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Oral Communications

OC7

Histopathological Examination Of Diverticular Tissue In Children Operated For Complicated Meckel Diverticulum

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Introduction: The omphalomesenteric canal is a structure that exists in the embryonic period in humans but disappears just before birth. The residue that emerges when this structure continues to exist without being lost in humans is called the Meckel diverticulum. Meckel diverticulum may not cause problems in people with whom it exists. But in some people It can lead to adverse conditions such as bleeding, intestinal obstruction, diverticulitis. In such a case, the patient is treated by surgery and removal of the Meckel diverticulum. A complicated Meckel diverticulum is a condition that should be taken seriously because if left untreated, it leads to complications that lead to the death of the patient.

Materials and Methods: In this study, children between the ages of 0-18 who were operated between January 2015 and April 2022 at the Pediatric Surgery Clinic of İnönü University Faculty of Medicine Turgut Özal Medical Center due to complications related to Meckel diverticulum were retrospectively analyzed.

Results: It was found that there were 24 patients operated for Symptomatic Meckel's Diverticulum in the Pediatric Surgery Clinic between the specified dates. The patients were between 1-17 years of age and the mean age was calculated as 6 years. All of the cases were symptomatic; 5 of them were girls (20.8%) and 19 of them were boys (79.2%). 4 (17%) cases were operated for diverticulitis, 2 (8%) cases for gastrointestinal bleeding findings and 18

(75%) cases for intestinal obstruction. In the histopathological examination of the surgical materials, ectopic tissue was detected in 12 (50%) cases; Ectopic gastric mucosa was present in 9 (37.5%) cases, ectopic pancreatic mucosa was present in 2 cases (8.4%), and both gastric and pancreatic mucosa were present in 1 case (4.1%). Moreover; 3 (12.5%) of the cases had findings of local intestinal ischemia and 1 (4.1%) of the cases had intra-diverticulum ulceration. All patients were discharged with recovery. No postoperative complications were observed in any of the patients.

Conclusion: When the results of this study were evaluated as a percentage ratio, it was determined that; Meckel's diverticulum was mostly symptomatic in boys and mostly caused intestinal obstruction. Although there was ectopic tissue in the diverticulum in half of the cases, symptoms related to ectopic tissue occurred in only one fourth of the cases.

Keywords: Childhood, Ectopic Tissue, Meckel's Diverticulum

OC11

The Effects Of Extremity Dominance On Performance In Sedantered University Students

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Introduction: Lower extremity dominance can potentially affect functional performance. In this direction, it is aimed to examine the effect of lower extremity dominance on reaction, coordination, and balance in sedentary individuals.

Materials and Methods: 136 individuals aged between 18-25 years included in the study. "Flamingo balance test" was used for static balance, "Y balance test" for dynamic balance, "Lemocot test" for coordination, and "Nelson Foot Reaction test" for reaction time in the dominant and

non-dominant lower extremities of the individuals. Compliance with the normal distribution of the obtained data was evaluated using SPSS 22.0 statistical program and a paired-sample t-test was performed. $p < 0.05$ accepted as a statistical significance level.

Results: The dominant extremity of all individuals in the study was the right side, and the mean age was found to be 21.88 ± 1.86 years. In the flamingo balance test, the dominant extremity had a mean of 9.19 ± 4.65 sec and the non-dominant extremity had a mean of 10.10 ± 5.07 sec, and the non-dominant extremity gave significantly better results ($p < 0.05$). In the anterior direction of Y balance test, while the dominant extremity was 75.27 ± 12.18 cm, the non-dominant extremity was 74.07 ± 11.37 cm, and the results of the dominant extremity were significantly better ($p < 0.05$). In the posterolateral direction, the dominant extremity had a mean of 82.57 ± 13.45 cm, the non-dominant extremity had a mean of 81.06 ± 13.07 cm, and the results of the dominant extremity were found to be significantly better ($p < 0.05$). In the posteromedial direction, the dominant extremity was 84.64 ± 13.21 cm, the non-dominant extremity was 84.49 ± 12.73 cm, and similar results were observed ($p > 0.05$). In the Nelson Foot Reaction test, the dominant extremity had a mean of 2.79 ± 2.29 sec, the non-dominant extremity had a mean of 2.64 ± 2.19 sec, and the results were similar ($p > 0.05$).

In the Lemocot test, the dominant extremity had a mean of 53.88 ± 8.50 rep, the non-dominant extremity 49.90 ± 7.81 rep, and the dominant extremity showed significantly better results ($p < 0.05$).

Conclusion: As a result of the study, it was observed that the dominant lower extremity performance was better in tests with a dynamic character.

Keywords: Lower extremity, Postural balance, Reaction time

OC12

The Effect Of Pulmonary Rehabilitation On Symptoms In Acute Exacerbation Of Chronic Obstructive Pulmonary Disease

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Introduction: American Thoracic Society and the European Respiratory Society reported that Chronic Obstructive pulmonary disease (COPD) is responsible for deaths in the 3rd place worldwide. COPD includes dyspnea, cough, sputum production, and decreasing exercise tolerance. It has been reported in previous studies that pulmonary rehabilitation programs should be applied together with respiratory techniques. Studies have shown that this intervention improves exercise capacity, dyspnea, and quality of life.

Materials and Methods: Twenty-two (mean age 66.45 ± 6.68) male hospitalized in Chest Diseases department of Pamukkale University Hospital were included in the study. Pulmonary rehabilitation (respiratory control, diaphragmatic breathing, chest expansion exercises,

pursed lip breathing, bicycle ergometry and upper extremity exercises combined with breathing, coughing or huffing) were performed once a day until the patients were discharged. Symptoms were evaluated with COPD Assessment Test (CAT) and modified Medical Research Council (mMRC) questionnaires before and after treatment.

Results: Individuals with a pre-treatment CAT score of 17.12 ± 7.63 improved significantly as 11.63 ± 6.98 after treatment ($p < 0.001$). The mMRC dyspnea score, which was 2.65 ± 1.21 before treatment, decreased significantly to 1.73 ± 1.35 after treatment ($p < 0.001$).

Conclusion: Pulmonary rehabilitation contributed to the improvement of symptoms in individuals with COPD during acute exacerbation.

Keywords: Exacerbation, COPD, Pulmonary rehabilitation

OC14

Hospital Admissions Due To Drug Intoxication: Prepubertal Male, Postpubertal Female Predominance And Incorrect Drug Administration

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Introduction: Poisoning is one of the preventable emergencies that are common especially in the pediatric age group, require rapid diagnosis and treatment. In this study, the epidemiological and clinical features of the cases who applied for drug intoxication were examined.

Materials and Methods: A total of 314 patients aged 14 years and younger who applied to the pediatric emergency outpatient clinic with drug intoxication between January 2010 and August 2011 were included in the study. Hospital records of the patients were evaluated.

Results: With a mean age of 4.6 ± 4.0 years, 43.9% of our cases were female and 56.1% were male. The male/female ratio was 1.27. While boys (61.3%) in the pre-school period (0-5 years) and boys (60.7%) were in the foreground in the 5-10 age period, girls (72.9%) were in the foreground in the 10-14 age range. 82.2% of the cases were poisoned by a single drug and 17.8% of them were poisoned by more than one drug. The most common drug group causing poisoning are respectively; central nervous system (CNS) effective drugs analgesics/antipyretics and antibiotics. It was determined that 12.4% of the patients were suicide and 87.6% were poisoned due to accidents. All of the cases who took drugs for suicide were adolescent girls. A total of 13 (4.1%) patients, 11 of whom were parents and 2 of our patients were healthcare professionals, were given an incorrectly high dose of medication. While 47.1% of the patients were asymptomatic, no morbidity was detected, and mortality was 0.32%.

Conclusion: Drug poisoning is an important and preventable cause of morbidity and mortality in the pediatric age group. It was found that accidental poisoning in the under-five group, suicide poisoning in the adolescent age group, poisoning with drugs acting on the central nervous system and analgesic/antipyretic drugs were the most important causes. Knowing these epidemiological features

according to age groups and taking the necessary precautions will contribute to the reduction of poisoning.

Keywords: Emergency, Children, Drug intoxication, Suicide

OC15

A Scale Development Study: Blues Of Birth Evaluation Scale

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Introduction: The purpose of this study was to develop a valid and reliable measurement tool to evaluate the blues of birth.

Materials and Methods: The data of 560 mothers were analyzed in the study. In the validity-reliability analysis of the scale, exploratory factor analysis and Cronbach's alpha coefficients were used.

Results: A factor analysis was conducted to determine the construct validity of the scale, and it was observed that the scale consisted of 15 items, and these items were under four factors that explained 63.351% of the total variance. The internal reliability of the entire 5-point Likert-type scoring Blues of Birth Evaluation Scale with 15 items, was calculated based on its Cronbach's alpha coefficient. The Cronbach's alpha (α) value of the scale was found as 0.836.

Conclusion: Blues of Birth Evaluation Scale is a reliable and valid scale developed for Turkish women.

Keywords: Midwifery, Blues of birth, Postpartum period

OC16

End Of Life Care For The Elderly Patients: A Qualitative Research

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Introduction: With the prolongation of life span and the increase in the elderly population, the need for palliative care of elderly individuals is also increasing. The palliative care service approach aims to provide spiritual, social and psychological support to the relatives of the patient as well as the care support it provides to the patient. The aim of this study is to reveal the palliative care experiences of elderly patients' relatives who receive palliative care services in a palliative care center.

Materials and Methods: The research was conducted a Palliative Care Center. 10 patient relatives accompanying patients over the age of 65 constitute the sample of the study. In the study, the qualitative research method was adopted, the participants were interviewed with face-to-face and semi-structured questionnaires, the interviews were recorded and field notes were kept during the time in the field. Transcription of the audio recordings and field notes were encoded with the coded inductive method, and the data set was obtained.

Results: As a result of the coding; main categories were formed and sub-categories that are interconnected to the main categories.

Conclusion: As a result of research, it has been observed that the relationships of the relatives of the patients with the staff and each other are the primary factor in making sense of the palliative care center and the care experience.

Keywords: Palliative care center, Ageing, Old age

OC17

Investigation Of The Effect Of The Family Education Program On The Communication, Parent Attitudes And Developmental Needs Awareness Levels Of Parent/Care Persons Giving Primary Care To Children

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Introduction: Undoubtedly, one of the most important factors in the life and development of the child is to grow up in a healthy family environment and to meet his developmental needs. In order for the family to be a healthy family, it is important to support the families who give primary care to the child. These supports should be started from a very early period. Under these considerations, in the research, it was aimed to develop a family education program about communication, parental attitudes and developmental needs for parents/caregivers who provide primary care to 36-72 months old children, and to give this family education to parents/caregivers who provide primary care to children, as a result of the training provided. In this study, it was aimed to determine the effectiveness of education.

Materials and Methods: In the research, the interview method, one of the qualitative research techniques, was used in a quasi-experimental design without a control group. The main reason for not having a control group is that the education is delivered to all parents/caregivers who provide primary care to the children in the study. A quasi-experimental design without a control group was preferred because of the support provided to all parents/caregivers who provide primary care to children. In this context, the research was carried out with the members of the City Council of Ankara Keçiören Municipality. The study was carried out with 46 parents/caregivers giving primary care to children, and parents/caregivers giving primary care to children were reached through the Municipality. In the study, a semi-structured interview form for parents/caregivers giving primary care to children was prepared by the researchers, and the form was finalized with the opinion of field experts. A family education program consisting of two sessions was prepared and applied to families.

Results: As a result of the research, it was determined that the parents/caregivers who give primary care to children stated that they had difficulties in communication before education, that those who had difficulties had the most problems in expressing themselves, that they did not

receive training for effective communication, and that communication in the family and parental attitudes were moderately effective on the child. In addition, it was determined that the developmental needs of their children were the most communication. After the research, it was seen that they stated that they should be careful while communicating, the importance of paying attention to their parental attitudes, and that they developed awareness of how important communication is.

Conclusion: It has been determined that the education given to families is effective.

Keywords: Family education, Parental attitudes, Communication, Preschool period

OC18

Examination Of Osteoporosis Knowledge Levels, Physical Activity Levels And Calcium Intake Of Physiotherapy And Rehabilitation And Nutrition And Dietetics Students

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Introduction: Due to the high treatment costs, studies for the prevention of osteoporosis rather than the treatment have become widespread. In our study, it was aimed to compare the osteoporosis knowledge levels, calcium intake, and physical activity levels that are effective in the prevention of osteoporosis in physiotherapy and rehabilitation (PR) and nutrition and dietetics (ND) department students in young adulthood.

Materials and Methods: This study was carried out with students studying at Lokman Hekim University in Ankara between April 2022 and June 2022. Second, third, and fourth grade students of PR and ND departments were included in the study. Osteoporosis Knowledge Test (OKT) was used to measure knowledge levels and Sedentary Behavior Questionnaire was used to measure physical activity levels. Calcium consumption and the frequency of consumption of milk and dairy products of individuals were evaluated by questioning. Groups were compared with appropriate statistical analyzes in terms of the collected data.

Results: Of the 209 female university students (age: 21.50 ± 1.36 years, BMI: 21.19 ± 3.18 kg/m²) included in the study, 97 were PR and 112 ND students. OKT mean scores were 20.44 ± 2.34 points in the PR department and 19.88 ± 2.89 points in the ND department. While the time spent sedentary was 9.59 ± 4.21 hours per day in PR students, it was calculated as 8.94 ± 4.65 hours in ND students. Calcium intakes of 54.6% of the students of the PR department and 60.7% of the students of the ND department were below 50% of the dietary reference intake recommendations. Students of both departments were found to be similar in terms of osteoporosis awareness, physical activity level, calcium intake, and rates of meeting the recommended calcium intake ($p > 0.05$). In addition, osteoporosis knowledge levels among grades were similar in PR

and ND departments (Kruskal-Wallis $H=2.173$, $p=0.140$; Kruskal-Wallis $H=2.948$, $p=0.645$).

Conclusion: Although osteoporosis knowledge levels of PR and ND students were high, their physical activity levels and calcium intakes were low. There was no difference among departments and grades in terms of osteoporosis awareness, physical activity level and calcium intake. The necessity of planning appropriate education and policies was emphasized for PR and ND students, who have important roles in osteoporosis management, to develop attitudes towards making lifestyle changes such as increasing physical activity and regulating nutrition.

Keywords: Knowledge level, Physical activity, Calcium intake, Osteoporosis

OC19

Example Of Intergenerational Solidarity In The Rural Area: The Bocce Game Event

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Introduction: Increasing conflicts between younger and older individuals and negative age stereotypes in modern societies subordinate the position of older adults in society. These conflicts between different generations can cause ageism. It is known that ageism affects the health of elderly people negatively. In addition, ageism can have harmful effects at the societal level. Younger people's internalization of negative age stereotypes and discrimination against older people may negatively affect their aging process. It is therefore important to support intergenerational solidarity.

Materials and Methods: This research was supported by "TÜBİTAK 2209-A University Students Research Projects Support Program". Within the scope of the research, a bocce game event was organized with the participation of younger and older individuals in Haymana district, located in the rural area of Ankara, to support intergenerational solidarity. The research seeks to answer the question of "What is the role and importance of bocce game activity in supporting intergenerational solidarity?". The data of the research were obtained from the qualitative interviews held after the bocce game event. A phenomenological approach was adopted in the study. In the analysis of qualitative data, thematic and descriptive qualitative analysis was performed with using the NVivo 10.0 program.

Results: Since the game of bocce is played regardless of age and gender, it has been evaluated as a fun and competitive activity by both younger and older individuals. Older adults identified the game of bocce with the game of marbles they played in their childhood. For this reason, they transferred their knowledge and experience about the game to the youth. It has been seen that intergenerational transmission and playing together with young people arouse positive emotions in older individuals. In terms of younger individuals, the bocce game has contributed to the positive meanings of older age to replace the negative

meanings. Younger individuals reported that they wanted to play bocce with their family elders after the event.

Conclusion: The bocce game event has an important role in supporting intergenerational solidarity in rural areas. There is a need for services that increase the social participation of younger and older individuals in rural areas and contribute to the transfer of knowledge and experience by coming together. Therefore, local governments and policy makers have important duties in planning services that support intergenerational solidarity.

Keywords: bocce game, rural area, intergenerational solidarity, qualitative research, ageism

OC20

The Relationship Of Chronic Musculoskeletal Pain With Depression, Anxiety, and Kinesiophobia

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Introduction: Pain is an unpleasant sensory and emotional experience associated with actual or potential damage or described in terms of such damage. Chronic pain is the condition which this sensation continues for 3-6 months. In the literature there are studies showing that psychological problems like kinesiophobia, anxiety and depression are the most common complaints seen with chronic musculoskeletal pain. In this study, our aim is to determine whether there is an effect of anxiety, depression, kinesiophobia levels on pain intensity among people with chronic pain.

Materials and Methods: The study was conducted online, as Google forms between 15th March-15th May. The mean age and standard deviation of participants were 31.368±12.415 for 19 men and 36,908±15.297 for 21 women, in total 40 volunteers were included to study. We used Visual Analogue Scale (VAS) to evaluate their pain intensity. Additionally, with Tampa Scale of Kinesiophobia (TSK) their Kinesiophobia levels and with Hospital Anxiety and Depression Scale (HAD), their psychological status like anxiety and depression levels were evaluated. The data collected was uploaded to a statistical programme JASP 0.16.02.0 to do correlation analysis.

Results: Our results showed minimal statistically significant relation between HAD- Depression and VAS scores. ($r=0.31$, $p=0.49$). Also, we find that left upper extremity VAS scores had a medium positive correlation with HAD-Depression scores ($r=0.334$, $p=0.035$). Lastly, we found minimal positive correlation between HAD-Depression and HAD-Anxiety scores. ($r=0.43$, $p=0.05$)

Conclusion: We found a relation between pain intensity and depression among chronic musculoskeletal pain patients. Additionally, a connection between left upper extremity pain intensity and depression was found.

Keywords: Musculoskeletal, Pain, Depression, Anxiety, Kinesiophobia

OC22

The Effect Of Pregnancy Complaints On Obsessive Behaviors In Postpartum Period Regarding Baby Care

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Introduction: Complaints experienced by women during pregnancy may cause obsessive behaviors related to postpartum baby care.

Materials and Methods: The descriptive and correlational study was conducted with 265 pregnant women in the NST unit of a hospital in Erzurum between 01.01.2022 and 30.05.2022. In this study, the effects of women's complaints during pregnancy on obsessive behaviors related to postpartum baby care were investigated. In the first stage of the two-stage study, pregnant women in the last trimester were recruited and their pregnancy complaints were examined, and in the second stage, women were contacted by phone between 2-8 weeks postpartum and obsessive behaviors related to baby care were examined. Data were collected using a questionnaire form, the pregnancy symptom inventory, and the obsessive and compulsive behaviors scale of mothers in postpartum period regarding baby care. Data were analyzed with the help of mean, Pearson's correlation and linear regression analyses.

Results: The mean score for the frequency of women's experiencing symptoms during pregnancy was 37.71±12.68. The mean score for women's postpartum obsessive and compulsive behaviors was 14.06±5.60. It was revealed that the presence of symptoms during pregnancy was a positive predictor of postpartum obsessive-compulsive behaviors and explained 15% of the variance in obsessive-compulsive behaviors ($R^2=0.015$, $F=5.011$, $p<0.05$).

Conclusion: As the frequency of experiencing symptoms during pregnancy increases, the rate of obsessive and compulsive behaviors of mothers toward baby care increases during the postpartum period.

Keywords: Midwife, OKB, Pregnancy symptoms, Postpartum

OC23

Attitudes Of Nursing Students Towards Registration And Protection Of Personal Health Data And Related Factors

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Introduction: Personal data is defined as "any information relating to an identified or identifiable natural person". Advances in health information technology make health information systems easy to use and accessible. Advances in information systems allow computers to be used to manage care by monitoring patient records, thus reducing errors and improving health quality. However, ensuring the

privacy of personal health data can be an important problem. This study was conducted to determine the attitudes of nursing students towards the registration and protection of personal health data and related factors.

Materials and Methods: This study was conducted with 326 students studying at the Nursing Department of Kahramanmaraş Sütçü İmam University in the spring semester of 2019-2020 academic year. The research was carried out in cross-sectional and descriptive design. The data were collected with the "Student Descriptive Information Form" and the "Attitude Scale for the Registration and Protection of Personal Health Data of Nursing Students". Descriptive statistics, t-test and one-way analysis of variance were used in the analysis of the data.

Results: The mean score of the students' Attitudes scale towards the Registration and Protection of Personal Health Data scale was determined as 3.81 ± 0.86 . Factors affecting students' attitudes towards the registration and protection of personal health data were academic achievement level, and knowledge of patient-related health data types ($p < 0.05$).

Conclusion: This research has shown that nursing students' attitudes towards registration and protecting personal health data are positive.

Keywords: Nursing student; Personal health data; Attitude

OC24

Learning Experiences Of Nursing Students With Case-Based Learning Technique: A Qualitative Study

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Introduction: The Case-Based Learning (CBL) technique is a learning approach in which students work individually or in groups for solving a case in real-life conditions and finding solutions to the associated problems. The aim of this study was to explore the experiences of undergraduate nursing students of the implementation of case-based learning technique with group work in in clinical setting at the Surgical Diseases Nursing.

Materials and Methods: A qualitative design was used. The sample consisted of sophomore students ($n=84$) who took Surgical Diseases Nursing at a University School of Health in the Spring Semester of 2018-2019. The students were divided into 14 groups by random sampling method according class list. The practice instructors advised the groups in the process of Case-Based Learning technique for 8 weeks and groups took real case (patient) in clinical setting and gave nursing care. Groups used Surgical Diseases Nursing Patient Assessment form. The students planned their nursing care plans using NANDA nursing diagnoses with group work and then evaluated the result by applying the care plan. In the last two weeks of the academic year, the students were able to present their presentations.

Results: The experiences of the students are explained in three main themes and 9 sub-themes. Main themes were;


case presentation experience, case presentation in nursing practice, a good case presentation.

Conclusion: As a result, Case-Based Learning facilitates learning, provides materialization and permanence of knowledge, offers the opportunity to combine the application with the theory and preparing students for the profession.

Keywords: Experience, Nursing, Qualitative Study, Student, Case Based Learning

OC25

Prophylactic Effects Of Mirtazapine On Cisplatin Induced Cardiotoxicity In Rats

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Introduction: Mirtazapine (MIR) is a noradrenergic and specific serotonergic antidepressant which is used primarily in the treatment of major depression. MIR can exert prominent antioxidant and cytoprotective actions in several experimental models through activation of enzymatic and non-enzymatic antioxidant mechanisms and inhibition of some toxic oxidant mechanisms. This study was designed to investigate the potential protective effects of MIR against cisplatin (CIS)-induced cardiotoxicity in rats.

Materials and Methods: Rats were randomly assigned into four groups ($n=8$): a) control group; b) CIS group (a single dose 7 mg/kg, intraperitoneally); c) MIR group (30 mg/kg on fourteen consecutive days, per os); and d) MIR+CIS group. On the 15th day of the experiment, the systolic, diastolic and mean blood pressure and heart rate of the rats were measured invasively by carotid artery cannulation under ketamine/xylazine anesthesia. Types of arrhythmias were classified according to the Lambeth Convention. The cardiac arrhythmias, ST segment depressions, T wave abnormalities and blocks were determined in the groups.

Results: No statistically significant change in heart rate was observed between the groups. When the systolic, diastolic and mean blood pressure values were compared, a significant decrease was found in the CIS group compared to the other groups ($p < 0.05$). It was determined that the QT interval was prolonged in the CIS group compared to the other groups. ST segment depression was only observed in the MIR+CIS group (2). T negativity was only observed in the MIR group (1). Branch block was observed in the CIS group (1) and MIR+CIS group (2).

Conclusion: MIR showed a prophylactic effect by regulating the decreased blood pressure and prolonged QT interval due to CIS cardiotoxicity in rats.

Keywords: Cardiotoxicity, Mirtazapine, Rat, Cisplatin.

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OC28

The Effect Of Birth Delivery On Postpartum Comfort Level And Breastfeeding Self-Efficiency: Systematic Review And Meta Analysis

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Introduction: Whether the mode of delivery is cesarean section or vaginal delivery, the postpartum period is a period in which psychosocial changes occur and anxiety and stress are experienced in adapting to these changes, as it is the beginning of a new period in mother-baby interaction. It is very important to provide comfort, mother-infant interaction and early breastfeeding in order to facilitate the adaptation of the mother to this period. This study was carried out to determine the effect of delivery type on postpartum comfort level and breastfeeding self-efficacy in women.

Materials and Methods: The study was conducted in systematic review and meta-analysis design. Scans were performed between March and May 2021, "mode of delivery" AND ("cesarean section" OR "cesarean delivery") AND ("vaginal birth" OR "vaginal delivery") AND "postpartum comfort" AND "breastfeeding self-efficacy" word groups were searched by PubMed, National Thesis Center, Dergi Park, Google Scholar, Web of Science, the Cochrane Library and EBSCO search engines. The methodological quality of the studies was evaluated with the Joanna Briggs Institute Critical Evaluation Checklists for cross-sectional studies. Data were synthesized by meta-analysis methods.

Results: After PROSPERO registration (CRD42020191106), 21 studies published in 2012-2022 were included in the study. The total sample size of the studies is 5266. The study was synthesized with meta-analysis and narrative narrative methods. In the meta-analysis results, cesarean section reduced postpartum comfort and the result was not statistically significant (MD: -0.87 95%: -1.98-0.24, Z=1.53, p=0.44), and in the combined results of breastfeeding self-efficacy, the mode of delivery was associated with breastfeeding self-efficacy. was found to have no effect on proficiency.

Conclusion: In this study, it was revealed that mode of delivery does not affect breastfeeding self-efficacy, but affects postpartum comfort.

Keywords: Breastfeeding self-efficacy, Mode of delivery, Postpartum comfort

OC29

Pandemic Process Management And Filiation Evaluation: Turkey Case

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Introduction: COVID-19, which entered our lives as a global problem, has brought many medical terms and the concept of controlled social life. Undoubtedly, those who are fighting the hardest against this global epidemic are healthcare professionals who are at the forefront of the fine line between living and keeping alive. In this study, it is aimed to examine in detail the sample of filiation and health workers in Turkey, which is defined as carrying out studies on determining the source and factor and taking protection and control measures involving contacts.


Results: In this difficult process, in which they take part with the awareness of their responsibilities and self-sacrifice, they show signs of burnout and mental problems such as anxiety, depression, post-traumatic stress disorder. In order to prevent the spread of the virus, each country has applied different strategic and technological methods in the management of the pandemic, and as a result, the importance of contact tracing has emerged. In Turkey, the high level skills of health managers in crisis management and their sensitivity in ensuring the motivation, safety and working in appropriate conditions of health workers were positively reflected on the field.

Conclusion: By combining the efficient use of well-trained and motivated health workforce and the superior efforts of health professionals with digital applications, health service delivery, filiation and surveillance processes were successfully managed.

Keywords: COVID-19, Filiation, Contact tracing

OC33

The Effect Of The Pandemic On Sleep And Eating Patterns And Psychological Well-Being Of University Students

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Introduction: This study aimed to examine and evaluate the effects of nutrition and sleep patterns on the psychological well-being of university students during the ongoing pandemic.

Materials and Methods: This cross-sectional study was conducted in Konya. The universe of the study is eight thousand undergraduate and associate degree students studying at a foundation university in Konya in the 2021-2022 academic year. Of these students, 604 students voluntarily agreed to participate in the study. A questionnaire form and food consumption frequency form were used to question the sociodemographic characteristics, nutritional status, and the Psychological Well-Being Scale to determine the psychological well-being of the participants, and the Pittsburgh Sleep Quality Index (PSQI) was used to evaluate sleep quality.

Results: It was determined that the mean age of 604 participants participating in the study was 20.82 ± 2.60 years, 39% were nursing students and 83% were women. 77% of these students stated that they live with their families.

Participants stated that their body weights increased during the pandemic period, and it was determined that the participants did less exercise, their eating habits changed, and the number of meals increased compared to the pre-pandemic period. The mean psychological well-being score of the participants was 40.76 ± 9.38 , and the mean PSQI score was 7.46 ± 3.30 . It was observed that there was a statistically significant negative correlation between the participants' Psychological Well-Being Scale mean scores and their PSQI scores ($p < 0.01$). It was observed that there was a significant relationship between the consumption of meat, dairy products, oilseeds, nuts, and probiotic products in the pre-pandemic period and the psychological well-being of the participants. In the pre-pandemic period, a positive correlation was found between PSQI score averages and consumption of sweets and bakery products, frozen products, packaged snacks, and fast food ($p < 0.05$).

Conclusion: During the pandemic period, it is seen that young people exercise less, their body weights increase, their eating habits change, and the number of meals increases. For this reason, health and life policies should be developed to minimize the impact of young people, who are the future of countries and the world, in extraordinary situations. In addition, young people should be made aware of the importance of quality sleep and proper nutrition for health.

Keywords: Nutrition, Sleep, Psychological well-being, University students

OC35

The Effectiveness Of Modified Constraint Induced Movement Therapy Applied With Threshold Electrical Stimulation In Patients With Stroke

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Introduction: Although in neurological diseases, the positive effects of threshold electrical stimulation (TES) on spasticity are known, it is shown that it can also contribute to motor performance. This study aimed to investigate the effects of TES applied with Modified constraint-induced movement therapy (M-CIMT) on upper extremity functions in stroke patients.

Materials and Methods: 18 stroke patients included in this pilot study were randomly divided into three groups. While conventional exercise therapy was applied to all three groups for 4 weeks, 3 days a week, M-CIMT treatment for 4 weeks, 3 days a week, and 90 minutes each session was applied to the experimental-1 group. EDS was applied simultaneously with M-CIMT to the experimental-2 group. Tone and stiffness levels of muscles in the upper extremity were evaluated with the MyotonPro digital palpation device; upper extremity functional status with Motor activity log-28 (MAL-28) and Wolf Motor function test (WFMT); sensory functions were evaluated with the Semmes-Weinstein Monofilament test and quality of life was evaluated with the Stroke-specific quality of life scale.

Results: In intragroup analyzes, a significant decrease in muscle tone and stiffness, a significant increase in MAG-28, WFMT and quality of life were found in both experimental groups ($p < 0.05$), while no significant difference was found in the control group ($p > 0.05$). In the comparison between the groups, the quality of life, MAG-28 and WFMT results were significantly higher in both experimental groups compared to the control group, and the muscle tone and stiffness were significantly lower ($p < 0.05$). In the comparison between the two experimental groups, the tone and stiffness of both proximal (M. pectoralis major, M. Upper Trapezius, M. biceps) and distal muscles (M. Flexor carpi ulnaris, M. Flexor carpi radialis) in the experimental-2 group were determined significantly lower than the experimental-1 group. And also the experimental-2 group was more effective in the development of sensory functions.

Conclusion: Based on the data of this study, we are of the opinion that the M-CIMT applied together EDS in stroke patients may show more positive results on motor and sensory functions of upper extremity than conventional physiotherapy alone.

Keywords: Stroke, Upper extremity, Electrical stimulation

OC37

Determination Of Healthy Life Behaviors And Educational Requirements In Pregnants

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Introduction: Gaining positive health behaviors such as proper nutrition, exercise, and protection of psychological health during pregnancy has many benefits on pregnancy outcomes and on the life of the mother and baby in the future.

Materials and Methods: The descriptive study was carried out with 139 women between January and July 2022. The data were sent to the women via online platforms in the form of an online questionnaire and were collected in such a way that each participant could answer only once. The data of the study were collected by using the "Descriptive Information Form" and "Healthy Life Behaviors in Pregnancy Scale". Evaluation of the data was carried out using the SPSS 20.0 package program.

Results: The mean age of the pregnant women participating in the study was 29.09 ± 4.70 . When obstetric features are examined; It was concluded that the number of pregnancies was 1.92 ± 1.16 , the gestational week was 28.32 ± 9.92 , and 78.4% were pregnant voluntarily. It was determined that 85.6% of the pregnant women needed stress management, 92.8% nutrition, 64.7% self-care, 80.6% exercise, 69.8% sleep and rest and 72.7% drug use training. The total mean score of the Healthy Life Behaviors Scale of Pregnants is 113.25 ± 17.01 . The mean scores of the subscales of the Healthy Living Behaviors scale; pregnancy responsibility was determined as 18.53 ± 2.35 , hygiene 18.18 ± 2.75 , nutrition 30.47 ± 7.96 , physical activity 9.41 ± 2.99 , travel 19.68 ± 4.73 , acceptance of pregnancy 17.06 ± 3.19 .

