



Kosovo Chamber of nurses,  
mid wives, and other health professionals



# The 2<sup>nd</sup> International Congress of Healthcare Professionals

*"Role, Importance and Challenges in Advancing  
Professional Practices of Health Professionals"*

**APRIL**

**05-06, 2024**



**Abstract Book**

# The 2nd International Congress of Healthcare Professionals

April 05-06, 2024

*"Role, Importance and Challenges in Advancing Professional Practices of Health Professionals"*

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□ Role, Importance and Challenges in Advancing Professional Practices of  
Health Professionals □

ABSTRACT BOOK

Prishtinë, April 05-06, 2024



# The 2nd International Congress of Healthcare Professionals



“Role, Importance and Challenges in Advancing  
Professional Practices of Health Professionals”

April 05-06, 2024



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## MEASURING STRESS AND DEPRESSION LEVELS COMPARED TO TYPE 1 AND TYPE 2 PATIENTS WITH DIABETES IN PRIMARY CARE: A CROSS-SECTIONAL STUDY

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**Background:** The increase in stress and depression levels among patients with diabetes in primary care may make it difficult to provide health care because co-existence of depression with diabetes is associated with poorer diabetes self-management and non-adherence, affecting the quality of life of those living with disease.

**Purpose:** This study aimed to measure individual stress levels and the level of depression by comparing patients with type 1 and type diabetes 2.

**Methods:** A total of 297 patients with diabetes mellitus disease attending the eight centers of primary care in Pristina participated in this cross-sectional, correlational and predictive study. They were recruited by a random sampling method. Participants completed both the Perceived Stress Scale (PSS) and the Patients' Health Questionnaire (PHQ-9). Demographic information was provided, as well as clinical information from patient records such as BMI, waist size, glycosylated hemoglobin (HbA1c) levels, and systolic and diastolic blood pressure. Descriptive statistics, means, SD, chi-square t-test, and Cronbach's Alpha were performed.

**Results:** The mean BMI, waist size, the average level of sedimentation rate, hematocrit, SBP, arterial hypertension disease duration, and hypertension in T2DM patients are significantly higher ( $p < 0.001$ ) compared to T1DM patients. No statistically significant difference was found between the types of diabetes related to the Perceived Stress Scale ( $p = 0.659$ ), whereas there is a statistically significant difference between the types of diabetes related to the incidence of depression, where moderate and severe depression (44.3%) are more common in type 2 diabetes, while major, moderate-to-severe depression (39.1%) is encountered more in people with type 1 diabetes ( $p < 0.001$ ).

**Conclusion:** The incidence of depression to moderate and severe depression was present at a high level in T2DM patients compared to T1DM patients. Therefore, it is important to approach diabetes in a holistic fashion.

**Keywords:** Depression, perceived stress scale, patient health questionnaire, diabetes

## **THE SOCIAL ECOLOGY OF SOURCES OF MENTAL HEALTH STRESSORS OF NURSES WORKING DURING THE COVID-19 PANDEMIC**

**Allison Squires, PhD, RN, FAAN** & *the Global Consortium of Nursing & Midwifery  
Studies*

Countries around the world are seeing the effects of a burned out nursing workforce within their health systems. It manifests as nurses leaving current employers for different opportunities, migrating to other countries for better working conditions and economic rewards, and nurses leaving the profession all together. Mitigating the mental health stressors resulting from the pandemic that are driving these trends requires understanding what has caused them. The purpose of this study was to understand the sources of mental health stressors during the pandemic for nurses working around the world. A pragmatic qualitative analysis of 3,000+ responses from nurses from 90 countries to the question “What were your main sources of stress while working?” was conducted. Directed content analysis structured by Bronfenbrenner’s ecological systems theoretical model was conducted. Two main themes resulted from the analysis with other findings categorized by the theoretical framework’s system layers. The themes were: “Intersecting stressors between home and work” and “Compounding Stressors Diminishing Resilience”. Individual factors centered on: a) Risk to family members; b) personal losses of friends, family, and co-workers; and c) experiences with support. Microsystem factors were shaped by the community where they lived and if it was perceived as hostile or supporting of nurses and their work. Mesosystem factors centered on the workplace, its management, and how that ultimately affected their jobs. The ecosystem factors clustered around how their country-level response to the pandemic trickled down into the other systems and added other layers of stress. Finally, macrosystem factors reflected how the scope of the global pandemic intersected with their national response. Nurses experienced stress from these dynamics to different degrees, often related to previous work experience. Findings from the study illustrate how pandemic associated stressors are multi-layered and result from different layers of an ecological system. Interventions, from the individual to the policy level, to address mental health issues in nurses as well as help mitigate sources of stress should consider these systemic layers in their design in order to optimize their efficacy and account for the availability of local resources.

## TRANSLATION, VALIDATION AND PSYCHOMETRIC PROPERTIES OF THE ALBANIAN VERSION OF THE NURSES PROFESSIONAL COMPETENCE SCALE SHORT FORM

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### Abstract

**Background and aim:** The primary aim of this study was the translation and psychometric validation of the Albanian Nurse Professional Competence Scale Short Form (A-NPCS-SF) for further application in Albanian healthcare settings.

**Methods:** The multiphase design used to develop the A-NPCS-SF comprised (1) cultural and linguistic validation, (2) content and face validity, and (3) construct validity.

**Results:** The A-NPCS-SF showed adequate content validity. Confirmatory factor analysis supported the six-factor structure of the A-NPCS-SF to explain the data obtained from the nurses.

**Conclusions:** The A-NPCS-SF showed evidence of validity and reliability in measuring four professional competencies. Having an appropriate scale in Albanian for professional competence self-assessment by nurses constitutes an essential step in measuring these competencies. ([www.actabiomedica.it](http://www.actabiomedica.it))

**Key words:** Competence nursing, Confirmatory factor analysis, Exploratory factor analysis, Professional competence, Psychometrics

**Running Title:** Albanian NPCCS-SF cultural translation and psychometric validation

## **THE NURSE OF THE FUTURE: WHAT COMPETENCES HE MUST POSSESS FOR THE NEW CHALLENGES OF HEALTH SYSTEMS**

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**Introduction:** Meeting the challenges of future nursing will require profound changes in the way health systems are designed. At the heart of such systems are nurses, without whom such a redesign could not take place. Preparing nurses to take on this task requires a future vision of the changes that will take place in both the population and the healthcare systems, all this to meet the needs of patients.

All this will entail a new training based on new nursing skills that the nurse will have to possess in ten years' time, to face future challenges.

To this end, it will seek to outline a framework of core competencies that all nurses should possess, to meet the changes in health systems over the next ten years.

**Conclusion:** In conclusion, it should be noted that for the next few years the nurse will have to integrate new skills and this will certainly involve a reform of nursing education:

- As far as nurses are concerned, there are a number of key skills that can advance adherence to the rules of a health system redesigned according to the future needs of the population and new epidemiological scenarios.
- To date, the extent to which current health professionals are implementing these areas of expertise does not meet future healthcare needs.



## EVALUATION OF THE SENSE OF VOLUNTEERISM AMONG STUDENTS OF THE MIDWIFERY STUDY PROGRAM. A CROSS- SECTIONAL STUDY

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### Abstract

The purpose of this paper is to highlight the sense of volunteering among the students of the bachelor in midwifery study program, related to the way it changes during the curricular formation throughout the academic years. Does this curriculum affect the sense of volunteerism?

Methods: The study used a descriptive correlational design. The data of the study were collected by students of the bachelor study program in midwifery, studying at the Faculty of Natural Sciences, University of Shkodra "Luigj Gurakuqi" Albania. A total of 120 students participated in this study. For this, the "Volunteering of University Students" questionnaire was used.

Conclusions: Taking into consideration the level of sensitivity to volunteerism among students of the bachelor study program in midwifery, the academic staff should find forms and techniques that can promote motivational aspects in students, so that these students will be a future staff with a high sensitivity in the humanitarian profession they have chosen.

Keywords: volunteering, students, midwife, curriculum.

## CROSS-NATIONAL COMPARISONS OF NURSES' MENTAL HEALTH

**Simon Jones, PhD** & *the Global Consortium of Nursing & Midwifery Studies*

Occupationally specific statistics about nurses and their mental health do not exist in most countries around the world. With the significant impact of the global COVID-19 pandemic on the mental health of the nursing workforce, this lack of data leaves a major gap in our understanding of how common mental health conditions manifest in the nursing workforce. We also do not know if they are significantly different from national mental health statistics. Given the risks to nurses' mental health due to the nature of their work, addressing this gap in our understanding is a critical first step toward understanding the epidemiology of nurses' mental health. The purpose of this study was to conduct a secondary analysis of cross-sectional data collected by the Global Consortium of Nursing and Midwifery Studies between August 2022 and February 2024. With data collection occurring in 26 languages through online opt-in convenience sampling approaches, nurses and midwives were asked to self-report how often they experienced anxiety, depression, and related symptoms of the conditions and differentiate their incidence between home and work. Descriptive, bivariate, and comparative analyses were conducted to ascertain the presence and scope of relationships with nurses' self-reports and demographic factors. Analyses found the incidence of self-reported anxiety symptoms at home ranged between 15-30% whereas at work, the incidence ranged from 25-43%. Depression self reports were similar. Notably, when symptoms were differentiated from the "diagnostic" term, symptom rates for both conditions were much higher. There was also a significant correlation between the incidence of both conditions when experienced at work vs. home. Findings from this study help to establish baseline characteristics of the incidence of common mental health conditions in nurses and will allow for future comparisons with national population mental health data. They also shed light on how culture affects mental health symptom reporting. Future studies should continue to collect data from nationally representative samples to help establish trends over time and understand the impact of international events like pandemics on nurses' mental health.

## **REFUGEE NURSES' EMPLOYMENT IN THE NATIONAL HEALTH SERVICES IN THE UK: EXPERIENCES, FACILITATING FACTORS AND CHALLENGES**

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**Introduction:** In recent decades there has been an increase in the level of displacement of people due to war, poverty, and natural disasters. According to UNHCR for Refugees (2023), the latest statistics show that over 110 million people have been forcibly displaced globally. In the UK in 2023 there were 78,768 asylum applications of which 38,761 people were granted refugee status or other humanitarian protection (Office for National Statistics, 2023). There is no exact number of refugee healthcare professionals in the UK, however, according to data from Higher Education England (2021) significant numbers of the refugees arriving to UK have a healthcare profession.

Refugees are known to experience many challenges to adjusting to life in the UK and returning to meaningful and appropriate employment due to, for example, language barriers, unfamiliarity with the labour market, and trauma induced health problems (Szkudlarek et al., 2018).

At the same time, the National Health Service UK is experiencing a shortage of approximately 50,000 nurses.

**Purpose:** The ReSTORE programme is one of the initiatives which has aimed to address this problem by supporting refugee nurses into nursing careers in the UK.

**Methodology:** ReSTORE is a pilot project funded by the local Integrated Care Board to support refugee nurses and midwives living in South Yorkshire. ReSTORE receives referrals from department of working pensions, local NGOs, employment agencies, refugee organisations and word of mouth.

The inclusion criteria are refugee status or family member, living in South Yorkshire, with a qualification as a nurse or midwife.

ReSTORE then supports the individual to pass the requisite exams to gain registration with the Nursing Midwifery Council UK: occupational English test, Computer based test and observed structured clinical exam ,alongside pastoral support, support to gain employment as healthcare assistants alongside exams.

**Result:** Preliminary results show 20 participants in the programme, 14 have jobs as healthcare assistants. Clinical to be taken over summer 2024.

**Conclusion:** Replication of the pilot programme is being discussed for other areas in the UK. The programme has potential to impact individuals and communities and to support the NHS with its shortage of nurses.

# IMPROVING HEALTH OUTCOME IN PATIENTS WITH NAFLD, OBESITY AND METABOLIC DISORDERS: THE NEW CHALLENGE OF NUTRITIONAL SPECIALIST

Dr Ferdinando Carmelo Pio Lionello

## Abstract

In recent years, hepatic steatosis has become more frequent and has acquired some distinctive characteristics that can be explored in order to obtain a functional therapeutic strategy for medical and nutritional specialists. Therefore, the aim of this work is to delve deeper the disease, considering the epidemiological point of view and impact in Italy, the triggering pathophysiological mechanisms and analyzing, with a holistic approach, the effectiveness of various strategies to improve the patient's living conditions when shown obesity, metabolic syndrome and cardiovascular dysfunction.

Hepatic steatosis has become one of the main manifestations of obesity and overweight. This condition can lead to serious health consequences, such as inflammation of the liver and also progression to nonalcoholic steatohepatitis and/or cirrhosis. Therefore, the management of fatty liver disease in obesity requires a multidisciplinary approach that includes lifestyle modifications, appropriate therapy, useful diet and phytotherapeutical support which can play a complementary role providing important anti-inflammatory, antioxidant and anti-fibrotic activity. In this context, this narrative review aims to evaluate the potential and functional roles of the phytotherapeutic approach with medicinal plants -like Dandelion (*Taraxacum officinale*), Milk Thistle (*Silybum marianum*) and Artichoke (*Cynara scolymus*) implementation considering their protective actions-to improve the clinical condition and health outcome of this category patients. These active molecules may improve the reduction of symptoms related hepatic inflammation and health outcome through the presence of some anti-inflammatory and anti-oxide effects. However, additional research about this topic certainly needed because still limited.

**Materials and Methods:** A narrative and qualitative review of English language articles between October 2023 and February 2024 was performed via PubMed searches for nutritional and phytotherapeutic aspects in NAFLD and hepatic disorder. Relevant manuscripts related to nutrition, metabolic syndrome, hepatic steatosis, endocrine disorders, and baseline biochemical values in patient evaluation and management were reviewed. References to these articles were also examined to find additional manuscripts for consideration in this narrative review.

Key words: Hepatic steatosis, NAFLD, Phytotherapy, Nutrition

Funding and Affiliation

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## **THE MOST IMPORTANT AND HIGHEST IMPACT CHALLENGES FACED BY THE LEADERS OF HEALTHCARE INSTITUTIONS IN THE REPUBLIC OF NORTH MACEDONIA**

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### **ABSTRACT**

The healthcare system in general and economic management in health and its development is increasingly attracting the attention of the society. There is a big challenge for Chief Executive Officers

– CEOs of healthcare institutions, which connects their need and their requirement to show the top issues, concerns and their pressure regarding the current state of the healthcare system, expectations, plans and predictions for the future.

Chief Executive Officers of the healthcare institutions develop their economical and managerial activities in a dynamic and complex environment with multiple, fast and frequent changes which is expected to be more challenging in the next decade.

If they make a better planning of their healthcare activities, achieve to attract and keep qualitative and talented human resources, create a genuine strategy and if they focus and concentrate on the implementation of contemporary technology for creation of new values in new forms, focus on developing new, dynamic and loyal partnerships and on costs reduction then they will be able to face numerous issues, pressures and challenges of this environment and they will confront, manage and implement efficiently their healthcare activities in the next decade which is meant to be more difficult and more challenging.

Key words: Economical management in health, healthcare system, management and leadership of healthcare institutions and medical staff, Chief Executive Officers of healthcare institutions, quality of healthcare services.

## **ECONOMIC-PSYCHOSOCIAL EFFECTS ON NURSES IN THE HOSPITAL SERVICE DURING THE PERIOD JUNE-DECEMBER 2020**

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**Introduction:** The Covid-19 pandemic created a chaotic situation not only in the population, but it also caused many negative impacts in the economy, the psychosocial state and the health system, mainly in the nurses of the hospital service, in the emergency and infectious department who were in direct contact with the infected persons, near the Regional Hospital "Omer Nishani" Gjirokastrë. The immediate appearance and the risk of transmissibility caused comprehensive problems for the nurses of two key departments in the hospital service.

**Purpose:** Assessment of risk factors and finding strategies to be followed to reduce negative effects.

**Methodology:** It is a cohort, descriptive study carried out in the "Omer Nishani" Regional Hospital, Gjirokastrë during the period June - December 2020. In this study, 80 nurses of the emergency and infectious department were included. An anonymous, self-administered questionnaire was used - as a burden and the increase in cases of covid-19 patients, the lack of theoretical and practical knowledge about the pandemic, the fear of losing financial income.

**Results:** For the period June - December, it was found that 35% of nurses were afraid of losing finances due to the increase in medication costs and not treating family members in the hospital. Psychological effects were found in 40% of cases due to the increase in the affected number not only of patients but also of the medical staff itself. In 25% of the nurses, the lack of theoretical and practical knowledge was found, which made it possible to increase the confusion in the treatment of patients.

**Key words:** pandemic, finance, nurse, psychology.

## **EMPOWERING WOMEN'S MENTAL HEALTH DURING CHILDBIRTH: THE VITAL ROLE OF MIDWIVES**

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**Introduction:** Empowering women's mental health during childbirth is a critical aspect of maternal healthcare. Childbirth is a complex and profound experience that can have a significant psychological impact on women. This impact can vary widely, from feelings of joy, empowerment, and fulfillment to fear, anxiety, and even postpartum depression. The role of midwives in supporting women during this process is crucial, as they provide physical, emotional, and psychological support to ensure a safe and positive birth experience.

**Methodology:** This research explores the role of midwives in empowering women's mental health during childbirth using a mixed-methods approach. The methodology included a comprehensive literature review, data analysis, and case studies.

**Results:** Women's who feel well supported by their healthcare providers are more likely to have positive psychological outcomes ( $p < 0.05$ ), women who have had negative experiences with childbirth in the past are more likely to experience negative psychological outcomes during subsequent pregnancies ( $p < 0.01$ ), and maternal depression are statistically significant ( $p < 0.05$ ) as well as the prevalence of postpartum depression is 12.61%, respectively, of which 30.9% related to Caesarean section. Also, women who had a history of mental health issues were more vulnerable to experiencing psychological distress during and after childbirth ( $p < 0.01$ ).

**Conclusion:** Midwives' role in promoting women's mental health during childbirth is vital, and investment in their training and support is necessary to ensure that they can continue to provide high-quality care to women during this critical time.

**Key words:** *Women, Mental Health, Childbirth, Support, Role, Midwives.*

## **ANALYSIS OF THE INFLUENCE OF MOTIVATION FACTORS ON THE JOB SATISFACTION OF NURSES AT THE PEDIATRIC CLINIC OF THE UNIVERSITY CLINICAL CENTER OF KOSOVO**

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**Introduction:** Nurses make up the majority of health workers. Furthermore, they are the system's first and longest direct contact with the patient. From this aspect, the level of their satisfaction with the work is very important for the performance, but also the image of the whole system.

**Purpose of the work and methodology:** This study, which is prospective and based on the modified McCloskey/Mueller questionnaire, evaluates the influence of personal motivation factors on the satisfaction of Pediatric Clinic nurses with work. We evaluated the answers according to the modified Likert scale. The determinants of personal motivation (internal) and working conditions (external) were evaluated .

**Results:** 50 nurses participated in the study. The average age of the respondents was 41 years. More than half of the respondents had a bachelor's degree (46%) or pursued master's studies (10%). All interviewees were female. Respondents over 50 years of age ( 91%), mid-level nurses ( 40 % ), those with more than 20 years of experience were the most satisfied with work . work experience ( 93%) and those with a monthly family income of less than 500 euros ( 42%). Satisfaction with the workplace (84%), opportunity to advance in career (76%), good interpersonal relations (86%), participation in decision-making (72%), perception of work as important (62%) and sense of personal achievement (84%), were internal factors that dominated the survey. Satisfaction with the salary (32%), with the additional payment (32%), with the conditions in the patients' rooms (36%), with the conditions in the nurses' rooms (44%), as well as with the conditions in the hospital canteen (20%) have been smaller, and have dominated the group of external factors.

**Conclusion:** In the general satisfaction of nurses with work, the influence of personal motivation factors on job satisfaction has been shown to be greater than external ones, related to working conditions.

**Key words:** Kosovo, Pediatric Clinic, Nurses, job satisfaction, determinants.



## HESITATE OF HEALTH WORKERS TO VACCINATE OF COMMUNICABLE DISEASES

**Shpresa Jerliu Surdulli, Sahadete Kallaba, Sevdije Krasniqi, Senay Maksut  
dhe Shpresa Kalludra**

### **Abstrakt**

**Introduction:** Immunization is one of the key interventions to protect the population from serious infectious diseases that endanger health, which are preventable through vaccination.

Health worker hesitate to vaccinate is defined as a delay in accepting or refusing to vaccinate despite provision and available services, and continues to be a widespread problem among health care providers globally.

**Purpose:** The main purpose of this paper is to identify the knowledge and opinions of health workers about the importance of vaccination.

To raise as an issue the hesitate of health workers for vaccination (vaccine against hepatitis, against flu and vaccine against COVID 19).

**Methodology:** the approach in this study is quantitative. The data collection was done with structured questionnaires divided into 2 parts with 3 findings. The target groups were 50 nurses in the clinics of UCKK - such as the Infectious, Neurological and Surgical clinics, the respondents were randomly selected from both genders. The data were analyzed in Excel using frequency ( $f$ ) and percentage (%).

**Result:** A total of 50 nurses participated in this questionnaire, of which 42 nurses were female and 8 male nurses. Out of 50 nurses, 31 nurses had positive opinions, 11 nurses had neutral opinions and only 8 nurses had negative opinions. If it was not mandatory, 19 nurses said yes, 17 nurses maybe and 14 nurses said no.

Main sources of information about vaccination 46% of nurses had the Internet, 40% of them had it from TV/Radio, while 12% had it from the Ministry of Health and 2% had it from Newspapers/Magazines. The results of the research show that the readiness of health workers for vaccination is currently not at a satisfactory level

**Conclusions:** After researching dozens of existing published studies (which are fully referenced and cited) and reviewing the literature, we have come to the conclusion that the main role of health workers in vaccination. It is believed that nurses should refute various speculations and misconceptions about vaccination. Doctors should strongly support the benefits of vaccines. But convincing others that vaccines play a role in preventing, spreading disease and death is not easy. Mandatory vaccination is the only mechanism to increase the number of vaccinated to achieve herd immunity and protect the wider population.

**Key words:** Opinions, vaccines, hesitation, prevention.

## QUALITY STANDARDS IN HEALTHCARE AND THE IMPORTANCE OF PATIENT SAFETY

**Fatih Özkul**

**Introduction:** Accreditation offers an environment of trust. It is an official process by which the compliance of a health institution with predetermined and published standards is evaluated and approved by a universally accepted legal entity (usually a non-governmental organization). Each of the International Patient Safety goals is of great importance for patients. An error in any of these goals may lead to unintended consequences. It is necessary to provide standardization in the processes by making process definitions for each target. The adoption of improvement and safety culture in patient safety; It starts primarily by the employees in the institution and its transformation into a corporate culture depends on the implementation of system improvements with a systematic and planned approach.

**Purpose:** The primary purpose of accreditation systems is to create a safe health service area for both the patient receiving services and the nurses and physicians providing health services.

**Methods:** Measurement is the most important element of development in health care.

**Study:** Studies on the Accreditation Process at Hayat Hospital

Hayat Hospital Assessment and Patient Data; It provides service with 580 employees in a closed area of 19.800 m<sup>2</sup>. The hospital provides 24 adult intensive care units, 14 neonatal intensive care units, 7 operating rooms, 4 modern maternity wards, biochemistry, microbiology laboratories, Medical Aesthetics Unit, Radiology Unit, 24-hour emergency department and ambulance services with a bed capacity of 130. It provides services with 27 separate branches. Our hospital has received 98.12 points from the Ministry of Health Quality Standards Audit. In addition, our institution will be in 2023; 305.069 Number of OUTPATIENT Patients, 44.090 Number of Inpatients. In total, we provided health services to 349,159 patients.

**Result:** Nursing Services for International Patient Safety Goals; In all accreditation standards accepted in the world, physicians are a part of the standard. However, nursing services is the leading professional group that applies and controls all accreditation standards. The importance of Nursing Services in Health Care applications Nursing services in our institution undertake one of the most important tasks in the treatments offered. Nursing Services provide the education that the patient needs in clinical services, medication applications, nutrition control, emotional regulation, support of physical needs and drug treatment in accordance with the physician's prescription. In addition, assisting the physician during the surgical processes in the operating room is also an important part in the field of

nursing services. Interventions especially for patients requiring emergency intervention in the emergency department (in the red area); participation in cardiac massage practices, Approach to Trauma Patients and intervention procedures are provided with the active participation of nursing services.

## ANTIBIOTIC USE AND RESISTANCE: A MULTI-COUNTRY PUBLIC AWARENESS SURVEY IN KOSOVO PRIMARY HEALTHCARE

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**Introduction:** Antimicrobial resistance presents a major threat to human health. Annually, 1.27 million deaths occur due to antibiotic resistance.

**Purpose:** In our research, we aimed to evaluate the knowledge and understanding of the appropriate use of antibiotics in Kosovo population, thus we could contribute in updating healthcare policies, to reduce antimicrobial resistance and increase the quality of life and lifespan.

**Methodology:** This study is cross-sectional, where data were collected based on the WHO questionnaire "Antibiotic resistance: multi-country public awareness survey", translated and adapted into the Albanian language. The research targeted patients who attended primary healthcare in the Municipality of Pristina, starting from January to December 2023.

**Results:** In our research, we had 568 respondents, patients who received healthcare services in primary healthcare institutions in the Municipality of Pristina 65% of them were women, 96% were Kosovars, 59% lived on urban residences, 36.2% had secondary education, their average monthly income was of 350-650 euros (27.5%), and most of the respondents belonged to the 25-34 years. (25.4%) and 35-44 (20.2%) age groups. 32% of respondents claimed to have used antibiotics in the last month, 22% had used antibiotics in the last 6 months, while only 6% had never used antibiotics. 67% of the participants confirmed they adhered to the instructions given from healthcare providers and were compliant with appropriate use of the therapy until the end of the treatment course, while 29% of respondents confirmed to have stopped antibiotics as soon as they felt better in disregards to the instructions given. 80% of the participants with a bachelor's education or higher, had the appropriate knowledge on antibiotic usage, while 52% of respondents who did not complete secondary education believed antibiotics could be terminated any time after clinical improvement. Participants claimed that they used antibiotics mostly to treat urinary tract infections (58%), throat infections (57%), and skin infections (42%). 75% of respondents were aware of the term antimicrobial resistance, from which 73% of them claimed to have heard it from healthcare providers.

**Conclusion:** This research provides important information in regards to general population's perception and knowledge in the correct use of antibiotics and antimicrobial resistance. The findings should be used in the creating and implementing awareness programs in the prevention and reduction of antimicrobial resistance as well.

