

Experience of Sexual Harassment among Adolescent Girls of Private and Public School, Kathmandu

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Abstract

Sexual harassment is common and pervasive form of violence against adolescent girls but has less reporting rate than actual experiences. This descriptive comparative study was conducted to find out experience of sexual harassment among adolescent girls of private and public school in Kathmandu. Altogether 126 students were selected using census method. Structured, self-administered questionnaire was used to collect data. Collected data were processed using SPSS version 16. Simple descriptive statistics was calculated to analyze and interpret the data.

The mean age of the adolescent girls was 15.10 (SD.±1.11) years. More than one third (35.7 %) experienced sexual harassment, more than half (53.3%) experienced physical harassment, more than half (53.3) experienced harassment in street and nearly half (42.2%) experienced sexual harassment in school. More than two third (66.6%) perpetrator were stranger and teachers were responsible for harassment in 13.3% of victimized respondents. Similarly, majority (71.1%) of respondents were victimized more than one times. Though the 20 % respondents had reported after victimization, none of them reported to police station. Majority (77.8%) of respondents reported it to family members. Among the respondents who had not reported after victimization, 41.7% and 38.9% said lack of knowledge on reporting mechanism and legal provision respectively as reasons for not reporting the incidents. Though the sexual harassment among school adolescent girls is high, they choose to be silent after victimization without reporting due to lack of awareness. So, awareness program on legal provision and reporting mechanism of sexual harassment need to be conducted among the school adolescent.

Key words: Adolescent girls, sexual harassment, private school, public school

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Health Seeking Behavior of Newar Community

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Abstract

Health seeking behaviors are wealth, culture, post and power. It is the treatment seeking behavior of community for the latest illness as reported by them. The other attributes that affect the health seeking behavior are knowledge and practice of an individual, cost and effect of medicine. Behavior of health workers also determines the health seeking behavior of the community. This includes modern medicine that is determined by Government from centre level to village level. Other treatment system is included like self-medication.

Nepal is a country of multi-ethnic society. The population in Nepal is made up from diverse ethnic groups. Newar is one of them, They are concentrated mostly in Kathmandu valley. The location of study are Pukhulachi VDC, ward no 9, Sankhu, It is 17 km far from Kathmandu. There are also living in majority of Newar community. They have own culture, tradition, beliefs and practices. Every community defines certain meaning of health seeking behaviors. Behaviour of health workers also determines the health seeking behavior of the community. The main purpose of this study was to assess the health seeking behavior of Newar community.

The research was conducted among 50 adults of Newar community in Pukhulachi VDC, ward no. 9, Sankhu, Kathmandu. Structure questionnaire was used and interview for the datacollection. The pretest was done among the Newar people of Shantinagar, Kathmandu to determine the reliability and validity of the instrument. The necessary modifications and review was done as felt need showed by the result of pretest.

There were altogether 29 questions for interview. The mean age of the Participants was 27.4 years, the youngest participants was 22 years old and eldest was of 58 years. 90 % of the participants were married, 86% were Hindus and most of them were working as farmers and also working in laborer sectors. Most of them 50% are illiterate. The results showed most of the people go to the health institution for their treatment. It shows that most of them has the knowledge about health institution and go to the health institution for their treatment. 76% go to the hospital for the treatment however, some of them ie, 14% also believe in the traditional healers and go to them during the time of illness no doubt, some of them neglect their illness and do not go for the treatment unless there is severe pain and unable to work.

Majority of the respondents ie 32% think that health is to be physically well. It is found to be amazing that 60% of them think that self medication is the good practice. It's good to know that most of the respondents ie, 38% seek the treatment as soon as they are sick. Majority of the people ie, 74% go to the health institution for the treatment, 22% take the medication on their own and 4% still go to traditional healers such as Dhami/Jhakri for the treatment. 74% of the respondents have not found the biasness in the treatment process with the gendered 62% have not found the difference in treatment process among children and adult. Most of the respondents ie, 90% have more expenditure on treatment. They spend more than rs 2001 in a year. 70% of them are satisfied with the treatment received. 74% respondents have to pay the full amount for the treatment service. This study has attempted to analyze the health seeking behavior, knowledge and practices that effect to the Newar community

Key words: Health, Health seeking behavior, Newar

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Awareness regarding Neonatal Danger Signs among Rural Postnatal Mothers, Palpa

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Abstract

Neonatal period is the most vulnerable time for a child's survival. Mothers are the primary caregiver of the newborns/neonates, thus the awareness on neonatal danger signs has great influence on the health of the newborns (Oommen & Vasta, 2013). The main objective of study is to find out awareness of postnatal mother on the neonatal danger signs in rural community. A descriptive cross sectional study design was carried out. Setting of this study was two VDCs of Palpa District. Total of 117 respondents were taken by using non-probability convenience sampling technique within nine months period of data collection (August 1st, 2016 to April 30th 2017). Data collection was done by using pretested semi-structured interview schedule. The collected data were analyzed by using SPSS version 20. Descriptive statistics and inferential statistics namely Chi-square test was used. The findings of study revealed that out of 117 mothers, 19.7% gave birth before 20 years, 33.3% were Magar ethnic group. Most of mothers (93.1%) delivered their newborn at any health facilities. 100% of mothers were prepared for the place of delivery (Health facility) and early preparation of essential expenditure. Most (94%) mothers heard about neonatal danger signs. Among them, 100% percent of mother aware about unable to suck as neonatal danger followed by fever (99.1%), breathing difficulties and jaundice (88.2%), umbilical cord infection (83.6%), watery stool/ blood in stool (69.1%), hypothermia (62.7%) and least number of mothers (18.2%) were aware about convulsion as a neonatal danger signs. Similarly, most of mothers (94.5%) got information through radio. Most of mothers (89%) did their self-decision within 24 hours of danger signs for the treatment of sick newborn. 48.18% of mothers were aware on the neonatal dangers signs. Awareness on neonatal danger signs was significantly affected by age of postnatal mother and distance of health facility. Based on the study findings, it is concluded that to decrease mortality among neonate a teaching must be provided on neonatal danger signs since pregnancy to the delivery of baby.

