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Official Publication of Nursing Association of Nepal

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Editorial

We are honored to announce the apparition of this issue of the Nursing Journal of Nepal, an official publication of Nursing Association of Nepal. We are grateful to announce that the publication of an academic journal will definitely helps in the upgrading of the professional development.

Working with our knowledgeable and National editorial advisory board members and ourselves can assure you of a rapid, robust and fair peer reviewed process. Nursing professional holds a unique place in national health care system. Nurses are unique and different from other health care providers in terms of care provided to the clients, training and scope of practice. So the journal is the one which helps to disseminate different research articles on various subjects and topics.

We wish to express our gratitude to the researchers for their valuable submissions of article and the interest shown for the journal. We would also like to thank the reviewers for their valuable time and effort to review the articles. We would also like to take this opportunity to thank Prof. Tara Pokharel, President of NAN, and the whole team of the executive members for the support to publish this journal.

We would like to thank the office administrator Ms. Shobha Dahal and supporting staff Mr. Upendra Shrestha for the support.

On the behalf of the editorial board, we would like to thank Graphic designer, Mr. Sayandra Rai for designing the cover of this journal. We mention that the next issues will continue to have different articles which will cover the variety of areas of nursing.

Last, the success of any journal is bulit primarily on four groups of people: the authors, the reviewers, the editorial members, and the publication staff. We look forward to continuing this relationship and receiving suggestions and ideas for making the NAN more valuable for our research community.

Chief Editor

Prof. Chandrakala Sharma

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Message from President

I am pleased to write few words on the occasion of publishing this issue volume 3, No 3, of the Nursing Journal of Nepal, an official publication of Nursing Association of Nepal. We are sure that the publication of an academic journal will definitely help in the upgrading of the professional development.

I am sure that this journal will provide a platform for the nurse researchers to disseminate the information related to issues in nursing education and practice in this scientific era. As President and on behalf of the whole executive members of NAN would like to extend sincere appreciation and thanks to the editorial board for their untiring effort to publish this journal.

I would like to thank all the nurses and the epinurses who have worked in providing humanitarian services during the devastating earthquake 2015 AD in Nepal. Due to the unavoidable circumstances created in nation the journal was not able to come in the planned time. Still we have been successful in publishing the third volume of the journal, therefore would again like to thank the authors for submitting the articles and reviewers for their effort to shape the article. Also would like to thank the supporting staff and the publication staff for bringing out this journal.

I am hoping to have continuing suggestions and valuable ideas from the entire nurses to make this publication more valuable for the entire nursing community.

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Awareness on Emergency Contraception among Urban and Rural School Adolescents in Nepal

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ABSTRACT

Emergency Contraception could play a vital role in reducing unintended pregnancies. In Nepal 17% of women age 15-19 have already had a child birth or are pregnant with their first child. Teenage pregnancy is twice as high in rural area as in urban areas. Majority of married adolescents still do not use contraception and unmet need for contraception is high among the married adolescent couples. Compared with women in their twenties, adolescents aged between 15 to 19 years are two times more likely to die during childbirth. Thus a cross-sectional study was undertaken to assess and compare emergency contraceptive awareness among Adolescents in Rural and Urban Schools. A total of 121 adolescents were selected purposively and interviewed by using self administered semi-structured questionnaire. The data were entered and analyzed using descriptive and inferential statistics in SPSS 16 version.

The findings revealed that 78.5% of the respondents were aware of emergency contraceptive method and the awareness was little higher among urban residence (80%) than those of rural residents (77.5%), however the difference was statistically not significant. Higher proportions of the adolescents were aware on Oral Contraceptive Pills (76.9%). All most all respondents showed a favorable attitude on Emergency Contraception. Based on the findings, it is concluded that the school adolescents had adequate knowledge and favorable attitude. The awareness level was similar to both urban and rural school adolescents.

Keywords: Awareness, emergency contraceptive, adolescent, rural, urban.

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Parental Awareness on the Importance of Play for Preschooler Children

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ABSTRACT

Play is engage in activity for enjoyment and recreation rather than a serious or practical purpose. It allows children to use their creativity while developing their imagination, dexterity, and physical cognitive and emotional strength. The descriptive cross sectional study was done to identify the parental awareness regarding importance of play for their preschooler children at Pediatric Unit, TUTH. A total of 100 parents of preschoolers' children attending at indoor and outpatient department of pediatric unit were selected by using non- probability purposive sampling technique and interview schedule. Data were collected from 2071-09-01 to 2071-10-31 after obtaining permission from the concerned authority and verbal informed consent was obtained from the each respondent prior to data collection.

