?”

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**Background:** Volunteering is one of the best ways to help in emergency situations. If nursing students engage in volunteer work gain skills, knowledge and experience.

**Aim of the study:** Assessing the perceptions of nursing students towards volunteer work during COVID-19 pandemic.

**Materials and methods:** 153 students of general nursing and midwifery participated in this descriptive study. The questionnaire used for data collection was prepared after a careful literature study.

**Results:** 92.8% of study participants were female students. Only 5.9% of students reported that they had worked voluntarily at the Vlora Regional Hospital during the pandemic period. Equipping students with protective equipment is seen as an important factor that can stimulate the voluntary work of our students in hospital institutions. 81% of students reported that they would be able to be volunteer if proper protective equipment was available. All students participating in the study referred that if they received the proper training they would work as volunteer without payment. As a factor that can negatively affect the involvement of students in volunteer work is the fear expressed by 64% of students about the possibility of transmitting the infection to their families. Third-year students were much more likely to be volunteer than second-year students. There was no differentiation in terms of the desire for volunteer work between nursing students and midwifery students.

**Conclusion:** Nursing students consider themselves ready to work as volunteer, but they want to be well training before that and have been provided with appropriate protective equipment. Students would like that this volunteer work to serve as a normal participation in internship practice.

**Keywords:** volunteer work, nursing students, perceptions

## “THE EFFECT OF COVID-19 PANDEMIC ON GYNECOLOGICAL CANCER SCREENING AND TREATMENTS”

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**Purpose of the Study:** Since the beginning of Covid-19 pandemic, social isolation, interruption of out-patients clinic's services and fear of going to hospital cause delays in diagnosis and treatment of gynecological cancers (GC). To examine how these delays affect treatment and screening process in GC was aimed.

**Methodology:** In this context, Pubmed and Guidelines were searched by using "Cancer Care", "Gynecologic Neoplasms", "Pandemics", "Screening" keywords. As a result of these searches, 35 related publications were reached and reviewed.

**Results and Conclusions:** GC started to be detected in advanced stages due to late application of women, and a decrease in survival rates was observed. When cancer diagnosed at metastatic stages, treatment process is prolonged and result has become more fatal. GC screenings should not be delayed normally. However, while diagnostic evaluations of patients with low-grade cancer during pandemic period can be delayed for 6-12 months, in high-risk situation patients should have their screenings within three months. According to guidelines about management of GC operations may be delayed for 4-8 weeks in cases that are thought to not affect survival rate, although it varies according to type and stage of cancer. In risky and urgent cases, treatment should be started without delay and treatment should be continued by taking necessary precautions. In ongoing cancer treatments, neoadjuvant chemotherapy is preferred instead of surgical operations, and surgical treatment (cytoreductive surgery) is considered in later period. Chemotherapy cures given before surgical treatment can be increased. It is recommended that patients who have completed neoadjuvant chemotherapy treatment should not be included in additional treatment programs. Because this programs may require additional hospital screening period for patient. In case of transmission with Covid-19, surgical treatment, chemotherapy and radiotherapy should be delayed for 15 days. The necessary telehealth consultancy should be provided to patients by health care personnel.

**Keywords:** Cancer Care, Gynecologic Neoplasms, Pandemics, Screening.

## “EXPERIENCE OF NURSING STUDENTS AT THE FACULTY OF PUBLIC HEALTH DURING NURSING PRACTICE IN THE COVID 19 PERIOD”

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**Background:** The COVID-19 pandemic is a social phenomenon; the first cases were identified in China. On the one hand, this exceptional situation created unprecedented learning opportunities for nursing students. Yet, on the other hand, this situation can jeopardise nursing students learning trajectory.

**Aim of the study:** To evaluate nursing students' experiences during clinical placement during the COVID-19 pandemic.

**Materials and methods:** cross-sectional study, conducted between May 2020 and June 2020 in nine nursing schools in nursing and midwifery in Public Health of Vlora. Cross-sectional survey design

**Results:** The gaps that were identified by students focused on the need for more psychosocial support, establishing (regular) contact with their clinical placement supervisor, recognition of the difficult work situation, and the need for more space to unwind..

**Conclusion:** In line with previous literature, nursing students indicated a strong need to be heard, prepared and supported. This study reinforces the importance of concepts that influence the experience and outcome of students under normal circumstances; anxiety and uncertainties play a determining role in this. The support of supervisors and preceptors is crucial here, and the creation of an open and supportive culture in which students can develop themselves to the fullest is once again underlined. Although students acknowledge that their school and clinical site did their best given the circumstances, we cannot deny that students often got lost in the chaos of the pandemic. This resulted in practical worries, fewer learning opportunities, and even fundamental doubts about their choice to become a nurse. Finally, it is important that the nursing schools work with the clinical sites on issues such as the responsibility for testing nursing students, the provision of uniforms and personal protective equipment, and sharing guidelines with the students to provide safe patient care

**Keywords:** Clinical placement experience, nursing students, COVID-19

## “COVID-19 AND PSYCHOSIS”

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### **Abstract**

This project finds its reason from the growing needs of modern medicine which, in recent years, has taken a circular path that frames the patient as a starting point and a point of arrival. On the one hand, in fact, the clinical application of experimental results requires a careful study of the molecular mechanisms underlying the disease and the development of basic diagnostic procedures; on the other hand, the development of molecular and biological models, capable of emulating the disease, becomes essential for the enlargement of increasingly specific and targeted therapies. Modern medicine is, in fact, the product of a balance between precision-experimental medicine and translational medicine. This relationship becomes the driving force towards the discovery of new pharmacological strategies and towards the understanding of still unknown or little known pathogenetic mechanisms.

To date, Psychiatry and Clinical Psychopharmacology effectively bridges the gap between basic science and clinical application. Various studies have been carried out to on psychic pathologies and countless are the considerations that can be made in this regard. Anyway, attention of this topic is so focused in psychotic disease as actual global mental health problem upgrade by the impact of the COVID-19 pandemic diffusion. In fact, the fear of contracting the disease and its direct effects on the central nervous system and the host's immune response are still unknown, as well as the uncertainty about the future may favor the onset of psychopathological symptoms and, in some cases, even facilitate the establishment of real disorders related to anxiety, psychosis and stress. This work intends to lead to a reflective look in support of the improvement of new strategies (welfare and pharmacological) to contain the growing physical phenomena (for example, reduced motor activity, changes in diet) and a diverse psychological effects dictated by the current pandemic.

## “THE IMPACT OF THE SITUATION CREATED BY COVID-19 ON THE PSYCHOLOGICAL AND PHYSICAL WELLBEING OF PREGNANT WOMEN IN KOSOVO”

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### Abstract

**Introduction** - Coronavirus disease 2019 (COVID-19) is a contagious disease caused by severe acute respiratory syndrome also known as “SARS-CoV-2”. The first known case was identified in Wuhan, China, in late December 2019. The disease since then has spread worldwide, leading to an ongoing pandemic. Symptoms of COVID-19 are variable, but often are similar to seasonal flu including fever, cough, headache, fatigue, breathing difficulties; new symptom started being known late which is: loss of smell and taste. Symptoms may begin one to fourteen days after exposure to the virus. In Kosovo the first official case appeared in March 2020, the Government quickly took measures by pushing a full lockdown all over the country and closing schools, cafeteria, restaurants, cinemas, parks etc. **Purpose:** The purpose of this research was to evaluate the impact that COVID-19 situation had in psychological and physical wellbeing of pregnant women in Kosovo. **Methodology:** The research is transversal, while it is descriptive according to the purpose of the research. The research used an anonymous questionnaire with 30 questions distributed / conducted online through Google forms and distributed to social media platforms such as Facebook, Instagram. Data were collected and processed in SPSS Statistics 22 program. **Results:** More than half of surveyed pregnant women (64.3%) the news about coronavirus and its symptoms extracted through social media platforms. 87.1% of surveyed participants wash their hands more than 4 times. Around 71.4% surveyed pregnant women wear masks when outside and wear gloves / or use hand sanitizer. **Conclusion:** Half of the participants in the survey (60%) concluded that this situation has stressed them out and around 70% of all participants think that the stress conducted by this situation is affecting their fetus in one way or another. 43.8% of pregnant women concluded that they are scared to go to their routine obstetric visits to the doctor because of the risk of getting infected and 77% of them think that if they get infected with the virus their pregnancy is at risk. Around 32% of surveyed pregnant women have difficulty sleeping and 50% of them need more moral support from medical personnel to explain the risks of the virus. More than 85% are not engaged in any physical activity, or walk outside to mitigate the risk of getting infected. **Key words:** Pregnancy, Coronavirus, Physical activity, Psychological wellbeing, Kosovo

## “EVALUATING KNOWLEDGE, ATTITUDE AND PRACTICE OF HEALTHCARE WORKERS AT “TIRANA SPECIALTY HEALTHCARE CENTER NO.3” REGARDING COVID-19”

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### Abstract

**Background:** COVID-19 has become a world wide public health problem. The aim of this study is to evaluate the knowledge, attitude and practice (KAP) among healthcare workers (HCWs). This study was performed among a group of HCWs at Tirana Specialty Healthcare Center No.3. The KAP of healthcare workers towards COVID-19 remain key in protecting themselves and in fighting the “war” against the disease.

**Methodology:** A cross-sectional descriptive study involving 50 HCWs was conducted on March 11<sup>th</sup> 2021. We collected our data using an anonymous self-reporting questionnaire at “Tirana Specialty Healthcare Center No.3”. The data were extracted using Microsoft Excel and analyzed by using Statistical Package for the Social Sciences (SPSS) Software version 26.

**Results:** Of the 50 HCWs, 92% females, 32% were in the age group 31-40 years old, 74% married, 82% nurses, 42% with Master of Science and 54% over 10 years of work experience. Most of the participants demonstrated good KAP levels towards the COVID-19 pandemic. Factors associated with knowledge were occupation ( $p = 0,0001$ ) and years of work experience ( $p = 0.02$ ). Factors associated with attitude were marital status ( $p = 0.049$ ) and years of work experience ( $p = 0.01$ ). Factors associated with good practices were occupation ( $p = 0.01$ ) and years of work experience ( $p = 0.03$ ). There was a significant ( $p = 0.004$ ) and positive correlation (0.4) between experience of anxiety/fear in HC and disturbance by relatives/friends due to COVID-19.

**Conclusion:** The majority of HCWs at this study have good knowledge, attitude and practice regarding COVID-19. Continuous dissemination of information on prevention of spread of COVID-19 to HCWs will strengthen the health workforce in the fight against it.

**Keywords:** COVID-19, KAP, HCWs

## “CHALLENGES OF EMERGENCY NURSES PRACTITIONERS DURING THE COVID-19 PANDEMIC”

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### Abstract

**Introduction:** Sars Covid-19, which first spread in December 2019 in Wuhan, a city in China, quickly became an epidemic. Various movements of people made it possible to infect many others thus causing a global pandemic which was declared as such on 11.03.2020 by the World Health Organization. The first cases with Covid-19 in Albania appeared on 08.03.2020. There were 2 patients, father and son, who had just arrived from Italy. From that day on, the number of infected people started to increase, facing an abnormal situation. First ones who had contact with these patients affected by this invisible enemy were the nurses staff of the emergency department. They intensified their work to treat these patients, although they were on risk from getting infected from this virus.

**Purpose:** This study aims to show various of challenges that nurses of the emergency department at the Hospital Center “Xhaferi Kongoli” Elbasan were faced to, during Covid 19 pandemic. Moreover, to emphasize their role in coping with this situation.

**Methodology:** A total of 27 nurses and 7 physicians of the emergency department of the Hospital Center “Xhaferi Kongoli” Elbasan participated in interviews by telephone from Feb 23 to Feb 28, 2021, and a literature review was conducted in Pubmed database.

**Conclusions:** Health-care practitioners were challenged by working in a totally new context with the fear of becoming infected and infecting others, feeling sometimes powerless and hopeless to handle patients' conditions, in this stressful situation. Although, the intensive work drained health-care providers physically and emotionally, they tried their best and were able to provide quality care for all patients. This study highlights the crucial role of the nurses in providing intensive care and assisting with activities of daily living. Comprehensive support and regular training for all health-care providers is necessary to elevate their preparedness in pandemic management.

**Key words:** Nurse, emergency, Covid 19, Challenge.

## “TELENURSING APPLICATION IN THE CHILDREN WITH CHRONIC DISEASES DURING THE PANDEMIC PERIOD”

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### ABSTRACT

Telenursing is a novel initiative to provide more efficient and accessible health care. According to the International Council of Nurses (2009), *telenursing* is “the use of telecommunications technology in nursing to enhance patient care. It involves the use of electromagnetic channels (e.g. wire, radio, and optical) to transmit voice, data, and video communications signals.” Telenursing recently became an essential component in the delivery of primary care to the clients during the COVID-19 pandemic. It will be an excellent career option for the nurses of 21st century. The pediatric nurse plays a significant supporting role in communicating between health providers and families of children with chronic disease in the follow-up care. This role is monitoring to anticipate, identify, and prevent physical, psychological, emotional, and social problems related to the disease. This follow-up care can be conducted by regular telephone calls made by experienced and specialized nurses to improve the quality of life for chronic disease children due to save their time, space restrictions, travel costs and efforts, and easy access to information and training of care items. During the Covid 19 Pandemic, follow-up care is used for education, counseling, follow-up and answering possible questions of chronically ill children and their families. This approach of health care system is used to provide health care services in dealing with children with chronic illness, especially Asthma, Type 1 Diabetes Mellitus, Epilepsy, anemic patients with iron deficiency and those born prematurely. On the other hand, follow up telephone nursing intervention proved to be safe and efficient in many chronic diseases among children such as, inflammatory rheumatic diseases, bronchial asthma and hemodialysis patient and thalassemic children and the mental health of school-aged children. Thus, monitoring these children’s health is vital, and even though the occurrence of COVID-19 tends to be less frequent among children, assistance to the needs of these children may be hindered due to the pandemic, considering the social isolation measures imposed to control the spread of the coronavirus.

**Keywords:** Telenursing, Children, Chronic Diseases, COVID-19 Pandemic Period



## **“DIFFICULTIES FACED BY NURSES DURING THE PANDEMIC PROCESS IN TURKEY”**

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Pandemic means the epidemic diseases that spread over a wide area in more than a country or a continent globally. In Turkey, the first case was seen on March 10, 2020. Nowadays, the COVID-19 Pandemic has become an important public health threat in our country and in the world and continues to spread gradually. To take part in the management of COVID-19 cases during the pandemic process, COVID-19 teams have been established in hospitals. The disease required critical patient care, and it enabled experienced nurses to have an important place in their teams. Nurses witness a faster deterioration in a person's health than they are, and more frequent end-of-life care in different areas have been encountered. Nurses should be working for long periods, and without breaks, protective equipment such as masks/visors, and severe care such as which patient will be given an intensive care bed. Nurses are diagnosed with or suspected of having COVID-19 despite all the difficulties they have experienced. They provide self-sacrificing health care services to patients who are present. COVID-19 diagnosed or nurses who have close contact with patients with suspected disease, long working hours, psychological problems, fatigue, occupational burnout face many difficulties and risks, such as physical and psychological violence. Nurses are at the forefront of the Pandemic by providing 24-hour uninterrupted service. They have performed the profession in the best way under challenging conditions to continue at the highest level. More qualified and safe nurses have critical importance in this pandemic process, strengthening the health care system, providing preventive health service. The decision to take an influential role in recruitment processes; before the epidemic related to the training, execution, management, personal rights, working environment and conditions of our profession deepened and emerged during the epidemic. Therefore, initiatives, remedial practices, and investments need to be made.

Keywords: nurse, covid-19, pandemic

## “THE IMPACT OF THE UNIFORM OF THE NURSING STUDENTS ON THE REALIZATION OF THE PROFESSIONAL PRACTICE”

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### Abstract

Wearing a uniform ensures a strong image on the professional identity which could lead to a stronger relationship, trust and a better performance in the professional practice of nursing.