Key Words: Awareness, neonatal danger signs, postnatal mother

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Knowledge and Practice regarding Acute Respiratory Infection among Mothers of under Five Year Children in, Nepal

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ABSTRACT

A descriptive cross sectional design was carried out to assess the knowledge and practice regarding acute respiratory infection (ARI) among mothers of under five year children.

The study was conducted in selected wards of Birjunj sub metropolitan city (then), 225 samples were selected by using non probability purposive sampling technique. Semi structured interview schedule was used to collect the data. The analysis was done using descriptive and inferential statistics (Chi square test and Karl Pearson's correlation).

The study revealed that 63.1% of the mothers had adequate knowledge and 74.2% had good practice regarding Acute respiratory infection. There was positive significant correlation between knowledge score and practice score of mothers regarding Acute respiratory infection ($r=0.683$, $p=0.001$). There was statistically significant association between knowledge level and type of house ($p=0.019$), nature of fuel used ($p=0.008$), smoking habit of the family member ($p<0.001$), educational level ($p=0.007$) and location of kitchen ($p<0.001$). Similarly there was statistically significant association between practice level with education ($p=0.002$), type of house ($p=0.000$), location of kitchen ($p<0.001$), nature of fuel used ($p<0.001$) and smoking habit of the family member ($p<0.001$).

The study concluded that there was high level of knowledge and practice on Acute respiratory infection and statistically significant correlation between the knowledge and practice regarding Acute respiratory infection.

Key words: Acute respiratory infection, knowledge, practice

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Original article

Knowledge and Attitude towards Infertility among Bachelor Level Students of Lalitpur

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Abstract

Infertility has been relatively less focused as a health problem in most of the developing countries and South East-Asian countries. The beliefs and consequences of infertility significantly differ among countries; however, education is generally prioritized as the focal point of change. Cross sectional study was conducted to assess the knowledge and, attitudes towards infertility among bachelor level students in a college of Lalitpur. A total 135 respondents were selected purposively and data were collected by using structured self-administered questionnaire. The data were analyzed by using descriptive and inferential statistics like frequency, percentage mean standard deviation and chi-square. The findings revealed that 60% of respondents were male. Majority (85.9%) of respondents were belonged to age group of 15-20 years. Most of respondents (72.6%) had inadequate knowledge regarding infertility however 74.8% of respondents had favorable attitude towards infertility. Most of the respondents (79.3%) were aware that low sperm count or quality in male and ovulation problems in female could be a cause of infertility. There was significant ($p < 0.05$) association between knowledge level with gender and age. It is concluded that though Bachelor students have favourable attitudes toward infertility, however knowledge about infertility is limited. Therefore, effective education on infertility needs to be imparted through mass media.

Key words: Knowledge, attitude, infertility, bachelor level students

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Original article

Factors Affecting Satisfaction on Maternity Services among Mothers in a Tertiary Hospital, Lalitpur

Thapa M¹, Paudel R²¹Major, Shree Birendra Hospital, Kathmandu Nepal²Nepalese Army Institute of Health Science, College of Nursing, Kathmandu**Abstract**

A woman's satisfaction with maternity service may have immediate and long term effects on her health and subsequent utilization of the services. Providing satisfying antenatal, delivery and postnatal service increases institutional service utilization.

The objective of this study is to assess the factors affecting satisfaction on Maternity service among mothers. A descriptive, cross-sectional study was conducted in maternity unit of Patan Hospital with 175 sample size. Structured interview based questionnaires was developed to collect data. Analysis and interpretation of findings was done with help of descriptive statistics and inferential statistics.

Physical facilities, staff accessibility, communication and information, environmental factors and behaviors of health care providers are administrative factors whereas types of delivery, condition of mother and length of hospital stay are obstetric factors that affect the satisfaction level of mothers. The study shows that 80.6% of mothers were satisfied with overall maternity services. There was significantly association between, type of delivery ($p < 0.048$), condition of mother ($p < 0.006$) and length of hospital stay ($p < 0.03$) with maternal satisfaction. This study concluded that majority of postnatal mothers were satisfied with maternity services provided at hospital.

Keywords: Maternity service, postnatal, satisfaction

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Burden on caregivers of patients with Hemodialysis, Nepal

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Abstract

This study entitled "Burden on caregivers of patients with Hemodialysis" was conducted with the objective of identifying burden among caregivers of patients with hemodialysis. A cross-sectional descriptive method was used. The study samples were 75 caregivers of hemodialysis patients of selected hospitals at Kaski District and purposive sampling technique was used for data collection. Zerit Burden Interview Scale was used to collect the data. Zerit Burden Interview Scale has been successfully used in many studies including in Nepal that determine the burden of care of patients undergoing dialysis.

Both descriptive and inferential statistics (chi-square test) were used for data analysis. More than half (57.3%) were female, 38.7 percent were belong to age group of 40 to 60 years with mean age 46.47±15.44 standard deviation and most of the participants (86.7%) were literate where majorities (68%) were spouses of patients. More than half (52%) participants had perceived mild to moderate burden. The care burden of participants was significantly associated with their age, marital status, relationship to the patients, duration of care given, type of residence and monthly income.

The study concluded that more than half participants had expressed mild to moderate level of care burden. Hence, it is necessary to increase the psychological support, health insurance, social support as well as coping abilities among caregivers of hemodialysis patients.

Key words: Burden; caregivers; hemodialysis

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Perception of Contributing Factors and Needs of Drug Abuser Residing in a Rehabilitation Center, Kathmandu

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Abstract

Drug addiction is a complex disorder characterized by compulsive drug use; in other words; drug addiction refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. The title of the study was perception of contributing factors and needs of drug abuser residing in a rehabilitation center in Kathmandu. Qualitative study design was used to explore the contributing factors of abusing the drugs and their expectation from family, society, government and rehabilitation centre. Sample size was 30. Written permission obtained from concern authority and respondents. Data was collected by using open ended self administered questionnaires from 2071-5-1 to 20715-31. Data was analyzed by interpretative theme.