Findings of the study shows that majority of the respondents were female (88%), and have single child (65%). More than half (58.76%) of the respondents perceive play is a most important vehicle for child development. Fifty percent of the respondents answered that unstructured is a type of play and 68% of them perceived there is no gender wise difference in preschooler play. Majority of the respondents perceived play is necessary for mental development (65%) and among them mostly mentioned plays were puzzle (60%), books and copy (52%) which helps language development. Proper toys for preschooler are soft doll, utensils (54%), puzzle, small block and painting (51%) and cycle, small ball, bat (47%) are appropriate for them. Majority (45%) respondents select the toys according to security of the children, 43% select child's want and 42% selects according to child's age.

In conclusion, play is an important means of child development. It is necessary for mental development, physical development social and language development. Parental awareness about the play material for their children is very important.

Key words: Parental awareness, important of play, preschooler children

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Occurrence and Perceived Understanding of Ragging among Medical Students

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ABSTRACT

Ragging has been considered as a part of socialization but it may cause serious problem. It may affect human dignity and victims attempt to suicide and lost their life. Comparatively, it occurs in higher technical education such as medical, engineering and management. The objective of the study was to assess the occurrence and perceived understanding about ragging in medical college. The study was conducted in one of the Medical College, Bhairahawa among 137 first year medical students. A descriptive cross-sectional study design was used and information on ragging was collect by using semi-structured self-administered questionnaire. The data was collected during the period of 30th March to 27th April 2013.

Out of 137 students, 72.3% faced different types of ragging and 67.1% of them reported that ragging is an interaction between senior and juniors & 41.6% said it is mental harassment. Similarly, 95.6% reported that ragging affect studies. Likewise, 62.9% and 42.3% of the students were strongly agreed that over smart and talkative nature of the students are frequently victim of ragging, respectively. Regarding suggestions to control ragging; 13.1%, 12.1% and 12.1% said suspension from college to ragger, fines system, and separate hostel block for both senior and junior respectively. Other suggestions for controlling the ragging were counseling session for both, proper security service, develop anti-ragging policies, rules and regulations, formulate anti-ragging team/union and arrangement of emergency call service to report ragging etc.

The perception of student about ragging is interaction between senior & junior student and mental/physical harassment. Students provided suggestions to control ragging. Further research is necessary to find out the severity and impact of the ragging in different colleges.

Key words: Ragging, perceived understanding, medical student

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Knowledge and Attitude of School Teachers towards Children with Learning Disabilities

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ABSTRACT

Learning disability (LD) is a general term that describes specific kinds of learning problems and varies from person to person. Teachers are the essential linkage between children with learning disabilities and the interventions that help them. The purpose of the study was to identify the knowledge and attitude of school teachers towards children with learning disabilities. The descriptive study was conducted with 92 school teachers in different Community Schools of Kathmandu District. Semi-structured questionnaire including Likert Scale was used to assess knowledge level and measure attitude respectively. Data were analyzed using descriptive analysis with Statistical Package for Social Science (SPSS) version 16.

Mean age (SD) was 36.99(±9.35) years and 54.3% were female. Majority (72.8%) of the respondents had completed Bachelor level and above. Similarly, 39.1% had more than 15 years teaching experience and only 8.7 % had taken training on Learning Disabilities. The mean knowledge score (SD) was 19.02 (±6.64). Majority (91.3%) of respondents had inadequate knowledge regarding LDs whereas 6.5% and 2.1% of respondents had moderate and adequate knowledge respectively. Furthermore, the mean attitude score (SD) was 22.87(±3.89). Majority (58.69%) showed positive attitude towards such children.

In conclusion, the level of knowledge of respondents regarding LDs was inadequate. It might be due to lack of training on LDs. However, most of them had positive attitude towards such children. Responsible authority needs to plan training to school teachers so that it contributes in education of children with LDs.

Key words: knowledge, attitude, learning disabilities, school teachers.