Conclusion: It has been determined that the majority of pregnant women do not have information about healthy living, they get information from midwives and doctors, and they need training on stress management, nutrition, exercise, drug use, sleep and rest. It is thought that pregnant women need healthy lifestyle behaviors training by health professionals and practical applications to be carried out in the field are needed.

Keywords: Education, Health, Healthy Living Behaviors, Pregnancy

OC38

The Effect Of Smartphone Addiction On The Musculoskeletal System

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Introduction: The use of smartphones, which has reached the level of addiction causes some physical and psychological health problems. The aim was to examine the musculoskeletal disorders of the neck and upper extremities of mobile phone addiction in a population of young adults.

Materials and Methods: The study is a cross sectional research conducted on students of a university in İstanbul between December 2018-October 2020. The level of addiction was assessed with the Smartphone Addiction Scale Short Form (SAS-SF). The posture of participants was evaluated by New York Posture Rating Chart (NYPRC), mostly usage smartphone posture, forward head and myofascial trigger points were questioned according to Simon and Travel criteria. Mann-Whitney U test Pearson's chi-squared test were used for analyzing the data.

Results: The study group consisted of 84 females and 52 males. The mean age was 19.97 ± 1.46 . 61(%44.9) of the participants were smartphone addictive group (SAS-SF ≥ 33 for women; ≥ 31 for men) and 75(%55.1) not addictive group. There was found no significant difference in NYPRC score between each two groups ($p > 0.05$), the number of trigger points, maximal bending posture and also the trigger point in the right levator scapula and right cervical erector muscles, was significantly higher in the smartphone addictive group ($p < 0.05$).

Conclusion: Smartphone addiction due to increased usage time leads to prolonged poor posture, causing postural changes and myofascial trigger points. We think that future research should focus on smartphone addiction awareness and strategies to avoid it.

Keywords: Addiction, Forward head, Mobile phone addiction, Myofascial trigger point, Smartphone

OC39

Determination Of Hospitalized Child's Sleep Quality And Influencing Factors: A Qualitative Study

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Introduction: Sleep is one of the most basic requirements for the healthy growth and development of the child. This study was conducted to determine the sleep quality of the hospitalized child and the factors affecting it.

Materials and Methods: This research was conducted as a qualitative descriptive research. The research was carried out with 30 children aged between 9 and 15 who were treated in the pediatric service of a university hospital in August 2022. The data were collected by voice recording with one-to-one in-depth interview technique. A semi-structured questionnaire was used in the interviews and lasted an average of 40-50 minutes. In the interviews, three basic open-ended questions were asked. These questions are; How did hospitalization affect your sleep status, how did the hospital environment affect your sleep status, and how did routine work in the clinic (follow-up, treatment and care) affect your sleep status? Can you explain? was in shape. Qualitative content analysis method was used in the evaluation of the data.

Results: The mean age of the children participating in the study was 13.7 ± 2.32 , and 70% of them were girls. The majority of the children (21 children) who participated in the study stated that they had sleep problems during their hospitalization and that their sleep quality was adversely affected. The reason for this; They reported that the hospital environment is unfamiliar and crowded, painful procedures are performed, sharing the same room with other children, and having many visitor entries and exits. Nine children who participated in the study stated that they slept better in the hospital than at home, thanks to the drugs administered in the hospital. As a result of the content analysis conducted in the research, three main and eight sub-themes affecting the child's sleep were found as follows: (1) environmental factors; a) sleeping in the same room with other people, b) noise and light, c) early morning and night treatment procedures, (2) emotional factors; a) stress, b) longing, c) anxiety, (3) physical factors; a) problems such as pain, fatigue, nausea caused by the disease, b) reduction of symptoms thanks to medications.

Conclusion: The hospitalization of the child generally shows that the sleep pattern and quality of the children are impaired. Hospital management rooms should be arranged in such a way that children can be comfortable, health personnel should perform painful procedures outside the child's sleep hours as much as possible, visitor entry and exit should be at certain times and those hours should be followed, and they can increase the sleep quality of children.

Keywords: Child, Hospital, Sleep, Sleep problems

OC42

Evaluation Of Musculoskeletal Pain, Fatigue, And Professional Satisfaction Of Physiotherapists In Special Education And Rehabilitation Center

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Introduction: Emotional exhaustion, depersonalization and low personal accomplishment are defined as burnout in individuals who are in contact with people due to work. Occupational burnout is common in different occupational groups in recent years. Due to occupational stress and excessive workload, individuals may experience musculoskeletal pain. Especially since doctors, dentists and physiotherapists have close contact with patients, the risk of experiencing musculoskeletal pain and extreme fatigue increases. The aim of this study is to evaluate the levels of occupational burnout, musculoskeletal pain and fatigue levels of physiotherapists working in a special education and rehabilitation center.

Materials and Methods: 96 physiotherapists voluntarily participated in the study. Data were collected via Google form and social media. In the introductory information form, there are information such as the professional experience of the physiotherapists, the presence of musculoskeletal pain in the last week, and the body part, if any. The Short Version of the Burnout Scale was used for occupational burnout, and the severity of fatigue was evaluated with the VAS.

Results: As a result of the study, it was observed that there was a significant difference between the daily direct contact times of physiotherapists with patients. ($p < 0.05$). A significant correlation was found between physiotherapists' duration of Daily direct contact with patients and their musculoskeletal pain experience ($p < 0.05$). A moderately significant relationship was found between the mean score of the Burnout Scale-Short Form and the severity of fatigue ($p < 0.05$). There was no significant difference between the service periods of the physiotherapists ($p < 0.05$)

Conclusion: The prolongation of the daily direct contact times of physiotherapists working in special education with patients is one of the factors that cause musculoskeletal pain. Musculoskeletal pain affects performance negatively. As fatigue increases, the level of burnout in physiotherapists also increases and physiotherapists have serious burnout problems. In future studies, examining other factors that cause burnout and musculoskeletal pain in physiotherapists working in special education and rehabilitation centers may help reduce the rate of burnout and provide physiotherapists with a better working environment.

Keywords: Physiotherapist, Fatigue, Pain, Burnout

OC44

Rare Of Heart Failure With Preserved Ejection Fraction One Cause: Constrictive Pericarditis

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Introduction: Constrictive pericarditis (CP) is a clinical syndrome that occurs as a result of chronic inflammation, with adhesion of pericardial leaves, fibrotic thickening and calcification, which can cause serious damage by causing disruption of diastolic fillings. Tuberculosis is the most common cause in developing countries. In developed countries, it is idiopathic, after cardiac surgery, radiation. Rheumatological diseases, cancers, uremia and trauma are among the rare causes.

Results: In our case, a 53-year-old male patient who had signs of heart failure despite his normal ejection fraction was admitted to our clinic with complaints of shortness of breath, swelling in the abdomen and legs, and fatigue, and the examinations and treatments performed thereafter were evaluated.

Conclusion: Treatment of CP is diuresis and pericardiectomy. Constrictive pericarditis should be kept in mind in patients with heart failure symptoms and signs but with normal ejection fraction on echocardiography, as in our case.

Keywords: Diastolic dysfunction, Heart failure, Constrictive pericarditis

OC47

The Effect Of The Web-Based Training, Which Is Offered To Patients Who Had Liver Transplantation, On The Patient's Immunosuppressant-Related Distress And Adherence To The Immunosuppressive Medication

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Introduction: This study aims to analyze the effect of the web-based training, which is offered to patients who had liver transplantation, on the patient's immunosuppressant-related distress and adherence to immunosuppressive medication.

Materials and Methods: The research was designed as a randomized controlled trial. The research population was comprised of all adult patients who had liver transplantation at Turgut Özal Medical Center of İnönü University of Turkey. As per the power analysis, the research sample had 90 patients (N=116). The research data were collected from January 2021 to July 2021 by using the Patient Identification Form, the 58-Item Turkish Version of the Modified Transplant Symptom Occurrence and Symptom Distress Scale, and the Immunosuppressive Medication Adherence Scale. Patients in the experimental group received web-based training for one month. In the evaluation of research data, as well as numbers, percentages, means, and standard deviations, the chi-squared test, the paired samples t-test, the independent samples t-test, and the ridit analysis were utilized.

Results: It was found that, in comparison to the control group, the experimental group had a statistically significant decrease in symptom occurrence and distress levels

and a statistically significant increase in adherence to immunosuppressive medication use ($p < 0.05$).

Conclusion: It was discerned that the web-based training decreased the patient's immunosuppressant-related symptoms and symptoms-related distress and increased the patient's adherence to the immunosuppressive medication.

Keywords: Immunosuppressive Medications, Adherence to Medication, Liver Transplantation, Distress, Web-Based Training

OC48

The Effect Of Difficult Birth On Women's Health And Oral Cancer Screening

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Introduction: Birth is a natural process in a woman's life that includes physical, psycho-emotional, cultural and social changes. The aim of this study; This study was planned to determine the participation of women who had a difficult birth in routine cervical cancer screening programs.

Materials and Methods: The study was planned as descriptive type. The sample of the study consists of 156 female participants who had a difficult birth, reached online between November 1, 2021 and December 1, 2021. Study data were collected with "Personal Information Form", "Cervical Cancer Screening Belief Scale". SPSS 21.0 Windows software was used for all statistical analyses. $P < 0.05$ was considered statistically significant.

Results: The participants in the study were found to be 28.21 ± 4.76 years. 33.5% (n:52) of the women have a university or higher education, 61.9% of the majority of them live in the city, 86.5% live in the nuclear family, 46.5%'s income is equal to their expenses. stated that 100% of all gave birth once. It was found that 50.3% of the women avoided having a gynecological examination in the prenatal period, while 85.8% of them avoided having a gynecological examination in the postpartum period. While there was a significant difference between parameters such as education, place of residence and the Cervical Cancer Screening Belief Scale, there was no difference in income status. While there was no difference between women's desire to avoid prenatal gynecological examination and Cervical Cancer Screening Belief Scale ($p > 0.228$), a significant difference was found between their desire to avoid gynecological examination in the postpartum period ($p < 0.002$). When the relationship between the number of births and the Cervical Cancer Screening Belief Scale was evaluated, it was found that there was a weak and significant relationship in the negative direction.

Conclusion: In order to reduce cancer deaths in a society, it is necessary to catch cancer at an early stage. In societies where cancer is caught at an early stage, cancer mortality is lower. For this reason, routine screenings should be carried out without interruption. The reasons why women avoid gynecological examinations should be

determined and examinations should be removed from being traumatic. In cases where adequate information is not provided, the patient's anxiety cannot be reduced.

Keywords: Cancer, Cervix, Difficult delivery, Follow-up, Screening

OC49

Determining All Body And Segmental Phase Angles In Patients With Type-2 Diabetes Mellitus

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Introduction: Phase angle (PhA), a bioelectrical impedance analysis parameter consisting of two components, resistance (R) and reactance (Xc), is an indicator of cellular health. Current evidence suggests an association between phase angle and poor prognosis, malnutrition, oxidative stress, loss of function, and mortality. Lower phase angle values are associated with reduced cellular structure and greater cell death, while higher values reflect better overall cell function and health.

Materials and Methods: This study was carried out simultaneously in 125 volunteer patients who applied to the endocrinology and metabolism outpatient clinic of two university hospitals in Ankara between April 30 and October 25, 2021. In this study, it was aimed to determine the phase angle values of patients with Type-2 Diabetes and to compare them with the phase angle values in the literature.

Results: In this study, the mean total body phase angle of the participants was $5.54 \pm 0.78^\circ$. The mean whole body phase angle of men was found higher than the mean of whole body phase angle of women, and this difference is statistically significant ($5.93 \pm 0.73^\circ$; $5.23 \pm 0.68^\circ$, $p < 0.05$). The average phase angle of the participants' right arm, left arm, right leg, left leg and torso, respectively $5.41 \pm 0.71^\circ$; $5.3 \pm 0.73^\circ$; $5.52 \pm 0.96^\circ$; $5.41 \pm 0.99^\circ$; $5.96 \pm 0.85^\circ$ it was found as.

Conclusion: In the literature, the phase angle value for healthy individuals is $5-7^\circ$. Chronic diseases affect cell health and thus the phase angle. As a matter of fact, in this study, the mean phase angle value was found to be close to the lower limit of the reference value given for healthy individuals. It is foreseen that the values of the phase angle specific to Turkish society will be determined in diseases and health conditions, and it will be provided as a frequently used parameter in the evaluation of the course of diseases and general health status.

Keywords: Phase angle, Segmental phase angle, Type-2 diabetes mellitus

OC50

Evaluation Of Diet Quality And Emotion Status Of Patients With Type-2 Diabetes Mellitus

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Introduction: Diagnosis of diabetes affects not only the health problems it imposes on the person, but also potential employment problems, health and life insurance, social opportunities, and other cultural ethical and human rights consequences. In the treatment of diabetes mellitus, the compliance of the individual is important. Psychosocial adjustment to illness; It covers a wide range of areas including health care compliance, occupational environment, sexual relations, family, social and psychosocial pressures.

Materials and Methods: This study was carried out simultaneously in 125 volunteer patients who applied to the endocrinology and metabolism outpatient clinic of two university hospitals in Ankara between April 30 and October 25, 2021. In this study, it was aimed to evaluate the diet quality and mood of patients with type-2 diabetes using the Healthy Eating Index-2015 (HEI-2015) and Depression-Anxiety-Stress Scale-21 (DASS-21).

Results: The mean HEI-2015 score of the participants in this study was 43.90 ± 9.95 . It was observed that 72.8% of the participants followed an inadequate diet. The mean depression, anxiety and stress scores of the participants were 10.59 ± 7.78 , respectively; 12.75 ± 7.79 ; It is 15.5 ± 9.27 . Anxiety level of 36.8% of the participants, depression level of 32% and stress level of 51.2% were found to be normal. Men's depression, anxiety and stress scores are higher than women, and this difference is statistically significant in depression and anxiety scores ($p < 0.05$).

Conclusion: This study has shown that the quality of diet, the state of depression, anxiety and stress in patients with diabetes are affected by the disease. In order to control the disease in a patient with diabetes and to carry out the treatment appropriately, it is recommended that the patient be educated about the causes of diabetes, its treatment, the importance of physical activity and nutrition, self-care, monitoring of glucose levels, compliance with treatment, recognizing complications, prevention and stress management.

Keywords: Anxiety, Depression, Diet quality, Stress

OC52

Opinions And Attitudes Of Health Professionals About Episiotomy Application: A Qualitative Explorative Study

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Introduction: This aim of this study is to determine the views and attitudes of health professionals regarding the application of episiotomy.

Materials and Methods: A qualitative approach was used to gather data through semi-structured interviews. 25 midwives actively working in the delivery room participated. A purposeful sampling was used to recruit midwives. The data were collected by examining the study examples in the literature and taking the opinions of experts,

with face-to-face interviews using a personal information form and a semi-structured interview form.

Results: The mean age of the participants was 29.02 ± 6.20 . 92% of them work in public hospitals and the average working period is 6.85 ± 7.16 years. By analyzing the descriptive codes, three categories were obtained: objective signs indicating the need for episiotomy, possible benefits of episiotomy, and applications to reduce the need for episiotomy. Participants stated that inflexibility of the perineum (11 codes), difficulty in advancing the baby's head after crowning (6 codes), and large baby (6 codes) were objective signs for the application of episiotomy.

Conclusion: It was determined that midwives decided to perform episiotomy by adopting an approach towards observation and medical diagnosis. It was also determined that they thought that episiotomy practice prevents deep and irregular lacerations, protects the fetal head from trauma, and accelerates the action.

Keywords: Birth, Episiotomy, Midwife

OC53

The Effect Of Turkish Music And Comedy Film On Pain, Vital Findings And Cortisol Levels In Patients Undergoing Orthopedic Surgery

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Introduction: Orthopedic surgeries affect patients psychologically and physiologically. It is stated that music and laughter are effective on pain control, vital signs and cortisol level. This study was conducted to determine the effects of Turkish music and comedy movies on pain, vital signs and cortisol levels in patients who had orthopedic surgery.

Materials and Methods: The study was conducted in a randomized controlled manner with patients underwent surgery in the Orthopedics and Traumatology Service of the University hospital between July 2020 and January 2022. The sample consisted of 137 patients, including 45 Turkish music groups, 46 comedy movie groups, and 46 control groups. Data were collected using the Patient Description Form, Numerical Evaluation Scale and Physiological Parameter Form. After determining the pain, vital signs and cortisol levels of the patients in the experimental group, a 30-minute application was made. Pain, vital signs and cortisol levels were detected again immediately after the application (30th minute and 60th minute). In the analysis of data; number, percentile, mean, median, standard deviation, chi-square, one-way analysis of variance, Friedman and Kruskal-Wallis H tests were used.

Results: The differences between the pain levels of the Turkish music, comedy movie and control groups at 0, 30 and 60 minutes differences observe in within and between-groups comparisons were found to be statistically significant ($p < 0.05$). The changes in vital signs and cortisol levels of the experimental and control groups at all measurement periods within and between groups were not found

to be statistically significant ($p>0.05$) except for the diastolic blood pressure of the Turkish music group at the 0th minute (0.min 30.min).

Conclusion: Turkish music and comedy movies were shown to be beneficial in reducing postoperative pain in orthopedic surgery patients while having no influence on vital indicators other than diastolic blood pressure and cortisol levels.

Keywords: Pain, Nurse, Comedy movie, Cortisol, Turkish music, Vital signs

OC56

Encapsulation Of Ginger Bioactive Components And Determination Of Bioavailability

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Introduction: Ginger is a plant in the family Zingiberaceae originating from Southeast Asia. (Li et al., 2019) Ginger rhizome contains oil, carbohydrate, protein, fiber, water and essential oil (Singletary, 2010). Ginger has immunomodulatory, anti-inflammatory, antitumorogenic, antiemetic, antilipidemic effects. (Srinivasan, 2017).

Materials and Methods: In this study, an emulsion was created with ginger, which has a rich bioactive content. Linseed oil was used as the oil phase in the emulsion. The aim of the study is to preserve the bioactive rich ginger and to design new and health-supporting functional foods.

Results: At the end of the study, it was observed that oxidation started later and slowly in the samples to which ginger was added, but the control group was not oxidatively stable and oxidized rapidly.

Conclusion: In the study, it was seen that ginger increases the oxidative stability in emulsions and prolongs the shelf life. Ginger components imprisoned in the emulsion are protected against external influences, thus both protecting the bioactive components in its structure and preventing the oxidation of the oil phase. Because of these properties, ginger is considered to be suitable for use in foods as a functional and health-supporting ingredient.

Keywords: Bioavailability, Emulsion, Oxidative stability, Ginger

OC58

Effect Of Frozen Saline And Menthol Gum On Thirst Level After Abdominal Surgery

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Introduction: The study was conducted to determine effect of frozen saline and menthol gum on thirst level after abdominal surgery.

Materials and Methods: The research was conducted between March 2020 and July 2021 using simultaneous

mixed design covering quantitative and qualitative research methods. Study population consisted of patients aged 18 years and over, had undergone abdominal surgery in İnönü University Turgut Özal Medical Center General Surgery and Liver Transplant Institute Intensive Care Units. With the power analysis, 159 patients (53 frozen saline, 53 menthol gum, 53 control) were included in the sampling. Patient Information Form, FOUR Score, Safe Protocol for Early Postoperative Thirst Management and NRS were used to collect data. Frozen saline was applied twice for 10 minutes to the patients in the frozen saline group. The patients in the menthol group were chewed menthol gum twice for 10 minutes. Patients' thirst levels before and at the 30th and 60th minutes after each intervention were evaluated with NRS. Data were evaluated with Number, Percentage, Mean, Standard Deviation, Pearson's chi-square, One-Way ANOVA, rANOVA and Bonferroni Post-Hoc test. Qualitative data were evaluated with thematic analysis method.

Results: Patients' thirst level in the frozen saline and menthol gum group was lower than the control group at all times. The difference between the groups was statistically significant ($p=0.000$). Frozen saline and menthol gum had no superiority over each other in terms of quenching thirst ($p=1.000$). After the interventions, patients reported that they felt well intensely.

Conclusion: Frozen saline and menthol gum were found to be effective in quenching thirst after abdominal surgery.

Keywords: Abdominal surgery, Frozen saline, Nurse, Menthol gum, Thirst

OC60

The Effect Of Self- Compassion On Authenticity In Nursing Students

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Introduction: Authenticity is defined as being himself/herself, being aware of his/her feelings and thoughts, acting in harmony, not being influenced by external influences in his/her decisions. For a quality health service, the nurse needs to understand the individual and be self-sensitive by interpreting their own authenticity. Self-compassion, which is necessary for human relations, helps nurses to protect their mental health and forms the basis of nurse-patient relations.

Materials and Methods: This study was carried out with students studying at Erciyes University in the spring semester of the 2021-2022 academic year. A total of 346 nursing students participated in the study. The data of the study were collected online between 30 June – 30 July 2022. The personal information form Authenticity Scale and Self-Compassion Scale were used to collect data. Ethics committee approval, institutional permission and informed consent of the individuals included in the study were obtained for the study. In order to determine the effect of self-compassion on authenticity in nursing students,

the descriptor was made relationally using structural equation modeling.

Results: In the study, the mean Authenticity Scale score of the nursing students was 50.02 ± 9.21 , and the mean Self-Compassion Scale score was 3.28 ± 0.65 . Statistically significant differences were found between the mean of the total dimension of the authenticity scale and the class and income status ($p < 0.05$). Statistically significant differences were found between the mean of the total dimension of the self-compassion scale and the class, income status, caregiver and father's attitude ($p < 0.05$). A statistically significant and negative correlation was determined between the authenticity scale and the mean scores of the self-compassion scale ($r = -0.546$; $p < 0.05$). The Self-Compassion Scale scores are explained 74.4% of the Authenticity Scale.

Conclusion: As a result of the study, the students' self-compassion and authenticity scores were obtained at a moderate level. It was determined that as the authenticity levels of nursing students increased, their self-compassion levels decreased. It is suggested that plans should be made to improve the nursing care process in order to increase students' self-compassion in a positive way.

Keywords: Nursing students, Authenticity, Self-compassion

OC61

Investigation Of The Relationship Between Urinary Incontinence Severity, And Erectile Dysfunction And Quality Of Life In Male After Prostatectomy: A Pilot Study

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Introduction: The most common complications after prostatectomy are urinary incontinence and erectile dysfunction. The aim of this study was to examine the relationship between urinary incontinence severity, erectile dysfunction and quality of life in male individuals after prostatectomy.

Materials and Methods: Twenty (age: 65.63 ± 4.82 years; body mass index: 28.72 ± 3.71 kg/m²) individuals who had prostatectomy participated in the study. Urinary incontinence severity was assessed with the 1-hour pad test and International Incontinence Inquiry Short Form (ICIQ-SF), sexual function with the International Sexual Function Index-5 (IIEF-5), and quality of life with the King's Health Questionnaire (KSA). Spearman (ρ) and Pearson (r) correlation tests were used for analysis.

Results: Individuals' scores; ICIQ-SF 12.94 ± 6.5 , Pad test 92.94 ± 113.18 g, KSA-General Health Perception 30.26 ± 17.83 , KSA-Incontinence Effect 68.41 ± 34.2 , KSA-Role Limitations 46.49 ± 30.72 , KSA-Physical Limitations 49.99 ± 22.9 , KSA-Personal Relationships were 42.68 ± 29.22 , KSA-Emotional Limitations 63.15 ± 35.82 , KSA-Sleep/Energy Disorders 42.69 ± 26.51 , KSA-Incontinence Severity Measures 37.72 ± 25.36 ,

KSA-Symptom Severity 56.84 ± 23.97 . ICIQ-SF with KSA-General Health Perception ($\rho = 0.501^*$), KSA-Role Limitations ($\rho = 0.613^{**}$), KSA-Physical Limitations ($\rho = 0.637^{**}$), KSA-Personal Relationships ($\rho = 0.772^{**}$), KSA-Sleep/Energy Disorders ($\rho = 0.590^{**}$), KSA-Incontinence Severity Measures ($\rho = 0.641^{**}$) and KSA-Symptom Severity ($\rho = 0.786^{**}$) were positively correlated. KSA-Role Limitations ($\rho = 0.640^{**}$), KSA-Physical Limitations ($\rho = 0.511^*$), KSA-Personal Relationships ($\rho = 0.516^*$), KSA-Sleep/Energy Disorders ($\rho = 0.557^*$), by pad test There was a positive correlation with KSA-Incontinence Severity Measures ($\rho = 0.479^*$) and KSA-Symptom Severity ($\rho = 0.488^*$). It was determined that there was no correlation with IIEF-5 and ICIQ-SF and Pad test scores ($p > 0.05$). (The correlation is significant for $^{**}p < 0.01$ and $^*p < 0.05$).

Conclusion: While there was a positive correlation between urinary incontinence severity and quality of life in male individuals after prostatectomy, there was no significant correlation with erectile dysfunction. Treatment of urinary incontinence in individuals after prostatectomy can improve quality of life. Studies with larger samples are needed on this subject.

Keywords: Erectile Dysfunction, Prostatectomy, Urinary Incontinence, Quality of Life

OC62

Determination Of Depression, Anxiety, Stress And Coronavirus Anxiety Levels Of Parents Waiting For Pcr Test Results

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Introduction: This study was aimed to determine the depression, anxiety, stress and coronavirus anxiety levels of parents waiting for PCR test results.

Materials and Methods: The cross-sectional study was conducted between April-October 2021. The sample of the study consisted of 372 parents determined by power analysis. Data were collected from parents awaiting their children's PCR test results in the pediatric COVID service of the Training and Research Hospital in a province in the Eastern Anatolia Region. Data were collected using a personal information form, Depression, Anxiety, Stress Scales (DASS-21) and Coronavirus Anxiety Scale (CAS). The results were evaluated at $p < 0.05$ significance level.

Results: According to the study, it was determined that parents with had ≥ 3 children, who were ≥ 36 years old, married for ≥ 11 years, educated at high school and below had higher levels of depression, anxiety, stress and coronavirus anxiety. It was determined that the level of anxiety experienced by the parents was 2.16 ± 4.39 in women and 1.26 ± 3.39 in men, and the difference between the parents' mean total score on the Coronavirus Anxiety Scale was statistically significant ($p < 0.05$). On the other hand, it was determined that the difference between depression, anxiety and stress between men and women was not statistically significant ($p > 0.05$).

Conclusion: It was determined that PCR testing from their children due to the suspicion of COVID-19 caused depression, anxiety, stress and anxiety in parents, and the anxiety level of women was higher than men. Accordingly, parents should be given the opportunity to determine their anxiety and stress and take initiatives for it, and appropriate counseling services should be provided to reduce anxiety and stress during the pandemic process.

Keywords: Anxiety, Child, COVID-19, Depression, Parents

OC63

Evaluation Of Balance And Proprioception In Dyslexic Children

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Introduction: Dyslexia is known as a neurodevelopmental disorder characterized by reading problems. Neuroimaging studies on dyslexic individuals have shown that they show biochemical differentiation in some areas, and there may be differences in cerebellum size. Balance control is achieved by the combined work of the somatosensory, visual, vestibular, proprioceptive, musculoskeletal and cognitive systems. The proprioceptive system, which is needed, contributes to balance by providing information about the position of parts of the body. When we look at the literature, no study has been found that evaluates the proprioceptive system in dyslexic individuals with the measurement of Joint Position Sense. In this study, it was aimed to investigate the balance and proprioceptive system together in children with dyslexia and to compare the information obtained with children with typical development.

Materials and Methods: This study was carried out between 30/06/2021-30/03/2022 for children with dyslexia who were educated in special education and rehabilitation centers determined under Malatya Provincial Directorate of National Education, and children with a typical development from the schools determined under Yeşilyurt District Directorate of National Education. performed on students. Forty-eight individuals (24 dyslexic, 24 typically developing children) aged between 8 and 16 who met the inclusion criteria were included in the study. General balance was evaluated with the Pediatric Berg Balance Scale. Tandem Gait Test was used for more detailed balance and coordination assessment. Proprioception was evaluated by looking at the joint position sense with a goniometer.

Results: When individuals were compared in terms of balance scores, a significant difference was found between children with typical development and dyslexia in terms of Pediatric Berg Balance Scale scores ($p < 0.05$). In the Tandem Walking Test, a significant difference was found in all arm positions with eyes closed in terms of number of steps and with eyes open in terms of duration ($p < 0.05$). When individuals were evaluated in terms of proprioception, although proprioceptive deviation was higher in individuals with dyslexia, a significant difference was found only in 10°

dorsiflexion of the foot compared to children with typical development ($p < 0.05$).

Conclusion: Evaluation of children with dyslexia in terms of balance and proprioception is important in terms of applying appropriate physiotherapy support programs to support their development. There is a need for different studies by physiotherapists in this area.

Keywords: Dyslexia, Balance, Proprioception

OC65

Evaluation Of Dietary Habits Of Individuals With Non-Alcoholic Fatty Liver Disease According To Their Compliance With The Mediterranean Diet

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Introduction: This study was conducted to investigate and evaluate the relationship between adherence to the Mediterranean diet (MD) and nutritional habits in adult individuals diagnosed with non-alcoholic fatty liver disease (NAFLD).

Materials and Methods: This study was conducted with 75 individuals between the ages of 19-65 who applied to the gastroenterology outpatient clinic of a private hospital in Ankara between February 2021 and December 2022 and were diagnosed with NAFLD. The demographic characteristics and basic eating habits of the participants (number of main and snack meals, frequency of eating out and use of packaged products) were questioned. The adherence of individuals to the Mediterranean diet was evaluated with the Mediterranean Diet Adherence Scale (MEDAS).

Results: A statistically significant difference was found between adherence to MD and the number of snacks in individuals with a mean age of 51.5 ± 11.46 years ($p < 0.05$). It was observed that 43.5% of individuals with MD compliance and 55.8% of individuals without MD compliance ate out several times a month. It was observed that the frequency of use of packaged ready-made products for individuals who did not comply with MD was 59.6%, while the frequency of use of packaged ready-made products for individuals who comply with MD was 43.5%. There was no statistically significant difference between the other results ($p > 0.05$).

Conclusion: It was observed that the frequency of eating out and using packaged ready-made products was higher in individuals diagnosed with NAFLD who were not compatible with MD compared to those with MD compliance. It was thought that reducing the frequency of eating out and using packaged ready-made products could increase compliance with MD, and increased compliance with MD might be important in the treatment and prevention of NAFLD.

Keywords: Mediterranean diet, Dietary habits, Non-alcoholic fatty liver disease

OC66

Correlation Of Fatty Liver Levels And Dash Diet Scores Of Individuals With Non-Alcoholic Fatty Liver Disease

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Introduction: This study was conducted to investigate the relationship between liver fat (grade) levels and DASH (Dietary Approaches to Stop Hypertension) diet scores of adult individuals diagnosed with non-alcoholic fatty liver disease (NAFLD).

Materials and Methods: This study was conducted with 75 individuals between the ages of 19-65 who were diagnosed with NAFLD between February 2021 and March 2022. Participants' demographics, anthropometric measurements [body mass index (BMI), waist circumference, etc.], 24-hour retrospective food consumption records, liver ultrasonographic findings (grades 1, 2 and 3), and DASH diet components (protein, total fat, saturated fat, cholesterol, fiber, sodium, magnesium, calcium, potassium amounts) were questioned. The compliance of individuals to the DASH diet was evaluated with the DASH Diet Score. The relationship between DASH diet scores and liver grade levels of individuals was examined with the Pearson Correlation Test.

Results: A total of 75 individuals (51.5±11.46 years, BMI: 30.0±4.06 kg/m², waist circumference: 102.4±11.06 cm), 39 women and 36 men, were included in the study. It was determined that there was a statistically significant, negative and weak correlation ($r=-0.265$, $p<0.05$) between individuals' DASH diet scores and liver grade levels. It was determined that as the DASH diet scores of the individuals increased, there was a 26.5% decrease in the liver grade levels ($r=-0.265$, $p=0.021$).

