



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

College of Nursing

Vice Dean of Post Graduate Studies
& Scientific Research

RESEARCH BULLETIN

Vol. 1, No. 1 AY 2017 - 2018

Designed by:
Waleed Attiah

Dr. Asma Ashmauey
Editor-in-Chief

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National
Transformation
Program 2020

Note from the Editor

Dear Readers,

The College of Nursing takes pride and joy for passing the full accreditation from National Commission for Academic Accreditation and Assessment (NCAAA). This remarkable achievement is sum of all micro efforts of the different areas evaluated, thus it created a macro effect not only in the Imam Abdulrahman Bin Faisal University- Eastern Region but also nationally and internationally.

We, at the Scientific Research Management Division (SRMD) and the former Scientific Research Unit (SRU-CON), are very lucky to take part in the accomplishment of this endeavor of our respected college. Being in line with our university's mission " providing creative knowledge, research and professional services and effective community partnership", the college takes its post in the realization with these undertakings.

As we celebrate this accolade to success, we acknowledge the different contributions of our nurse educators in the professional practice to improve the lives of the community. This learning opportunities and responsibilities performed by researchers provided outcomes and changed the lives of many. Over the years, our researchers laid their soul, creativity and passion to come up with scholar enquiry and share their experience and expertise in the field of Research.

With gratitude, we came up to this First Edition of Research Bulletin. This is to commemorate the different activities of the CON in the field of Research over the past two years, to inspire our students, faculty, staff and researchers to take part in the advancement of our practice and promotion of optimum nursing care.

Let us continue striving for excellence in research!

**Yours truly,
Dr. Asma Ashmauey
Editor-in-Chief**

Research Related Events “Sailing Together”

This activity was held on December 27, 2016 in Building 11, Imam Abdulrahman Bin Faisal University. The Objective of the activity was to enable participants to get familiar with the Vision, Mission of SRU-CON, Action plans, Time allocations for Research, Research Output Expectations, Formulation of Research Teams/ Department, Seminar Series, Research Rewards and List of Journals as recognized by Scopus and WOS.

Speakers

Dr. Hasan Al Omran-Chairperson, SRU-CON

Dr. Reem Al Dossary-Vice Dean for Research and Post Graduate Studies

Dr. Mansour Mansour

Mr. Ahrjaynes B. Rosario

Ms. Sarah Al Abdelhai

Ms. Bothaina Fahti Ibrahim



Researcher Networks Google Scholar, ORCID, Researcher ID



This activity conducted last April 18, 2017. The Activity aimed to enable the participants to enhance their connectivity on various research networks such as Google Scholar, ORCID, Researcher ID and Author ID. Create accounts of the different research networks, calculate citations from their studies conducted and identify possible research collaborations .

Speaker :

Mrs. Saima Qutab

**Lecturer and Liaison Librarian: Health and Medical Sciences Colleges
(Female)**

Deanship of Library Affairs Imam Abdulrahman Bin Faisal University



**Ms. Saima Qutab, Lecturer and Liaison Librarian: Health and Medical
Sciences Colleges, giving her brief introduction**

**The Research Networks are the following;
Google Scholar - ORCID - Researcher ID
Author ID**



**Participants opening their laptops to log in to Google
Scholar**



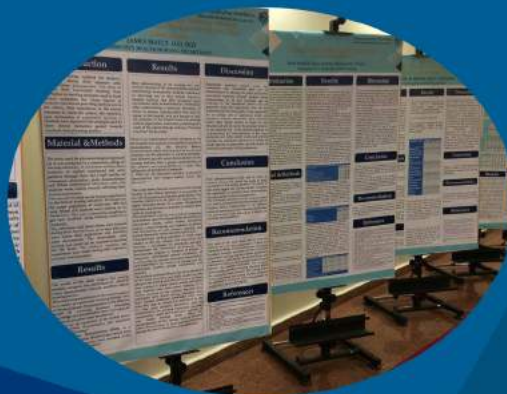
“Library Resources and Data Base”

“The Annual College of Nursing Exhibition of the Accomplishment and Research”

The program started with the Ribbon Cutting Ceremony with the Guest of Honor, Dr. Ghazi Al Otaibi, Vice President for Academic Affairs and Dr. Elham Al Ateeq, Dean College of Nursing. The Accomplishment Reports per unit presented by each chairperson and followed by Faculty and Students Poster Exhibit.