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Quality of Life of Senior Citizens Residing in Pokhara Sub-Metropolitan City

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ABSTRACT

Ageing has become a global phenomenon. Ageing affects the quality of life (QOL). Despite enormous problem with increasing age, there is limited information in Nepal. The objective of this descriptive cross sectional study was conducted to find out the quality of life among 195 senior citizens residing in Pokhara Sub-Metropolitan City. Two stage sampling method (Cluster random and simple random sampling) was used to approach the respondents. Structured, standard tool, WHOQOL-BREF was used to assess the QOL. Data were analyzed using SPSS package 16 version. Descriptive statistics (frequency, percentage, mean, SD) and inferential statistics (independent t-test, one way ANOVA) were used for data analysis at 5% level of significance. The study found that the mean QOL score was 50.54 ± 6.79 . Senior citizens scored highest in environment domain i.e. 58.73 and least in social relationships domain (49.49). The study found significant association between mean QOL and age group ($p=0.0000$), sex ($p=0.013$), ethnicity ($p=0.000$), marital status ($p=0.000$), education ($p=0.000$), socio-economic condition ($p=0.001$) and co-morbidity ($p=0.000$). It was concluded that quality of life of senior citizens is average and it was found to be better in young old, male, those living with spouse, literate, advantaged ethnic group, high socio-economic group and without any co-morbidity. Community awareness program regarding promoting quality of life, periodic health check-ups and community health camps for senior citizens should be conducted on regular basis for better care and support.

Key words: Quality of life, senior citizens

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Knowledge, Attitude and Practice towards Legalization of Abortion among Married Reproductive Aged Women, Kathmandu

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ABSTRACT

Knowledge, attitude and practice have tri-polar relationship regarding legalization of abortion. Legalization of abortion is a sensitive issue among reproductive age grouped married women. Rules and laws play significant role on abortion practice. The Objective of this study is to assess the knowledge, attitude and practice among the married reproductive aged women. A descriptive cross sectional study was conducted among 104 reproductive age married women in Puro Dholko out of 142 concerned women including 5 percent margin of error and 95% confidence level. A probability sampling technique was used by taking 1/4th of respondent from Galli number 7, 8, 9 and 10. A set of semi-structured questionnaire designed and translated into Nepali language. These questionnaires were used to interview respondents through home visits.

Of the 104 married respondents, most of them (28.8%) were of the age group of 25-29 years (mean age is 28 years). The mean age of marriage was 17 years and the mean age of the first pregnancy was 19 years. The mean knowledge score of illiterate women was 16 and literate women were 18. Among the 104 respondents, 40.4% of them have had an abortion. The majority of those respondents, 95.2%, had an abortion in their first trimester. This study reveals that among the practiced respondents, 14(33.3%) had done abortion by the time the first baby was very young, 13(31%) of respondents stated they had multiple children. Among them 38 had faced complication after their abortion. The majority of the respondents were unaware of the legal conditions for abortion under Nepal laws, so focus should be given to creating public awareness. An effective means of communication should be used for awareness creation to reach the most vulnerable group of reproductive age women for use of family planning.

Key words: Abortion, attitude, knowledge, practice, reproductive women

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Lifestyle of Diabetic Patients Attending in a Tertiary Level Hospital, Kathmandu

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ABSTRACT

Diabetes mellitus (DM) is one of the most prevalent chronic diseases in the world, and its prevalence is increasing gradually because of unhealthy lifestyle, and reduced physical activity. The title of the study was Lifestyle of Diabetic patients attending Tertiary Level Hospital. The objective of the study was to assess the lifestyle of the diabetes patients. The descriptive cross sectional study design was adopted to find out the lifestyle of diabetic patients. The sample size was 50 and sampling technique was non-probability purposive sampling. The data was collected from 2069-01-03 to 2069-01-29 by interview technique using structural questions. Ethical approval was obtained from concerned authority. Data was analyzed using descriptive statistical methods like mean, percentage, standard deviation and inferential statistics.

Findings of the study shows that among respondents, (36%) were > 60 years, (64%) were female, (76%) belonged to urban area, (28%) had positive family history, (30%) had duration of illness > 10 years and (54%) had normal range BMI. Fifty six percent of respondents are following diet as prescribed by physician, 78% take meals \geq 4 times in a day, 84% restrict or limit the intake of fatty foods, 70% restrict potato and sweet potato, and 96% restrict sweets. The percentage of smoking and alcohol consumption rate was decrease after diagnosis 20% to 6% and 40% to 12% respectively. Majority (80%) of the respondents perform exercise, among them 85% perform daily exercise, and duration of exercise (47.5%) is 30-60 minute. Majority (80%) of respondents practice wearing comfortable shoes and socks, whereas 78% of respondents wash their feet daily, 42% observe feet daily, and only 48% check blood sugar monthly. The follow up visit is good.

In conclusion, the diabetic patient adopted modified lifestyle in the areas of exercise, cessation of alcohol and smoking, foot care practice, and follow up and less adhering to prescribed therapeutic diet and regular glucose monitoring. So it is recommended that mass media and community awareness program for the health maintenance and promotion of diabetes patient.