**Key words:** *use of antibiotics; antibiotic resistance; awareness of the population; healthcare policies.*

## EVALUATION OF THE RELIABILITY AND VALIDITY OF THE SHORT FORM OF THE NURSING PROFESSIONAL COMPETENCE SCALE AMONG REGISTERED NURSES AND ITALIAN NURSES IN ITALY

Emanuela Prendi

### Abstract

**Introduction:** Competence is a significant concern for educators and administrators in various professional fields, especially within healthcare like nursing. Nursing involves a combination of knowledge, skills, abilities, and performance, with competencies defining an individual's capability and effectiveness in the profession. Nursing competence is pivotal in influencing patient care outcomes and extends beyond regulatory aspects.

**Objective:** This study aimed to translate the Nurse Professional Competence Scale Short Form into Italian (I-NPCS-SF) and evaluate its psychometric validity and reliability.

**Methodology:** The study employed a multi-phase approach for translating and culturally adapting the I-NPCS-SF: (1) cultural and linguistic validation, (2) content and face validity, and (3) construct validity. Confirmatory factor analysis (CFA) was utilized to assess the validity of the I-NPCS-SF construct, with fit indices used to evaluate the CFA solutions based on collected data.

**Results:** The I-NPCS-SF demonstrated satisfactory content validity, with CFA supporting its four-factor structure in analyzing data from nurses and nursing students. The pattern matrix revealed a four-dimensional model. The overall scale exhibited good internal consistency with Cronbach's  $\alpha = 0.911$ .

**Conclusion:** The I-NPCS-SF displayed validity and reliability in measuring four professional competencies. Its availability in Italian facilitates self-assessment of professional competence among nursing students and nurses, enabling more comprehensive analyses either independently or in conjunction with other instruments.

**Keywords:** nursing skills, clinical practice, professional proficiency, exploratory factor analysis.

## **INNOVATION IN PARKINSON'S MANAGEMENT: ANALYSIS OF DUODOPA TREATMENT AND NURSE IMPACT**

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**Introduction:** Parkinson's disease is a chronic neurodegenerative disease that affects movement and motor coordination, causing major challenges for patients and healthcare professionals. The demand for effective treatments has led to the exploration of new methods such as treatment with Duodopa, as an innovative alternative for managing Parkinson's symptoms.

**Purpose:** This study aims to focus on the analysis of Parkinson's treatment with Duodopa and the key role of the nurse in improving the quality of care of the patients. It is intended to provide a clear overview of treatment progress and the nurse's role in meeting patient challenges.

**Data Source:** For this study, scientific literature, clinical studies, Albanian experience and medical organization reports were analyzed to provide an evidence base information. Data includes; results from clinical studies, patient experiences and assessment of the nurse's role in improving outcomes of Duodopa treatment.

**Results:** The study showed that treatment with Duodopa has the potential to provide improved control of Parkinson's symptoms. Nurses, by being involved in caring, and managing, and monitoring the effectiveness of treatment, have played an essential role in providing personalized care. Education and emotional support from nurses have tremendously helped patients to adapt to this new treatment method.

**Conclusion:** Duodopa represents an effective option for the treatment of Parkinson's, and the role of the nurse in the care of patients treated with this method is well established. Close collaboration between the patient and the nurse is essential for the success of the treatment and for the improvement of the quality of life of our patients.

**Key words:** Parkinson's disease, Treatment with Duodopa, Improvement of symptoms, Role of the nurse, Education and Monitoring,

## PSYCHOMETRIC EVALUATION OF THE ALBANIAN VERSION OF THE SELF-CARE OF CHRONIC ILLNESS INVENTORY IN ALBANIAN PATIENTS

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**Background.** Self-care in chronic patients is essential in the treatment process. The efficient evaluation of the level of self-care will enable the patient's needs to be identified and education and care to be optimized. The Self-Care of Chronic Illness Inventory (SC-CII) is a valid and reliable instrument that can measure self-care behaviors among patients with all types and number of chronic illnesses.

**Aim.** To test the psychometric characteristics (validity, reliability, and measurement error) of Albanian version of the SC-CII.

**Method.** A convenience sample of patient with chronic illnesses and their caregivers was recruited in outpatient clinics in Albania from August 2020 to April 2021. Patients completed the Self-Care of Chronic Illness Inventory that includes three scales: Self-Care Maintenance, Self-Care Monitoring and Self-Care Management. Factorial validity was tested, for each scale, with Confirmatory factor analysis. Reliability was evaluated with the Composite coefficient and global reliability index for multidimensional scales. Construct validity was tested using

Pearson's correlations. Measurement error was tested to assess responsiveness to changes.

**Results.** The theoretical structure of the self-care maintenance scale was not confirmed, and a single factor was identified. The theoretical structures were confirmed for self-care monitoring (one factor) and self-care management (two factors: autonomous and consulting behaviors) scales. Reliability estimates were adequate for all reliability coefficients ranging between 0.72–0.87. Construct validity was supported by significant correlations with depression. The measurement error was adequate.

**Conclusion.** This study indicated that the Albanian version of SC-CII shows good psychometric properties in the Albanian sample. This valid and reliable research tool can be managed in planned studies of Albanian patients with chronic conditions.

**Keywords:** self-care, chronic illness, instrument, psychometric testing, validity, reliability.



## COMMUNICATION OF HEALTH PERSONNEL WITH PATIENTS, CHALLENGES AND PROBLEMS

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### ABSTRACT

If we want to build a sustainable and comprehensive health care system, it must be based on building an alliance between health professionals and patients. As in many countries of the world, in Kosovo too there are problems and difficulties in communication between health professionals and patients. Patients in Kosovo have often expressed their concerns regarding developments in the health sector, with numerous complaints regarding poor communication encountered during treatment in health institutions.

**The main purpose** of the research was to reflect on the real situation regarding the communication between health care professionals and patients, considering that often, in the media it is reported that patients are not satisfied with the level of communication with health care professionals. Therefore, the paper aims to present some of the main challenges that patients deal with when communicating with white-collar workers and vice versa.

**Material and methods** - This is a cross-sectional (transversal) study. In this research, the scientific literature focused on health communication was consulted. Two different semi-structured questionnaires were compiled, one for health professionals and the other one for patients. Quantitative methods were used through the questionnaire research instrument developed with health service providers. In total, there are 2300 health care workers in UCKK where 300 of them were randomly, consisting 13% of the workers while 200 patients were surveyed who were 200 patients lying in different clinics of the University Clinical Center of Kosovo, as the highest health institution.

**Results** from the questionnaire with the qualitative method for health professional- One of the main challenges of the study was to identify the shortcomings and opportunities to develop a sound communication as required in their employment contract. While, as a general complaint from

the patients, it was that the health professionals do not have enough time, as well as poor management skills and dedication of time for communication with the patient.

**Conclusion-** Good communication between health personnel and patients is a kind of therapeutic intervention because it helps patients to express their psychological and emotional needs. Patients demand the right to be involved in the treatment process, they believe in their own cure as well as the gain of physical health. There is always a problem in communication between health personnel and patients which can lead to a conflict.

**Key words** - health personnel, patient, communication, problem

## CHALLENGES AND DIFFICULTIES OF NURSING STUDENTS, RELATED TO WORK AND EMPLOYMENT PATTERNS

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**Introduction:** The quality of education is one of the factors that affects the level of acquisition of knowledge and skills. Improving education and employment policies and developing vocational guidance systems is a key component of national strategies along with continuous professional development, encouraging personal growth and development.

**Purpose:** information on the challenges and difficulties of nursing students in relation to work and employment models.

**Methodology:** quantitative method through the questionnaire distributed online.

**Sample:** Nursing (Bsc) and Health Management (Master) students, Fehmi Agani University in Gjakova.

**Results:** What do you consider a challenge in your profession, 38% stated employment, 29% working conditions, 22.4% payment, 9.2% the possibility of advancement. Do you have knowledge about the employment patterns in foreign countries, 43.4% answered "A little", 16% Not at all, 37% Somewhat, 2.2% a lot. How did you plan to penetrate the labor market abroad, 66.7%. "Applying directly at a clinic", 17.5% Through recruitment agencies, 14.3% Through skilled migration programs.

**Discussion:** the main goal of young people is migration to foreign countries. Kosovo is facing the biggest crisis since the war, the mass exodus of young people.

**Conclusion:** based on the results of the students' survey, we came to the conclusion that they see the possibility of employment, the possibility of promotion and payment as their main challenge. And these are exactly the reasons why they want to migrate.

**Key words: Student, Challenge, Difficulties, Employment.**

## USE OF ANTI-CPP ASSAY IN INDIVIDUALS WITH NON-SPECIFIC MUSCULOSKELETAL SYMPTOMS IN RHEUMATOLOGY DEPARTMENT

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### ABSTRACT

**Introduction :** According to WHO, about 2.3% of the population are positive for anti-citrulated peptide (anti-CCP) antibodies. This biomarker supports early diagnosis of RA (Rheumatoid Arthritis) and prognostic prediction of other inflammatory arthritis.

**Purpose :** To increase its clinical relevance, this study aims to determine the prevalence of anti-CCP in patients with non-specific MKS (musculoskeletal symptoms) and whether these individuals progress to IA (inflammatory arthritis), in particular RA.

**Methodology:** Based on a prospective cohort study, individuals aged  $\geq 18$  with non-specific musculoskeletal symptoms were recruited during the time period January 2022 to April 2023, from a Private Medical Center and their medical history from the Polyclinic of Specialties in Elbasan. Individuals who had performed anti-CCP were followed in the rheumatology department for more than 1 year.

**Results:** Data from 248 individuals were analyzed. Of these, the prevalence of anti-CCP positive cases was 18.5% (46/248), of which 60.8% developed IA, 34.7% RA and 4.3% polymyositis within 12 months. Of the anti-CCP-negative individuals, there was a prevalence of 9.27% (23/248), where 56.2% developed IA, 30.4% RA, 17.3% psoriatic arthritis, within 1 year, with a median of 1 year and 3 months. The total prevalence of individuals with positive anti-CCP and those with negative anti-CCP with progression mainly towards IA, RA was 27.8%.

**Conclusion:** The laboratory plays an important role in the early diagnosis of arthritis in patients with non-specific MSK symptoms by testing anti-CCP. People who tested positive had a higher risk of rapid development of RA and inflammation compared to those who tested negative for anti-CCP.

**Key words:** Anti-CCP, RA, IA, Prevalence, Relative Risk

## **FOLEY URINARY CATHETER INSERTION ACCORDING TO THE STANDARDS OF USE OF THE UC SET**

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### **ABSTRACT**

**Introduction:** We all accept that the insertion of the UC (urinary catheter) in terms of Nursing responsibilities in manipulations, especially in Albania, is one of the most common mini-invasive manipulations, and absolutely requires special attention from the staff. Over the years we have had an update with the latest news regarding the newest protocols, but what has not yet been seen to be implemented is about: not using the urinary catheter set as an alternative to perfect the insertion of UC).

**Purpose:** To bring to the attention of health personnel the application of the UC insertion technique with the UC set method. To present the advantages of this standard in terms of minimizing Nosocomial Infections (NOI) and, among other things, also highlight cost-efficiency as another advantage.

**Objective:** To influence colleagues in order to encourage scientific research and the acquisition of techniques using the urinary catheter set. By refreshing and updating knowledge, we will make it possible to extend this standard throughout Albania, but why not also in Albanian Troy where it is not known or does not apply.

**Conclusions:** NK infections are quite frequent in hospitalized patients, and especially in patients undergoing intensive therapy, in thous patients NK infections are about 3-4 times more frequent. According to the WHO, NK infections from the insertion of UC hold the first place in terms of frequency. Out of 100 % of cases in insertion of the UC in Albania is done according to the standard "not with the use of the UC set". Statistics according to WHO and CDC show a fairly significant ratio regarding NK infections between the insertion of the urinary catheter using the UC set and the procedure without the use of set of UC.

**Key words:** Nurse, Foley catheter, UC set, protocol, Albania, Kosovo.

## **SELF-MANAGEMENT AND EDUCATION OF PATIENTS WITH OSTOMIES IN COLORECTAL CANCER (APPLICATION OF OREM'S SELF-CARE MODEL)**

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### **Abstract**

**Background:** The third leading cause of cancer worldwide is the Colorectal cancer (CRC) . Each year at least 40,000 individuals receive an ostomy due to cancer. Living with an ostomy requires daily site and equipment care, lifestyle changes, emotional management, and social role adjustments.(Ercolano et.al.,2016). Ostomates have several physical, psychological and social health problems .They could have a great negative impact on the quality of life.(Elshatarat et.al.,2020) Peristomal dermatitis was one of the most common stoma-relative complications.(He D.et.al.,2021)

**Aim-** This case study aims to identify health problems in patient with colorectal cancer and their self-care ability to manage their ostomies.

**Methods-** The method of case study and literature review was used. In the Google Scholar, Pubmed, and Cinahl databases, keywords in English have been identified as scientific articles on colorectal cancer, education , and management of ostomies. Articles have also been received regarding the application of Orem self-care theory to these patients. Most of the selected items are not older than 10 years.

**Results:** Many theories have been developed to clarify the concept of self-care. Orem's self-care deficit theory is widely accepted and used by nurses worldwide.Orem defined self-care as a practice activity that a person begins and performs in their lives to maintain well-being. Orem's theory in nursing has three related parts which are self-care theory, self-care deficit theory, and nursing systems theory.

**Discussion:** The results of studies show that the implementation of Orem's self-care model has a positive impact on improving patients' self-care behaviors. Orem believes that patients' self-care skills can be improved and adjusted by providing nursing care to meet their self-care needs. Orem theory during its application is characterized by strengths and limitations.

**Conclusions:** Improving knowledge and increasing self-care skills is a convenient method for application in nursing care to patients with an ostomy.

**Key findings-**Ostomies,colorectal cancer,self-care management, application, Orem's model

## NURSING CARE FOR PATIENTS WITH DIARRHEA AT SHEIKH ZAYED HOSPITAL - VUSHTRRI

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**Introduction:** diarrhea is a symptom characterized by frequent excretion of feces (5-6 times a day) which have a thinner consistency. It is caused by the rapid passage of food in the digestive tract. One of the most serious problems that diarrhea can present is that it can cause dehydration, which means that the body does not have enough fluids to perform its functions.

**Purpose:** the primary goal is to analyze the frequency of diarrhea in the population of Vushtrri, and to identify the role of nurses in the care of patients with diarrhea, in the General Hospital of Vushtrri, during the period of time, January - September 2019.

**The secondary aim** is to identify the number of cases with diarrhea based on gender, age group, place of residence and days of hospital stay.

**Methods:** The key methodology of this research is quantitative, the research is observational, descriptive, retrospective type. The data were taken from the protocol book, at the General Hospital of Vushtrri. The research included 149 patients with diarrhea for the period January - September 2019.

**Results:** Out of the total number of patients diagnosed at the General Hospital - Vushtrri, there were 149 with Diarrhea, of which 65 were female, while 84 were male. From the total number of patients from the age group most affected by diarrhea, it was that of children born in 2010-2018, including 43 patients. From the total number of patients from the place of residence most affected by diarrhea was the city of Vushtrris with a total of 50 patients. From the total number of patients in terms of days of stay, the most affected by diarrhea were the days of stay of 3-4 days, including 41 patients.

**Conclusions:** Diarrhea is one of the most common causes, which represents the main problem for those affected by the disease.

**Keywords:** Dehydration, Diarrhea, Nursing care, Hospital,



## ADVANCED NURSING PRACTICES ON THE DIABETIC FOOT MANAGEMENT

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### Abstract

**Entry and purpose:** Diabetes is one of the main causes of mortality and impossibility. Diabetic foot is a more frequent complication. Nurses have an essential role in preventing diabetic foot problems, in caring for and educating patients at risk for diabetic foot. Thus, the high level of knowledge and nursing practices will always provide better care for the patient. The aim of this study is to assess the knowledge and practices of nurses in diabetic foot management in the city of Gjakova.

**Methodology:** This is a cross-sectional study, carried out during the June-August 2021 time period. As a population for study, 120 nurses are included. For this study I used a self-administered questionnaire. The data was worked out in the SPSS statistical package.

**Results:** Based on the results of the study on the impact of demographic factors, it resulted in education, division and experience at work affecting the level of practices and knowledge on diabetic foot management ( $P < \text{value } 0.05$ ). In our study, only 15% of nurses were trained in diabetic foot care. Asked if they needed or wanted to take other training, 78% expressed interest. In general, nurses have good knowledge in diabetic foot management: in assessing knowledge of risk factors in their feet, as well as in diabetic foot prevention. 52% of nurses stated that they needed training.

**The conclusion:** Nurses must participate continuously in training to learn new techniques, which are efficient in diabetic foot management.

**Key words:** diabetes, diabetic foot, management.nurse

## THE ROLE OF HEALTH PROMOTION AND EDUCATION IN IMPROVING PUBLIC HEALTH

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### Abstract:

**Introduction:** Health promotion and education have an essential role in improving the well-being of public health by influencing the behaviors of individuals and communities. Current research notes an increasing importance of health education in public health. This abstract focuses on the analysis of the importance of health education and its impact on the level of public health and to determine the most effective strategies for improving awareness and health behaviors in communities.

**Purpose:** The purpose of this paper is to explore the role of health promotion and education in improving public health, to identify the most effective strategies for the distribution of the most useful and efficient health information, to evaluate the effect of health promotion and education programs and to identify the factors that contribute to their success in public health.

**Methodology:** To analyze the impact of health promotion and education on public health, the research uses a combination of literature analysis and empirical studies. Research will focus on evaluating the appropriateness of the programs, their impact on behavior change, and how they affect public health.

**Results:** The analysis of the literature and the conducted studies show that structured and appropriate programs and strategies for the population are more effective in improving health information and behaviors and have the potential to positively influence awareness and change healthy behaviors, emphasizing the need for the integration of information technology in health education programs and in particular, the use of social networks.

**Conclusions:** This paper confirms that health promotion and education are key factors for changing behaviors and improving public health. It is suggested that investments and efforts should be focused on the development and implementation of personalized and innovative health promotion and education programs based on the latest scientific knowledge and continuously updated.

**Keywords:** health education, public health, effectiveness, information technology.

## THE IMPACT OF NOISE ON NURSES IN INTENSIVE CARE UNITS

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**Introduction:** Excessive exposure to noise puts nurses at risk for well-being, loss, decreased work performance, and fatigue. Noise is particularly concerning in intensive care units, where qualified providers and vulnerable patients require a quiet environment to promote healing.

**Aim:** The aim of this study is to measure the level and duration of active noise in specialized pediatric intensive care units to explore noise sources and its effects on nurses' health.

**Methodology:** This study is quantitative in nature and was conducted through a structured analytical approach. To investigate the impact of noise on nurses, data collected from the Pediatric Intensive Care Unit at Sheik Zayed Hospital in Vushtri was utilized.

**Discussion:** The average noise level was 71.9 (SD, 9.2) dBA. The average heart rate was 85.2/min (SD, 15.8/min) and was significantly associated with noise, unit, location within the unit, nurse resources, and noise-generating activities. The most frequent sources of noise were patient rooms, caregiving activities, and staff communication.

**Conclusions:** Noise levels in pediatric intensive care units exceed recommended thresholds and require immediate attention through effective interventions. Although noise was not associated with stress, a significant correlation with increased heart rates suggests that noise may be associated with adverse health outcomes.

**Keywords:** Noise, Intensive care, Nurses.

## **BUILDING RESEARCH CAPACITY IN NURSING – A SYSTEMATIC REVIEW**

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### **Abstract**

**Introduction:** Research capacity in nursing is the ability to carry out research activities consistently in a specific context and is usually used at a non-individual level. While the ability of a nurse to conduct research is known as research competence. Increasing the research capacity of nurses can improve patient care.

**Purpose:** It was the assessment of the current evidence regarding the development of research capacities in nursing.

**Methodology:** Three electronic databases, PubMed, CINAHL and Google Scholar were used to search for articles and answer the review question. Search words in the English language are used both alone and in combination. The research subjects were nurses. Research period 2005-2024. The review followed PRISMA guidelines.

**Results:** Of the 13 articles that met the inclusion criteria, 5 were from the US and 8 from Europe. The results of the studies are grouped into 6 main themes: lack of knowledge on how to increase the use of research, developing a research culture, the ability to identify problems in patient care, changing the attitude of nurses towards research, collaboration and organization of use research and financial support as a success factor.

**Conclusions:** The findings of the literature review identified the lack of knowledge, the need to develop a research culture, the skills to identify clinical problems, changing the attitude of nurses towards research, the importance of collaboration and financial support as important factors in building research capacity. The research engagement of nurses as end users of evidence is imperative in increasing the use of research and reducing the gap between research and nursing practice.

**Keywords:** research capacity, nursing, evidence, systematic review.

## ASSESSMENT OF KNOWLEDGE, ATTITUDES AND PRACTICES OF PREGNANT WOMEN FOR ANTENATAL CARE

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**Introduction:** Antenatal care includes risk identification, prevention and management of pregnancy-related diseases, health education and health promotion.

**Purpose:** The purpose of this paper is to evaluate the knowledge, attitudes and practices of pregnant women in Kosovo, regarding antenatal care.

**Methodology:** The research is cross-sectional, quality descriptive. The research involved 250 pregnant women aged 18 - > 35 years, and was conducted in five municipalities of Kosovo such as: Pristina, Prizren, Mitrovica, Ferizaj and Gjilan during the period March-shtato.r

The questionnaire consisting of 37 questions was used for the study, distributed physically. **Results:** The mean age was 27.98, and 37.2% had a secondary level of education, 69.2 were from the city, while 52% stated that they were in their 9th month. With a significant difference, with over 50%, it turns out that they had knowledge of how often the check-ups should be done, 65% stated that hygiene care, vitamin supplements and folic acid should be added, 57% stated that they have knowledge about risk factors during pregnancy, 50% stated that they know what the complications are during pregnancy, and 60% stated that they know how they should be treated if they have hypertension. Over 70% stated that they have knowledge about childbirth, and 62.8% stated that they get information about a healthy pregnancy from social networks. Over 80% are ready to take care of their pregnancy, while only 51% have expressed that the intake of proteins, iron and vitamins should be increased during pregnancy.

**Conclusions:** Significantly, more than 50% of pregnant women have had about the signs of behavior, the checks they should do, the care they should take, the complications of the violation, the parameters that should be monitored, etc., while more than 80% are more practical good for disease care. Regarding the attitudes during the comprehensive 82% were to take care of their attack and do more ultrasound checks, while only 53% had attitudes that the control of the regulation of all complications during pregnancy and childbirth and the intake of proteins, iron should be during the entire termination. Knowledge is attitudes and practices in positive correlation with educational level.

**Keywords:** *Knowledge, attitudes, practices, pregnant women, antenatal care.*

## **WOMEN'S PERCEPTIONS OF THE ROLE OF MIDWIVES DURING ANTENATAL CARE**

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**Introduction** - Pregnancy and childbirth is a physiological phenomenon experienced by most women as part of their lives. In many countries, midwives are the main providers of care during pregnancy and childbirth. Midwives are trained to observe, identify and encourage the physiological process of pregnancy, and birth. Most often, midwives are the leaders of antenatal care and provide expectant parents with information on how to prepare for childbirth, breastfeeding and parenting. As midwives provide professional support, they can bring forward how such care can promote the health of the pregnant woman.

**Purpose** - The purpose of this study is to look at the perception of women in the role of midwives in antenatal care.

**Methodology** - To extract data on the topic of interest, quantitative research design through questionnaires is used. 250 pregnant women and women who gave birth within 2 months were selected using the random recruitment approach. Each participant received information explaining the aims of the study and consent was obtained, they agreed to be part of the study.

**Results** - Women report less emotional and psychological support during the care provided. The care provided is primarily clinical. The role of midwives according to the woman's perceptions is more about being a supporter, helping the patient, helping with clinical procedures and postpartum care, rather than working independently with the woman.

**Conclusion** - The findings conclude the need to support the midwifery profession according to their competences, which is beneficial for the entire health system and benefits the well-being of women. It is important the role of the midwife in the health system and the development of trust in the midwife during antenatal care, in inter-professional cooperation.

**Key words**- Woman's perception, antenatal care, midwifery.

## THE ROLE OF OCCUPATIONAL THERAPY IN INTERPROFESSIONAL COLLABORATIVE PRACTICE

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*Lisa Wetzlmair-Kephart, COTEC*

**Introduction and Objective:** Interprofessional Education and Collaborative Practice (IPECP) is essential for effective healthcare professionals' education and service delivery. Interprofessional teams might include professionals from health and social care. Common factors acting as facilitators and barriers to IPECP have been identified and are often linked to well-researched nursing and medical professionals. To foster the awareness of how those factors can impact other single professional groups, this abstract aims to highlight workforce developments and effects on IPECP from the perspective of Occupational Therapists (OTs) across Europe.

**Methodology:** The Council of Occupational Therapists for the European Countries (COTEC) maintains a longitudinal database as part of the OT workforce governance. This “Summary of the Occupational Therapy Profession in Europe” compiles annually collected discipline-specific information since 1997 from 33 European Countries. presents parameters such as the total numbers of students and practicing OTs, the proportion of OTs per 100.000 citizens, requirements to practice OT, and professional development, registration, and quality assurance systems.

**Results and Conclusion:** The number of OTs almost doubled between 2014 and 2023, increasing European-wide OT services to approximately 1355 OTs per 100.000 citizens. Regional differences, however, are drastic and range from 0.95 OTs per 100.000 citizens in Bulgaria to 204 in Denmark. The longitudinal nature of the data allows the OT profession to act rapidly on changing numbers of OT practitioners and students and support workforce development and planning across Europe. Furthermore, the database is essential for indicating trends that could affect the OT practitioners' well-being and the health and well-being of European citizens. The limited availability of OTs in the interprofessional team can negatively affect the provision of healthcare services. Limitations in interprofessional education can limit future OTs' ability to work collaboratively and negatively impact education and collaboration especially when resources are scarce.

**Keywords:** Occupational Therapy; Workforce Development; Interprofessional Education; Interprofessional Collaboration

## ASSESSMENT OF ANXIETY AFTER COVID-19 AMONG KOSOVAR STUDENTS

**Pranvera Jetishi Çollaku**

*Pranvera Jetishi Çollaku, Ass. Prof. Dr. Universum International College  
Powered by Arizona State University Kosova.*

**Introduction:** the aim of the study is to find out the level of anxiety among Kosovar students after the COVID-19 pandemic and to explore the factors that affect their anxiety.