The Opening Program commenced with a video presentation of how far the College of Nursing have gone through the years. Words of gratitude delivered by our esteemed Dean Dr. Elham Al Ateeq. Dr. Ghazi Al Otaibi shared his congratulatory message for a job well done.

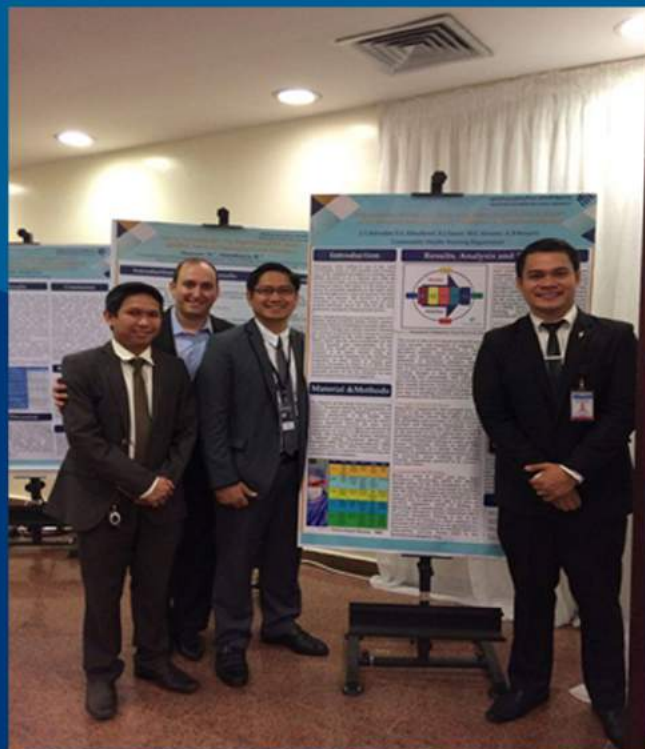
The plaques of appreciation awarded to units who contributed in the recently concluded NCAAA accreditation.



The Posters Exhibition



Researchers beside their Research Poster



Moreover, a plaque also awarded to distinguished faculty members for their contributions in the Research.



A Plaque of Recognition was awarded to Dr. Jordan T. Salvador for his exemplary contribution to the research



Dr. Hasan Al Omran, Chairperson SRU-CON together with the members of the unit receives the plaque of appreciation for their excellent contributions during the NCAAA Accreditation

RECENT FACULTY PUBLICATIONS

Psychiatric Nursing Team Attitudes towards Suicide Risk Management at Dammam Al-Amal Complex, Saudi Arabia

Khalood Fahad Al.Rashedi

Abstract:

Background:

Suicide is one of the leading causes of death worldwide. Psychiatric patients are at high risk for suicide. Patients who are at risk for suicide are very difficult to manage and need constant observation. Nurses have the highest level of daily contact with survivors of self-harm and they are educated to identify persons who are at risk for suicide and to provide appropriate treatment and services.

Aim of Study:

The main aim of this study is to investigate the attitudes of psychiatric nurses working at Al Amal complex of mental health, Dammam, kingdom of Saudi Arabia towards suicide risk management.

Results:

Researches have showed that attitudes are important when action taken. Assessment, management and follow up services affected by the attitudes that staff have towards the suicidal patients. Different staff attitudes may lead to different interpretations of suicidal attempts. Ultimately, improving attitudes of nurses towards suicidal patients are important in motivating them to engage in treating and managing suicidal indications, enhance their desire to work with these patients, achieve effective treatment standard, and contribute to better treatment outcomes.