Conclusion: In this study, it was determined that the higher the compliance with the DASH diet, the lower the level of fatty liver. It was thought that a diet compatible with the DASH diet could have positive effects on liver fat levels and that the DASH diet could be recommended for the treatment and prevention of NAFLD.

Keywords: DASH diet, Grade levels, Non-alcoholic fatty liver disease

OC68

Diagnostic Value Of Interictal EEG And Short-Duration Video EEG Monitoring With Sleep Deprivation For Newly Diagnosed Epileptic Children

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Introduction: Video-EEG monitoring (VEM) involves simultaneous EEG recording with video imaging recording. In this study, it was aimed to compare the diagnostic value of interictal EEG and sleep deprived

video EEG monitoring in children diagnosed with idiopathic/cryptogenic epilepsy based on medical history and clinical findings.

Materials and Methods: Patients between ages of 6-17 years, diagnosed with idiopathic/cryptogenic focal and generalized epilepsy according to history and clinical findings, not yet started to antiepileptic drugs and normal interictal EEGs were investigated. Short-term VEM (3-4 hours) with sleep deprivation was applied to all patients.

Findings: Results of short-duration (3-4 hours) VEMs with partial sleep deprivation yielded that there was no epileptiform abnormalities existed for 21 patients (%42) while epileptiform abnormalities were detected for 29 patients (%58). When the correlation between the gender of the patients, the history of seizures in the neonatal period and the presence of VEM abnormality was examined, no statistically significant difference was found, but there was a statistically significant correlation between the presence of febrile convulsions and the presence of VEM abnormality ($p<0.05$). When the number of seizures (<3 seizures and 3 seizures) and age at first seizure (<6 years and 6 years) of the patients before admission were compared with VEM abnormality, no statistically significant correlation was found between the two groups. Of 29 patients with epileptiform anomaly in VEM, 14 (48.27%) had focal and 6 (20.68%) generalized anomalies, while 9 (31.03%) had both focal and generalized anomalies. While the epileptic discharges occur only during sleep for 12 patients (41.4%), it occurs during both sleep and wake periods (mixed) for 17 patients (%58,6). When the correlation between the seizure types of the patients and the VEM abnormality was examined, no significant correlation was found.

Results: Partial sleep deprivation is effective for inducing sleep in childhood period. Short-duration VEM with sleep deprivation is an easy and cost effective method for diagnosis and classification of epilepsy. It can be readily preferred when interictal EEG is insufficient for children.

Keywords: Epilepsy, Sleep deprivation, Video EEG monitoring

OC69

The Relationship Between Sexual Attitude And Sexual Quality Of Life In Pregnancy

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Introduction: The relationship between the attitude towards sexuality during pregnancy and the quality of sexual life is evaluated.

Materials and Methods: The research was in a descriptive and relationship-seeking design, and the population of the study consisted of pregnant women who came to the NST unit of a public hospital between October 2021 and March 2021 and those who could be reached via Google forms, mail and whatsapp between June 2022 and July

2022. Three forms were used to collect the data: "Pregnant Descriptive Information Form", "The Sexual Quality Of Life-Female" and "Attitude Scale toward Sexuality during Pregnancy". Kolmogorov-Smirnov, Student's t test and ANOVA were used to evaluate the data. Bonferroni correction and continuous variables of the study were analyzed with Pearson correlation analysis in order to determine which applications there was a significant difference. Statistical significance level was determined as $p < 0.05$.

Results: The mean score of the Sexual Quality of Life Scale was 67.84 ± 17.22 (min.18, max. 86), and the total score of the Attitudes towards Sexuality in Pregnancy Scale was 121.61 ± 19.17 (min.64, max. 163). According to the results of multiple linear regression analysis, the factors that significantly affect the sexual quality of life score of pregnant women; employment status, income level, getting information about sexual life during pregnancy, satisfaction with sexual life before pregnancy, and satisfaction with sexual life during pregnancy. It was determined that income status and sexual life quality scores were the most important factors affecting the attitudes of pregnant women towards sexuality.

Conclusion: Pregnant women who have a positive attitude towards sexuality during pregnancy have higher quality of sexual life.

Keywords: Attitude towards sexuality, Quality of sexual life, Sexuality, Pregnancy

OC70

The Relationship Between Anxiety Levels And Paternal Attachment Of Fathers Awaiting Their Wife's Birth

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Introduction: This study was carried out to determine the factors affecting the anxiety levels and paternal attachment of fathers waiting for the birth of their spouses and to evaluate the relationship between them. **Materials and Methods:** This descriptive study was conducted with 162 fathers awaiting the birth of their spouses in the maternity unit of a public hospital between February and September 2021. Father Descriptive Information Form, State Anxiety Scale and Development of the Father's Attachment Scale in Intrauterine Period were used to collect data. Independent sample t test, Mann Whitney U test, One Way Anova, Kruskal Wallis Analysis and Spearman correlation analysis were used to evaluate the data.

Results: It was determined that the fathers' mean state anxiety score was 43.29 ± 6.08 , and the mean attachment score was 76.27 ± 9.44 . A positive and significant correlation was found between the mean state anxiety score and the mean attachment score ($r=0.285$, $p<0.001$). It was determined that the mean attachment score of fathers whose age was 20-25 and 26-30 years, duration of marriage was 0-2 years, who received excessive attention and attention

from their families as children and who were primiparous ($p<0.05$).

Conclusion: It was found that fathers had moderate anxiety and showed high level of attachment. It was found that as fathers' anxiety levels increased, their attachment levels also increased. It was found that primipar fathers were more attached to fathers whose ages were 20-25 and 26-30 years, whose marriage duration was 0-2 years, who received excessive attention and sufficient attention from their families as children.

Keywords: Anxiety, Birth, Father, Paternal Attachment

OC71

The Effect Of Dual Task Training On Functional Mobility, Balance And Attention Levels In Children With Mild Mental Retardation

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Aim: In this study, it was aimed to evaluate the effects of dual-task training on functional mobility, balance and attention levels in children with mild mental retardation.

Materials and Methods: Thirty-two children aged 7-14 years diagnosed with Mild Mental Retardation were included in the study. The children were divided into two groups. Group II continued the existing special education program, while group I was included in dual task training in addition to this program. Timed up and go and stair climbing test for assessment of functional mobility; Pediatric Berg Balance Scale for the evaluation of balance; Conners Parent Rating Scale Revised-Short form was used to evaluate attention levels. Evaluations were repeated before and after the 8 week training.

Results: Time up and go test results before the training were similar between the groups, and a significant difference was found after the training ($p<0.05$). Stair climbing test results were found to differ between the groups before and after the training ($p<0.05$). Pediatric Berg Balance Scale results were similar before the training, but a significant difference was found after the training ($p<0.05$). Conners Parent Rating Scale Revised-Short form results were found to be similar before and after education ($p>0.05$). The changes in the functional mobility, balance and attention levels of the participants over time differed between the groups.

Conclusion: The results of the study showed that dual-task education had positive results in children with mild mental retardation, and revealed that dual-task education could be a reliable option within the scope of rehabilitation programs for these children.

Keywords: Dual task, Balance, Attention, Functional mobility, Mental retardation

OC75

The Effect Of Genital Hygiene Education Given To Pregnant Women Diagnosed With Urinary Tract Infection (Uti) On Genital Hygiene Behavior And Self-Care Agency

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Introduction: The aim of this study to determine the effect of genital hygiene education given to pregnant diagnosed with UTI on genital hygiene behavior and self-care power.

Materials and Methods: The study was conducted as a randomized controlled experimental study with pregnant diagnosed with UTI in Sivas Numune Hospital Obstetrics and Gynecology Clinics between September 2021-February 2022. Personal Information Form, GHBS, and SCAS were used to collect the data. In the power analysis, the sample size was calculated as 80 pregnant in each group (80 experimental-80 control). Genital hygiene education was given to the pregnant in experimental group in 4 sessions, and data collection tools were applied to the control group without any education. Descriptive statistical analyzes and t-test in dependent-independent groups were used in the analysis of the data.

Results: In the measurements apply after the education, it was determined that the mean scores of the general hygiene behaviors and abnormal finding awareness sub-dimensions of the GHBS of the pregnant in the experimental group were higher than the pregnant in the control group, and the difference between the groups was statistically significant in favor of the experimental group ($p < 0.001$). After the education, it was determined that the mean self-care power of the pregnant in experimental group was higher than the control group and the difference between the groups was statistically significant in favor of the experimental group ($p < 0.001$).

Conclusion: The findings indicated that genital hygiene education given to pregnant diagnosed with UTI increased genital hygiene behaviors and self-care power.

Keywords: Genital Hygiene Behavior, Midwife, Pregnant, Urinary Tract Infection, Self-Care Agency

OC76

The Mediating Effect Of Alexithymia On The Relationship Between Anxiety And Quality Of Life In Patients With Chronic Urticaria

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Introduction: Chronic urticaria; It is an ongoing disease with psychological problems such as anxiety, stress, as well as dermatological symptoms such as itching, swelling, angio edema. Since dermatological symptoms are a way of expressing emotions, the evaluation and management of alexithymia with the patient's psychological functioning gains importance.

Materials and Methods: The population of the study consisted of chronic urticaria patients who were treated in the dermatology outpatient clinic of a hospital. Data

were collected face-to-face between January and September 2022 and completed with 207 patients. In the collection of data, Introduction Information Form, Hamilton Anxiety Evaluation Scale (HAM-A), Dermatological Quality of Life Scale (DLQI), Toronto Alexithymia Scale (TAS-20) and Urticarial Activity Score (UAS7) were used. The study was conducted as a descriptive relational study in order to reveal the mediating effect of alexithymia on the relationship between anxiety and quality of life in patients with chronic urticaria.

Results: TAS-20 mean score was 59.63 ± 19.40 , DLQI mean score was 32.32 ± 12.89 , HAM-A mean score was 30.52 ± 17.47 , UAS7 mean score was 17.75 ± 14.64 . A high level between TAS-20 and DLQI mean score, a high level between TAS-20 and HAM-A mean score, weak level between TAS-20 and UAS7 mean score, a high level between DLQI and HAM-A mean score between DLQI and UAS7 mean score. It was found that there was a statistically significant and positive relationship between HAM-A and UAS7 score mean ($p < 0.05$). In the relationship between anxiety and quality of life, it was found to be high the role of mediation of the alexithymia. UAS7 explains 8.8% of HAM-A; HAM-A and UAS7 are explain 58.2% of TAS-20; TAS 20, HAM-A and UAS7 are explain 58.5% of DLQI.

Conclusion: It was determined that the anxiety scores of the patients were high, alexithymia and urticaria activity levels were moderate, and their quality of life was low. It was determined that as alexithymia and anxiety scores increased, the quality of life decreased and the severity of the disease increased. In addition, the quality of life decreased as the intensity of the disease increased. It has been determined that alexithymia mediates the relationship between anxiety and quality of life at a high level in patients with chronic urticaria. At the same time, anxiety had a direct predictive effect on quality of life.

Keywords: Alexithymia, Anxiety, Chronic Urticaria, Quality of life.

OC77

Determination Of Factors Affecting Pediatric Nurses' Individual Innovation Levels

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Introduction: Innovation is an inevitable result of nursing care practices and nursing education. Nurses must be innovative to maintain and promote health, prevent disease, find better ways to care and treat disease, and learn new knowledge.

Materials and Methods: Our research was carried out with 57 nurses working in the pediatric clinics of İnönü University Turgut Özal Medical Center and who agreed to participate in our research. "Nurse Information Form" and "Individual Innovation Scale" were used to collect data. Percentage, mean and chi-square were used in the evaluation of the data.

Results: It was determined that 73.7% of the nurses participating in our study were female, 75.4% of them undergraduate graduates, 63.2% of them were married and 36.8% of them were satisfied with the unit they worked in. It was found that the mean age of the nurses was 30.10 ± 8.63 , the duration of working in the profession (years) 7.12 ± 6.57 , the duration of working in the unit (years) 4.75 ± 4.51 and the individual innovativeness scale mean score 58.31 ± 10.09 . In addition, it was determined that the individual innovativeness of the nurses was negatively related to their marital status and satisfaction in the unit they worked in, and positively related to the working time in the unit and profession they worked ($p < 0.05$).

Conclusion: In our study, it was determined that nurses were in the skeptic category according to their individual innovativeness scores and that some socio-demographic characteristics could affect their individual innovativeness.

Keywords: Child, Nurse, Individual innovation

OC78

Comparison Of Risk Perception And Stress Level In Pregnancy

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Introduction: Perception of risk and pregnancy stress during pregnancy may pave the way for the deviation of pregnancy from normal process and may cause perinatal complications. Detection of pregnancy risk perception and stress will provide personalized counseling services, midwifery care, and determine effective strategies to manage this process, thus helping to predict possible complications. Considering the importance of the subject, in this study, it was aimed to compare pregnancy risk perceptions and pregnancy-specific stresses of pregnant women.

Materials and Methods: The study was conducted on 410 healthy pregnant women between the ages of 18-35 who came to the obstetrics outpatient clinics and NST unit of Erzurum City Hospital for routine pregnancy follow-ups between December 2021 and July 2022. The Personal Information Form, "The Perception of Pregnancy Risk Questionnaire," and "The Pregnancy Stress Rating Scale" were used to collect the data. The data were collected by the researcher with the face-to-face interview technique and assessed using SPSS software.

Results: The mean age of the pregnant women included in the study was 25.75 ± 4.05 years, the duration of their marriages was 4.09 ± 3.40 years, 40.2% of them were high school graduates, and 53.2% were primiparous. The perception of pregnancy risk (2.43 ± 1.82) and pregnancy-specific stress (22.27 ± 12.67) mean scores of pregnant women are low, and there is a strong positive correlation between them ($p < 0.01$). In the study, the total mean scores of the pregnant women's perceptions of risk related to the infant and pregnant woman and perceptions of pregnancy risk decreased as the duration of marriage and the number of living children increased ($p < 0.01$). As the gestational week increased, the mean total scores of infant-related and pregnancy risk perceptions increased

($p < 0.05$). Pregnancy-specific stress decreased as the duration of marriage ($p < 0.001$), the age of the spouse, the number of pregnancies, and the number of living children increased ($p < 0.01$) and increased as the gestational week increased ($p < 0.01$).

Conclusion: In this study, pregnant women's perceptions of pregnancy risk and pregnancy-specific stress levels were low, and there is a strong positive relationship between them. The duration of marriage, the number of living children, and the number of pregnancies affected the perception of pregnancy risk, and the duration of marriage, the age of the spouse, the number of pregnancies, gestational week, and the number of living children affected the pregnancy-specific stress.

Keywords: Midwife, Pregnancy, Risk perception, Stress
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OC79

Determination Of Pelvic Obliquity Prevalence In Individuals With Idiopathic Scoliosis And Examination Of Distribution Related To Curve Type

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Introduction: To determine the prevalence of pelvic obliquity (PO) in individuals with idiopathic scoliosis (IS) and to examine its distribution related to curve type.

Materials and Methods: Individuals with IS who applied to our unit between 2014 and 2020 were retrospectively analyzed. PO angle was measured using Surgimap (Version 2.3.2., Nemaris In. New York, USA) software on anterior-posterior radiographs. Curve type was evaluated with Lenke classification (LC).


Results: Two hundred and eighty four individuals with IS (210 females, 74 males; mean age: 13.32.7 years) were included in the study. It was found that 86 (30.2%) of the individuals with IS had PO, and the right pelvis was higher than the left pelvis in 67 (77.9%) of them. As the pelvic obliquity distribution is examined related to the type of curve, 13(15.1%) type 1, 4(4.7%) type 2, 19(22.1%) type 3, 2(2.3%) type 4, 45(52.3%) type 5 and 3 (3.5%) type 6 were found.

Conclusion: Pelvic obliquity is often observed in individuals with IS who have thoracolumbar/lumbar scoliosis. Pelvic obliquity, which is frequently observed in Lenke type 5 curve, may guide physiotherapists working with individuals with IS in determining compensations, planning scoliosis-specific exercises, and brace design.

Keywords: Prevalence, Pelvic obliquity, Scoliosis

OC81

The Reliability And Validity Of The Neck Disability Index In Patients With Cervical Dystonia

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Introduction: Pain, which is seen in 67-75% of patients with cervical dystonia (CD), is associated with head turning and spasms and is one of the most important causes of disability. However, there is no patient-reported outcome measure method for assessing neck pain in CD. The aim of this study is to examine the reliability and validity of the neck disability index (NDI) in patients with CD.

Materials and Methods: This cross-sectional study was carried out between May and July 2022 at Gazi University, Department of Neurology. 23 patients with CD (18 female, 5 male, mean age: 58.87 ± 15.12 years) were included in the study. The NDI was used with the visual analogue scale and the Toronto Western Spasmodic Torticollis Rating Scale (TWSTRS)-Pain subscale for pain, the TWSTRS for disease severity, the Nottingham Extended Activities of Daily Living Scale for daily living activities, and the Nottingham Health Profile for quality of life. For the test-retest reliability, the NDI was repeated after 4 weeks. Test-retest reliability was assessed by determining the intra-class correlation coefficient (ICC) and the minimal detectable change. Concurrent validity was examined using the Spearman correlation coefficient between the NDI and other outcome measures.

Results: The NDI demonstrated excellent test-retest reliability in patients with CD (ICC=0.892, 95% confidence interval=0.746-0.954). The minimal detectable change value of 15.69 points can be used to determine the real change in neck pain after any clinical intervention. The NDI had a poor to high correlation with other outcome measures (correlation coefficients ranged from -0.474 to 0.758, $p < 0.05$ for all).

Conclusion: The NDI is the only reliable, valid, and patient-reported outcome measure in the assessment of neck pain for patients with CD in the Turkish population. Therefore, we suggest that the use of the NDI in research and clinical practice for patients with CD.

Keywords: Neck pain, Neck disability index, Cervical dystonia

OC82

The Effect Of Laughter Yoga On Depression And Serotonin Levels In Patients Undergoing Bariatric Surgery

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Introduction: The study was carried out to determine the effect of laughter yoga on depression and serotonin levels in patients undergoing bariatric surgery.

Materials and Methods: The research was carried out between December 2018- April 2022 as a quasi-trial model with pre and post-test control group. The universe of the

research; it consisted of 158 patients who had bariatric surgery at İnönü University Turgut Özal Medical Center General Surgery Service and 6-24 months had passed since the surgery. Sample size was determined using power analysis and 62 patients were sampled. Patient Information Form, Beck Depression Scale, Serotonin Level Registration Form were used for data collection. Patients in the laughter yoga group were applied 10 sessions. Depression and serotonin levels were determined as pre-test and post-test for the patients in the experimental and control groups. For data analysis; Number, Percentage, Mean, Standard deviation, Chi-square, Two paired samples and Independent Samples t test were used.

Results: Depression and serotonin levels of the patients in laughter yoga group decreased in the post-test compared to the pre-test, and the decrease was found to be statistically significant ($p < 0.05$). In the post-test, the depression level of the laughter yoga group was found to be significantly lower than the control group ($p < 0.05$). The fact that serotonin level of the laughter yoga group was lower in the posttest compared to the control group wasn't found significant ($p > 0.05$).

Conclusion: It was determined laughter yoga effective in relieving depression after bariatric surgery, decreased serotonin levels, but the decrease wasn't significant.

Keywords: Bariatric surgery, Laughter yoga, Depression, Serotonin, Nursing

OC83

The Effects Of Inpatients' Privacy On Satisfaction

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Introduction: Recently, health institutions have adopted the understanding of service quality in health in order to maintain their existence and adapt to the change in the competitiveness of the health sector. Parallel to this, the concept of "patient satisfaction" has gained importance as an important indicator of health service quality. Patient satisfaction can be defined as "meeting the expectations of patients or providing services beyond them" and the basic output of health services. Satisfied patients with positive attitudes towards their care processes show more commitment to their treatment and post-discharge period. Patients whose expectations are met are satisfied in a clean and safe environment, respecting their personal rights, experiencing a quality service and establishing good communication. Patient privacy is perhaps the most important factor affecting satisfaction.

Materials and Methods: This study investigates the effect of inpatient privacy on satisfaction in a training and research hospital. This study, which was designed as a cross-sectional study, was aimed to determine the effect of inpatient privacy on 222 participants who were hospitalized in the inpatient clinics of a training and research hospital in Istanbul between December 2021 and April 2022.

Results: 51.4% of the participants were women, 60.2% were married, 38.7% were high school graduates and 68% were hospitalized in the surgical clinic of the hospital. In this study, 87% of the participants in the patient privacy inventory did not know about patient privacy, and when patients were asked what made them feel most satisfied in the hospital, 61% showed “friendly attitude” and “interest of staff and doctors”. When the effect of the total value of the patient privacy inventory on the total value of the inpatient satisfaction questionnaire was analyzed with a simple latent variable SEM regression model, it was positive and significant ($\beta=.151$); $p<.05$) regression value was found and the explanation rate was 50%.

Conclusion: It should not be forgotten that the privacy provided in health institutions will increase the satisfaction level of the patients. Healthcare professionals should be trained on patient privacy. In addition to quantitative studies in these specific areas, qualitative research should also be carried out, and an in-depth examination of the subject will contribute to the literature.

Keywords: Health management, health sciences, patient privacy, patient satisfaction

OC86

Investigation Of Regenerative Effects Of Thera-nekron® And Misoprostol After Partial Hepatectomy In Rats

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Introduction: The liver has a crucial role in metabolism and regulation of blood glucose, protein synthesis, bile and urea production and all kind of detoxification. And also it maintains homeostasis and for this it acts in cooperation with many organs of body(1). In literature reviews, there was not found any study report about the regenerative effects of TC and MS. In this study; comparing the regenerative effects of MS and TC after partial hepatectomy have examined separately and combined (synergism/antagonism) and findings have been supported by histological and biochemical datas in rats.

Materials and Methods: In this study, 38 Sprague Dawley female rats were used. Rats were obtained from the Experimental Animal Reproducing and Investigational Center of Inonu University. The principles of the Inonu University Animal Experiments Local Ethics Committee were followed throughout the study (Ethics Board Protocol No:2018/ A-23). The rats were 15-16 months years old and their average body weights were measured as $314,8\pm 41,5$ g and they were maintained in standard cages until the the experiment. The rats were kept in rooms equipped with 12 h, dark-light lighting cycles, housed four per cage under appropriate humidity (54-56%) and ventilation conditions at room temperatures between 25 ± 2 °C. From the beginning to the end of the study they were fed normal rat chow and tap water ad libitum. The animals were randomly divided into five groups as follows:

1.Group (Control-C) (n=6): After study beginning of 7 days the rats were under only laparotomy, and after laparotomy at 7th days they were humane killing. 2.Group (Sham-S) (n=8): After study beginning of 7 days the rats were under 70% PH (Partial Hepatectomy), and after PH 7th days they were humane killing. 3.Group (MS) (n=8): At the beginning of study, 0,1 mg/kg/day MS were given by oral route, and after 7 days, 70% PH were done, and at PH 7th days they were humane killing. 4.Group (TC) (n=8): At the beginning of study, 0,2 mg/kg/day TC were administered by s.c. route, and after 7 days 70%PH were done, and after PH 7th days they were humane killing. 5.Group (MS+TC) (n=8): At the beginning of study, 0,2 mg/kg/day TC were administered by s.c. route + 0,1 mg/kg/day MS were given by oral route, and after 7 days 70% PH were done, and after PH on 7th days they were humane killing. Taken blood samples (app. 8 mL) and liver tissue samples were used for biochemical and histopathological examinations. After PH, within 24 hours totally 4 rats were died for undetermined cause (2 rats in group 4 and 2 rats in group 5).

Results: Before the present study, we were published two study reported on about liver regeneration(2,3). In these reports for regeneration we were considered 21 and 10 days after PH, but in the present study we were seen that 7 days duration was not sufficient, and also at least 10 days period may be necessary.

Conclusion: Although some literatures were reported that, TC has been found an effective on the treatments of some animal diseases (4-9), we have not seen any positive effect on liver regeneration, and also same stiation may have say for MS. But, in the future -at different dose and durations- these may be found effective.

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OC90

Telerehabilitasyonun Etkisi Üzerine El Yapma, Egzersiz ve Telerehabilitasyon Destekli Telerehabilitasyonun Ağrı Üzerine Etkisi Üzerine Bir Çalışma

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Introduction: Pain, one of the most common symptoms in cervical degenerative diseases, significantly impairs the general health and quality of life of patients. Neck pain, which is common during the most productive years of a person's life, impairs functionality, making treatment urgent. The aim of the study is to examine the effects of manual therapy, exercise and telerehabilitation assisted therapy on pain in cervical degenerative diseases.

Results: Evaluations were made at the end of 8 weeks of treatment, 3 months post-treatment, and 6 months post-

treatment. A significant difference was found in VAS pain score in all three groups ($p < 0.05$). While there was a significant difference in the McGill pain index in the telerehabilitation and manual therapy groups; no significant difference was found in the exercise group ($p > 0.05$). The greatest reduction in pain was found after treatment in the manual therapy group, and at the 3rd and 6th months after treatment in the telerehabilitation group. There was no significant difference in VAS and McGill Pain index scores between the groups at the time of evaluation ($p > 0.05$).

Conclusion: In our study, it was determined that exercise, manual therapy and telerehabilitation-assisted therapy applied for the treatment of pain in patients with a diagnosis of cervical degenerative disease were effective in reducing the level of pain. While the effectiveness of manual therapy is higher in the early stage of treatment; It has been determined that telerehabilitation-assisted treatment is more beneficial in the following processes. It has been determined that telerehabilitation-assisted treatment, which has become more important in today's conditions, is as effective as face-to-face treatments.

Keywords: Exercise, Manual therapy, Telerehabilitation.

OC95

Caesarean Section (Cs)-Pre, Peri&Post-Op Midwifery Care

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Introduction: Pregnancy and childbirth are one of the unique experiences that lead to biopsychosocial changes for women. With the birth, the role of the woman will change, her adaptation to motherhood will begin and she will have new responsibilities. However, the fact that the expectant mother often experiences fear, worry, anxiety and anxiety about childbirth during pregnancy can cause this period to turn into a crisis. Therefore, midwife support in the perinatal period is very important for pregnant women.

Results: The general purpose of perinatal care; to protect and maintain mother-infant health, to detect possible maternal or fetal risks in the early period and to intervene promptly, to minimize maternal, fetal and neonatal mortality and morbidity levels. For this reason, midwifery care services are very much needed in cesarean delivery, as in vaginal birth, in order for pregnancy, birth and postpartum period to continue uneventfully and healthily. In cases where vaginal delivery is not possible, women in cesarean section applications, which are called the delivery of the fetus and its appendages by incision from the abdomen, and which are increasing rapidly especially in today's world and in our country; in the preoperative, perioperative and postoperative periods, they are frequently exposed to the difficulties of surgical operation. In order to enable women to adapt to this process, to accelerate their recovery, to protect and improve mother-newborn health, and to shorten the discharge period, mother-baby follow-up should be performed with a holistic approach and midwifery care should be provided at every stage of the cesarean section.

Conclusion: Midwifery care at cesarean section; by providing a positive relationship between the midwife and the woman, it will improve the preoperative, perioperative and postoperative process, and will eliminate the problems of the surgical operation. Thus, by protecting mother-baby health, community health will be protected and healthy generations will be raised.

Keywords: Cesarean section, Midwife, Midwifery care

OC96

Evaluation Of The Relationship Of Disease Symptoms And Obesity In Patients With Fibromyalgia

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Introduction: Fibromyalgia syndrome is a multi-systemic disease characterized by chronic widespread musculoskeletal pain. While research on treatment methods for fibromyalgia patients continues, it has been thought that there may be a relationship between obesity and fibromyalgia in the near future. The purpose of this research; The aim of this study is to evaluate the relationship between disease symptoms and obesity in patients with fibromyalgia syndrome.

Materials and Methods: This study was carried out on 100 female individuals with a mean age of 33.7 ± 6.4 years, who applied to the Van Training and Research Hospital, Physical Therapy Department and Rheumatology Department Polyclinics with fibromyalgia symptoms and were diagnosed with fibromyalgia. Individuals who accept the research; General information, disease symptoms and data on anthropometric measurements (height, weight and BMI) were collected by the researcher with a questionnaire.

Results: While the majority of the participants (72%) were housewives, 93% had fatigue and muscle aches and 91% had sleep disorders. It was observed that 59% of the participants had a BMI of $25.0-29.9 \text{ kg/m}^2$ and 8% of them were $30.0-39.9 \text{ kg/m}^2$. It was determined that the BMIs of the participants were significantly correlated with fatigue ($p=0.011$), anxiety ($p=0.000$) and depression ($p=0.000$) symptoms of fibromyalgia.

Conclusion: It has been determined that the increase in BMI values in fibromyalgia patients increases the symptoms of fatigue, anxiety and depression. It has been concluded that in the treatment of fibromyalgia, patients should be directed to a dietitian after diagnosis to reduce symptoms and increase their quality of life, and diet treatments should be created by taking into account BMI values while evaluating nutritional status.

Keywords: Fibromyalgia, Obesity, Anthropometric measurements

OC97

The Effect Of Different Earphone Types On Decreased Sound Tolerance And Auditory Functions In University Students Studying Distance Education During The Covid-19 Pandemic Period

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Introduction: In today's pandemic conditions, students attend some classes online through various headsets due to hybrid education. As a result, the use of headphones among young people has increased. The aim of the study is to investigate the effects of headphone types and sound volumes used in online classes in university students during the pandemic period on decreased sound tolerance (DST) and auditory functions.

Materials and Methods: A total of 113 individuals (37 M, 76 F) with a mean age of 20.43 (SD=2.95) participated in the study. Participants were asked about their preferred listening condition (in-ear headphones, on-ear headphones, speakers), sound intensity levels, and average headphone usage time for online lessons. The Decreased Sound Tolerance Scale-Screen (DSTS-S) and the Speech, Spatial and Qualities of Hearing Scale (SSQ) were used to evaluate DST and subcomponents of hearing, respectively.

Results: There was no significant relationship between preferred listening condition and duration, or DSTS-S and SSQ ($p>0.05$). A low level of positive correlation was found between preferred sound intensity levels and hyperacusis and misophonia scores, and a low negative significant correlation was found between spatial perception scores ($p<0.05$).

Conclusion: Hearing function and DST are not effected by listening conditions, but sound intensity is.

Keywords: Earphone, Hyperacusis, Online lessons

OC98

Changes In The Postpartum Period

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Introduction: The period that begins with the birth of the baby and lasts for 6 to 8 weeks is called the postpartum period. In the postpartum period, the body system quickly returns to its former state and the female body begins to take its pre-pregnancy state. Although many effects of pregnancy return to the pre-pregnancy period during 6-8 weeks postpartum, the speed and duration of body systems are not the same for all systems. Therefore, the ACOG recommends extending postpartum care up to 12 weeks. Based on this recommendation of ACOG, in addition to the three trimesters of pregnancy, the fourth trimester is called the puerperium

Results: Women experience a series of physiological changes during the postpartum period. Since these

changes develop rapidly, they tend to bring some complications in women. Women who experience many physiological and hormonal changes during pregnancy may experience some complications while returning to their old physiological and hormonal structure in the postpartum period. Complications experienced by the woman can occur immediately after delivery, as well as in the late postpartum period. The time and severity of complications are due to the different speed and duration of the physiology of body tissues and organs to return to their prenatal state.

Conclusion: Physiological and psychological changes that she will experience in the postpartum period should be explained to the woman and in which cases she should apply to a health institution. Health teams should provide the necessary medical care to the woman before and after discharge, ensure that the woman gains healthy lifestyle behaviors, and provide training on mother-baby care and sexual health, taking into account the cultural characteristics of the woman and her family. In addition, it should offer the health service provided by providing psychological support to women within the framework of a holistic approach.

Keywords: Pregnancy, Woman, Puerperium, Postpartum period

OC99

Investigation Of The Effect Of Trunk Position Sense On Balance In Patients With Mild And Moderate Parkinson's Patients

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Introduction: According to the neurophysiological mechanisms in our body, adequate and accurate sensory feedback is essential for any motor function. In Parkinson's patients, it is known that both proprioceptive sense and balance function are affected at various rates according to the severity of the disease.

Materials and Methods: This study was carried out at Gulhane Training and Research Hospital in Ankara city center between November 2021 and March 2022. In this study, the relationship between trunk position sense change and balance ability was investigated in patients with mild to moderate Parkinson's.