Findings of the study show that majority (46.7) of the respondents initiate drug abuse at the age of 15-19 years. Majority (30%) initiate drug due to the peer pressure, followed by fun (23%) and curiosity (16.7%). Majority (36.7%) of the respondents brought in rehabilitation center by their mother, followed by father (23.3%) and parents (10%). Majority (56.7%) of the respondents perceive service provided by rehabilitation center was good. Around one fourth (23.3%) of the respondents perceive that if they had no money the already discontinue or give up the drugs. Majority (96.6%) of the respondents had desire to free from drugs and 80% need love and support. Similarly they need proper health support (16.7%) and employment opportunity from government. They need support all the times (40%), love and support (88.7%) and no discrimination (76.7%) from rehabilitation center, family and society respectively.

In conclusion drug abuser desire to give up the drugs but they need continue love, respect and support from family, society and government. So proper counseling, awareness program are necessary for adolescent, family, society and government body also.

Key words: Perception, contributing factors, effect of drug abuse, rehabilitation center.

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Original article

Depression among Chronic Renal Failure Patient Treated With Hemodialysis in Hospital

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Abstract

Depression is a state of feeling sad, a serious psychiatric condition in which a person feels very sad, hopeless, and unimportant and often is unable to live in a normal way. Depressive states are most common psychiatric disorder among patients with chronic renal failure. The descriptive study was conducted to assess the depression among chronic renal failure patients treated with hemodialysis at National Kidney Center, Banasthali Kathmandu comprising total 87 respondents, selected by using simple random sampling technique, a lottery method. A structured questionnaire, Beck Depressive Inventory (BDI) tool was used as the research instrument and structured interview schedule was executed. Data were collected from July 15 to 30 2016 and written informed consent was obtained from each respondent prior to data collection. Data were analyzed by using descriptive statistics and inferential statistics. The findings of the study revealed that majority (94.25%) of respondents showed the depressive symptoms and out of total- 41.38% were moderately suffered, 36.75% were severely and 16.09% were mildly suffered. There was a negative correlation between the monthly income and depression, low level of correlation between the onset of chronic renal failure and depression. Various factors like age, gender, marital status, educational status, occupation, monthly income, family support, onset of chronic renal failure were associated factors of depression. Based on the findings of the study it is concluded that this might be helpful to health care professional for providing quality health services including early detection, counseling service that improve the quality of life of chronic renal failure patient.

Key words: Chronic renal failure patient, depression, hemodialysis

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Original article

Status of Utilization of Institutional Delivery Service among Mothers Residing in Slum Areas, Kathmandu Valley

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Abstract

Maternal mortality is a global issue. A descriptive cross-sectional research was carried to find out the utilization of institutional delivery services among mothers in slum areas of Kathmandu valley. Total 260 samples were selected by purposive sampling technique from selected slum areas. Data were collected by face-to-face interview. The data were analyzed in Statistical Package for Social Science-22 version by using descriptive and inferential statistics.

The mean age of respondents was 25.9±4.8. The literacy rate of respondents was 77.8%. More than fifty (51.5%) of the respondents were primigravida. The majority (93%) of the respondents were institutional delivery. The institutional delivery was significantly higher among the respondents who had visited Antenatal care clinic during pregnancy, who had aware of maternal and child health care, had less distance of health facility and who can afford the cost of health service where p-values (p<0.001), (p= 0.002), (p<0.001) & (p<0.001) respectively. Thus it can be concluded that, institutional delivery was high among those who had used the institutional maternal services during pregnancy. So, it would be helpful, if we could organize awareness program to all about importance of institutional maternal service during pregnancy to improve the utilization of institutional delivery.

Keywords: Institutional delivery, mothers, utilization

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Original article

Effectiveness of Planned Health Education Program on the Level of Knowledge of Hypertensive Clients regarding Prevention of Hypertensive Complications in Dehradun

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Abstract

Hypertension, a silent killer is one of the most crucial chronic diseases although it is preventable, modifiable and treatable condition. Moreover, it leads to many serious and life threatening conditions. One of every three adults is suffering from hypertension with almost 1000 deaths in a day.

A pre-experimental study was conducted to find out the effectiveness of planned health education program on the level of knowledge of hypertensive clients regarding prevention of hypertensive complications. One group pre-test post-test design was used in purposively selected Shri Mahant Indresh (SMI) hospital, Dehradun by using self administered questionnaire on 60 hypertensive patients. Consent was taken before data collection and confidentiality was maintained by giving the codes. Data collection was done for 2 months from 4th April- 3rd June 2014. Findings revealed that (73.3%) respondents had inadequate and (25.0%) had moderate knowledge in pretest whereas after intervention (76.7%) respondents had moderate and (23.3%) had adequate knowledge on prevention of the complications of hypertension. The total mean score on knowledge was 15.25 with SD 3.9 in pre test whereas after the intervention the mean score was increased to 27.8 with SD 2.7 showing the increase in the knowledge after the intervention,

This study concluded that planned health education program found to be effective in improving the level of knowledge regarding prevention of hypertensive complications. So, it is necessary to organize and conduct the awareness program regarding it to help patients prevent themselves from life threatening complications of hypertension.

Key words: Hypertension, health education program, knowledge

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Adequacy of Information Received by Postoperative Patients admitted in Surgical Units of BPKIHS

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Abstract

Surgery is stressful hence patients should be provided with detailed information to ensure active participation. This study aims to assess the information received by postoperative patients admitted in surgical units of B.P. Koirala Institute of Health Sciences (BPKIHS). A descriptive cross sectional study design was adopted and 125 patients were taken using purposive sampling. Data was collected through interview questionnaire and analyzed using SPSS version 20.