**Methodology:** participants in this study were N=657 active students from six universities in Kosovo. In order to collect data to assess the level of anxiety, the Generalized Anxiety Disorder Scale (GAD-7) questionnaire and a sociodemographic questionnaire were used, which were administered through Google forms. Data analysis was performed through SPSS Version 25.0, including statistical tests such as t-tests, ANOVA and linear regression.

**Result** showed that 79.2% of the participants in the study experience anxiety, respectively 16.9% of them reported values of severe anxiety, 24.2% of them reported values of moderate anxiety and 38.1% of them reported values of mild anxiety, and that the students females exhibited higher levels of anxiety 82.8% compared to their male counterparts at 59.6%. Most of the participants, 87.1% of them, did not seek psychological help during this period, except for 6.1% of the participants who showed high values of anxiety sought psychological help.

**Conclusion:** the study shows the need for special attention and support of the mental health of students in the country in the post-pandemic period. Encouraging policy makers and responsible mental health institutions, through psychoeducation programs, the creation of mental health support centers even within universities, to create opportunities for information and intervention where there is a need.

**Keywords:** Anxiety, Covid 19, Mental health, Students, Kosovo.



## UNDERSTANDING THE PROFESSION OF OCCUPATIONAL THERAPY

**Dianna Ullrich, OTD from USA**

**Introduction:** Occupational Therapy has formally been developing in Kosovo since 2012. It is one of the most misunderstood health sciences rehabilitation professions in Kosovo. Even though the profession of occupational therapy has existed since 1910, as an autonomous health profession, it is still considered under the umbrella of physical therapy in Kosovo. If a health service provider, in Kosovo, uses gardening or crafts with their service-users, then they think they are providing occupational therapy services. Occupational therapy is much more unique and complicated, using both scientific and artistic approaches as therapeutic modalities in its treatment process.

**Purpose:** To clearly present the meaning of occupational therapy as an autonomous health sciences profession and to present the role of occupational therapists in various treatment sites.

**Methodology:** This will be a descriptive presentation in order to bring clarity to other health professionals and the community of the identity and role of occupational therapy.

**Result:** At the end of this presentation, the participants will have a clear understanding of what occupational therapy is and the role occupational therapists play in encouraging service-user participation in their daily occupations of self-care, home-care, work, education, sleep, social skills, leisure activities and play.

**Conclusion:** Occupational therapy, which has existed globally for over a century, is a unique and autonomous health sciences profession. Occupational therapy treatment follows a specific client-centered treatment pathway, called the OT process. In the process, occupational performance across the life-span is assessed and therapeutic goals are determined in collaboration with the service-user. The treatment plan uses either adaptation, compensation or remediation approaches to empower the service-user to participate in activities they need to do, desire to do, or expected to do to their full independent capacity.

**Key words:** occupational therapy, health sciences profession, Kosovo

## **CHANGES IN MENTAL HEALTH INDICATORS AFTER TREATMENT WITH INNER COHESION PSYCHOTHERAPY**

**Fitim Uka, Veronë Përçuku, Vanesa Sopjani, Arlinda Gashi, Lira Baliu,  
Adela Bajrami, Rineta Maliqi, Egzona Maxhuni, Suzana Baftiu, Antigona  
Imeri, Loreta Tovërlani, Fjolla Rexha, Albina Statovci, Drin Shehu, Erëza  
Vitija & Altina Limani**

Psychotherapy is one of the most popular forms of treatment for mental disorders. Various studies have identified about 500 different psychotherapeutic approaches. While in the past monotherapeutic approaches have been more popular, now a large part of psychotherapists choose the combination of existing approaches. Meanwhile, Inner Cohesion Psychotherapy is a new integrative approach. In this study, the results of mental health indicators will be reflected, before and after treatment with Inner Cohesion Psychotherapy. Practical implications will be discussed.

## INVESTIGATING THE PSYCHOLOGICAL WELL-BEING OF NURSES IN ALBANIA: A QUALITATIVE STUDY

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**Dr. Elona Hasmuja** *University of Shkodra “Luigj Gurakuqi”, Albania, Faculty of Educational Sciences*

**Introduction:** This study focuses on the psychological well-being of nurses in Albania, exploring their experiences and coping methods for dealing with stressors connected to their profession. This study seeks to elucidate the elements that impact the psychological well-being of nurses in Albanian hospital settings, in view of the growing understanding of the significance of their mental health.

**Purpose:** This study aims to examine the psychological well-being of nurses in Albania by conducting in-depth interviews and analyzing the data using NVivo software. The study seeks to examine the viewpoints of nurses regarding their work experiences, challenges, and methods of dealing with them. Its objective is to identify significant factors that impact their mental well-being and emphasize the importance of organizational assistance and personal well-being techniques.

**Methodology:** The study utilized qualitative research methodologies, namely conducting in-depth interviews with 12 nurses from different hospital settings around Albania.

The data analysis was conducted using NVivo software, which facilitated a thorough investigation of topics pertaining to job-related stressors, coping mechanisms, organizational support, and personal well-being strategies employed by nurses.

**Result:** The examination of the interview data uncovered noteworthy observations regarding the mental state of nurses in Albania. The study revealed significant problems, such as work-related stresses like excessive workload and conflicts between individuals, and emphasized the crucial role of organizational support in reducing these stressors. Nurses utilized coping mechanisms such as seeking social support, engaging in self-care, and employing problem-solving abilities.

**Conclusion:** The study highlights the significance of effectively handling stressors in the workplace and creating supportive organizational settings to improve the psychological well-being of nurses. The results emphasize the necessity for implementing methods that focus on enhancing the resilience of nurses and fostering a healthy work environment in healthcare facilities in Albania. These observations have consequences for the field of nursing, including its practice, education, and legislation. They emphasize the significance of giving priority to the mental well-being of nurses in healthcare environments.

**Key words:** nurses, well-being, qualitative study, Albania

## INVESTIGATING EMPATHETIC TENDENCIES IN NURSING STUDENTS AT THE UNIVERSITY OF SHKODER, ALBANIA

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### Abstract

**Introduction:** Empathy stands as a crucial element in nursing care, significantly impacting patient outcomes and the overall quality of healthcare. It refers to the ability to understand and share the feelings of others, particularly in the context of healthcare where patients commonly experience vulnerability, anxiety, or discomfort. For nurses, empathy transcends mere sympathy; it involves forging authentic connections, comprehending patients' emotions, addressing their concerns, and aligning with their wellness objectives.

**Purpose:** This quantitative study aims to assess the levels of empathy in nursing students and the correlations between different dimensions of empathy and demographic variables such as gender, age, year and field of study and providing insights into their empathetic development.

**Methodology:** To assess empathy level, the Multidimensional Emotional Empathy Scale (MEES) was administered online to 150 nursing students (137 female and 13 male) enrolled in the 2023-2024 academic year, selected through a purposive non-probability sampling.

**Results:** The study revealed varying levels of empathetic tendencies among nursing students. Female students reported a statistically significant higher mean MEES score compared to their male counterparts. Also, physiotherapy students demonstrated the highest level of empathy. No significant differences were observed regarding age and year of the study.

**Conclusion:** This study provides valuable insights into the empathetic landscape of nursing students at the University of Shkoder. The findings has made some important contributions of addressing empathy in nursing education and highlight potential pathways for enhancing empathetic skills among future nursing professionals.

**Keywords:** empathy, nursing students, demographic variables, MEES.

## ADDRESSING THE TREATMENT GAP IN MENTAL HEALTH CARE: A QUANTITATIVE ANALYSIS

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Clinical Psychologist.

### Abstract

**Introduction:** Different studies and reports emphasize the increased need for mental health treatment in Albania. In recent years, there is an increased number of people that seek and receive mental health services due to higher awareness of the importance in addressing mental health issues. Despite that, many people with mental health needs do not do not receive treatment for different reasons.

**Purpose:** This research analyses the gap between the need for psychological treatment of Albanian population and the actual number of people that receive treatment. Through a quantitative approach this study aims at identifying the gap between these needs and services as well as possible barriers toward seeking and receiving mental health services.

**Methodology:** By analyzing data from different sources, including self-report instruments and healthcare records of mental health professionals this study examines the extent to which mental health disorders are undertreated or untreated compared to their prevalence and the factors influencing the gap between such variables.

**Results:** The findings uncover differences influenced by various factors such as geographic location and demographic variables. Our findings stresses the impact of socio-economic variables on mental health accessibility. Also this research explores how the treatment gap y affects health outcomes, highlighting the need for targeted interventions in different areas of Albania.

**Conclusions:** Through a quantitative analyses this article highlights issue of the treatment gap in Albania, providing also data driven insights that can inform policy and practice advocating for more effective and accessible mental health services .

**Keywords:** *mental health; psychological distress; treatment gap; treatment policies;*

## HOW ANXIOUS ARE KOSOVAR PRESCHOOL CHILDREN?

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### Abstract

With the aim to explore the anxiety level of preschool Kosovar children, since the anxiety is considered one of the most common psychological disorders among children, we used the PAS, a 28 items parent-based questionnaire providing information about anxiety and worries in children from 31 to 83 months of age. Our sample consisted of 676 children, with 48.8% being girls, aged 3 to 7 years ( $M = 5.12$ ;  $SD = 1.21$ ). The majority (95.1%) attended preschool or school. Questionnaires were primarily completed by mothers (93%) and 33% were unemployed.

The software IBM SPSS Statistics for Windows, Version 25.0 was used to analyze the data. P- values of 0.05 were considered as significant. Descriptive statistics, reliabilities, T-test, ANOVA and MANOVA were used to investigate the anxiety level and the age, gender and living place effects on the anxiety. Anxiety symptoms clustered into five correlated factors: generalized anxiety, social anxiety, obsessive-compulsive disorder, physical injury fear and separation anxiety. Older children score significantly higher than younger children on the SA; PIF; GA as well as on PAS total scores. Female preschoolers scored significantly higher than their male counterparts on the GA [ $t(674) = -1.993$ ,  $p < .05$ ,  $d = .2$ ]. Children who live in villages scored significantly higher than their counterparts who live in city on the SPA, SA, OCD, PIF as well as on the total scores. The MANOVA analysis showed that there was a statistically significant interaction effect between gender and age only on the Physical Injury Fears scale,  $F(20,2196) = 1.794$ ,  $p = .017$ ; Wilks  $\Lambda = .943$ .

These findings indicate that anxiety symptoms among preschool children become more prevalent with age, particularly among girls and those residing in rural areas. Hence, recognizing the risk factors and implementing effective prevention strategies through early intervention programs should be integral components of early childhood initiatives.

**Keywords:** *Children, Parents, Anxiety, Preschool anxiety scale (PAS)*

## EMOTIONAL INTELLIGENCE AS A PROTECTIVE FACTOR AGAINST MENTAL HEALTH PROBLEMS OF HEALTH WORKERS

Mimoza Shahini, Naim Telaku, Idriz Sopjani, Mimoza Kamberi, Dardana  
Fetahu, Donjeta Murtezaj

### ABSTRACT

**Introduction:** Emotional intelligence is regarded as a protective factor among many different groups in the face of adversities, among these has been the COVID-19 pandemic. This study, conducted in 2021 in Kosovo, aims to explore the protective role of emotional intelligence against mental health problems, at the workplace among health and nonhealth workers, and those not working at all.

**Methods:** In total, 408 active students in their third year of studying at the AAB College in Prishtina, Kosova were participants of this study. The population consisted of health workers, non-health workers and unemployed individuals. The Adult Self-Report was used to assess internalization and externalization problems.

**Results:** It was found that those working in the health sector have reported statistically higher means (mean=5.14, SD=0.80) of emotional intelligence compared to non-health workers and those not working at all (mean=4.38, SD=0.69). In addition, in both subscales, internalizing and externalizing problems, health workers have shown statistically significant lower means differences compared to non-health workers and those not working at all [ $F(2; 405)=15.17$ ,  $p<0.001$ ]. A direct negative association has been found between scores of emotional intelligences and internalizing and externalizing problems.

**Conclusions:** Health workers experience the highest level of job stress and show highest scores in emotional intelligence. Emotional intelligence serves as a protective factor against psychological problems including internalizing and externalizing.

Emotional intelligence, mental health problems, internalizing problems, externalizing problems, health workers

## **NARRATIVE ABILITY AND ITS INTERCONNECTION WITH SELF-REGULATION ABILITY, WORKING MEMORY ABILITY, AND PARENTAL PERCEPTION ON COMMUNICATION OF THEIR CHILDREN AGED 5-7 YEARS!**

**MSc. Granit Haliti**

### **ABSTRACT**

Narrative ability is one of the unique skills possessed by humans and is utilized throughout life. Explaining where you were, where you are, and where you will be is something common that highlights this ability only in cases where others do not have it well developed as a skill. Narrative ability is often correlated with other skills such as self-regulation, working memory, expressive and receptive language levels, as well as parental perception of children's communicative abilities.

The aim of this research was to assess the level of narrative ability, self-regulation ability, and working memory ability through number recall testing, as well as parental perceptions of expressive and receptive communication levels of their children aged 5-7 years. Moreover, it aimed to investigate the correlation and eventual influence of self-regulation and working memory abilities on narrative ability.

**Hypotheses:** H1. There will be a significant positive correlation between narrative ability and self-regulation and working memory abilities in children aged 5-7 years. H2. The level of narrative ability among the majority of children aged 5-7 years will be at the average or lower level in more than 2/3 of respondents.

**Methodology:** A total of 205 children, with an average age of 6.03, residing in the areas of the Municipality of Prishtina and Kaçanik, were tested using standardized manuals. Children were assessed for narrative ability, self-regulation ability, and working memory ability, as well as parental perceptions of their children's communicative abilities through an interview.

**Results** showed that approximately 50% of children had an average level of narrative ability, about 35% had a low level, and only 15% had a high level of narrative ability. It was found that narrative ability is significantly correlated or influenced by self-regulation abilities, working memory abilities, expressive-receptive language skills, and parental perceptions of their children's communication abilities.

**In conclusion**, this study highlights the level of narrative ability among 5-7-year-old children in the Republic of Kosovo and its correlation with self-regulation, working memory, and expressive-receptive abilities of children, as well as parental perceptions.

**Keywords:** *children, narrative ability, self-regulation ability, working memory ability, expressive-receptive language.*



## **EXPLORING THE RELATIONSHIP OF COGNITIVE STYLE WITH SELF-ESTEEM, QUALITY OF LIFE AND COPING AMONG YOUNG PEOPLE IN KOSOVO**

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Shahini - Lami**

*Kolegji AAB, Prishtinë, Kosovë*

### **ABSTRACT**

This research addresses the unexplored relationships between cognitive styles and psychosocial factors such as self-esteem, coping and quality of life in Kosovo, among young people. The study surveyed 490 students aged 15 to 23 to investigate this link, using various measurement instruments. The Cognitive Reflection Test categorized participants into high (2%), medium (27.3%) and low (61%) cognitive reflection groups, with a small percentage not answering all questions. The Kruskal-Wallis test revealed no significant differences between these groups of cognitive reflection and levels of quality of life, self-esteem, or coping strategies. Correlation analysis, however, shed light on some insights. She suggested that individuals with higher analytical thinking tendencies are more likely to be male and use emotion-focused coping strategies. We can emphasize that psychosocial factors are complex, influenced by various elements such as personal experiences, social dynamics and context. While cognitive abilities, as measured by the Cognitive Reflection Test, played a role in some aspects of these factors, they did not fully explain their complexity. Further research is suggested to understand the underlying mechanisms and implications of these correlations, emphasizing the need for more in-depth research to comprehensively understand these relationships.

**KEY WORDS:** Cognitive style, Psychosocial factors, Quality of life, Kosovo, Youth

## **ADHD - ATTENTION DEFICIT HYPERACTIVITY DISORDER, PREVALENCE, TREATMENT AND THERAPEUTIC EFFECT**

**Visar Sadiku**

### **ABSTRACT**

**Introduction:** ADHD – Attention Deficit Hyperactivity Disorder is a neurodevelopmental disorder with a higher prevalence as compared to other neurodevelopmental disorders, meantime it is addressed as an issue after children engage in formal education. Late referral of children with ADHD for a proper diagnosis and engagement in psychological services, seems to impact the therapeutic achievements.

**The purpose of research:** The presented subject is an ongoing study aiming to enrich it's content, but addresses many aspects related to ADHD, for instance it's prevalence in terms of etiology, diagnosis of ADHD as well as the therapeutic achievements after having received psychological services.

**Methodology:** Participants of this study are 30 children, age groups of 8 – 11 years old. Participants are divided into 2 groups consisting of 15 children who have received the ADHD diagnosis, and 15 children from the community as a control group. Participants of this study are children who were addressed for a psychological evaluation due to low achievements at the educative curricula.

**Used instruments:** Data regarding the etiology of the issue has been collected through the clinical anamnesis. **Vanderbilt** – aiming to identify elements of ADHD displayed at school, is an inventory filled by the educator, meantime **SCARED – Screening for Child Anxiety Related Disorders** – was used aiming to identify the level of self-regulative skills as well as emotional indicators. Objective data has been collected through the use of Neurofeedback, indicating the presence of the disorder as well as therapeutic achievement.

**Findings:** A correlation between mother's emotional wellbeing during the early pregnancy and ADHD in children has been noted. Teachers have reported behavioral issues among their pupils, but have failed to address the issues related to their attention mechanisms. Meantime the inability to set and maintain attention in the required activities as well as selective attention based on their will has been noted. A low level of self-regulative skills has been noted among children with ADHD as compared to children from the control group.

**Note:** This is an ongoing research and the data which is to be collected, might modify the actual conclusions, but through this research currently it is understood

that children with ADHD are addressed late for a psychological evaluation and services, and that the main complaints are low achievements from the educational curriculum, not the disorder in question. They do share extrinsic elements differing from the control group as well as neurofeedback provides different artifacts when compared to the control group.

Psychological evaluation and services, and that the main complaints are low achievements from the educational curriculum, not the disorder in question. They do share extrinsic elements differing from the control group as well as neurofeedback provides different artifacts when compared to the control group.

## MIGRATION OF OCCUPATIONAL THERAPISTS AND CHALLENGES FOR THE FUTURE

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### ABSTRACT

**Introduction:** The migration of healthcare professionals is a global issue with implications for various countries, particularly considering workforce shortages in the healthcare sector caused by this phenomenon. According to the World Health Organization, approximately 15% of healthcare workers worldwide are employed outside their home country. This can lead to a shortage of healthcare personnel in their countries of origin, increasing the pressure and workload for those who remain. The reasons for migration are often linked to financial aspects, continuous education, legal, political, and social factors. In Kosovo, the migration trend is on the rise. Based on data from the Kosovo Medical Chamber in 2022, over 800 healthcare professionals have left, with 633 of them being from the nursing profession.

**Approach:** For data collection, we employed the interview method, with a total of 70 occupational therapists interviewed from Kosovo.

**Main Objective:** To present the challenges faced by occupational therapists in staying in Kosovo, the reasons for migrating abroad, and the implications for future practice.

**Practical Implications:** Occupational therapy, as a relatively new field in Kosovo established in 2012, currently has 138 registered occupational therapists, including 71 graduates and 27 licensed professionals. Out of this number, 49 occupational therapists have migrated from Kosovo, and 20 are in the process of preparing documentation for migration abroad. This may be a significant factor preventing citizens of Kosovo from accessing occupational therapy services due to the migration of therapists.

**Results:** Based on the obtained results, the primary reason for the departure of occupational therapists from Kosovo was the inability to secure employment in public institutions and the opening of private practices.

**Keywords:** migration, Kosovo, occupational therapy, legislation

## THE INFLUENCE OF THE INTERNET ON THE APPEARANCE OF AGGRESSIVE BEHAVIOR AMONG CHILDREN AGED 12-14 YEARS, IN ALBANIA AND KOSOVO

**Ilir HAVOLLI**, *Clinical psychologist, clinical psychology specialist*

### ABSTRACT

**Objectives of the study:** To determine the average time that children devote to the Internet per day and its impact on children's lives. To determine some factors that lead children to spend a long time in front of the Internet. To determine the role that parents have for the time that children dedicate to the Internet. To measure how likely children are to imitate strong Internet characters. I will give you some recommendations at the end of the study.

**The purpose of the study.** To prove whether the long hours that children spend in front of the Internet encourage their aggressive behavior. To measure how much time children spend in front of the Internet and its impact on their lives. Let me tell you in which country children spend more time in front of the Internet.

**Hypothesis:** Children who spend a lot of time in front of the Internet are prone to exhibit aggressive behavior The sampling of the study consists of 1000 students in the age group of 12-14 years

**Results:** Children spent an average of 4.6 hours a day on the Internet. A child spends an average of 32.2 hours in front of the computer per week. Children who spend more time in front of the computer, on the Internet, who have less control from their parents and who have support from the latter when imitating strong characters, are more likely to behave aggressively.

**Key words:** internet, aggressive, behavior

## STATE POLICIES FOR THE INCLUSION OF CHILDREN WITH SPECIAL NEEDS ON PRE-UNIVERSITY EDUCATION IN KOSOVO

Rudinë Fetahaj

### ABSTRACT

**Introduction:** Ensuring that each individual has an equal opportunity for educational progress remains a challenge worldwide. According to UNESCO (2020), reaching excluded and marginalized groups and providing them with quality education requires the development and implementation of inclusive policies and programs. There is a lack of documented research and analysis of the situation of children with special needs in order to assess where Kosovo stands in the implementation of the laws that include provisions related to children with special needs.

**Aim:** Therefore, the aim of this study was to gather data on the current state policies in Kosovo for the inclusion of children with special needs on education. Additionally, the study aimed at exploring the challenges and difficulties that primary schools and classroom teachers face while teaching children with special education needs.

**Methodology:** A mixed methodology approach was applied, collecting secondary data that provide quantitative information as well as qualitative methods. Legal frameworks, resolutions, regulations, strategies and other relevant documents, both locally and internationally, have been consulted to provide the most professional study possible. In order to get a comprehensive overview, 20 semi-structured interviews were conducted with representatives of: the Ministry of Education, resource centers, civil society organizations, representatives of the European Union and elementary schools in Kosovo.

**Results:** The results depicted interesting and contradictory views between the interviewed parties and the legal documents regarding the inclusion of children with special education needs. Despite the fact that there is a legal framework for inclusion of persons with disabilities their situation is not satisfactory.

**Keywords:** *children, special education needs, pre-university education, inclusiveness policies.*

## “THE IMPACT OF THE COVID-19 PANDEMIC ON THE SOCIO-ECONOMIC ASPECT IN KOSOVO FOR 2020”

Arbenita Mustafa Januzi

### ABSTRACT

**Background:** Since March 2020, Kosovo is facing the multi-dimensional implications of the pandemic COVID-19. The pandemic has affected and is still affecting economies in a significant way including people's daily lives and activities, physical and mental health, as well as the income of families and the functioning of enterprises.

**Methods:** This work was carried out using the secondary qualitative approach through the second desk-review typology.

**Results:** In order to examine the impact of COVID-19 on citizens as well as businesses in Kosovo, rapid studies, reports and numerous analyzes were conducted in order to produce comparable data over time and enable a updated understanding of the effects of the crisis. According to the respondents who participated in the Family Economy Survey as well as in the Enterprise Survey in Kosovo, carried out by UNDP, UNFPA and UN Women, we find numerous data with a negative impact of the pandemic on social and economic life.

**Conclusion:** This paper aims to analyze the effects resulting from the spread of the coronavirus pandemic (COVID-19) in the Republic of Kosovo. This assessment will examine the impact of the COVID-19 pandemic on households and businesses and understand in which areas engaged agencies, Kosovo institutions, and other stakeholders should focus their assistance. The analysis provides a summary of the actions taken by the government, namely in the impact of socio-economic fields. The paper focuses on the socio-economic impact stemming from the pandemic, which has mainly affected the flow of life, and the financial image in Kosovo and has placed great budgetial pressure.

**Keywords:** *Covid-19 pandemic, socio-economic impact, Kosovo,*

## **THE ROLE OF FAMILY COHESION IN MITIGATING THE LINK BETWEEN INTERNET ADDICTION AND MENTAL HEALTH ISSUES IN CHILDREN AND ADOLESCENTS**

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*Arianita Hoxha, Master's student in Mental Health, AAB College*

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**Prof. Mimoza Shahini, AAB College**

### **ABSTRACT**

**Introduction:** Previous studies have shown that adolescents are significantly affected by internet addiction, associating this phenomenon with a connection to emotional and behavioral problems. The relationship between family cohesion and adolescents' internet addiction has also been examined in the scientific literature. The research aims to enhance understanding regarding these variables and to identify the impact of family cohesion on internet addiction and emotional and behavioral problems in adolescents.

**Methodology:** The study included 250 adolescents aged 11-18 years from several schools in Kosovo. For this purpose, the Family Adaptability and Cohesion Scale IV (FACES IV), a self-report assessment for the Circumplex Model of Marital and Family Systems, was used. The self-report questionnaire for emotional and behavioral problems (YSR) was also used, including three scales of mental health problems for children and adolescents. The Internet Addiction Test (IAT) was also utilized to assess internet addiction.

**Results:** Findings indicate that internet addiction has a positive correlation with mental health problems, while it has a negative correlation with family cohesion. Family cohesion was discovered as a significant predictor of emotional and behavioral problems in adults, while it explains a small part of internet addiction.

**Conclusion:** The study confirms the connection between internet addiction and adolescents' emotional problems, as well as the negative link with family cohesion. The results suggest that family cohesion plays a key role in adolescents' mental health and needs to be addressed in strategies for reducing internet addiction and emotional problems in this population group



## BONE DENSITOMETRY IN PATIENTS WITH OSTEOPEROSIS AND OSTEOPENIA

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*UD.Kryeteknike në Mjekësia Nukleare*

### ABSTRACT

**Introduction:** General reduction of bone mineral density (BMD) often occurs in metabolic diseases, not excluding rheumatic diseases (rheumatoid arthritis (RA); SLE, etc.). Osteoporosis and Osteopenia are complications that should be taken into consideration as accompanying phenomena of metabolic diseases, especially rheumatic ones.

**Purpose:** With our study, we have claimed to provide data on the metabolic state of the patient with osteoporosis.

**Methodology:** The research is a prospective study in which 250 patients were included in the time interval 03.01.2024- 01.02.2024. All patients were instructed by the family doctor and underwent the diagnostic procedure with the MEDIX DR device. All data were collected and processed with standard statistical tests such as: % test, mean test, significance test (Student t-test).