Results: In the study, it was found that the trunk position sense of the patient group decreased significantly compared to their healthy control group ($P<0.05$). Contrary to the control group, a low negative correlation was found between the duration of standing on one leg and the results of trunk position sense in Parkinson's patients ($P<0.05$).

Conclusion: It has been shown that changes in trunk position sense in mild-to-moderate Parkinson's patients are associated with the patient's static balance function.

Keywords: Balance, Parkinson's Disease, Proprioception

OC100

The Role Of Religious Coaching In Prediction Of Depression In Adolescent Period

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Introduction: Depression is common for many reasons during adolescence, which is the transition period from childhood to adulthood. Adolescents can also apply to coping styles with religious content if their religious values are important to them in getting rid of the problems that cause depression.

Materials and Methods: This study was conducted to examine the role of religious coping in predicting depression in adolescence. The sample size of this cross-sectional study consists of 312 adolescents determined by power analysis. The data of the research were collected from 312 students studying at high schools in Samsun, Turkey, between March and May in 2022. The Descriptive Characteristics Form, the Kutcher Adolescent Depression Scale Short Form, and the Religious Coping Scale were used to collect the data. Linear regression analysis was used in the analysis of the data.

Results: According to the research findings, it was observed that the depression level was higher in adolescent girls than boys, adolescents with fewer siblings than those with many, and adolescents who defined themselves as non-religious compared to those who were religious. Adolescents whose mothers do not work compared to those whose mothers work, adolescents who receive religious education outside the classroom compared to those who do not, 17-year-olds compared to 16-year-olds, General high school, Vocational high school, Anatolian Imam Hatip high school adolescents compared to adolescents studying at Anatolian high school, and adolescents who define themselves as very religious output level is higher. The level of religious coping was found to be higher in adolescents with low educational level of parents compared to those with higher education levels. Adolescents who received religious education from Religious Culture and Moral Knowledge courses had a low level of religious coping.

Conclusion: The study revealed that religious coping had no effect on depression.

Keywords: Depression, Religious Coping, Adolescence

OC101

The Effect Of Internalized Stigma On Sleep In Adolescents

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Introduction: Adolescents are exposed to many developmental changes, and with the increase in their emotional

intensity, they may encounter many problems such as emotional and behavioral problems, social and academic adjustment difficulties, and exclusion. One of the important problems seen in this period is internalized stigma. Adolescent trauma, low self-esteem and lack of social support, etc. It is seen that the negative effect of internalized stigma, which causes many problems, on sleep quality and regularity, has been the subject of research in recent years.

Materials and Methods: The aim of this study is to examine the effect of internalized stigma on sleep in adolescents. The sample size of this cross-sectional study consists of 252 adolescents determined by power analysis. The data of the study were collected from the students who were selected by simple random sampling method and who were educated in public schools affiliated to the Ministry of National Education in the province of Erzurum, Turkey in the 2021-2022 academic year. Personal Information Form, Pediatric Daytime Sleepiness Scale (PGS), Internalized Stigma Scale for Children and Adolescents were used to collect data. SPSS 25 program was used to analyze the data. The distribution normality of the data was tested, and percentage distributions and mean analyzes were made.

Results: According to the findings to be obtained from the research, it is predicted that there will be a significant relationship between the level of internalized stigma and daytime sleepiness. In addition, the effects of demographic variables on internalized stigma and sleep will be examined and the findings will be discussed according to the literature.

Conclusion: It is predicted that there will be a significant relationship between the level of internalized stigma and daytime sleepiness.

Keywords: Adolescence, Internalized Stigma, Sleep

OC102

Using Alternative and Augmentative Communication System As Early Speech and Language Intervention in A Baby With Down Syndrome: Case Study

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Introduction: Babies with Down syndrome generally have delays in speech and language development because of accompanying cognitive limitations, delays in motor development, and individual factors. These delays may adversely affect their communication, integration into society and independence. Early intervention for babies with Down syndrome plays an significant role in their communication development. Studies show that the use of Alternative and Augmentative Communication (AAC) systems supports the communication and speech and language development of individuals with down syndrome.

Materials and Methods: The research was carried out in a special education and rehabilitation center in Malatya. A baby girl with Down syndrome, whose corrected age was 8 months and 29 days, was included in the study. Sign language, one of the unaided AAC interventions, was used in

the speech and language therapy sessions of the case for approximately 2 years. Data were collected with DENVER-II Developmental Screening Test and Ankara Developmental Screening Inventory before and after AAC intervention. In addition, independently used words and signs of the case were learned from the family and recorded.

Results: After the AAC intervention, it was observed that the case's language and communication skills were closer to his chronological age. While the case didn't have any meaningful verbal and/or nonverbal expressions that she used independently in the pre-intervention evaluation, it was noted that the case used a total of 53 verbal and/or nonverbal expressions in the post-intervention.

Conclusion: In this study, it is seen that AAC intervention applied for Down syndrome supports language and communication skills, and increases the number of verbal and nonverbal expression productions.

Keywords: Augmentative and alternative communication, Down syndrome, Sign language

OC105

Evaluation Of Serotonin Hormone Level In Obese Individuals With Constipation Problem

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Introduction: In addition to factors such as dietary habits, water consumption, and lack of exercise, hormones secreted from the intestine also play important roles on constipation. In this study, it is aimed to investigate the effects of hormones such as serotonin, which increases water absorption from the intestine, on bowel movements.

Materials and Methods: In this study, blood samples taken from Turgut Özal Medical Center Endocrine Polyclinic in Malatya city center between 09.06.2022 and 08.07.2022 were studied in İnönü University Physiology Brain Research Laboratory. The study included 22 obese individuals aged 20-64 years with a Body Mass Index ≥ 30 , and 22 obese individuals who signed the voluntary consent form with the complaint of constipation. Sociodemographic characteristics and nutritional habits of the participants were questioned and anthropometric measurements were made with a body analysis scale. In the study, in order to determine the relationship between obesity and constipation, the levels of serotonin hormone were determined by ELISA method. The human serotonin ELISA kit (BT LAB, China Catalog no: E1128Hu) was used to determine the serum serotonin level. Analyzes were performed according to the method supplied with the kit. SPSS 22 program was used in the statistical evaluation of the data, and the level of significance was accepted as $p < 0.05$ for all evaluations.

Results: Participants with a mean age of 45 ± 10 and a mean Body Mass Index of 38 ± 5 were included. The serum serotonin level of the constipation group (125.001 ± 23.741) was compared with the control group (109.238 ± 10.23), and the difference was statistically significant ($p \leq 0.05$).

Conclusion: In our study findings, it was found that the serum serotonin level was higher in obese individuals than in individuals with constipation complaints. These findings provided evidence that serotonin may have a role in the regulation of gastrointestinal motility, as stated in the literature.

Keywords: Constipation, Serotonin, Obesity

OC108

Our Anesthesia Management In A Case Of Cesarean Section With Pulmonary Hypertension

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Introduction: Pulmonary hypertension (PHT) in pregnant women is one of the most important causes of maternal mortality and morbidity.

Results: A 26-year-old 34-week pregnant patient who applied to the emergency department of our hospital with complaints of weakness, back pain, respiratory distress, and leg pain was admitted for cesarean section. The case had a history of repeated cesarean section and also had a history of covid infection at home 3 weeks ago. Excessive dilatation in the right ventricle on ECO, PAP (Pulmonary arterial pressure): 40, ejection fraction (EF): 45-50%. Deep vein thrombosis was detected in the left leg on Doppler. Standard anesthesia monitoring was applied to the patient who was taken to the operating room. Respiratory rate was 25-30/min, SpO₂ with reservoir oxygen mask was 84, T/A: 140/90 mmHg. Invasive blood pressure monitoring was performed from the radial artery. In the induction of anesthesia: propofol 2.5 mg/kg, fentanyl 1 mcg/kg and 1.2 mg/kg rocuronium were administered iv. After intubation, the tidal volume (6-8 ml/kg) was ventilated in a 50% O₂-air mixture with a sevoflurane concentration of 1 MAC and an EtCO₂ value of 35-40 mmHg. A 2400 g baby with an Apgar score of 8 was delivered by C/S. The patient was sent to the intensive care unit as intubated at the end of the operation.

Conclusions: Despite recent advances in the treatment of pulmonary hypertension, it is still a high cause of maternal mortality (11-28%) (1). 34-36 in termination of pregnancy. Elective cesarean section is recommended as the preferred method. If normal delivery is planned, continuous epidural analgesia should be provided (2). In the management of anesthesia, regional anesthesia techniques are at the forefront in many studies in the literature. Epidural anesthesia and low-dose epidural-spinal combined anesthesia are mostly recommended (3). A single dose of spinal anesthesia should not be used as it may cause an immediate hypotensive effect (4). In our case, general anesthesia was applied because of respiratory distress (tachypnea, orthopnea and SpO₂ < 84). In these cases, hypoxia, hypercapnia and acidosis that increase pulmonary hypertension should be avoided. It is also known that nitric oxide increases pulmonary hypertension (6). Therefore, nitric oxide was not used in our general anesthesia practice. Controlled general anesthesia with hemodynamic stability is a safe

method that can be used for mother and baby in cesarean section cases with PHT.

Keywords: Cesarean section, General anesthesia, Pulmonary hypertension

OC109

Experiences Of Midwifery Students On The Sense Of Belonging In Clinical Settings: A Qualitative Study

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Introduction: Clinical education is among the essential and vital components of the midwifery curriculum. Clinical environments are learning areas where students have the opportunity to learn by combining their theoretical knowledge and professional skills. A sense of belonging is one of the basic requirements for working in harmony, efficiently and reliably in clinical settings. This study aims to determine the experiences of midwifery senior students on the sense of belonging in clinical settings, and determine the affecting factors.

Materials and Methods: The study was conducted using the qualitative research method with 35 midwifery senior students during the spring semester of the 2021-2022 academic year. The data were collected through semi-structured individual interviews. After creating the themes in the research, a content analysis technique was used for the analysis of the data.

Results: The findings were grouped under six themes. The first theme is the meaning of the sense of belonging. The vast majority of students defined belonging as being comfortable in their environment. The second theme is to feel belonging to clinical settings. The students in particular, their sense of belonging was higher in areas such as obstetrics, gynecology, and the delivery room. The third theme is the factors that improve a sense of belonging in clinical settings. Almost all the students stated that the approach of midwives, nurses, and physicians that instructive, supportive, reassuring, and respectful approaches are a big factor in making them feel that they belong to clinical settings. The fourth theme is the factors that hinder the sense of belonging in clinical settings. The students stated that they were affected by the negative attitudes of nurses and midwives. These include fear of being scolded, not respected, not being valued, ignored, and harsh and judgmental attitudes. The fifth theme is the reflections on the lack of a sense of belonging in clinical settings. Students when they did not feel that they belonged to the clinical setting, that they did not want to continue the internship, that their motivation decreased during the internship, that their learning was adversely affected, and that as a result, they could not provide care for the patients adequately and questioned their professional belonging. The sixth theme is recommendations for improving their belonging in clinical settings. Students want hospital staff, especially nurses and midwives, to have a positive attitude towards them,

communicate with them, value them, be instructive and supportive, and see students as part of the team.

Conclusion: Research findings can form guidance for the creation of more positive learning environments and educational experiences in clinics.

Keywords: Clinical setting, Qualitative study, Midwifery, Sense of belonging, Student

OC110

Determining The Relationship Between Dysmenorrhea And Emotional Eating In Young Women

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Introduction: It is reported that different physical and mental symptoms are seen during the menstrual period. Hormonal fluctuations related to the menstrual cycle can affect eating behaviors and appetite control and cause changes in appetite control. The research was conducted to determine the relationship between dysmenorrhea and emotional eating in young women.

Materials and Methods: The descriptive study was conducted with 259 female students continuing their university education. The data of the research were collected online with the Individual Information Form and the Salzburg Emotional Eating Scale (SEES). The analysis of the data was made with the SPSS 22 package program, and the significance level was accepted as $p < 0.05$.

Results: In the study conducted with 259 young women with a mean age of 20.96 (SS: 2.27), the mean SEES score of those who stated that they had pain during menstruation was found to be significantly higher than those who stated that they had no pain ($p < 0.05$). The mean scores of those with dysmenorrhea were also found to be significantly higher in the SEES subscale scores ($p < 0.05$). When the correlation of the mean scores of the total SEES scores and the mean scores of the sub-factors was examined, there was no negative but significant correlation with the happiness sub-factor ($p > 0.05$), while a positive correlation was found with the sadness, anger and anxiety sub-factors ($p < 0.01$).

Conclusion: It was determined that food consumption as emotional eating behavior decreased during menstruation, independent of dysmenorrhea in young women.

Keywords: Dysmenorrhea, Emotional eating, Menstrual cycle

OC112

Smoking And Maraş Powder Use Status Of Pregnant Women Living In Kahramanmaraş And Related Factors

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Introduction: Consumption of all types of tobacco, including smokeless, during pregnancy is an important public health problem. This study, it was aimed to determine the smoking and Maraş powder use status and related factors of pregnant women living in Kahramanmaraş.

Materias and Methods: This study, which is an analytical-cross-sectional study, was conducted in a state hospital in Kahramanmaraş between April 26, 2021, and June 20, 2022. 669 pregnant women were included in the study with the method of improbable sampling. Research data were collected by face-to-face interview method through a questionnaire.

Results: The mean age of the pregnant women was 26.99 ± 5.22 . It was determined that 12.9% of the pregnant women used cigarettes and 4.9% of them used Maraş powder. Women using Maraş powder stated that they use it to relieve toothache (48.5%), relieve headache (12.1%), enjoy relaxation (15.1%), and reduce smoking (24.3%). Logistic regression analysis results showed that the probability of smoking during pregnancy was primary school graduate (OR=1.80; 95% CI=0.57-5.72), low income level (OR=7.95; 95% CI=2.91-21.68), without health insurance (OR=0.05; 95% CI=0.01-0.30), living in the city (OR=4.40; 95% CI=1.14-16.93), perceiving the relationship with their spouse negatively (OR =7.26; 95% CI=1.24-42.33), pre-pregnancy smoker (OR=269.61; 95% CI=202.76-351.32), spouse's smoker (OR=1.29; 95% CI= 1.14-1.47) showed that it increased in women whose spouse used Maraş powder (OR=0.15; 95% CI=0.04-0.54) ($p<0.05$). Again, those who had a negative relationship with their spouse (OR=3.29; 95% CI=1.32-8.16), whose spouse used Maraş powder (OR=4.41; 95% CI=1.83-10.65), and who also had Maraş powder before pregnancy The rate of using Maraş powder during pregnancy was higher in women using (OR=2.41; 95% CI=0.94-6.15) ($p<0.05$). In addition, there was a statistically significant negative correlation between smoking and using Maraş powder during pregnancy ($p<0.05$).

Conclusion: In this study, it was determined that a significant portion of the women smoked before and during pregnancy, and a significant portion of the pregnant women used Maraş powder before and during pregnancy. Pregnant women and their spouses should be educated about the harms of tobacco, including smokeless type, in preconceptional and antenatal care.

Keywords: Maraş powder, Midwifery, Pregnancy, Smoking

OC113

The Effect Of Instrument-Assisted Soft Tissue Mobilization Through The Superficial Backline On Static Plantar Load Distribution In A Child With Unilateral Pes Equinovarus– Case Report

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Introduction: The aim of case report is to examine the effect of instrument assisted soft tissue mobilization

(IASTM) along the superficial posterior line on plantar fascia load distribution in a child with unilateral (right) congenital pes equinovarus, in addition to conservative treatment. While conservative treatment (6 weeks, 30 sessions) continued, 12 sessions of IASTM were applied with Graston Technique instruments. Static and dynamic analysis, calcaneotibial angle, muscle strength and pressure pain threshold evaluations are performed with respectively; Footwork AM3 (France), goniometer, hand dynamometer and algometer before and after treatment.

Results: The right side carries a higher load than the left. In the static plantar pressure analysis, the load distribution was 69% on the right side, decreased to 48%. The center of gravity was displaced from the right side (R-C=68mm) to the midline (R-C=109mm). Left foot surface area increased by 17%. In dynamic analysis, the maximum load on the right foot increased from 13% to 18% in the first contact phase. The load carried on the lateral side of the right foot decreased from 71% to 57%. Similarly, the calcaneotibial angle decreased by 3°. Dorsiflexion and eversion forces, respectively; 54% and 42% increase; gastrocnemius and plantar fascia pressure pain thresholds, respectively; There were 62% and 48% reductions.

Conclusion: Future studies examining the success of IASTM therapy in clubfoot treatment are needed.

Keywords: Club foot, Graston technique, Myofascial release, Pedobarography

OC114

The Relationship Between Prostate Calcification And Erectile Dysfunction In Patients With Lower Urinary System Symptoms

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Introduction: Lower urinary tract symptom (LUTS) refers to symptoms involving the urinary filling phase, voiding phase, or post-voiding pathologies. Prostate calcifications are formed by the precipitation of various substances in the prostate gland secretions in the presence of inflammation and the calcification of the corpora amyloacea. In this study, it is aimed to compare the patients with lower urinary tract symptoms with and without prostate calcification in terms of erectile dysfunction.

Materials and Methods: Patients with lower urinary tract symptoms who applied to the urology outpatient clinic between November 2021 and June 2022 were included in the study. Prostate volumes and prostate calcifications were evaluated by urinary system ultrasonography of the patients and they were divided into two groups according to the presence of calcification. The International Prostate Symptom Score (IPSS) was used in the evaluation of the lower urinary system, and the International Sexual Function Index (IIEF-5) was used in the evaluation of erectile dysfunction. Comorbidities, smoking and alcohol habits, body mass index (BMI) of the patients were

evaluated. In addition, total psa, urea, creatinine, total testosterone, FSH, LH, prolactin values were measured.

Results: While there was no calcification in 153 (57.7%) of 265 patients with LUTS, prostate calcification was found in 112 (42.3%) of them. There was no significant difference in patient age, prostate volume and IPSS score between the two groups. There was no significant difference between smoking and alcohol use, comorbidity, drug use, and BMI. Laboratory values were also similar for both groups. Erectile dysfunction was detected in 120 of 265 patients. While 78 (65%) of them had prostate calcification, 42 (35%) did not have prostate calcification. A statistically significant difference was found between the groups in terms of ED ($p < 0.001$).

Conclusion: Prostate calcification was found to be associated with erectile dysfunction in patients with LUTS.

Keywords: Prostate calcification, Erectile dysfunction, Lower urinary tract symptom

OC118

Opinions And Attitudes Of Health Sciences Faculty Final Students Regarding Distance Education During The Covid-19 Pandemic

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Introduction: Distance education is an education model that is applied by using the communication technologies of course materials and interaction with the aim of continuing the education of the student and the teacher regardless of time and place. This education model has been widely used during the Covid-19 pandemic period and studies have been carried out on it. However, in our country, there is not enough data to determine the perception of professional competence of university students who receive distance education during the COVID-19 pandemic process.

Materials and Methods: This study was carried out between the universities with the oldest establishments. It is a cross-sectional and analytical type of research. In the study, the views of senior health sciences students studying during the COVID-19 Pandemic process on the effect of distance education on their professional competencies and their attitudes towards distance education were examined. Research data were collected using the Student Descriptive Information Form and the Attitude Scale towards Distance Education.


Results: In the study, the mean score of the Attitudes towards Distance Education Scale was found to be significantly higher for the students who did not have difficulty in following the courses due to the limited computer and internet facilities in the distance education system and who stated that the difficulties experienced did not have any effect on acquiring the competencies related to the course ($p < 0.05$).

Conclusion: Students who expressed a positive opinion about distance education had high scores on the Attitude Scale towards Distance Education.

Keywords: Distance education, Health sciences, Student, Attitude

OC119

The Relationship Between Pelvic Floor Muscle Parameters And Quality Of Life In Postmenopausal Women With Urinary Incontinence

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Introduction: Urinary incontinence is defined as the complaint of involuntary urinary incontinence. It can be caused by pelvic floor muscle dysfunctions that occur during menopause in women. It has been shown that even patients with mild incontinence complaints have a decrease in their quality of life. The aim of the study is to determine the relationship between pelvic floor muscle parameters and quality of life in postmenopausal women diagnosed with stress or mixed urinary incontinence.

Materials and Methods: Our study included 17 postmenopausal women who applied to the urogynecology clinic between 01.10.2021 and 01.09.2022 and were diagnosed with urinary incontinence. The activity of the pelvic floor muscles was evaluated by superficial electromyography, the quality of life was evaluated by the 'International Consultation on Incontinence Questionnaire Short Form' (ICIQ-SF), the 'Urogenital Distress Inventory' (UDI-6), and the 'Incontinence Impact Questionnaire' (IIQ-7). Spearman Correlation analysis was used for statistical analysis.

Results: Total ICIQ-SF scores showed a moderately negative correlation with pelvic floor peak muscle strength (rs: -0.644; $p = 0.005$), and pelvic floor muscle endurance (rs: -0.491; $p = 0.045$). The association between total scores of ICIQ-SF and UDI-6 was moderate and positive (rs: 0.549; $p = 0.023$), and between total scores of ICIQ-SF and IIQ-7 (rs: 0.001; $p = 0.729$) was strong and positive. Percentage of maximal voluntary contraction (%MVC) values were moderately positive correlated with endurance (rs: 0.496; $p = 0.043$) and resting tone (rs: 0.573; $p = 0.016$).

Conclusion: Postmenopausal women with higher pelvic floor muscle peak strength and endurance had better quality of life levels. Including exercises to increase pelvic floor muscle strength and endurance in the exercise program planned to be applied to patients with incontinence complaints in the postmenopausal period may help increase the quality of life. In addition, including pelvic floor exercises in exercise programs designed for postmenopausal cases may increase the effectiveness of preventive rehabilitation.

Keywords: Electromyography, Incontinence, Pelvic floor, Symptom severity, Quality of life

OC120

Biomechanic And Anthropometric Analysis Of A Mentally Disabled Athlete- Case Report

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Introduction: As in all athletes, the biomechanical characteristics and physical fitness of the athlete are essential in terms of protection from injuries and optimum sportive performance gains in athletes with mental disabilities. However, in the literature, it is seen that biomechanical and anthropometric analyzes on athletes are mostly the subject of studies in non-disabled athlete populations. It is seen that the literature is extremely inadequate in the mentally handicapped athlete group. This study was planned in order to determine the biomechanical analysis and anthropometric fitness of the mentally disabled athlete.

Results: The study was carried out on a 24-year-old male track and field athlete with mild mental retardation. The athlete and his family were informed about the study and a written consent form was signed. In the biomechanical analysis of the male athlete who has been regularly participated in atletism branch, 3 days a week for 8 years; pelvic femoral anteversion, quadriceps, genu recurvatum and tibial torsion angles were measured as 9° , 11° , 9° , -8° , 11° , respectively. In anthropometric analysis; BMI value was 21.04, waist circumference 67 cm, hip circumference 86 cm, total upper and lower extremity lengths of 70-88 cm, right knee and elbow bicondylar diameters of 10.5-8.5 cm, respectively, somatotype character was determined as ectomorphic mesomorph.

Conclusion: According to the measurement results, the anthropometric analysis values of the athletics athlete with intellectual disability were within the normative values. According to the results of the biomechanical analysis, the results were in the normative range when compared to the athletes without intellectual disability. The classification of ectomorphic mesomorph according to somatotype character analysis was found to be compatible with the literature examples in terms of athletes dealing with athletics. As a result, it was seen that the results of the biomechanical and anthropometric analysis of the athletics athlete with intellectual disability were compatible with the normative data and literature examples. It is recommended to analyze these features and correct the detected disorders in order to protect all athletes with disabilities from sports injuries and to reveal the performance required by the sports branch of the athlete at the optimum level.

Keywords: Athletics, Intellectual disability, Biomechanics, Anthropometric

OC123

Evaluation Of Functional Mobility, Balance And Executive Functions In Children With Epilepsy

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Introduction: This study was planned to evaluate functional mobility, balance and executive functions in children diagnosed epilepsy without additional comorbidities.

Materials and Methods: 21 children with epilepsy (Group I) and 21 healthy children (Group II) who were similar in terms of age and gender were included in the study. Demographic information of patients and families was questioned with a descriptive questionnaire. Timed Up and Go Test and Stair Climbing Test were used to evaluate functional mobility, Pediatric Berg Balance Scale was used to evaluate balance status, and Behavior Evaluation Inventory for Executive Functions was used to evaluate executive functions.

Results: A significant difference was found between children with epilepsy and their healthy peers in terms of functional mobility and executive functions ($p<0.05$). There was no statistically significant difference between the groups in terms of balance parameter ($p>0.05$). A significant difference was found between the executive functions and functional mobility status of the participants in Group I. number (R2) is 0.718; The coefficient of determination showing that the change in the Stair Climbing Test score was explained by the executive function sub-domains was evaluated as (R2) 0.725.

Conclusion: According to results of study, it is important to recognize motor skills and executive functions problems of children with epilepsy who do not have additional comorbidities and to direct them to appropriate programs.

Keywords: Child, Balance, Epilepsy, Functional mobility, Executive function

OC124

Analysis Of The Relationship Between Physical Function And Quality Of Life In Healties

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Introduction: Physical function is defined as the ability to perform both basic and instrumental activities in activities of daily living. WHO defines quality of life as an individual's perception of his or her position in life in relation to goals, expectations and standards in the context of the culture and value judgments in which he/she lives.

Materials and Methods: This study was conducted in Istanbul between November and December 2021 with the participation of volunteers with no known health problems. In the study, the relationship between the participants' feedback on their quality of life and the scores they received from clinical tests that determine their physical function levels were examined. Healthy individuals who agreed to participate in the study ($n=35$; mean age= 50.83 ± 11.06 ; Female/Male: 21/14; BMI: 30.05 ± 5.99 kg/m²; waist circumference: 97.85 ± 13.58 cm) were asked to answer the SF-12 Quality of Life Scale, from which physical

and mental scores were obtained. In order to determine physical function levels, dominant hand and non-dominant hand grip strengths, vertical jump test, 4 meters walking time and 30 seconds sit to stand tests were applied and the data were recorded. The analysis of the data was analyzed with the Pearson Correlation Test by applying the SPSS 11.5 program. The significance level of the data was accepted as $p < 0.05$.


Results: In the data obtained from the study, statistically significant relationships were found between SF-12 Physical score and dominant ($p = 0.010$; $r = 0.441$) and non-dominant ($p = 0.015$; $r = 0.414$) hand grip strengths, vertical jump test ($p = 0.002$; $r = 0.528$), 4 meters walking time ($p = 0.039$; $r = -0.360$), while no correlation was found between the 30-second sit and stand test score ($p = 0.352$). While there was a statistically significant relationship between the SF-12 Mental score and the dominant hand ($p = 0.028$; $r = 0.384$) and non-dominant ($p = 0.012$; $r = 0.428$) hand grip strengths from clinical tests, no relationship was found with other tests measuring physical function level.

Conclusion: High upper extremity strength, high explosive lower extremity strength and increased walking speed positively affect the physical sub-dimension of quality of life.

Keywords: Physical Function, Quality of Life, Extremity Strength

OC125

A Different Look At The Effect Of Different Solvents On Licorice Root (Glycyrrhizic Glabra) Extraction

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Introduction: Licorice root (*Glycyrrhiza glabra*), one of the most used medicinal plants from past to present, has attracted attention in recent years due to its bioactive components such as glycyrrhizic acid, liquiritin, and formononetin. Since the concentration of bioactive components in plants is generally low, choosing the appropriate solvent and extraction method in extractions is of great importance for the efficiency of the process. This study extracted licorice root samples using different solvents and ratios to increase extraction efficiency. This study extracted licorice root samples using different solvents and ratios to increase extraction efficiency. The structural differences between the obtained extracts and the remaining solid were determined with the help of XRD analysis.

Materials and Methods: In the study, the samples of licorice root were extracted with the Soxhlet extraction method in 8 different solvents and ratios water, ethanol, water: ethanol (50:50), water: ethanol (75:25), water: ethanol (25:75), hexane, acetone (THF).

Results: In the study, the highest extraction efficiency was obtained by extraction with pure water (34.95%). The extraction yields of all solvents and mixtures were between 34.95 and 1.52%. While the ash content of untreated pure licorice root was 11.11%, it was observed that the ash

content of licorice root residues remaining after extraction ranged between 5.5-13.00%. It was found that the highest amount detected in ash analysis (13%) was in samples extracted with THF. According to the results of the XRD analysis, it was determined that the extracted samples showed different amorphous and crystalline structures according to the solvent type and solvent mixture ratios. In particular, it has been observed that the extracted phase passes in calcite and quartz structures found in stem cells during extractions with water-ethanol mixtures.

Conclusion: The most suitable solvent for licorice root extraction is water. It has been determined that the extracted components, which have passed to the solvent phase of all used, are usually of an amorphous structure, but crystalline structures are also observed.

Keywords: Solvent, Extraction, *Glycyrrhiza glabra*, XRD

OC126

Investigation Of Health-Improving Behaviors And Mental Well-Being Of Patients With Diabetic Foot Ulcer

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Introduction: This study was conducted to determine the health promoting behaviors and mental well-being of individuals with diabetic foot ulcers.

Materials and Methods: The study was conducted with patients who were admitted to the Harran University Hospital Endocrine Clinic between January 2022 and July 2022. The sample consisted of 144 individuals with Type 2 diabetes. Data; collected by face-to-face interview method, using the questionnaire form created by the researchers, the Type 2 Diabetes and Health Promotion Scale and the Warwick-Edinburgh Mental Well-Being Scale. Statistical analysis of the data was made using the SPSS 20.0 package program. In the analysis of the data, descriptive statistics (number, percentage, mean), Independent Groups t Test, Mann Whitney U Test, Kruskal Wallis Analysis and correlation analysis were used.

Results: 36.2% of the participants were primary school graduates, 50.7% were women, 88.9% were married, 29.2% were working. 56.9% of the patients perceive their general health as moderate, 69.5% of them live with diabetes for 11 years or more. 64.6% of them have another disease in addition to diabetes. While amputation was performed in 16% of the patients, 61.8% stated that they received education about diabetes. The mean score of the mental well-being scale was 45.49 ± 13.48 , and the mean score of the Type 2 Diabetes and Health Promotion Scale was 84.87 ± 19.61 . A significant difference was found between the mean scores of the Type 2 Diabetes and Health Promotion Scale according to the participants' gender ($t = 2.522$, $p = 0.013$), education level (KW=24.150, $p = 0.000$), and comorbidity ($t = 2.166$, $p = 0.032$). Patients' gender ($t = 3.064$, $p = 0.003$), marital status (U=636.500, $p = 0.014$), education status (KW=17.252, $p = 0.004$), general health per-

ception status (KW=15.075, p=0.001), It was observed that there was a significant difference between the mean scores of the mental well-being scale according to the presence of an additional disease (t=3.065, p=0.003). A moderately significant positive correlation was found between the participants' mean scores on the Type 2 Diabetes and Health Promotion Scale and the Mental Well-Being Scale (r=.590, p=0.000).

Conclusion: It is seen that the mean scores of Type 2 Diabetes and Health Promotion Scale and Mental Well-Being Scale of individuals with diabetic foot ulcer are not at the desired level. It is recommended that individuals with diabetic foot ulcers be supported on health-promoting behaviors and approaches that will improve their mental status, and interventional studies should be conducted on these issues.

Keywords: Foot Ulcers, Mental Well-Being, Health Promotion Behaviors, Type 2 Diabetes

OC128

Obstetric Violence Perception Scale Development Study

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Introduction: This scale was developed to measure the obstetric violence perceptions of Turkish women.

Materials and Methods: This study, which included 916 women in the first postnatal month, focused on developing a valid and reliable obstetric violence perception scale. The development of the scale consisted of 4 stages: creating an item pool, receiving expert opinion, pilot testing, and conducting a validity-reliability analysis. Kaiser-Meyer-Olkin Test, Explanatory Factor Analysis, and Confirmatory Factor Analysis were used to test the construct validity of the developed measurement tool while Cronbach's α internal consistency coefficient, item-total correlation, and test-retest analysis were used to test its reliability.