The study showed that the mean age of the respondents was 39.98 ± 16.68 years. The total mean percentage score of information was 63.41±10.77 with highest on wound care (78.84± 10.78) and least on pain management (32.96± 21.21). Only 58.4% of the respondents received adequate information during their hospital stay. The information received had significant association with length of hospital stay (p value= 0.001) and history of past surgery (p value= 0.007). Thus, it can be concluded that information should be focused on all areas and individual need based patient information should be provided.

Key words: Postoperative patients, surgical units, adequacy of information

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Traditional Beliefs and Practices on Self Care among Postnatal Mothers in Tertiary Level Hospital

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Abstract

A good postpartum care and well balanced diet during postpartum period is very important for the health of a woman. But traditional beliefs adversely affect the practices on self-care among postnatal mothers in nutrition, personal hygiene, rest and activity and newborn care. The objective of this study was to identify traditional beliefs and practices on self-care among postnatal mothers. Descriptive exploratory study was conducted, using semi-structured interview schedule among 106 postnatal mothers who were selected by nonprobability purposive sampling techniques. The study was conducted in Shree Birendra Hospital of Kathmandu. Descriptive statistics as well as inferential statistics, namely chi-square test was used to analyze the data.

The study showed that 76.4% of the postnatal women had positive beliefs, 21.7% had neutral beliefs and 1.9% had negative beliefs on self-care. There was no significant association (p > 0.05) of the selected variables (age, religion, ethnicity, level of education, residence and type of family) with levels of traditional beliefs on self-care during postpartum. Regarding practice, 62.3% postnatal women were consuming hot food after delivery, 87.7% of them took extra foods, 54.7% brushed their tooth, 91.5% of them were supported by their husband and 98.1% of the women feed colostrum to their newborn during postnatal period. Thus, it is suggested to target all postnatal women to develop better health education programme by hospital authority regarding postnatal care at the time of discharge from hospital.

Key words: Traditional beliefs, practices, self-care, postnatal mothers

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Factors Associated with Low Back Pain among Middle-Aged Women

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Abstract

This study entitled "Factors Associated with Low Back Pain among Middle-aged Women" was conducted in Radhapur Village Development in Banke. A cross-sectional descriptive research design was adopted to identify the prevalence and factors associated with low back pain among middle aged women. The study was conducted among 240 middle aged women with and without low back pain. The Radhapur V.D.C. was selected purposively and probability proportionate systematic random sampling technique was used to select the sample. Before the data collection, ethical approval was taken from Institutional Review Board, Institute of Medicine and verbal consent was taken from the participants after explaining the purpose of the study. Data were analyzed by using descriptive statistics like frequency, percentage and inferential statistics like chi-square test using Statistical Package for Social Science (SPSS) program version 16.

The study findings reveal that two-third respondents did not have problems of low back pain (LBP). The prevalence of LBP increased gradually with age: from 27.7% for the age group 40-50 years to 42.1% for the age group 51 - 65 years and shows that there was no significant association between ethnicity, religion and occupation with LBP. The problems of uterine prolapse, abdominal/ pelvic cavity operations, number of hours worked, alcohol intake, health problems and hereditary were strongly associated with LBP ($P < 0.000$). Based on the study findings, it concludes that LBP is quite common among middle-aged women. Alcohol consumption, uterine prolapsed, operation of abdomen/pelvic cavity, total working hours and heredity were associated with low back pain but many women seem to take it as a natural occurrence and are not concerned about factors associated with it. Therefore, it is recommended that awareness programme is necessary about management and prevention of low back pain for uplifting women's health.

Key words: Low back pain, self reported, middle-aged women, socio-demographic variables

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Awareness regarding Exclusive Breastfeeding among Working Postnatal Mothers at Community Setting, Dhulikhel Kavre

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Abstract

Breastfeeding is sufficient and beneficial for infant nutrition in the first 6 months of life. The objective of this study was to assess awareness regarding exclusive breastfeeding among working postnatal mothers. A descriptive cross sectional research design was adopted. Total 200 respondents were selected by non probability purposive sampling technique. A structured questionnaire was used as an instrument. Data were collected through interview method. The data were analyzed and interpreted using descriptive and inferential statistics.

The findings revealed that the mean age of respondents was 25.5±2.56. Fifty percent of the respondents were literate. Overall awareness score on exclusive breastfeeding was 34.24±6.65 with the range of 18 to 47 score out of 54 possible score. The total mean score and SD of literate was 35.2(4.29) and illiterate was 32.36(3.62). The calculated p value was 0.002 which is less than 0.05. Hence the result was statistically significant.

It is concluded that literate working postnatal mothers have awareness regarding exclusive breastfeeding than illiterate. Thus, it is important to provide prenatal education to mothers on exclusive breastfeeding in hospital and community setting and recommend strengthening the public health education campaign focusing illiterate people to promote exclusive breast-feeding.

Key words: Exclusive breastfeeding, working postnatal mothers

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Awareness and Practice regarding Prevention of Acute Respiratory Infections among Earthquake Victims at Sindhupalchowk District

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Abstract

Acute Respiratory Infection (ARI) is considered as one of the leading causes of morbidity and mortality and it incurs upon high economic cost. Its control is a big public health concern especially in developing countries. The objective of this study was to assess the awareness and practice on prevention of acute respiratory infections among earthquake victims. A descriptive cross sectional study was conducted in Sindhupalchok district with 68 earthquake victims by using non probability convenience sampling method. The study period was from July 2015 to February 2016. A pretested semi- structured questionnaire was used to collect data by interview technique. Data were analyzed using descriptive analysis with Statistical Package for Social Science (SPSS) version 16. The findings revealed that Mean age (SD) was 35.82(±11.63). Majority (52.9%) were female, 57.35% were literate and 51.5% were house managers and involved in agriculture equally. Regarding awareness and practice, majority (77.9 %) of them were adequately aware but only 19.1% had good practice, 58.8% had moderate and 22.1% had weak practice for the prevention of ARI. In conclusion, majority of the respondents had adequate awareness and moderate practice on prevention of ARI. But only few had good practice regarding prevention of ARI so it is highly recommended to launch community awareness program on prevention of ARI by local/central health agencies to enhance good practice for the prevention of ARI.