The meaning of uniforms from others has been a controversial for psychologists and behavioral sociologist. The white uniforms that were worn by the nurses since the beginning of the 1900s were connected to the nursing profession for decades and will surely remain a dominant image. (Kaser, Bugle & Jackson, 2009).

**The goal** of this work is to identify how the use of the uniform by the students of the Bachelors of Nursing Program at the University of Shkodra has impacted the development of the professional practice.

**Materials and methodology:** This study is a research cross sectional which is used to understand the student's perception on how the use of the uniform impacts the realization of the professional practice on the field, hospitals and health centers. The study was developed from the October to May timeframe, after the students had completed the professional practices of the year. The questionnaire used is “The Questionnaire of the Practice Based on Tests” which was drafted to gather information and thoughts on the student's perception of how the uniform impacts the completion of the professional practice.

**Conclusions:** The uniforms can be considered as a nonverbal communicator, they have the ability to transmit different messages, constructive as well as argumentative. (Tiffany, 1987). People often create opinions based on one's appearance. (Thomas et al., 2010). The Nursing Department, accompanied by the institutions where the professional practices are completed, should discuss the implementation of a standard uniform which promotes the students of the Bachelors of General Nursing.

**Key words:** Uniforms, Nursing Students, Professional Practices

**“ACTIONS OF THE WORKGROUP FOR NON-VIOLENCE IN NURSING AND MIDWIFERY OF THE NURSES AND MIDWIVES ASSOCIATION OF SLOVENIA IN THE LIGHT OF PROFESSIONAL ETHICS, WITH AN EMPHASIS ON THE PROTECTION OF PATIENTS' RIGHTS IN THE REPUBLIC OF SLOVENIA”**

*Authors: Darinka Klemenc (WG member), Dora Lešnik Mugnaioni (WG member), Irena Cvetežar (WG leader), Monika Ažman (WG member and president of the NNMA of Slovenia)*

**Key words:** Workgroup for Non-violence in Nursing and Midwifery of the NNMA Slovenia, actions, patients' rights, dignity. **Purpose:** The article presents the actions of the Workgroup for Nonviolence in Nursing and Midwifery (WG), working at the NMA of Slovenia for 20 years. The purpose of these actions was to raise awareness among professionals and the general public about the respect of patients' rights in the Republic of Slovenia, especially during the epidemic. **Methodology:** A number of WG campaigns have been collected, which intensively took place between 2018 and 2021, with the aim of raising awareness and protecting human / patient rights, especially dignity and privacy. **Results and conclusion:** The basis of our initiatives was III. Principle of the Code of Ethics in Nursing and Healthcare of Slovenia: *Providers of nursing and healthcare respect the dignity and privacy of the patient in all states of health, illness, at death and after death.* In two years, the WG has sent several initiatives to health care institutions, the media, politicians, the Ombudsman, the TV Slovenia viewers' ombudsman and the Slovenian Press Agency. Even before the epidemic, an initiative was sent to politicians, mayors and to the president of the state, who publicly visited newborns and mothers in Slovenian maternity hospitals on New Year's Day, to stop this professionally and ethically controversial practice. During epidemics we systematically drew attention to the public exposure of patients and their distress, as media reports and photographs infringed on the right to protect the dignity and privacy of patients, even if they may have consented to be photographed. We also drew attention to the plight of relatives and other seriously ill during these broadcasts. Thus, we sent an initiative to the University Medical Center Ljubljana to remove a photo of the intensive care unit from the website, where the almost naked body of the patient was shown. We sent a request to the Ombudsman for the Rights of Viewers and Listeners of RTV Slovenia to be reverent and respectful of the deceased in their articles, as they publicly displayed coffins (with the deceased or empty). We sent the same appeal to the Slovenian Press Agency. We informed the Ombudsman of the Republic of Slovenia about our activities, and we sent a warning to one of the weekly magazines - again about the published photos with a completely recognizable face of a very sick patient. We also published the initiatives in the newsletter of the Chamber - Association, on web and Facebook pages. With these campaigns we have contributed to a more ethical health treatment of patients in our country.

**“THE SUPPORT OF WORKGROUP FOR NON-VIOLENCE IN  
NURSING AND MIDWIFERY OF THE NURSES AND MIDWIVES  
ASSOCIATION OF SLOVENIA FOR WOMEN WHO DRAW  
ATTENTION TO THE OCCURRENCE OF SEXUAL HARASSMENT  
IN THEIR WORK ENVIRONMENTS”**

*Authors: Irena Cvetežar (WG leader), Dora Lešnik Mugnaioni (WG member), Darinka Klemenc (WG member), Monika Ažman (WG member and president of the NMA of Slovenia)*

**Key words:** Workgroup for Non-violence in Nursing and Midwifery of the NMA of Slovenia, actions, support women, sexual harassment, #MeToo. **Purpose:** The article presents the activities and support of the Workgroup for Non-violence in Nursing and Midwifery (WG) at the Nurses and Midwives Association (NMA) of Slovenia for the #MeToo movement, which draws attention to the unacceptable occurrence of sexual harassment in study and work environments. **Methodology:** In the period from 2018 to 2021, WG carried out several public support campaigns, aimed at supporting victims of sexual harassment in Slovenia and empowering nurses and midwives too to talk about this unacceptable behaviour. **Results and conclusion:** Since 2018, when the #MeToo movement emerged worldwide, the WG has been monitoring and supporting the movement. Thus, in 2018, we published a call in the newsletter of the NMA of Slovenia to employees in nursing and midwifery to ethically treat all those who come to health institutions for help due to sexual violence, and direct them to professional help and advise them how to report it. We publicly supported the students of the Faculty of Philosophy of the University of Ljubljana (December, 2020), who spoke about the sexual harassment of faculty professors. We worked with the March 8 Institute who supported the students in their action. We forwarded the Recommendations for the treatment of sexual harassment, which was prepared by WG, to the Rectorate of the University of Ljubljana. We also supported Slovenian actresses who spoke publicly about sexual harassment at the faculty. We also decided to inform our professional associations, with which the NMA of Slovenia has signed agreements on mutual cooperation, about our activities. We provided the translated support to professional associations in Croatia, Serbia, Kosovo, North Macedonia in order to empower our colleagues to provide assistance to victims of sexual violence. We also directed them on the recommendations of the WG <https://www.zbornica-zveza.si/o-zbornici-zvezi/delovne-skupine/delovna-skupina-za-nenasilje-v-zdravstveni-negi/>.

## “AWARENESS OF MENOPOSA AND HEALTH PERCEPTION OF CLIMACTERIC WOMEN LIVING IN A RURAL REGION”

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**Objective:** The aim of this study is to examine the climacteric awareness and health perceptions of women living in a rural area towards menopause.

**Materials and Methods:** The population of this research conducted in accordance with descriptive research principles was 210 women between the ages of 45-65 registered at Alpaslan Village Family Health Center between December 2018 and June 2019, the sample of which met the inclusion criteria of the study during the climacteric period. It has created 180 women. The data of the study were collected using the "Personal Information Form" and the perception of health scale. In the evaluation of the data, Mann-Whitney U test, Kruskal Wallis test, Spearman Correlation analysis were used and examined. Ethics committee permission and institutional permission were obtained for the study.

**Results:** The average age of the women in the climacteric period was  $54.3 \pm 6.7$ , 58.9% of them were primary school graduates, the mean value of women's perception of health was  $6.3 \pm 1.6$  and moderate, 24.4% of women had information about the menopause period before and It was determined that 40.9% of those who received the information received the information from the doctors, the majority of women perceived the menopausal period badly and the average value of the health perception scale was  $45.3 \pm 5.0$  and was moderate. It has been found that as the education level increases, the perception of health of women in the menopausal period increases, the perception of health decreases in the presence of a disease and continuous drug use, and age, economic status and menopause year have an effect on health perception.

**Conclusion:** It has been determined that educational status, the presence of a disease, continuous use of medication, age, economic status and the menopause year affect women's perception of health and women's knowledge levels about menopause are insufficient.

**Keywords:** Climacteric period; menopause; awareness; perception of health

## “THE EFFECT OF COVID-19 ON WOMEN'S HEALTH”

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### Abstract

**Purpose of the Study:** In this review, the effect of Covid-19 on women health was aimed to investigate.

**Methodology:** In this context, Pubmed were searched by using "Covid-19", "Effect" and "Women's Health" keywords. As a result of these searches, 1218 related publications were reached. The most important and related ones were reviewed.

**Results and Conclusions:** Since the Covid-19 pandemic has entered our lives, social, psychological and economic problems have been experienced by women as in the whole society. The effects of the pandemic on women's health appear in different dimensions in childhood, adolescence, adulthood, middle age, menopause and elderly. In childhood and adolescence period, children and youth couldn't go to the school and attend online classes all day at home. Because of that technology / internet addiction, attention deficit, speech disorders, stalking have increased. In adulthood and middle age period in women, had to continue their online meetings/works and studies by trying to find a suitable environment and sufficient internet quota at home. Also women tried to meet the needs of their family members who were locked at home with them. They managed the hygiene of the house, shopping, care of children and elderly family members, ensuring that the whole family is fed with homemade products in hygienic conditions, following online classes for their children, doing homework, caring for family members infected or in contact with Covid-19, and the concerns of their own illness. The women, who tried to make sacrifices for their families, also neglected health checks during this process. In menopause and elderly period, many women could not participate in activities such as walking and doing sports in the quarantine period. They had severe joint (especially knee) pain, loss of movement functions, clotting in the veins (venous thrombo embolism), cerebro vascular incident, paralysis (hemiplegia), ailments and heart attack (myocardial infarction) illnesses.

**Key Words:** Covid-19 Pandemic, Women's Health, Nursing Care

## **“PROMOTING WOMEN HEALTH IN ONLINE PLATFORM- NURSING APPLICATION EXAMPLES”**

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The World Health Organization has defined as “mHealth” the use of wireless mobile communication devices such as mobile phones to provide health care services. It is stated that the internet especially in nowadays is very important platform for promoting health. This abstract aimed to introduce some of online programs that we use for promoting women health.

If we briefly define these programs; Childbirth Preparation Classes are a 4-week program that prepares couples by decreasing fear of birth. In addition, synchrony trainings of couples and videos are shared. “Hypnobirthing” is a technique focused on both physical and mental relaxation during birth it can be used as a method in childbirth education. Deep relaxation, positive thinking, and positive language are the basis of this philosophy. The method is transferred to couples with different exercises in the online environment. “Prenatal and Postnatal Breastfeeding Education”, Listening to positive breastfeeding idioms, watching videos and peer sharing are the main methods used in online education. There is also a breastfeeding nurse sharing platform. “Web Education of Mothers with Gestational Diabetes” is web page for GDM mothers. An online booklet about the effects of GDM, videos, a blood glucose follow chart platform, at the same time peer and expert interaction platforms are available. “Promoting The Lifestyle of Women with Fertility Problems” program informs women about the effects of sleep, nutrition, physical activity, stress management on fertility and lifestyle regulation online. During this information period, presentations and videos are presented on topics such as fertility yoga, massage sleep suggestions, sample fertility diet etc.

In this summary, we have reflected the exemplary women's health promotion online education platforms we are maintaining and where nurses can be effective.

Keywords: childbirth education, fertility improvement, online education, breastfeeding education, nursing

## “THE EFFECT OF STRESS ON NURSING WORK PERFORMANCE”

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**Introduction:** Recognition and understanding nursing depression is important in nursing care, because the faster depression is recognized, the faster patients are treated. Training the nurses to better recognize depression in patients and themselves improves their work performance.

**Aim:** The evaluation of depression prevalence in inpatients and recognition of nursing staff for depression in patients and themselves in order to create training programs for nurses to improve their care.

**Method and materials:** This cross-sectional study is conducted in the regional hospital of Vlore in wards of Pathology, Surgery, Emergency. The study uses two questionnaires, one a semi-structured interview, to evaluate nurses' knowledge on depression in admitted patients, and to detect if depressed nurses. 150 patients and 47 nurses voluntarily participated. Data was analyzed with SPSS package 1.7 Chicago II.

**Results:** Patients stated feeling tired and a afraid when in hospital depending on age, education, employment, psychological support etc. Patients who feel bad and sad felt more afraid ( $p < .01$ ), lost interes ( $p < .01$ ), poor appetite ( $p < .01$ ), felt worthless life ( $p < .01$ ), angrier ( $p < .01$ ), compared to those that do not feel bad and sad. Patients who think that life is worthless, have sleeping problems, ( $p < .01$ ), feel more panic ( $p < .01$ ), sadder ( $p < .01$ ), poor appetite ( $p < .01$ ), more afraid ( $p < .01$ ), angrier ( $p < .01$ ). 41 % of the nurses detected depression in inpatients.

Nurses were depressed of various factors (90%); their stress impacted patient care. Time and work type did not affect their condition, but depressed nurses looked more for depressive symptoms in patients  $n(47) = -.21, p < .01$ . Their condition affects patient care.

**Conclusion:** Patients feel depressed during their hospital stay. They ask for pycologic support for the nursing staff. The nurses too suffer from depression. Their condition affects patient care. Recognizing the depression in patients and on themselves is an important step to improve nursing care.

**Key words:** *depression, fear, depression recognition, stress*



## “KNOWLEDGE OF YOUNG PEOPLE FROM PRISHTINA, AGED 15-24 REGARDING SEXUAL AND REPRODUCTIVE HEALTH”

Made by: Eroll RESHTANI and Selami BEHLULI

### Abstract

Inadequate knowledge of adolescents about their sexual and reproductive health, affects the quality of life of adolescents - both in the individual but also in the family and socio-economic spheres. In addition to the parents, responsibility for transmitting knowledge and positive attitudes on sexual and reproductive health also has education and health professionals.

The aim of this research was to determine the actual level of knowledge, preferences and attitudes of Pristina adolescents, in regards to "Sexual and Reproductive Health" and ascertain whether they need additional education and who would they prefer to facilitate knowledge on these topics.

The research was completed during the April, 2017 upon obtaining institutional approvals and disseminating guidelines on the survey procedures. Target population- adolescent pupils of grades 10, 11 and 12 of three Pristina high schools, and students of first year of the public university and the two private colleges, were presented with a customized questionnaire, developed based on the standard instrument *PILOT Questionnaire*, previously used in the US, Serbia, Croatia and Kosovo. Out of 400 questionnaires distributed, 358 completed ones were returned.

Response's analysis suggests that adolescent's knowledge on reproductive health is unsatisfactory and the inclusion of "Sexual and Reproductive Health" as a subject of school curriculum, may help them augment their knowledge and ways of preventing sexually transmitted diseases, and that the health professionals would be the most preferred in delivering knowledge through promotional health activities.

Diminution of reported and registered number of adolescents contracting STD's and unwanted adolescent pregnancies, as well as increased awareness, has been foreseen as long-term achievement through school and community-based health promotion activities.

Therefore, this kind of researches should be foreseen to be repeated in the near future.

*Key words:* Adolescent, sexual, health, reproductive.