Results: As a result of the Exploratory Factor Analysis, the following 3 dimensions were obtained: "prenatal", "moment of delivery", and "postnatal". As a result of the confirmatory factor analysis, the 3-dimensional structure of the scale was supported, and the fit indexes were found to be sufficient. Cronbach α reliability coefficient of the obstetric violence scale and its dimensions were found to be 0.982, 0.970, 0.939, and 0.952 respectively. In addition to these, item-total correlation analysis and test-retest analysis of the scale revealed high correlations.

Conclusion: After a comprehensive literature review, a measurement tool consisting of 23 items was developed that measures the obstetrical violence perceptions of Turkish women. It is concluded that this scale is a valid and reliable scale that can measure the obstetric violence perceptions of Turkish women.

Keywords: Midwifery, Obstetric violence, Perception, Scale development

OC131

The Effect Of Psychological Flexibility Level On Perception Of Traumatic Birth In Primiparous Pregnant In The Latent Phase

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Introduction: Pregnancy is an important and special period in women's life that has physiological and psychological effects. During pregnancy, women experience negative emotions such as anxiety and stress. It is thought that the psychologically flexible woman accepted her pregnancy, adopted the birth process as a natural process and had a harmonious birth process.

Materials and Methods: The sample of this cross-sectional study consisted of 310 primiparous pregnant women who came to labor at the Training and Research Hospital (Gynecology and Childhood Diseases Hospital) located in the city center of Malatya. The research was carried out between the dates 15.11.2021 and 28.02.2022. The data were gathered by using Personal Information Form, the psychological flexibility scale, the stress assessment scale during pregnancy, the perception of traumatic birth, and the latch lactation attitude and assessment scale. Percentage distribution, arithmetic mean, standard deviation and Anova, independent groups t-test, correlation and regression analysis were used in the statistical analysis of the data.

Results: In the study, it was determined that the mean age of the pregnant women was 24.47 ± 4.09 , 76.8% of them lived in a nuclear family, 32.9% of them were university graduates, 16.8% of them were working, and 56.5% of them had income equal to their expenses. Besides, it was found that psychological flexibility level of pregnant participating in the study explained the perception of traumatic birth at the rate of 3.4%.

Conclusion: It was determined that as the psychological flexibility level of the pregnant women increased, the perception of traumatic birth decreased and the success of lactating increased.

Keywords: Childbirth, Pregnancy, Trauma

OC132

The Relationship Of Urinary Incontinence Symptoms With Activities Of Daily Living In Individuals With Multiple Sclerosis

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Introduction: The clinical findings of Multiple Sclerosis (MS) vary according to the involved area of the lesions

in the central nervous system. It is estimated that more than 80% of individuals with MS will have some form of lower urinary tract symptoms during the disease. One of these findings, urinary incontinence; can be defined as loss of bladder control or involuntary voiding and is one of the most common problems in MS. Since urinary incontinence negatively affects activities of daily life in different disease groups, it may be important to evaluate and early detection of how it affects the daily lives of individuals with MS. Therefore, the aim of the study is to investigate the relationship between urinary incontinence symptoms and activities of daily living in individuals with MS.

Materials and Methods: A total of 45 individuals (40 female, 5 males; the mean age 42.06 ± 1.42 years) with MS who have urinary incontinence reached through physiotherapists who follow up with individuals with MS throughout Turkey were included in this study. International Consultation on Incontinence Questionnaire Short Form (ICIQ-SF) for evaluating the complaint and symptoms of urinary incontinence and Incontinence Impact Questionnaire (IIQ-7) for evaluating activities of daily living were used.

Results: The mean age of MS diagnosis was 16.13 ± 1.40 years. A moderate correlation was found between activities of daily living and urinary incontinence symptoms ($r=0.56$, $P<0.001$). 91.1% of the participants had a fear of urinary incontinence and 26.7% of the participants went to the toilet more than 8 times a day. 44.4% of the participants had difficulty in starting urination and 75.6% did not know about keeping a bladder diary.

Conclusion: In conclusion, due to the negative impact of urinary incontinence symptoms on activities of daily living in individuals with MS, we think that these individuals should be evaluated in detail in terms of urinary incontinence and included in a pelvic floor rehabilitation program according to the type, frequency, and severity of urinary incontinence.

Keywords: Daily life, Incontinence, Multiple sclerosis

OC133

Examination Of Type 2 Diabetes Risk And Related Factors In Pregnancy

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Introduction: Diabetes, which poses a major risk for maternal mortality, is an important condition that occurs during pregnancy and affects the health of women and babies after pregnancy and should be followed carefully. Therefore, screening for diabetes during pregnancy will provide an opportunity to identify future risks and prevent potential complications. This study was conducted to determine the risk of Type 2 diabetes in pregnant women and the factors affecting this risk.

Materials and Methods: The study was conducted with descriptive and relational type 439 pregnant women at 24-28 weeks of gestation who applied to the Obstetrics and Gynecology Polyclinic of a university hospital in

Malatya between March 2021 and May 2022. The questionnaire developed by the researchers was applied face to face; Height, weight, waist circumference and body mass index were measured. The questionnaire includes questions about the socio-demographic characteristics, disease and health habits of the participants, as well as the Finland Diabetes Risk Questionnaire (FINDRISK). Data were transferred to SPSS 25 package program and analyzed with mean, percentage calculation, chi-square test, ANOVA, correlation test. Statistical significance level was taken as $p<0.05$. Ethics committee approval, institutional permission, and written informed consent from individuals were obtained.

Results: The mean age of the pregnant women was 29.5 ± 4.15 years. It was found that 16.7% of the pregnant women were diagnosed with Gestational Diabetes according to the results of the Oral Glucose Tolerance Test and 75 g glucose test was applied to 53.4% of them. According to the FINDRISK scores of the pregnant women in the study, the rate of pregnant women with diabetes risk was 48.4%. According to FINDRISK scores, 19% of the pregnant women were in the high diabetes risk group and 29.4% were in the moderate diabetes risk group. It was determined that the body mass index of the pregnant women, high blood sugar levels and having a family member with diabetes affected the diagnosis of gestational diabetes ($p<0.05$). A positive and statistically significant correlation was determined between FINDRISK score and age, BMI and waist circumference ($p<0.05$).

Conclusion: The risk of Type 2 Diabetes in pregnant women was found to be moderate. It was determined that some factors such as age, height, weight, body mass index and having diabetes in their families affect the risk of Type 2 Diabetes.

Keywords: Pregnant, Risk, Type 2 Diabetes

OC136

Investigation Of The Professional Satisfaction Of Audiologists Working In Turkey

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Introduction: People use their potential by working in business life and meet their physiological needs through the salary they receive. Work life comprises approximately one third of human life. In order to get maximum effectiveness at the end of a job, it is important that the occupational satisfaction levels of the employees are at a high level. Vocational satisfaction expresses the harmony between the expectations of the employee from the institution and the opportunities offered to the employee. For each profession in a country, job opportunities, salaries, working hours, occupational law, etc. According to many situations, the perception of professional satisfaction changes. The aim of this study is to designate the professional satisfaction levels of audiologists working in Turkey with the Occupational Satisfaction Scale.

Materials and Methods: The study group comprises of audiologists who graduated from the Department of Audi-

ology. 74 audiologists who were employed as audiologists in any business field were included in the study. Participants completed the Vocational Satisfaction Scale, which consists of 14 positive and 6 negative items. These items were expressed as a five-point "Likert" type rating scale (A: Always, B: Often, C: Occasionally, D: Rarely E: Never). Positive items were scored as A:5, B:4, C:3, D:2, E:1 and negative items were scored as A:1, B:2, C:3, D:4, E:5. 13 items of the Vocational Satisfaction Scale are related to suitability for qualifications and 7 items are related to the desire for professional development

Results: The average age of the participants was 26.3. Of the audiologists participating in the study are working in different places like as; 9 in university hospitals, 10 in public hospitals, 14 in academy, 16 in special education and rehabilitation centers, 10 in hearing aid application and sales centers, 1 in private hospital and 14 in other different business areas. The Vocational Satisfaction Scale average of all participants was 3.36. While the average of the items related to eligibility for occupational qualifications was 3.17, the average of the items related to the motivation of occupational development was 3.71. The highest average of 4.29 was obtained from the substance of "Do you find your work important and meaningful?". The lowest average of 2.4 was obtained from the substance of "Would you like to enter the same profession if you were born again?". No significant difference was found in the statistical analysis, in which the averages of audiologists working in different institutions were compared. (p:0.742) The highest average of 3.46 was obtained from audiologists working in academia, and the lowest average of 3.16 was obtained from audiologists working in special education and rehabilitation centers.

Conclusion: According to the general average, the occupational satisfaction levels of audiologists were slightly above the average. Audiologists find their work important and meaningful to a large extent, they go to the workplace with enthusiasm and have the motivation to develop themselves professionally. However, audiologists who want to change their profession and do not recommend their profession to others also constitute the majority. Audiology is a newly developing field in our country after the opening and graduation of undergraduate departments. With the improvement of job opportunities and occupational law, the occupational satisfaction levels of working audiologists can be increased.

Keywords: Audiologist, Audiology, Vocational Satisfaction Scale

OC137

A Graphical Expression From Listening And Musical Perception: Musicogram Technique In Early Childhood

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Introduction: Listening to music, perceiving music, creating musical taste and developing musical preferences take place in a process in the creation of music culture. In this process, musical experiences offered to children from an early age are very important. Different techniques are used to support music listening and perception skills in early childhood. One of these techniques is the "musicogram" technique proposed by Jos Wuytack after his research on active music listening in the early 1970s. Musicogram technique, which is quite new in Turkey, is a learning technique that requires both physical and mental participation of the listener before and during the listening activity, and following the musical elements and forms with symbols such as lines, colors, geometric shapes. It is based on the analysis of music with active participation with a diagram or an unusual graphical writing technique that reflects the basic elements of music (melody, rhythm, form, timbre, texture). Children's forms of musical participation often occur through activities in which they are physically active. The musicogram also supports children's active participation in the music they listen to. It is noteworthy that recently, the interest of families and educators in sharing musicograms in digital environments has increased significantly.

Materials and Methods: In this study, it is aimed to examine the musicogram videos for early childhood shared on YouTube, a social media platform. For this purpose, Turkish and English sharing videos, which were accessed using the keywords "müzikogram, müzogram, musicogram", and which had the highest number of views according to the sorting criteria at all times, were included in the research. The videos determined by the criterion sampling method were analyzed by creating sub-titles (age/period, duration, type of accompanying music, symbols used, music notation, musical expression techniques, reminders of repetition, and information/explanation for use) within the framework of expert opinions.

Results: According to the research findings, it has been determined that age and period are not specified in the musicograms prepared in Turkish and English; times in between 1-4 min.; while classical music is mainly used in English musicograms, digital music and familiar children's songs are preferred in addition to classical music in Turkish musicograms; respectively, lines, shapes and colors are used as symbols; predominantly 4/4 size is preferred; measure repetitions, different tempos and musical expression techniques are included; symbols such as letters and numbers are used as reminders of repetition and almost no explanatory information or expressions for usage are included.

Conclusion: As a result of the research, it was found that the use of musicograms for the early childhood period is effectively included in social media; however, it is thought that the prepared contents should be made more qualified to include theoretical and practical information.

Keywords: Early childhood education, Musicogram, Müzogram, Musical perception, Music education

OC140

The Breastfeeding Effect On Childhood Obesity

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Introduction: As in the rest of the world, childhood obesity is a public problem in Turkey as well. Breast milk, which is an important determinant of childhood health, is an important factor in the prevention of obesity. For this reason, this current study aimed at the effect of breast milk on childhood obesity.

Materials and Methods: This cross-sectional study was carried out in Edirne, Tekirdağ, and Kırklareli provinces between April and June 2021, with 229 mothers who had children between the ages of 6-10. The research data was collected online with a questionnaire containing questions for parents and children. Data analysis was performed by using the SPSS 22 package program and the significance level was accepted as $p < 0.05$ in all these analyzes.

Results: The average Body Mass Index (BMI) of the parents included in the study was 27.67 ± 4.29 in mothers and 27.67 ± 4.29 in fathers. It observed that the average age of the children, whose gender was 54.6% male, was 8.24 ± 1.49 years and the average BMI was 8.24 ± 1.49 . While the rate of children who were given their first breast milk after birth was 92.1%, the rate of children who were fed only with breast milk for the first six months was expressed as 66.4%. 44.1% of children fell into the slightly obese or obese category. 43.4% of children who receive only breast milk in the first six months are slightly obese or obese, while 45.5 percent of children who receive other foods along with breast milk in the first six months and children who are not breastfed are slightly obese or obese category ($p > 0.05$). It was observed that there was a significant positive correlation between the mother's pre-pregnancy BMI value and the father's BMI value and the current BMI values of the children ($p < 0.01$).

Conclusion: As a result, it was seen that the low rate of breastfeeding in the first six months affected the diet in the first years of life and childhood obesity. It is thought that raising parents' awareness about the importance of nutritional behaviors can have an important impact on the fight against obesity in childhood.

Keywords: Childhood, Obesity, Breastfeeding

OC142

Investigation Of Fatigue, Musculoskeletal System Health Status And Quality Of Life In Young Individuals Who Do And Do Not Do Yoga

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Introduction: The aim of this study is to investigation of fatigue, musculoskeletal health status and quality of life in young individuals who do and do not practice yoga.

Materials and Methods: Forty eight volunteers between the ages of 18-25 participated in the study. Evaluations were made with 3 questionnaires. The Turkish version of the Checklist Individual Strength (CIS) Fatigue Scale for the fatigue parameter in the evaluation, the Musculoskeletal Health Questionnaire (CIS-SS) for the musculoskeletal health status parameter, and the World Health Organization Short Form of the Quality of Life Scale for the quality of life parameter (WHOQOL-Bref) questionnaires were used.

Results: Within the scope of the study, 40 volunteers (yoga/non-yoga: 20/20) who met the inclusion criteria were evaluated. After statistical analysis, it was observed that there was only a difference in the general health status subparameter of WHOQOL-Bref ($p = 0.047$). No significant difference was found between the groups in other parameters ($p > 0.05$).

Conclusion: Although improvements were observed in the perception of general health status of individuals who practice yoga, it was determined that this situation did not make a significant difference in other sub-parameters of quality of life, fatigue and musculoskeletal health.

Keywords: Fatigue, Quality of life, Musculoskeletal health status, Yoga

OC143

The Relationship Between Kinesiophobia And Balance, Fear Of Falling And Mobility In Geriatric Individuals

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Introduction: The aim of this study is to examine the relationship between kinesiophobia and balance, fear of falling and mobility in geriatric individuals.

Materials and Methods: Forty one geriatric individuals aged 65-88 years were included in the study. After recording the socio-demographic information and minimal test scores of the individuals, kinesiophobia, balance, fear of falling and mobility levels were evaluated with questionnaires. Kinesiophobia, Tampa Kinesiophobia Scale (TKS); balance, Berg Balance Scale (BBC); Fear of falling, Tinetti Fall Efficiency Scale (FES) and mobility levels were determined by Timed Up and Go Test (TUG).

Results: The presence of kinesiophobia was detected in 33 (70.5%) of the participants. As a result of the evaluation, there was a statistically significant positive correlation between kinesiophobia and fear of falling ($p = 0.001$, $r = 0.514$) and mobility ($p = 0.002$, $r = 0.468$); Statistically significant negative correlation was found between kinesiophobia and balance ($p < 0.001$, $r = -0.603$). Balance ($p = 0.03$) and mobility ($p = 0.001$) parameters were found to be more affected in individuals with kinesiophobia.

Conclusion: There is a relationship between the presence of kinesiophobia and balance, fear of falling and mobility in geriatric individuals. Kinesiophobia negatively affects

balance and mobility. The questioning of kinesiophobia should not be ignored in the planning of clinical evaluation and rehabilitation programs.

Keywords: Balance, Fear of falling, Geriatrics, Kinesiophobia, Mobility

OC144

Evaluation Of Trigger Finger Case After Penetrating Injury With Literature

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Introduction: Trigger finger is a common condition after narrowing of the A1 roller due to tenosynovitis. This condition may cause pain, clicking, catching, or loss of movement in the affected finger in patients. Although it is common in diabetic patients, it is very rare after trauma. We aimed to present a rare case of trigger finger that developed 4 months after a stab wound, in the light of the literature.

Results: A 23-year-old female patient was evaluated in the emergency department after a knife injury at the level of the right hand 4th finger metacarpophalangeal joint. The tendon was not intervened because the digital nerve examination was normal. She applied to our clinic 4 months after her injury due to finger clicking. On examination, there was a 5 mm scar at the level of the right hand 4th finger mp joint. A sense of clicking was obtained with finger flexion and extension. Surgery was planned for the patient under local anesthesia. Reel A1 was reached with a vertical incision. It was observed that the flexor digitorum superficialis tendon was partially torn and protruded from the torn pulley. The pulley was opened and the partial, snagging part was excised. **Conclusion:** Trigger finger development after local trauma is extremely rare. Ten cases were evaluated in one review. It was stated that 7 cases occurred due to tendon rupture, and in other cases after sharp instrument injury. Triggers have been reported to occur after 2 weeks and 4 months. We operated under local anesthesia in a case with a local penetrating knife injury 4 months ago. With the excision of the partial tendon fragment that caused the insertion and cutting of the A1 pulley, the placement completely disappeared and the patient became completely pain-free with finger joint movement in the 6th month follow-up.

Keywords: Penetrating, Tendon, Trigger finger.

OC145

Bilateral Examination Of Fine Motor Control, Two-Point Discrimination And Light Touch Sensation In Individuals With Unilateral Carpal Tunnel Syndrome

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Introduction: In this study, it was aimed to evaluate the relationship between fine motor control, two-point discrimination and light touch sense between the control group

and the CTS group, and the affected and unaffected hands of the CTS group in individuals with carpal tunnel syndrome (CTS).

Materials and Methods: A total of 44 individuals, 22 of whom were healthy and 22 with CTS, were included in the study. The age of individuals was in the range of 20-65 years. Fine motor control of the individuals included in the study with 9-hole peg test; two-point discrimination; light touch was evaluated with the Semmes Weinstein's monofilament test.

Results: A significant difference was found between the affected and unaffected hands of individuals with CTS and the control group in fine motor control, two-point discrimination, and light touch sense ($p < 0.05$); however, no significant difference was found between the affected and unaffected hands of individuals with CTS in fine motor control, two-point discrimination, and light touch sense ($p > 0.05$).

Conclusion: It was remarkable that fine motor control, two-point discrimination, and light touch sense were also affected on the healthy side in patients with unilateral CTS.

Keywords: Light touch sense, Fine motor control, Carpal tunnel syndrome

OC146

Effect Of Proprioceptive Vestibular Rehabilitation On Posture In Patients With Vertigo Due To Peripheral Vestibular Hypofunction

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Introduction: In this study, it was aimed to examine the effect of proprioceptive vestibular rehabilitation on posture in patients with vertigo due to peripheral vestibular hypofunction.

Materials and Methods: Thirty individuals between the ages of 18-65 with peripheral vestibular disorders were included in the study. Participants were assigned to 3 groups according to the research randomizer program. Proprioceptive vestibular exercise, cawthorne cooksey exercises, and gaze stabilization exercises to the First Group; The second group was given cawthorne-cooksey exercises and gaze stabilization exercises. The third group was not given any exercise. The treatment was programmed to be 4 days a week for 8 weeks. The initial assessment of all participants and the final assessment at the end of 8 weeks were taken. A mobile posture application was used for posture assessment.

Results: According to the measurements taken at the end of 8 weeks, there was an improvement in the postural measurements of the 1st group ($p < 0.05$), while there was no change in the 2nd and 3rd groups ($p > 0.05$). There was a significant difference between the groups ($p < 0.05$).

Conclusion: It was observed that proprioceptive vestibular rehabilitation had a positive effect on posture in patients with vertigo due to peripheral vestibular hypofunction.

Keywords: Exercise, Posture, Proprioception, Vertigo

OC147

Audiological Findings Of Students With Reading Writing Difficulties

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Introduction: Literacy skills acquired at school age are important elements of communication. In this study, the audiological findings of the students who have difficulty in reading and writing, although they do not have a known mental, spiritual and/or sensory diagnosis, were evaluated by considering their socio-economic characteristics.

Materials and Methods: Fifty students, 15 girls and 35 boys, between the ages of 7 and 13, who have reading and writing difficulties participated in the study. In the study, the audiological findings of the students with literacy difficulties were evaluated by considering their socio-economic characteristics. First of all, Kent E.G.Y., Porteus Labyrinths and MEB Performance Determination Form for Individuals with Special Learning Disability Reading-Writing Module were applied to all students. Then, audiological evaluation was made by applying pure tone audiometry, speech audiometry, tympanometry, and otacoustic emission test. An information form regarding their socio-economic characteristics was applied to the parents of the students.

Results: In bivariate analyzes, a significant correlation was found between the reading-writing difficulty scores of students with literacy difficulties and both right and left ear air conduction and bone conduction SSO ($p<0.05$). A significant correlation was found between the reading-writing difficulty scores and speech acquisition threshold findings and speech discrimination percentages ($p<0.05$). A significant difference was found between the reading and writing difficulty scores of the students whose Type A, Type As and Type C findings were obtained from both the right and left ear tympanometry tests ($p<0.05$). There was no significant difference between the reading-writing difficulty scores of the students who passed the TEOAE test in both the right and left ears and had the remaining reading-writing difficulties ($p>0.05$). In multivariate analyzes, when we examined the effects of all variables on the reading-writing disability scores by considering the socio-economic variables, it was found that only the preschool education variable had a significant effect ($p=0.02$).

Conclusion: When multivariate analyzes were taken into account, it was found that audiological parameters did not have a significant effect on reading-writing disability scores. It has been revealed that the socio-economic status and education level of the family do not affect the literacy disability, and that benefiting from pre-school education has an effect on the literacy disability.

Keywords: Hearing, Audiology, Reading writing difficulties

OC149

The Related Factors Between The Individual Innovative Status Of Ministers And The Behaviors Of Obtaining And Confirming Health Information In The Digital Environment

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Introduction: Midwives must be members of the profession who are open, curious, innovative and adapt to an innovative approach in order to develop the profession, increase the quality of midwifery care and evidence-based practices. In addition, midwives need to keep up with the digitalized health system in the rapidly developing world. Involvement of midwives in innovative activities will play a role in protecting and supporting maternal and fetal health, providing a healthy pregnancy care and at the same time reducing health care costs. This research was conducted to examine the related factors between the individual innovative status of midwives and their health information acquisition and confirmation behaviors in the digital environment.

Materials and Methods: This research, which is in the analytical-cross-sectional study method, was conducted in a state hospital in Kahramanmaraş in October 2022. 166 midwives were included in the study by non-probability sampling method. Research data were collected using "Personal Information Form", "Individual Innovation Scale" and "Health Information Acquisition and Confirmation Behaviors Scale in Digital Environment". Data were analyzed using frequency-percentage, arithmetic mean, standard deviation, correlation analysis in SPSS program.

Results: 83.1% ($n=138$) of the midwives did not attempt to produce new inventions/ideas in midwifery, 52.4% ($n=87$) followed the innovations related to the profession and 43.8% ($n=38$) followed by internet/social media. It was determined that the most used social media platform by 76.6% ($n=127$) of them was Instagram and 67.5% ($n=112$) of them followed health-related information via Instagram. It has been determined that midwives are open to individual innovations, with the mean score of the Individual Innovation Scale of 69.20 ± 11.20 . The mean score of the Scale of Obtaining Health Information and Confirming Behaviors in the Digital Environment is 31.41 ± 7.34 , while the mean scores of the sub-dimensions of the scale are 9.43 ± 2.62 ; obtaining digital health information 8.27 ± 2.70 ; digital confirmation was 13.71 ± 4.10 .

Conclusion: It has been determined that midwives have a high level of innovativeness and they have pioneering characteristics against innovations. It has been determined that the tendencies of midwives to produce new inventions/ideas professionally affect individual innovativeness. It has been determined that as the level of obtaining health information in the digital environment increases, the rate of confirmation increases, and as the level of obtaining health information increases, the level of obtaining digital health information also increases.

Keywords: Individual innovation, Digital health, Mid-wifery

OC150

The Effect Of Partner Relationships On Prenatal Paternal-Maternal Attachment

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Introduction: Different attachment styles are considered to be the main prototypes for understanding processes based on individual differences. Attachment in partner relationships differs from attachment between parent and child. In this context, it was aimed to determine the effect of partner relationships on prenatal paternal-maternal attachment.

Materials and Methods: The cross-sectional study was conducted with pregnant women and their spouses who applied to the pregnant education class of a public hospital. 944 people over the age of 18, married and living together (472 women and 472 men) participated in the research. While collecting the data, Personal Information Forms (female and male), Experiences in Close Relationships Inventory-Relationship Structures (ECRI-RP), Romantic Partner Form, Maternal Antenatal Attachment Scale (MAAS) and Paternal Prenatal Attachment Scale (PPAS) were used. Number, percentage distribution, mean, standard deviation, independent t-test and correlation tests were used in the SPSS (25.0) statistical package program to evaluate the data.

Results: The mean age of the mothers participating in the study was 30.76 ± 4.21 and 37.7% of them were high school graduates and 59.1% of them were not working. It was determined that 35.4% of the expectant fathers with a mean age of 31.81 ± 5.64 were high school graduates and 89.8% of them worked in a job. The total mean scores of the prospective mothers and fathers from the ECRI are respectively; 21.39 ± 7.76 and 25.43 ± 5.63 . While the total mean score of the mothers-to-be was 75.63 ± 9.71 from the MAAS, the total mean score of the PPAS was determined to be 61.79 ± 7.78 . It was determined that there was a statistically negative and significant correlation between the mean scores of ECRI and MAAS and between ECRI and PPAS ($p < 0.001$).

Conclusion: It was concluded that as the spousal relationship of mother and father candidates increased, prenatal infant attachment levels also increased. In addition, when a comparison was made, it was determined that the spousal relationship and prenatal attachment levels of mother candidates were higher than father candidates.

Keywords: Maternal attachment, Partner relationship, Paternal attachment

OC151

Analysis Of Box And Block Test With Kinovea Software In Patients With Stroke: Pilot Study

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Introduction: Motor symptoms are seen in the upper extremity in 70-80% of stroke patients and this affects their daily living activities. Therefore, the outcome measures used in the evaluation of the upper extremity to include more than one task may provide a closer evaluation to daily living activities. Bu yüzden üst ekstremitenin değerlendirilmesinde kullanılan sonuç ölçütlerinin birden fazla görev içermesi günlük yaşam aktivitelerine daha yakın bir değerlendirilme yapılmasını sağlayabilir.

Materials and Methods: This study was carried out in Kutahya Health Sciences University Evliya Çelebi Training and Research Hospital Physical Therapy Annex Building in the city center of Kütahya between September 2021 and August 2022. In the study, the Box Block Test (BBT) in stroke individuals was analyzed with the Kinovea software, and it was investigated from which region the patients preferred the cubes most during the test. The analysis was made by using a 4x4 perspective grid in the Kinovea software, by dividing the box in which the patients received the cubes into 16 areas. Areas numbered 1,2,3,5,6,7, 9,10 and 11 from the areas numbered 1-16 are the areas closer to the patients.

Results: Fifteen right hemiparetic stroke patients with a mean age of 60 years and a disease duration of 21.5 months were included in the study. Four of the patients were female and 16 were male. The dominant hands of the patients were right side. As a result of the analysis, the first 16 cubes in the most affected hands of the patients are respectively; 6th(17.1%), 5th(16.3%), 10th(14.6%), 9th(12.9%), 1st(11.3%), 2nd(7%) ,1, 11th (5.8%), 7th (4.6%), 14th (3.8%), 13th (2.9%), 8th (1.7%), 3 (1.3%) and 15th (0.8%) fields. No cubes were taken from the 4.12. and 16. fields. The less affected hand was the 6th (17.1%), the 5th (15%), the 1st (13.3%), the 2nd (12.1%), the 10th (8.8%), and the 9th hand. (8.3%), 7th (7.9%), 3rd and 14th (3.8%), 13th (3.3%), 8th and 11th (2.5%), 4th (0.8%), 12th and 16th (0.4%) fields. No cubes were taken from the 15th field.

Conclusion: It has been found that stroke patients prefer the areas closest to them while taking the first 16 cubes in the BBT test, and they do not take any cubes from some areas. We thought that in the evaluation of these patients, not only BBT performed by randomly taking cubes, but also modified BBT and targeted BBT tests, in which the cubes are placed in a certain order and with a target, should be used in the clinic.

Keywords: Stroke, Kinovea software, Box and Block Test

OC152

Investigation Of The Relationship Between The Cepstral Spectral Dysphonia Index And The Voice Handicap Index

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Introduction: In recent years, acoustic indices obtained as a result of combining frequency-based and time-based measurements, rather than these measurements, which are one-dimensional analysis of voice, are more popularly used. These indices show better results in predicting dysphonia than frequency and time-based measurements. The Cepstral spectral dysphonia index shows better results in predicting dysphonia compared to other acoustic indices. The voice handicap index is the most commonly used self-assessment tool. The aim of this study is to examine the relationship between the voice handicap index and the cepstral spectral dysphonia index.

Materials and Methods: A total of 300 individuals, including 150 adult individuals (18-70 years old) with normal cognitive skills who were diagnosed with a laryngeal examination and diagnosed with a voice disorder, and 150 healthy individuals with a normal voice quality matched for age and gender, were included in the study. Extended /a/ phonation and Consensus Auditory-Perceptual Evaluation of Voice (CAPE-V/Turkish) sentences were read for acoustic voice recording. Acoustic voice recording was taken using CSL Model 4500 hardware and analyzed using the Analysis of Dysphonia in Speech and Voice (ADSV) program. All participants filled in a voice handicap index.

Results: In the Pearson correlation analysis between the cepstral spectral dysphonia index and the voice handicap index, varying degrees of correlation were found in nine parameters from medium to high correlation. A high correlation was observed in four of the nine parameters that were correlated with the voice handicap index. The highest correlation was found in the cepstral spectral dysphonia index value in connected speech ($r=-0.743$). The lowest correlation was found in the voiceless plosives sentence ($r=0.612$).

Conclusion: This study found moderate and high correlations between the cepstral spectral dysphonia index findings and the voice handicap index. These correlations varied according to the context of speech used. It is constantly emphasized that they need to perform comprehensive voice assessments to fully understand the nature of voice disorders. This study revealed the relationship between an acoustic voice assessment and a self-assessment tool.

Keywords: Frequency-based analysis, Cepstral spectral dysphonia index, Voice disorders, Voice handicap index

OC153

Investigation Of Hearing Loss Diagnosis Processes And Auditory Perception Performances Of Children With Multiple Disabilities

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Introduction: Hearing loss has a profound impact on communication, social and educational development, and

additional developmental disabilities can further complicate a child's development and learning. This study was planned to better understand the hearing loss diagnosis, early intervention program initiation and rehabilitative audiology evaluation processes in Turkey.

Materials and Methods: In this study, the patient file information of 28 children under the age of 6 who applied to Hacettepe University Faculty of Health Sciences Audiology Department Auditory Rehabilitation Unit between August 2016 and August 2020, all children with multiple disabilities were included in the study. For the auditory perception performances of the participants, pattern discrimination and word recognition were used in daily life listening skills from the 'Meaningful Auditory Experience Scale' results and the 'Auditory Perception Test Battery for Children' subtests.

Results: When the diagnoses of multiple disabilities were examined, mental-motor retardation in 10 children, anomaly in brain structures in 8 children (corpus callosum agenesis, hydrocephalus, microcephaly, encephalocele, koolpocephaly), and different syndromes in 10 children (Noonan, Goldenhar, CHARGE, Tracher Collins, Escobar, Morfon and Walker Warburg) related etiological diagnoses were obtained from patient files. Age at admission to the Auditory Rehabilitation Unit It was determined that the average age at hearing loss awareness in children was 11.54 (± 17.00) months, and the average age at which hearing loss was diagnosed was 15.71 (± 16.16) months. It was determined that the age at starting to use hearing aids was 16.82 (± 16.03) months. The mean age at starting special education was 17.07 (± 12.08) months; The age of admission to the Auditory Rehabilitation Unit was 29.11 (± 18.61) months. Auditory perception performances were determined as 10.18 (± 11.19) points out of a maximum of 40 points in daily life listening skills according to the Meaningful Auditory Experience Scale. When their ability to distinguish the patterns of the words they listen to was evaluated, 3 children (10.7%) got full points, and 23 children (82.1%) were not ready to take the test yet. In the word recognition test, which was asked to show words of the same length that they listened to, 89.3% (25) of the children were not ready to take the test, while only 7.1% (2) were able to complete the test.