Key words: Lifestyle of diabetic patients, tertiary level hospital

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Effectiveness of Educational Intervention on Knowledge regarding Prevention of Dental Caries among School Children

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ABSTRACT

Cariou and painful teeth may cause malnutrition in children due to difficulties in mastication along with aesthetic and psychological problems. This study was conducted to find out the effectiveness of educational intervention in increasing knowledge regarding prevention of dental caries among school children studying in grade 4 and 5, Telgha, Palpa. A pre-experimental one group pre-test and post test design was used. Total of 117 respondents were taken by non probability purposive sampling technique. Data was collected from 31st December to January 25th of 2012. The structured interview schedule was used. The educational package prepared by the researcher was used for educational intervention. The post test was done 2 weeks after the interventional session with the same instrument. The collected data were analyzed by using descriptive statistics such as frequency, percentage, mean, standard deviation and inferential statistics like Wilcoxon Sign Rank test at 0.05 level of significance.

The findings revealed that the total mean score on knowledge of dental caries was 14.18 ± 2.78 before educational intervention and 29.60 ± 2.24 after educational intervention. There was significant difference in knowledge before and after educational intervention ($P = 0.000$). It is concluded that educational intervention was tend to be successful in increasing the knowledge on prevention of dental caries among school children. Therefore, this type of educational program can be conducted to enhance knowledge on prevention of dental caries among school children in rural setting.

Key words: Educational package, knowledge, school children, dental caries

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Awareness Regarding Diabetes Mellitus among Middle Aged Adult living in Panauti Municipality, Nepal

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ABSTRACT

Diabetes mellitus (DM) is a major public health problem. It has risen dramatically in the developing countries over the past two decades. The objective of this study was to assess the knowledge of diabetes in adult population in Panauti Municipality, Kavre, Nepal. A descriptive cross-sectional research design was conducted among 100 participants using non probability purposive sampling technique. A structured questionnaire was used as an instrument for assessing knowledge. Independent t-test was used to compare mean differences between two independent groups. The findings revealed that the mean age of participants was 48.9±6.5 years, 58% were females and more than half (53%) were literate. Out of 72 knowledge related questions, the overall mean knowledge score of DM was 47.7. The mean knowledge score on diabetes; meaning, risk factors, sign and symptoms, preventive measures, complications and management were 1.6, 8.6, 11.6, 6.1, 8.1 and 12.1 respectively. The total mean knowledge score among illiterate was lower than literate participants ($p < 0.001$). Overall knowledge on DM was satisfactory; however knowledge on important aspects; risk factors and sign and symptoms were not enough. The mean knowledge score among illiterate were found lower than literate participants. Hence, the education program focusing on risk factors and sign and symptoms should be launch in community and targeted to illiterate people.

Key Words: Awareness, diabetes mellitus, middle adult

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Contributing Factors of Mental Illness Among the Client Attending in Psychiatric OPD of Selected Hospital

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ABSTRACT

The study entitled “contributing factors of mental illness among the client attending psychiatric OPD of Lumbini Zonal Hospital (LZH) were conducted to explore the contributing factors of mental illness among the client. Non- probability purposive sampling was adopted to select the sample. Information was collected through interview method with using semi- structured questionnaire. Data were analyzed by using descriptive statistics. Findings showed that 88% of the respondents were female clients. Twenty percent of the respondents had history of similar mental illness in their family, 24% of the respondents were experienced of head injury in the past, 18% of them had suffered from chronic illness and 22% of them experienced unusual events in their childhood period. Twenty eight percent of the respondents had stressful life events. Among them 64% had lost their children. Similarly 8% of the respondents were not satisfied from their married life. Psychological factors like unusual events in childhood period and stressful life events played a major role and physiological factors played a minor role to develop mental illness. It is recommended that the community people need to be provided awareness programme regarding contributing factors of mental illness, focusing on how to recognize those factors on time so that it can be managed and treated timely at the primary level of care.

Key words: Contributing factors, mental illness, client, psychiatric OPD

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Effect of Parental Alcoholism on Children's Educational Activities

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ABSTRACT

A comparative descriptive study entitled "Effect of Parental Alcoholism on Children's Educational Activities" was carried out among 126 students. The purpose of the study was to identify the effect of parental violence after drinking alcohol on children's educational activities among the secondary level students. The study was carried out at three government school of Pokhara. Simple random sampling was done to select the school and purposive sampling was done to select the sample population. Structured self-administered questionnaire was used to collect data. Data were entered statistical package for social science (SPSS) program version 16.