## “THE FACTORS THAT INFLUENCE IN SUCCESSFULNESS AND EFFECTIVENESS OF HUMAN RESOURCE MANAGEMENT AT HEALTH CARE INSTITUTIONS”

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### Abstract

**Introduction:** Health institutions as an integral part of the healthcare system operate in a dynamic and complex environment in which they are constantly faced with numerous shocks of the uncontrolled external environment factors that are expected to be much more challenging in the next decade. Human Resource Management within healthcare institutions is an important part of their organization and as such, it is quite complicated, complex and dynamic. The interest in managing with human resources is crucial all around the world, since the success of daily activities as well as the welfare of the functioning of healthcare centers largely depend on the efficiency of human resource management within those institutions. **Aim:** The aim of this paper is to analyze the factors that influence in successfulness and effectiveness of human resource management at health institutions respectively at the Clinical Hospital in Tetovo which in turn directly influences the improvement of the quality of medical services provided by the medical staff. **Methodology:** During the first quarter of 2021 interviews with employees in some of the wards of this hospital were done related to their daily activities, services they provide, problems and challenges they face. Also, the level of satisfaction from the assessment of their work by the institution has been measured. **Results:** Some of the major problems that were emphasized in all of the groups of interviewees had to deal with low salaries and the lack of additional compensations that can significantly motivate them in the more successful realization of their daily duties and activities. The stimulation and motivation of the medical staff for professional development and continuous education through various different professional development workshops, seminars, conferences, symposiums, etc. has a great impact on the overall performance of the employees. The adequate equipment of wards with the most modern items and devices is more than crucial for a smooth realization of daily activities and it also has a direct impact on the achieved results. **Conclusions:** Successes and achievements in the field of medicine are closely related to the scientific advancements in general. Healthcare institutions at all levels should treat their personnel better by providing them more reasonable salaries and rewards for their good performance as well as additional financial support for their further professional development. Competent bodies within the Ministry of Healthcare should actively monitor the quality of provided healthcare services by the medical personnel, encourage, and invest in their efficient distribution and dissemination. **Key words:** *human resource management, leadership, motivation, effectiveness, quality assurance and professionalism.*

## “ANTENATAL CARE AT REGIONAL HOSPITAL OF GJILAN”

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*Citation: Murati, L & Isufi, E. (2019). Antenatal care at Regional Hospital of Gjilan. Heimerer College.*

### **Abstract**

The antenatal service represents "pre-delivery service - during pregnancy" and includes education, systematic examination and treatment to supervise and promote the well-being of mother and child-fetus. The study aims at evaluating the quality and involvement of the antenatal health service at Gjilan Regional Hospital. In addition, the study aims to provide information on the participation and number of antenatal visits, knowledge, awareness and practices in the field of antenatal health services. A total of 100 mothers participated in the study, which were selected from the gynecology department at Gjilan Regional Hospital. For this research mothers who were born in this department were selected and during their post-natal posture they were interviewed. For this research, the questionnaire "Questionnaire on antenatal services in Kosovo" was created (Hoxha, 2008), which contains two parts: the first part with sociodemographic questions and the second part contains 80 questions related to antenatal services in Kosovo. The results of the study have given an answer to the research question. Based on the results we can see that when it comes to the quality of medical examination, 76% of respondents reported having had gynecological examination (internal control). All respondents (100%) reported that an external gynecological examination was performed during antenatal visits. With these results is not confirmed the first hypothesis that the quality of medical examinations at Gjilan Regional Hospital is low.

**Key words:** services, antenatal, women.

## “MUSIC THERAPY EFFECT IN NORMALIZATION OF VITAL PARAMETERS, PAIN AND ANXIETY”

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### ABSTRACT

**INTRODUCTION:** Surgery and anesthesia provoke anxiety and pain in most patients, causing an increase in sympathetic activity, thus leading to disruption of vital parameters such as heart rate, respiration, and blood pressure. Non-pharmacological methods are being evaluated to alleviate vital parameters, anxiety and pain during the preoperative period due to safe and non-interfering profiles, therefore music is one of the most practical and easy to use applications (Mitchell M. 2003 )

**PURPOSE:** This research was conducted to evaluate the effect of music therapy on the reduction of vital parameters (heart rate, respiration and blood pressure), anxiety and pain.

**METHODOLOGY:** A total of 60 patients were included in the study, who were randomly selected of whom 30 were in the intervention group and another 30 in the control group. Patients in the intervention group listened to music during the preoperative period for a minimum period of 20 minutes. Patients in the control group were provided with standard care without any intervention. Data were collected preoperatively after listening to music for the assessment of vital parameters and anxiety as well as postoperatively for the assessment of pain.

**RESULTS:** There was a statistically significant decrease in vital parameters: heart rate, respiration and blood pressure (2-tailed significance <0.001), also for anxiety and pain the significance level was (2-tailed significance <0.001) in the group of intervention unlike the control group.

**CONCLUSION:** Music is a non-invasive and cost-effective intervention which can be easily implemented in preoperative programs and the findings suggest that preoperative music can reduce vital parameters, anxiety and pain.

Keywords: VITAL PARAMETERS, SYMPATHETIC ACTIVATION, MUSIC THERAPY

## **“ANXIETY LEVEL OF UNIVERSITY STUDENTS DURING COVID-19 IN DEPARTMENT OF PSYCHOLOGY AND SOCIAL WORK, SHKODER”**

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### **Abstract**

Recently, we are confronted by vast amounts of information and news about the ongoing threat of the coronavirus pandemic. There has been a marked *increase* in *cases* of anxiety and agitation related to the global pandemic documented by various researches. Fear of illness or death and loss of a sense of personal security can cause feelings of anxiety.

Considering the potential negative effects of the COVID-19 pandemic on mental health, the present study is an investigation of the extent of anxiety level among students of Psychology and Social Work department, in University of Shkoder.

A cross sectional study, was conducted between February and Mars 2021, using the Corona Disease Anxiety Scale (CDAS), administered online to assess the anxiety level. This 18-itemed questionnaire measures anxiety in mild, moderate and severe levels. The 104 students (7 males and 97 females) who answered the questionnaire were selected through a statistical random sampling. The results indicated that about 29% of the students experienced moderate to extreme levels of anxiety. Anxiety was associated with age, but not with gender, a academic discipline or level of study.

The findings from the current study will help to develop appropriate interventions for these students and inform future researches.

**Keywords:** Covid-19, pandemic, CDAS, anxiety, students.

## “THE NURSING ROLE IN MANAGEMENT RISKS IN THEIR RESPONSIBILITIES DURING THE COVID PANDEMIC 19”

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*Aferdita Berisha PhD candidate Lecture in Universi College*  
*Vlora Ejupi – PhD candidate Lecture in AAB Collage*

### Abstract

As the COVID-19 pandemic swept the globe, health workers with emphasis to nurses responded nimbly and effectively, providing frontline help and defending the rights of patients across the world. This research paper, highlights the irreplaceable role of nurses during the pandemic and support provided to infected patients, at the same time calls in Kosovo government to work with health workers to mitigate the impact of COVID-19 and create a better post-pandemic situation.

**Purpose** Through this study we want to present the role of nursing in management during pandemic covid19, as well as the presentation of developments that occur as a result of increased number of infected patients, as well as the number of staff infected covid 19 during this period.

**Material and Methods** The study is retrospective, narrative discrete methods were used for the period March - December 2020. Data were taken from the instructions of the Committee for Management of Clinics for Treatment of Patients with Coviditis19 in the UCCK and data from the instructions of NIPHK.

**The result** According to the results of the study, the number of staff affected by covid 19 in the UCCK Clinic is 2959 in total. The number of re-infected is 48, self-isolation is 947, and the number of deaths is 12. while men were 883 or 34% infected. The staff that suffered from latency were 6 doctors or 50% male and 0 female, 2 or 17% male nurses and 1 or 8% female nurses and non-medical staff 3 or 25% male and 0 female. According to the NIPHK, which provides data at the level of Kosovo's infected staff, 28% are doctors, 57% nurses and 15% non-medical staff. Data according to NIPHK at the level of Kosovo infected patients are 51328 patients, 41407 cured, 1335 deaths and 8586 positive cases.

**Discution and Conclusion** In Kosovo, health workers, nurses took on the essential role of service delivery when there were gaps in the provision of health care.

As much training as possible should be organized for nurses related to emergency situations, and their management.

**Keywords:** "nursing", "pandemic", "COVID19", "coronavirus"

## “PATIENT KNOWLEDGE IN THE MANAGEMENT OF MODIFIABLE FACTORS IN ISCHEMIC HEART DISEASE”

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### Abstract

**Introduction:** Ischemic heart disease, as part of cardiovascular disease, increasingly comes as a result of the action of many genetic, biological and unhealthy lifestyle factors, the action of social, environmental factors. Increasing lifestyle knowledge provided by Nurses and multidisciplinary teams have the potential to improve clinical outcomes and quality of life if used effectively in the education process.

**Material and Methodology:** Prospective, quasi-experimental and partial research methods were used for the study and realization of the paper. The questionnaire contained 30 questions of priority importance for researching this issue. The design of this study was an almost experimental development of the program with a pre-test, intervention and pos-test. The intervention was the realization of the pre-test on the 1st day, then the beginning of the activities of the educational sessions on the 30th, 60th and 90th day, and on the 120th day the realization of the post-test. The sample consists of 100 patients. Inclusion criteria were patients diagnosed with ischemic heart disease and exclusion criteria were patients diagnosed with other coronary heart disease.

**Results:** The differences between the initial and the final measurement for the quantitative data were verified through the T-test method for dependent groups. Significant statistical differences were established at the level of significance  $p < 0.001$ , for 11 variables: Level of physical activity ( $p < 0.001$ ), assessment of patients' health status ( $p < 0.001$ ), increase of knowledge related to DM ( $p < 0.001$ ), importance of physical activity ( $p < 0.001$ ) and duration of physical activity ( $p < 0.001$ ), impact of nutrition ( $p < 0.001$ ), type of fats used in food ( $p < 0.001$ ), effect of aspirin ( $p < 0.001$ ) as well as patient adherence to the disease as regular use of medications prescribed by the doctor ( $p < 0.001$ ). All the proven differences are in favour of the final measurement which is indicative of the improvement of the values of the treated variables.

**Conclusion:** the educational sessions had significantly improved the parameters so this improvement can be attributed to the effect of the educational program applied to the respondents.

**Key words:** *patient education, lifestyle, clinical measurements*

## “STRESS FACTORS AND THE BURN-OUT LEVEL OF EMPLOYEES AT THE INSTITUTE OF MENTAL HEALTH AND AT THE MAIN FAMILY MEDICINE CENTER OF SHTIME”

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### Abstract

Our goal was to assess the level of satisfaction and the way of functioning of institutions that provide residential care and primary care services in the municipality of Shtime. As well as researching the level of stress and burn-out in health workers and their possible causes.

The Maslach Burnout Inventory and Self-Reporting Questionnaire on Stress, Job Satisfaction, and Possible Causes of Stress and Burnout were used. Participants in the research are staff at the Mental Health Institute, Home for Children and Adults with Mental Disabilities, and at the Main Family Medicine Center.

A total of 117 participants of both genders participated in the research, female gender dominated with 79 respondents or 67.5%, 26 or 22.2% of respondents belong to the male gender, while 12 respondents or 10.3% did not declare at all. High levels of stress / burnout are reported by 12.1% of study participants. The results showed that women have significantly higher levels of stress / burnout

Inadequate pay, dealing with difficult cases, very difficult cases to solve, excessive work followed by lack of gratitude from others for the work have been found as factors with a higher level of stress. Also 67.5% of the participants in the study, express that they are very satisfied with their job.

This research will contribute both theoretically and practically by raising awareness of health and social care institutions in the process of their operation, in maintaining the health of employees to increase the quality of services, will also be useful for managers and leaders of these institutions to identify the impact of stressors on their employees.

**Key words : Stress, Burn-out, causes of stress, Healthcare personnel, Shtime.**



## “THE IMPORTANCE OF SURVEILLANCE AND FILLIATION IN COVID-19 PANDEMIC PROCESS AND ROLE OF THE NURSE”

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The pandemic, which reveals that global preparedness against epidemics is critical for world security, affects the activities that are vital for the state and society and the usual flow in community life. Infectious diseases are among the important issues that affect the individual and society physically, economically, socially and psychologically throughout the historical process. As with the process of COVID-19, increasing transportation opportunities and mobility with globalization make it easier to spread the epidemic in any country and create pandemics, it is difficult to control infectious diseases and sometimes there is no vaccine or specific treatment. For this reason, surveillance and filliation, which is emphasized by the World Health Organization (WHO) as part of the strategy to combat infectious disease, comes to the fore to control infectious disease. In an effective infectious disease control program, surveillance studies are among the main elements of early diagnosis and case detection. In infectious diseases, precautions should be taken against the source, transmission route and host. Source-oriented measures include early diagnosis and treatment of cases depending on the disease, isolation of cases, follow-up of suspects and reporting of cases. Surveillance studies include actions such as notice, notification, field examination/ filliation, case study, epidemic examination. Filiation allows the control of infectious diseases by determining the source of the disease and its contact tracking. By filliation; detecting the source in the contamination chain, it prevents the disease in the early period by preventing contact and isolating sensitive people. In all countries, nurses are the leading occupational group in the prevention, treatment and rehabilitation of infectious diseases. Nursing profession, which serves with its many roles in national and international platforms, was mentioned during the COVID19 pandemic process. Taking an active role in the health sector, the nurse plays a key role in the fight against the epidemic, participating in radiation studies in order to determine the risk factors in the pandemic process and to determine the source of the problem.

**Key Words:** COVID 19, Pandemic, Filiation, Nursing

## “NURSING CARE FOR CANCER PATIENTS AND THE CHALLENGES FACED BY ONCOLOGY WARD NURSES DURING THIS PERIOD OF COVID 19”

*Msc. ZYLFO Armela; Msc HAXHIJA Edona; Prof.Ass. Dr. SOPJANI Idriz; Phd cand TAHIRI Shqipe*

### Abstract

**Introduction:** Cancer is one of the leading causes of death worldwide. The estimated number of new cancer cases and deaths in 2021, (In 2021, there will be about 1.9 million new cancer cases diagnosed and 608,570 cancer deaths in the US alone.) During 2020, the world faced a pandemic Covid 19 and cancer patients were severely affected by this period, due to the closure of healthcare facilities, resulting in delays in diagnosis and treatment that may lead to a short-term decline in cancer incidence but followed by a increase in advanced stage disease and ultimately increase mortality.

**Purpose:** The purpose of this study is to raise awareness of the effective nursing interventions needed to care for cancer patients and the complications that occur in these patients. To identify the challenges faced by oncology hospital nurses and cancer patients during 2020 as their treatments and diagnosis became more difficult due to the Covid-19 pandemic.

**Objectives:** Improve the work of patient care nurses in palliative care, overcome the challenges of the Covid 19 pandemic period, and identify effective care interventions for patients with terminal stages of the disease.

**Materials and methods:** Research and review of foreign and Albanian literature related to cancer, the role of nurses in cancer patients and the challenges of the pandemic in caring for these patients.

**Conclusions:** Cancer is the disease of the century in terms of mortality of those affected but in the last year it has been helped by the Covid 19 pandemic by delaying early diagnosis in patients and putting more at risk those who already suffered from this disease. The nursing challenges in this period were very great.

## **“STRESS, ANXIETY AND DEPRESSION IN CITIZENS OF THE TOWN OF GJILAN IN RELATION WITH THE CURRENT PANDEMIC STATE, COVID-19”**

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### **Abstract**

The latest events due to the pandemic of the virus (Covid-19), have changed the reality of the everyday life of parents and children. The increase in number of children facing social distancing, self-quarantine as well as closing of schools and jobs has been associated with the feelings of stress, anxiety, and depressive states. It seems as the level of stress and anxiety increases by the day as a result of a new and unexpected reality which resulted in social distancing, staying at home, temporary restrictions... has changed the dynamic of individual and collective life. Children, lacking school activities, have a hard time facing this new reality of a pandemic, which can censor their feelings of safety and restriction. Home isolation, the lack of contact and play with their friends is a predisposition in fostering a stressful state of anxiety in children. They may find it difficult to understand what they see online or on television, or what they hear from other people. For this reason, they may be particularly vulnerable to feelings of anxiety, stress, and sadness. The inability to play games and outdoor activities can make them feel more nervous and irritated, thus increasing their parents' stress. This condition has touched the adults as well, whose life dynamics, restriction of physical contact, group discussions, etc have been broken. This escape from infection with each other has affected and is greatly affecting an imbalance of the psycho-emotional state. Therefore, this research is focused on seeing how much this situation created in the citizens of Gjilan has affected the psycho-emotional aspect (Stress, anxiety and depression).