Conclusion: More studies and determination of negative factors are needed in order to diagnose hearing loss in children with multiple disabilities, to use hearing aids and to receive special education support, to reach the 1-3-6 criteria targeted within the scope of the national newborn hearing screening program.

Keywords: Children with multiple disabilities, Hearing loss, Diagnosis, Auditory rehabilitation

OC154

Does The Self-Compassion Of Care Providers Affect The Depression Levels And Nutritional Status Of Care Recipients?

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Introduction: The socially isolated life of elderly individuals receiving home care may negatively affect their psychology and nutritional status. The mental health and nutritional status of care recipients should not be evaluated independently of the self-sensitivity of the caregivers, as they are externally dependent. The aim of this study is to investigate the relationship between the self-compassion levels of caregivers and the nutrition and depression levels of care recipients.

Materials and Methods: The population of the descriptive cross-sectional study consists of individuals over the age of 65 who are given home care services in Malatya city center. The research was carried out with 382 individuals who were given home care services and volunteered to participate in the research in June 2022, without making a sample calculation. Research data were collected with a 2-stage questionnaire. In the questionnaire form, the Self-Compassion Scale (SCS) was applied to the caregivers and the Geriatric Depression Scale Short Form (GDS-SF) and the Mini Nutritional Assessment Short Form (MNA-SF) were applied to the caregivers, along with the questions questioning the sociodemographic characteristics of the caregivers and caretakers. Analysis of the research data was carried out with the SPSS 22 program. The significance level was accepted as $p < 0.05$ for all statistical analyses.

Results: The mean age of caregivers was 38.58 ± 11.23 years; care recipients were found to be 73.23 ± 6.88 years. The mean MNA total score of the care recipients elderly people were 9.52 ± 2.70 and the mean GDS total score was 7.30 ± 3.16 ; It was observed that 58.4% had malnutrition risk and 49.2% had mild depression. The mean score of the caregivers' total SCS was determined as 16.79 ± 2.11 . It was determined that there was a positive correlation between the total score of the caregivers' SCS and the MNA scores of the caregivers, and a negative correlation with the GDS scores ($p < 0.01$).

Conclusion: The results of the present study suggest that the self-compassion of caregivers may also be an essential determinant in evaluating the nutritional status and mental health of elderly individuals in need of care.

Keywords: Self-Compassion, Depression, Nutritional status

OC156

Determination Of Cloud Point By Rheometer: Application To Extraction Of Phenolic Compounds In Olive Mill Waste Water

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Introduction: Olive mill waste water (OMW) occurs during the olive oil process and has detrimental environment impact due to its organic load. However, it also contains high amounts of phenolic compounds whose health effects are well known. Tyrosol and hydroxytyrosol are the highest amount of phenolic compounds found in OMW. Hydroxytyrosol is also one of the few nutraceutical ingredients approved by EFSA. It has been approved by EFSA

that an olive oil containing hydroxytyrosol and its derivatives (5 mg /20 g oil) could carry the label information about reducing LDL cholesterol levels and positively affecting heart health. Different methods are applied for the recovery of phenolic compounds from OMW, one of these methods is extraction by cloud point extraction. In this method, mycelial structures are formed in OMW in a certain temperature with a surfactant and phenolic substances are dissolved in these micellar structures and extracted. The temperature at which micelle structures are formed is expressed as the cloud point. When this temperature is determined with water, it performs a visible phase separation, but it cannot be determined visually in OMW, which is a dark matrix. In this study, the cloud temperature was tried to be determined with a rheometer. **Materials and Methods:** For this purpose, the change in viscosity of the solution of 5% tween 80 in OMW against temperature was observed at different salt concentrations in a pressure or tension controlled rheometer with a peltier heating system.

Results: Since the cloud point is the temperature at which the dissolved surfactant precipitates as a second phase, causing a decrease in the viscosity of the water phase, at this point, the sharp increase and decrease in viscosity were considered the cloud temperature. While viscosity change was not observed in OMW, a sharp change occurred in viscosity at 80°C in OMW with 5% Tween 80. However, a viscosity change was observed at 70.6°C in the solution of 5% Tween 80 + 2.5% salt; at 61.2°C in the solution of 5% Tween 80 + 5% salt; at 48.7°C in the solution of 5% Tween 80 + 10% salt; at 39.3°C in the solution of 5% Tween 80 + 15% salt.

Conclusion: It is known that adding salt to the medium reduces the cloud temperature. For this reason, different salt concentrations were used in this study. The fact that the cloud point was observed at lower temperatures with the increase of the salt concentration showed that the method worked correctly.

Keywords: Phenolic compounds, Rheometer, Viscosity, Olive mill wastewater

OC157

Examination Of Theses In The Field Of Speech And Language Therapy: The Innovation Aspect

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Introduction: Technological innovation is defined as the innovation arising from the application of scientific and technological knowledge to the solution of problems that arise in different production sectors and cause changes in the organization with the introduction of new products. New application when it comes to healthcare; It is considered an innovation if it provides improvements in the diagnosis, treatment or prognosis of patients, contributes to shortening the treatment period, improves the monitoring and follow-up of the disease, and increases the patient's

quality of life (1). As we progress in the 21st century, a period that pushes us to innovate and diversify the practice of speech and language therapy awaits us (2). Speech and language therapists (SLT) have adopted many aspects of technology during their practice, from telehealth to tablet and device applications that support intervention practice (3). SLTs have a long history of using technologies for assessment and intervention. This includes the design and use of computer-based and online programs, applications, telehealth platforms, and interventions (4).

Materials and Methods: Theses in the field of speech and language therapy have been searched in the YÖK Thesis database and thesis collections of universities with the Department of Language and Speech Therapy with an innovation aspect. 248 theses were examined.

Results: Among 248 theses, 36 theses were found to contain innovation in speech and language therapy. Of these 36 theses, 15 are doctoral theses and 21 are master's theses. 8 of the theses are about aphasia, 6 of them are voice disorders, 6 of them are developmental language disorders, 5 of them are speech sound disorders, 5 of them are fluency disorders, 3 of them are swallowing disorders, 3 of them are cognitive disorders. Two of these theses were scale/test development, 1 intervention program development, 1 virtual reality, 1 software, 2 mobile/computer supported program development, 5 research on the effectiveness of different therapy practices, and 24 scale validity and reliability studies.

Conclusion: Theses that include innovation in the field of speech and language therapy are very limited. Increasing studies in this area will allow the development of new service models.

Keywords: Speech and language therapy, Thesis, Innovation

OC160

Baby Spa Centres' Situation Assessment: Turkey Case

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Introduction: The word SPA is used to mean the healing that occurs as a result of the use of water in different ways. It has been observed that spa treatment is also performed during infancy, which is one of the most sensitive periods of human life. This study aims to explore the services provided by the baby spa centres in Turkey and the qualifications of the practitioners.

Materials and Method: This is a cross sectional and descriptive study. The universe of the study consisted of 180 baby spa centres that were found to be operating in Turkey on September 9, 2021. The data were collected by telephone interview method using a questionnaire developed by the researchers. The questionnaire included questions about the centres, managers, practices, and practitioners.

Results: The study was completed with 49 centres. The mean service period of the centres was 2.27 years and the earliest founded centre has been operating for 5 years. The

majority of practitioners (n=55), with a mean age of 29.07, were female (98%) and had an associate degree (80%). Of the practitioners, 31% had degree in child development, 23% in physiotherapy, 16% in nursing and 96% of the practitioners reported having massage training, 33% hydrotherapy and 24% first aid training. The practices were performed a mean of 2.93 times a month, the average spa practice time was 31.98 minutes and the massage was 18.65 minutes.

Conclusion: This study presents a profile of the practices and practitioners of baby spa centres, which have recently started to operate and are increasing in popularity. It was concluded that the training of practitioners should be improved and there should be standardisation in practices and inspected regularly.

Keywords: Infant, Child, Hydrotherapy, Massage

OC168

Investigation Of The Relationship Between Fatigue And Muscle Strength In Cancer Patients

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Introduction: This study was planned to examine the relationship between fatigue and muscle strength in cancer patients with different ambulation levels.

Materials and Methods: 36 individuals aged 18-65 years were included in the study. There were 19 patients who were able to ambulate independently in Group 1, and 17 patients who could not ambulate independently in Group 2. Demographic information and anamnesis of the patients were recorded. Fatigue was evaluated with the Brief Fatigue Inventory, and muscle strength assessments were evaluated with the Commander muscle tester and Jamar hand dynamometer.

Results: It was found that the level of fatigue in group 2 was higher than in group 1. In Group 2, in addition to lower extremity muscle strength weakness, weakness was also detected in upper extremity muscle strength. As a result of the study, it was seen that maintaining ambulation is very important in preventing fatigue, both lower and upper extremity muscle weakness was observed in non-ambulatory patients, and muscle weakness was directly related to fatigue in ambulatory patients.

Conclusion: In the light of these findings, it was concluded that muscle strengthening programs to be applied to cancer patients should consist of exercises involving all body muscles.

Keywords: Fatigue, Hematology, Neoplasm, Physiotherapy

OC169

Quality Of Life In Patients With Benign Paroxysmal Positional Vertigo And Meniere

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Introduction: Imbalance and dizziness are symptoms that individuals with vestibular system disorders frequently complain about. These symptoms negatively affect the quality of life and cause limitations in activities of daily living. In addition, imbalance and dizziness are one of the most important symptoms that cause falls. Psychological disorders such as anxiety and depression can also be seen in individuals who have fear of falling due to dizziness. As a result of all these situations, it is reported that dizziness and imbalance affect the quality of life of individuals.

Materials and Methods: The study was conducted between December 2021 and April 2022 in the Audiology Unit of the Ear Nose and Throat Polyclinic of İnönü University Turgut Özal Medical Center, with 35 patients diagnosed with Benign Paroxysmal Positional Vertigo and 31 patients diagnosed with Meniere, a total of 66 patients. Patient Demographic Data Form, European Evaluation of Vertigo Scale and World Health Organization Quality of Life Scale Short Form (WHOQOL-BREF) were administered to the individuals participating in the study by the researcher.

Results: There was no statistically significant difference between the groups according to the gender and age variable of the participants included in the study, but a statistically significant difference was found according to the variables of hearing loss, ringing, feeling of fullness, headache, sensitivity to light and sensitivity to sound. A statistically significant difference was found between the groups according to the AVS scores of the participants. A statistically significant difference was found between the groups in terms of health satisfaction and physical health scores, which are sub-dimensions of the WHOQOL-BREF scale ($p < 0,05$).

Conclusion: The quality of life of individuals is affected in Benign Paroxysmal Positional Vertigo and Meniere's Disease. Due to the episodic course of Meniere's Disease, it is seen that the quality of life is more affected in patients with Benign Paroxysmal Positional Vertigo.

Keywords: Benign paroxysmal positional vertigo; Meniere's disease; Quality of life

OC172

Investigation Of The Relationship Between Digital Dating Abuse And Depression Levels Of Students Studying In Health Sciences

Çiğdem TEKİN, Çiğdem BOZKIR

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Introduction: In recent years, with the development of information and communication technologies and becoming indispensable for human life, dating violence through the internet and virtual social networks is increasing. Considering the prevalence of dating violence among

young people, its long-term effects and the harm it will cause to society, it can be said that it is an important public health problem. With this study, it is aimed to contribute to the literature by determining the prevalence estimates found in previous studies in the national population and also in a special sample (health sciences) and predicting the family structure and depression levels.

Materials and Methods: The study is cross-sectional and the population of the study consisted of 5808 students studying in Health Sciences at İnönü University in the 2021-2022 academic year. The research sample was determined as 423 students and they were selected by proportional stratified sampling method according to the faculty. The study was approved by the Scientific Research and Publication Ethics Committee in İnönü University. Questionnaire forms consist of questions evaluating socio-demographic characteristics and Digital Dating Abuse, and Beck Depression Scale questions. The questionnaires were applied off-line to the mobile phones of the students through a web-based program. Data were evaluated at $p < 0.05$ significance level using SPSS 22 package program.

Results: 72.7% of the students are female and their mean age is 20.99 ± 2.00 . 10.1% of the students have a broken-up family structure and the most used social accounts were WhatsApp and Instagram. Depression scores of the students were found to be 13.68 ± 10.52 . In terms of many items, the depression levels of those who were exposed to digital dating abuse were found to be higher ($p < 0.01$). Those with a broken-up family structure had higher levels of digital dating abuse ($p > 0.01$).

Conclusion: It was found that the students used digital media at a high rate, they were partially exposed to digital dating abuse, and this could cause depression.

Keywords: Spouse abuse, Depression, Family relations

OC173

Investigation Of Different Mobility Indexes Used In Amputees

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Introduction: The aim of our study is to examine the sensitivity of four different mobility indexes used in amputees.

Materials and Methods: The study included 70 patients (57 males 13 females) who applied to Hacettepe University Physiotherapy and Rehabilitation Department. Patients were 5 Syme, 47 transtibial, 18 transfemoral amputees. The mean age of the participants was 46.89 ± 16.26 years, average body weight was 80.01 ± 11.90 kilograms, and average height was 169.30 ± 13.35 cm. Rivermead Mobility Index (min=0 - max:15), Amputee Mobility Predictor (min=0 - max:47), Locomotor Capacity Index (min=0 - max:30) were applied to the participants. The 2-Minute Walk Test and the Timed Up and Go Test were used as the gold standard. Spearman Correlation Analysis was used for statistical analysis.

Results: The mean scores of the patients' mobility indexes, the Rivermead Mobility Index 13.68 ± 1.04 , Amputee Mobility Predictor 41.38 ± 5.48 in, and the Locomotor Capacity Index 27.24 ± 4.42 points. The correlation coefficients of 2MWT and mobility indexes were found to be Rivermead Mobility Index $r=0.639$ - $p<0.01$, Amputee Mobility Predictor $r=0.447$ - $p<0.01$, Locomotor Capacity Index $r=0.519$ - $p=1.00$, respectively. The correlation coefficients of TUG and mobility indices were respectively as Rivermead Mobility Index $r=-0.640$, $p<0.01$, Mobility Indicator in Amputees $r=-0.545$ - $p<0.01$, Locomotor Capacity Index $r=-0.519$ - $p<0.01$ found.

Conclusion: Ambulation of amputees is an important outcome of successful rehabilitation. Therefore, an effective mobility assessment is very important, both to see the progress of the amputee and to make an inference about its potential. In our study, in which the sensitivities of different mobility indices used in amputees were examined, it was observed that although there was a moderate correlation between mobility indices and functional evaluations, the scores obtained were close to the maximum score. For this reason, it is thought that there is a need for a scale that will evaluate the mobility levels of amputees sensitively according to the existing scales.

Keywords: Ambulation, Amputee, Mobility

OC174

Examination Of Anorexia Nervosa Symptoms And Sociodemographic Characteristics In University Students

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Introduction: This study was carried out to examine the effects of sociodemographic factors on anorexia nervosa symptoms in university students.

Materials and Methods: This study was conducted with 186 university students living in different parts of Turkey. In the study, an information collection form including socio-demographic characteristics and eating attitude scale (EAT 40) was used.

Results: The mean age of the individuals participating in the study was 22.24 ± 7.21 years. 56.23% of the individuals live in dormitories, and the number of individuals with a monthly income of 1000 TL or less was determined as 66.21%. The mean body mass index (BMI) value of the individuals was determined as 20.21 ± 6.21 kg/cm². A positive relationship was found between the eating attitude scale and monthly income and BMI value. The factors affecting the eating attitude scale score were examined by linear regression analysis, and the factors affecting the eating attitude scale were determined as BMI, monthly income and the duration of daily physical activity, respectively.

Conclusion: Eating attitude scale score was found to be affected by many factors. It has been determined that socio-demographic characteristics affect score increase and may cause eating disorders in individuals.

Keywords: Anorexia nervosa, EAT 40, Socio-demographic factors

OC176

The Effect Of Social Media Addiction On Premenstrual Syndrome And Sleep Quality

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Introduction: Premenstrual Syndrome (PMS) is characterized by the cyclical repetition of physical, psychological and behavioral symptoms that start one week before menstruation and gradually increase in severity and end with menstruation. Apart from being a general problem of our age, it is known that social media addiction exacerbates this problem. Experiencing sleep problems within the framework of PMS symptoms is also important in terms of investigating these three components. In this context, the research was conducted to determine the effect of social media addiction on premenstrual syndrome and sleep quality.

Materials and Methods: The population of the cross-sectional study of female students (981) studying at the Faculty of Health Sciences of a public university. Sample calculation was not made and the study was completed with 884 participants. Research data were obtained with the "Personal Description Form", "Social Media Addiction Scale (SMDS)", "Premenstrual Syndrome Scale (PMSS)", "Pittsburgh Sleep Quality Index (PUKI)" tools. Descriptive statistics and Pearson correlation analyzes were used in the statistical evaluation.

Results: It was determined that the mean age of the students was 20.40 ± 1.65 , 31.4% of them were in the second grade, 69.8% of them had PMS, and the mean age of menarche was 13.42 ± 1.60 . In addition, PMSS total score average was 129.57 ± 37.75 , SMDS total score average was 12.93 ± 4.84 , and PUKI mean score was 13.22 ± 2.04 . As a result of the correlation analysis, it was determined that there was a positive correlation between the total mean scores of SMDS and PMSS and PUKI ($r=.325$ $p=.000$; $r=271$, $p=.000$).

Conclusion: As a result, it can be said that as social media addiction increases, PMS symptoms increase and sleep quality deteriorates.

Keywords: Premenstrual syndrome, Sleep quality, Social media addiction

OC177

The Effect Of Emotional Freedom Technique Applied In Early Pregnancy On Nausea, Vomiting Severity And Anxiety

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Introduction: Emotional Freedom Technique (EFT) is a method used to unblock one's energy body. This technique

is more advantageous than other psychological treatment techniques in terms of ease of application and rapid effect. EFT is a psychophysiological technique consisting of a combination of exposure therapy, stimulating the subconscious mind, stimulating acupuncture points with somatic stimuli. It is frequently used in phobias, anxiety disorders and post-traumatic stress disorders. This study focused on the effect of EFT on anxiety states developing in early pregnancy and the severity of nausea and vomiting associated with it. The research was conducted to determine the impact of the EFT applied during the early pregnancy on nausea and anxiety.

Materials and Methods: The study was conducted in a randomized controlled manner with a total of 110 pregnant women, 55 of whom were in the control group and 55 were in the experimental group, who applied to the Pregnancy Education Class of a public university between June 2021 and June 2022. EFT was applied to the experimental group in the study. After the first attempt, the pregnant women continued the practices on their own, two times with a one-day break. Personal information form, SUE, PUQE and VAS-R2 scales were used to collect data. Random 55 experiments were conducted. In the study, EFT was applied to the experimental group. After the first attempt, the pregnancies continued on their own, with a one-day break and twice. At the end of the week, the researcher was again using the emotional freedom technique. Personal information form, Subjective Experience Units, Pregnancy-Specific Vomiting Measure, and Pregnancy-Related Anxiety Questionnaire-Revised 2 scale were used to collect data.

Results: In the study, the group with the emotional freedom technique was determined to have lower nausea levels than the group control group, and the difference between groups was statistically significant ($p < .05$). It was determined that the anxiety levels of the pregnancies in the experimental group were lower than the control group and that the difference between the groups was statistically significant ($p < .05$).

Conclusion: The emotional freedom technique applied during early pregnancy has been determined to reduce the nausea vomiting severity and the level of anxiety.

Keywords: Anxiety, Emotional Freedom Technique, Midwifery, Nausea Vomiting Violence, Pregnancy

OC178

Pectin Extraction From Waste Apple Cider Vinegar Production

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Introduction: Vinegar is a sour-tasting liquid obtained by converting sugars to alcohol anaerobically and oxidizing alcohol to acetic acid aerobically. While *Saccharomyces* species play a role in anaerobic fermentation, *Acetobacter* had a role in anaerobic oxidation. Pectin is a complex polysaccharide composed of galacturonic acid units. Citrus fruits and apple pulp are known as commercial sources

of pectin. In this study, apple cider vinegar production residue was used as a pectin source and the findings were compared with apple juice pulp pectin as control.

Materials and Methods: The apple was cut into cubes and taken into a glass jar. After adding potable water, honey and chickpeas were also added. Then, it was covered with a porous cloth and Fermentation was performed at 30°C and 85% of relative humidity. The same procedure was applied in 3 replications. Pectin Extraction was carried out at pH 2 (37% HCl) at 90°C for 3 hours. Then, the extract was centrifuged at 10.000 rpm for 10 min and some of the supernatant was concentrated in the evaporator. Pectin was precipitated by the addition of 4 vols of 96% ethanol. The pellet was filtered with a press cloth and the residue was washed twice with ethyl alcohol. The extracted pectin was dried in an oven at 55°C. Apple vinegar pulp (ESP) and apple juice pulp (EP) pectins were prepared using this method. The degree of esterification, carbohydrate, protein, and galacturonic acid analyzes were performed for the extracted pectins.

Results: Total acidity and brix were determined at 1st, 3rd and 4th weeks during the vinegar fermentation. Total acidity results at 1st, 3rd and 4th weeks were found as 0.23%, 0.94% and 1.1 %, respectively while brix values at 1st, 3rd and 4th weeks were determined as 4.10-1.93 and 1.90 respectively. As a result of the extraction performed using pulp, pectin yield was specified as 23.22% in EP and 32.36 % in ESP. In addition, other results obtained from EP and ESP are respectively as follows; the degree of esterification 57.21%, 50%; carbohydrate content 34.40 mg/g, 42.64 mg/g; protein content 1.25 mg/g, 0.76 mg/g and galacturonic acid content 33.23 mg/g, 39.41 mg/g.

Conclusion: There was differences in the properties of pectin obtained from fermented pulp compared to control. Fermentation significantly affected pectin yield, carbohydrate content, degree of esterification and galacturonic acid content.

Keywords: Characteristic properties, Pectin, Vinegar fermentation

OC179

Comparison Of The Physical Activity Levels Of University Students In Cyprus And Kahramanmaraş, Turkey

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Introduction: In this study, we aimed to compare the physical activity levels of university students studying in Cyprus and Kahramanmaraş, Turkey, and the distribution of their activities during the day.

Materials and Methods: Participants were volunteers between the ages of 18-28, who did not have any mental disorder or hearing problems that would prevent communication participated in the study. 27 of them were studying at Kahramanmaraş Sutcu İmam University and remaining 29 of them joined from the closed Maraş region of Famagusta, Cyprus. The "International Physical

Activity Questionnaire Short Form" (IPAQ) was filled in by the researchers through face-to-face interviews with the participants and the collected data were recorded by the researchers.

Results: A total of 56 students, 29 from Kahramanmaraş and 27 from Cyprus, participated in the study. Although the UFAA values of students in Kahramanmaraş were higher than the UFAA values of students in Cyprus, it was not statistically significant. However, when the distribution of the activity during the day is compared, it was seen that the $p=0.004$ of the students in Cyprus in the evening and the UFAA values of the students in Kahramanmaraş during the day were higher and it was statistically significant. $p=0.007$.

Conclusion: We think that, in the evening, the students in Cyprus are more active than the students in Kahramanmaraş and the students in Kahramanmaraş are more active than those in Cyprus in the afternoon may be due to the fact that Cyprus is warmer during the day and the campus is small. We think that the daytime temperatures and the width of the movement area affect the activities of the students.

Keywords: IPAQ, Physical activity, University students

OC180

The Relationship Between Perceived Social Support And Postpartum Anxiety In Postpartum Women

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Introduction: The postpartum period is a period in which women's health care needs increase significantly and the mother is affected physically, mentally and socially. The aim of this study is to determine the relationship between perceived social support and postpartum anxiety in postpartum women.

Materials and Methods: This study was conducted in the type of correlational research, which is one of the descriptive research methods. The sample of the study consisted of 222 puerperal infants aged between 20-45 years, living in Turkey, who volunteered to participate in the study, and had a baby between 1-6 months. The research data were collected by filling out the questionnaire sent online between January 2021 and February 2022. Personal Information Form, Perceived Social Support Scale and Postpartum Anxiety Scale created by the researchers were used to collect the research data.

Results: Of the women participating in the research, 65.8% are in the 20-30 age group, 40.5% are university graduates, 69.5% do not work in an income-generating job, 86.0% live in a nuclear family, 77.9% have a planned pregnancy. It was determined that 55.0% of them had normal vaginal delivery. The average perceived social support score of the participants was 62.91 ± 16.18 (min 16- max 84). The mean postpartum anxiety score was 112.17 ± 4.82 (min 98- max 130). The perceived social support score


was statistically significantly higher in those with a university education level and above, in women who provided support in the care of themselves and their baby after birth, and in women who received information from health personnel about the care of themselves and their baby ($p < 0.05$). Postpartum mean score was statistically significantly higher in women who gave birth once ($p < 0.05$). It was determined that there was a positive and weak statistically significant relationship between perceived social support and postpartum anxiety total score in women ($r: 0.236$, $p=0.000$).

Conclusion: As a result of this study, it was determined that as women's anxiety increased, their perceived social support also increased. In this respect, mothers who are in the risk group in the postpartum period should be monitored more closely in terms of perceived social support and anxiety.

Keywords: Anxiety, Perceived social support, Postpartum period

OC183

The Effect Of Education Given To Pregnancy On The Role Of Motherhood: Systematic Review And Meta-Analysis

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Introduction: Pregnancy is a developmental period that affects the person and his family, as well as a physiological and psychosocial process that requires the harmony of the parents. According to the theorists, the role of motherhood is defined as a combination of social roles, developmental behaviors and attitudes that start from the prenatal period and continue in the postpartum period and are completed with the development of maternal identity. Mercer stated that motherhood is a continuous and changing process in the theory of "becoming a mother". It is important to prepare the pregnant woman in the prenatal period in order to adapt to the new roles emerging in this process. In this sense, the role of prenatal education is inevitable in gaining knowledge, attitudes and skills to pregnant women.

Materials and Methods: The study was conducted in a systematic review and meta-analysis design. Searches were made between February and March 2021, using the keyword phrases pregnant* AND maternal role* AND education* on PubMed, DergiPark, MEDLINE, The Cochrane Library, EBSCO, National Thesis Center and Google Scholar. The methodological quality of the studies was evaluated with the Critical Evaluation Checklists for quasi-experimental studies developed by the Joanna Briggs Institute. Data were synthesized by meta-analysis methods. This study was conducted to determine the effect of education given to pregnant women on the role of motherhood.

Results: After PROSPERO registration (ID: 355622), 5 studies published between 2000-2021 were included in the study. The total sample size of the studies was 583 (Intervention group: 292; control group: 291). In the meta-

analysis results, the effect of the education given to pregnant women on the role of motherhood was evaluated at different times. As a result of the evaluations, it was determined that the education given to the pregnant women did not affect the role of motherhood after the education ($p=0.67$) and 4 weeks after the birth ($p=0.15$). On the other hand, it was determined that the education given to pregnant women increased the role of motherhood 6 weeks after delivery ($p=0.0009$) and 4 months after delivery ($p=0.03$), and this situation was statistically significant. In addition, it was determined that the education given increased the maternal role gain 3.3 times in the mothers in the experimental group and it was statistically significant.

Conclusion: In this study, it was revealed that the education given to pregnant women had an effect on motherhood role acquisition 6 weeks after birth and 4 months after birth, but it had no effect on motherhood role gain in the first weeks after birth.

Keywords: Maternal role, Care, Education, Pregnancy

OC184

The Effect Of Therapeutic Exercise And Thetahealing On Pain And Quality Of Life In Patients With Fibromyalgia

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Introduction: Although patients with fibromyalgia (FM) have many complaints, the absence of significant abnormalities in physical examination and laboratory findings suggests that the symptoms may be of psychological origin. In this study, it was aimed to determine the effect of therapeutic exercise and Thetahealing on pain and quality of life in patients with FM.

Materials and Methods: Our study was planned as a prospective randomized controlled experimental study with pretest and posttest measurement. Twenty experimental group (exercise + thetahealing) and 20 control group (exercise) volunteers aged 18-60 years, with symptoms lasting longer than 3 months and diagnosed with FM, were included in the study. While the patients in the exercise group did a 30-minute online group exercise 2 days a week, the patients in the experimental group additionally received a 30-minute online thetahealing session once a week. Individuals were evaluated twice in total before and after treatment in terms of demographic characteristics, pain, disease effect level and quality of life.

Results: A total of 40 FM patients were randomized. Three individuals from each group could not complete the treatment and dropped out of the study. Treatment was completed with 34 patients. In the evaluation made with the Fibromyalgia Impact Questionnaire (FIQ) and Numerical Pain Scale, it was seen that there was no difference between the groups before the treatment, but there was a difference after the treatment ($p<0.05$). In the comparisons between the groups before and after the treatment, it was observed that the scores of both groups decreased significantly after the treatment ($p<0.001$). When the quality of

life parameters were compared, it was seen that there was no difference between the groups before the treatment, but there was a difference in the parameters of physical role, emotional role, emotional well-being ($p<0.001$) and physical function, vitality/fatigue ($p<0.05$). While there was a difference in the pain parameter in the control group ($p<0.05$) in the pre-treatment and post-treatment quality of life evaluations within the groups, physical function, emotional role ($p<0.05$) and vitality/fatigue, social function and health variables were observed in the experimental group. significant difference was observed in the parameters ($p<0.001$).

Conclusion: It was observed that when therapeutic exercise and thetahealing were applied together, it increased the quality of life in patients with FM, and decreased the effect level of the disease and pain. We think that the combination of thetahealing and exercise will be a different option to non-pharmacological treatments.

Keywords: Pain, Fibromyalgia, Thetahealing, Quality of life

OC185

The Experiences Of Parents With Asthmatic Children Regarding The Covid-19 Pandemic Process

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Introduction: Asthma is the most common chronic disease of childhood characterized by airway inflammation and airflow limitation, which develops under the influence of various stimuli in the lower airways, accompanied by recurrent episodes of coughing, wheezing, shortness of breath, and chest tightness.

Materials and Methods: This study was conducted with parents who applied to the pediatric chest polyclinic of a university and city hospital in Central Anatolia between October 15, 2021 and January 03, 2022. In this study, the experiences of parents of children with asthma during the pandemic were examined.

Results: In the study, it was determined that parents with asthmatic children experienced fear and anxiety during the pandemic period, were socially isolated, their children's play habits changed, had difficulty in accessing health services and needed psychosocial support.

Conclusion: It has been found that during the pandemic period, parents with children with asthma have different experiences in various aspects.

Keywords: Asthmatic child, Parent experience, Covid-19, Pandemic

OC186

The Effects Of The Empathy Levels Of Midwifery Students On Their Caring Behaviors

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Introduction: Empathy is one of the factors that shape caring behaviors in midwifery students. This study was conducted to investigate the effects of the empathy levels of midwifery students on their caring behaviors.

Materials and Methods: This descriptive study was carried out with 225 midwifery students. The data collected via Participant Information Form, the Midwifery Empathy Scale- Revised, and the Caring Behaviors Inventory-24.

Results: The mean Midwifery Empathy Scale- Revised score was 63.64 ± 7.47 , which showed moderate levels of empathy. The mean Caring Behaviors Inventory-24 score was 5.13 ± 0.84 , and this showed good levels of caring behaviors. There was a positive moderate relationship between the empathy level and caring behaviors of the students ($r = 0.412$, $p < 0.001$). In this study, the empathy was determined to explain 17% of the total variance in the caring behaviors. ($F = 45.371$, $R^2 = 0.170$; $p < 0.001$). The empathy variable was significantly effective on the knowledge and skill subscale and respect subscale of CBI-24 and explained 16% of the total variance in scores of these subscales ($F = 11.858$; Adjusted $R^2 = 0.163$; $p < 0.001$).

Conclusion: The empathy levels of students affect their caring behaviors positively. In addition, external factors other than empathy also have an effect on the formation of the caring behaviors of students.