**Result:** 250 patients were included in our study, of which 234 were women (93.6%) and 16 were men (6.4%). The average age of men is 62.43 years, while that of women is 61.82 years, which statistically do not show a significant difference in average age between the two sexes. The average value of the Bone Mineralization Index (BMD) in men was 0.98, while in women BMD was 0.89, which also statistically do not show significant differences between the two sexes. Out of the total number of examined patients, 116 cases (9 men and 107 women) were found with osteopenia, while 13 cases were found with osteoporosis (1 case in men and 12 cases in women). The other cases had normal findings of bone mineralization. The average index of T score in men was - 1.06 (83.33%), while in women the average value of T score was -0.92 (87.26%), which in the statistical report does not represent a significant difference between the sexes. The average index of Z score in men was -0.022 (93.25%) while in women it was -0.44 (99.65%).

**Conclusion:** Our study has shown that the DEXA scan test is recorded much more by women than men, but we did not observe significant changes in bone mineralization between the two sexes.

**Key words:** Patient, Densitometry, osteoporosis, osteopenia

## THE LEVEL OF KNOWLEDGE OF NURSES IN THE PREVENTION AND MANAGEMENT OF PRESSURE ULCERS

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### ABSTRACT

**Introduction:** Pressure ulcers are an indicator of the quality of nursing care and nurses can prevent well if they have sufficient knowledge. Nurses should be knowledgeable about the signs and symptoms of pressure ulcers, as well as preventive and management strategies to reduce their incidence.

**Purpose:** The main purpose of this study is to investigate and evaluate the level of general knowledge of nurses about the prevention and management of pressure ulcers.

**Method:** This study was conducted in the General Hospital of Mitrovica where 50 nurses were surveyed. The questionnaire used is the PUKT-Pressure ulcer knowledge test. In this study, a quantitative research design was used, as well as demographic and statistical analyzes were performed through the SPSS program.

**Results:** Of (N = 50) respondents included in the research, the measuring instrument was the PUKT questionnaire (Pressure Ulcer Knowledge Test) which contains 41 questions for testing the knowledge of nurses, of which 6 questions refer to the classification/initiation of pressure ulcers, then 2 questions refer to the characteristics of the wound and the other questions refer to preventive and management measures, where found a reliability ( $\alpha = .704$ , N = 41).

**Discussion:** Our obtained results possess a significance ( $p = .001$ ). In general, the collected results showed that the surveyed nurses have knowledge about the prevention and management of pressure ulcers.

**Conclusion:** Good nursing knowledge is essential for the prevention and management of pressure ulcers.

**Key words:** *Pressure ulcers, nurses' knowledge, PUKT*

## THEIR EXPECTATIONS AND EXPERIENCE IN CLINICAL PRACTICE SETTINGS

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<sup>1</sup>Universiteti i Mjekësisë Tiranë, FSHMT.

### ABSTRACT

**Introduction:** According to European Union directives on education, clinical learning is a very important component of nursing education. For this purpose, half of the bachelor's program is dedicated to clinical practice, with the aim of developing the professional competencies of students. Completing the standards requires higher education institutions where nurses and midwives are trained to reorganize the relevant programs and curricula.

**Purpose:** To understand student expectations and their fulfillment during clinical practice at QUT.

**Methodology:** A descriptive qualitative study was selected to collect the data. Second and third year students of the BA level, nursing branch, who study at FSHMT, participated in the study. Data were collected during the period October 2023-January 2024. A standardized self-administered questionnaire was used to collect the data. Data were documented and analyzed with SPSS software.

**Result:** Nursing students' expectations and experiences of the clinical setting were mixed. Findings indicated the need to modify student expectations as well as reorganize the clinical learning environment to improve student learning. In the clinical practice period, several factors influenced the students' learning expectations to decrease. One of the influencing factors was the lack of clear coordination between the faculty and staff of the pavilion.

**Conclusion:** To further enhance learning in clinical practices, students need a practice instructor who has the necessary skills and competence to support students during clinical learning, as well as in more advanced reflection and critical thinking in care situations.

**Keywords:** *clinical practice; clinical learning; competence; instructor.*

## CHANGES IN HEMOGRAM VALUES AMONG THE HEALTH STAFF AT THE FAMILY MEDICINE CENTER V IN PRISTINA

**Alma Vllasaliu**

### ABSTRACT

**Introduction:** Blood tests have an important role in the early diagnosis of the disease, taking into account the information they provide to the doctors about the inflammatory process, the damage to the peripheral organs and the severity of the disease. The most common blood test is a complete blood cell count. This test includes hemoglobin, white blood cell count, platelet count, and detailed red blood cell indices. The automated complete blood count also provides information on percentages and absolute numbers of various white blood cell subsets.

**Methodology:** The form of this research is descriptive where the data were analyzed from 80 samples that were taken from the health staff of QMF V in Prishtina that were presented to the laboratory of this center to measure the blood count.

**Results:** In the research in which 80 participants took part, of them 25 men and 55 women, in the values of hematocrit and erythrocytes according to gender, the statistical analysis was without significant differences, where the average value of hematocrit in women was 38.25, in men 42.40, the average value of erythrocytes in women was 4.41, in men 4.96. In the Hgb values among health professionals according to age, within the statistical analysis, no significant differences were found, where the Hgb value in women was 38.37, while in men it was 42.94.

**Conclusions:** Through this research we come to the conclusion that there is no significant statistical difference in the values of hemoglobin, hematocrit and erythrocytes, among the health staff of QMF V in Pristina, these values were realized by measuring the hemogram parameters.

**Key words:** Hemogram, Hemoglobin, Hematocrit, Erythrocyt

## LIFESTYLE PARAMETERS IN PATIENTS WITH DIABETES MELLITUS

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Nursing <sup>1,2</sup>*

### ABSTRACT

**Introduction:** Diabetes is a complex, self-managed disease for which 98% of the necessary care is provided by the patient. Diabetes self-management education and support provides the foundation for helping people with diabetes, provides the knowledge and support needed for diabetes self-care on an ongoing basis and focuses on the psychosocial and emotional care needed to address self-efficacy issues such as confidence, depression and anxiety.

**Methodology:** The method used in the paper is cross sectional and analytical method. For the realization of this paper, a Diabetes specific quality of life scale (DSQOLS) questionnaire was used, which contains 15 questions with the possibility of choosing an option, and was distributed physically in the regional hospital of Mitrovica in December 2023. The questionnaire is standardized and the purpose of this research is to identify lifestyle parameters in patients with Diabetes Mellitus.

**Results:** A total of 45 patients were included in this analysis, from women (59.9%) and men (40.1%). Patients aged <60 years had the highest percentage. Based on the results of the research, most of the patients, 44.4%, were worried about having to measure their blood glucose every day, then when asked if their relationship with their partner has deteriorated due to diabetes, 46.7% of them have answered that it has not worsened at all. In the results of how worried they are that they always have to think about their food, 48.9% answer quite a lot.

**Conclusions:** Health education, frequent blood glucose monitoring, a healthy diet rich in high-fiber carbohydrates, consumption of fat-free or low-fat dairy products, and daily physical activity are essential for managing diabetes, it is also very important that the patient does not consume cigarettes and alcohol.

**Key words:** *diabetes mellitus, lifestyle, parameters, self-management*

## PROFESSIONAL DEVELOPMENT AND THE LEVEL OF MOTIVATION AT WORK OF THE NURSING STAFF AT THE REGIONAL HOSPITAL "XHAFERR KONGOLI" ELBASAN

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### ABSTRACT

**Introduction:** Nurses' job satisfaction is a very important approach. Nurses occupy the largest position of employees in health institutions. Job satisfaction is a key element of job motivation, which is a fundamental determinant of an organization's behavior. In hospital work, many nursing colleagues are exposed to different levels of job satisfaction, affecting their efficiency.

**Purpose:** Evaluation of the job satisfaction of the nurses of the hospital center "Xh Kongoli" Elbasan and the identification of the factors that influence the job satisfaction.

**Methodology:** Cross-sectional study carried out with the nurses of the pediatrics, neurology, cardiology and emergency departments of the Elbasan regional hospital through a questionnaire distributed with google form during the period November-December 2023.

**Result:** In the study where 90 nurses participated, 60% of them feel partially satisfied by the working conditions, connecting motivation with professional satisfaction. For 89.1% of nurses, group work is efficient thanks to the cooperation with the corresponding head nurse. 52.2% expressed that they feel partially valued by their work. Most show a high organizational commitment. 58.9% of nurses affirm the fact that they have considered moving to practice their profession abroad. 85.6% of nurses report that the level of salary they receive is very low in relation to the work, also a large part of them think that the extended shift schedule affects the efficiency of completing tasks.

**Conclusion:** In general, the nurses at the regional hospital of Elbasan are not completely satisfied. Work experience affects the level of satisfaction. The salary increase would increase the motivation of the personnel.

**Key words:** nurses, job satisfaction, conflict, ward.

## THE IMPORTANCE OF COMMUNICATION IN PATIENT SAFETY

Arben KRASNIQI Bsc.

### ABSTRACT

**Introduction:** Communication is the foundation of any interpersonal relationship. How we communicate with the patient determines whether we will have a good relationship with the patient and whether we will gain their trust.

**The purpose of the paper:** Description of the importance and specifics of communication between nurses and patients, as well as highlighting the weak points of the nurse-patient communication process.

**Method:** The study has a novel methodology. In the study, we relied on contemporary literature that describes communication between health professionals and patients, as well as various strategic documents related to patient safety and the role that communication has in it.

**Results:** By National Center for Biotechnology Information, by the research taken on 2018/19, globally, it was found that 72% of final year medical students fail to make a proper presentation to the patient, and 58% of them do not have the patience to listen to the patient until the end. It has also been found that due to poor communication between health professionals and patients, the rate of professional errors during the provision of health services is greater, by 27% among nurses and 15% among doctors.

**Discussion:** The identification of such a high percentage of the risk for professional errors as a result of the lack of direct nurse-patient communication shows that the need to pay attention and importance to this process is great and necessary.

**Recommendations:** The inclusion of effective communication in the mandatory training program, the use of patient satisfaction surveys with services, the inclusion of communication skills as indicators in the evaluations of health workers and the reward for those who engage in good communication are thought to do that the communication performance of health professionals and patients is at the appropriate level.

**Key words:** Communication, Nurse, Patients, Safety.

## NURSES' KNOWLEDGE OF PAIN AND ITS MANAGEMENT

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### ABSTRACT

**Introduction:** Pain is often the reason why individuals first seek health care (Clarke, 1996, Davis, 1996). Comparing with the studies of the developed world, despite 20 years of work by educators, health personnel and professional organizations as well as publications of clinical practice guidelines, there have been modest improvements in pain management practices (Berry & Dahl, 2000), this literature asserts that nurses continue to have deficits in knowledge and persistent negative attitudes towards pain and its management. Starting from these studies and the necessity of a high level of theoretical and practical health, in addition to basic knowledge in the profession, the recognition and management of pain is also of great importance. Pain relief, objective not only for the patient and his family members, but also for the entire health team. In the "Continuing Assistance in Palliative Care Manual" published in 2011, one of the important objectives is to relieve the patient of pain.

**Purpose:** Examining the knowledge and attitudes of students and professionals in the Faculty of Nursing at the Bachelor's level regarding the appropriate knowledge about pain and its management.

**Methods:** The survey included 199 Bachelor students and was conducted through an anonymous survey based on two annexes; A: Demographic data of the student and B: 32 questions specific to knowledge of chronic pain and its management. Results: Females occupied the largest % in the study (86% and 14% males). 83% of them had not participated in a pain training. 54% of them thought that they were novices in knowledge based on their educational level in nursing and 33% of them thought that they were capable of managing pain based on knowledge. Meanwhile, our students had good knowledge about the % of Ca patients experiencing pain for more than 1 month. But, we cannot say the same level when it comes to the preferred route of medication administration where, 78% of them mention the i/v route when, it is known that oral is the most preferred not only for Ca patients. Also, unsatisfactory level when it comes to the specifics of the pain curve and the time when the analgesic should be taken, 45% of them say that the right time is when the patient has intolerable pain, studies show that the most suitable time is before the onset of severe pain.

**Recommendations:** The study revealed insufficient knowledge about pain and its management. It is required of health care and educational leaders, the drafting of policies that influence the increase in the level of knowledge about pain and its management, in the improvement of the quality in the treatment of pain with not only pharmacological methods, but also less non-pharmacological methods. harmful to the body.



## PROFESSIONAL STRESS FOR NURSES

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### ABSTRACT

Scientific data demonstrate clear links between professional stressors, stress levels, health and social consequences for the individual, the family, and the entire society.

**Purpose:** This research was to measure and record the level of stress related to the work of the Prizren MFHC nurses.

**Methodology:** Descriptive, with elements of quantitative statistical analysis, where through the instrument of study (survey) was made possible the numerical collection of information. The questionnaire used in this study was anonymous, of COPSOQ type and consisted of three main sections.

**Results:** The level of responses in this study was 86.7% of the sample. 38.4% of respondents were men while the rest of 61.6% were women. The average age of subjects in the study was around 40 years, ranging from the minimum age of 24 (5 subjects) to the age of 60. The subjects in the study had an average of 11 to 20 years of work experience. The subjects were of spouse status at 78.4%. Generally, 92% of respondents feel that they are stressed and 68.4% of respondents feel they have signs of stress.

**Conclusions:** The nursing profession is among the most vulnerable professions of occupational stress due to imbalances between job demands and support as well as sensitivity as the quality of health care and patient safety are questioned. Lack of healthcare staff in general and staff overload, cause nurses to have stress levels and not feel comfortable with the daily work of their work, this is further enhanced by the increased work experience. Social support and social relations proved to be much more stressful than expectations. The quality of managers at work proved to be very high as stressors, especially in those institutions where nurses had dozens of years of duty without replacements. In these institutions, lack of respect as employees, lack of consultation on change, restructuring, unwanted behavior, and lack of proper communication between colleagues were the main stress factors compared to other research institutions. The reality of the situation in which nurses in general, the high level of stressors, have led the nurses' stress level to be high at 1/3 of nurses. General health, mental health and vitality are reported to be of concern especially in age groups over the age of 45, without excluding young nurses.

**Key words:** Stress, psycho-social factors, work, nursing, empowerment.

## **ANXIETY PROBLEMS IN CHILDREN OF AGES 2 TO 6 YEARS OLD, IN THE REGION OF PRISHTINA**

**Msc. Arta Ahmeti**

### **ABSTRACT**

**Aim:** This study is part of the research entitled: Emotional and Conduct disorders among children of ages 2-6 from the region of Prishtina

**Objectives:** To present the anxiety problems found in this study. To present the correlation of variables, gender, age and anxiety problems, to present the correlation between anxiety and other subscales.

**METHODS:** The study was performed Epidemiological – longitudinal studies have demonstrated that it is very common for children of pre-school age to experience general fear, but the most common fears are, the fear of the dark and animals. Other characteristic fears for this age group are, the fear of noises, weird situations, pain, heights, and sudden changes. Fear of physical damage is very common in children of pre school age.

The difference between the normal and pathological fear is found through the estimation of the scale of damaged child functioning measuring , worry, how can it be controlled, and the depth and persistence of fear. CBCL 11/2 – 5 years (Child Behaviour Checklist) is a questionnaire designed to estimate emotional and behavioural problems and was filled by parents or other caregivers of children. CBCL is a questionnaire that contains 99 open ended questions (Achenbach & Rescorla 2000).

This scale provides answering options consisting of 0 – not true, 1 – sometimes true, 2 – always / very true. Questions stand only for the past 6 months. This scale analysis 7 fields consisting of anxiety, somatization, social, withdrawn, sleep, attention and aggressivity.

As well as it estimates the 5th scales based on DSM – IV TR, affective problems, anxiety problems, pervasive and development disorders, hyperactivity, attention problems and oppositional disorder.

This scale performs the classification of internalizing and externalizing symptomatology based on the above mentioned factors.

**Results:** In a study conducted by Weisbrot, Gadow, DeVincent dhe Pomeroy (2005), estimation of parents and teachers regarding children (ages 3-12) clinically

referred as children suspected for pervasive disorders anxiety and fear symptoms, have concluded that anxiety is a serious clinical symptom in most of children suffering from PDD. Even though it is clear from the definition that the anxiety disorder is directly related to a significant interference of the daily functioning of the child (APA, 2000), so there is a tendency among clinicians to classify this disorder as a relatively mild problem. Yet, studies that do emphasize the severity of the anxiety problems among youngsters have shown that this type of psychiatric condition is linked with a severe psychiatric damage. For example, at the “monster” community, Newman (1996) has reported that a substantial number of youngsters suffering from the anxiety disorder, only 29.5% sought treatment for their problem, only 9.9% have used psychotropic therapy, 4.2% of them were hospitalized, and 7.20 % have attempted suicide. These numbers reflect the severity of anxiety disorder in youngsters. The scale of actual comorbidity among youngster suffering from the anxiety disorder, could vary considerably in populations that are being studied. children suffering from PDD.

**Conclusion:** The anxiety disorder in children of pre-school age displays a higher comorbidity with other psychiatric conditions. Based on the literature, Castello (2004) concludes that the anxiety disorder is more frequently found in comorbidity with depression. The high comorbidity between these two disorders could be the same etiology these two problems share, or there could be a temporary link between these two disorders (Seligman & Ollendick, 1998). Most frequently the anxiety disorder in this age can be found in comorbidity with hyperactivity (ADHD), oppositional disorder (ODD), and behavioural disorder. The scale of comorbidity in the epidemiologic study conducted by Egger et al, in the primary care service, has found an high level of phobia (100%), separation anxiety (79%), selective mutism (59%) and generalized anxiety (53%) (Egger HL, Angold, 2006).

## NURSES' KNOWLEDGE TO PROVIDE SELF-MANAGEMENT EDUCATION IN DIABETES MELLITUS PATIENTS

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### ABSTRACT

**Introduction:** Nurses in health care settings are responsible for providing care and educating patients, otherwise the lack of knowledge of nurses negatively affects patients' experience of living with diabetes mellitus. There is no cure for diabetes, but with treatment and aiming to change the lifestyle of patients minimizes complications and increases the quality of life in living with diabetes mellitus

**Purpose :** The purpose of this work is to assess the level of knowledge of nurses to provide education in self-management for patients with diabetes mellitus

**Method:** This study was conducted at the Main Center of Family Medicine in Mitrovica among 30 nurses for knowledge about self-management in patients with diabetes mellitus. In this study, the design of quantum research was used, as well as demographic and statistical analyses through the SPSS program.

**Results:** In this research, the total number of the sample was (N = 30). Participants belonged to both genders, in which case 30% (N = 9) were male, and 70% (N = 21) were female. For the Michigan Diabetes Knowledge Test questionnaire which in this research measures the points scored for diabetes and insulin use in total included 23 requests was found a reliability of ( $\alpha = .76$ , N = 23).

**Conclusion:** Lack of knowledge hinders the performance of self-care and poor blood glucose control, which leads to the development of diabetes complications such as blindness, kidney failure and amputation. Having knowledge about education and self-management of diabetes is extremely important. Although the results showed that nurses had almost enough knowledge about education and self-management in patients with diabetes mellitus.

**Key words:** *Self-management, Self-Care, Diabetes Mellitus, Nursing Care*

## CHALLENGES OF THE CLINICAL PSYCHOLOGIST IN THE TREATMENT OF PSYCHOTIC DISORDERS

**Behare Bojaxhiu Huçaj**- *Clinical psychology specialist*

### ABSTRACT

**Purpose:** The treatment of psychotic disorders within the field of clinical psychology is full of challenges, which requires not only expertise, but also deep sensitivity and persistence. This was precisely the reason for this study, looking for relevant studies about the challenges of clinical psychologists and the difficulties with which they face during the treatment of persons with psychotic disorders, so that we are equipped with knowledge and have an overview of these challenges.

**Methodology :** The study has a descriptive character, a wide range of different scientific journals was used and an exploration was made in different studies that investigated the problems and difficulties of clinical psychologists in the treatment of psychotic disorders and their analysis was made, then it is made an analysis about this issue.

**Sample :** In this meta-analysis, clinical psychologists were the target, the relevant study databases were used.

**Results:** It is confirmed that working with psychosis is not easy and the results of the studies have shown that a large part of the psychologists who work with this population had experienced mental health problems themselves, the social stigma that covers psychotic disorders casts a long shadow on the treatment process , dual diagnosis is also a challenge in itself and causes considerable fatigue and confusion among mental health professionals, as well as persistent negative symptoms, the dual diagnosis dilemma, barriers to early intervention make it clear that mental health care work is rich in complexities that require careful consideration.

**Conclusion :** It is concluded that **stigma** and lack of awareness act as essential barriers to timely and effective mental health care. The call for collaborative efforts between mental health professionals, policy makers and the community is evident, highlighting the need for public awareness campaigns and targeted educational initiatives.

**Key words :** *Kilnik psychologist, challenges, psychotic disorders, treatment, awareness*

## TUMOR MARKERS

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### ABSTRACT

**The purpose** of this review is to provide a brief background to enable the judicious use of widely used serum tumor markers.

Tumoral markers or biomarkers are those substances which are qualitatively and quantitatively found in biological fluids or tissues and where there is a connection for their progressive presence with malignant neoplasms.

**Classification:** nuclear marker (mutation, translocation, nuclear protein); membrane markers (glycoprotein, fibronectin, membrane antigen); markers circulating in biological fluids.

**Criteria:** sensitivity; specificity; predicative value.

Clinical use: screening, diagnosis, staging, therapy monitoring.

**Diagnostic mammograms:** rectal exploration\biopsy of the prostate; bronchoscopy; gastroscopy; immunoscintigraphy.

Enzymes used as tumor markers: ribonuclease, PAP, LDH, ALP (hepatic isoenzyme), ALP (bone isoenzyme).

**Key words:** tumor markers, SRS, biochemical laboratory.

## EVIDENCE-BASED KNOWLEDGE, BELIEFS, AND SKILLS AMONG HEALTHCARE PROFESSIONALS

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### **ABSTRACT**

**Introduction:** Common for all research is the approach that Evidence-based Practice (EBP) is a wide range term and essential for a good patient-centred treatment of health care providers.

**Objective:** Objective of this study is to analyse the level of Knowledge, Beliefs and skills of healthcare workers. The Aim of the article was to evaluate and understand the levels of Evidence Based Practice knowledge, beliefs, and skills of healthcare workers in Kosovo.

**Methods:** This study employs cross-sectional study the use of EBP, knowledge, attitudes of healthcare professionals. The sample of this study consists of 611 healthcare professionals randomly from seven municipalities We used a sample 611 healthcare workers randomly from seven municipalities of Kosovo who works in three levels of healthcare facilities to participate in this cross-sectional survey. We have used the Evidence Based Practice (EBP) questionnaire developed from Upton and Upton to collect the data in this survey.

**Results:** Sixty-five percent (65%) of the participants were female. The mean age of participants was 38 years. 78% of participants were working in the public health facilities. Kosovar healthcare professionals have a lower point on the use of EBP ( $2.15 \pm 0.65$ ), and on attitudes toward EBP ( $3.60 \pm 1.06$ ), and highest points on knowledge about EBP ( $5.34 \pm 1.04$ ). The nurses found to have higher point in the dimension of use of EBP compared to medical doctors ( $p < 0.05$ ). Health workers working in tertiary health facilities had higher points on the use of EBP compared to those working in primary health care facilities in post hoc analyses ( $p < 0.05$ ). Healthcare workers working in primary health care facilities had lower points on the

attitudes toward EBP compared to those working in secondary and tertiary health care facilities ( $p < 0.05$ ). Health workers living in urban setting had a higher points of the dimension knowledge of EBP compared to those living in rural area ( $p < 0.05$ ). **Conclusion:** This study shows the importance of the use of EBP, attitudes and knowledge in healthcare institutions and its implementation Evidence-based practice (EBP). Implication of the study are as following: Raise the awareness of importance to use EBP in health professionals, the research can be used to build guidelines for use of EBP in Kosovo as transition country. Also, will help nurses to provide better services in line with developed countries.

**Keywords:** Evidence-based practice, Use of EBP, Healthcare professionals, Nursing...



## PSYCHOMETRIC ASSESSMENT OF ORGANIZATIONAL READINESS SCALE FOR DIGITAL INNOVATIONS AND ANTECEDENTS OF ORGANIZATIONAL READINESS

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### ABSTRACT

**BACKGROUND:** This article aims to perform a psychometric assessment of the scale of organizational readiness for digital innovations in a transition economy and to examine the antecedents of organizational readiness for digital innovations.

**METHODOLOGY:** The study employed a quantitative research method to analyze data collected from a sample of 1236 health professionals. The scale secondary confirmatory factor and linear regression analysis were employed to verify organizational readiness and test the respective hypotheses about organizational readiness for digital innovation, respectively.

**RESULTS/CONCLUSIONS:** The research findings show that the organizational readiness scale for digital innovations is valid and reliable in transition economies. Findings show that the relationship between variables such as adaptation of human resources (AHR), cognitive readiness (COR), planning for new telehealth and e-health (PNTH), IT readiness (ITR), resource readiness (RR), partnership readiness (PR), and cultural readiness (CUR) are correlated with the innovations implementation effectiveness (IIE), and organizational readiness for digital innovation is positive statistically significant. Findings also suggest that Integration of old technologies (IoT) and organizational readiness for digital innovation is statistically significant and have negative relationship.

**Keywords:** Organizational readiness, digital innovation, theory, e-health, healthcare...

## REVIEW OF BIOCHEMICAL LABORATORY EXAMINATIONS IN PATIENTS WITH CHILD FRACTURES

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Sciences; Laboratory technician*

### ABSTRACT

**Introduction:** A fracture of the neck of the femur represents a crack in the vicinity of the pelvic joint, between the head of the femur and the main part of the latter.

This type of fracture occurs more often in people of the third age, the cause can be a fall, during which the weight of the body falls on the pelvis.

Osteoporosis is a factor that favors this type of fracture in most cases. Even when osteoporosis is pronounced, even a simple movement can be enough to cause a fracture of the femoral head.

In young people, a fracture of the neck of the femur occurs more often after a strong impact, such as during a car accident or during the practice of extreme sports. Pressing down on one leg would have to be extremely hard to cause this type of injury.

Nowadays, deaths caused by femoral neck fractures have increased a lot compared to previous years.

Femoral neck fracture needs surgical intervention in the first hours after the accident.