Relationship between Perceived Stress, Emotional Intelligence and Hope Among Intern Nursing Students

Neama Mohamed Fouad Kamel

Abstract:

Background:

The internship nursing experience is a valuable prospect for new nurses to gain practice in a real world settings under a supporting and experienced supervision. However, interns are encountering many stressors that could hamper their work outcomes and even their overall wellbeing. The high levels of perceived stress associated with nursing reported by many researches. High-perceived stress along with the demanding nature of the nursing profession requires high levels of emotional intelligence to keep up with the work burden. On the other hand, hope is a concept that represents a certain degree of certainty about outcomes. Therefore, emotionally intelligent people by the essence of their traits will think positively and having hope in the future and this in turn will decrease their level of perceived stress.

Aim of Study:

The present study aimed to find out the relationship between perceived stress, emotional intelligence (EI), and hope among intern nursing students.

Design:

The study followed a descriptive correlational design.

Setting:

The study conducted at the clinical settings of Internship Training of Faculty of Nursing, Damanhour University.

Sample:

The study subjects included all internship nursing students who were enrolled at the academic year 2015-2016 (N = 174).

Tools:

Data for this study were obtained using four main tools, the Emotional Intelligence scale, The Herth Hope Index (HHI), and the perceived stress scale In addition, a socio-demographic and academic data sheet.

Results:

Results of the present study revealed a significant positive correlation between level of emotional intelligence and hope. A significant negative correlation between level of perceived stress and both level of emotional intelligence and hope among the studied interns. In conclusion emotional intelligence as a skill is better suited to handle day-to-day perceived stress in internship nursing experience. High-level of emotional intelligence and hope can significantly foretell healthy functioning and less perceived stress at work.

The Impact of Cold therapy on the Pain and Haematoma on the Site of Injection of Enoxaparin

Sarah Abdulaziz Alabdahai

Abstract:

Background:

Heparin and low molecular weight heparin (LMWH) are anticoagulant medication. Subcutaneous heparin preparation might cause side effects such as pain, hematoma, bruising, thrombocytopenia, hematoma, and melena. All these problems will disturb the patient and rejecting the medication.

Aim of the study:

To examine the impact of cold therapy on the pain and hematoma on the site of injection of enoxaparin.

Design:

A quantitative experimental design used in this research.

Sitting:

The study conducted in a University hospital in Saudi Arabia. The patients randomly selected from Surgical Unit, Coronary Care Unit and Intensive Care Unit.

Material and Method:

The total number of participants randomly selected was 30 patients and they divided into two groups, experimental and control groups with 15 participants in each group. The control group received the ordinary routine care for subcutaneous injection of Enoxaparin. On the other hand, the experimental group received a cryotherapy treatment before and after administration of Enoxaparin subcutaneously for 5 minutes, and the pain measured immediately, but the hematoma measured after 48 to 72 hours.

Results:

Mean (\pm SD) pain score in patients with cold therapy was 0.2 ± 0.4 while without cold therapy was 2.2 ± 0.41 . Mean pain was significantly high in cases of without cold therapy ($p < 0.0001$). Regarding presence of hematoma, there was significant association with cold therapy and presence of hematoma ($p < 0.0001$).

Conclusion:

It can be concluded from this study that the cold application can reduce the pain intensity and the occurrence of hematoma in patient who receives Enoxaparin injection.

Nursing Student Experiences Of Psychiatric Clinical Practice: A Qualitative Study, IOSR Journal of Nursing and Health Science (IOSR-JNHS) ,2016

Amira Ali Alshowkan
Neama Mohamed Fouad Kamel

Abstract:

Background:

Clinical experience identified as a vital part of nursing education. It allows students to merge knowledge with practice. Understanding the contextual factors that may interfere with or enrich the psychiatric mental health nursing experience is very important.