**Aims of the study** - The main purpose of this study was to identify the association of stress with anxiety and depression of the citizens of Gjilan during the pandemic.

**Material and methods**- This research is part of quantitative research which has collected and analyzed quantitative data through the process of self-reporting in the online platform. The research was attended by 70 participants who were citizens of Gjilan. Of these, 32 or 45.71% were male and 38 or 54.28% were female. Their age was between 20 and 55 years old. The research was conducted through measuring questionnaires on normal and high strain, where Cronbach Alfa, of this questionnaire resulted:  $\alpha = .769$ . and the Anxiety Measurement Questionnaire was measured on GAD-7 by (Spitzer, Kroenke, Williams & Lowee, 2006), Cronbach Alfa, of this questionnaire resulted:  $\alpha = .899$ . The Patient Health Questionnaire (PHQ-9) inventory was also used to measure depression. The questionnaire has been closed and with four possible alternatives to answer. Cronbach Alfa, of this questionnaire resulted:  $\alpha = .877$ .

**Results**; The data processing was done with the SPSS program, as they were transferred from Google Forms.

**Conclusion;** Based on the results, depression has resulted in a low and moderate level, also the anxiety state belongs to a low level in general, but more specifically it has been reported at a high level the inability to control anxiety, and stressful state has resulted in a higher level compared to depression and anxiety.

**Key words:** *pandemic (Covid-19), stress, anxiety, depression.*

## “CHALLENGES OF BREAST FEEDING NEWBORNS DURING THE COVID-19 PERIOD”

*Vlora Kurti*

### Abstract

**Introduction:** Breastfeeding is beneficial to both the newborn and the mother. During the COVID-19 pandemic, concerns have been raised on whether the SARS-CoV-2 virus could be transmitted from COVID-19 positive mother to the newborn through breastmilk.

**The purpose of this review:** Is to examine the available evidence on the risks of transmission of infection from COVID-19 mothers to their newborns through breastfeeding.

**Methods:** A systematic literature search was conducted in PubMed, Cochrane Library and Google Scholar. The comprehensive review focuses on the available evidence on the transmission of SARS-CoV-2 through breastmilk and recommendations for mothers who are COVID positive, in safe and protective breast feeding.

**Results:** Based on the currently available evidence, WHO has recommended that the mothers with confirmed or suspected COVID-19 should continue to breastfeed since the benefits of breastfeeding to both the mothers and newborns significantly outweigh the risk of transmission of COVID-19 to the newborns.

**Conclusion:** After examining the limited data published so far, we can conclude that our knowledge of the transmission of the SARS-CoV-2 virus through breastmilk is quite insufficient. At the same time, we cannot ignore the evidence that proves the benefits of breastfeeding to both the mother and the newborn. Healthcare providers should also educate the mothers about the disease process as well as the precautions required to prevent contact transmission of COVID-19 to the newborns. An in-depth analysis of virus pathophysiology and its transmission through breastmilk will be possible once more extensive studies are conducted to examine this correlation.

**Key Words:** Breast Feeding, Breast Milk, COVID-19, SARS-CoV-2.

## **“CONSEQUENCES OF THE COVID-19 PANDEMIC AND ISOLATION ON THE MENTAL HEALTH OF CHILDREN AND ADOLESCENTS-NARRATIVE REVIEW”**

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### **Abstract**

**Purpose of the study:** The Coronavirus disease (COVID-19), for several months now, has been widely accused not only of causing severe physical health problems but also as a potential mental health threat. Since the spread of the COVID-19 infection, global strategies have been employed to provide psychological support to target populations. Most of them focused on healthcare workers, patients, and adults’ mental health, but little has been discussed on its influence on the mental health of young people. Experts claim that children and adolescents’ mental health requires significant attention as well.

This research aims to explore and evaluate the psychological outcomes of COVID-19 and its impact on the mental health of the youth population.

**Methodology:** We conducted a narrative review including articles related to the mental health impact of the COVID-19 pandemic and lockdown in children and adolescents. Five databases were searched with the following key terms- “Coronavirus”, “COVID-19”, “Pandemic”, “Psychological”, “Psychosocial”, “mental health”, “children”, “adolescents”, “quarantine” and “lockdown”. Articles focusing on people younger than 18 years old were initially selected. There were no restrictions regarding the design of the study. Seven studies were eligible for the final analysis.

**Results and Conclusions:** The findings show that COVID-19 is seriously affecting young people’s mental health. Extensive home quarantine, stressful life events, fear of infection, separation from their parents, intrafamilial violence could result in depression; anxiety disorders; worsening of the symptoms in those with pre-existing mental health conditions; post-traumatic stress, etc. The COVID-19 pandemic has a negative effect on the mental health of children and adolescents. Extensive research is necessary to evaluate the long-term consequences of the lockdown and to implement global strategies to handle the related mental health issues. **Keywords:** COVID-19, adolescents, children, anxiety, depression, mental health, youth, isolation.

## “COVID PANDEMIC -19: EXPERIENCES AND PERCEPTIONS OF HEALTHCARE PROFESSIONALS”

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### Abstract

**Purpose of the study:** The COVID-19 pandemic has had a widespread negative impact on healthcare systems around the world and has placed healthcare providers under great physiological and psychological pressures. The purpose of the literature review was to study the literature regarding the experiences and perceptions of Healthcare Professionals during the Covid-19 pandemic.

**Methodology:** The Medline/ PubMed databases were used to identify recently published English language articles. The data were properly interpreted in the context of the purpose of the study. Keywords used were COVID-19, healthcare professionals, experiences, perceptions. Eight of the more than twenty-nine important articles were included in the final analysis.

**Results and Conclusions:** Studies have shown that psychological distress had as its subject the consequences of social distance, the management of lifeless bodies, the fatigue of health care workers, and the risk of exposure. Limited personal protective equipment (PPE) and lack of routine evidence created anxiety and concern and had a tangible impact on the workforce. Having a fear of COVID-19 infection and its spread among family members was associated with an increased risk of depression. Poor job security, stigma, and a heavy workload were associated with an increased risk of depressive symptoms, while poor self-esteem and high workload were associated with increased risk of anxiety. Perceptions and experiences of nurses and their performance in the COVID-19 pandemic are highlighted negative emotional states, adopted strategies of individual character, and future expectations of a return to normal.

**Keywords:** COVID-19, healthcare professionals, experiences, perceptions.

## “TUMOR PATIENTS DURING COVID-19 PANDEMIC”

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### Abstract

**Purpose of the study:** During the current pandemic, COVID-19, the whole world faced great difficulties in protecting the health and lives of people. COVID-19 has serious health consequences for certain groups of patients and even for healthy individuals. Tumor patients, as a group at risk, faced greater challenges and difficulties in how to manage their health. The purpose of this literature review was to identify the challenges, difficulties, and ways in which the pandemic could be met in terms of the health care that cancer patients need, periodically.

**Methodology:** This study was conducted based on systematic research of the literature. The online search included sites of scientific publications such as Pub Med, Cochrane, and Hinari. Full-text articles were requested. When searching for relevant articles online, guidelines for systematic literature review were considered. After literature research, based on keywords and inclusive criteria, 8 articles were selected.

**Results and Conclusions:** Studies have identified problems with cancer patients in cancer treatment, delays in chemotherapy cycles, or failure to complete therapy. Tumor patients also manifested psycho-emotional problems, because they considered themselves at high risk of the most serious consequences of covid-19. The studies also showed the measures taken by the health systems for the proper management of this group of patients, by making changes in the way that care was previously provided for tumor diseases. The global health situation is extremely difficult, for all health systems, and the latest recommendations related to the situation, including an update of care protocols for patients with tumors and specific adaptation to the character and type of tumor.

**Keywords:** COVID-19 pandemic, tumor patients, oncology, challenges.



## “MENTAL HEALTH AND ISSUES OF PSYCHIATRIC PROBLEMS IN PATIENTS WITH COVID-19”

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**Introduction.** Covid 19, a multisystem disease first reported in the state of China in December 2019, would soon be knocking on the doors of Europe. The main focus was the damage that SARS-COV-2 brought to all systems and organs, but few would stop at the impact of this new stressor on the world of human psychology.

The disease itself with its unknowns, limited tests, still experimental treatment, isolation and hygienic rules, stigma, job loss as well as the financial burden of the disease, are negative factors that accompany the disease.

**Purpose:** To assess the impact of the COVID-19 Pandemic on mental health and the psychiatric sphere in affected patients as well as their families.

**Methodology:** This is a time study, which examined 30 patients who were diagnosed with COVID 19, in the local administrative unit of Gjirokastra in the period June-September 2020. The obtained data were subjected to statistical processing.

**Results:** It was found that 23% of patients had an anxiety which they reported equally as stress. Insomnia was found in 65% of patients, stigma 30%, fear 58%, irritability 19%.

**Conclusion:** Mental health is vulnerable to the COVID-19 pandemic. It is imperative the presence of a mental health worker assist patients and their families.

**Discussion:** This study, in line with other scientific research, has concluded that emotional distress is always associated with adversity and this was also found in COVID-19. There are still differing opinions from the World Health Organization as to whether it should be classified as post-traumatic stress or rather in the spectrum of anxiety disorders and depression.

**Keywords:** mental health, COVID-19, anxiety, depression, PTSD.

## “THE PSYCHOLOGICAL STRESS OF HEALTH WORKERS AT HOSPITALS IN ITALY DURING COVID-19”

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### **Abstract**

Every health staff have been subjected to very high emotional stress during this time of emergency. It was a difficult pressure to bear, which put a strain on the entire staff of public and private health structures.

The category that has been subjected to a heavy fatigue remains that of nurses. The close contact with patients and the shortage of medical staff, pushed all operators to work long shifts, leading nurses to experience a very intense emotional and physical load.

This study, on the one hand, highlights the difficulties that all healthcare professionals had to face such as: separation of their families, the fear of being infected as it happened in so many cases, being faced with the suffering of patients and, feeling incapable to do anything other than being in person as a patient at hospitals.

On the other hand, the study highlights the importance of this profession, the deep motivation of being a Doctor, Nurse, or a Health worker.

Various responses from the realized interviews underline that the situation of the Pandemic had its strong points for every professional such as: to be heard at the service of life, to have been close to the patient in critical moments as the only trusted person. Often the patient has handed his life into the hands of the nurse near his bed.

The time of Pandemic has made stronger the need to work in a team, to help each other, without taking into account the tiredness, fear and problems of everyone.

Lastly, the Covid emergency has changed the lives of many people, but also that of health workers, after "this war, not war", life has changed for everyone. Many things have taken another meaning. The emergency has changed the way the whole world thinks and acts.

**Keywords:** *Stress, fear, suffering, motivation, meaning of life, teamwork.*

## “VIEWS AND ATTITUDES OF NURSING STUDENTS ABOUT WORK ABROAD”

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### Abstract

**Introduction:** There is a huge shortage of nurses worldwide. This global phenomenon derives from historical, economic, social and political factors. The World Health Organization (WHO) estimates that the whole world is facing a global shortage of nearly 4.3 million physicians, nurses, midwives, and other health care professionals. Kosovo has also been affected by the migration of nurses. As the poorest country in Europe, Kosovo is gripped by systematic corruption, high unemployment, nepotism when it comes to employment, politicization of the public sector, poor economic condition and the potential of social dissatisfaction are among the main driving factors contributing to the overall migration from the country. On the other hand, other general attracting factors such as: higher wages and better living standards, social benefits, political stability, have also contributed to the recent massive migration from Kosovo.

**Goal:** This research has been conducted in order to evaluate nursing students' views and attitudes on working abroad. The research was conducted through a questionnaire. This research focuses specifically on Kosovo, researching the factors that are influencing the migration of nursing students for working abroad.

**Tools and Methodology:** The research belongs to the cross-sectional type and a questionnaire was used for gathering the data. In the accordance with the objectives of the research, a study was conducted with a sample of 200 third-year students of the nursing program of the academic year 2019/2020. The surveyed students were selected by random method. The structured questionnaire included a total of 20 questions. The students who participated were from the nursing program at the University of Prishtina (UP), the University of Gjakova (UGJ), as well as the Private College-University for Business and Technology (UBT). Participation was voluntary and anonymous. The data were processed using the Microsoft Excel Program. The most relevant databases such as PubMed, Google Scholar, Med Line, etc. were used for the literature.

**Results:** The majority of the students, with a percentage of 53%, think of continuing their professional career abroad, 31% of students still have not decided yet and only 16% of students see their professional future in Kosovo, serving the country. 68% of our respondents see themselves as fit into the German working system. The main element that makes them decide to migrate, are the better working conditions and professional development with 56%. Also, 50% of students consider the economic factor as the basic factor, and also the majority (51%) of students see the social and political factors as the

issue and another high percentage of 58% consider the poor working conditions. Most respondents, 65% plan long-term stay abroad over 5 years.

**Conclusions:** More than half (75%) of the students failed to have a working experience during their studies, so through this study we saw that a large percentage of students were thinking of leaving. There is an undeniable need for long-term action to improve working conditions and the payment of nurses. If this does not happen, the human resources crisis in the Kosovar nursing sector will get worse.

**Keywords:** Nursing students, Professional migration, Motivational factors, Poverty, Kosovo.

## “ADOLESCENT DEPRESSION-THE ROLE OF THE NURSE”

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### Abstract

**Entry.** Depression refers to a wide range of mental health problems characterized by a lack of a positive impact. Depression is a disordered mood that causes loss of energy, increased feeling of sadness, nervousness and loss of interest in doing any daily activity. Adolescents are the age group most affected by depression.

**Aim.** The purpose of this paper is to investigate the frequency and impact of depression in adolescents from the Municipality of Podujeva, through a survey. Also through the analysis of data from the protocols it is intended to identify the most commonly diagnosed disorder and treatment.

**Methodology.** This research is a retrospective study of patients diagnosed with depressive disorders at the Main Family Medicine Center - QKMF, in Podujeva. The data were taken from the book of protocols in the period 1 year, August 2019 - August 2020. Also added to the research is the survey of adolescents in the Municipality of Podujeva.

**Results.** Of the 66 persons surveyed, 8 (5%) were male, and 58 (95%) were female. The age with the most respondents was 16 years old, a total of 20 females and 3 males. 23% of them slept poorly, 32% ate poorly, 48% of them felt overwhelmed, 30% of them did not engage in daily activities in general, 60% felt tired, 50% had difficulty concentrating and socializing, 97% consume alcohol. 20% of patients in QKMF-Podujeva were diagnosed with "Anxiety disorder mixed with depression".

**Conclusions.** From most adolescent respondents, we notice that depression causes mood disorders, sleep disorders, eating disorders, they feel devastated, in misery. Depression disrupts the daily activities of the sick, these people feel constantly tired. Respondents had problems with companionship and concentration. They tended to consume alcohol. The most common diagnosis in QKMF-Podujevë, August 2019- August 2020, was "Anxiety disorder mixed with depression". The most commonly prescribed herb was Risperidone.

**Keywords:** Depression, Depressive Disorders, Psychotherapy, Adolescents.

## “EVALUATION OF PALLIATIVE CARE FROM PATIENTS’ FAMILY: EXPERIENCE, NEEDS AND CHALLENGES”

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### Abstract

The evaluation of the functional health structures and particularly the palliative health care is a necessity and is crucial for the efficient functional improvement and development of the new projects on palliative care, to improve the practices and to resolve the issues encountered. The aim of this study is to evaluate the parameters of the palliative care in Vlore region and the challenges encountered.

**Methodology:** This is a quantitative cross sectional study. The data are collected from the self administered questionnaires and data from the health care institutions. The voluntary sample of the study included 92 family members and friends of palliative patients during the time period of November 2019-February 2020. The standardized questionnaire used was Community Awareness of Palliative Care.