The laboratory plays an important role in reflecting the patient's condition during the treatment of femoral neck fractures.

### **Purpose :**

1. To make known the importance of laboratory tests in femoral neck fractures.
2. Knowing the population affected by these types of fractures.
3. Awareness of how we can prevent these types of fractures.

**Study material and method:** The study material belongs to the period September 2022 to May 2023. The data for this study were obtained from the emergency room of a regional hospital. The study material includes the results of laboratory tests of patients with femoral neck fractures. The third age was the age group that predominated in the collected data.

**Results:** The number of patients who suffered femoral neck fracture was 18 in total. Of these 18 patients, 11 were female and 7 were male.

The most affected age group was the third age group (70-80 years old).

The main cause was pathological, ie osteoporosis, out of 18 people, 15 were affected by osteoporosis. Among these patients, 6 of them, aged 75-85, died during the study period.

**Conclusions:** In this study emphasis was placed on:

1. Making known the importance of laboratory tests in cases with femoral neck fractures.
2. Knowing the population affected by femoral neck fractures and which part of it is more predisposed to suffer these types of fractures.
3. Familiarity with laboratory examinations performed in cases of femoral neck fractures.

**Keywords:** fracture, femur, femoral neck, laboratory tests, osteoporosis.

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## THE CHALLENGES OF THE NUCLEAR MEDICINE TECHNICIAN IN THE NEAR FUTURE

**Dafina Kulinxha**

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Service; Position: Nurse ( Nuclear medicine technologist)*

### ABSTRACT

**Introduction.** Nuclear medicine as a new medical discipline claims to maintain its importance in the near future. The nuclear technician is considered a very important connecting point in the chain of operation of this discipline and is positioned in the intermediate role between the nuclear physician and the nuclear physicist.

**Purpose:** Our aim was to present the challenges that the technician in nuclear medicine will face in the near future in the daily work process.

**Methodology.** The study was carried out through the review of world literature published in the last 5 years (2019-24). Only publications published on WOS and SCOPUS platforms were selected. The studies were read, analyzed, processed and compared through standard statistical methods.

**Results.** Recent studies show that nuclear medicine, in addition to the discovery and development of new imaging techniques, is also oriented towards the development of Theranostics (the ability to precisely detect and fight tumors). Technological advances in obtaining whole-body images through the integration of CT and MRI equipment in PET equipment (PET-CT and PET-MRI) have enabled this equipment to be used in almost all nuclear medicine centers. The number of new radionuclides and radiopharmaceuticals expected to be used in the future for diagnostic imaging and therapy is expected to increase significantly. Current findings indicate that the number of artifacts in radionuclide imaging continues to be significant, despite the sophistication of the equipment and the education of the professional staff. Instrumental, radiopharmaceutical, technical, patient-related and treatment-related errors were found to be the most frequent causes of errors. Although artificial intelligence has not yet been installed as a mechanism in nuclear medicine, it is expected in the near future to take over the most tedious routine tasks in nuclear medicine, enabling the nuclear technician and nuclear physician to deal with the most complex activities.

**The conclusion.** In the near future, the nuclear medicine technician will face very strong challenges in relation to work procedures and radiation protection. In addition to the development of highly sophisticated devices, as well as the development of artificial intelligence programs, the nuclear technician must be ready to be able to manipulate the device but also to challenge the artificial intelligence programs.

**Keywords.** Nuclear technician, artificial intelligence, PET-CT, theranostics.

## **STUDY ON THE PROGRESS OF METRORRHAGIA IN THE KORCA HOSPITAL, IN THE LAST 5 YEARS**

**Delantina Mulla**

### **ABSTRACT**

**Introduction:** Menometrorrhagia is called any uterine bleeding in one the woman who is in menopause, starting periods on those hormonal therapies substitute.

**Objective:** Evaluation of clinical and histopathological characteristics in patients with Hemorrhage. We have focused on this study of metrorrhagia, clinical manifestations as well as nursing care in women with metrorrhagia.

**Methodology:** The cases taken in the study were taken at the Korce Maternity Hospital for the period 2019-2023. The group included in this study is 15 years old to over 65 years old. The data extracted in this study were obtained from the documentation of the gynecology ward and the maternity wards.

**Conclusions:** During the study conducted for the time period 2019-2023, the following results were obtained:

The highest number of patients hospitalized with metrorrhagia is in 2022 with 89 patients presented and the lowest number in 2020 with 60 patients.

It turns out that the highest number of patients presented were with residency in the city and fewer with residence in the village. Also, the age group most prone to metrorrhagia is the 45-54 age group. The age group least affected by metrorrhagia is the age group of 15-24 years and the age over 65 years. The cases during this study tend to increase.

**Key words:** female patients, metrorrhagia, progress, age group, tendency

## CHALLENGES OF NURSES IN THE HEMODIALYSIS WARD

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### ABSTRACT

The origin of the nephrology nurse stems from the health care system's need to treat end-stage kidney disease through hemodialysis, peritoneal dialysis. **Purpose:** The challenges faced by nurses in the hemodialysis unit, including professional fatigue, emotional exhaustion, etc. **The methodology used:** it is the quantitative method carried out with the help of the questionnaire. Selected sample: 20 nurses of the hemodialysis ward near Isa Grezda Hospital in Gjakova. **Results:** You feel physically exhausted 50% answered "Sometimes", 30% Often, 15% Rarely, 5% Never. Reduced commitment to patient care, 95% answered "Never", 5% answered "Rarely". Satisfaction with working conditions, heating, lighting, ventilation 75% "Completely disagree", 20% "Disagree", 5% Neutral. **Discussion:** The syndrome of burnout/excessive fatigue in the workplace means a gradual loss of energy, ideals, but also confidence in the meaning of work. It arises as a result of the daily stress and frustrations we encounter in the workplace. **Conclusion:** Based on the results of the nurses' survey, we came to the conclusion that they face various challenges during their work as a result of the workload, including working conditions and safety at work.

**Key words:** nurses, patient, challenges, difficulties

## PSYCHOLOGICAL TRAUMA AND ITS TRANSMISSION - TRANSMISSION OF TRAUMA BETWEEN GENERATIONS

**Msc. Donika Shahini Lami**

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### ABSTRACT

**Introduction:** Intergenerational trauma, which in the literature is sometimes referred to as "trans-generational trauma", is defined as trauma that is transmitted by those people who directly experience a difficult traumatic event and carry it on to subsequent generations. This type of trauma can begin with a traumatic event affecting an individual, traumatic events affecting multiple family members, or collective trauma affecting larger cultural, racial, ethnic, or other groups/populations. Psychological trauma can be transmitted from one generation to another through various processes, including family dynamics, behavioral patterns, and social environments.

**Purpose:** To evaluate and present the level of transmission of the psychological trauma of the last war in Kosovo and its intergenerational transmission.

**Methodology:** The method was used: Clinician-Administered PTSD Scale (CAPS): to evaluate and identify PTSD symptoms and to evaluate their significant degree with structured, longitudinal and observational forests, duration 98-99, 2008-2009, 2018- 2020-2023, was carried out in five regions of Kosovo, (Drenica, Podujeve, Rahovec, Gjakove, Vushtri) the study collected data from the focus group and case study of 50 participants aged

Men and women, Kosovo Albanians, consisting of parents, children and family members directly affected by the trauma. The study used various validated scales and checklists to measure variables such as PTSD symptoms, traumatic life events, and social support.

**Result:** The findings showed an interesting generational divide. The younger generation, consisting of those born after the war, show significantly higher levels of perceived PTSD symptoms compared to their parents. Other family members of this study during the first decade were more focused on rebuilding their lives and socio-economic well-being, the level of trauma was lower at that time, but after 20 years of the same, they present major crises of post-traumatic stress and states of heavy psychological. Additionally, they reported lower levels of perceived social support, suggesting a potentially unstable emotional function.

Also, this disparity in perceived support was particularly pronounced among those who were parents coping with PTSD.

Key words: Trauma, psychology, transmission in generations

## MIGRATION OF HEALTH PROFESSIONALS, CHALLENGES FOR THE FUTURE

**Bsc. Donjeta Krasniqi**

### ABSTRACT

**Introduction:** The factors of migration of health care workers are economic and social. Among the main reasons for the migration of health care professionals are the desire and need to improve the standard of living, unsuitable working conditions, the inability to advance, limited opportunities for professional development, or even securing a better future for families.

**Purpose** of the research: is to present and analyze the current state of the health system in the Republic of Kosovo and to present the main causes and consequences of migration.

**Methodology:** Literature and reviews of policies that are implemented sequentially, we obtained quantitative data from official statistics (OIK) and from health in Kosovo (<https://balkansgroup.org/>): We also compiled a questionnaire consisting of 14 questions which we have distributed online, 50 respondents answered within the stipulated time.

**Results** From the data extracted from the research, the protocols from the IAP (2016-2023). During the year 2021, 140 certificates were issued by the Chamber of Nurses of Kosovo. The number of certificates issued by this Chamber, from January to September 2022, has quadrupled to 586 certificates.. Respondents were asked about their work status where 52% were unemployed, 16% stated that they work in health public institutions, 14% in private institutions, 10% in a completely different profession. Do you think of migrating to work abroad, the vast majority or 72% declared yes, 18% no and 12% answered maybe. If I am given the opportunity for a higher payment in migration, we have the following statements: 34% declare that they will emigrate even though I am employed, while 30% said that they will go because they are unemployed, 20% said that they would to go for career advancement, 78% state that they would have migrated because of better working and living conditions.

**Conclusions:** Urgent action is needed to retain health and care workers, such as nurses, who are more underserved than doctors. Health graduates, we need to meet your well-being and working conditions.

**Keywords:** Migration, doctor, nurse, challenge, etc.



## REFUSAL OF VACCINATION DURING THE COVID-19 PANDEMIC

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### ABSTRACT

Conspiracy theories increased significantly in the population during the SARS-CoV-2 outbreak. Since they can result in violent radicalization, they should be seen as a public health concern.

**The purpose of the study:** to evaluate the attitudes of the residents of the Municipality of Gjakova regarding the refusal of the vaccine during covid 19 and the conspiracy theories about Covid-19, and how much these theories have influenced the receipt of the anti Covid vaccine. **Methodology:** The research was carried out through the quantitative method, by means of the questionnaire which was carried out on 15-30.11.2023. 175 residents of the Municipality of Gjakova, randomly selected with an age criterion of over 18 years, participate in the study. The instrument used in this study is a standardized combined questionnaire containing 12 questions about conspiracy theories about Covid-19, and about the influence of these theories on taking the anti-covid vaccine.

**Results:** The results of the study showed that the majority of participants believe in conspiracy theories and admit that they have negatively affected the receipt of the anti-covid vaccine. In total, 53.7% of the participants believe that the vaccine causes sterility, 32.6% believe that the pandemic is caused by the 5g network, also 50.1% of the participants report that they believe in the conspiracy theory which says that taking the vaccine causes memory problems. **Discussion:** The conspiracy theories that have been elaborated have been treated and discussed in many other papers and researches, even on prestigious sites, it is worth noting that the influence of these theories was great and affected a part of the population, both in the Gjakova region and throughout the world. the world.

**Conclusion:** The majority of study participants reported that most conspiracy theories had a negative impact on receiving the anti-covid vaccine.

**Key words:** **Conspirative theory, Covid-19, Vaccin, Public health**

## DESCRIPTIVE AND COMPARATIVE RESEARCH ON ATTEMPTED SUICIDE CASES IN THE PSYCHIATRY CLINIC (QKUK) IN 2016-2017

Elhame Reka, Msc.

### ABSTRACT

**Introduction;** A suicide attempt is an individual's unsuccessful attempt to kill himself. This usually happens after an illness or prolonged despair and loss of hope for life. This is a very significant problem around the world, and also in our country, which increases the need to do research about this very disturbing phenomenon.

**Purpose;** The purpose of this research was to obtain accurate statistical data on the number of patients seeking help at the Psychiatry clinic during a year, to investigate the factors that lead to suicide attempts and to compare the data of two years, to see if there are any significant differences.

**Methodology;** This work was carried out in the Psychiatry clinic after permission was obtained from SHSKUK - QKUK, for the right of access to these protocols. The research was carried out retrospectively, taking the number of suicide attempt cases within the year 2016 and 2017, per patient who were admitted to this clinic. Age, gender, diagnosis, places of residence, and precipitating factors were analyzed.

**Results;** According to the data released from January 1, 2016 to December 31, 2016, there were 80 cases, of which 55 were women and 25 were men. While in the following year, from January 1, 2017 to December 31, 2017, there were a total of 45 cases, of which 26 were women and 19 were men. The most affected ages turn out to be 21-30 years, in both sexes. The most affected diagnoses are; depression, psychotic disorders (schizophrenia), bipolar disorders, anxiety disorders, etc.

**Conclusion,** from this research it can be observed the gender difference in the number of suicide attempt cases and a decrease in cases in 2017 compared to the previous year. However, based on the data, the drop in cases occurred due to different forms that were used for suicide, which required emergency treatment in other clinics, and those cases were not extended to the Psychiatry clinic.

**Keywords;** suicide attempt, psychiatric clinic, inciting factors, method.

## **DIGITAL INNOVATION IN HEALTHCARE EDUCATION: CHALLENGES AND POTENTIALS**

**Elite Bardhi, Msc**

### **ABSTRACT**

Digital technologies and platforms have fundamentally changed the way learning is done in healthcare. As the healthcare field continues to evolve and adapt with the times, there is an essential need for continued research and development of digital learning methods. Also, as health institutions continue to adopt digital education, it is essential that instructors and institutions collaborate to use the maximum potential of digital education tools to ensure equal access and quality for all learners.

In this paper, we provide an overview of the current state of digital innovation in health education. We discuss the advances and challenges of integrating digital technologies in health education, as well as the opportunities and challenges that must be faced to ensure their effective and viable use in practice. In addition, we appreciate their impact towards the promotion of new and necessary skills for health personnel, as well as the importance of the possible changes they can bring to the way schools and health institutions are organized and function in the future. In a broad perspective, we aim to understand how digitization in health education will affect the structure and paradigms of health education in the future, meeting the needs of a society that is evolving towards an increasingly digitized environment. This analysis aims to deepen the understanding and importance of digital technology in improving health education and in facing its possible challenges in the future.

**Keywords:** digitization, health education, transformation, innovation

## THE EVOLUTION OF THE PROFESSIONAL FIGURE OF IMAGING TECHNICIAN IN THE REPUBLIC OF ALBANIA

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### ABSTRACT

**Introduction:** The role of the professional imaging technicians in Albania has evolved parallel to that at the European level. Imaging technicians are healthcare professionals, with a university degree, who have completed the process of qualification and registration in the Albanian Order of Nurses professional register.

**Methodology:** A careful review of the current literature was conducted regarding the available documentation according the professional development of this group of medical science professionals.

**Discussions:** In the beginnings of the radiology in Albania, imaging technicians received their professional training through qualification courses and then it was passed to 3-year university studies at bachelor level and then professional master and master of sciences, respectively with duration 1 and 2 years. Currently, in addition to basic university studies, third-cycle studies (doctorate) have been offered in the country for about 2 years at the Faculty of Medical Technical Sciences, "Aleksandër Xhuvani" University of Elbasan, completing the full framework of the professional and educational training of this professionals group.

**Conclusions:** Since the educational framework is complete and the imaging technicians received the necessary educational training, they have started to be an active part in professional decision-making at the local and national level, where before 1 year the professional image of imaging technicians in the Republic of Albania was completed. They are part of the educational structures, part of the management board of Albanian Order of Nurses, active participants in national and international trainings, conferences and congresses.

**Keywords:** Albania, education, imaging technician, professional figure

## HEALTH EDUCATION OF YOUNG MOTHERS IN PREVENTING THE AGGRAVATION OF DEVELOPMENTAL DYSPLASIA OF THE HIP (DDH)

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### ABSTRACT

**Introduction:** Even though there has been major progress achieved in the field of congenital dislocation of the hip treatment (DDH) this hereditary anomaly remains a great challenge for young mothers and the health care personnel in terms of early diagnosis and treatment.

**Goal:** The goal of this study is the early diagnosis and treatment of DDH and its debilitating consequences that last a lifetime.

1. Early diagnosis and treatment of DDH.
2. To educate young mothers and to run a check up on children through diagnosis tests in the maternity hospital, consulting rooms and orthopedic departments.
3. Early treatment of children with DDH through abductor pillows as an efficient and resultative method in treating this congenital anomaly.
4. Presenting the results of the treatment and our modest experience in this field.

**Materials and methods:** In this study we have reviewed the health records of 68 children with DDH from September 2020 to January 2023. Out of these children, 38 or 56% were bilateral, whereas 30 children or 44% were unilateral. In total were treated 106 articulations with DDH. The ratio boys/girls in our study is 1:2.

16 children underwent the Ortolani test, 3-7 days after birth (4 births were breeched, 2 were pre-mature, 9 had family precedents and 6 births with seksio-cesarea). 55 children or 80% had limitations/reductions of the abduction. 12 children or 17.6% presented shortenings on the inferior latitudes or asymmetric skin folds.

**Results:** All the children in our study were treated with plastic abductor pillow available in the market in three different dimensions 1,2,3.

-41 children or 60.3% were completely healed.

-18 children or 26.4% are still under treatment.

- In 9 children or 13.2% the treatment failed. These children underwent further treatment.

**Conclusions:**

1. Early diagnosis and treatment is the key to success in treating DDH.
2. The position in abduction with pillow or abducting splints creates ideal conditions for the positioning of the femoral head in the acetabulum, which is the goal of the treatment.
3. Increasing nurse staff capacities in the diagnosis and treatment of the anomaly.
4. To educate young mothers not to tie up their children since it greatly affects DDH.

**Key words: DDH, diagnosis, treatment, children**

## CHRONIC PURULENT OTITIS, INJURIES IN CHILDREN, SELECTIVE MOTHER-CHILD HEALTH EDUCATION IN DISTRICT NO. 4. SHKODËR

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### ABSTRACT

**Introduction:** Otitis is an inflammatory reaction of the inner part of the ear canal, which is usually associated with a seborrheic dermatitis or eczema of other causes.

**The aim** of this study is to extract facts on the ground in children with problems and consequences of otitis, prevention, selective and effective mother-child education and correct medication. Avoiding the negative inheritance of folk remedies, etc... The study was carried out in collaboration with the staff of Hospital No. 4. Shkodër, where 3 pediatricians and 6 nurses were involved in the pediatric service.

**Methodology:** Based on our work from 2019-2022 in our work protocols and statistics, this observation and parent-child interaction and medical staff, materials of the faculty of nursing and British National Formulary (BNF) and BNF for Children 2017- 2018.

**Result:** 1780 parents and children became part of our study and work, including education, concrete cases of illness. From this number, 1260 women received effective information in groups and field work from our staff. They were involved here for 3 consecutive years, 112 students in education at the University of Shkodra. Concrete cases under study during this time, 789 cases of acute otitis, 420 cases of purulent otitis. Special attention in this work, 3-4 years, there were 337 cases of chronic otitis, in 3 neighborhoods.

**Conclusion:** Since chronic otitis is a continuous problem, especially at the age of 2-4 years, it directly affects hearing and speech delay. the importance of otitis prevention.

**Keywords:**

- Purulent, chronic, acute otitis
- Selective professional health education

## DEPRESSION IN TEENAGERS AS A SOCIAL PROBLEM

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### ABSTRACT

**Introduction:** The term depression can be defined as a mood disorder characterized by feeling of sadness and loss of interest. Depression is an ongoing problem and the average period of a depressive episode is 6-8 months. Symptoms include lack of joy and decreasing interest in things that bring happiness to the person. The causes are not fully understood, but there are likely to be a complex combination of genetic, biological, environmental and psycho-social factors.

**Purpose:** The purpose of this research is to awaken the attention of others to what in reality is "adolescent depression" known as the disease of the century, as the disease of a large number of suicides among teenagers. For this reason, a timely treatment, an adequate therapy, family and social support, lifestyle change, individual effort or even an adequate nursing care can be the cause of depression prevention in this age.

**Methodology:** The study is of cross-sectional type, quantification based on the data obtained from a standardized questionnaire based on the literature. The questionnaire was carried out on the Google Forms platform

**Results:** According to the research done on 103 respondents (teenagers) from Prizren, Gjakova and Pristina, the largest number of respondents were women, about 78% and 21% of respondents were men. In the question "Have you ever felt depressed" 10% of the respondents answered that they feel depressed almost every day, more than half of the days 61% of them and 28% have never felt depressed.

**Conclusions:** On the basis of the data, we can conclude that depression is considered a social problem, especially among teenagers, who are encountered more especially in recent years. Depression affects the female gender more, even though the male gender has a greater tendency to commit suicide. .

**Key words:** Depression, adolescence, suicide attempt, isolation, nursing care.



## ASSESSING THE PERCEPTION OF KNOWLEDGE ON HAND HYGIENE AMONG NURSES IN FOUR CLINICS OF THE UNIVERSITY CLINICAL CENTER OF KOSOVO- PRISTINA

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### ABSTRACT

**Background:** Hand hygiene promotion success necessitates not only the implementation of interventions, but also a better understanding of healthcare-associated infections (HCAIs) and hand hygiene (HH). Individual characteristics such as behavior and psychological determinants (knowledge, attitude, intentions, beliefs, and perceptions) may provide additional information on hand hygiene performance.

**Methods:** A cross-sectional study was undertaken in all four University Clinical Center of Kosovo- tertiary care hospitals from January 2023 to March 2023. A stratified random selection method was used to obtain a sample of 180 registered nurses. A validated WHO self-administered HH knowledge and perception questionnaire for nurses was used to measure HH knowledge, and HH perception.

**Results:** The average age is  $36.5 \pm 9.1$  years. The 25–39 age group dominates (22.2%), followed by the 40–44 age group (18.1 years). Knowledge on the identification of the main route of transmission of potentially harmful intrahospital infections between patients, was answered correctly by only 57.1% of the respondents ( $p=0.092$ ).

Nurses are aware that wearing jewelry (92%), compared to the age group of nurses, ( $p = 0.654$ ), damaged skin (85%) ( $p = 0.107$ ), and artificial nails (88%), ( $p = 0.856$ ), are situations that increase the possibility of hand colonization with harmful microbes and should be avoided. Only 53% of those interviewed know that the regular use of hand cream is NOT a situation that increases the possibility of hand colonization with harmful microbes.

**Conclusion:** The difference between compliance and knowledge showed that hand hygiene was performed rather as routine than as documented practice. To achieve this, enhanced frequency of periodical educational courses within the health-care institutions, combined with increased and sophisticated continuous monitoring of compliance is essential. We presume that the coronavirus pandemic, which aggressively changes our habits every day, might be an optimal opportunity.

**Keywords:** Knowledge and Perception score, Nurses, Tertiary care, Kosovo

## POSTOPERATIVE WOUND INFECTIONS

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### ABSTRACT

**Introduction:** Postoperative wounds are a real concern in surgery departments and not only. They are frequent and their management requires knowledge about the identification of etiology and their management by a multidisciplinary team. Some common signs of postoperative wound infection include redness, edema, heat, pain, and discharge from the wound.

**Methodology:** A careful literature review was done through Pubmed, Elsevier Journals, ResearchGate, WHO etc. using key words: infection, postoperative wound, treatment, protocol and nurse taking into analysis only the articles that fulfill the criteria of our study.

**Discussions:** Postoperative wounds result from the entry of bacteria or other microorganisms into the surgical incision site, resulting in its infection. Despite the fact that according to the protocols, postoperative wounds are considered those that appear up to 30 days from the moment of the intervention, the average time of their appearance is around days 3-7.

**Conclusions:** It is very important to closely monitor postoperative wounds for possible signs of infection and seek medical assistance in cases of suspected inflammation. Proper wound care, including keeping the wound clean and dry, can help prevent postoperative wound infections.

**Keywords:** *postoperative infection, nurses, wound, protocol, treatment*

## LEVEL OF SATISFACTION OF NURSING STUDY PROGRAM STUDENTS FOR CLINICAL PRACTICE

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### ABSTRACT

The Faculty of Natural Sciences at the University of Shkodra offers a Bachelor study program in "General Nursing", which is fully in line with its mission and purpose. Clinical practice is the part in which the student learns, as part of a team and in direct contact with healthy and sick persons and/or communities, in an organized manner, to perform and evaluate general care based on knowledge and the skills they have acquired.

**The aim** of this paper is to evaluate the satisfaction of Nursing students for clinical practice.

**Materials and Method:** The transversal, cross-sectional method was used for the realization of the study. A total of 100 nursing study program students were interviewed. Student interviews were conducted according to clinical practice groups. The calculation of the sample size related to the sample of students was done through the statistical program Minitab Version 17 software package.

These data were realized using the questionnaires: Quality of Practice Experience Questionnaire, where 100 students, 50 second-year students and 50 third-year students of the Nursing study program participated. The evaluation by the students was on a 5-point scale, I strongly agree, I agree, I somewhat agree, I disagree, I strongly disagree. There are a total of 24 questions which are based on determining the quality of clinical practice.

### **Conclusions:**

The quality of practice seen through the eyes of the students leads to the conclusion that about 55% of them agree with the fact that clinical practice is carried out with high quality, while the rest disagree with this statement.

Divided by gender, women who study nursing think that the realization of clinical practice becomes more qualitative compared to men.

Divided according to the years of study, third-year students think that the implementation of clinical practice becomes more qualitative compared to second-year students.

Divided according to urban or rural residence, there is no difference in the quality of clinical practice.

**Recommendations:**

Changing the image of professional practices towards the institutions where they carry out clinical practices, because students often encounter problems and disagreements with the team members of these institutions. Promoting the image of student nurses in these health institutions would be a good opportunity to resolve these conflicts.

**Keywords:** satisfaction, students, practice, clinical

## LACK OF KNOWLEDGE, NEGLIGENCE OR MEDICAL ERROR? WHY ARE INTRAMUSCULAR INJECTIONS BEING APPLIED INCORRECTLY?

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- 4. Klajdi Belishta, Msc Nursing, Lecturer UFN Korce, Member of KSHI*

### ABSTRACT

**Introduction:** IM injections are so frequent in application and so early in terms of the time when they began to be applied. Despite this fact, what has been noticed from the experience of working directly in patient care or even in numerous confrontations during trainings with colleagues, there is a tendency to neglect the scientific news regarding these manipulations. It is the moment to bring it once again to the attention of all colleagues.

**Purpose:** Evidence of the lack of knowledge against the manipulation of IM, I would dare to say negligence or medical error. By updating knowledge and scientific news, we make it possible to prevent as many complications related to IM as possible, and also increase the effectiveness of the procedure.