Aim:

To explore the experiences of nursing students who completed their psychiatric clinical practice at a Saudi Arabian University.

Sample:

A total of 20 third-year female nursing students who completed the Psychiatric and Mental Health Nursing course agreed to participate and were divided into 4 focus groups.

Method:

Data were collected using focus group discussions. Data transcribed, and thematic analysis done using Nvivo 9.

Result:

Three main themes identified, and under each theme, a number of subthemes merged. The main three themes are: factors related to the student, factors related to the clinical supervisor, and factors related to the clinical environment.

Conclusion:

The results of this study indicated that nursing students face many obstacles during their clinical experience. A number of recommendations proposed in order to support the psychiatric nursing clinical practice.

Prevalence and Associated Factors of Stress Among University students

Mukhtar AL-buhumd, Emad Shdaifat

Abstract:

Background:

University student complains of high levels of stress related to academic assignments in addition to clinical skills. Stresses as psychosocial aspect can affect the students' academic achievement and wellbeing.

The purpose of the study:

To determine the prevalence of stress and its associated factors.

Material and Methods:

A descriptive cross-sectional study conducted in June 2016 at the University of Dammam. A total of 246 students were enrolled in the study. Instrument of the study was a self-administer Arabic version of the Perceived Stress Scale (PSS-10).

Results:

The prevalence of stress among university students was 52.3%. The mean score of stress among female (21.2, SD 3.3) was higher than male (20.8, SD 3.3). By using bivariate analysis; stress found to be significantly associated with type of college; the medical student complains of higher stress (21.8, SD 2.7) than student in medical applied science college (19.7, SD 3.0) the P-value was 0.031. There was no significant difference between the level of stress and other demographic variables such as; age, gender, marital status.

Conclusion:

The level of stress was high among students, so more studies should be focused on the causes and offering a support service.

The Effect of Mother and Newborn Early Skin-To-Skin Contact on” the Duration of Separation and Expulsion of the Placenta”

Hadeer Yahya Al-Morbaty, Asma Abdulhamid Ashmauey*
and Ahlam Abdullah Al-Ghamdi

Objective:

To identify the effect of mother and newborn early skin-to-skin contact (SSC) on the duration of separation and expulsion of the placenta

Methods:

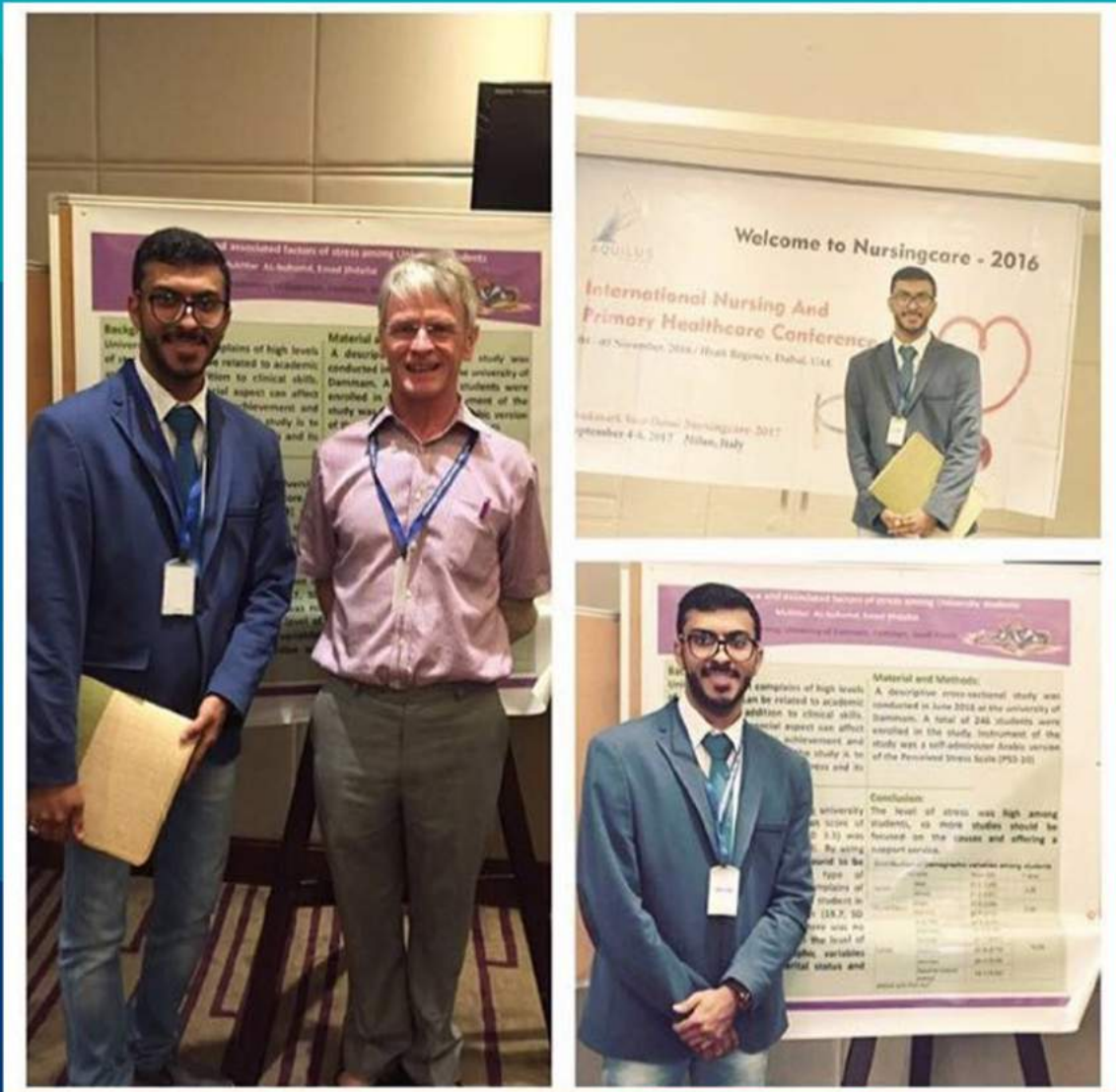
In a randomized controlled clinical trial, (28) parturient women) equally divided into two groups. Early mother and newborn SSC was applied to the experimental group, while no intervention was done to the control group. The study has been conducted in the delivery room at King Fahd Hospital of the University, AL Khobar, and Saudi Arabia.

Results:

The results of this study demonstrated a statistically significant positive effect of early SSC in shortening the duration of the placental delivery. The median duration of placental delivery was (308.5 seconds) and (570 seconds) in the experimental and control groups respectively; the difference was statistically significant as P value=0.042*.

Conclusion:

The significant difference between-groups favoring SSC mothers to have shorter duration time of Placental delivery, such difference should be taken into account in routine care after delivery.



“Effect of Early and Late Clamping of the Umbilical Cord on the Newborns’ Blood Analysis”

Kholod Al-Ninia, Asma Ashmauey and Noura Al-Qahtani

Background:

At the time of birth, the infant is still attached to the mother via the umbilical cord, which is a part of the placenta. The infant is usually separated from the placenta by clamping the cord. Timing of umbilical cord clamping has been and still is a highly controversial issue worldwide, the controversy about the best time to clamp the cord.

Aim:

The main aim of the study is to identify the effect of early and late cord clamping on newborns’ blood analysis. Hypothesis: The researcher hypothesized that the delayed cord clamping (1-3 minutes) after birth will make a difference on newborns’ blood analysis. The study design: A quasi experimental design was utilized in this study. Setting of the study: The study was conducted at the Dammam Maternity and Children Hospital; it is a Ministry of Health hospital with a higher delivery admission rate (25-3/day) according to the delivery room deputy nurse and hospital statistical records. Study sample: The study comprised a total of selective sample of 100 women during their second stage of labor and their newborns were selected according to certain criteria.