The study findings reveal that 76.2% respondent's parents shows violent behavior in their home after drinking alcohol. Twenty seven percent respondents feel suffocating towards the environment they are currently living. Nearly 60% respondents feel to runaway from home when their parents show violent behavior. Regarding educational activities among the respondents whose parents shows violent behavior after drinking alcohol reveal that 53% do not finish school work in time, 25% do not reach school on time which is followed by 63% and 13% to the respondents whose parents does not show violent behavior after drinking alcohol. Regarding parent child relationship significance difference is found about parental support ($P=0.027$) and parental help ($P=0.027$). Therefore this study concluded that parental awareness is necessary about the effects of parental alcoholism on children. This can be done through workshops and seminars and joint effort between administrators, youth and women groups.

Key words: Alcoholism, secondary level education, parents

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Awareness regarding Dementia among the Family Caregivers of Elderly People

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ABSTRACT

Dementia is one of the progressive disorders which require continuous care and support for performing daily activities for those family care takers are must be aware of dementia. This descriptive exploratory research design was conducted to assess the awareness regarding dementia among the family caregivers of family. The study area was ward number 1 and 2 of Tokha Municipality, Kathmandu. Non-probability purposive sampling was used to select wards and snowball sampling was used to select sample. 96 family caregivers of above 18 years of elderly people (above 60 years) were selected. Structured questionnaire stools and face –face interview schedule method was used for data collection. All the collected data were analyzed by using Statistical Package for the Social Sciences (SPSS), version 16. For analysis both analytical and inferential statistics were used.

Findings reveals that out of total 96 caregivers, more than half of the total participants (72.9%) had poor awareness regarding dementia followed by around quarter of them (26%) had moderate awareness and only 1% of them had good awareness regarding dementia. The result of the study concluded that awareness regarding dementia among the family caregivers was found to be poor. Therefore, through the media awareness programmed need to be considered for early diagnosis and proper care and management of dementia in home setting.

Keywords: Dementia, awareness, caregivers, elderly people

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Factors for Choosing Nursing as a Career among Girl Students

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ABSTRACT

Nursing is the care, which puts a person in the best possible condition for nature to restore or preserve health, to prevent or to care disease or injury. Various factors such as self-interest, job satisfaction, ticket to abroad affect in choosing nursing as a career. A descriptive study was carried out to find out the factors for choosing nursing as a career among girl students appearing the preparation class in Palpa. Fifty girls were selected by using non-probability purposive sampling technique. Semi-structured, self-administered questionnaire was used for data collection. The study showed that 94% of girls were between 15 to 17 years with the mean age 16.2 years. The main factors for choosing nursing as a career are self interest (48%) followed by good image of nursing (46%), having knowledge, skills, and abilities (40%), personal satisfaction and growth (34%), job security(32%), curiosity (24%), ticket to aboard, provide autonomy and independence (22%). Most (76%) of the respondents mentioned nursing is an opportunity to serve humanity and none of them mentioned nursing as a servant's job. Only 38% had family members or relatives in nursing among them majority were sisters (68.4%). Most (92%) of the family had positive reaction and 38% had family members or relatives in nursing. Therefore, it can be concluded that the major factors for choosing nursing as a career are self-interest, good image of nursing, skills, knowledge and abilities, personal satisfaction and growth, job security etc.

Key words: Factors, nursing, career, girl students

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Predictors of Job Satisfaction among Hospital Nurses

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ABSTRACT

Job satisfaction is a most important asset for the most human service-based organizations for increasing employee's work efficiency and effectiveness. A cross-sectional analytical study was carried out to identify the level and predictors of job satisfaction among nurses working in Tribhuvan University Teaching Hospital and Manmohan Cardiothoracic Vascular and Transplant Centre, Kathmandu. Proportionate stratified random sampling technique was used for selecting 288 nurses. Data were collected by using self-administered structured questionnaires. Double data entry and data cleaning were done using Epi Data Software and analysis was done using SPSS Software version 20. Descriptive statistics along with inferential statistics namely chi square test and binary logistic regression analysis were done. The findings showed that respondents were ambivalent 65.6%, satisfied 22.2% and dissatisfied 12.2% with (M = 3.60, SD ± 0.57) on overall job. Binary logistic regression analysis revealed that higher education in other field (p = .046, AOR = 2.119, CI = 1.012, 4.436), type of appointment (p = .030, AOR = 0.121, CI = 0.018, 0.815), perceived staff developmental opportunity (PSDOP) (p = .007, AOR = 0.274, CI = 0.107, 0.702) and perceived organizational support (POS) (p = .000, AOR = 0.089, CI = 0.038, 0.206) contributed significantly to the prediction of job satisfaction. In conclusion, the nurses were neither satisfied nor dissatisfied towards their overall job and the nurses not having higher education in other field than nursing, having permanent appointment, PSDOP and high level of POS had job satisfaction. Therefore, organization must pay attention towards improving job satisfaction of an employee by giving due consideration regarding appointment of nurses, enhancing PSDOP and POS.