Key Words: Acute respiratory infections, aware, earthquake victims, practice, prevention

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Knowledge regarding Pre-conceptual Care among Nulliparous Women

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Abstract

Birth defects and complications can arise very early in a pregnancy. If a women's health is managed before she conceives, health problems that can affect her and her baby can be reduced or prevented. A descriptive exploratory study was conducted to identify the knowledge regarding preconception care among 119 nulliparous women in Butwal Sub-Metropolitan City. Its 15 wards were divided into 5 strata and one ward was chosen from each stratum by "simple random" sampling technique (lottery method). A set of semi-structured questionnaire designed and translated into Nepali language. Then every nulliparous women in the selected wards were interviewed through home visits. The study findings reveals that mean knowledge score of nulliparous women was 81.89% with 63.1% having average level of knowledge, 36.1% and 0.8% having good and poor level of knowledge respectively. The respondent's knowledge was associated with age ($p=0.009$), educational level of respondents ($p=0.002$) but not associated with ethnic group, religion, types of family, area of residence, husband's educational level and occupation. In conclusion, overall knowledge of respondents regarding pre-conceptual care was good. It might be as this study was conducted in urban area and all respondents were literate.

Key words: Knowledge, nulliparous women, preconceptional care

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Beliefs and Attitudes towards Mental Illness among Community People of Tokha Municipality

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Abstract

Beliefs and attitudes towards mental illness among community people play an important role in the behavior of people towards mentally ill patients. A cross sectional descriptive study was done in Tokha municipality to identify the beliefs and attitudes of people towards mental illness and its association with socio-demographic characteristics. Probability cluster sampling technique was used in this study. Semi-structured questionnaire was used to collect data. Descriptive and inferential statistics were used in analysis of data. Among 156 respondents, 70.5% had positive beliefs while 29.5% had negative beliefs, and 80.1% had positive attitudes while 19.9% had negative attitudes towards mental illness. Beliefs of mental illness were significantly associated with age, sex, education and ethnicity of the respondents of the study. Attitude towards mental illness was significantly associated with age, sex and educational status of people.

Findings from this study suggest that beliefs and attitudes towards mental illness are still negative which suggests there is still need for public education to increase awareness on mental health and to promote positive beliefs and attitudes towards mental illness. Certain group of people like female, particular ethnic group and illiterate people should be focused because they have more negative beliefs and attitudes towards mental illness in comparison with others.

Key words: Beliefs, attitude, mental illness

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Knowledge regarding Inhalation Technique among the Patient using Rotahaler

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ABSTRACT

Inhalation mode of drug delivery is the mainstay treatment for chronic respiratory disease (COPD and Asthma). However, poor knowledge and wrong inhalation technique are responsible for decreased drug delivery and poor disease control. This hospital based crosssectional descriptive study was conducted to assess knowledge regarding rotahaler (dry powder inhaler) inhalation techniques among the users. Semi structured questionnaire was administered among the 50 respondents selected by purposive consecutive sampling technique. The study population was all inpatient and outpatient respondent who were using Rota haler. The mean age of the respondents was found to be 70.46±12 among them 62% of were females. The stepwise inhalation technique of each respondent, was assessed with reference to standard guidelines. Most important inhalation technique steps were missed by 72% of respondents. Which was not breathing out fully and followed by 64% of respondents holding their breath for 10sec after inhalation and 4% failed to exhale out. These are barriers of greater clinical response for rotahaler users'. The study concluded that even though majority of the respondents had overall average knowledge regarding inhalation technique of rotahaler, most important steps missed by the respondents regarding inhalation technique. Duration of use of rotahaler was found to be significantly associated with the knowledge of respondents. Inefficient inhaler technique resulting in poor drug delivery, decreased disease control. So for improved knowledge and greater clinical response of rotahaler, health education programme should be carried out.

Keywords: Inhaler, knowledge, rotahaler.

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Knowledge regarding Mental Illness among Young Adult in the Community Setting, Janagal, Kavre

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Abstract

The research entitled "Knowledge Regarding Mental Illness among Young Adult in the Community Setting, Janagal, Kavre was conducted to describe the knowledge regarding mental illness in Kavre. A descriptive cross sectional study was conducted among 100 respondents selected by systemic random sampling technique after selection of ward by simple random sampling technique. Data were collected by face to face interview technique using structured as well as semi structured questionnaire. The data were analyzed using descriptive and inferential statistics by using SPSS program 20 version.

The mean age of the respondents was 32.19±6.66. The total mean knowledge score of literate was 25.02±5.52 and illiterate was 22.38±5.42 p-value was 0.04. Thus, there was significant difference on knowledge regarding mental illness of illiterate and literate according to educational status. On the basis of age there was no significant difference as p-value was 0.83. The mean of total knowledge score regarding mental illness was 23.61± 3.88.

There was significant difference in knowledge regarding mental illness based on educational status therefore awareness program could be launched to all the community people targeting illiterate people through various mass media like Television and radio focusing on contributing factors, sign and symptoms and preventive measures of Mental Illness.

Key words: Knowledge, attitude, mental illness, young adult

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Original article

Prevalence and Factors of Burnout Syndrome among Nurses

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Abstract

The burnout syndrome is a serious consequence of chronic exposure to work-related stressors. The aim of the study was to assess the prevalence and associated factors of burnout syndrome as well as to examine the relationship with in the dimensions of burnout syndrome among nurses.

A descriptive cross-sectional study design was used. The study was carried out among 106 nurses by using purposive sampling technique in a government Hospital, Pokhara. Self-administered structured questionnaire was used to collect data. The collected data were analyzed and interpreted by using descriptive and inferential statistics through computer program statistical package for social science.