Data was analyzed with the statistical package IBM SPSS 23.0. Statistical levels were bilateral and the statistical significance level was 0.05. Chi-square test was used to show the statistical significance on various factors.

**Results:** 42% of the participants never heard of palliative care services, 50% have no knowledge for palliative care. Only 16% know what palliative care is from the medical family doctor, which shows that this service already exists in primary health care. 70% stated that this service does not fulfill the needs of the community. The needs of family members for basic health care at home are at 56%, for daily health care for cancer patients are 41%, for volunteers in this service 36%, for 24 hours phone services are 24%.

**Conclusions:** based on the data collected from the participating family members is noted a clear problem of palliative care on the function of this service within the primary health care structure, based on the law of palliative care in Albanian Republic No.138/2014.

**Key words:** palliative care, family members, improvement of services, lack of services

## NURSING "HISTORY OF THE EVOLUTION OF THE PROFESSION IN ALBANIA, ALBANIAN ORDER OF NURSES"

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**Introduction:** The knowledge and contributions of nursing in Albania are scarce. The study of the evolution of the figure of the nurse is important for the identity of the profession to recognize the implications it has had on nursing. The purpose of the study was to describe the historical evolution of the figure of the nurse over the years, the change in the levels of education and legal regulations of the nursing profession.

**Method:** Historical methodology from archival and oral sources was used in this study. From the empirical research, data stored in the library, archives, and in the archives of the Albanian Order of Nurses were identified.

**Results:** Historical data from 1910 to the present day express the evolution of the figure of the nurse, where about 22 thousand nurses are qualified in the Republic of Albania. The image of the figure of the nurse has had an evolutionary impact both academically, professionally and legally. At the heart of nursing professionalism is the treatment of the disease, of the academic curricula. The analysis made, highlighted the dynamics of a professional path that involves the institutional, social and individual levels, highlighting some gaps in both the legislative and training fields of nurses.

**Conclusions:** This study attempted to delineate the figure of Albanian nursing through the historical knowledge of Albanian nursing in different historical periods. Our study found the lack of a definition of the nursing professional profile, as well as of nursing skills, therefore some additions to both health policy and appropriate legislation are necessary, so that the future of the figure of the nurse and nursing can be outlined in Albania.

**Keywords:** nursing history, nurse, nursing, health policy, education.

## “THE ROLE AND IMPORTANCE OF NURSES ON EDUCATION AND PROMOTION OF HEALTH IN MCFM”

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**Introduction:** Nurses at MCFM (Main Center of Family Medicine) have the competencies and responsibilities in providing general nursing care in response to the health problems of the individual and the community, provide nursing services as well as implement education and health promotion.

**Purpose:** Assess the role and importance of the nurse in health education and promotion in MCFM and their approach to patients.

**Methodology:** The research was conducted on 120 nurses in MCFM Gjakova and in CFM (Center of Family Medicine) Cërmjan, Skivjan, Ponoshec, Rugovë, Shqiponjë, Novosellë and Lipovec, during the period January - March 2021.

**Results:** 8% of them fully and 14% partially stated that MFMC included neither education nor promotion. If educational and health activity needs to be expanded, 12% said there is no need and 13% are not sure. "The process of facilitating individuals learning on how to improve health, is a characteristic of health promotion and education", 18% said none. When asked how often nurses are involved in workplace health policy changes, 22% have stated never, 18% rarely, 35% sometimes. When asked how often nurses apply nursing care accurately and safely, 66% have stated always and very often.

**Conclusions:** Changes in the variables and their combinations show the strength of the nurses/institution-MCFM, on the other hand low percentages indicate that the nurses/health institution MCFM should improve their performance in order to serve the citizens. MCFM institutions should provide nurses professional advancement without leaving work, in order to include education and health promotion. Institutions should hire new nurses as 39% of nurses have over 30 years of work experience.

**Keywords:** MCFM, nursing, education, promotion, care



## “THE ROLE OF PSYCHOLOGICAL STATUS IN PATIENTS DIAGNOSED WITH CANCER: LITERATURE REVIEW”

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### Abstract

**Introduction:** The continuing increase in the number of cancer patients raises concerns about their current and future quality of life, which is diminished by the fact of diagnosis. Cancer causes psychological difficulties in response to the difficulties they face.

**The purpose of the study:** is to assess the psychological state of patients diagnosed with cancer and the role that this condition has in their decision-making for life.

**Method:** The search included basic electronic data from: Ovid PubMed, Cochrane Library.

Inclusion criteria were published studies on the topic of interest. The role of psychological status in cancer patients diagnosed identified more than ten possible items, but the review included the original results of four studies related to the topic of interest.

**Results:** According to the studies taken in the study, the age groups affected by cancer are from 30- 90 years old. Only a small proportion of patients diagnosed with cancer referred to medications that accelerated death.

**Conclusion:** Patients diagnosed with cancer have a strong need for proper psychosocial care, which can ensure a quality period of life before death. It is important to provide medical care and emotional support to patients in the final stages of cancer. Regarding the psychological condition of the patients, most of the patients referred for a psychological condition aggravated by the cancerous disease.

**Keywords:** role, patients, psychological, cancer.

## **“QUALITY OF LIFE IN PATIENTS WITH HEMODIALYSE IN KORÇA REGION”**

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### **Abstract :**

The aim of this study were to evaluate the quality of life of hemodialysis patients (QoL) and to identify the factors that affect this Quality of Life. Patients and methods: It was a transversal, study of three (03) months (from January 2020 and June July 2020) conducted in the hemodialysis unit at the Korca Regional Hospital. The patients involved were residents of the region, aged 18 years and older, with chronic hemodialysis in this unit for over 3 months, who deliberately gave their consent. Quality of life was assessed using the Kidney Disease and Quality of Life™ Short Form (KDQOL-SF™) questionnaire, with epidemiological data, nephropathy etiologies, and condition parameters recorded. Statistical analysis of the data was performed using SPSS software 20. Results: A total of 27 patients were included in the study Factors affecting the quality of life of hemodialysis patients were vitality, mental health-related limitations and condition the burden of kidney disease, the effect of the disease on daily life and occupational status. The study found that: Patients' educational level was related to vitality ( $p < 0.017$ ); Number of hemodialysis sessions was related to disease outcomes of kidneys in daily life ( $p < 0.025$ ). Conclusion: It is necessary to strengthen the staff by providing a psychologist and a dietician and also to new hemodialysis centers.

## “NURSING CARE OF POLITRAUMAT”

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### Abstract

Trauma is a term which refers to sudden and severe bodily injuries. Traumatic injuries are the result of a wide variety of mechanisms such as closed (blunt) and penetrating trauma. Polytrauma has a significant impact on the well-being and provision of health care to populations. Millions of patients seek medical help as a result of trauma, with a significant proportion of patients suffering life-changing or life-limiting injuries.

The leading cause of traumatic death worldwide is road traffic collision, followed by suicide and homicide. Identifying patterns of trauma mortality has been the driving force behind the creation of trauma networks and major trauma centers in an effort to improve management in the early stages of traumatic injury. Causes of trauma include car crashes, sports injuries, falls, natural disasters and a host of other physical injuries which can occur at home, on the road or at work and require immediate care.

**Purpose:** the purpose of this paper is to get acquainted with Polytraumas, types of polytraumas, diagnosis and nursing role and their treatment.

**Methodology used-** In this paper the method of literature review is used  
**Conclusion-** The leading cause of traumatic death worldwide is road traffic collision, followed by suicide and homicide.

**Results and conclusions-**The average age of patients with polytrauma is 51 years, men are mainly affected (almost 70%). To treat polytraumas and reduce their consequences, we need a professional polytrauma team, a well-functioning team with a team manager, proper triage system, good coordination, which is the key to proper management of polytrauma patients.

**Keywords:** *Politraumas, Nursing care, Traumas*

## “TEACHING AS PART OF THE NURSE’S ROLE”

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### **Abstract**

Teaching in nursing is a complex activity that integrates the art and science of nursing and clinical practice into the teaching-learning process. It is an important aspect of the nurse's role and are expected to teach students, patients and their family members or other staff at some point in their career. The focus is on outcomes, whether it be that the patient and their family members have learned essential knowledge and skills for independent care or that nursing staff and students have acquired the up-to-date knowledge and skills needed to competently and confidently render care to the consumer in a variety of settings.

The purpose of this literature review is to shed light on the evolution of teaching as part of the professional nurse's role and identifies barriers to teaching and learning.

Nursing literature databases were searched by author using combinations of the key words search. A number of studies fit the predetermined search criteria, which included the role of nurses to teaching and learning. Numerous authors have addressed the major barriers interfering with the ability of nurses to carry out their roles as educators such as organizational, environmental, educational, and clientele factors that serve to educating others.

Based on many studies, nurses should have a basic prerequisite understanding of the principles, practice, and process of teaching and learning to carry out their professional responsibilities with efficiency and effectiveness.

***Key words:*** *teaching, learning, nurse, role, education process*

## “SPINAL ANESTHESIA COMPARED TO GENERAL ANESTHESIA- EXPECTATIONS AND EXPERIENCE OF PREGNANT WOMEN WITH CAESAREAN SECTION”

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### Abstract

**Introduction:** The field of medicine has responded positively to the technological changes of

the XXI century. Thanks to some medications it has become possible to perform caesarean section with general anesthesia or spinal anesthesia

**Purpose:** The purpose of this research is to compare spinal and general anesthesia and will explore the expectations and experiences of pregnant women who have had a caesarean section.

**Methodology:** The research will be carried out in the Gynecology repart, with women who have given birth by cesarean section. In my research, with the tendency to be as accurate, objective and professional as possible, I will use the following methods: concretization, analysis and statistics. Data collection will be done in a period of 3 weeks.

**Results:** The study involved 40 pregnant women, 22% of them under the age of 22, 58% between the ages of 23-35 and 20% are over the age of 35. There were 10 women in primary school, 18 of them in secondary school, bachelor or master, 12 women. Most of these women

have chosen cesarean section because of various health complications. They claim that information about spinal anesthesia and general anesthesia is obtained from the nurse when they are admitted to the hospital, only a small number claim to know the types of anesthesia from other sources.

**Conclusion:** Nursing staff plan nursing care before and after cesarean section. Their work is very important: patients are constantly monitored and given advice on postpartum care, recommendations are given on what type of anesthesia to apply, etc.

**Keywords:** Sectio- Cesarea, pregnant woman, spinal anesthesia, general anesthesia etc.

## “EVALUATION OF NURSING STUDENTS ABOUT ON-LINE LEARNING”

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### Abstract

E-learning is the use of Internet technologies to enhance knowledge and performance. E-learning technologies provide students with control over content, learning sequence, pace of learning, allowing them to tailor their experiences to meet their individual learning objectives. This is a transversal, cross-sectional study. For the realization of this study participated 309 students of the general nursing branch and the midwife of the University of Shkodra “Lugj Gurakuqi”. This study was conducted through an anonymous, online questionnaire. This questionnaire was completed within a short period of time 3-10 July 2020. This period coincides with the time after quarantine, after the end of the online learning process and the beginning of the exam season. The data was processed automatically by the Google form documents platform program. From the processing it resulted that the teaching is realized in the amount of over 75% and most of the students are satisfied with the teaching. They also refer to their problems during this process.

**Key words:** on-line learning; lectures; seminars; Covid-19.

## “CONGENITAL HEART DISEASE - CASE REPORT”

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### Abstract

Atrio-ventricular canal defect, total anomalous pulmonary venous return, pulmonary stenosis, unique atrium is a complex cyanogenic heart disease that needs a palliative 2-3 stage heart surgery that is named unique ventricular heart surgery. In this study, we have represented a case report of complex congenital heart disease, following prolonged follow up from the fetal life of 28 weeks of gestation age until the first heart surgery. The case was referred by the obstetrician for prenatal heart diagnosis as CHD suspect at 28 week gestation age. After fetal heart echocardiography diagnosis of complex heart disease was confirmed. For the complexity of the heart disease the labor was programmed to be in a specialist Cardiac surgery center in Italy. For more health and safety transport the lady was transferred at 34 week gestation age traveling by plane. The baby was born on the 35 week classified as premature normal gestation weight. He's gender was male, birth weight of 3000 gr. After 3 week of intensive follow up care. After a stabilized arterial oxygenation with value of 80%, a team decision by the cardiac surgeon and cardiac pediatrician was made. It was decided to let the newborn in natural history until he reached the criteria for palliative surgery. After he came back home he was under monthly follow up evaluating physical, radiologic and echocardiography examination. During 7 months of follow up the patient developed progressive decrease of saturation and had very good weight gain. The saturation in normal air temperature was 75%. For this reason the decision to transfer the baby near the same cardiac surgery center for the palliative Glenn heart surgery repair was made, in which the above mentioned surgery was performed. In the future, he will go through univentricular heart surgery also known as FONTAN techniques.

**Keywords:** *disease, heart, prenatal, surgery.*

## **“DIRECTED BIRTH MANAGEMENT IN THE PANDEMIC PERIOD IN ELBASAN”**

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**Introduction:** Guided birth is that birth which is accomplished with a series of aids which aim to shorten the time of birth and make it painless. When we speak of guided birth we should never deny the role of nature and we should not aim for a physiological birth turn it into pathological birth. Directed birth is based on uterine contractions, RZF and level of analgesia. **Purpose:**The purpose of our topic is to look at how a directed birth can be managed in pandemic conditions, and how we can adapt the patient's needs to the new conditions created. To achieve this goal, a number of tools can be used such as: Psycho-prophylactic preparation; Artificial water pocket crack; Use of oxytocin; Use of antispasmodics; Use of analgesics and anesthetics; Use of epidural analgesia. The aim is to combine the tools for delivering a directed birth with the measures to be taken to prevent and prevent the transmission of the Sars Covid virus. **Methodology:** In our Department of Obstetrics-Gynecology in the hospital of Elbasan, during the period January 2021-April 2021, three women were presented. The first patient (Gostimë, Elbasan), 24 years old, primiparous, in the 33rd week of pregnancy. The second patient (Përrenjas, Elbasan), secondary, in the 38th week of pregnancy. The third patient (Librazhd, Elbasan), primiparous, in the 39th week of pregnancy. All three patients underwent appropriate gynecological visits and examinations, where it was noticed that they did not present complications related to pregnancy. In addition, they were given a tampon for Sars Covid, which was negative. All three patients were transferred to Tirana and gave birth there. The births were all natural and both mothers and children had no complications. **Conclusions:**1. Direct birth is the most efficient method of managing a birth. It aims to shorten the birth time, make the process painless and increase the mother-child bond. 2. It is very important to coordinate the work between medical professionals who follow the pregnancy, in order to prevent complications and the birth process to be performed with as little pain as possible. 3. Taking anticovid measures is of great importance for the health of both mother and baby, as well as the medical staff that will follow the pregnancy during childbirth. **Keywords:** directed birth, psycho-prophylactic preparation, RZF, anti covid measures



## **“FIVE-YEAR TRENDS IN THE INCIDENCE AND TIMING OF CASES OF CHILDREN WITH ASD, DIAGNOSED IN SHKODRA FROM 2010 TO 2015”**

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Purpose: Autism Spectrum Disorder (ASD) is a chronic, widespread neurodevelopmental disorder that manifests itself in the first year of life and is characterized by severe impairment in social communication skills and the presence of unusual behaviors. The prevalence of ASD has almost doubled in recent decades, with 1 in 68 having this diagnosis, yet access to services is only one-tenth of what is expected based on the high level diagnostic rate. In particular, there is limited access to early ASD intervention, which has been a critical impact on brain development and long-term outcomes. While young children spend most of their time with their parents, parents have little opportunity to learn strategies that show they have a profound impact on the development trajectory of children with ASD. This retrospective study aims to assess the five-year trends in the incidence and timing of cases of children with ASD, diagnosed in Shkodra from 2010 to 2015, mainly in the Malteser Center and the Development Center, Shkodra. Method: All the recent diagnosed cases in Shkodra (at the Malteser center and the Development center) from 2010 to 2015 were included in the study. The data were collected from the register of the Malteser Center and the Center for Development. We considered the demographic and socio-economic data, age, diagnosis, time of first diagnosis and the service that provided care for each case. Specifications in the study were taken ages from 1 - 5 years for each treated case.