**Methods used:** Through several questionnaires (200) addressed to Nurses and Midwives, some variables were analyzed and some conclusions were compiled. Evidence also collected during more than 8 years in the intensive care unit (ICU) Stroke Unit QSUNT (Mother Teresa University Hospital, Tirana).

**Conclusions:** Regarding the name of the possible muscles where IM is applied, only 20% of the nurses were completely familiar. Over 90% of the respondents applied IM to the Dorso-Gluteal muscle (in fact, this muscle is referred to as the gluteal muscle). Deltoid muscle and the Vastus-Lateralis muscle was chosen as an alternative in IM injections in function of immunization, but not for ordinary IM. The Ventro-Gluteal muscle was almost not recognized at all, in the application it was also not used.

Although in scientific terms the Dorso-Gluteal muscle (referred to as Gluteal), is the muscle in which complications and risks are most likely and it is suggested to be avoided as much as possible, in the practice of IM injections in Albania it seems as if it is the opposite.

**Key words:** Nursing, Injections, intramuscular, error, statistics, scientific news.

## THE READINESS OF NURSING STAFF IN HEALTH CENTERS TO DEAL WITH HEALTH INFORMATION SYSTEMS

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**PhD. cand. Fatjona Kroni** - *University of Shkodra "Luigj Gurakuqi", Faculty of Natural Sciences, Department of Mathematics.*

### ABSTRACT

One of the main problems encountered in the implementation of health information systems is the lack of readiness of health personnel.

**The purpose** of this study was to identify the readiness of nurses working in health centers regarding the use of Health Information Systems, related to educational level and gender.

**Methodology:** The study was carried out in four Health Centers in Shkodra. The participants of the study were 94 nurses, 48 with a bachelor's degree and 46 with a master's degree, who were interviewed by means of a questionnaire. The questionnaire used focuses on three main issues ; users' computer skills; knowledge of health information systems and their readiness to use these systems. Demographic data such as: age, gender, years of work and educational level were also collected for the participants in the survey.

**Conclusions:** As the educational level increases, the willingness of nurses to accept the use of health information systems also increases . While in relation to gender, no significant changes were found.

**Key words:** Information system, nurses, health centers, educational level, gender.

## **ADVANCED PROFESSIONAL PRACTICES IN THE HEALTH SYSTEM: IMPORTANCE AND IMPLICATIONS**

**Erone Bardhi**

### **ABSTRACT**

In the health system, advanced professional practices represent a key element for improving the quality of health care and increasing the efficiency of the health service in general. This research aims to analyze the importance and impact of advanced professional practices in the health system, emphasizing all their aspects from the use of advanced technology, the development of professional skills and the application of regulated protocols. Through an extensive review of the scientific literature, we will focus on the positive effects of these practices on improving patient care, improving health outcomes, and reducing treatment costs.

A special focus will be devoted to the identification and analysis of challenges and opportunities that appear during the process of integration and use of advanced professional practices in the health system. This analysis deepens the understanding of the importance of these practices for public health, as well as for all participants involved in the health field, by providing a detailed analysis of their potential benefits and the challenges that must be addressed to ensure their successful use. and sustainable in practice. In addition, the aim of this study is to contribute to the advancement of research, knowledge and actions to improve the health system, based on the best advanced professional practices in this field. This is intended to be achieved by including a broad consideration of the context and potential advantages and disadvantages of these practices, in order to help develop an integrated and effective approach to their use in health practice.

**Keywords:** advanced professional practices, health system , challenges, integration

## **THE RELATIONSHIP BETWEEN PARENT'S STRESS AND THE PROBLEMATIC BEHAVIORS OF CHILDREN WITH NEURO-DEVELOPMENTAL DISORDER AND THE ROLE OF SENSORY PROCESSING IN PROBLEMATIC BEHAVIORS**

**Erza Ramadani**

### **ABSTRACT**

The purpose of this research is to identify the relationship between parental stress and sensory processing with problematic behaviors in children with neurodevelopmental disorders. Likewise, it will be investigated whether there are gender differences in the presence of problematic behaviors and difficulties in sensory processing.

The research was conducted with a sample of 80 parents, selected through purposive sampling. The children of these parents are part of the "Autizmi" Institution, where are provided therapeutic services for children with neuro-developmental difficulties. Parents reported their children's problematic behaviors through the Child Behavior Checklist (CBCL), while they reported for difficulties in sensory processing through the Brief Sensory Profile (SSP) and through the Parental Stress Scale (PSS) they reported for their stress.

The results showed a significant positive correlation between difficulties in sensory processing and problematic behaviors, while a positive but not significant correlation was found between parental stress and problematic behavior. Also, another important finding from this research is that children's age predicts parenting stress, where parents of younger children experience more parenting stress compared to parents of older children. Moreover, it should be emphasized that there are no gender differences in the presence of problematic behaviors and sensory processing in children with neuro-developmental disorders.

The findings from this research will have an impact on the clinical aspect, with special emphasis for professionals, who will take into account the connection of sensory processing difficulties with problematic behaviors, and this will result in more children being screened and treated for sensory processing difficulties. Providing appropriate interventions to reduce problematic behaviors, as well as various parent education programs, will improve the quality of life for the children and families they serve.

**Keywords: Problematic behaviors, Sensory processing, Parental stress, Neurodevelopmental disorders**



## A REVIEW OF LITERATURE ON NURSING CARE OF PRESSURE ULCERS

Dr. Evis Allushi

Phd. candidate Vasilika Prifti

### ABSTRACT

**Introduction:** The pressure ulcers are a serious problem for patients in general. There are many factors that cause this type of ulcers, but the most important factor is the pressure. Nursing care during the hospitalization and further more is very important process in treating pressure ulcers. Being that in our country the studies about nursing treatment on pressure ulcers are very scarce, the literature review would really help the readers in evaluating the efficiency of nursing care in the treatment of pressure ulcers.

**Methods and materials:** In order to have clear information for this study we have used the electronic research of the unlimited data bases of PubMed and Cochrane Library without time limit. The criteria to include the studies were to be only nursing studies about nursing care of pressure ulcers. We identified about 16 articles but we only reviewed the results of six original articles in the thematic of interest, including the literature reviews.

**Results:** The data of the reviews shows that the nursing care is very important factor in treating and preventing pressure ulcers. The studies show that the nursing staff needs more training in order to reduce the incidence of pressure ulcers. Lacking the documentation of nursing care is a link that should be improved.

**Discussion:** Continuous education and training is very important and necessary for nursing staff, which affects the reduction of the incidence of pressure ulcers. Nursing care is lacking, it mostly contains the degrees of the ulcers, treatment and its presentation, but not education. Nursing documentation should be complete, should include the risk evaluation, the skin condition and care, nutrition of the patients, position, education and training, medical advices or other strategies which showed that can affect the reduction of pressure ulcer incidence.

**Key words:** *pressure ulcers, nursing care, pressure ulcers grades*

## **RENAL REPLACEMENT THERAPY IN THE NEPHROLOGY CLINIC - DIALYSIS-QKUK**

Retrospective study (2017-2022)

**Fatmire Ahmeti, Nazmie Elezi, Aferdita Berisha**

### **ABSTRACT**

**Introduction-** Acute kidney failure is a clinical syndrome, manifested by a rapid decrease in glomerular filtration, disturbance of hydroelectrolytic homeostasis up to complete loss of kidney function, which may be reversible or irreversible. The prognostic staging of IRK according to KDIGO, ESRD is the fifth stage of chronic renal failure is the stage when replacement of kidney function with dialysis or transplantation should be considered. The term renal function replacement is used to include treatments/modalities that support life after kidney failure and include ; hemodialysis, peritoneal dialysis, transplant, plasmapheresis

**Purpose** - All these statistics that were obtained for this research are aimed at the numerical evaluation of the modality of renal replacement therapy, trying to always improve the quality and conditions for the realization of these procedures.

**Methodology-** Retrospective work. For the realization of this research, the protocols from 2017-2022 were taken, the analysis and comparison of these data over the years was done with. Microsoft Word and Excel. The results are presented in tables and graphs. Frequency and percentage were used to describe the results.

**Results** - during the period 2017-2022, an average of 220 patients are dialyzed within a month, respectively, in this period, 213,085 acute and chronic Hd sessions were performed, only five patients underwent peritoneal dialysis, which is performed four times a day, while 72 patients were registered for post-transplant drug therapy by them (39% women and 61% men)

**Discussion** - the main modality of kidney function replacement is Hemodialysis. Transplantation and peritoneal dialysis have a small number of patients in relation to hemodialysis as modalities for replacing renal function,

**Conclusions** - The possibility of choosing the treatment with replacement therapy, the selection of the most appropriate modality in IRA and IRK, hemodialysis, peritoneal dialysis or transplant.

**Key words:** replacement therapy, kidney, dialysis, transplant

## PREOPERATIVE PREPARATION OF THE WOMAN FOR CESAREAN DELIVERY

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### ABSTRACT

**Introduction:** Cesarean delivery (LPC) is among the most frequent surgical procedures in the world. In Kosovo in 2021, over 7,000 LPCs were performed and this number is constantly increasing. The proper structure of the woman's pre-operative preparation for LPC helps in more professional work, avoiding mistakes and the possibility of auditing the work. The purpose of the paper is to present the standard steps of preparing a woman for LPC.

**Methodology:** This paper is of a combined cross-sectional and literature review type. The literature was analyzed and the work of nurses at the "Fati Im" Hospital in Pristina was observed.

**Results:** The analysis of the papers showed that care during pregnancy should include educating the woman about LPC. There the possible complications for the woman and the baby must be explained, and in many countries midwives do this. Mental preparation plays an important role when we know that fear can be the trigger for LPC. When meeting with the patient, the nurse is obliged to make full documentation of the woman's information and pregnancy history. Here, the first contact of the woman with the nurse on the day of birth is in the reception room. She is then sent to the private room where after measuring her weight and height she is instructed to change her clothes. At the same time, the nurse has the duty to review whether the woman has pre-operative laboratory tests. The fetus is monitored under the CTG of the woman, the ECG is performed and the vital parameters are measured. All are evidenced in the history of the woman. This is followed by placement of a urinary catheter and catheterization of a peripheral vein, with or without administration of therapy.

**Conclusion:** No significant differences have been observed in international practices and the way in which the pre-operative preparation of women for LPC is carried out in our institution. The main difference lies in the conversation with the patient and the information about the intervention, which in Kosovo is mainly given only by the doctor.

**Key words:** Cesarean delivery, nursing care, pre-operative preparation

## THE IMPACT OF INTERNET ADDICTION ON SELF-HARMING BEHAVIORS IN ADULT POPULATION

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**Dures Hajdini**, *student in the Master's program in Mental Health, AAB College*  
**Melisa Gjemollar**, *student in the Master's program in Mental Health, AAB College*

### ABSTRACT

The impact of internet addiction on self-harming behaviors is a significant field, addressing the complex interaction between the internet and individuals' psychological well-being. Our study examines the potential relationship between internet addiction and the impact on self-harming behaviors, including suicidal ideation. The study found support in three theories based on existing variables. This study is relevant, including the increase in internet usage and the prevalence of mental health pathologies, including suicidal ideas. Various studies have shown a positive relationship between internet addiction and self-harming behaviors, particularly a weak positive relationship. In this study, data were collected from diverse participants from a sample of 386 respondents, of which 72% were female and 28% male. The study was conducted through a quantitative research design, and data were analyzed using two questionnaires, the Internet Addiction Test (IAT) for internet addiction, and the Self Harm Scale for suicidal ideation. Furthermore, the study investigated the impact of internet addiction in different geographical contexts, including village and city, differentiating the behaviors of respondents from urban and rural areas. The results showed a positive, but weak correlation between the two variables, with a not very significant statistical level  $p < 0.067$ . The study found that participants who had tried more than four forms of self-harm were more likely to have internet addiction than participants who had not attempted to harm themselves.

Overall, this study contributes to existing literature by highlighting a weak relationship between internet addiction and self-harming behaviors, including the need for further research development.

**Key Words:** Internet Addiction, Self-Harming Behaviors, Psychological Well-being, Internet Addiction Test, Self Harm Scale, Urban Areas, Rural Areas.

## THE ROLE OF RESILIENCE AS A PROTECTIVE MECHANISM AGAINST EMOTIONAL AND BEHAVIORAL ISSUES AMONG ADULTS IN KOSOVO

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**Edita Avdyli, MA** *candidate in clinical psychology, AAB College*

**Prof. Mimoza Shahini, AAB College**

### ABSTRACT

**Resilience**, defined as the ability to heal or easily adapt to difficulties or changes, is crucial in mitigating mental health issues by promoting emotional strength and coping strategies. This study hypothesized a negative correlation between resilience levels and the frequency of reporting mental health problems.

**Methods:** A cohort study was conducted with a community sample of 386 participants aged between 18 to 56 years. The 6-item Brief Resilience Scale (BRS), rated on a Likert scale (1-5), was used, categorizing participants into low, normal, and high resilience. Meanwhile, mental health problems were measured with the Adult Self-Report Scale for Mental Health Problems (ASR). The Adult Self-Report ASR, part of the ASEBA taxonomy (Achenbach and Rescorla 2003), consists of 120 items and measures 8 subscales and three major scales: Internalizing Problems, Externalizing Problems, and Total Problems.

**Results:** Among participants, 9.3% reported high resilience, 26.2% low resilience, and 64.5% normal resilience. Gender differences were observed, with males reporting higher levels of resilience compared to females. A significant negative relationship was found between resilience and all ASR scales, suggesting its impact on various psychological issues. Regression analysis showed resilience as a significant predictor for internalizing problems (11.9% variation), depression (23.2% variation), and anxiety (10.8% variation). Individuals with a more positive self-view exhibited higher levels of resilience, supporting a positive correlation between positive qualities and resilience.

**Conclusion:** The study confirms the hypothesis, showing a negative correlation between resilience levels and the frequency of mental health problems. Additionally, positive personal qualities correspond with higher resilience, emphasizing the importance of promoting positive qualities for improving resilience.

## SOCIAL FACTOR IMPACT ON SPEECH AND LANGUAGE STATUS IN TYPICALLY DEVELOPING CHILDREN

Flaka Isufi

### ABSTRACT

**Introduction:** Language development is one of the most important yet critical part of a child's overall development. It supports a child's ability to communicate, express and understand feelings. According to Encyclopedia on Early Childhood Development (2010), language tools mean new opportunities for social understanding, for learning about the world, and for sharing experiences, pleasures and needs. In the other hand, 'motor development' is defined in terms of the larger motor system, exclusive of the movements involved in speech articulation. According to Berk (2006), motor development is stimulated by the infant's brain and body growth in the very earliest stages of development.

**Aim:** The primary aim of this study is to determine the differences of language in terms of receptive skills, expressive skills as well as motor abilities in children living in urban and rural areas.

**Methods:** This study employed a quantitative research methodology. Participants of the research were 70 children of the ages 6-7 years old. The sample includes 52.9% females in total. The instruments used to conduct the research were: The Standardized Tool for the Receptive and Expressive Language in Albanian (Uka et al., 2015) and the Motor Skills Checklist and Advice for Children in Primary and Secondary Schools by Trafford Children's Therapy Service.

**Results:** The results of this study show that children living in urban areas have greater receptive and expressive skills in comparison to children living in the rural areas. However, the results do not show differences between these two groups regarding their motor abilities.

**Conclusion:** The findings of this study highlight significant disparities in language development between children from urban and rural backgrounds. Further, it confirms as well the need for further research and discussion on the prerequisite of receptive and expressive language development as well as motor skills.

Keywords: language, motor skills, urban, rural.

## MOTIVATIONAL INTERVIEWING AND ELDERLY CARE – EXPERIENCES WITH THE NURSING COMMUNITY

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### ABSTRACT

**INTRODUCTION:** During the second phase of the implementation of the project "Comprehensive and Quality Healthcare," funded by the Swiss Agency for Development and Cooperation and implemented by the Swiss Tropical and Public Health Institute, 20 municipalities in Kosovo were supported with the aim of improving the health of the population and supporting local institutions to ensure quality in primary healthcare. The National Institute of Public Health of Kosovo has carried out numerous activities in collaboration with this project.

**OBJECTIVE:** The analysis of the evaluation of the trainings on "**Motivational Interviewing**" and "**Elderly Care**," conducted with the aim of enhancing the capacities of nurses in providing information to promote healthy living through motivational counseling, as well as improving the response and enhancing the capacities of nurses in addressing and treating the specific needs of elderly patients with chronic diseases.

**MATERIALS AND METHODS:** The study is quantitative-descriptive and includes evaluation data for two-day and one-day trainings conducted during the first half of 2023, involving 270 healthcare professionals from 20 consolidated municipalities from project implementation. The training methodology included lectures by trainers, small group work sessions, discussions, role-playing, and video presentations.

**RESULTS:** The National Institute of Public Health of Kosovo (NIPHK) conducted five two-day trainings on motivational interviewing (with 139 nurses, 118 females and 21 males) and six one-day trainings on elderly care (with 131 nurses, 101 females and 30 males). The results showed that the objectives of the trainings were clear and in full with the proposed content; the presentations and exercises were understandable in conveying accurate application in daily practice.

**CONCLUSION:** The recommendations emphasized the need to ensure the continuity and sustainability of trainings by national institutions. Participants preferred additional trainings on diabetes, cancer, elderly care, health education, fall prevention, nutrition for the elderly, physical activity, stress management, dementia, and depression.

**KEYWORDS:** Motivational interviewing, elderly, healthcare, NIPH, Kosovo

## **RELATIONSHIP BETWEEN JOB STRESS AND COPING MECHANISMS OF CKUK WORKERS**

**Florije Maxhuni**

### **ABSTRACT**

This study aimed to understand the relationship between work-related stress and coping mechanisms of employees at the University Clinical Center of Kosovo (UCCK). Employing a quantitative methodology and carefully selected sample from UCCK employees, the study analyzed the correlations between work-related stress and coping strategies. It encompasses a wide range of questions and utilized standardized instruments to measure work-related stress and coping mechanisms. The study results can serve as a basis for developing stress management strategies in workplace environments, tailored to the needs and characteristics of UCCK employees.

The results indicate a positive and statistically significant correlation between work-related stress and the use of coping mechanisms. This suggests that changes in the level of stress are accompanied by changes in the use of strategies to cope with stress at work. Analysis of variance (ANOVA) revealed statistically significant differences in the use of coping mechanisms at work among UCCK employees, confirming that they employ different strategies to address workplace issues.

Regarding gender differences, the results do not show statistically significant variations in work-related stress and coping mechanisms between females and males in this organizational context.

**Keywords:** stress, work, coping mechanisms, UCCK.



## ASSESSMENT OF KNOWLEDGE AND ATTITUDES ON RISK FACTORS OF CHRONIC MASSIVE INFANTRY DISEASES

Msc. Gjyle Mexhuani

### ABSTRACT

**Introduction:** Chronic non-communicable mass diseases have an important role in health both in the country and around the world. It is characterized by high morbidity and mortality, a very important feature of these diseases is the appearance of new cases.

**Purpose:** The main purpose of this paper was to research the knowledge and attitudes about the risk factors of chronic non-communicable mass diseases in the population of Kosovo. In a special way to analyze the knowledge and attitudes according to special characteristics such as age, gender, profession, marital status, habits and other characteristics. The aims of this paper are, based on the analyzed material, to bring useful conclusions, which in essence, they will provide a good basis for the application of care changes that would increase the level of knowledge about this problem.

**Methodology:** For the study and realization of this paper was used the partial research method that was realized through the questionnaire prepared for this purpose. The questionnaire contained 32 questions of priority importance for the research of this issue. The survey included 109 patients interviewed in a way occasionally, in the specialist ambulances of QKMF, QMF and AFSA in Prishtina.

**Results:** Research shows that risk factors should be recognized and lifestyle modified to reduce the likelihood that they will suffer from chronic non-communicable chronic diseases and the consequences they have on human health. Of all patients 42.2% have at least one person with a family history of cardiovascular disease, 22.0% more than one person. heart disease.

**Conclusion:** Based on the data presented in the research, the following conclusions can be drawn: The survey included 109 randomly interviewed patients in the specialist (internal-cardiology) ambulances of the QKMFQMF and AMF in Pristina in order to analyze of patients' knowledge and attitudes about the factors that can affect the presentation of ischemic heart disease. It is worth noting that this negative habit of smoking continues to fall in this research. Knowing the problem of cardiovascular diseases and the goals of presenting this problem in the world, special attention is paid to limiting and controlling the action of the risk factors that are related to lifestyle. We have no right to forget in this case that "prevention is cheaper than cure"

**Keywords; Nursing care, hypertension, preventio**

## ATTITUDES OF PATIENTS WITH TYPE 2 DIABETES REGARDING LIFESTYLE MODIFICATION

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### ABSTRACT

**Introduction:** Type 2 diabetes mellitus occurs as a result of the individual's resistance to insulin or its relative lack. Lifestyle modifications help improve the effectiveness of pharmacological interventions. Proposed lifestyle modifications include educational support, improved diet, and increased levels of physical activity. The purpose of the paper: It was to evaluate the attitudes of patients with type 2 diabetes about lifestyle modification.

**Methodology:** The research used the quantitative descriptive method. The sample of the research consists of 87 patients with diabetes who were selected with a random sample at the HCMC in Pristina. The average age of the research participants was  $54.7 \pm 10.6$  years. Research data were collected with the Diabetes Attitudes Scale questionnaire and analyzed with SPSS-28.

**Results:** The findings show that there is a statistically significant result ( $p < .025$ ) between patients with disease duration of up to 5 years and over 5 years about the attitudes of patients with type 2 diabetes for lifestyle modification. There is also a significant statistical difference ( $p < .039$ ) in the attitudes of patients with type 2 diabetes who engage in physical activities and those who do not engage in physical activities. While there is a correlation between the attitudes of patients with type 2 diabetes about lifestyle modification and the number of diabetes complications ( $r = .264$ ;  $p = 0.013$ ).

**Conclusions:** Diabetes is a chronic disease that can be successfully managed with careful lifestyle modification.

Key words: attitudes, type 2 diabetes, modification, lifestyle.

## NURSING CHALLENGES IN TREATING PATIENTS WITH CRANIOTOMY

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### ABSTRACT

**Introduction:** Craniotomy is a surgical intervention to open the head in order to expose the brain. The word craniotomy means to make a hole in the skull. This surgery is performed by the neurosurgeon. This presentation provides clear instructions on how to provide nursing care for pediatric patients after craniotomy to ensure stability inside and outside the clinic. The work aims to show the advantages of preserving the bone part in the abdominal part after craniotomy.

**The purpose:** Of the work is to get acquainted with the treatment of patients with craniotomy and craniotomy in the postoperative period of patients operated at the Neurosurgery Clinic, as well as with nursing activities and interventions.

**Methodology:** The work is descriptive-descriptive, literature review and nursing experience with these cases. Various sources, *PubMED, CINAHL, Biomed Ovid and Google Scholar* have been used.

**Discussion:** The role of the nurse is important in the success of the entire operator team in all stages of care for patients who have indications for surgical intervention. Prevention of many possible complications and in particular preventing possible post-operator infections that are closely related to care in the post-operator period.

**End:** Nursing care for patients operated with craniotomy and craniotomy begins from the moment the patient leaves the neurosurgery hall and continues in the ward or in the intensive care unit. Increased caution against patients plays an important role in identifying possible symptoms and eliminating potential complications. Nurses are one of the main pillars for the success of patients operated in the class of the Neurosurgery.

**Key Words:** *craniotomy, craniectomy CNS, intensive care.*

## COMBINING PHYSICAL THERAPY AND PSYCHOLOGICAL COUNSELING IN ELDERLY PEOPLE WITH DEMENTIA

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### ABSTRACT

**Purpose:** This study aims to determine the effects of the combination of physical therapy and psychological counseling applied to elderly people with dementia. It also investigated the acceptability and impact of multi-component treatment involving exercise, cognitive stimulation therapy (CST), psychoeducation and counseling for elderly patients with dementia.

**Methodology:** Scientific articles focused mainly on the role of the combination of two therapies, whose methods have as a priority technique the improvement of the health and mental condition of patients with dementia, were reviewed. The articles I consider emphasize the combination of treatment consisting of mixed methods such as: interviews, observations, tests of cognitive function and physiotherapeutic treatment to explore and evaluate changes in physical and cognitive functioning as well as in the quality of life of these patients.

**Results:** The studies showed that the combination of the two therapies was acceptable to elderly patients affected by dementia in the early stages, as well as to their caregivers. Qualitative data obtained from each study revealed that participants perceived the intervention as important and found that it had a positive impact on their physical, mental and social well-being.

**Conclusions:** The combination of physical therapy and psychotherapy constitutes an important and useful activity for the treatment of patients with dementia in the early stages, as well as for their caregivers. The studies also highlight the importance of providing prolonged and sustained interventions for dementia patients to maintain physical, mental and social benefits.

## DIAGNOSTIC PARAMETERS OF AF-GENITAL IN THE DETECTION OF MYCOPLASMA AND UREAPLASMA

**Jona Bërdufi**<sup>1</sup>

*<sup>1</sup>Msc Laboratory Technician*

### ABSTRAKT

**Introduction:** Af Genital is a system of 24 panels that contains biochemical substrates and antimicrobial drugs for the detection, presumptive identification and sensitivity testing

of microorganisms from uro-genital materials such as: vaginal tampon, urethral swab, seminal fluid or urine.

The study on the topic "Diagnostic parameters of Af-Genital in the detection of Mycoplasma and Ureaplasma", aims to shed light on the occurrence of genital infections and the impact of these infections on the occurrence of other accompanying complications.

**Purpose:** The purpose of the study is to evaluate the impact it has on public health and awareness regarding the prevention of infections caused by mycoplasmas in totality. To show the right ways for the most efficient management of the prevention and treatment of infection in the affected age groups.

**Methodology:** In this study, 130 cases were examined in the city of Elbasan in a non-public laboratory. The sample is the randomly selected patients. The material used is the tampon and the method used is the Af Genital system.

**Results:** Out of 130 cases that were collected from patients, 70 were positive for Mycoplasma and Ureaplasma, and 60 were negative. The age selection is over 20 years old and the most affected age is over 40 years old.

**Conclusions:** From the study we came to the conclusion that women have a higher risk of being affected by infections such as Mycoplasma and Ureaplasma compared to men.