Tools:

Two tools developed and used by the researcher to collect the necessary data related to the study subjects as follows: First tool (Maternal tool): An Interview questionnaire sheet contained the following parts: Part one: Demographic data such as (age, occupational and education level.), Part two: Obstetrical history such as Gravidity, parity, last menstrual period and gestational age. Second tool (Newborn tool): A newborn sheet contained the following parts: Part one: Early and late clamping record sheet which consists of date, time, mode of delivery and time of cord clamping (using a stopwatch). Part two: Complete new born blood count sheet to assess the level of C.B.C (Hb, RBCs, Hct and serum bilirubin and any complications or admission to the NICU) immediately and 24 hours after birth for both groups.

Methods:

The necessary approvals from the ethical committee in Dammam University and General medical research committee in Saudi Arabia were obtained to collect the necessary data. Based on the present study findings, it can be illustrated that the delaying of the newborn's umbilical cord clamping at birth (1-3 minutes) have an important effect on newborns' hematologic status. The delaying of the umbilical cord clamping 1-3 minute after birth decreased the number of anemia cases. The study has shown that the hypothesis to be true and proved the effect of late cord clamping on the newborn's blood analysis. Significant associations were observed between the time of cord clamping and the improvement of the hematological values of the newborns' blood analysis.

Recommendations:

According to the findings of the present study it is recommended to delay cord clamping and it should be the standardized practice and supported by the Ministry of Health and hospital administration.

“Effect of Planned Health Educational Program on Menstrual Knowledge and Practices among Adolescent Saudi Girls”

Fatimah Ali Hassan Aburshaid , Sanaa Ghareeb Ahmad,
AsmaAbdulhamid Ashmauey and Huda Ghareeb Mohammad

Objectives:

To assess knowledge, practices and quality of life of adolescent Saudi girls regarding menstruation and menstrual self-hygienic care.

To find the relation between knowledge, practices and selected variables of quality of life of adolescent Saudi girls regarding menstruation and menstrual self-hygienic care. To evaluate the outcome and impact of health education program on knowledge and practices of adolescent Saudi girls regarding menstruation and menstrual self-hygienic care.

Methods:

An experimental study was conducted using pre-posttest design on a (39) Saudi adolescent girl students at the seventh secondary school, Al-Khobar City in the Eastern Province of Saudi Arabia. Two tools used; first tool is structured questionnaire sheet, which was developed by the researcher and revised by three experts in the specialty. This tool used to assess the Saudi adolescent girl students' knowledge and practices regarding menstruation. The second tool: a quality of Life scale, which developed by World Health Organization. It included questions about quality of life, general daily activities; number of times suffering from pain and negative feelings and ability to study. After that the pretest was done. Data collected and analyzed. Accordingly, the researcher prepared the contents of the health educational program based on the adolescent Saudi girls' level of knowledge and practices, then the researcher prepared the contents, and then divided and implemented in two consecutive sessions. Immediately after implementing the program sessions, The same questionnaire sheets filled up individually by the participants as an immediate post-test. A comparison between the pre- and post-tests done to identify the effect of planned health educational program on menstrual knowledge and practices among adolescent Saudi girls using the appropriate statistical tests, (SPSS).

Results:

The results of the current study demonstrated statistical significant improvements regarding quality of life as (79.2% compared to 86.7%), level of menstrual knowledge scores as (47.36% compared to 94.73%), and self-hygienic care practices score as (94.9% compared to 28.2%), $p < 0.00$.

Conclusion:

The present study concluded that statistically significant improvements observed regarding the Saudi adolescent girl's menstrual knowledge, self-hygienic care practices and quality of life after receiving the well prepared, planned and implementation of menstrual health education program.