Keywords: ASD, tendency, incidence, diagnosed, disorder

## “NURSING INFORMATICS”

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### Abstract

The great successes in the field of health are the result of its combination with technology and information processing. Quite naturally this leads to the existence of an interdisciplinary field, such as Nursing Informatics, which was discussed and defined decades ago, in developed countries. Nursing Informatics was initially defined as: A combination of computer science, information science, and nursing science designed to assist in the management and processing of nursing data, information, and knowledge to support the practice of nursing and the delivery of nursing care. (Graves JR, Corcoran S, 1989) To follow in the last decade with the definition given by the American Nurses Association: Nursing informatics is the specialty that integrates nursing science with multiple information and analytical sciences to identify, define, manage and communicate data, information, knowledge and wisdom in nursing practice. (American Nurses Association, 2014). The **purpose** of this paper is to point out the evolution of the definition of Nursing Informatics over the years. **Methodology:** of this paper is related to the listing of definitions that exist in the literature for the interdisciplinary field of Nursing Informatics. **Results:** As a result the first definition is noticed in 1989 by Graves and Corcoran. Then in 1992 and 1994 by ANA and 2002 by N. Staggers and C. B. Thompson in which takes place elements such as: data, information and knowledge. Then the element of wisdom will be added to the definition revised by ANA, 2014. **Conclusions:** all definitions have the same line of development that is improved over the years from different sources. **Recommendations:** through this paper we want to give voice to the development of the interdisciplinary field of Nursing Informatics in the Albanian territories. **Keywords:** Nursing Informatics, Health Informatics

## “EOSINOPENIA AND BASOPENIA IN PATIENTS WITH COVID-19”

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### Abstract

**Introduction:** Coronavirus disease is a disease caused by coronavirus 2 acute respiratory syndrome virus, which severely damages the lungs causing difficulty in respiration. An early diagnosis of the disease and patients' isolation are the most important steps for the individual care of the patient and the control of the disease's spread to other persons. The diagnosis is confirmed by (rRT-PCR) method, which shows the presence of viral RNA in the nasopharyngeal material obtained from patients suspected of coronavirus. After the spread of the disease in many countries of the world and after its well study, it was noticed that in addition of (rRT-PCR) method, other additional tests were very important, such as HEMOGRAM, PCR, D- DIMER etc. During a rapid laboratory test of the hemogram it was observed that if a hemogram of patients with a common flu was compared with a hemogram of patients with covid, the elements of eosinophils and basophils had a very large fluctuation in reduction, making these data provide a helpful clinical information in early recognition of COVID-19 in suspected patients.

**Purpose of the study:** Diagnostic evaluation of the reduction of eosinophils and basophils in COVID-19 positive patients. **Methodology:** In this study participated 30 positive patients with covid and 30 patients with common flu, in whom blood tests were performed at the time they were confirmed with infection. After the hemograms were performed in both groups, it was done a comparison of eosinophilic and basophilic elements. The comparison of the results was made at the beginning of the onset of symptoms and during the course of the infection, where it was seen that the result of eosinophils in persons with covid was 0. **Results:** At the onset of symptoms, the hemogram showed that 20 patients in the COVID-19 group and 15 patients in the influenza group had a 0.13 10of /  $\mu$ L eosinophil count. During the following days after a complete blood recurrence the number of eosinophils in patients with COVID-19 decreases to a maximum, going to 0, compared to the number of eosinophils in patients with influenza which is also reduced but not to 0. So in patients with covid it was seen from the beginning the tendency of an eosinopenia which remains in the following days. **Conclusion:** The lack of eosinophils and basophils in a hemogram is a very important fact that can help in the early diagnosis of COVID-19, and in the initiation or not of a therapy in these patients. Eosinopenia or persistent basopenia in a patient with covid is also associated with high aggressiveness of the disease. **Keywords:** COVID-19, eosinopenia, basopenia, hemograms, (rRT-PCR)

## “THE IMPACT OF COVID 19 ON MENTAL HEALTH”

*Authors: Donart Koci, Muhamet Kadrija, Festina Morina, Fatlinda Hoxhaj*

### Abstract

Infection with the new coronavirus (severe acute respiratory syndrome coronavirus 2, or SARS-CoV-2) causes coronavirus disease 2019 (COVID-19). The virus that causes COVID-19 spreads easily among humans and more continues to be detected over time as to how it spreads. The effect that this crisis will have on the mental health of the population, both in the short and long term, is unknown. In the acute phase, fears of possible exposure to infection, loss of employment, and financial strain are likely to increase psychological distress in the wider population. In the long run, grief and trauma are likely to appear as financial and social impacts become ingrained, the risk of depression and suicide may increase. Lack of hugs, handshakes, free movement and isolation have made it impossible for people to socialize and behave normally with each other. Anxiety, fear, insecurity and lack of self-confidence are some of the main problems that people faced during quarantine and that they may face after the release of the measures. The purpose of this paper is to prove how much the Pandemic and the situation with COVID-19 have affected the mental health of the population in the city of Prizren and Gjakova. Quantitative study method was used for the realization of this work. This paper is based on the data extracted from the questionnaire completed together with the citizens of the municipalities of Prizren and Gjakova. For the realization of this scientific research are involved 200 citizens. Age groups, gender, economic status, level of education and place of residence were analyzed. The study included people aged 20 to 50 years. The most included gender in the study is the female with 59% while the male gender with 41%. All results are presented in graphs worked with SPSS program.

**Keywords:** COVID-19, mental health, SARS, anxiety, quarantine, insecurity

## **”PALLIATIVE CARE”**

*Nora Nexhipi*

### **Abstract**

The focal point of this paper is palliative care, and as such it begins with its definition. After that, it goes on to explain in detail what are the rights of a patient under said care, and also to whom the authoritative responsibility of a such patient belongs to. This is all followed by a list of which tasks are to be completed by the team of the palliative care sector as well as recommendations for meeting formats of such teams. Considering the importance of palliative care nurses in all this process, the next part is dedicated to give insight as to what their role is and how they should conduct their jobs. It is all concluded by emphasising the right of choice that belongs to the patient and how no matter what their choice is, it is to be equally served well.

The aim of this research: there are 4 primary ones:

1. to lessen the caused pain and to reduce consequences;
2. to improve the patient's and the family's quality of life;
3. to apply qualitative care with rational management;
4. to offer psychological and emotional support.

Methodology: this evaluation of palliative care is supported on these sources:

- data by the Ministry of Health;
- operative data from existing offerers of palliative care;
- evaluation of palliative care necessity in North Macedonia.

Results and conclusion: palliative care requires to secure patients with quality of life until death, to maintain everyone's dignity and maximum quality around the clock. A multidisciplinary team is an essential factor in palliative care.

Keywords: palliative care, quality of life, patient's rights, doctors, nurses.

## “COVID-19 AND THE MENTAL HEALTH OF NURSING STAFF”

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### **Abstract**

Humanity has been affected by pandemics in many cases. Pandemics appeared in antiquity and, unfortunately, continue to this day. Among them we can single out HIV / AIDS, SARS and, most recently, Covid-19. Pandemics, in addition to the negative impact in the medical, social, economic field, have such an impact on the mental health of people. In this context, nurses are not excluded. Many studies conducted over the years have shown that during the pandemic period nurses have experienced mainly symptoms of depression, post-traumatic stress disorder, anxiety, etc. The paper aims to give a picture of the level of depression, anxiety and stress in nurses during this period of pandemic that we are going through. The paper also aims to provide information about their level of resilience. Two standardized tests have been used, in order to obtain the most accurate and reliable results. The sampling consists of nurses who are currently studying in the Professional Master study program in Health Psychology. Relevant conclusions and suggestions are given, focusing mainly on addressing a very important issue, such as the psychological support of nursing staff in pandemic periods.

**Keywords:** Covid-19, mental health, resilience.

## **“PULMONARY RESUSCITATION AND AUTOMATIC EXTERNAL DEFIBRILLATOR”**

*Referee: Prof.Asc.dr.Edmont Laho. Lecturer Albanian University Dr. Ergys Mici. Chief of Emergency Department of Elbasan Hospital MSc. Studim Hysa Nurse. Lecturer Albanian University*

### **Demonstration**

Introduction: Cardiac arrest is the loss of heart function, respiration and consciousness. According to the WHO, cardiac arrest is one of the most common deaths in the world. The most common causes of cardiac arrest are: acute myocardial infarction, trauma, intoxication, suffocation (hypoxia) and hypothermia, etc. Peter Safar in 1961 laid the foundations of life-saving, the foundations of primary life-saving, and the foundations of advanced life-saving. There is a chain over the house of life where each link has its own importance. Call 127, cardiac massage, electric shock with electroshock and treatment during transport to a more specialized center.

**BASIC LIFE SUPPORT DEFIBRILLATION. (BLS/D)** Basic life support has three important elements (CAB), formerly it was ABC –A-AIRWAY, B-BREATHING, C-CIRCULATION because blood is now. from cardiac massage it has been proven that the patient can be kept alive for up to 10 minutes by utilizing the oxygen present in the blood. The steps to be taken in a first aid are very important for the right speed and to be done very correctly and accurately. Approach the patient safely, check for reaction, seek help, open the airways, check breathing, call 127, do exposure (control) of the body, do cardiac massage (CPR) Ratio: 30 massages 2 breaths or do 100-120 massages per minute, continue 5 full cycles. As soon as the victim begins to breathe, place in the safety position of the lateral decubitus

The moment you have the external automatic defibrillator, then the moment you call emergency 127, I connect the patient with the external automatic defibrillator. The external automatic defibrillator commands you and makes the analysis of the rhythm if you are in ventricular fibrillation it says hit and you will press the hit button and an electric shock is done. Make sure the area is safe and no one has contact with the patient. During each interruption of the massage, the rhythm is checked every two minutes, care should not be taken more than 10 seconds from the massage to the massage. Care should be taken in the pressure of the cardiac massage to be regular 5-6 cm chest pressure. A regular massage saves lives. **Keywords:** Pulmonary Cardio, CPR, Electric Shock, 127, Rescue Position, Demonstration.

## “THE STUDY ON PERIOPERATIVE AND POSTOPERATIVE NURSING FOR THE PATIENTS WITH INGUINAL HERNIA”

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### Abstract

**Introduction:** Inguinal hernias are one of the most common reasons a primary care patient may need referral for surgical intervention. Inguinal hernias account for 75% of all abdominal wall hernias. The incidence of inguinal hernias has a bimodal distribution, with peaks around age 5 and after age 65. Two-thirds of these hernias are indirect, making an indirect hernia the most common groin hernia in both males and females. Males account for about 90% of all inguinal hernias and females about 10%. An inguinal hernia will affect nearly 25% of men and less than 2% of women over their lifetime. Nursing care includes the preparation of the patient physically and psychologically before the operation. The nursing staff plays an important role in improving the condition of patients in the postoperative period by restoring the patients mental balance, preventing complication, preventing pain and returning the patient in normal function.

**The aim** of this study was :

- 1- To show the importance of nursing care in the preoperative and postoperative period in inguinal hernias.
- 2- To assess the frequency of inguinal hernia according to gender, age, place residence and treatment

**Methodology:** This descriptive study was carried out at the surgery department in the "Xhaferri Kongoli" hospital and data collection was from January to December 2020. We conducted this study using medical records and patient files in the surgery ward. **Results:** The study included 370 patient who underwent herniotomy of which 77.2% were male and 22.8% were female. The most affected age group was 45-65 years old with 70.2% cases, followed by the 25-44 years old with 16.7% cases and the least affected age group is the one under 24 years old with 13.1% cases. According to the place of residence more patients predominate from rural areas with 67.5% compared to urban areas with 32.5%. **Conclusions:** Nursing care in patients with inguinal hernia significantly affects the improvement of the patients condition including providing comfort to the patient, early prevention of complications in the postoperative period, maintaining normal vital functions. Nursing also has a positive impact on inguinal hernia patients directly influencing the increase of his quality of life but also the calming of the psychological condition. In order to have the most effective and efficient results, a lot of cooperation is needed between the medical and nursing staff within the surgery ward. **Key words:** *Inguinal hernia, Nursing care, Patient*



## “THE IMPORTANCE OF NURSES IN REDUCING THE INCIDENCE OF NOSOCOMIAL INFECTIONS IN SURGERY WARDS DURING THE COVID 19 PANDEMY”

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Since the beginning of the Covid -19 pandemic, there has been a significant decline in nosocomial infections in almost all countries of the world.

The reasons for this decline are different, but the nurses of each of the hospital wards definitely have an important role in this phenomenon.

**Aim of the study:** The purpose of this study is to show the great importance of nurses in reducing the incidence of nosocomial infections in surgical wards, while this is mainly due to strict measures taken to prevent the spread of Covid -19 infections.

**Material and Methods:** the incidence of nosocomial infections in patients operated on in the Clinical Hospital of Tetova during the two time periods, respectively from January - December 2019, and January - December 2020 are the focus of this study.

**Results:** in this study we have compared the incidence of surgical wound infections in two different time periods, respectively January - September 2019 and January - September 2020. In the period from January to September 2019, out of 179 operated patients, in 21 of them (11.7%) a wound infection was registered in the operated patients of our ward.

While in the period January - September 2020 out of 94 operated patients, the wound infection was registered only in seven patients which marks an incidence of 7.4%, ie significantly lower than that of a year ago.

The causes of the significant decrease in the incidence of nosocomial infections of operative wounds are mainly related to the strict hygienic measures that were taken in the surgery ward due to the Covid pandemic 19.

**Conclusion:** It is a general assessment that in reducing the incidence of nosocomial infections, nurses from different wards have a crucial role.

**Conclusion:** Nosocomial infections are a major problem worldwide. The increase of measures for control and maintenance of cleanliness in the Covid -19 pandemic resulted in a drastic decrease in the incidence of these infections in our wards, while the importance of nurses in this process is crucial.

**Key words:** Covid-19 pandemic, nosocomial infections, nurses.

## “NOSOCOMIAL INFECTIONS DURING THE COVID-19 PANDEMIC PERIOD”

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Nurses have an important role and special responsibility for patient care during the pandemic period. Nurses are required to make a much greater commitment in terms of increasing vigilance in maintaining hygiene and cleanliness in wards, care to minimize patient visits, reducing patient circulation within the units where they stay, disinfection of hands, wards, and different materials with which patients come into contact.

**Aim of the study:** The importance of nurses in preventing the spread of covid 19 virus in hospital wards will be the focus of this study

**Material and Methods:** The study included patients and medical staff in the surgical wards of the Tetovo Clinical Hospital and their contamination with the Covid 19 virus from March to December 2020.

**Results:** Since the beginning of the pandemic in March 2020, protection measures against the Covid 19 virus have been greatly strengthened, while nurses playing a major role in the fight against the virus in hospital wards and especially the surgery ward.

Reduction of patient visitors, reduction of the number of students who did the practical part in the surgery wards, more frequent disinfection of the wards and sanitary facilities, regular hand disinfection by staff but also by patients, mandatory wearing of protective masks, reflected a drastic reduction not only in nosocomial infections but also prevented the spread of the virus among hospitalized patients.

However, in reducing the infection of patients with Covid-19 virus, the isolation of patients suspected of being infected with this virus, and who were treated by well-protected medical staff, were definitely of particular importance.

Taking these strict protective measures, resulted in a reduction of nosocomial infections in our ward from 15.6% before the onset of the pandemic to 7.4% at the time of the pandemic.