Laboratory examinations showed that Mycoplasma and Ureaplasma are responsible for the majority of genital infections. This study emphasized the importance of clinical and laboratory examinations such as the Af-Genital system to establish the diagnosis of genital infections in the affected age group.

**Keywords:** Af Genital System, Mycoplasma, Ureaplasma, Tampon

## PATHFINDERS IN PRACTICE: HARNESSING AI FOR OCCUPATIONAL THERAPY

**Karen Jacobs**, *occupational therapist from USA*

### ABSTRACT

**Introduction:** Artificial Intelligence (AI) is the science of making machines smart and capable of doing tasks that typically require human intelligence. Occupational therapy practitioners and students can use AI to simulate various conditions, helping them understand how diseases progress or how injuries affect the body. It can also assist in designing personalized occupational therapy interventions based on individual client data.

**Purpose:** To introduce examples of how AI opens exciting possibilities for creating innovative solutions in occupational therapy by simulating, predicting, and generating new ideas and approaches, ultimately contributing to improving client care, outcomes and advancing occupational therapy.

**Methodology:** This will be a descriptive presentation to introduce the intersection of AI in occupational therapy.

**Result:** At the end of this presentation, the participants will have a clear understanding of AI and occupational therapy.

**Conclusion:** AI offers exciting possibilities for creating innovative solutions in occupational therapy by utilizing machine-learning models that can simulate, predict, and generate new ideas and approaches, ultimately contributing to improving care and advancing the field. The intersection of AI and occupational therapy empowers these professionals to provide more personalized, efficient, and effective assessments and interventions. By leveraging the creative and analytical capabilities of AI, the field is advancing towards a future where client care is highly individualized, therapies are more engaging, and research is accelerated, ultimately improving the quality of life for clients.

Key words: occupational therapy, artificial intelligence, innovative solutions

## CHALLENGES AND STRESS AMONG NURSES IN THE HEMODIALYSIS DEPARTMENT

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### ABSTRACT

**Introduction:** Due to the high demands, nursing seems a stressful profession. This includes rigorous activities such as the start and the end of dialysis sessions, rapid intervention in the face of potentially life-threatening complications and direct engagement with patients who may exhibit aggressive or violent behavior.

**Purpose:** This research was carried out to evaluate the impact of nurses' psychological stress on their work performance and the challenges they faced.

**Methodology:** This research is cross-sectional, prospective, involving a total of 130 nurses who work in hemodialysis in a total of 7 municipalities of Kosovo. Their age is from 24-over 55 years old, the sample was randomized. The measuring instrument is the Copenhagen Psychosocial Questionnaire (COPSOQ) standardized for measuring psychosocial stress. Data analysis was performed with IBM SPSS version 21 Pearson's test where the obtained values were described as statistically significant if the value of  $p < 0.01$  and  $0.05$ . Descriptive statistics such as standard deviation, frequency, percentage and average were used.

**Results:** Out of 130 nurses (79.8%) were female, (37%) were aged 35-44, (81.1%) had an urban residence, (43.9)% declared that their work is emotionally burdened to a great extent.  $<0.05$   $r=0.60$ ), physical and verbal aggression from the patient were experienced by (29.5%) with a highly significant difference ( $p < 0.01$   $r=.291^{**}$ ) while (49.2%) feel afraid of blood – borne diseases with significance ( $p < 0.01$   $r=.308^{**}$ ), while (36.2%) feel afraid that they have to face the death of the patient ( $p < 0.01$   $r=.344^{**}$ ).

**Conclusions:** From the obtained results we conclude that the nursing staff should have access to psychosocial support programs for nurses working in hemodialysis wards as a ward with high responsibility and risk.

**Key words:** Nurses, stress, hemodialysis

## EDUCATION OF KIDNEY TRANSPLANT PATIENTS

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### ABSTRACT

**Introduction:** Kidney transplantation is a surgical procedure by which a functional kidney is transferred from a donor to a recipient (in a patient with advanced chronic kidney disease) when the glomerular filtration rate (GFR) is  $<15$  ml/min and the kidneys lose their function.

**Purpose:** This study aims to analyze the number of transplanted and non-transplanted persons who are treated with immunosuppressive therapy due to renal diseases.

**Methodology:** The research is quantitative, prospective, where the data has been collected in a protocol form, including the years from 2017-2022, with a special focus on the results from 2020-2022 during the period of the Covid 19 pandemic. Statistical analyzes include frequency and percentage. The data were collected at the Nephology Clinic, where permission was previously obtained from the office of the Ethics Committee for the protection of patient data.

**Results:** The results showed that 60.83% of patients are transplanted while 39.16% are not transplanted, where the largest number of transplanted patients belong to the female gender 56.6%, the youngest age group is 18-30 years old 25%, while over 70 years old are only 6.66%. Of the 120 respondents who receive therapy, 60.83% have a diagnosis of post-transplant status, 15.83 have lupus erythematosus, 13.33% have glomerulonephritis, 9.1 have nephrotic syndrome, and only 1 (0.83) has hypertensive nephropathy.

**Discussion:** Education remains a major challenge for patient care both before and after kidney transplantation as transplant patients must acquire new self-care skills focusing on kidney maintenance and preservation and improving quality of life.

**Key words:** Renal transplant, patients, immunosuppressive therapy, self-care, education.



## METHODS OF PLACEMENT AND MAINTENANCE OF THE PERIPHERAL VENOUS CATHETER (CPV)

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### ABSTRACT

**Introduction:** Peripheral venous catheter (PEC) is a procedure that is widely performed in every ward or treatment center, but an important one. It gets even bigger in the operating rooms. Depending on the condition and stage of the patient, the medical staff must know the procedure as a whole and the elements that affect the life expectancy and complications of the KPV. In this paper, we have focused more on the materials, procedures, myths, complications and the solution method.

**Purpose:** The importance of knowing the procedure, complications and the nurse's role in patient care.

**Methodology:** The research and results of this work were obtained from the treatment of patients, in the surgical ward, in the "Korce Regional Hospital", in 78 performed operations, in patients who had scheduled operations and emergency operations. Period 10/06/2021 – 10/05/2022.

**Results:** KPV, peripheral venous catheter, is an intravascular device, which remains inserted for a period of time, according to the 48-72 hour protocol. During this time interval, from the method of placement, the antiseptic we choose, the fixation we use, the rules of asepsis, the use or not of the three-way, complications such as hematoma, pain, burning, phlebitis, infiltration, extravasation, and even thrombophlebitis appear. . From the cases we studied, 3 patients were identified with phlebitis, 4 patients with hematoma, 2 patients with infiltration, , 5 patients referred for pain, without any other complications, 2 patients for burns.

**Recommendations:** The insertion of the peripheral venous catheter, KPV, is and will remain a procedure that nurses and medical staff in general will follow throughout their professional life, but not only, as such, the staff should know a lot well, diameter, length, colors, numbers, measuring unit of KPV. The peripheral venous catheter has such a connection, the larger the number, the smaller the catheter, the measurement unit is in G-Gauge, for the diameter and Inch for the length, the gray catheter is 16 G, the pink catheter is 20G , blue is 22G, yellow is 24G. In addition to the length, we must have very good information about the length and butterfly agate with corresponding dimensions.

**Key words:** KPV, Gauge, inch, thrombophlebitis, infiltration, hematoma, extravasation.

## **THE IMPACT OF THE BACHELOR'S STUDY PROGRAM IN PHYSIOTHERAPY ON THE FEELING OF VOLUNTEERISM AMONG STUDENTS DURING THE CURRICULAR FORMATION. A CROSS- SECTIONAL STUDY**

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### **ABSTRACT**

The purpose of this paper is to understand how the curricular formation affects the feeling of volunteering in the students of the bachelor study program in physiotherapy.

**Methods:** The study used a descriptive correlational design. The data of the study were collected by students of the bachelor study program in physiotherapy, studying at the Faculty of Natural Sciences, University of Shkodra "Luigj Gurakuqi" Albania. A total of 108 students participated in this study. For this, a two-part questionnaire was used: demographic data and the "Volunteering of University Students" questionnaire.

**Conclusions:** based on the data obtained from the results of this study, the designers of the curricula should see the possibility of how they can integrate the increase of the sense of volunteering in the students of the Bachelor of Physiotherapy study program, in the future professionals. you are not only good interns, but above all you have high human feelings.

**Keywords:** volunteering, students, physiotherapy study program, curriculum.

## ORGANIZATION AND CREATION OF A SAFE WORK ENVIRONMENT

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### ABSTRACT

**Introduction:** The complexity of the surgical work environment is determined by various occupational risks, from accidental, physical, chemical, biological, ergonomic, psychosocial and organizational risks, all of which can affect and threaten to varying degrees the physical and mental health as well as the well-being of personnel in the operating room.

**Aim:** Health personnel must know and respect safety standards to protect their health and that of their colleagues. It is important that all occupational health and safety programs focus on promoting a safe work environment.

Activity in the operating room is complex. There are a number of risks to personnel. For this reason, the organization of work in the operating room is important for the smooth running of the work and the protection of personnel from complications during professional activity.

**Methodology:** This study was based on a questionnaire that was distributed to 38 doctors and scrub nurses, in different surgical rooms, who answered questions such as: have you had damage to the gloves during the surgical intervention, puncture or tear from a surgical instrument, contact with biological secretions in the conjunctiva, contact with biological secretions on the face, etc.

**Results:** In the results obtained from the study, the largest percentage 94.7% had a puncture from a surgical instrument, damage to the gloves and contact with biological secretions on the face. 78.9% side effects from anesthetic gases. 71.1% side effects from lifting weights and contact with biological secretions in the conjunctiva and 26.3% side effects from ionizing radiation during the intervention.

**Conclusions:** It was found that the risk of puncturing was considerable, as well as the damage to the gloves during work was also high. Health personnel must respect safety standards to protect their health and that of their colleagues. It is the duty of the hospital, which aims to produce health, to avoid dangerous activities for its personnel.

**Keywords:** occupational safety, surgical environmental risks, occupational health

## INCIDENCE OF HYPERTENSIVE DISEASES IN PREGNANCY: PIH SYNDROME, PREECLAMPSIA AND ECLAMPSIA, MANAGEMENT AND PERINATAL OUTCOME

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### ABSTRACT

**Introduction:** Hypertensive disorders in pregnancy are disorders in which the pregnant woman presents a high blood pressure during pregnancy or puerperium.

**The purpose of the study:** The purpose of this study was to determine the prevalence and identify possible risk factors for hypertensive disorders in pregnancy, with the aim of proposing specific preventive measures for these pregnant women.

**Methodology:** In this study we determined the prevalence as well as the identification of some possible risk factors for hypertensive disorders in pregnancy. This study was carried out at the Obstetrics and Gynecology Clinic, Prishtina. This Clinic is a tertiary referral facility. Statistical analysis: Data analysis was performed using MedCalc, where various obstetric risk factors of hypertension were compared between the two study variables when appropriate.

**Results:** For a period of one month (August 2022) in the Obstetrics and Gynecology Clinic, there were 1125 births, of which 87 (7.73%) were complicated by hypertensive diseases in pregnancy. So, the prevalence rate of hypertensive diseases in pregnancy during the month of August 2022 in the Obstetrics and Gynecology Clinic was 7.73%. Out of a total of 87 complicated with hypertensive diseases in pregnancy, 63 (72.41%) had hypertension induced by pregnancy (PIH syndrome), 12 (13.79%) with chronic hypertension in pregnancy, 10 (11.50%) with preeclampsia, 2 (2.30%) were complicated by eclampsia.

**Conclusions:** From this study we come to some conclusions, pregnant women under the age of 19 and over 35 years have a much higher probability to be attacked by hypertensive disorders in pregnancy. Pregnant women who had hypertension in the previous pregnancy were 3 times more likely to develop hypertensive disorders in the subsequent pregnancy.

**Key words:** Pregnancy, PIH syndrome, Preeclampsia, Eclampsia, hypertensive diseases.

## ANEMIA IN PATIENTS WITH CHRONIC RENAL INSUFFICIENCY

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"Aleksander Xhuvani"

### ABSTRACT

**Introduction:** Anemia is a hematological condition characterized by a reduction in the number of red blood cells (erythrocytes) or a decrease in the amount of hemoglobin in the blood. Red blood cells are essential because they contain hemoglobin, a protein that carries oxygen from the lungs to the rest of the body. Anemia often comes as a complication of Chronic Renal Insufficiency (CRF), as the production of the hormone erythropoietin, which is needed for the realization of erythropoiesis, decreases.

**Purpose:** The purpose of this study is to evaluate the degree of anemia in patients with IRK in a population group from the city of Durrës.

**Methodology:** This is a cross-sectional descriptive study, for the realization of which 60 subjects (31 female patients and 29 male patients) aged 22-91 years with a first diagnosis of IRK were studied. The results were collected in a private laboratory, part of a medical clinic with a basic specialty of nephrology, in the city of Durrës, in a time span from May 2022 - December 2023.

**Results:** Of the subjects with IRK included in the study, it was observed that the average age was 63 years, where females predominated with 51.7% of cases and males with 48.3% of cases. Anemia was present in 75% of subjects (45 patients, of which 27 women and 18 men).

**Conclusion:** Chronic Renal Insufficiency has a relatively high impact on the occurrence of a complication such as anemia, this is the result of abnormal erythropoiesis, as a result of the decrease in the production of erythropoietin by the kidneys, and this situation is more visible in the most advanced stages of IRK. The laboratory plays an important role in the diagnosis of anemia in patients with IRK.

**Key words:** Anemia, IRK, Patients, Erythropoiesis

## **WOUND MANAGEMENT USING INNOVATIVE METHODS: VAC THERAPY**

**Lutfi Lami**

### **ABSTRACT**

**Entry:** In 1997, for the first time, clinical trials began on a variety of wounds where the treatment works through a closed vacuum-assisted (VAC) system, and in 2009 at Novara Major Hospital, for the first time, NPÚT or VAC therapy was used in wounds of maximofacial region. This abstract will carefully discuss the mechanisms of action of the VAC system, which affects the improvement of blood circulation, the reduction of inflammation and the promotion of the production of growth factors of healthy cells. In an analysis of the results of clinical research and studies done on patients with various wounds at the Lami Medical Care Clinic, it was possible to participate in the study 156 cases, of which 84 cases are with decubitus grade II and III (chronic ulcers) and 72 cases diagnosed with fistula Coccygeal intervened in the post-operative phase, in both cases the advantages of VAC therapy will be analyzed, which affects the reduction of the risk of infections, the reduction of wound healing time, which leads to the reduction of days spent in the hospital, reduction of interventions surgical, reducing the economic cost of institutions and patients' families.

The application of VAK therapy has increased significantly in several fields of medicine, including surgery, orthopedics, regional medical centers, and specialized health care centers. VAC is used for the treatment of acute and chronic wounds in all countries that have a health system that aims to increase the quality of services for patients. Its use can include surgical wounds, diabetic ulcers, arterial and venous ulcers, VAC systems are one of the most innovative alternatives that have demonstrated success and safety in wound healing, promoting cell growth, reducing infections, improving or reducing recovery time, it is important to mention that the application of VAC therapy may vary depending on the country and the availability of medical equipment. In some countries, Vac therapy may be more widespread as part of treatment protocols, while in some other countries it may be more limited in its local availability.

**Objectives:** To assess the effects of NPUT on surgical wounds (primary closure, skin graft or flap closure) expected to heal by primary intent

**Keywords:** (NPT); (VAC); Difficult wounds; Negative pressure wound therapy; Sub-atmospheric pressure coating; Vacuum closure, ulcer.

**Worked:** M.Sc. Lutfi Lami K/Inf SRD, Lector UAMD, Medical Care Lami Director.

## NURSING CARE IN THE TREATMENT OF POST-OPERATIVE WOUNDS

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<sup>2\*</sup> Corresponding Author Mexhit Mustafa

### ABSTRACT

**Introduction:** Post-operative wounds are special types of wounds that occur as a result of a surgical operation. These types of wounds are distinguished by their open nature, intentionally created to allow the surgeon to perform the necessary procedures. Proper care and treatment are essential to minimize complications and ensure proper healing after surgery.

**Aims of the paper:** The primary aim of this research is to identify the challenges and difficulties that nurses encounter when providing post-op wound care. The secondary purpose of this research is to look for significant differences between the results of the groups of nurses with work experience of 1-18 years and 20-43 years through the statistical analysis T-test.

**Material and methods:** The key methodology of this research is quantitative. The work is prospective. For the study, 50 nurses who work in the CKUK in the abdominal surgery wards A, B, HB, C were taken.

**Results:** The use of T-test statistical analysis has improved the understanding of the differences in the results of the group of nurses with 1-18 years of work experience and those with 20-43 years of work experience. The T-test analysis did not reveal statistically significant differences in the results of the questions between the group with work experience 1-18 years and the group with work experience 20-43 years.

**Conclusion:** The research revealed that nurses face challenges and difficulties in providing post-operative wound care, including the lack of necessary resources. However, statistical analysis did not identify significant differences between the group of nurses with different work experience, suggesting that work experience does not consistently affect post-operative wound care.

**Key words:** Nursing Care, Post-Op Wounds, Treatment Challenges, Improving Care.

## VIRUSES AND CANCER

**MSc. Mimoze Buzhala PhD candidate,**

### ABSTRACT

**Introduction:** Cancer is a serious disease that can also be caused by some viruses to which health workers are exposed. Knowing these viruses is the main preventive measure in protecting against them.

**The aim** of the paper was to investigate the human oncogenic viruses that can cause cancer as well as the mechanisms of their oncogenic action. To evaluate the risk factors, the routes through which these viruses are carried, as well as to evaluate the protective methods against infection with them.

**Methodology:** the research was done on the search platforms: PubMed, Scholar, WHO, Science, and the works that analyzed the viruses that cause human cancer were divided for consideration.

**Results:** a total of 46 scientific studies reviewed, prove that some of the viruses that infect humans and are transmitted from human to human, have oncogenic capabilities and can cause cancer. Viral infections contribute to the causation of about 15-20% of all human cancers. The most well-known viruses that cause cancer in humans are: Epstein-Barr virus, Human papillomaviruses, hepatitis B virus (HBV), hepatitis C virus (HCV), Herpes virus 8 and Merkel cell polyomavirus. These viruses use different strategies in the development of cancer, but their common characteristic is the ability to create persistent infectious relationships with the host. They are transmitted through blood, oral secretions, sputum, needles, sexual contact, damaged skin and from mother to fetus.

**Conclusions:** The molecular mechanisms through which viruses cause cancer are: stabilization of long-term latent relationships, avoidance by the immune system, incorporation into the cellular genome, block tumor suppressor genes, inhibit apoptosis, generate free radicals, use the cellular replicative machinery in the service of viral replication. They are transmitted from person to person, so vaccination and provision of protective equipment for health workers should be a priority in maintaining their health.

**Key words:** cancer, virus, molecular changes, vaccination.



## HEALTH PROMOTION FOR A HEALTHIER LIFE

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### ABSTRACT

**Introduction:** Health requires the promotion of a healthy lifestyle. The importance of lifestyle is largely due to its impact on quality of life and disease prevention. It is essential to promote and to correct the lifestyle to maintain and promote health.

**Purpose:** Knowledge of hemodialysis ward patients with the ways and forms of health promotion, for a healthier and qualitative life.

**Methodology:** quantitative through questionnaire. (JPHC\_Q05\_English). **Sample:** 55 patients of the ward of H.D. "Isa Grezda" Regional Hospital.

**Results:** In the question "Do you receive advice from the health personnel who treat you, regarding nutrition, the diet you should follow, the patients answered as follows:" Sometimes answered 34%, "Rarely answered 16%" and "Very often 50%". To the question "Are you satisfied with the advice you receive, are they understandable to you" Sometimes 20% answered, "Rarely 4%", and "Very often 76%". "How often do you get advice from the health professionals who care for you about nutrition in accordance with your disease" Sometimes 38%, "Rarely 14%", and "Very often 48%".

**Discussion:** The results show us that the patients of the H.D department receive necessary, clear and informative advice from the health personnel regarding nutrition, in accordance with their disease.

**Conclusion:** From this we came to the conclusion that the health personnel correctly carry out health promotion, enhancing the healthy way of life so that these patients have a higher quality of life.

**Key words:** patient, promotion, health personnel, health

## PROPHYLAXIS AND THE ROLE OF NURSES IN COVID-19 PANDEMIC: A SYSTEMATIC REVIEW

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### ABSTRACT

**Introduction:** COVID-19 is an infectious disease caused by SARS-CoV-2. The infection is respiratory. The main symptoms are fever, temperature, cough, tiredness, dyspnoea, myalgia, and headache. Prophylaxis includes hand washing, social distancing, ventilation of the environment, isolation of the symptomatic patients, and vaccination.

**Purpose:** This research identifies the role of nurses and prophylaxis in the COVID-19 pandemic. Apart from the role of nurses in the physical protection of the patients, it is important to know their role in the psychological support of patients.

**Methodology:** We used databases such as PubMed, Cochrane, and Research Gate. Studies that were included were published from 2020 to 2023. These were studies conducted in humans that **were analyzed and synthesized retrospectively**.

**Results:** Prophylactic measures such as masks are proven to be effective. Studies have shown that masks are more important in the COVID-19 pandemic. Masks have shown different levels of protection and also the way they were used was important. Masks were causing environmental pollution because of improper disposal. Avoiding contact with patients was difficult for healthcare professionals. Evidence shows that vaccines against COVID-19 are effective, safe, and qualitative; there are some exclusions to this criteria. Nurses have an important role in informing people regarding prophylactic measures against COVID-19, and also in the protection of the mental health of the patients as the first line of contact.

**Conclusions:** Prophylaxis has a significant role in reducing the number of cases during COVID-19. The main prophylactic measures were masks, avoiding close contact with patients, personal hygiene, and vaccination. Based on the studies that were analyzed there is an important role of prophylaxis in reducing the number of cases during the COVID-19 pandemic. Prophylactic measures combined were more effective than the same measures applied separately. In an eventual pandemic, it is important to know and apply the prophylactic measures to protect the psychophysical health of the patients.

**Keywords:** COVID-19, Prophylaxis, Nurses.

## LIFESTYLE OF PATIENTS LIVING WITH HEART DISEASE

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### ABSTRACT

**Introduction:** Quality of Life (QoL) is considered one of the most important outcomes in health care, especially among patients with cardiovascular disease (CVD). According to the WHO definition of health, QoL should be considered an essential health outcome in the management of any disease.

**Purpose:** The purpose of this paper is to elaborate, explore and understand the lifestyle of patients living with heart disease.

**Method:** The study was carried out in the QKMF- Mitrovica among 50 patients diagnosed with cardiovascular disease. The questionnaire used is the WHO Quality of Life Scale-Brief. In this study, a quantitative research design was used, as well as demographic and statistical analyzes were performed through the SPSS program.

**Results:** The total sample number was (N = 50). Participants were of both sexes, with 42% (N = 21) being male, and 58% (N = 29) being female. A reliability of ( $\alpha = .84$ , N = 26) was found for the WHOQOL-BREF questionnaire which measures the points scored for the four domains which are physical, psychological, social and environmental, and which included a total of 26 requests.

**Discussion:** Our results showed similarities with other scientific papers, based on the significance it possesses ( $p = .000$ ). Regardless of the history of CVD, most respondents reported a good quality of life.

**Conclusion:** Most participants with a history of CVD had a good quality of life based on environmental aspects, social relationships, physical health and psychological state.

**Key words:** *lifestyle, cardiovascular diseases, WHOQOL- BREF*

## THE EXPERIENCES OF BREAST CANCER PATIENTS AND THE NURSING ROLE

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*<sup>1</sup>Faculty of Technical Medical Sciences, University of Elbasan "Aleksandr Xhuvani"*

### ABSTRACT

**Background:** This qualitative study aims to investigate the experience of breast cancer patients in relation to nursing care and to identify the role of nurses in supporting them.

**Purpose:** The purpose of this study is to identify the experience and perception of patients regarding illness and nursing care and to describe the role of nurses in their service.

**Methodology:** This study was conducted on the basis of qualitative interviews where women were offered the opportunity to talk about thoughts and reactions related to the disease, as well as to express feelings of anxiety, fear and uncertainty about breast cancer.

**Results:** The study included 28 women, aged 35-67 years, with newly diagnosed breast cancer. Women described their experiences of illness and nursing care in a semi-structured interview 6 months after primary treatment. The data are coded and divided according to the topics covered. The findings showed that emotional support, as well as organizational care changes, led to an increase in the patients' sense of security and an improvement in their psycho-emotional state where most women could plan for the future regardless of the difficult situation they are in.

**Conclusions:** The study shows that nursing intervention can improve the sense of control, so it is important to improve communication and cooperation between patients and nurses to ensure personalized and effective care. Also, organizational changes between the surgery department and primary health care significantly affect the shortening of patient waiting times and changing routines around diagnosis information.

Key words: patient, nurse, breast cancer

## HOW MUCH DOMESTIC VISITS HAVE BEEN HELD FOR HEALTH CARE, FOR MOTHERS AND CHILDREN

Rukije Hajdari Pllana

### ABSTRACT

**INTRODUCTION:** Domestic visits will support the identification of abused and neglected children such as early detection of diseases, anomalies and those at risk of being abandoned by their parents or guardians and will contribute to strengthening cooperation between health and social protection institutions and other structures in Kosovo.

Pregnant women and to newborns are entitled to high-quality healthcare, including antenatal care, postnatal care (WHO, 2020).

**PURPOSE:** Increased success rates of domestic care visits for mothers and babies, with particular emphasis on the period immediately after birth within the first three days.

**METHODOLOGY:** The research was organized with retrospective method for the period January-November, analyzed data from the formulary of reports for domestic visits for mothers and children, the analyses includes indicators as per below:

1. Number of domestic visits for children and pregnant women.
2. The data are processed with adequate statistical methods and are presented in tabular and graph form.

**RESULTS:** From the analysis of the formulas of domestic visits from the reports for the period January-November, in total 2776 visits were made, 78% of them were visits for children of the age group 0-3 years after the 3rd day after birth, 11% of them were visits for pregnant women, and 11% were visits to babies within 3 days after birth.

**CONCLUSIONS:** The complete non-fulfillment of the realization of domestic visits for mothers and children is caused by various objective factors:

1. Incorrect addresses or mistakes in street names.
2. Intentional failure to vaccinate children by their parents.

**Key words:** Mothers, Children, Health

## BURNOUT IN NURSING

**Sahadete Ejupi- Kallaba,  
Shpresa Surdulli, Sevdije Krasniqi, Shpresa Kalludra and Senay Maksut.**

### ABSTRACT

**Introduction:** Burnout is defined as a syndrome of emotional exhaustion, lost of motivation, depersonalization, and a decrease in personal achievements.