Key Words: Hospital nurses, job satisfaction, predictors

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Awareness regarding Health Hazards of Pesticides among Farmers at Dhulikhel Municipality, Kavre

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ABSTRACT

A study on Awareness Regarding Health Hazards of Pesticides among Farmers at Dhulikhel Municipality, Kavre was conducted to assess the awareness regarding pesticides health hazards among farmers. The descriptive cross sectional research design was adopted. Two hundred respondents were selected purposively and interviewed by using semi-structured questionnaire for data collection and data was analyzed using descriptive and inferential statistics.

Fifty-six percent of respondents were female and 44% were male. Literate respondents were 56% while 44% were illiterate. The overall mean awareness score of respondents on pesticides health hazards was 62.56 ± 8.96 . The mean score of the respondents on knowledge, risk factors, route of exposure, health hazard of pesticide and preventive measures were 4.13 ± 1.1 , 5.91 ± 1.33 , 17.64 ± 3.66 , 20.43 ± 4.38 , and 14.45 ± 2.83 respectively. The mean awareness score of the literate respondents (64.34 ± 8.25) was greater than illiterate respondents (60.29 ± 9.40) which was statistically significant ($p=0.02$) at 5% level of significance.

So, there is significant difference in awareness regarding health hazards of pesticides between illiterate and literate. This indicates that literate had more awareness about health hazards of pesticides than illiterate. Therefore, it is recommended that awareness program regarding health hazard of pesticides should be targeted to illiterate people through agro-vate and radio. Pesticide health hazard training should be organized to the farmer for the prevention health hazards of pesticides including long term benefits of organic agriculture.

Key words: Awareness, famers, pesticides, health hazards

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Knowledge and Practice regarding Effects of Social Networking Sites among Secondary Level Students of Reliance International Academy, Kathmandu

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ABSTRACT

Social networking sites are popular online communication forms among adolescents. Globally its use has been increased by 78% and in Nepal by 69%. A descriptive cross sectional study was conducted to find out knowledge and practice of effects of social networking sites among secondary level students in Kathmandu. Simple random sampling technique by lottery method was used to select 100 samples. The pre-tested structured and semi-structured questionnaire and checklist ($r=0.78$) was used. The data were collected from Shrawan 3 to 16, 2071 B.S. The collected data were analyzed by using Statistical Package for the Social Science (SPSS) 18.0 version using descriptive and inferential statistics.

Majority of respondents (41%) were of 15 years. The overall mean knowledge score of effects of social networking site was 15.97 ± 2.8 with minimum score 10 and maximum score 21 out of 22 possible scores. The overall mean knowledge score of students of Grade 9 was 15.28 ± 3.08 and of Grade 10 was 16.66 ± 2.31 . The p value (t-test) obtained is 0.01 which is less than 0.05. Hence, there is significant difference in knowledge regarding effects of social networking sites between Grade 9 and Grade 10 students. Also (73%) of the respondents practiced to get connected with friends and family as always and (41%) often experienced headache and (42%) often experienced eye problem respectively. So, it would be better if implementation of awareness program regarding effects of social networking sites would be given to all the students.

Key words: Knowledge, practice, social networking sites

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Alcohol Consumption Practice among Mothers during Pregnancy and Post Partum Period: A Clinic Based Study in Kathmandu

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ABSTRACT

Alcohol, which is chemically known as ethanol, has caused several health, economic and social consequences across the world. Although the alcohol consumption during pregnancy and postpartum is hazardous to the mother, fetus and the child, this area has been ignored and information is lacking in Nepal.

Thus this study aimed to find out the alcohol consumption practice and perception during pregnancy and post partum period among the mothers attending immunization clinic at Gandhi Tulasi Manohara Community Hospital in Kathmandu. A total of 200 mothers were interviewed during the period of July 2012 to April 2013 and data analysis was done in SPSS Version17.