Findings of the study revealed that 52.8 % nurses had low level of emotional exhaustion, Mean \pm SD 21.198 \pm 9.589; 57.5 % had low level of depersonalization Mean \pm SD 5.349 \pm 4.450 and 33.0 % of nurses reported low level of personal accomplishment; Mean \pm SD 36.481 \pm 9.071. In this study, there was a statistically significant association of work experience at other institution with emotional exhaustion p value.018 at the 0.05 confidence level. Pearson correlation tests showed that level of emotional exhaustion and level of depersonalisation had significant positive relationship ($r = .505$) at the 0.05 level, while level of personal accomplishment had a negative relationship with level of emotional exhaustion but not significant ($r = -0.089$).

This study concluded that more than half nurses had low level of emotional exhaustion and depersonalisation. It also indicates that level of emotional exhaustion and level of depersonalisation had a significant positive relationship. Thus there is a need to address emotional exhaustion and depersonalisation among nurses. Personal, and professional support helps to improve the personal accomplishment that reduce burnout among nurses.

Key words: Prevalence, factors of burnout syndrome, nurses

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Postpartum Mothers' Satisfaction with Intrapartum Nursing Care

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Abstract

Mothers' satisfaction is a fundamental importance as a measure of the quality care. Child birth is a sentinel life event for the mother which affects every woman differently. This study was carried out to find out the level of satisfaction among postpartum mothers with intrapartum nursing care. A descriptive study of 125 postnatal mothers admitted in postnatal ward of Kathmandu Medical College Teaching Hospital, Sinamangal, Kathmandu was carried out from August 24 to September 26, 2014. Data was collected by Systematic random sampling technique and interviewed using structured interview schedule. Research approval was taken from Chitwan Medical College (CMC- IRC) and informed consent was obtained verbally from each respondent prior to data collection. Data was analyzed by using IBM SPSS 20 with descriptive and inferential statistics.

Overall, 16.8% of mothers were highly satisfied with intrapartum nursing care. Among them, 8.8% mothers were highly satisfied with interpersonal care, 15.2% with professional nursing care, 18.4% with information and decision making and 16.8% with physical birth environment. There was no any association with overall mothers' satisfaction level and demographic characteristics, whereas, there was statistically association between respondents' satisfaction on professional nursing care with family income per month ($p=0.048$) and physical birth environment with religion ($p=0.010$).

The findings concluded that majority of the respondents regarding satisfaction with intrapartum nursing care reveals low satisfaction with overall care and dimensions of intrapartum nursing care.

Key words: Intrapartum, nursing care, patient satisfaction, postpartum

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Prevalence of Depression among Leprosy Affected Community People in Pokhara

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Abstract

The prevalence of psychiatric disorders among leprosy affected people has been significantly increased. The cross sectional descriptive study entitled "Prevalence of Depression among Leprosy Affected Community People in Pokhara" was conducted to assess the prevalence of depression among leprosy affected community people and those leprosy affected people who are taking support from the Nepal Leprosy Relief Association, Pokhara. Total 57 respondents were interviewed by snow ball sampling technique using Beck's Depression Inventory (BDI) scale. Data were analyzed using descriptive and inferential statistics.

The study findings showed that the mean age of the respondents was 65.14±9.844 years. Among them 61% were male, 70.2% were married and 63.2% were illiterate. Similarly, 35.1% were previously engaged in agricultural work. Almost 9% had positive family history of leprosy, 54.4% were suffering from depression, 21.1% had mild mood disturbances whereas 3.5% had extreme depression. The finding also revealed that educational status and depression were significantly associated ($p < 0.05$), which reflects that illiterates were more likely to have depression than literates.

This study concluded that depression is common among leprosy affected people. Illiterate people had higher chance of having depression, hence, emphasizing the importance of education since it has significant role in decreasing the prevalence of depression among leprosy affected people.

Keywords: Leprosy, depression, prevalence

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Effectiveness of Educational Intervention on Knowledge regarding Preconception Care among the Bachelor level Students

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Abstract

This study was conducted to identify the effectiveness of educational intervention on knowledge regarding preconception care among the bachelor level students of Tribhuvan University, Faculty of Management, Public Youth Campus, with the bachelor level second year male and female students. A pre experimental one group pre test and post test design was used. A total number of 104 respondents were selected by using a probability simple random sampling technique of lottery method. A semi-structured questionnaire was used. Data were collected in September 7-2012 to September 14-2012 in two phases; before and after the educational intervention. The educational package prepared by the researcher was used for educational intervention. The obtained data were analyzed by using descriptive statistics such as frequency, percentage, mean, standard deviation and inferential statistics like paired t test at 0.05 level of significance. The findings of the study revealed that the respondents' knowledge of preconception care measures improved following an educational intervention. The total mean score of knowledge was 8.77 in the pre-test and 17.40 in the post-test. The standard deviation of knowledge was 2.423 in the pre-test and 2.686 in the post-test. The difference between the pre-test and post-test of the respondents' whole knowledge level was significantly different because the value $p = 0.000$ is below the 0.05 cut off. It is concluded that educational intervention was tend to be successful in increasing the knowledge on preconception care among bachelor level students. Overall study findings revealed that there was a significant increase in the level of knowledge on preconception care among the bachelor level students after the educational intervention. The findings recommends that similar type of knowledge increasing programme on preconception care among child bearing age group both male and female should be conducted in different settings as well as groups.

Key words: Educational package, knowledge, preconception care, bachelor level students.

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Knowledge regarding Hyperemesis Gravidarum among Pregnant Women attending Antenatal Clinic in Selected Hospital Kavre

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Abstract

Hyperemesis gravidarum (HG) is a term used to describe persistent severe vomiting leading to weight loss and dehydration. A descriptive cross sectional was conducted to identify knowledge regarding hyperemesis gravidarum among pregnant women attending antenatal clinic of selected hospital Kavre. A purposive sampling technique was used for selecting 100 respondents. The data were collected through face to face interview technique using reliable structured questions. Descriptive and inferential statistic was used to analyze the data using SPSS 20 version.