Students' Projects

#	Principal Investigator	Type of Research	Research Title
1	Maram Al Ghamdi Dr. Mervat Adhm	Experimental	Assessment of Intensive Care Nurse' knowledge and Practice of Eye Care for Sedated and Mechanically Ventilated Patients in Intensive Care Units in Saudi Arabia".
2	Khadijah student Dr. Omniah Himedah	Experimental	Nurses' Perceptions & Practices towards Delirium in ICU, KFHU
3	Abrar Al Dossari Dr. Rima AlGarni	Experimental	Assessment of procedural pain in critically ill patients on mechanical ventilator
4	Fatima Al Marzoq Dr. Fatima Mokabel	Experimental	The Impact of hypocaloric feeding and energy balance on clinical outcome in intensive care unit patients
5	Yusef Al Hasan Dr. Hind Al Shenawi Dr. Mansour Al Mansour	Experimental	Critical Care Nurses Knowledge towards Prevention of Pressure Ulcer In Critical Care Units
6	Al Anood Al Dossari Dr. Asma Ashmauey	Experimental	Effect of Early Initiation of Breast Feeding Immediately After Birth on the Duration of Separation and Expulsion of the Placenta.
7	Rabha Al Dossari Dr. Eman Rashad	Experimental	Effect of Eating Dates and Drinking water During Labor Versus IV fluids on labor and Neonatal Outcomes
8	Fatimah Ali Aburashid Dr. Asma Ashmauey Dr. Sanaa Ghareeb Dr. Hoda Ghreeb	Experimental	Effect of Planned Health Education Program on Menstrual Knowledge and Self Care Practices among Adolescents Saudi Girls.
9	Dalal Sami Al-Dossary Dr. Maha Al Madan Dr. Nema Fouad	Experimental	Early detection of Postnatal Depression and its associated factors in Eastern Region of Saudi Arabia

10	Rawan Al Ghamdi Dr. Hoda Nafea Dr. Awaterf El-Sayed	Experimental	The Influence of Back Pack on Intermediate Female Student's Back at Dammam City
11	Athbah Al-aabi Dr. Laila Abou Salem Dr. Ahlam Hussein	Experimental	The Parental Perception of Childhood Obesity and Overweight among School age Children
12	Hadija Al-Hammadi Dr. Awaterf El-Sayed Dr. Ahlam Hussein	Experimental	Effect of Prone and Supine Positions on Breathing Pattern among Premature Infants with Respiratory Distress
13	Fatemah Hussan Al-Somal Dr. Laila AbouSalem Dr. Hoda Nafea	Experimental	Quality of Life for Children with Sickle Cell Anemia from 8-12 years old in Relation to their Healthy Age Mate

Potential Research Funding Resources

Log into the following websites and explore the funding opportunities they have

1. Agency of Healthcare Research and Quality

<https://www.ahrq.gov/funding/fund-opps/index.html>

2. American Nurses Foundation

<http://www.anfonline.org/MainCategory/NursingResearchGrant.aspx>

3. National Institutes Of Nursing Research

<http://www.ninr.nih.gov/researchandfunding>

4. National Information Center on Health Services Research and Health Care Technology (NICHSR)

<https://www.nlm.nih.gov/hsrinfo/grantsites.html#322Funding%20Opportunities>

5. The Robert Wood Johnson Foundation

<http://www.rwjf.org/en/how-we-work/grants/fundingopportunities.html>

6. Sigma Theta Tau International

<http://www.nursingsociety.org/advance-elevate/research/research-grants>

7. The Commonwealth Fund

<http://www.commonwealthfund.org/grants-andfellowships>

8. Oncology Nursing Society

<http://www.onsfoundation.org/apply/re>

9. Emergency Nurses Association Foundation

<https://www.ena.org/foundation/grants/Pages/Default.aspx>

10. King Abdullah University of Science and Technology

<https://www.kaust.edu.sa/en/research>



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