Out of 200 mothers, 32% of them had ever consumed alcohol and 13.5% were current alcohol consumers. Alcohol consumption during pregnancy and postpartum period was 10.5% and 13.0%, respectively. The consumption was significantly higher among the women from Janajati ethnic, whose husband and family member drinks, and belongs to the family brewing alcohol at home. However, more than 80% of them were aware of that alcohol consumption during pregnancy is harmful for both mother and fetus. Seventy four percent of them said that alcohol may affect the baby if breast feeding mother consume alcohol. A substantial proportion of the mothers consume alcohol during pregnancy and postpartum period and the consumption was influenced by various avoidable factors. Thus this area has to be studied more extensively and simultaneously awareness program on consequences of alcohol consumption during pregnancy and postpartum period should be implemented to save the mother and child health.

Key words: Alcohol consumption, pregnancy, post partum period

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Prevalence of Posttraumatic Stress Disorder after Earthquake among Lower Secondary Level Students

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ABSTRACT

A study entitled prevalence of posttraumatic stress disorder (PTSD) among lower secondary level students was conducted to assess the prevalence of posttraumatic stress disorder after major earthquake in Nepal. Descriptive research design was used. Hundred samples were collected through stratified random sampling technique. Data were collected by self administer questionnaire using Children Reaction to Traumatic Event Scale (CRTES). The data were analyzed and interpreted using descriptive and inferential statistics.

The mean age of respondents was 13.67 (\pm 1.016). The majority (63%) of the respondents had high, 30% moderate and (7%) had low level of PTSD. There was no significant association between level of PTSD and earthquake exposure experience ($p > 0.05$). The respondents who had the current state of mind not having peace were significantly high PTSD since ($p < 0.05$). Girls were suffered more PTSD than boys ($p < 0.05$). All respondents had some level of PTSD but majority of respondents were high level of PTSD. Therefore, counseling program is important for emotional stability of the school children.

Key words: Earthquake, prevalence, posttraumatic disorder, students

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Awareness and Practice on Patients' Rights among Nurses in Shahid Gangalal National Heart Centre

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ABSTRACT

Neglecting patients' rights in a health care system can give rise to a challenging situation and violations between health care providers and patients. Nurses can strongly support the patients' rights advocacy, if they are aware of these rights. A descriptive cross-sectional study had carried out among 120 nurses through purposive sampling to assess the nurse's awareness and culture on Patients' Rights at Shahid Gangalal National Heart Centre along with two research questions and two hypotheses. The structured questionnaire and rating scale were used to collect data. Statistical analysis consisted of calculation of Cronbach's alpha, distribution of participants according to demographic variables, normality test, rank wise distribution of 12 items of patient's rights, and hypothesis test. The findings revealed that the majority (59.2%) nurses had moderate knowledge, (70.0%) participants had adequate culture on patient's rights and the strongest domains of patients' rights are to receive care in a safe environment, informed consent and treatment plan whereas the weakest domains are to participate or refuse in research, to give consent for photograph and involved in discharge plan. However, there is no significant association between patient's rights culture with education and work experience. The study concluded that nurses have moderate knowledge with positive culture on patient's rights.

Key Words: Nurses, awareness, patients' rights, culture

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Impact of Educational Intervention on Awareness Regarding Prevention of Cervical Cancer among Married Women, Patan

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ABSTRACT

Cervical Cancer is the second most common cancer overall and leading cause of death from cancer among women in developing countries. The objective of the study was to assess the effectiveness of an educational intervention on awareness regarding prevention of cervical cancer among married women of Mikabahal, Patan Dhoka. One group pre-test post test research design was adopted. A total of 106 married women aged 20-60 years from Misha Puchha Mothers group were selected by using purposive sampling technique. A Semi structured questionnaire was used to measure the outcome variables before and after educational intervention. The collected data were analyzed by using descriptive and Inferential Statistics. The Paired 't' test was used to find out the difference in pretest and posttest awareness at 0.05 level of significant.

There was a significant difference in pretest and posttest awareness on preventive measures of cervical cancer. As a whole pretest mean was 21.42 which was increased to mean 36.46 in posttest. Similarly awareness mean score on preventive measures was 6.41, SD(2.05) in pretest and it was increased to 9.50,SD (0.67) in post test . Awareness level in pretest was low (30.1%), average (64.1%), High (5.6%). In posttest it was increased by 15.9% in Average and High 84.9%. there was a significant increase the level of awareness after the educational intervention. Therefore educational intervention was effective in raising the awareness level among married women regarding prevention and early detection of cervical cancer.

Key words: Educational intervention, awareness, cervical cancer

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Nursing Education in Nepal: An Emerging Business Opportunity

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ABSTRACT

Nursing education is to bring changes in the behavior of the student nurse so as to prepare her to play effective role as individual, a good citizen and as a professional nurse.