**The purpose of the study:** the opinions of nurse regarding Burnout at their workplace and how much it is openly expressed in the clinics of UCCK, was the idea of the research.

**Methodology:** The **quantitative approach** was used in this study. **The questionnaire**, divided into eight (8) parts/sections with closed questions (Copenhagen Psychosocial Questionnaire - used in the PUMA study) was used for the research and data collection. This questionnaire is suitable for conducting quantitative-type research, as it enables us to obtain useful data so that we can come up with concrete results.

**Participants** in the research were: nurses, midwives and other health professionals (63 participants in total) from the UCCK clinics. The study was conducted in the period of **January to February 2024**. The analysis of the data was conducted by using the statistics program – Excel. **The results** are presented in tables and graphs. Frequency and percentage were used to describe the results.

**Results:** According to the results, 76.1% of the participants often experience emotional swings in the workplace while providing services, while 55.5% often cannot express their emotions. 38% of the participants sometimes feel that they are so busy that nothing can make them happy. 69.84% of the participants rarely have influence in the workplace while 84.50% rarely have the opportunity to influence the amount of work they are given.

**Conclusion:** Burnout is a very serious issue that must be addressed head on in the Nursing profession and the factors that cause it must be addressed and discussed carefully to prevent burnout and preserve the health of healthcare workers.

**Key words:** Burnout, health workers, emotional swings, exhaustion.

## PHYSIOTHERAPY TREATMENT AND MANAGEMENT OF MECHANICAL NECK PAIN

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of Preclinical Subjects

### ABSTRACT

Mechanical neck pain is common in adult people, accompanied by these symptoms: pain, stiffness, reduced range of motion, pain in the shoulder, arm or hand. Many physiotherapeutic treatment methods include mechanical cervical traction, manipulation, therapeutic exercises, and other modalities for the management of Mechanical Neck Pain (MNP).

**The aim** of the study is to find the effectiveness of physiotherapy treatment and cervical traction in the management of MNP.

**Materials and Method:** We analyzed in the physiotherapy clinic at the "Luigj Gurakuqi" University of Shkodra two groups with 15 subjects who have mechanical neck pain from 2 October 2023 to 2 December 2023, Group - A received therapeutic exercises and manipulation and Group B- received therapeutic exercises, manipulation, and mechanical cervical traction. Pre- post- assessment was done by using Neck Disability Index [NDI], Visual Analogue Scale (VAS), and Range of motion of cervical region (ROM). Subjects were assigned randomly to one of two groups.

**Study Design:** A randomized two group parallel controlled clinical trial.

**Results:** The post-test evaluation of both the groups showed a significant difference ( $p < 0.05$ ) within group for all the outcome measurements. A post-test comparison of measured variables between groups demonstrated that the Group B has given statistically significant ( $p < 0.05$ ) reduction in VAS and NDI score; and increase in cervical ROM at week 2.

**Conclusion:** We concluded that even physiotherapeutic treatment methods is effective, the addition of mechanical cervical traction gives even better result in the management of mechanical neck pain, therefore Mechanical Cervical Traction is recommended.

**Keywords:** Mechanical Neck Pain, Physiotherapeutic treatment and managements methods. Mechanical Cervical Traction.

## MENTORING OF NURSING STUDENTS IN CLINICAL PRACTICE

**Shpresa Kalludra, Shpresa Surdulli, Sahadete Kallaba, Sevdije Krasniqi dhe Senay Maksut**

### ABSTRACT

**Introduction:** Mentoring is a professional duty of nurses and an important formative of nursing education and practice. Mentoring is carried out by an experienced nurse who supports the development of a less experience nurse or a student during university education.

**Purpose:** To identify mentors' knowledge and describe their attitudes and practices regarding the fair management of nursing students in the practice setting as assessed from the mentors' and students' perspectives

**Methods:** The quantitative approach was used in this study. For the study, 109 nursing students from different colleges who follow clinical practice in the UCCK, and 25 clinical mentors who work in the UCCK were selected. The study was conducted in the period July - September 2021. The data for the study were collected by means of two structured questionnaires, divided into 3 parts. The data were analyzed using the statistical program (excel program). The results are presented in tables and graphs. Frequency and percentage were used to describe the results, while open questions were analyzed based on the reviewed literature.

**Results:** Most of the participants were female (89%) students, respectively (100%) mentors, males were (11%) students and no mentors. (72%) clinical mentors declare that they have no plan regarding the College curriculum for the practical part that students must follow, (100%) of the mentors affirm that the professional skills of the mentors affect the achievement of the students' results. (72.5%) of the students think that their mentor are prepared and close to them during the practical part, (66.1%) of the students consider the Mentor as a positive model.

**Conclusion:** Mentoring, as a new field here in Kosovo, will undoubtedly require continuous research and studies, which will contribute to the improvement of mentoring and the quality of health services and nursing interventions. After analyzing and discussing the results of the research, we can conclude that mentoring of nursing students promotes student learning in the practical environment. Nowadays, mentoring as a field in the field of nursing sciences is practiced by many people, but are they competent? and whether they are capable of such a thing, let the authorities who have appointed them as mentors decide. Starting from the theories that we elaborated, we believe that the research paper will bring some positivity about the correct understanding of mentoring in the University Clinical Center of Kosovo.

**Key words:** Mentoring, clinical practice, students.



## PREVALENCE OF 25OHD HYPOVITAMINOSIS IN A POPULATION GROUP WITH RHEUMATIC DISEASES

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*3 Rheumatologist, regional hospital center "Xhaferr Kongoli" Elbasan*

### ABSTRACT

**Introduction:** Vitamin D is essential for bone development, skeletal health, healthy muscles and immune system regulation. In recent years, studies have shown that insufficient levels of vitamin D are a major problem worldwide.

**Aim:** To assess the prevalence of hypovitaminosis 25OHD in a population group with rheumatic diseases.

**Method:** This is a cross-sectional descriptive study, which was carried out during the period September 2023 - January 2024 in Elbasan, including individuals aged 50-70 years, with rheumatic pathology. The data collection was carried out in the regional hospital "Xhaferr Kongoli" in the department of Rheumatology.

**Results:** Of the 280 patients included in the study, 75% were diagnosed with inflammatory rheumatic disease, 44% with osteoporosis and 9.3% with degenerative rheumatic disease. Of these, 7.8% had vitamin D deficiency, 13.2% normal level and 79% had vitamin D insufficiency. In the group of patients treated for osteoporosis, 6.8% had vitamin D deficiency, 34.2% normal level and 59% insufficiency. 72 out of 280 patients received vitamin D and Ca (Calcium) supplements, in 4 of them vitamin D deficiency was found, in 39 patients insufficiency and in 29 patients normal levels.

**Conclusions:** Medical laboratories play an important role in measuring the value of vitamin D, which is important in the diagnosis and monitoring of patients with rheumatic diseases.

**Key words:** Vitamin D, Prevalence, Osteoporosis, Rheumatic disease.

## PROSTATE CANCER, SCREENING AND DIAGNOSIS

Sibora Alaj

### ABSTRACT

**Introduction:** Prostate cancer is the type of carcinoma that most often affects the male sex. Based on the latest research, prostate cancer is ranked second in mortality from malignant diseases, so topics like this must be addressed in international conferences so that the population is aware and informed about it: The clinical presentation of this disease, its diagnosis, and treatment.

Through these two main questions, the importance and purpose of the presentation of topic will be presented at this conference:

How does screening affect the early detection of prostate cancer and the reduction of the percentage of mortality?

Which diagnostic methods are more accurate in the early detection of prostate cancer?

**Purpose:** From the discussion of this topic, we aim to inform the health staff about the method of detection and diagnosis of prostate cancer, to convey a message to a wide population, and manage to raise the rate of early detection in the initial stages of prostate cancer, which would help treat this disease with easier methods with a lower rate of cost and mortality in the first years of diagnosis of the disease in our place.

**Methods:** This work was done with the analytical method based on the data obtained from

University Clinical Center of Kosovo, Clinic of Oncology, from the research of stories to

patients with prostate cancer.

**Results:** The results presented in the topic were obtained by examining the time between the appearance of signs of before the clinical diagnosis of the disease and making the final diagnosis of the disease in these patients, analysis of the age, level of education, and diagnostic methods of each patient.

**Conclusion:** Screening is the easiest way and with the highest results in early detection

of prostate cancer, which helps and facilitates the treatment of the disease and the prolongation of life in patients with this disease. Screening in time and the correct way of diagnosis reduces the percentage of mortality in early stages of prostate cancer cases

## EVALUATION OF PREOPERATIVE ANXIETY OF PATIENTS WHO WILL PERFORM A SURGICAL INTERVENTION

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### ABSTRACT

**Introduction** Anxiety is an unpleasant feeling of fear or behavioral pressure that can be caused by placing the patient in a stressful situation such as surgery.

**Purpose:** The purpose of this study is to evaluate the degree of preoperative anxiety in patients who will perform a general surgical intervention and the possible contributing factors of preoperative anxiety.

**Material and methodology:** It is a cross-sectional study. The number of patients included in the study is 160 patients during the period January-June 2023, in Shkodër Regional Hospital, general surgery, orthopedics and urology. The interview is divided into three parts, the first part includes the demographic data, the second part the anxiety questionnaire (The State-Trait Anxiety Inventory STAI), the third part includes the possible contributing factors of anxiety. Specific criterion, the interview is conducted before the patient undergoes surgery and they have expressed their wish. Exclusion criteria are patients > 18 years old.

**Results:** 65% of patients present high degree of preoperative anxiety, 20% medium degree, and 15% low. 85% confirmed that they had not received information from the medical staff, 55% had been informed about the surgical intervention. Contributing factors of preoperative anxiety 67% fear of the unknown, 81% possible operative complications, 72% fear of anesthesia, 64% lack of familiarity with the staff and 74% negative experiences heard.

**Conclusions:** The high level of preoperative anxiety results from the lack of information from the medical staff, thus causing the patient to be unaware of the perioperative period. This lack of knowledge, along with contributing factors such as pain and postoperative complications, further increase preoperative anxiety. Nurse-patient communication, active listening, answering every question from the medical staff, including the surgeon, resuscitator and nursing staff would have a positive effect on reducing the level of anxiety in these patients.

**Key words:** Anxiety, patient, preoperative, surgeon.

## **THE IMPACT OF INNER COHESION PSYCHOTHERAPY ON IMPROVING INTERPERSONAL RELATIONSHIPS**

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Adela Bajrami, Rineta Maliqi, Egzona Maxhuni, Suzana Baftiu, Antigona  
Imeri, Loreta Tovërlani, Fjolla Rexha, Albina Statovci, Drin Shehu, Erëza  
Vitija & Altina Limani**

### **ABSTRACT**

Inner Cohesion Psychotherapy is a psychotherapy model that makes the client understand the importance of time. A psychotherapy that gives special weight to intrapersonal and interpersonal communication, that recognizes life goals and values spirituality. Also, this form of psychotherapy is a new way to find inner cohesion - rest, peace, health, and mental well-being. The four systems emphasized in the psychotherapy of inner cohesion include relationships with self, relationships with others, goals in life, and spirituality. In this study, 58 participants (clients who were treated with internal cohesion psychotherapy for 3 or more sessions) were included, who were assessed for their interpersonal relationships before and after the treatment using a list of self-report questionnaires. The results showed a significant improvement in the interpersonal relationship before and after treatment with psychotherapy of internal cohesion. The practical implications of the research will be discussed.

## THE FUTURE OF MEDICAL LABORATORIES, INNOVATIONS AND TECHNOLOGICAL ADVANCES

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### ABSTRACT

**Introduction:** Medical laboratories are undergoing a transformative evolution driven by technological advances. Emerging technologies, including machine automation, artificial intelligence (AI) and molecular diagnostics, are revolutionizing laboratory testing, increasing the efficiency, accuracy and reliability of laboratory results.

**Purpose:** To learn about innovations and technological advances that promise to revolutionize medical laboratories and that contribute to the improvement of laboratory results and health care.

**Methodology:** A literature review was conducted in Pubmed, Medline, Science Direct, Clin Chem and Lab Med regarding the progress, innovations and technological advances of medical laboratories.

**Results:** Advances in automation and robotics have simplified work with laboratory equipment, increasing accuracy and reliability. AI-driven algorithms for data analysis and interpretation are being used to diagnose many diseases. Advances in genomics, genetic testing and the discovery of new biomarkers are enabling the prediction of many diseases and the development of personalized therapies.

**Conclusions:** By using advanced technologies in medical laboratories we can significantly increase the accuracy and reliability of laboratory test results, influencing the improvement of health care.

**Keywords:** medical laboratories, health care, technological advances

## **ASSESSMENT OF KNOWLEDGE AND ATTITUDE OF STUDENTS OF THE NURSING DEPARTMENT ON TISSUE AND ORGAN DONATION**

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### **ABSTRACT**

The purpose of this study is to evaluate the knowledge and attitude of the students of the "Nursing" Department, "Luigj Gurakuqi" University, Shkoder, on tissue and organ donation. The students freely submitted a questionnaire on the topic of tissue and organ donation. The questionnaire was distributed via e-mail, through the social platform WhatsApp and the data was collected anonymously. Data processing is carried out by Google Forms. The study is of a descriptive, analytical type with the main purpose of evaluating the knowledge and attitude of this population on tissue and organ donation. The results show that the majority of students have knowledge about tissue or organ donation, but they still need more information on the benefits of donors, familiarity with the current law on organ donation in Albania or even more detailed information on the many transplants that can be done. Regarding the position on the donation of tissues or organs, a high number think that they could be donors for family members in case of need, this percentage is lower in the case of people they do not have information about it.

**Key words:** students, organ donation, knowledge, attitude

## EXAMINING THE IMPACT OF INTERNET ADDICTION ON MENTAL HEALTH AMONG ADULTS IN KOSOVO

Visare Berish, Donjeta Memaj, Elmedina Hajdaroviq, Erlinda Nura, Ibrahim Zejnullahu, Rrezarta Ajvazi, Shqipe Bajrami, Xhida Azemi, Yllka Godeni, Zoja Topalli, Zyl Shaptafoviq  
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### ABSTRACT

**Introduction:** Internet addiction, characterized by excessive and compulsive internet use, is increasingly associated with mental health problems in adults. Individuals struggling with this type of addiction often experience high levels of stress, anxiety, depression, and loneliness. This dependency on the digital world can lead to social isolation, disrupted sleep patterns, and a decline in overall well-being. Moreover, excessive internet use can worsen existing mental health problems or cause new ones, creating a cycle of addiction and psychological distress. Effective intervention strategies, including therapy and cognitive-behavioral techniques, are crucial for addressing internet addiction and reducing its negative impact on adult mental health. Studies on adult internet addiction and its effects on health are essential.

**Methods:** The study participants were a group of 350 adults of both genders, over the age of 18, from the Republic of Kosovo, including rural and urban areas, with diversity in professions and different age groups. Participants were identified as internet users and were asked for personal data through a demographic questionnaire. The Internet Addiction Test (IAT) was used to assess internet addiction, and the Adult Self-Report (ASR) questionnaire for emotional and behavioral problems, measuring 8 dimensions of mental health and three subscales of internalizing, externalizing problems, and the total number of problems. Data were collected online through distribution and completion of the questionnaire on an online platform. After collection, the data were analyzed using the SPSS statistical software to identify possible correlations and trends in the data provided by the participants.

**Results:** The study found a significant statistical correlation between internet addiction and mental health problems. A significant finding was the impact of long-term internet use.

**Conclusion:** This study highlights the significant correlation between internet addiction and mental health problems among adults. The findings underscore the detrimental effects of excessive internet use on individuals' well-being, including increased levels of stress, anxiety, depression, and somatic issues. Moreover, the study emphasizes the importance of effective intervention strategies to address internet addiction and mitigate its negative impact on mental health. Overall, a deeper understanding of the relationship between Internet addiction and mental health problems is essential for developing targeted interventions and support services for individuals affected by this issue.



## **NURSING WORKFORCE AFTER THE COVID-19 PANDEMIC: PRELIMINARY FINDINGS FROM A SURVEY OF NURSES AND MIDWIVES IN ALBANIA, KOSOVO, AND NORTH MACEDONIA**

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**Nexhmije Gori Msc., President of Chamber of Nursing and other Health  
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Nursing and other professional**

### **ABSTRACT**

**Introduction:** As the largest sector of the global healthcare workforce, nurses and midwives played a critical role in COVID-19 pandemic response. These clinicians were at the frontlines of patient care during the pandemic, and their pandemic-related experiences have had profound effects on nursing practice and the nursing workforce. The purpose of this study is to describe aspects of nursing practice that may contribute to the nursing workforce in the post-pandemic context.

**Methods:** The study employs a cross-sectional design using a standardized electronic survey instrument to collect quantitative and qualitative data on topics including demographics; well-being and coping strategies; workplace and pandemic response; and occupational health risks. Data collection occurred between July 2022 and December 2023. Convenience and opt-in sampling approaches were used to recruit participants. Eligible participants were frontline nurses or midwives who cared for at least one patient with COVID-19 since March 2020. Data from participants working in Albania, Kosovo, and North Macedonia were analyzed using descriptive approaches.

**Results:** Of the 389 nurses and midwives included in the analysis, 95% were nurses, the majority (77%) were from Kosovo, and they had an average age of 25.4 years (SD=9.8). Over half of respondents worked full-time as frontline clinicians in urban, public health settings. Almost half (49%) of participants had three years or less of nursing experience, while approximately 12% had more than 10 years of experience. More than 65% of participants endorsed experiencing mental health symptoms such as anxiety, feelings of sadness and fatigue, being overwhelmed, and having difficulty concentrating while at work. Despite these work stressors, 65% reported being satisfied with their current job and 86% had positive perceptions of their work environment. Over half of participants reported that their current nursing position did not pay enough to keep them out of poverty, and 25% said they had a second job

outside of the nursing or midwifery field. More than 60% of respondents are considering leaving their current job within the next year.

**Discussion:** Findings suggest that frontline nurses and midwives experienced high levels of adverse mental health symptoms while working during the pandemic but still hold generally positive views of their work and work environments. However, percentages of participants who report living in poverty or having second jobs suggest that the economic realities of the nursing profession may threaten the nursing workforce and contribute to worker turnover both within and out of the profession. Potential solutions to support and sustain this relatively young nursing workforce include provision of mental health services for nurses who worked during the pandemic as well as policy and system-level initiatives to address adequate pay for nurses and other essential healthcare workers. Further research is needed to better understand the factors contributing to nurse perceptions of the work environment and intentions to leave their current positions.

## PATIENT SATISFACTION AT THE PRIMARY HEALTH CARE CENTER IN THE MUNICIPALITY OF PRISTINA, WITH THE FAMILY PRACTICE MODEL

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### ABSTRACT

**Introduction:** Public health is important to promoting well-being and sustainable societal development in primary health care. Primary health care provides a strong foundation for the healthcare system and for improving the health of all individuals and communities.

**Purpose:** This research uses the family practice model to evaluate patient satisfaction with the services offered at the Main Family Medicine Center in the Municipality of Prishtina (QKMF).

**Method:** This research is based on Quality Assessment Categories. The survey process has included ensuring anonymity, confidentiality, and the participants' right to interrupt the survey at any moment they wish. The survey period started in December 2023 and concluded in January 2024. The data have been collected, reviewed, and processed using Excel software. Statistical parameters such as the chi-square test, arithmetic mean, standard deviation, and correlation have been utilized.

**Results:** Continuous advice from healthcare staff on the prevention of common diseases was received by 65% of the respondents with a significant difference  $p=0.001$ . At the same time, according to gender, there was no significant difference  $p=0.6430$ . Guidance elsewhere for patients was reported by 85% of the respondents that they had been explained the reasons and when to go and why they should go, with a highly significant difference  $p=0.001$ . Regarding follow-up visits, patient satisfaction was at 55% with a highly significant difference  $p=0.001$ , with no significant difference according to gender  $p=0.36$ . The location of the complaint box was unknown to 45% of the respondents while waiting time was rated as satisfactory by an average of 45.8% of patients. This result suggests that there is a necessary intervention to increase awareness about the location of the complaint box and to improve waiting times for patients, even though the vast majority of patients are satisfied with the guidance and advice provided by healthcare personnel.

**Conclusion:** With high statistical significance and no difference based on gender, patients at the Main Family Medicine Center in Prishtina are satisfied with the advice provided by the healthcare staff, and referrals to other healthcare institutions; however, they are dissatisfied with parking spaces and adequate medication supply. Throughout the research period, it was revealed that the majority of patients at the Main Family Medicine Center in the Municipality of Prishtina (QKMF) using the family practice model are satisfied with the quality of services offered by the healthcare staff. However, several areas require further improvement, such as enhancing disease prevention advice, providing clear patient guidance, follow-up visits, and managing patient requests. To achieve the goal of sustainable healthcare and meet the needs of patients, QKMF needs to focus on improving these aspects to ensure a better healthcare experience for the community.

**Keywords:** Patients, satisfaction, primary care, public health.

## **PATHOLOGICAL CHANGES OF BIOCHEMICAL, HEMATOLOGICAL AND COAGULATION ANALYZES IN PATIENTS WITH COVID 19 DISEASE**

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*Kosovo. Sapienza University, Rome, Italy*

### **ABSTRACT**

**INTRODUCTION:** Pathological analyzes of routine hematological, coagulation and biochemical tests enable the identification of patients with a poor prognosis and the early detection of complications of the COVID-19 disease. Analyzes must be interpreted in the context of the overall clinical picture of an individual patient, and monitoring changes at the level of individual parameters is also extremely important.

**METHODS AND RESULTS:** A categorized and comprehensive literature search was conducted from 20 May 2021 to 25 July 2022 using international databases including PubMed, Embase, Web of Science, Scopus and the Cochrane Library in accordance with guideline recommendations to PRISMA. The PICO strategy was used to formulate the research question. The following terms were used: biochemical parameters in COVID-19, hematological parameters in COVID-19, blood coagulation parameters in COVID-19, indicators of inflammation, indicators of tissue damage in SARS-CoV-2.

**CONCLUSION:** Due to insufficient specificity, routine hematological, coagulation and biochemical tests are not used for the established diagnosis of the disease COVID-19, but are mainly used to assess the severity of the disease and to monitor the course of the disease and the effect of treatment. To establish the diagnosis of the disease of COVID-19, the methods of molecular genetics and immunological methods should be applied.

**Key words:** COVID-19, SARS CoV2, Lymphopenia, Neutrophilia, CRP, D-dimer, Ferritin.

## **STUDENTS' BEHAVIOR AROUND THE CONSUMPTION OF THE BREAKFAST MEAL**

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### **ABSTRACT**

The breakfast intake has a major contribution to the nutritional needs of students. the removal of breakfast has an unpleasant effect on cognitive, perceptual, and academic performance of students. The aim of this study was to determine the students' attitudes about breakfast consumption and its related factors. Methods: In this descriptive & analytical (cross sectional) study, 320 female and 80 male students of Shkodra University were enrolled. Data were collected using a questionnaire consist of behavioral beliefs and evaluation of the outcome. This study was conduct during January-February 2024. Data were analyzed using Microsoft Office Excel 2010. Conclusions: Most of the students skip breakfast and spend very little time on it. Students are aware of the importance of consuming this meal. They know the benefits and consequences of skipping breakfast, both on their health and academic performance. They are interested in improving these behaviors towards this meal and express their ideas. They are interested in getting more information or guidance on healthy breakfast options

**Keywords:** behavior, breakfast consumption, student.

## THE LEVEL OF PROFESSIONAL BURNOUT (BURNOUT) OF NURSES OF QKMF IN LIPJAN

MSc. Zejnije Shala

### ABSTRACT

**Introduction:** Professional burnout (burnout) is defined as a multi-dimensional construct consisting of emotional exhaustion, depersonalization and personal achievement. According to the WHO, symptoms of burnout include lack of energy or exhaustion, increased isolation from work, feelings of negativity related to work and decreased professional effectiveness.

**Purpose:** To identify the level of burnout (Burnout), their effects on the health of employees as well as the identification of the consequences that affect their performance.

**Methodology:** For the realization of this research, a qualitative-qualitative method was used, with a comparative approach. The research is of a prospective type and was carried out in the QKMF- Lipjan which included 100 participants. The research was carried out using standardized questionnaires (Maslach Burnout Inventory), time of research January-February 2024.

**Results:** The study included 100 nurses, of whom 63% were women and 37% were men. Of this sample, 53% belonged to the age group of 40-51 years, while only 15% belonged to the age group of 21-30 years. Regarding work experience, the results showed that 73% of them had a work experience of over 15 years. Overall, these results present a picture of the structure of the study participants and their demographic characteristics.

**Conclusions:** According to the data from the research, it seems that burnout is not prevalent among the nursing staff. However, we conclude that it is important to establish preventive measures by health care organizations and management, to reduce the rate of occupational burnout and to promote a healthy and safe work environment for health workers.

**Key words:** burnout, nurse, professional burnout, preventive.

## **THE RELATIONSHIP BETWEEN SCHOOL SUCCESS AND SELF-EFFICACY IN ADOLESCENTS**

**PhD. Zumera Alili**

### **ABSTRACT**

**Introduction:** In this research work, we aimed to determine: Whether students with higher self-efficacy achieve greater success? The study was conducted in two high schools in Gostivar, North Macedonia—both private religious schools and state medical schools, predominantly attended by female students aged 15 to 18, from first till fourth year. Fifteen female students were surveyed in each class, totaling 120 students in both private and state schools.

**Objective:** Our goal was to examine the influence of self-efficacy on students and their success in school. We also aimed to explore differences between general and religious schools based on self-efficacy, as well as the impact of residence, parents' educational status, and economic status on students' success.

**Methodology:** The measurement instrument used in this study is a questionnaire designed to gather data for verifying variables and hypotheses.

The questionnaire will be administered to high school students.

The scale used measures overall self-efficacy in personality or more precisely self-efficacy in dealing with various situations and stress. It consists of ten items, showing internal consistency with a Cronbach's alpha of 0.75 and 0.90. The scale has been validated with Croatsians, demonstrating a positive correlation with optimism, satisfaction with success, and a negative correlation with pessimism and perfectionism.

**The research concludes that :** AN INCREASE IN SELF-EFFICACY CORRESPONDS TO AN INCREASE IN STUDENTS AVERAGE GRADES.



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