Keywords: Caring behavior, Empathy, Midwifery, Midwifery students

OC192

Cochlear Implant Results Of Two Cases With Single Sided Deafness

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Introduction: Single sided deafness is a condition in which there is profound hearing loss or limited hearing in one ear despite normal hearing in the other ear. Individuals with single sided deafness have difficulties in understanding speech in noise and determining the direction of sound in their daily lives. Auditory temporal processing is reported to be associated with speech understanding in noise or silence. One of the rehabilitative approaches that may be applied to solve the difficulties in daily life experienced by individuals with single sided deafness is use of cochlear implant to the ear with hearing loss. Cochlear implant application to patients with single sided deafness has recently become a method used in Turkey and clinics, however clinics has limited experience. In our study, the effect of cochlear implant applied to two patients with single side deafness on auditory temporal processing skills and speech understanding in noise was investigated.

Results: The results of the gaps in noise test, the duration pattern test and the frequency pattern test which was used to evaluate auditory temporal processing skills,

improved in the postoperative period compared to the preoperative period. The speech understanding in noise of the subjects improved with the use of cochlear implants. However, it was observed that the motivation of the patients to use cochlear implants may decrease in the first 6 months of the postoperative period.

Conclusions: Cochlear implant in individuals with single sided deafness stand by increase temporal sequence and temporal resolution skills. Similarly, cochlear implant is useful in increasing speech understanding performance in noise. Choosing the devices in which the device usage time information is recorded provides an advantage for the clinician in patient follow-up.

Keywords: Speech understanding in noise, Cochlear implant, Temporal resolution, Temporal sequence, Single sided deafness

OC193

Investigation Of Individual Factors That May Affect The Healing Of Ulcer With Exercise In Patients With Diabetic Foot Ulcer

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Introduction: This study was conducted to examine the sociodemographic and clinical characteristics of individuals with diabetic foot ulcers that may affect ulcer healing with exercise.

Materials and Methods: The study was conducted with patients who applied to Harran University Hospital Endocrine Clinic between April 2021 and May 2022. A total of 51 patients, 25 male and 26 female, with a mean age of 57.53 ± 5.65 years, with ulcers in the 1st or 2nd category according to the Wagner classification, were included in the study. Individuals were divided into groups and control and exercise groups were formed. All the individuals participating in the study were presented with the necessary practices of ulcer care as standard. Aerobic and exercise approaches based on ulcer healing of the patient were applied to the exercise groups as 2 sessions per week for 12 weeks. Sociodemographic and clinical information of the individuals were calculated with a questionnaire created by the researchers, and ulcer surface areas were calculated using the ImageJ program at the beginning and at the end of 12 weeks. At the end of 12 weeks, all individuals were classified as 'completely healed' and 'under 50% healing' according to their ulcer healing status, and factors that could affect ulcer healing other than exercise were investigated. Statistical analysis of the data was performed using the SPSS 20.0 package program. Descriptive statistics (number, percentage, mean), Chi Square Test and Mann Whitney U Test were used in the analysis of the data.

Results: Among the sociodemographic characteristics evaluated in our study, age ($p = 0.882$), height ($p = 0.085$), weight ($p = 0.222$), body mass index ($p = 0.741$), diabetes age ($p = 0.063$), education ($p = 0.475$), marital status ($p = 0.644$), socioeconomic status ($p = 0.124$) and smoking


($p=0.584$) ulcer It was observed that there was no difference in recovery. From the clinical features of the patients; baseline ulcer size and depth, glycemic control adequacy ($p=0.315$), self-care efficacy ($p=0.535$), presence of neuropathy ($p=0.498$), presence of infection ($p=0.529$), presence of previous ulcer ($p=0.44$), and ulcer duration ($p=0.069$) did not differ between the groups. It was observed that there was a difference between the groups in terms of gender ($p=0.029$) and presence of bone-joint involvement ($p=0.048$).

Conclusion: As a result of the evaluations, it was seen that male patients had worse results in ulcer healing, which was consistent with the literature. In addition, it was observed that ulcer healing in patients with bone-joint involvement could be limited. It is recommended that individuals with diabetic foot ulcers, male patients and patients with bone-joint involvement should be supported more in terms of care and compliance, and studies with wider participation should be conducted on these issues.

Keywords: Diabetic Foot Ulcer, Exercise, Type 2 Diabetes, Ulcer Healing

OC195

The Effect Of Balance Exercises On Functional Capacity In Children With Cerebral Palsy

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Introduction: Cerebral Palsy (CP) is a developmental disorder that affects activity limitations, sensation, perception, cognition, communication and behavior. In addition, disorders in the musculoskeletal system and restrictions in activities of daily living affect the functional capacities of children. Insufficient ambulation level in adulthood may also negatively affect children's functional capacities and increase the risk of developing cardiopulmonary disease. The aim of this study is to investigate the effect of balance exercises applied in addition to rehabilitation programs of children with CP on functional capacity.

Materials and Methods: Within the scope of the study, 44 children with CP between the ages of 6 and 12 who met the inclusion criteria and were approved by their families to participate in the study were evaluated. Demographic information, clinical status, and family history of the children were recorded. Balance assessment was done with Berg Balance Scale (BBS); functional capacity assessment was done with the Ten Meter Walk Test. Children were included in a rehabilitation program that included balance exercises. Evaluations were repeated six weeks later. SPSS 16.0 package statistics program was used for data analysis. The analyzes were evaluated at the 95% confidence interval, at the $p<0.05$ significance level.

Results: Of the children evaluated, 17 were girls and 27 were boys (mean age: 9.56 ± 1.74 years). When the BBS scores before and after rehabilitation were compared, a statistically significant difference was found ($p<0.05$). In addition, when the ten-meter walking test results after


rehabilitation were compared with the results before rehabilitation, a statistically significant increase was found ($p<0.05$). A positive, moderate, statistically significant correlation was found between the percentages of increase in BBS and walking speed after rehabilitation ($r: 0.425$; $p<0.05$).

Conclusion: According to the results of our study, it was observed that the BBS scores of the children with CP and their walking speed according to the Ten Meter Walk Test increased after the rehabilitation program. In addition, it was determined that the percentages of improvement in balance and functional capacity were correlated with each other after the program. Balance exercises added to rehabilitation programs in children with CP can help improve their functional capacities with their positive effects on ambulation. For this reason, it is important to add balance exercises to the programs and to include applications for the development of children's functional capacities in the treatment, in terms of reducing the risk of pediatric and adult cardiopulmonary diseases.

Keywords: Balance, Functional capacity, Cerebral palsy

OC196

Pilomatrixoma In The Suboccipital Region: A Case Report

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Introduction: Pilomatrixoma, also known as calcified epithelioma of Malherbe, is a superficial benign skin tumor arising from hair follicle matrix cells. This rare tumor occurs most frequently in the head and neck regions, particularly in the cervical, frontal and temporal regions, eyelids, and preauricular regions. Its incidence is reported to be between 0.001% and 0.0031% in all dermatohistopathological materials. The highest incidence of pilomatrixoma is between 8-13 years of age.

Results: A 25-year-old male patient was admitted to the outpatient clinic with complaints of swelling and pain in the suboccipital region. On physical examination, a mobile, firm mass was detected. After the evaluation, it was decided to perform an excisional biopsy. After local anesthesia with lidocaine, the lesion was excised with wide circular excision. Histopathological evaluation was reported as pilomatrixoma. There was no problem in the 5-year follow-up of the patient.

Conclusion: Polymatrixoma cannot be fully diagnosed preoperatively. It should be treated appropriately using available diagnostic tests. Complete surgical excision with clear margins is very important in curative treatment.

Keywords: Calcified epithelioma of Malherbe, Pilomatrixoma

OC198

Thalidomide Reduces Cortical And Thalamic Neuronal Degeneration In A Rat Model Of Parkinson's Disease

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Introduction: Parkinson's Disease (PD) is a common complex multisystemic neurodegenerative disorder. There is a need for medications that can prevent or at least stop neurodegeneration. We aimed to investigate the possible effects of thalidomide (TAL).

Materials and Methods: Rats were simple randomly divided into Control, Rotenone (ROT), ROT+TAL, and TAL+ROT groups. The PD was induced by injection of 3 mg/kg/day ROT for 5 days. The ROT+TAL group received 50 mg/kg/day of TAL for 5 days that ROT was also administrated. The TAL+ROT group was given 50 mg/kg/day po TAL for 7 days, starting 2 days before the first ROT dose. Histopathological (brain) and biochemical analyzes (brain and serum) were performed.

Results: A significant increase in the number of degenerate neurons with shrunken, hypereosinophilic cytoplasm and pycnotic nuclei were observed in the ROT group. Neuronal degeneration in the ROT+TAL group was similar to the ROT group. In the TAL+ROT group, although not statistically significant, a decrease in the number of degenerated neurons was found when compared to the ROT group. MDA was higher in ROT+TAL and TAL+ROT groups when compared to Control and ROT groups. GSH was higher in the ROT+TAL group when compared to the Control, ROT, and TAL+ROT groups. SOD was found to be lower in ROT+TAL and TAL+ROT groups when compared to Control and ROT groups. SOD was higher in the TAL+ROT group than in the ROT+TAL group. Although not statistically significant, the group with the lowest CAT value was the ROT+TAL group. While ROT significantly decreased free T3 (FT3) and free T4 (FT4); TAL which is administrated for 7 days significantly increased FT3 and FT4.

Conclusion: In light of histopathological and biochemical analysis data, it can be said that TAL reduces neuronal degeneration in the rat model of PD. This study was supported by TÜBİTAK 2209/A program (Project no: 1919B011901060).

Keywords: Neuronal degeneration, Oxidative stress, Parkinson's disease, Rotenone, Thalidomide

OC199

The Effect Of Hybrid Telerehabilitation Programme In Individuals With Lumbar Disc Herniation

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Introduction: Lumbar disc herniation (LDH) is a musculoskeletal problem that causes pain and sensory loss, and is characterized by loss of muscle strength, loss of function

and decreased quality of life. The aim of this study is to investigate the effectiveness of the hybrid telerehabilitation program in individuals diagnosed with LDH.

Materials and Methods: This study was carried out between January and June 2022 at Marmara University, Department of Physiotherapy and Rehabilitation. 51 individuals diagnosed with LDH who met the inclusion criteria and voluntarily participated in the study were included. Pain status of individuals was assessed with the Visual Analogue Scale (VAS); kinesiophobia status was evaluated with Tampa Scale for Kinesiophobia (TSK), quality of life was assessed with the 12-Item Short Form Health Survey (SF-12); lower extremity strength was evaluated with the 30 Second Sit to Stand Test (30 STS) and functionality was assessed with the Timed Up and Go Test (TUG) and the Oswestry Low Back Pain Disability Questionnaire (OLBPDQ). Individuals were included in an 8-week hybrid telerehabilitation program. Evaluations were made four times (D0: pre-program, D1: end of week 4, D2: end of week 8, D3: end of week 16) and changes were compared.

Results: Of the 51 patients included in the program, 44 were female and 7 were male (mean age: 47.13±11.73 years). 22 patients were actively working. 5 patients had previously participated in a physical therapy and rehabilitation program due to LDH, and 16 reported regularly engaging in physical activity. When the evaluations before and after the program were compared, a statistically significant difference was found for VAS, SF-12 Physical and Mental scores, 30 STS, TUG and OLBPDQ ($p<0.01$).

Conclusion: At the end of the study, it was found that the hybrid telerehabilitation program was effective on pain, muscle strength, functionality and quality of life in individuals with LDH.

Keywords: Pain, Functionality, Hybrid telerehabilitation, Lumbar disc herniation, Kinesiophobia

OC200

Biochemical Effects Of Alamandin, Melatonin, And Alamandin-Melatonin Combination In A Rat Model Of Monocrotalin-Induced Pulmonary Arterial Hypertension

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Introduction: Pulmonary arterial hypertension (PAH) has a fatal course despite treatments. We aimed to investigate the effects of alamandine (ALA), melatonin (MEL), and ALA-MEL combination.

Materials and Methods: The rats were simple randomly divided into control, monocrotaline (MCT), ALA, MEL, and ALA-MEL groups. PAH was induced by 60 mg/kg single dose MCT on day 1; 50 µg/kg/day ALA, 10 mg/kg/day MEL, and ALA-MEL combination were administered to the ALA, MEL, and ALA-MEL groups (re-

spectively) between days 1-35. Biochemical analyzes of the lung were performed.

Results: Lysyl oxidase (LOX) was reduced by the ALA, ALA-MEL combination, and especially MEL. Myeloperoxidase (MPO) was found as lower in the ALA and ALA-MEL groups versus the control group. MPO was also lower in the ALA-MEL group versus the MCT and MEL groups. Nicotinamide adenine dinucleotide phosphate oxidase 4 was lower in all groups versus the control group. MEL tended to increase the Ras homolog gene family member A (RhoA) reduced by MCT. MCT decreased the Rho-associated protein kinase 2 (ROCK2). While the ALA-MEL combination and MEL increased the ROCK2; no effect was determined due to ALA. None of the treatments affected reduced cyclophilin A (CyPA) due to MCT. Matrix metalloproteinase (MMP)-2 was higher in the ALA and ALAMEL groups versus the MCT group. Also, the ALA-MEL combination tended to increase the MMP-2 more than ALA. MEL increased the MMP-9 level reduced by MCT. MCT increased the nuclear factor erythroid 2-related factor 2 (Nrf2). Nrf2 increased by ALA, decreased by MEL, and tended to increase by ALA-MEL combination.

Conclusion: In the light of biochemical analyses it can be said that all treatments, especially MEL, reduce the development of PAH. Overall, the ALA-MEL combination has no advantage over monotherapies. This study was supported by the Inonu University Scientific Research Projects Coordination Unit (Project code: TCD-2020-2275).

Keywords: Alamandine, Melatonin, Monocrotaline, Pulmonary arterial hypertension, Rat

OC201

Assessment Of Pain In Multiple Sclerosis And Its Effect On Quality Of Life

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Introduction: Multiple Sclerosis (MS) is a disease of the central nervous system and disorders such as sensory, vision, walking, speech and balance can be seen. Our study was conducted on 30 patients with the aim of determining the effect of pain on quality of life in patients with MS.

Materials and Methods: Patients with MS who were 20-60 years of age with a definite diagnosis of MS, who had not had an attack in the last 1 month or who were not in the attack period were included in our study. Those with systemic diseases such as heart disease, hypertension, diabetes mellitus, hyperlipidemia, fracture, amputation, congenital problems, spinal problems, those who had an attack in the last 1 month, and those with advanced cognitive impairment and advanced communication disorders were not included in the study. Demographic information of individuals, Evaluation of Pain; McGill Pain Questionnaire (MPQ), Quality of Life (QOL); It was determined using the Multiple Sclerosis International Quality of Life Form (MusiQoL).

Results: As a result of the evaluations according to the MusiQoL form and the MPQ form; how patients are affected by pain is more important than how the patient perceives the pain, but how much he feels the pain. According to the patient's definition of pain more or less, a change occurs in the quality of life. In this study, in which we tried to determine the change in QoL after the evaluation of pain, it was observed that the Characteristic of Pain score in the MPQ form did not have a significant relationship on the quality of life, and problems occurred at the level of quality of life with the increase in the severity of pain. Pain Severity Score; In the MusiQoL form, it was directly proportional to the Physical Status, Symptoms, and Psychological Status subgroups, while it was inversely proportional to the Self-Self, Friends, and Family-Medical Staff groups.

Conclusion: Considering this weakness in the MusiQoL form, each subgroup in the form was evaluated separately and the result was reported in order to better detect the changes in the quality of life of the patients. The relationship between the amount of clinical complaints of the patients and QOL was examined. It was determined that the increase in the number of symptoms and decrease in the quality of life occurred as clinical complaints of the patients. The relationship between the EDSS score of the patients and their pain levels; As the EDSS score increased, the amount of pain increased.

Keywords: Multiple Sclerosis, Pain, Quality of Life

OC202

Health Literacy, Diet Literacy, Psychological Health And Health Related Behaviors Of Individuals With And Without Covid 19

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Introduction: The aim of this study is to evaluate the health literacy, dietary literacy, resilience, health-related behaviors of individuals who contracted or not contracted COVID- 19, and to examine the relationship between them.

Materials and Methods: This cross-sectional study was conducted with 300 individuals in Malatya and Diyarbakır provinces between 15 June 2022 and 15 September 2022. Data were collected using Personal Information Form, Health Literacy Scale-Short Form, Digital Healthy Diet Literacy Scale, and Short Psychological Resilience Scale.

Results: The mean age of the participants is 28.64 ± 7.75 . Health literacy, digital healthy diet literacy, and resilience scale scores of individuals who caught Covid 19 did not differ significantly compared to individuals who did not catch Covid 19 ($p > 0.05$). It was detected that individuals with higher education levels ($p = 0.037$) and individuals who were vaccinated had higher health literacy scores ($p = 0.020$). Individuals in the body mass index (BMI) obese group had lower digital healthy diet literacy scale scores than normal individuals and individuals with

chronic disease compared to those without chronic disease ($p=0.06$ and $p=0.006$, respectively). The psychological resilience levels of the older individuals compared to the younger group, males from females, and working individuals from non-working individuals were statistically significantly different ($p=0.036$, $p=0.033$ and $p=0.008$, respectively). A weak positive correlation was observed between health literacy and digital healthy diet literacy ($r=0.329$) and psychological resilience ($r=0.122$) ($p<0.05$).

Conclusion: Health literacy, digital healthy diet literacy and psychological resilience levels of individuals who had Covid 19 disease did not differ compared to individuals who did not have the disease. As the health literacy level of individuals increased, digital healthy diet literacy and psychological resilience levels increased.

Keywords: Covid 19; Digital healthy diet literacy; Psychological resilience; Health literacy

OC206

The Effect Of Women's Health Perceptions On Gynecological Cancer Awareness

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Introduction: In this study, it was aimed to determine the effect of women's health perceptions on their awareness of gynecological cancers.

Materials and Methods: This study, which was designed in an analytical-cross-sectional type, was conducted with 421 women aged 20-65 years registered in Family Health Centers located in a city center in Turkey. Personal Information Form, Health Perception Scale (HPS) Gynecological Cancer Awareness Scale (GCAS) were used to collect data. While evaluating the study data, Mann Whitney U test and Kruskal Wallis tests were used as well as percentage, mean, standard deviation, min-max, median calculations. Significance was evaluated at the $p<0.05$ level.

Results: In the study, it was determined that the average age of women was 37.44 ± 12.72 , 39.4% were university graduates, 80.5% were not working, and 61% of them had income equal to their expenses. It was determined that the mean score of the participants in Health Perception Scale (HPS) was 49.59 ± 5.59 , and the mean score in Gynecological Cancer Awareness Scale (GCAS) was 155.39 ± 22.04 , which was above the mean. A statistically significant difference was found between the participants' working status, education level, income status, weight perceptions, menopause status, and many independent variables, as well as between HPS score averages and GCAS score averages ($p<0.05$). A positive, moderately statistically significant correlation was found between HPS and the mean score of the GCAS and its sub-dimensions ($p<0.05$).

Conclusion: It was concluded that with the increase in woman's health perceptions, their level of gynecological awareness also increased.

Keywords: Awareness, Gynecological cancer, Health perception

OC207

Efficiency Of Speech Tests In Hearing Aid Assessment

©Birgül GÜMÜŞ, Ufuk DERİNSU

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Introduction: Individuals face challenging listening conditions with background noise in daily life. Understanding speech in these listening conditions is more challenging for individuals with hearing loss than for individuals with normal hearing. For this reason, the use of bilateral hearing aids is recommended for individuals with bilateral hearing loss to take part in daily life and improve their communication with other people. Speech recognition tests carried out in silence have been used for many years in clinics to demonstrate the benefit of hearing aid. However, these tests provide limited information in explaining hearing aid users' suffering in the presence of background noise. The aim of our study is to examine the effectiveness of speech tests in noise and silence for individuals using hearing aids.

Materials and Methods: The study was carried out at Marmara University, Audiology Department. Study subjects were selected retrospectively from patients aged 18-65 years with bilateral symmetric mild/moderate sensorineural hearing loss followed between 2014 and 2019. A total of 50 hearing aid users were included in the study. The study was conducted in two groups: bilateral hearing aids (Group B) and unilateral hearing aids (Group U). Speech tests were conducted with in noise and silence conditions. The test results with and without hearing aids were compared between the groups.

Results: The speech tests' results without hearing aids obtained in silence and noise were similar in all groups ($p: 0.235$, $p: 0.074$, respectively), and the speech reception threshold in noise was below the average value. The speech reception threshold in noise obtained with hearing aids was higher in Group B compared to Group U ($p: 0.004$). However, there was no statistical difference between the two groups in terms of the speech discrimination score presented in silence ($p: 0.389$).

Conclusion: Traditional speech tests in silence are not sufficient to demonstrate the benefit of unilateral or bilateral use of hearing aid. Speech in noise test should be used to demonstrate the benefit of hearing aid to the patients.

Keywords: Speech in Noise Test, Hearing Aid, Hearing Loss, Speech in Silence Test

OC208

The Effect Of Iron Level Of Pregnancy On Sleeplessness

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Introduction: Iron deficiency anemia in pregnancy is one of the most common health problems in the world,

which adversely affects the health of the mother and fetus. Iron deficiency anemia brings along symptoms such as decreased performance in working and daily activities during pregnancy, drowsiness, fatigue, fatigue, loss of appetite, and tinnitus. In this study, it was aimed to examine the effect of iron level of pregnant women on insomnia.

Materials and Methods: This descriptive study was completed with 287 pregnant women. The research was conducted in the pregnant outpatient clinic of a public hospital in a province in the east of the country. Research data were obtained by using the Participant Identification Form and the Women's Health Initiative Insomnia Rating Scale (WHIIRS). Descriptive statistics, chi-square tests and t-test were used to evaluate the research data.

Results: It was determined that the mean age of the pregnant women was 28.71 ± 5.97 years, 30.7% of them were high school graduates, 51.2% of them were equal to their income and expenses. The mean body mass index of the pregnant women was found to be 27.06 ± 3.71 . It was found that the mean number of pregnancies of the pregnant women was 2.85 ± 2.19 , and the mean week of gestation was 22.97 ± 11.09 . It was determined that 87.8% of the pregnant women used iron medication and 89.5% of them used multi-vitamins. The mean iron content of the pregnant women was 74.54 ± 40.27 mcg/dL, and the mean ferritin amount was 28.81 ± 22.72 ml/ng. It was found that the mean BSRS of the pregnant women was 8.93 ± 3.25 and 73.2% of them had insomnia. While the mean iron and ferritin levels of pregnant women with insomnia were 74.49 ± 41.32 mcg/dL, 29.95 ± 23.92 , respectively, it was found that it was 75.27 ± 36.64 , 29.95 ± 23.92 in pregnant women who did not have insomnia. However, it was determined that the difference was not statistically significant.

Conclusion: In the study, it was determined that the iron and ferritin levels of the pregnant women were close to the lower limits and most of them had insomnia. However, it was found that there was no significant relationship between the iron and ferritin levels of pregnant women on insomnia.

Keywords: Ferritin, Insomnia, Iron, Pregnant

OC210

Encapsulation Of Anthocyanins Of Purple Basil Leaf

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Introduction: Consumption of foods containing bioactive components, which are known to have positive effects on health, has increased. Therefore, studies on medicinal and aromatic plants containing high amounts of bioactive components have intensified. Purple basil (*Ocimum basilicum* L.), a medicinal and aromatic plant, is an important plant with its high content of anthocyanins, which are bioactive substances with high antioxidant properties.

Anthocyanins are natural colorants with different colors depending on the pH of the environment. The low stability of anthocyanins in alkaline medium has caused the the stability studies and encapsulation technology has gained importance for this purpose. In this study, purple basil leaf anthocyanins were encapsulated with the emulgel hybrid system obtained by using multiple emulsion and ionic gelation techniques together.

Materials and Methods: In the study, in which alginate and carrageenan were used as biopolymers, the encapsulation efficiency of the emulgel hybrid system was compared with hydrogel system that noninclusive emulsion. SEM, DSC, TG-DTA, FTIR, optical microscope and color analyzes were performed on microcapsules containing purple basil leaf anthocyanin. Bioaccessibility of purple basil leaf anthocyanins in free extract and microcapsules was evaluated using in-vitro digestion model.

Results: According to the data obtained with the optical microscope in the study, the mean dimensions of the emulgel beads ranged from 1.18 ± 0.06 mm to 1.32 ± 0.05 mm. Emulgel beads containing only alginate were found to be smaller in size (1.18 ± 0.06 mm) and more spherical in shape than samples containing carrageenan (1.32 ± 0.05 mm). When the surface morphology of the particles was examined by SEM, it was determined that alginate beads had a smoother and spherical structure compared to the samples containing carrageenan, and the addition of carrageenan caused pores on the surface. The encapsulation efficiency of emulgel and hydrogel beads varies between 69.72 - 88.3% and 14.02 - 20.61%, respectively. According to in-vitro digestion analyses, while 24.85% of the anthocyanins in the free extract were released in the mouth phase and 82.3% in the gastric phase, all of anthocyanins were degraded in the intestinal phase within 30 minutes. While anthocyanins in emulgel beads containing alginate and alginate-carrageenan were not released in the oral and gastric medium, 39.5% and 36.79% of anthocyanins were preserved in the beads at the end of intestinal digestion, respectively.

Conclusion: As a result, in the in-vitro digestion model, anthocyanins could still be released from the beads in the intestinal medium after 180 minutes, while the anthocyanins in the free extract were completely degraded within 30 minutes. It was determined that the resistance of anthocyanins was increased under in-vitro digestion conditions by using emulgel hybrid system that proposed in this study.

Keywords: Anthocyanin; Emulgel; Hydrogel; In-vitro digestion; Purple basil

OC211

The Effect Of Perception Of Traumatic Birth On Pregnancy-Related Anxiety And Adjustment Levels In Healthy And Risky Pregnants

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Introduction: In this study, it was aimed to evaluate the effect of the perception of traumatic birth on the anxiety and adjustment level of pregnancy in healthy and risky pregnant women.

Materials and Methods: The sample of this cross-sectional and relationship-seeking study consisted of 352 pregnant who applied to a pregnant education class in eastern Turkey. Data were collected with the "Personal Information Form", "Traumatic Birth Perception Scale", "Prenatal Self Evaluation Questionnaire-Revision-2 (PSEQ-R2)" and "Prenatal Self-Assessment Scale (PASS)-Pregnancy Adaptation Sub-Dimension". Descriptive statistics, Pearson correlation and regression analysis were used in the analysis of the data.

Results: It was determined that there was a significant difference between the mean scores of healthy women and women with risky pregnancies, obtained from the DBA and PCS-Pregnancy Adaptation Sub-Dimension ($p < 0.05$). As a result of the correlation analysis, when the total mean scores of the pregnant women in TKA and PSEQ-R2 were compared; it was determined that there was a positive and weakly significant relationship between the total score averages of the women who had healthy pregnancies, and a moderately significant positive relationship between the total score averages of the women who had a risky pregnancy ($p < 0.001$). When the total mean scores of the pregnant women from the DBA and PBAS-pregnancy compliance sub-dimensions were compared; it was determined that there was a very weak and significant negative correlation between the mean total scores of women who had healthy pregnancies ($p < 0.05$). When the total score averages of the pregnant women from the PSEQ-R2 and PBAS-pregnancy compliance sub-dimensions were compared; it was determined that there was a very weak and significant positive correlation between the mean total scores of healthy women and women with risky pregnancies ($p < 0.001$).

Conclusion: It was determined that the total mean scores of the DBA and PBAI- Pregnancy compliance sub-dimension were statistically higher in women with risky pregnancies, and the difference between the two groups was significant. It was determined that as the level of perception of traumatic birth increased, the level of anxiety related to pregnancy increased and the level of adjustment to pregnancy decreased. In addition, it was found that as the level of anxiety associated with pregnancy increased, compliance with pregnancy increased very weakly.

Keywords: Adaptation to pregnancy, Anxiety, Healthy pregnancy, Perception of traumatic birth, Risky pregnancy

OC212

Evaluation Of Vestibular System In Patients Undergoing Adult Cochlear Implant Operation

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Introduction: In this study, it was aimed to evaluate the vestibular system and to reveal possible results in adult

patients with cochlear implantation.

Materials and Methods: The study was planned as randomized controlled. This study was carried out with 54 participants, including 24 patients who underwent cochlear implantation operation in Inonu University Faculty of Medicine Turgut Özal Medical Center, Department of Otorhinolaryngology and 30 volunteers who did not have any complaints about the vestibular system in their history. Bedside examination, Videonystagmography test and bithermal caloric test, Dizziness Handicap Inventory (DHI) and Vestibular Disorders Activities of Daily Life Scale (VDADL) were applied to patients and volunteers.

Results: In 20.8% of patients who underwent cochlear implant operation, deviations were observed in Romberg, Fukuda and Babinsky weill tests. A significant difference was found compared to the control group ($p = 0.013$ for all three parameters). There was a significant difference between the total eye velocity of the patients in the cochlear implant operation and the control group ($p = 0.026$). Canal paresis was detected in 20.8% of the patients who underwent cochlear implant operation and a significant difference was found between the control group ($p = 0.013$). Bilateral caloric response weakness was detected in 16.7% of patients who underwent cochlear implant operation and a significant difference was found between the control group ($p = 0.034$). A significant difference was found between the two groups in the physical, functional subgroups of Dizziness Disability Questionnaire and when the total scores were compared (respectively $p = 0.018$, $p = 0.010$, $p = 0.020$).

Conclusion: As a result of the study, it was found that cochlear implant operation affects the vestibular system in adults. It is possible that vestibular pathologies can be treated with vestibular rehabilitation and medical treatment and that patients can survive socially.

Keywords: Cochlear implant, Vestibular system, Videonystagmography

OC215

Health Literacy In Women And Midwifery Approaches

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Introduction: Health literacy is stated as an element that increases the healthy life year and quality, enables the acquisition of communication and clinical skills for health professionals, and being included in the decision mechanism for health care recipients. Health literacy is the knowledge, motivation, and knowledge necessary to access, understand, evaluate and use health information in order to make decisions and make judgments about health care, disease prevention and health promotion in daily life in order to improve and maintain the quality of life. and competence. Checking the expiry date of a food item, doing diet and physical activities, paying attention to sleep patterns, obeying the rules of hygiene, eating a balanced and healthy diet, being aware of health-threatening substances, knowing when to go to the doctor and exami-

nation times, reading the drug prospectus, Subjects such as accessing sources that provide reliable information on the subject, participating in early diagnosis and screening programs and having routine controls, taking prophylactic measures such as vaccination, following scientific and technological developments related to health, and having information about patient rights are the subjects of health literacy.

Results: When the literature is examined; In general, health literacy was found to be lower in elderly individuals, women, unmarried people, those with low education level and those with low income status. In a study conducted in our country, it was found that drug use is more regular in married people, those with a known disease or those living with individuals with chronic diseases at home; It has been reported that health literacy is better in male patients, those with postgraduate education, and participants with high income levels. Epidemiological studies on health literacy show that low health literacy negatively affects health behavior, health outcomes, health care use and cost.

Conclusion: The health of women and children is of great importance in the formation of healthy families and societies. The concept of the health of children depends on their healthy start to life from the prenatal period and their healthy growth and development processes. For this reason, health literacy in women is important in terms of improving both women's health and child health and preventing diseases.

Keywords: Health, Health Literacy, Women, Women's Health

OC217

Violence Experiences And Solution Approaches Of Emergency Service Personnel

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Introduction: Emergency services, where work stress is intense in hospitals, are the units where violence events are most common. This study aimed to determine the forms, frequency and causes of violence that health workers are exposed to, and to evaluate the effectiveness of the measures taken to prevent violence from the eyes of health workers.

Materials and Methods: This study was carried out in the emergency units (adults and children) of Turgut Özal Medical Center in Malatya between September and October 2022. The study group of the research consists of all health professionals working in these units. Data were collected from 149 healthcare professionals who agreed to participate in the study. In the collection of data, a self-report questionnaire formed by the researchers by scanning the literature was used.