Mixed (Qualitative and quantitative) method was adopted to assess the graduate nurse expectations and achievements after completing the course in Kathmandu valley. The sampling technique was purposive and sample size was 40. The self reporting questionnaires and focused group discussion method was adopted for data collection.

Majority 75 % of respondents stated that the reason to choose and enroll in nursing was due to the scope of nursing and service motive respectively and followed by 30% with their own interest.

Regarding expectations 45% of the respondents stated that they would be economically independent followed by 30% said that it is challenging and gets more opportunity respectively.

The nursing profession has become an increasingly attractive profession for female in Nepal. The scenario of nursing education started from the girls convincing to get into the nursing program and over 50 years of period the time has changed and there is increasing trend of individuals getting into the nursing program. In this era, it is totally business oriented and people have started new nursing schools to produce nurses.

The nursing graduate face many problems related with the job and future career. As they are compelled to work as volunteer without a single penny, and beside this they are every time in stress that they might be fired at any time from the job. Most of the nurse graduates are working on volunteer basis even for more than 6 months.

Keywords: Nursing education, Nepal

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Knowledge Regarding Occupational Health Hazards among Health Personnel

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ABSTRACT

This descriptive study entitled knowledge regarding occupational health hazards among health personnel was conducted with the objective to assess the knowledge on health hazards of the health personnel in hospital. Sample size was 115 health personnel where 92 Registered nurse, 11 lab Technician, 6 Radiographer and 6 Health Assistant. Stratified sampling technique was applied using proportional allocation assuming working unit as stratifying variable to select the respondents. A semi-structured self-administered questionnaire was used. Regarding overall knowledge on occupational health hazards among health personnel, the findings of the study revealed that majority of 65% the respondents had moderate knowledge followed by 31% had adequate knowledge and only 3.3% had inadequate knowledge. In-service education and CME program could be conducted for further betterment of knowledge.

Key words: Occupational health hazards, personnel protective equipment, health personnel

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Utilization of Medical Abortion Services in Comprehensive Abortion Care Clinic in Western Regional Hospital, Kaski

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ABSTRACT

Abortion is one of the causes of maternal mortality and morbidity in the country. The aim of this study was to identify the background characteristics and outcome of medical abortion. Retrospective data review was carried out in the Comprehensive Abortion Care (CAC) unit of Western Regional Hospital (WRH) of the year 2015 AD to 2016 AD (2073 B S). The data were entered in SPSS version 16 and analyzed by using descriptive statistics (frequency and percentage). The study revealed 45.7 percent of the respondents belong to 20-29 years of age group. Majority (85.1%) were from urban, 36.2% had studied up to secondary level, 98.9% were married, 22.3% had more than 3 children, 40.4% were presented with 7 weeks of gestation and majority (83%) didn't use any contraceptive method. The study also showed 76.6% had done follow up among which 77.8% had complete expulsion whereas 16.7% had incomplete abortion and rest 5.6% had ongoing pregnancy. Regarding contraception used on the follow up day, more than half (52.8%) of the client had not used any contraception followed by IUCD (25.0%), condom (11.1%), Depo-provera (6.9%), Implant (2.8%) and pills (1.4%).

Based on the findings of the study it could be concluded that the utilization of medical abortion service is higher among the younger age group women, with those who have more than two children and those who didn't use any contraceptive method.

Key words: Medical abortion, utilization

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Knowledge and Attitude Regarding Emergency Contraception among Married Women

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ABSTRACT

Unplanned and unwanted pregnancy is one of the leading causes of maternal mortality and morbidity in South Asia. Emergency contraception is a method to prevent pregnancy in women who have had unprotected sex or when birth control methods have failed.

A descriptive study was carried out to identify knowledge and attitude regarding Emergency Contraception (EC) among married women in Bijeshwari army family quarter, Dallu, Kathmandu. Respondents were from different rank military personnel wives. About 104 respondents were selected using Non-probability purposive sampling technique. Semi- structured questionnaire and likert scale were used for data collection.

The finding showed that two third (66.3%) of the respondents said that EC means contraception used after unprotected sex to avoid unwanted pregnancy. Regarding the types of emergency contraception, Majority (93.3%) of the respondents answered oral contraceptive. Acceptable time to take EC within 3days and 5 days were 61.5% and 10.6% respectively. Mean score of attitude was 43.95 (73.25%). It is concluded that women had not adequate knowledge on EC but had positive response towards emergency contraception. It is recommended that further awareness program should be conducted to fulfill the gap on EC.

Key words: married women, reproductive age women, knowledge, attitude, emergency contraception.

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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

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