The findings revealed that majority 82(82%) of the respondents had fair knowledge, 11(11%) had good knowledge and 7(7%) had poor knowledge respectively. The mean age of respondents was 24.86 ±4.02. Half (50%) of the respondents were primigravida. The total mean score of knowledge on contributing factors, management and complication were 7.96±1.25, 8.08 ±1.57 and 5.88±1.01 respectively. The total mean knowledge score was 21.92±2.30 with the maximum knowledge score of 28 and minimum knowledge score of 17 out of 36 possible score. The mean knowledge score of primigravida was 21.72±4.05 and that of multigravida was 22.12±3.59 and the p-value of t-test was 0.40. Hence the result was statistically insignificant (p>0.05). The study concluded that there was average level of knowledge regarding HG. Therefore the study highlights the need of educational programs to create awareness regarding HG to every pregnant woman.

Keyword: Hyperemesis, gravidarum, knowledge, pregnant women.

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Knowledge regarding Mother-to-Child Transmission of HIV among Pregnant Women attending Antenatal Clinic in Scheer Memorial Hospital Banepa, Kavre

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Abstract

Mother-to-child transmission of the Human Immunodeficiency Virus(HIV) infection remains a major public health problem in the world. The objective of study was to assess knowledge regarding mother-to-child transmission of HIV among pregnant women attending antenatal clinic. A descriptive cross sectional research design was conducted among 100 pregnant women using purposive sampling technique. Data was collected through face-to-face interview and were analysed on Statistical Package for Social Sciences-20 version. The mean age (\pm SD) of participants was 25.1 \pm 4.3 years. Almost all of them (98%) were literates. Among the total participants, more than half (53%) of them knew breast milk (53%) as a mode of mother-to-child transmission of HIV followed by trans-placental route (51%) and vaginal delivery (33%). Avoidance of breast feeding and antiretroviral drugs and delivery by caesarean section were identified as preventive measures for mother-to-child transmission of HIV by 49%, 34% and 14% of the participants respectively. Among eleven knowledge related questions, the mean (\pm SD) knowledge score of participants was 5.7 \pm 1.7. The knowledge scores were found lower among young ($p=0.02$) and housewives pregnant women ($p=0.03$). Knowledge on mother-to-child transmission of HIV was found lower among pregnant women. Hence, strengthening the educational intervention on mother-to-child transmission of HIV focusing on young and housewives pregnant women is necessary.

Key words: HIV/AIDS, knowledge, mother-to-child transmission, pregnant women

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Knowledge and Attitude of Nurses regarding Emergency Preparedness and Disaster Management in a Regional Hospital

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Abstract

Disasters are unforeseeable events that destroy lives and affect people, ruins and disturb environment. It is essential for nurses to be prepared in facing the consequences of disasters. A study was conducted to identify the Nurses knowledge and attitude regarding emergency preparedness and disaster management hospital setting.

A descriptive cross-sectional study was conducted among nurses working in Western Regional Hospital (WRH). A total of 149 nurses were selected by non probability consecutive sampling technique and information was collected by using self administered questionnaire The data were collected during the period of February 28 to March 26, 2016.

Data were analyzed by using descriptive and inferential statistics. Of the 149 nurses interviewed 48.3 percent had poor level of knowledge on emergency preparedness and disaster management. The mean score of the knowledge was 17.49 (SD±3.86). More than 96 percent had positive attitude. The mean score of the attitude was 21.07(SD±3.01). Furthermore there was positive correlation ($r_s=0.258$, $p=.002$) between knowledge and attitudes. This study showed that education, designation, work experience is significantly associated with the level of knowledge. As the level of education and work experience increases the level of knowledge increases. Designation also play important role to enhance knowledge.

This study concluded that about half of the nurses had poor level of knowledge, and almost all had positive attitude towards disaster management. The level of education, designation and work experience is associated with increase level of knowledge.

Keywords: Disaster management, emergency preparedness, knowledge, nurses.

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Awareness regarding Hypertension among Adult in Tarakeshwor Municipality

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Abstract

High blood pressure is now growing as a major public health challenge around the world. One in every three individuals worldwide is hypertensive. The cross sectional descriptive study on awareness of hypertension among adult people was conducted to identify prevalence and awareness hypertension in Tarakeshwor Municipality. The total sample size was 340 adult people above 20 years. Semi structured interview questionnaire was developed and Non-probability, sampling was used in this study. Data was analyzed and calculated by using descriptive statistics such as frequency, percentage, mean, standard deviation.

The Findings of the study showed that the prevalence of hypertension was 18.2% and 44.4% of them were aware on average normal blood pressure reading that less than 140/90 mm of Hg. Regarding risk factors 92.9% were aware about excessive mental stress, more than 80% were aware about consumption of excessive oily foods, salty foods, obese persons, diabetes mellitus and chronic alcoholics as risky groups

Regarding signs and symptoms, more than 90% had knowledge of frequency of irritation with small things, dizziness, severe headache and more than 80% were aware about severe chest pain, decreases vision, sudden hot flush. Regarding complications, 92.6% were aware about paralysis or brain stroke and heart attack. about 70% knew about blindness and renal failure as its complications.

For controlling hypertension, more than 90% were aware about intake of low salt diet, less cholesterol containing diet, daily half an hour exercise, stopping smoking/ tobacco and daily intake of vegetables/ fruits. Maximum (71.5%) had adequate knowledge on hypertension.

Conclusion of this study was that more than fifty percent adult people were unaware about normal blood pressure but maximum of them were aware about risk factors, sign and symptoms, complications and controlling measures.

Key words: Hypertension, awareness, adult people

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Intrauterine Fetal Death

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Abstract

Intrauterine fetal death (IUFD) is a serious complication of pregnancy that influences women's psychological well-being and increases the risk of experiencing anxiety and depression

The causes of a large percentage of human IUFD remain unknown, even in cases where extensive testing and autopsy have been performed. Many IUFD occur at third trimester to apparently healthy mothers, and a postmortem evaluation reveals a cause of death in only about 40% of autopsied cases.