**Conclusion:** Nurses in general have a very important role to play in preventing nosocomial infections, especially during the Covid-19 pandemic. They have recently been actively involved in the battle with COVID-19 and are the most important part of the medical staff in preventing the spread of this pandemic.

**Key words:** nurses, Covid-19 pandemic, prevention

## “EFFICACY OF EXERCISE FOR IMPROVING FUNCTIONAL OUTCOMES FOR PATIENTS UNDERGOING TOTAL HIP ARTHROPLASTY: A META-ANALYSIS”

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### ABSTRACT

**BACKGROUND:** The objective of this meta-analysis was aimed to illustrate the functional outcomes of exercise for total hip arthroplasty (THA) patients.

**METHODS:** In July, 2018, a systematic computer-based search was conducted in PubMed, EMBASE, Web of Science, Cochrane Database of Systematic Reviews, and Google database. Data on exercise for functional outcomes for THA patients were retrieved. The primary endpoint was walking speed. Other outcomes included physical activity scale, Harris hip score, pain scores, abduction strength, and the length of hospital stay. After testing for publication bias and heterogeneity between studies, data were aggregated for random-effects models when necessary.

**RESULTS:** Ten clinical studies with 441 patients were ultimately included in the meta-analysis. Compared with the control group, exercise was associated with an increase of the walking speed by 0.15 m/s than control group (weighted mean difference [WMD] 0.15; 95% confidence interval [CI] 0.08, 0.22;  $P = .000$ ). Also, exercise group could also increase Harris hip score (WMD 8.49; 95% CI 5.19, 11.78;  $P = .000$ ) and abduction strength than control group (WMD 9.75; 95% CI 5.33, 14.17;  $P = .000$ ). What is more, exercise has a beneficial role in reducing the pain scores (WMD -1.32; 95% CI -2.07, -0.57;  $P = .001$ ) and the length of hospital stay (WMD -0.68; 95% CI -1.07, -0.29;  $P = .001$ ) than the control group. However, there was no significant difference between the physical activity scale (WMD -2.13; 95% CI -6.31, 2.05;  $P = .317$ ).

**CONCLUSIONS:** Compared with control group in the management of THA, postoperative exercise has a better pain relief and clinical outcomes. Considering the beneficial of the postoperative exercise, we take a positive attitude toward use exercise for patients with THA.

**Key words:** THA (total hip arthroplasty), rehabilitation, physiotherapy.

## “STUDENTS SATISFACTION WITH NURSING PROGRAM IN NURSING DEPARTMENT AT UNIVERSITY OF SHKODRA ‘LUIJGURAKUQI’”

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**BACKGROUND:** Student Satisfaction with the Nursing Program

In higher education, student satisfaction has been viewed as an indicator of program success, and students with higher satisfaction levels progress well in their intellectual and social development (Brown & Marshall, 2008). The use of standardized questionnaires to measure student satisfaction with a nursing program as a whole has allowed the identification of program features and facilities that are necessary to enhance program success and where change is needed (Richardson, 2005).

**Objective:** To evaluate students satisfaction with nursing program in the Department of nursing. **Design:** Descriptive Survey. **Setting:** Faculty of Natural Sciences, Department of Nursing. **Method:** Degree of academic satisfaction of nursing students. (UNSASS) is a valid and reliable questionnaire that is specifically designed to assess the completion of nursing students with their academic programs. The Nursing Student Academic Satisfaction Scale (UNSASS) is a valid and reliable questionnaire specifically designed to assess the completion of nursing students with their academic programs, attended by 100 students, 50 second year and 50 third year students of the Nursing branch. Through this questionnaire we have measured and evaluated the degree of academic satisfaction of nursing students and we have received abundant information on the opinion of students about the nursing program. All these data are based on their experience from the initial moment to the present. This questionnaire is a valid and reliable 93% questionnaire designed specifically to assess the completion of nursing students with their academic programs. This is a 48-point questionnaire that can be completed in 15 - 20 minutes. Before its start, the consensus of the student was obtained and the dean's office was informed. The questionnaire is self-declared and coded, thus preserving the anonymity and privacy of the student. Students are instructed on how to complete the questionnaire correctly.

- Evaluating the satisfaction they receive from teaching in the classroom.
- Evaluating the satisfaction they receive from the clinical setting.
- Evaluating the satisfaction they get from program design.
- Evaluating the satisfaction they receive from the support & resources.

**Result:** The results obtained from the tests with the students were divided into several parts: the first part was the teaching in the classroom. According to the test, most students fully agree with a quality teaching in the classroom. Most students think that faculty members do what is possible to increase the quality of classroom teaching. In terms of the main effect on the quality of classroom teaching based on gender, men think that the quality is higher compared to women, just as rural students think that the quality is higher than urban students.

Clinical teaching as an important part of teaching in the field of nursing, shows that it is realized with a relatively high quality, as about 60% of the tested students fully agree, or agree with the high quality of the realization of clinical practices. Regarding the assessment of learning by students divided by gender, women think that the assessment rate is higher than men, also for sophomores the quality is higher than for sophomores. Divided by rural or urban residence, it is thought that students in urban areas have a higher rating for the quality of clinical learning compared to students in rural areas.

**Conclusion and recommendation:** Generally, the findings of the study showed that students' satisfaction with nursing program was neutral. Changing the image of professional practices towards the institutions where they carry out clinical practices, because students often encounter problems and disagreements with members of the teams of these institutions. Promoting the figure of the nursing student in these health institutions would be a good opportunity for resolving these conflicts.

## “NURSING CARE IN PATIENTS WITH CORNEAL INFLAMMATION”

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### Abstract

There are two types of keratitis, the one which includes substance loss (ulcer) and the one where the inflammation process develops in deep layers without epithelium damage (keratitis stromalis or parenchimatosa).

Common signs for all the types of keratitis are:

- ocular pain that is intensified during the movement of palpebra on cornea.
- photophobia, it occurs from the painful contraction of the inflamed iris,
- decrease on sight sharpness, and
- watering

According to etiology, keratitis is divided in bacterial, viral, mitotic, allergic and trophic keratitis. According to this study, masculine gender is much more affected with 41 cases in total or 68.33%, then comes female gender with 19 cases or 31.67%. In the data regarding age, it is noticed that the most likely groups to be attacked are those of 60-79 years old, with 20 cases in total, 12 males and 8 females. It is also worth mentioning that there were 4 patients with elongated hospitalization, 3 males and 1 female, who stayed in the hospital in the period 29-35 days.

In order to have a desirable success, certainly the nurse should have an ethical and professional approach toward the patient. There is a great psychological difference in the patients' attitude towards their disability regarding with what we are dealing with: whether it is a born or gained disability.

**Key words: cornea inflammation, gender, group-age, hospitalization, ethical approach**

## “EVIDENC OF THE MANTAL HEALTH PROBLEM THAT COVID 19 BROUGHT IN OUR COUNTRY”

*Luljeta Jaku, Arbër Metaj, Sebastjan Mjekaj, Kristjan Preçetaj, Juljan Kraja, Xhorxhina Frroku*

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### Abstract

Covid 19 century disease that affected the world, was accompanied by many health problems, all over the world. This disease affects the human respiratory system, but also begins to be associated with mental problems. People affected by covid also began to show symptoms of anxiety, stress, depression. The ages affected by this disease, correspond to all ages and in some cases even, was reflected in children. Also observed from the gender, result that covid has affected both genders equally. Today all world is fighting against this disease not only with the respiratory symptoms that the sick person suffers, but also with the mental health problems that come as a result of suffering from covid 19. From the study is clear that the mental problems that accompanied covid 19, came not only from symptomatic suffering, but also from the economic consequences that brought this pandemic.

**The aim.** The main purpose of this study is to identify the mental problems that come as a result of general suffering from covid 19, and to highlight the cases of different age groups who suffer such problems related to covid 19.

**Materials and methods.** The study type is retrospective and descriptive. Ipi i studimit është retrospektiv dhe deskriptiv. 200 cases affected by covid 19 have been studied, and as a result 170 of them have experienced mental health problems. Cases have been studied according to age and genders. The study was made by evidencing the cards received in the health center of the neighborhood 3 heroes in the city of Shkodra.

**Results and discussion.** The major problems encountered in the health center of the 3 heroes neighborhood are related to the effects of covid complications in different individuals at young ages but also in the elderly.

**Key words.** Covid, virus, complication, health, patient.

## "THE WAY OF PROCESSING SCIENTIFIC PROJECTS"

*Directed by: Fetai<sup>N</sup> {Prof.Mr.Naxhije Fetai}*

*Worked and compiled by: Shabani<sup>F</sup> {Feride Shabani}*

### **Abstract**

The purpose of this project is to show the importance of methodology and scientific methods during the research process.

Scientific research aims to achieve scientific information through the verification of a hypothesis with scientific methods. In this way, scientific methods are defined as: way, process, way to reach reliable information of scientific research.

Students should be informed about how a scientific project is processed and the progress of its work.

For all those who deal with scientific-research work and research in medicine, should apply the same normative rules that most countries in the world adhere to apply.

In the end, it can be concluded that only data from scientific research, verified by scientific methods, are information of interest. The scientific work can become as a result of scientific research and the application of scientific methods, and without this connection it cannot begin to be written and published.



## “DRUG INTERACTION IN HOSPITALIZED PATIENTS IN THE RHEUMATOLOGY CLINIC OF THE UNIVERSITY CLINICAL CENTER OF KOSOVA”

*Ardita Idrizaj Mekaj<sup>1</sup>, Blerim Krasniqi<sup>1</sup>, Nora Elshani<sup>1</sup>, Flora Ramizi<sup>1</sup>, Shera Kosumi<sup>1</sup>*

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### Abstract

**Purpose of the study:** Interaction of drugs is defined as a pharmacological or clinical response to the combined administration of various drugs, which response is different from the known effect of these drugs separately. The main purpose of this paper is to analyze the frequency of drug interactions in hospital conditions of treatment of patients in the Rheumatology Clinic of UCK and the risk factors that affect this frequency.

**Methodology:** As material we have used 23 patients treated at the Rheumatology Clinic for the period 17.07.2019 to 01.08.2019. From the indices for drug interactions we have calculated: the number of interactions per 100 patients, the number of interactions per patient and the number of severe interactions per 100 patients. We have assessed the risk factors through multiple logical regression analysis. The significance level is defined at the alpha factor 0.05.

**Results and conclusions:** On average, each patient is treated with 6 drugs simultaneously (5.8+/-3.5). Polytherapy is applied in 60.9% of cases. The total number of interactions was 108. The number of clinically important interactions was 29, while severe interactions were 9. The number of interactions per 100 patients was 126. The number of interactions per patient was 2.07, whereas the number of severe interactions per 100 patients was 39.13.

Most of the interactions were of a mild scale (18.5%). Of concern are 8.3% of interactions, which have been severe. As a risk factor with a significant impact on the frequency of drug interactions is the number of drugs for patient treatment. With the addition of a drug to therapy the risk for interactions is increased by a factor of 3.5.

**Key words:** Drug Interaction, Rheumatology Clinic, Hospitalized Patients, Risk Factors.

## “INVESTIGATING KNOWLEDGE AND ATTITUDES OF VOLUNTARY BLOOD DONORS AND BARRIERS CONCERNING BLOOD DONATION IN SHKODRA”

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### Abstract

**BACKGROUND:** Blood donation is a vital element in saving lives. It is used in patients with hemodialysis, patients with cancer, trauma, patients with thalassemia, etc. Normally, here in Shkodra, there are two types of groups that donate blood—familiar and voluntary. Researchers point that voluntary blood donation is more reliable and safe than the familiar group. During this year, the number of voluntary blood donors has declined dramatically from about 30% to 40%. In the meantime, the need for blood donation is greater than in the previous years.

**AIMS:** The purpose of this research study is to investigate and understand the knowledge blood donors have when it comes to donating blood and to find the main obstacles that prevent donors from donating more often.

**METHODS:** This cross-sectional research was done between January 2021 to March 2021. It was a self-administered questionnaire from 100 participants.

**RESULTS:** Based on this research, it was found that knowledge and education play a big role when it comes to donating blood in Shkodra. Results of this study indicate that donors with education (high school education or postgraduate education) and knowledge about blood donation are the ones who donate more often and in higher percentages than those without education or low-level education. **Keywords:** Knowledge, Attitudes, Voluntary Blood Donors, and Barriers

## “ASSESSMENT OF THE NURSING ROLE IN THE PRIMARY HEALTH CARE DURING THE COVID-19 PANDEMIC”

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### Abstract

**Introduction:** During COVID-19 pandemic health personnel were at the forefront of situation. Work was a challenge in a whole new context, fatigue from extended working hours, lack of protective equipment, fear of infection and infecting others. Nurses are the largest workforce in the Primary Health Care, they are the first to provide patient care. The WHO emphasizes the requirement that the nurse have the necessary knowledge for infection prevention, control, implementation in health care settings and training by relevant instances.

**The aim:** The main purpose of this study is to evaluate the role of nursing in primary care during COVID-19.

**Methods:** Our study is a prospective and was conducted November - December 2020. Data collection was done at the Health Center No.4 Tirana. We used a self-administered questionnaire, which included 14 Nurses and Midwives

**Results:** The study showed that there was a lack of training on the pandemic situation. The information they received was from the Ministry of Health, health personnel and the media. Protective materials were partially provided by the institution and often provided themselves. Staff refers to increased anxiety level 23%, stress 17%, insomnia, fatigue 19%, confusion 19%

**Conclusions:** In our study we found that there is an increase in stress levels, anxiety, fatigue and feel powerless to manage and treat patients in this situation. Lack of protective materials reduces the security of staff, would negatively affect the psychological status by increasing stress for themselves and family. Continuous information and training would increase the safety, trust and performance of nursing staff in the Primary Service. Health policies should be focused more in identifying the needs of health personnel, informing, training and providing protective materials and the right conditions to feel safe and provide health care as efficiently as possible by increasing the quality of patient care.

**Key words:** COVID-19; pandemic, Health Personnel, Nurses, information

## “IMPACT OF LIFESTYLE ON CARDIOVASCULAR DISEASE IN THE PRIZREN REGION”

*Shpejtim Rramanaj, Besire Rramanaj*

### **Abstract**

The main purpose of this study is to know between lifestyle and the frequency of diseases of the cardiovascular system in the municipality of Prizren. Also, another objective of the study is the role of risk factors in cardiovascular disease.

For the realization of the survey was used the method of quantitative research, conducted through a questionnaire, during the period June - July 2020. This study include 220 randomized patients with cardiovascular disease who presented for routine visits to the internal medicine ambulance at the Prizren Regional Hospital and to the Main Family Medicine Center in Prizren.

The most pronounced risk factor with 53% turns out to be irregular and unscheduled eating between meals, followed by physical activity with 51%, fats and tobacco stand together by 47%, family history or inheritance by 45%, stress in our research presents with 38%, overweight with 29% and a alcohol with 27%.

The way of life has deteriorated in recent decades. This is especially true for smoking, alcohol, irregular eating and physical activity. As a result of inappropriate lifestyle the cardiovascular risk increases; Individual factors with a major impact on the prevalence of CVD are the age and gender of participants in the study; Lifestyle changes are more difficult to achieve in women than in men for a number of reasons, which may be cultural and familial; Other socio-economic factors such as level of education and employment status; The presence of cardiovascular disease can be reduced through early diagnosis, proper follow-up, rehabilitation and follow-up prevention, including appropriate healthy lifestyle tips such as physical activity and biological food.

Keywords: lifestyle, changes, care, advice.