A G3P2L1 at 33+1 weeks with IUFD with previous LSCS with Previous IUFD, 23 years, married, unbooked patient was admitted with the complain of not perceiving fetal movement for 1 day. Diagnosis was confirmed by history, clinic examination and Ultra Sono Graphy(USG). Blood group, haemoglobin Fibroinogen, FOP d-dimer WBC, Platelet, PT, INR, APTT, RFT, LFT, LDH, USG and blood arrangement were done on the part of investigation. Patient was waited for spontaneous labour for one week but not went in spontaneous labour then induction was done with prostaglandin followed by augmentation of labour by syntocinon. Expulsion of fetus was done via vaginal delivery with outcome of macerated female fetus, no sign of life. Placenta was expelled normally. Active management of labour was done. No any complication occurred after delivery. On the 9th day of admission patient was discharged after having successful management. Bereavement management was done from the day of admission to till discharge

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Professional Autonomy in Nursing

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Abstract

Autonomy includes acts that are concordant with harmony. Professional autonomy never focused self always focused on professional standard through quality service. Nurses are autonomous, self-regulating health professionals with a distinct body of knowledge and practice in various areas such as clinical, research, administration and education. Autonomy is the ability to act according to one's knowledge and judgment when providing nursing care within the scope of practice. Scope of practice is defined by professionals, organizational policy and related act of government. The purpose of this article is to provide information the concept of professional autonomy in nursing.

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Parent -Infant Attachment

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Abstract

Parent -baby attachment is one of the important grounds for proper growth and development of infant. It is an interactive and dynamic process in which both baby and parent participate in an exchange of nonverbal emotional cues that make your baby feel understand and safe. The purpose of this article is to review some vital aspect of attachment .There are two main factors that challenges to ensure attachment; challenges baby and challenges in parents. Measures for enhancing parent –infant attachment are change diaper, be physically close to baby, response to baby, show concern toward signs of emotional disturbance in baby, maintain consistency and regularity in care, and be aware that the challenges affecting attachment .Nurses role in enhancing parent – infant attachment is encourage and assist mother for those activities that make child comfortable and feel secure.

Key Words: Attachment

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Value of Research in Professional Nursing, Midwifery and Wider Health Care Sector

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Background: Nursing and midwifery practice evidence-based, and research in this field, in relation to professional education, clinical practice and policy is growing. It is currently considered an important aspect of professional practice globally. Nurses and midwives need up-to-date knowledge to guide them on how best to deliver evidence-based care. Additionally, research evidence is needed to influence health policy, and can help anticipate future and emerging health challenges. Through this we can be better prepared to develop future service management strategies. As such, research in nursing and midwifery is an important and integral part of the profession.

Globally nursing and midwifery professionals comprise over 50% of the total health workforce. As frontline professionals, nurses and midwives are key to deliver services in the majority of health systems. Therefore, it is important to mobilise the nursing and midwifery workforce in conducting health system research, and supporting them in their research capacity development activities. This can be made possible through equipping them with the necessary research training; offering them research knowledge and skills and institutional support.

However, it has been widely reported that nurses and midwives working in low-income countries lack research capacity (Sun et al 2016; Coleman et al 1998), as they do not have the much-needed access to institutional support, and other essential facilities to conduct empirical studies. There is a great need to develop institutional capacity first, so the nurses and midwives working there are adequately supported to conduct professional research in a timely manner, to gather socio-culturally relevant evidence, which is needed to influence health policy and practice.

In the context of Nepal, as in many low-income countries, research in nursing and midwifery is still in its early stage of development. While the idea is taught in university degrees courses with ideas of conducting nursing research beginning at post-graduate level, the institutional and professional expertise, much-needed funding support and policy and practice to promote nursing and midwifery research remains weak. As a result, most clinical practice and patient care standards in the health system are based on research evidence from elsewhere (outside the country), and are influenced by international care practices. Some of the clinical practice that is currently applied in Nepal's

health system can be outdated. This short piece aims to provide an overview of nursing (and midwifery) research methods and approaches, including a simple step-by-step guide for nurses, midwives and other categories of health professionals, to develop a research proposal and conduct a research study.

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Instructions to the Authors

Introduction of Nursing Association of Nepal

Nursing Association of Nepal was established in 1962AD. Nursing Association of Nepal (NAN) is an only one professional organization of the nurse in Nepal. It is a non-political, non-sectoral-organization not influenced by the class and religion. It is determined to provide quality-nursing service to the people in order to protect and promote the professional rights and interest of all nurses. NAN became a member of International Council of Nurses (ICN) Geneva in 1969 AD. The organization is run by executive board, which is formed by nationwide election of secret ballot every 3 years.

Introduction of Nursing Journal of Nepal

The Nursing Journal of Nepal is an official publication of Nursing Association of Nepal. The Journal is a peer reviewed, published annually and invites and invites articles from different areas of nursing.

Objective of the Journal

The main objective of the journal is to serve as a portal by documenting the research activities. This encourages scientific paper writing and dissemination of this information.

Editorial Policy

- The journal accepts original articles, review articles View point and case reports related to nursing and allied health sciences.
- The articles will be accepted for publication only after clear indication b the author that the manuscript has not been submitted elsewhere for publication.
- Data and references in an article are the sole responsibility of the author.
- All contribution is judged by the criteria of originality, scientific content, and preference will be given to original research articles.
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- The author should be fully responsible for expressed view in the articles.
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- Manuscript lacking originality, serious scientific and technical flaws or significant message can be rejected before it is sent for peer review.
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Manuscripts must be prepared in accordance with uniform requirement for manuscripts. The author should include a cover letter along with the manuscript that the material in the manuscript is original and that it has not been submitted for publication or published anywhere. The manuscript should not exceed 2500 words excluding references and abstract (up to 200) for original article and review article. The cover letter should include signature of all authors, their institution affiliations along with the email address, mobile no. Fax no. of the author responsible for the correspondence.

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Key Words

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Discussion: Discussion section should include the new and important aspect of the study and compare the findings to other relevant study's findings. It also includes the implication and the limitations of the study.

Conclusion: Conclusion should be short and to the point that link with the objectives of the study. Recommendation must be included.

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