## "THE DRUGS"

*Directed by: Fetai<sup>N</sup> {Prof.Mr.Naxhije Fetai}*

*Worked and compiled by: Iseini<sup>E</sup> {Esra Iseini}*

### **Abstract**

Preparations and medicines that we use preventively or as therapy when curing a disease can be found in many forms. The manner of implementation and use will also depend on their form. Only with proper use is a good effect achieved and all the inappropriate reactions that may occur remain to a minimum. Therefore, it is necessary to spread knowledge about the proper use of drugs. Our research will focus on evaluating the impact of these (antituberculous) drugs, separately or in combination, on laboratory parameters, to ascertain the eventual antagonist or synergistic impact on laboratory results.

In this project we have analyzed all types of drugs and how to administer them to all types of patients.

Drugs or drugs are external chemical substances, which are capable of modifying biological systems relatively selectively, which act on the living organism in terms of prevention, diagnosis and treatment of the disease.

## “THE IMPACT OF HEALTH INSURANCE ON THE CHOICE OF BIRTH DELIVERY”

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**Introduction:** The study considered the impact of health insurance on the likelihood of cesarean surgery at a private hospitals in Pristina.

**The purpose** of this study is to examine the relationship between health insurance, private hospitals and cesarean birth to the women of 19-40 years of age. It has been worked with a sample of 132 selected participants retroactively.

**Methodology:** The databases were taken from the hospitals during the July-December 2016 period to find the results of the study. Three hypotheses are formulated to guide the study. Hypotheses have been tested using regression analysis.

**The research** found that there is an impact between health insurance, private hospitals and Caesarean birth. Also, health insurance can be seen as a predictor of the greatest likelihood of Caesarean birth. Therefore, it is necessary to consider the medical factors to make a cesarean birth. This is due to the impact on improving the overall health of the mother and baby. The findings of this study can help interested parties in the health sector to develop a better understanding of the effects of health insurance in the growth of cesarean births in mothers.

**Key words:** cesarean birth, health insurance, private hospitals

## "TEACHERS' KNOWLEDGE OF EDUCATIONAL TECHNOLOGY, ITS USE AND ITS IMPACT ON QUALITY IMPROVEMENT IN SECONDARY MEDICAL SCHOOLS"

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**Introduction:** Teaching and learning are two important processes that are important for a good and successful school.

The Association for Communication and Educational Technologies (AECT) defines learning technology as “the theory and practice of designing, developing, using, managing and evaluating learning processes and resources, and in terms of the Kosovo Curriculum Framework goals, the role of the teacher has changed in recent years. It needs good and successful professional teachers, who act as advisors, teachers and mentors to students, this change comes entirely from the use of technology and its rapid development. [24, 25] Types of teaching technology and their connection with the teaching method and communication during the teaching process, is part of the main content in this research.

**The purpose** of the research is to describe teachers' knowledge of the function and use of educational technology in improving the quality of teaching in medical high schools in Kosovo.

**Methodology:** the research is descriptive, not experimental, using an empirical method.

**Data collection tools:** standardized and customized Likers questionnaire.

**Research participants:** principals, teachers of secondary medical schools.

**The research** results answer the research questions and confirm the hypothesis that: Effective application of educational technology has a positive effect on improving the quality of theoretical teaching and practical knowledge on the application of nursing techniques.

**Key words:** education, educational technology, communication, quality in school, teaching, learning

## “NURSING STUDENTS' ATTITUDES TOWARDS THE ELDERLY”

*Autor: Agnesa Dervishaj, co-autor: Edona Gara & Nderim Rexha*

### ABSTRACT

**Introduction.** Aging is an irreversible and inevitable physiological process that affects all systems. The current demographic change, known as “population aging,” brings new challenges for the elderly, their families, and society. The purpose of this paper is to assess students attitudes towards the elderly depending on age, gender, place of residence, as well as to assess the impact that living with an elderly person may have and the study of nursing in these attitudes.

**Methodology.** This research is of the cross-sectional type with nursing students in public and private universities in Kosovo. 400 respondents participated in the research. The instrument used to collect the data in this research is based on the ‘Ageism Attitude Scale’ (AAS) and The Fraboni Scale of Ageism (FSA). The survey was conducted in three institutions, two public and one private, respectively at the University of Prishtina &quot;Hasan Prishtina&quot;, the University of Gjakova &Fehmi Agani and AAB College.

**Results.** Based on gender differences, both sexes have negative attitudes in 60% of questions, while 40% have positive attitudes. However, based on the categorization of students, the results show that students aged 18-20 have more positive attitudes towards the elderly. Meanwhile, students who live with at least one elderly person have more positive attitudes towards those who do not live with older people.

**Conclusions and recommendations.** Nursing students in Kosovo generally have a positive attitude towards the elderly. Studying nursing as well as living in a family with older people has significantly influenced students in general to have positive attitudes towards the elderly. It is recommended to develop programs and projects that will demystify myths and prejudices against the elderly, and will promote supportive attitudes towards the elderly among students and young people, emphasizing the importance and care for the elderly.

**Keywords:** Age, aging, attitudes, nursing students, Kosovo.



## “ATTITUDES AND KNOWLEDGE OF ELDERLY PEOPLE ABOUT THE BENEFITS OF PHYSICAL ACTIVITY”

*Autor: Aferdita Seferaj, co-autor: Edona Shala, Valdete Krasniqi & Edolir Ahmeti*

### Abstract

**Introduction:** The percentage of individuals aged 65 in Kosovo has increased steadily. The average age of the elderly in Kosovo is  $73.4 \pm 6.3$  years. Many older people do not participate in physical activity during their free time.

**Problem formulation and research goals:** Since only 14.3% of the elderly in Kosovo regularly engage in physical activity. The purpose of the research was to assess the attitudes and knowledge of older people about the benefits of physical activity.

**Research methods and techniques:** The research has quantitative descriptive methodologies. The research involved 152 elderly people in the cities of Prizren, Prishtina and Ferizaj, with an average age of  $73.4 \pm 6.6$  years. The data collection tool was developed in consultation with the literature.

**Results:** The results found that 63% of respondents had positive attitudes, 29% expressed neither positive / negative attitudes and 8% had negative attitudes about the benefits of physical activity. While 30% of older people had high knowledge, 68% had a average knowledge and only 2% had low knowledge about the benefits of physical activity.

**Conclusion:** The results of the study assessed the attitudes and knowledge of the elderly about the health benefits of physical activity.

The analysis of the results revealed that the elderly generally have positive attitudes about the benefits of physical activity and that the elderly have a moderate knowledge that regular physical activity helps them prevent heart disease, improve their health, increase life expectancy. , in the development and maintenance of skills.

### **Recommendations:**

Develop programs to promote physical activity in the elderly which aim to create the most positive attitudes and increase their knowledge about the health benefits of physical activity in maintaining overall health.

**Keywords:** attitudes, knowledge, benefits, physical activity, seniors.

## "ASSESSMENT OF TEMPERATURE MANAGEMENT KNOWLEDGE, BEHAVIORS AND PRACTICES BY PARENTS IN PEDIATRIC AGES"

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### Abstract

**Introduction:** Body temperature represents the balance between heat production and heat loss. A normal temperature in babies and children is about 36.4°C, but this can vary slightly from child to child. A high temperature is 38°C or more. A high temperature is the body's natural response to fighting infections like coughs and colds. Many things can cause a high temperature in children, from common childhood illnesses like chickenpox and tonsillitis, to vaccinations.

**The purpose of the study:** is to assess the knowledge on temperature control by parents for children 3 months-5 years, in order to display and provide this knowledge.

**Method:** A total of 40 parents (8 males and 32 females) participated in the study. The study is of the cross-sectional type, which was conducted in November 2020. And data were collected through standard questionnaire. The questionnaire was administered by the researcher myself. Through data collection, parents' knowledge was assessed through a structured questionnaire regarding their knowledge of temperature management methods in children. The questionnaire was conducted in the Pediatrics ward, Vlora Regional Hospital.

**Results:** In our study, a total of 40 parents participated, the majority of parents 80% were female and 20% male. 45% of parents apply medication to the child when the temperature is higher than 38°C. 25% of parents use takipirin as a medication to lower the temperature in their children and 57.9% have difficulty in determining the dose and frequency of medication.

**Conclusions:** From this study done on how parents manage their children's temperature, it is observed that parents manage well the situation when their children present with a thirsty state. They use a variety of methods to manage nursing, including pharmacological and non-pharmacological methods.

**Keywords:** Fever, medications, parents.

## “THE GAP CREATED BY THE SITUATION OF COVID– 19, IN THE ALTERNATION OF THEORETICAL AND PRACTICAL TEACHING”

*Etleva Rustami, PhD<sup>1</sup>; Elida Peka PhD<sup>2</sup>; Albana Poloska PhD<sup>3</sup>;*

*Author Affiliations [Article Information](#)*

**Key Points** Question, What is the effect of online on duration of theoretical and practical teaching by the situation COVID-19

**Importance** Teaching nursing practice aims at training future professionals capable to know how to take care for the patient, but also to exercise a reflection critical by employing a variety of knowledge in perpetual expansion as well as a adapting it the rapid evolution of new technologies. Because of the situation everything is developing online. **Objective** This formation enables future professionals to reinvest theoretical knowledge in clinical experience and later in a professional environment and this as effectively as possible. Medical service teachers accompany students during theoretical training in science nursing as well as in clinical teaching. The clinical environment evolves in parallel with the new ones as well like everything already changed as a result of Covid – 19. **Students** During this period, due to Covid – 19 notice the difficulties that students find themselves between two worlds, what pertains to the theoretical side and then when he goes to practice. But this situation would get a very good solution when a co – organization between the student and the responsible lecturer.

**There are many questions to ask:** The questions are “where” and “how”, which means that teaching and learning relates to the concrete state of the activity of the lecturer and the student. **Recommendation** Teaching is not only an intellectual and practical activity, but also moral

It includes the formation of a new generation, by preparing it on being worthy, for providing nursing care in the society in the future. Answering these different questions would make it possible to find a meeting point and building a joint project as well as leading the training-system, where reflection and professionalism would come to the fore. Therefore, a strategy should be studied and predicted as far as possible in the field of internship alternation clinical and theoretical modules.

## “VALIDITY AND RELIABILITY OF SCALES USED TO ASSESS THE ANXIETY RELATED TO COVID-19”

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The major efforts and focus regarding the COVID-19 pandemic have been centered on physical health.

However, the Coronavirus pandemic has an adverse impact on mental health. Elevated psychological distress related to the COVID-19 pandemic has been evidenced worldwide, including depression and anxiety.

Determining who among the broader population is at risk for adverse effects from Coronavirus-related stressors is the first step of intervention recommended. In this frame, several scales to assess the psychological distress associated to the COVID-19 pandemic have been proposed.

The aim of this paper is to scrutinize the psychometric proprieties of the scales proposed to assess the anxiety related to COVID-19 pandemic. Through literature review of writings about this topic, the first objective is to evidence the Coronavirus anxiety scales used the most and their psychometric proprieties reported, included internal consistency, factor invariance, construct validity, etc. Then, a comparison of validation and reliability of this scales follows, to conclude with recommendations about the advantages and disadvantages of their use in assessing the anxiety related to COVID-19.

**Key words:** *Scale of Anxiety related to COVID-19, validity, reliability.*

## **“THE KNOWLEDGE, PERCEPTIONS AND BEHAVIOR OF PARENTS REGARDING ANTIBIOTIC USAGE FOR THEIR CHILDREN AT PRIMARY HEALTH CARE INSTITUTIONS IN THE REPUBLIC OF KOSOVO”**

*Msc. Qefsere Bajraktari<sup>1</sup>, Msc. Besnike Kolgeci<sup>2</sup>*

### **Abstract**

**Background:** Antibiotic resistance has become a major global health threat. Regarding this, there is limited data on this topic from developing countries like the Republic of Kosovo.

**Methods:** We performed a survey of knowledge, attitudes and practices of parents regarding their children on the use of antibiotics. Data were collected from various Primary Health Care Centers in Kosovo through a 28 item self-administered questionnaire, in the period from September to October 2014, and then were analyzed with SPSS.

**Results:** A self-administered questionnaire was completed by 84 parents who brought their children for a medical visit. More than half of the parents (51%) have no significant knowledge of antibiotics in general, 76% do not behave appropriately with antibiotics, 50% have the necessary information on antibiotics, and only 38% are cooperative when taking antibiotics. Furthermore, around 20% of the respondents stated that they have taken antibiotics in the past without prescription and about the same percentage have stated that in the past they have changed their child's physician when they did not prescribe antibiotics for their children. Around 30% have stated that they manipulate with the antibiotics dosage when they see that their child is getting better.

**Conclusions:** The Antibiotic resistance awareness is moderate among young parents and the knowledge is also moderate. However there is quite a gap between their attitudes and usage of antibiotics for their children.

**Keywords:** Antibiotic, Attitude, Parents, Resistance, Children, Kosovo

## **“PARENTS KNOWLEDGE RELATED TO VACCINATION AND HEALTH WORKERS CARE TOWARDS PATIENTS IN THE VACCINATION SERVICE”**

*Ma. Bekim Vehapi*

**SUMMARY** The aim of the research was to gather the knowledge of parents regarding vaccination, as well as the behaviour or the care of medical staff in the vaccination service. We expect from this survey to benefit children, parents, health institutions and the whole population because with this knowledge gathered we can conclude on the care and respect of the vaccination schedule and we will prevent the spreading of different diseases. Target group – were parents of children from 1-18 months from the area of Dragash – Sharr municipality, from Albanian and Gorani communities. **Results** – in the research were involved in total 50 clients (n=50), 35 female (70%) and 15 male (30%), of both communities out of which 30 albanians (60%) and 20 goranis (40%), parents of the children from 1-18 months old from municipality of Dragash. The question, whether you have regularly vaccinated your children, 37 (73 %) of them answered positively, while 14 (27 %) say that they have not vaccinated regularly their children. On the question which vaccine your child is taking today, 40 (80 %) parents answered positively while 10 (20 %) answer negatively. On the question, if you have preliminary information on vaccines and if yes from whom you obtain the information, 28 (56 %) answered that they receive information from the nurses, 17 (34 %) receive the information from doctors and 5 (10 %) obtain the information from the media. On the following question, do medical staff inform you about side effects of the vaccines, 48 (96 %) of the participants surveyed answered positively, while those who do not get any information were 2 (4 %). Another question, whether they expect a notification or they bring the child without it, from all surveyed 29 (58 %) of them said they do expect the vaccine notification, 21 (42 %) of them bring the child without any notification. **Conclusions** – The findings indicate that a big number are well informed for the role of vaccines in children’s organism, but again there is a small group that are not aware or were not given the opportunity to discuss for the role of vaccines in the organism, an issue which should be considered for further education and notification on the role of the vaccine in children’s organism. **Recommendations** – based on the result of the research, discussions and comments we received during the interviews, we recommend that: the employees of vaccination service as well as other staff in health sector, in every meeting with the parents of small children, in particular young parents, advise them on the vaccination and the role of the vaccines in child’s organism as the best and safest way in preventing a lot of child diseases which can result in enormous consequences, including fatality. Based on the findings of the research, we recommend equipping those subjects with relevant necessary knowledge, in particular disseminating to young parents awareness material on health specifically vaccination and the role of the vaccines on their children, as well as on the vaccination schedule.

Katalogimi në botim – (CIP)  
Biblioteka Kombëtare e Kosovës “Pjetër Bogdani”

616-036.22 (06)

1st International Congress of Nurses, Midwives and Other Health Professionals of the Balkans – ICNMHPB : May 06 – 07, 2021 : “ The Role, Importance and Challenges of Nurses, Midwives, and other Health Professionals During the Covid-19 Pandemic” / leaders of congress Naser Rrustemaj, Monika Ažman, Xhemajl Dugolli, 2021. – Prishtinë : Kosovo Chamber of nurses, midwives, and other health professionals, 2021. – 95 f. ; 30 cm.

1.Rrustemaj, Naser 2.Ažman, Monika 3 Dugolli, Xhemajl

**ISBN 978-9951-8984-1-6**

ISBN 978-9951-8984-1-6



9 789951 898416