Results: 53.7% of the participants with a mean age of 33.32 ± 7.613 were male and 53.0% were nurses. 91.3% of emergency workers stated that they had been exposed to


violence before and 38.3% stated that they had been exposed to violence many times. 33.6% of the employees reported that they experienced physical violence, 85.9% verbal violence and 40.3% psychological violence. It has been reported that 48.3% of violent incidents were experienced during working hours, 64.4% were on duty, and 71.1% occurred during examination or treatment practices. It was determined that the relatives of the patients perpetrated the violence at a rate of 46.3% and the men perpetrated violence 55.5% more. It was determined that 38.3% of the employees continued their work without responding to the violence, and 46.3% reported the white code. 33.6% of the healthcare workers reported that nothing was done to the aggressor after the violence. It was determined that 46.6% of the health workers thought of quitting their job due to the violence they experienced and 83.9% thought that the regulations were insufficient to prevent violence. It was reported that most of the violence occurred because of the rejection of unjust patient requests (47.0%). There was a statistically significant difference between the groups in terms of exposure to physical violence by gender, exposure to violence according to experience and the number of exposure to violence.

Conclusion: It has been determined that the emergency workers are exposed to violence, they are exposed to many types of violence, they do not see the measures taken enough and the white code application is not applied sufficiently. It is recommended to take safety measures to protect healthcare workers, review legal regulations and train employees on the use of white code.

Keywords: Emergency, Health worker, Violence in health, Violence

OC218

Determination Of The Level Of Birth Fear And The Factors Affecting The Fear In Male Students Who Study At The University

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Introduction: Fear of childbirth; It is defined as the fear experienced before, during and after birth. Fear of childbirth is not only unique to women, but also a phenomenon seen in men. In the study, it was aimed to determine the level of fear of birth and the factors affecting the fear of male students studying at university.

Materials and Methods: Research data were collected at a state university for three months between February 2021 and May 2021. Students studying in Health Sciences were excluded from the scope of the research, and male students from the Faculty of Engineering representing the Sciences and the Faculty of Letters representing the Social Sciences constituted our research sample and the research was completed with 620 students. The data were collected face-to-face with a 24-question Descriptive Information Form created by the researchers and the Men Childbirth Fear – Prior to Pregnancy Scale. In the analysis

of the data, mean, \pm SD and median for continuous variables, frequency and percentage for categorical variables, and independent groups t-test and ANOVA test were used for analysis of continuous variables.

Results: The mean age is 21.56 ± 1.75 . About half of the students listened to the birth story. 38.0% of the students who stated that they heard the birth story from their mothers with the highest rate stated that they felt positive emotions and 23.3% stated that they were not affected at all. The rate of those who have information about birth is 60.3% and they obtained this information from the internet-social media with the highest rate (71.1%). 73.4% of male students want to participate in the birth. Students, what needs to be done to eliminate the fear of birth in male spouses; They stated that training on the physiology of childbirth, early diagnosis of fear in spouses, providing educational content to all young people at the university for fear of childbirth, and encouraging men to attend birth preparation class training. Three out of every four male students are of the opinion that couples with fear of childbirth can plan an optional cesarean section. The total score of the students on the Men Childbirth Fear – Prior to Pregnancy Scale was 35.58 ± 10.17 .

Conclusion: The number of siblings, watching videos about the birth, listening to the birth story, knowing about the birth, wanting to participate in the birth of their spouse, planning a planned cesarean section are among the factors affecting the fear of birth in male students. According to these results, it can be suggested that men should be informed about labor and training should be organized for this.

Keywords: Fear of childbirth, Male students, Pre-pregnancy

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OC219

Are vaccines a concern?

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Introduction: It is observed that the vaccination rates have decreased in recent years because of the refusal or hesitancy of vaccination though the vaccines play a critical role in fighting against the infectious diseases and controlling the outbreaks. Propounding the determinants which have an impact upon the hesitancy by defining the existing vaccine hesitancy of parents is required to increase the rate of immunization and determine and maintain the treatments in the future. Therefore, by carrying out this research, we intended to determine the parental hesitancy and refusal of childhood vaccines in Turkey.

Materials and Methods: 1100 participants from 26 regions, who were selected among the Units for Territorial Statistics of Turkey, were involved in this sectional-

type research. Using the questionnaire forms, the socio-demographic characteristics of the parents, their hesitancy and refusal against the childhood vaccines and the factors that are thought to likely affect them are queried. The study was approved by the Scientific Research and Publication Ethics Committee in Inonu University. Data were evaluated at $p < 0.05$ significance level using SPSS 22 package program.

Results: 11.2% of those who participated in this research stated that they worried about the childhood vaccines and their concern resulted to a large extent from the chemical compounds of the vaccines. The level of concern against the vaccines have been found to be higher among those who got information about this issue on internet, social media or from family members, friends, relatives or TV or radio programmes and newspapers.

Conclusion: It is found that the individuals have a concern for the vaccines or refuse them supposing that the chemical materials the vaccine contain may cause the diseases such as autism. The sources of information are among the important factors which cause the emergence of hesitancy. The healthcare professionals have a remarkable role in enhancing and maintaining the success rate of the vaccination programs.

Keywords: Vaccination refusal, Child health, Immunization schedule

OC220

Evaluation Of The Relationship Between Osas Grade And Polysomnography And Laboratory Data

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Introduction: Obstructive sleep apnea syndrome (OSAS) is a syndrome characterized by recurrent complete or partial obstructions of the upper airway during sleep, intermittent hypoxia, and awakening. In this study, it was aimed to investigate the effects of demographic, polysomnographic and laboratory variables on OSAS severity when gender and comorbidities showed homogeneous distribution.

Materials and Methods: A total of 200 patients who underwent polysomnography at Malatya Turgut Özal University Chest Diseases Department Sleep Disorders Center in 2019-2020 were included in the study. Patients were grouped as normal ($AHI < 5$), mild OSAS ($AHI = 5-15$), moderate OSAS ($AHI = 15-30$), and severe OSAS ($AHI > 30$) according to AHI results. After standardizing the data of the patients in terms of gender and comorbidities, the difference between the OSAS groups was investigated according to demographic, polysomnographic and laboratory parameters. SPSS 26.0 program was used in the study. Chi-square (X^2) analysis was performed in the analysis of categorical data. One-way MANOVA Test was applied to examine the effect of an independent variable containing two or more groups on more than one dependent variable. Bonferroni Post-Hoc Test was used for intragroup comparisons.

Results: There was no statistically significant difference between OSAS groups according to gender and presence of additional disease (COPD, asthma, hypertension, diabetes) in the patients included in the study ($p>0.05$) (Table 1). In the study, a statistically significant difference was found between the groups according to age, BMI, desaturation index and minimum saturation value ($p<0.05$). Different degrees of OSAS affect age 8.2%(η), BMI 22.5%(η), desaturation index 23.8%(η), minimum saturation 36.7%(η). Laboratory parameters such as hematocrit, hemoglobin, total cholesterol, HDL, LDL, VLDL and triglyceride showed statistically significant differences between OSAS groups ($p<0.05$). Different degrees of OSAS effects hematocrit by 14.8% (η), hemoglobin by 16.8% (η), total cholesterol by 20.6% (η), HDL by 34.5% (η), LDL by 41.2% (η), VLDL by 23.4%(η), and triglyceride by 55.2%(η). OSAS groups did not show a statistically significant difference in terms of leukocytes and platelets ($p>0.05$). The total effect of these variables on the change was determined as $\eta(\text{eta}) = 71.3\%$.

Conclusion: According to the results of the study, the degree of OSAS affects age, BMI, desaturation index, minimum saturation, hemoglobin, hematocrit, total cholesterol, HDL, LDL, VLDL and triglyceride variables statistically.

Keywords: Desaturation index, OSA grade, Polysomnography

OC221

Evaluation Of Pain Levels In Regionally Invasive Procedures Applied To Children

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Introduction: Venous blood collection and intravenous catheterization children are integral part oftreatment. Since these procedures cause pain, fear and restlessness in children, they affect children traumatically. Therefore, pain management and assessment are important. This study was carried out evaluate level of pain experienced during venous blood collection and intravenous catheterization in children terms of procedure type and application site.

Materials and Methods: 61(39.9%) of children included in study were evaluated with venous blood collection and 92(60.1%) with intravenous catheter application. 60(39.2) procedures were applied hand, 60(39.2) forearm and 33(21.6) lower extremity. It was observed that pain severity scores of observers decreased significantly age, height and weight of children increased. It was observed that severity of pain was higher in girls. It was observed that the parents found pain intensity higher in venous blood collection procedure, and children found pain intensity higher in procedures applied to lower extremity.

Results: 61(39.9%) of children included in study were evaluated with venous blood collection and 92(60.1%) with intravenous catheter application. 60(39.2) procedures were applied hand, 60(39.2) forearm and 33(21.6) lower

extremity. It was observed that pain severity scores of observers decreased significantly age, height and weight of children increased. It was observed that severity of pain was higher in girls. It was observed that the parents found pain intensity higher in venous blood collection procedure, and children found pain intensity higher in procedures applied to lower extremity.

Conclusion: In this study, it was concluded that pain levels in invasive procedures differed significantly according demographic characteristics, the procedure performed and region. It can be recommended carry out studies on individuals sensitive to pain in terms of demographic characteristics, not to use lower extremity in invasive procedures unless it is necessary, and to carry out further studies without type of procedure and individual differences.

Keywords: Pain management, Child, Intravenous administration, Invasive procedure, Venous blood collection

OC222

The Effect Of Urinary Incontinence On Quality Of Life In A Women's Period

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Introduction: Urinary Incontinence (UI) is defined as involuntary UI that causes social and hygienic problems. UI is one of the important symptoms that affect a woman's physical, psychological, social and economic well-being and quality of life.

Results: Risk factors for UI were determined as age, menopause, parity, obesity, vaginal delivery and hysterectomy, early return to heavy work after delivery, genetic differences, recurrent resistant urinary infections, chronic constipation, coughing, antiestrogenic effect and decreased collagen synthesis. When the literature is examined; It was reported that the incidence of UI in pregnant women was 33% in the first trimester, 44% in the second trimester, and 69% in the last trimester. In addition, studies show that the incidence of UI is higher in vaginal delivery than in cesarean section. It is stated that pelvic floor muscle strength is decreased in women who have given vaginal birth and that the decrease in muscle strength is associated with pelvic floor disorders. It was also found that women in the menopausal period and those who gave birth 4 or more experienced more UI complaints.

Conclusion: It should not be forgotten that the problem of UI is a problem that can seriously limit the social, emotional and sexual existence of the woman, and midwives in the health team should evaluate all women who apply to the gynecology outpatient clinic in terms of risk factors (birth history, nutrition, family history, etc.) that may cause UI. evaluation is required. In addition, UI findings and risk factors, patients should be taught the necessary issues in prevention of UI (exercise, etc.), and midwives should take an active role in counseling services at these stages. Midwives and midwifery students should teach pelvic floor muscle exercises to women in the menopausal period and provide information on how to transform these exercises into a lifestyle of women.

Keywords: Postpartum period, Pregnancy, Woman, Menopause, Urinary incontinence

OC223

Turning Auditory Processing Test Into Android Application As At-Home Exercise For Hearing Aid Users

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Introduction: Auditory processing skills are targeted in auditory rehabilitation, which may consist of different content and steps. Although applications on digital platforms have become widespread during the Covid-19 pandemic, the exercises to be used for auditory rehabilitation on these platforms are limited. The aim of this study is to make auditory processing tests in an android application as a home exercise and to determine the utilization levels of hearing aid users from this application and the usability of the application.

Materials and Methods: This study conducted under two stages: Android application development and presentation of the application to the participants. In the first stage, the audio materials with reference to the auditory processing tests were created in a professional sound studio and turned into an android application by the software developer. The application has two main categories as bilateral or unilateral, and within each category it has exercises with 3 difficulty levels. In the second stage, the exercises were presented to 10 hearing aid users and 20 individuals with normal hearing, between the ages of 18-65, via remote access. Turkish version of The Mobile Application Usability Scale (MAUS) and the Turkish version of The Continued intention to Use Scale (CITUS) were used.

Results: Auditory processing tests into android application as at-home exercise for hearing aid users have been created. According to the mobile application usability scale (MAUS), the application was liked, but the graphics and animation categories were scored low in the application, while the other categories were scored high. According to the willingness to continue use scale (CITUS), 92% of patients would continue to use the application, while 8% did not require it.

Conclusion: An android application that presents auditory processing tests as an at-home exercise has been created and the usability of the application has been proven. It is thought that this study is important for future studies on digital platform applications that can be offered hearing handicapped people.

Keywords: Android Application, Home Exercises, Hearing Aid Users, Auditory Processing Tests

OC226

Importance Of Preoperative Mapping For Rare-Length Acute Appendicitis: A Case Report

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Introduction: Acute appendicitis is the most common cause of abdominal emergency surgery. Many different rare conditions are encountered during this surgery. One of them is that the appendix is longer than normal. The length of the appendix is usually 6-9 cm, although different lengths up to 30 cm have also been reported. This study, it was aimed to present a case of acute appendicitis with a length of 16 cm, extending along the ascending colon.

Results: A 34-year-old male patient applied to the emergency department with the complaint of abdominal pain for one day. At the time of admission, the patient's vital signs were within the normal range. On physical examination, there were signs of defense and rebound in the right lower quadrant of the abdomen. Laboratory tests included 15.9 g/dL hemoglobin, 11.8×10^3 /mm³ white blood cell count, and 2.0 mg/L CRP. Computed tomography was evaluated as acute appendicitis. The incision was widened when the appendix, which was reached by the Mc Burney incision, continued to extend from the cecum along the ascending colon. The end of the retrocolic appendicitis was hyperemic and inflamed. Appendectomy was performed. The postoperative period was uneventful and the patient was discharged 2 days after the operation. Histopathological evaluation was reported as acute appendicitis.

Conclusion: There are opinions that the length of the appendix vermiformis is highly correlated with body weight, leukocyte count, body mass index, and histological degree of inflammation. The longest appendix reported in the literature was reported as 26 cm in Croatia in 2006. In our case with a 16 cm long appendix, the cecum was in the right iliac fossa and the appendix extended retrocolically along the ascending colon. Although only 1-2 cm of the tip was inflamed, a positive examination finding was observed in the right lower quadrant. Innovative approaches such as preop mapping will be beneficial for clinicians to minimize perioperative surprises in frequently performed surgeries such as acute appendicitis. Preoperative mapping, which is usually done in cranial and vascular surgeries, is a necessity for all surgeries. This preparation will make a very important contribution to the management of exceptional situations that may cause the surgeon to have difficulty in making a decision. This will reduce conditions such as intraoperative complications, reoperation, and morbidity. All anatomical variations of the appendix, including length, should be kept in mind.

Keywords: Acute appendicitis, Surgery, Long appendicitis

OC228

Evaluation Of Postural Control, Vestibular Dysfunction, And Visual-Spatial Perception After Spinal Fusion Surgery In Individuals With Idiopathic Scoliosis

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Introduction: Visual-spatial perception, sensory-motor integration, postural control, and balance may be affected in individuals with idiopathic scoliosis. Our aim is to evaluate vestibular dysfunction and to examine changes in balance, spatial memory, and navigation performance in idiopathic scoliosis after posterior spinal fusion surgery.

Materials and Methods: The population of the prospectively designed study consisted of individuals with scoliosis who were scheduled for posterior spinal fusion surgery. Due to the departure of the surgeon during the data collection phase and the ongoing difficulties of the participants during the pandemic process, it was continued as a case study. Cobb angles of the participants were recorded. In addition, the degree of rotation was measured with the mobile application called Scoliosis Tracker. Cases were evaluated 1 day before surgery, 30 days and 6 months after surgery. Balance (Romberg test, one-leg standing time), vestibular function (Unterberger test), visuospatial working memory (Visuospatial Memory Test), navigation performance (triangle completion task), fear of falling (Visual Analog Scale) and quality of life (Scoliosis Research Society-22) were evaluated.

Results: In total, 3 cases were included. Preoperative Cobb angles were 51°, 47°, and 61°, respectively, while post-surgery angles were 10°, 7°, and 4°, respectively. The Romberg test was negative with eyes open and closed. One-leg standing times did not show a homogeneous increase. In case 1, while there was a significant decrease in the second and third evaluations of eye open and closed rotations in the Unterberger test, the amount of eye-closed displacement showed a significant change compared to the baseline. In addition, no significant changes were observed in the amount of eye open displacement. In case 2, the amount of eye-open rotation and displacement decreased. There was no change in visual-spatial working memory. There was a significant improvement in the amount of triangle completion task deviation in both measurements in case 1 and in the 1st-month control in case 2. Fear of falling was significantly reduced in case 1.

Conclusion: In the results of this study, improvements were shown in terms of one-leg standing time, vestibular function, navigation performance, fear of falling, and quality of life compared to pre-surgery in individuals undergoing adolescent idiopathic scoliosis surgery. However, there was no change in working memory.

Keywords: Idiopathic scoliosis, Postural control, Vestibular dysfunction, Visuospatial working memory

OC229

An Early Intervention Perspective Of Children Of Deaf Parents (Coda): "Coda" Movie Review

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Introduction: CODA is an acronym for Children of Deaf Adults and refers to hearing children of deaf adults. Because the parents of CODAs are deaf, they may also have

speech problems related to it. This suggests that hearing CODAs may have problems in their communication with their parents from infancy and, accordingly, in some areas of their development. Consequently, it is thought that early intervention studies that will support deaf parents' communication with their children and their acquisition of necessary skills for CODAs' development are also important. CODA movie, which tells the story of a teenage CODA, is a good example that sheds light on the issues faced by CODAs and their parents. Therefore, it is aimed in this study to emphasize the need of early intervention support that these individuals and their parents by examining the CODA movie. It is thought that these interventions, may contribute to the prevention of possible problems and delays that may occur in the development of CODAs.

Materials and Methods: This study is a qualitative study in which content analysis method is used to examine and evaluate the CODA movie.

Results: It is observed that CODAs experience problems such as developmental delays, academic failures, excessive and age-inappropriate responsibilities and, inadequacies in social relationships. It is observed that parents of CODAs have difficulties in communicating with their children, recognizing their children's needs, supporting their children, and providing academic support for their children.

Conclusion: The study revealed the importance of supporting CODAs and their parents for their development and education.

Keywords: CODA, Deaf parents, Early intervention, Movie review, Prevention

OC230

Risk Status Of Type 2 Diabetes Of Working And Non-Working Women Based On Their Dietary Habits

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Introduction: The working status of individuals may indirectly affect their lifestyles and dietary habits. Improper dietary habits may also cause many chronic diseases, including type 2 diabetes. In this study, it was aimed to determine the type 2 diabetes risk of working and non-working women aged between 20-59 years based on their dietary habits.

Materials and Methods: The study was carried out with a total of 203 volunteer women – 115 working and 88 non-working. A general questionnaire and Finnish Diabetes Risk Score (FINDRISC) questionnaire were completed by the participants. Diabetes risks were determined according to the FINDRISC scores of the participants, and compared with their working status and dietary habits.

Results: There was no significant difference between the FINDRISC scores of the participants and their working status ($p>0.05$), but there were significant differences between their working status and their eating habits

($p < 0.05$). It was found that working women preferred meals that were easy and took a short time to prepare like ready-to-eat or heat-and-eat, while non-working women preferred meals that took longer to prepare like home-made meals ($p < 0.01$). In addition, working women ate out more often than non-working women ($p < 0.01$) and on meal basis; it was determined that working women mostly ate their evening meals out, while non-working women ate their lunch out ($p < 0.01$).

Conclusion: Although no direct relationship was found between working status and type 2 diabetes risk, the results may suggest that the working status of individuals can affect their eating habits.

Keywords: Diabetes risk, Working status, Dietary habits

OC231

Comparison Of The Nutrient Contents Of The Foods Consumed And The Mood Profiles Of Female University Students

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Introduction: This research was planned to investigate whether there is a relationship between the contents of the foods consumed by female university students and their mood profiles.

Materials and Methods: This study was conducted with 167 female students aged between 18-26 who voluntarily agreed to participate. A socio-demographic questionnaire, nutritional habits questionnaire, and The Profile of Mood States (POMS) questionnaire were administered to the participants online, and they were asked to fill out a 3-day food consumption record. In the study, macro and micro nutrients in the diet and tension, depression, anger, vigor, fatigue, confusion and total mood disorder scores in the POMS scale were evaluated.

Results: The mean body mass index (BMI) of the participants was determined as $21.20 \pm 16.5 \text{ kg/m}^2$, and there was no statistically significant relationship between total mood scores and BMI levels of individuals ($p > 0.05$). A very weak positive correlation was found between energy intake and the scores of vitality, depression and anger ($p < 0.05$; $r = 0.02$). There was no statistically significant relationship between the carbohydrate and fat intake and their mood scores ($p > 0.05$). A very weak positive correlation was found between the protein intake and the mood scores of depression, anger, and fatigue ($p < 0.05$; $r = 0.02$). Also, a significant correlation was found between the vitamin C, iron and zinc intake of the participants according to their dietary reference values (DRI) and their vitality mood scores ($p < 0.05$). A very weak negative correlation was found between the amount of caffeine intake and the complexity mood score ($p < 0.05$; $r = 0.02$).

Conclusion: It has been found that the contents of the foods consumed may effect – even if it is weak relationship – the mood of the individuals.

Keywords: Nutrition, Nutrients, Mood, POMS

OC232

Black Cumin (Nigella Sativa) Sprouts: A Nutritional Supplement Rich In Bioactive Components

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Introduction: Black cumin (*Nigella sativa*) has been served for many years as a medicine, nutritional supplement, food preservative and spice. In recent years, the effect of nutrition on health and the perception of this important relationship more; has made consumers pay more attention to food and nutrition. For this reason, the consumer's tendency to eat foods rich in vitamins, minerals, bioactive ingredients and antioxidant substances has increased. Edible sprouts are foods rich in bioactive components obtained by the germination process in plants and seeds at certain temperatures and durations somehow. In addition to their nutritional properties, sprouts are considered among notable functional foods thanks to their dietary fiber content, vitamins, minerals, flavonoids and phenolic compounds that increase during germination. In this study, it was aimed to expand the industrial and domestic production and consumption of seed sprouts in our country by emphasizing the effect of germination on the functional properties of black cumin and the importance of consumption of sprouted seeds.

Materials and Methods: Black cumin seeds were obtained from a local herbalist in Malatya province. Black cumin seeds were left to germinate in a humid environment free from sunlight at room temperature ($25 \pm 3 \text{ }^\circ\text{C}$). Samples were collected day-by-day throughout the germination (for 17 days). Collected samples were dried in a cool environment and grounded to powder with the help of a laboratory-type grinder. Obtained seed and sprout powders were stored at $-30 \text{ }^\circ\text{C}$ until further analyses. Sugar content, tocopherol composition, total flavonoid content, total phenolic content and antioxidant activity of the sprouts were determined.

Results: For the tocopherol composition analysis, the amount of α and β tocopherols continued to increase until the 11th day of germination, but no significant increase was observed in the following days. It was determined that the dominant isomer among the tocopherols during germination was γ -tocopherol and its amount increased in the range of 0-11 days (35.73-80.11 mg tocopherol/100 g black cumin sprouts) and tended to decrease in the following days of germination. The amount of total phenolic content increased until the 12th day of germination (266.54 mg GAE/100 g black cumin sprouts), and it decreased (160.78 mg GAE/100 g black cumin sprouts) in the following days. A positive correlation was observed between total phenolic and total flavonoid content during all germination days. And it was shown that the DPPH radical scavenging activity of the methanolic extract of the sprouts (99.8%) reached the highest value on the 12th day of germination (277.67 mg Trolox/100 g black cumin sprouts). Similarly; ABTS+ quenching activity of the ethanolic extract of the sprouts (70%) also reached the highest value on the 12th day.

Conclusion: Black seed sprouts can be considered as a functional component of the diet with being an excellent source of natural antioxidants.

Keywords: Nigella sativa, Black cumin, Sprout, bioactive ingredient, Nutritional supplement

OC236

Investigation Of Renoprotective Effects Of Theranekron® And Misoprostol After Partial Hepatectomy In Rats

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Introduction: In the present study, we were aimed to investigate after Partial Hepatectomy (PH) renoprotective effects of Misoprostol (MS) and Theranekron (TC) have been examined and the findings have been supported by histopathological datas in rats.

Materials and Methods: For this purpose 15-16 months years old 38 Sprague Dawley female rats were used. The animals were randomly divided into five groups as follows: Control, Sham, TC, MS and TC+MS groups.

Results: Among groups, serum BUN and kidney tissue SOD, MDA and CAT parameters and histopathological findings were shown statistically significant differences among groups. After PH, kidney tissue must be supporting by using MS and TC, and there was not seen any synergism or antagonism between MS and TC.

Conclusions: Either liver regeneration or kidney tissue protection, it may be say that postoperative period should be at least 10 days or longer and higher doses MS and TC must be use in rats.

Keywords: Renoprotection, Theranekron, Misoprostol, Partial hepatectomy, Rat

OC237

Investigation Of The Effect Of Parents' Interactive Book Reading Intervention On The Parents' Book Reading Beliefs And The Child's Communication Skills And Book Reading Behaviors

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Introduction: Interactive book reading is a reading technique that has entered the literature as a method that allows adults to read books in dialogue with children in the preschool period and contributes to all developmental areas of children. Interactive book reading especially supports the development of language and reading behavior of children. It is known that the parent-based interactive book reading intervention program creates great differences in children's developmental areas and reading habits.

In this study, it was aimed to examine the effect of interactive book reading intervention program on parents' book reading beliefs, children's communication skills and book reading behaviors.

Materials and Methods: The study was carried out on a voluntary basis with 39-72 months old children and their parents attending kindergartens in Altındağ district of Ankara province. The study, which was conducted as an experimental study, included 16 children and parents in the experimental group and 16 children in the control group. Demographic Information Form, Early Childhood Development Inventory II (EGE II) Communication sub-dimension, Parent Reading Beliefs Scale and Children's Book Reading Behaviors Inventory were used in the study. During the 3-month intervention period, informative videos on interactive reading were sent to the parents for 7 days, and then information notes on interactive reading were sent to the parents every day.

Results: When the results of the study were examined in terms of the experimental-control group scores, it was found that there was a significant difference in the EGE II Communication sub-dimension and parental reading beliefs, while there was no significant difference in the child's reading activities observation scale scores. In the EGE II Communication sub-dimension, it was seen that the parents in the experimental group got higher scores than the parents in the control group as a result of the intervention program, and they were ahead in terms of communication. Before the intervention program was implemented, it was observed that the parents in the experimental group initially considered themselves sufficient in terms of reading beliefs after the interactive book reading intervention program, but realized that support was needed after the training, and received lower scores, while in the control group, no change occurred.

Conclusion: The intervention in the study led to positive changes by increasing the awareness of parents. It is important to provide parent training on interactive book reading so that parents can read books to their children and increase their reading beliefs. In addition, it may be recommended to increase the number of these trainings and to monitor their effects on parents and children.

Keywords: Child communication, Interactive book reading, Intervention, Reading behavior, Reading beliefs

OC238

Efficacy Of Proprioceptive Neuromuscular Facilitation In Improving Shoulder Biomechanical Parameters, Functionality, And Pain After Axillary Lymph Node Dissection For Breast Cancer: A Randomized Controlled Study

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Introduction: Axillary lymph node dissection and radiotherapy have been associated with pain, physical symptoms, and decreased functional abilities in the upper extremity. This study aimed to evaluate the potential effects

of the proprioceptive neuromuscular facilitation (PNF) technique on muscle strength, pain and functionality in this patient group in comparison with progressive resistance training (PRT).

Materials and Methods: The study was conducted with a randomized clinical trial design. Sixty-six women were included in the study and randomly divided into three groups: the PNF group (n=22), the PRT group (n=22), and the control group (n=22). The participants were evaluated at the baseline and after eight weeks of treatment. Outcome measures were determined as pain (the Visual Analog Scale), upper extremity strength (isokinetic dynamometer), functionality (the Disabilities of the Arm, Shoulder and Hand questionnaire), and perception of change (the Global Rating of Change Scale).

Results: The results showed statistically significant changes in both treatment groups in terms of shoulder flexors/extensors, abductor/adductors, internal/external rotators strength measurement, pain, and functionality ($p<0.05$). Concerning functionality and perception of change, the PNF group had a statistically significantly higher improvement compared to the remaining two groups ($p<0.05$).

Conclusion: PNF is an effective technique in increasing upper extremity muscle strength, reducing pain during rest and activity, and improving functionality in patients receiving breast cancer treatment.

Keywords: Axillary lymph node dissection (ALND), Breast cancer, Muscle strength, Proprioceptive neuromuscular facilitation (PNF), Upper extremity function

OC239

Youtube English Videos As A Source Of Information On Arm And Shoulder Exercise After Breast Cancer Surgery

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Introduction: To examine the reliability, quality and content of YouTube videos on exercises that can be performed after breast cancer surgery.

Materials and Methods: Videos selected from YouTube using the search terms “shoulder exercise and breast cancer surgery”, “arm exercise and breast cancer surgery”, and “physiotherapy/physical therapy and breast cancer surgery” were categorized as useful or misleading by a surgeon and a physiotherapist. The search was carried out on 10.02.2021. The videos were analyzed using the five-point DISCERN scale for reliability, the Global Quality Scale for quality, and a 10-item scale for comprehensiveness.

Results: Of the 180 videos initially analyzed, 82 were included in the study, and 42 (51.2%) were classified as having misleading information and 40(48.8%) as having useful information. The reliability, quality and content scores of the videos containing useful information were higher ($p<0.001$). Most of the videos in the useful information

group (80%) were uploaded by universities/professional organizations/physicians/physiotherapists, while the majority of those in the misleading information group (47.6%) were uploaded by websites providing independent health-care information.

Conclusion: YouTube can be an important instrument to protect patients from musculoskeletal system complications after breast cancer treatment and improve existing complications. Universities, physicians, and physiotherapists should be encouraged to prepare more videos containing full and accurate information on this subject.

Keywords: Breast cancer, Exercise, Physical therapy, Patient education, YouTube

OC241

Investigation Of The Effect Of Laughter Yoga On Breastfeeding Self-Efficacy: A Randomized Controlled Study

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Introduction: The mother’s perception of breastfeeding self-efficacy is one of the most important factors affecting the duration and success of breastfeeding. It has been proven by studies that mothers with high breastfeeding self-efficacy continue to breastfeed longer. The adaptation problem experienced by the mother in the postpartum period, the stress and emotional storm caused by being a new mother, the difficulties faced by the mother during the breastfeeding process, the baby’s care, the interaction between the mother and the baby, and breastfeeding self-efficacy can affect negatively. In the researches, the positive and healing effects of laughter yoga on the current situation have been determined. The research was conducted to examine the effect of laughter yoga on breastfeeding self-efficacy.

Materials and Methods: The randomized controlled type study was conducted in a family health center in a city center in eastern Turkey. The research was carried out in two steps. In the first step; The pre-test data of the study were collected by interviewing the women who had a 0-1 month old baby and applied to the family health center for any reason, and the women’s contact information was obtained. In the second step; Data were collected in line with the group they belonged to (experimental: 52 and control: 44) by contacting the women assigned to the groups. Laughter yoga was applied to the women in the experimental group. The data of the study were collected through the “Descriptive Information Form” and “Postnatal Breastfeeding Self-Efficacy Scale-Short Form” prepared to describe the characteristics of women who had vaginal delivery.

Results: In our study, there was no statistically significant difference between the breast-feeding self-efficacy mean scores of the women in the experimental and control groups ($p<0.05$). As a result of the laughter yoga practice, the breastfeeding self-efficacy scores of the women in the experimental group were found to be higher than the


breastfeeding self-efficacy scores of the control group, and a statistically significant difference was found ($p < 0.05$).

Conclusion: In the study, it was determined that laughter yoga improves mothers' breastfeeding self-efficacy.

Keywords: Breastfeeding, Laughter Yoga, Midwifery

OC242

The Effect Of Health Literacy Level On The Level Of Internet Decision Making During Pregnancy

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Introduction: This research was conducted to determine the relationship between the level of health literacy and the level of decision-making through the Internet during pregnancy.

Materials and Methods: The sample of this cross-sectional and relationship-seeking study consisted of 373 pregnant women who were admitted to the hospital at the time of the study, accepted to participate in the study, had no difficulty communicating and had no psychological problems in the pregnant education class of the Midwifery Department of the Faculty of Health Sciences of Inönü University. The data were obtained through the "Personal Introduction Form", "Decision-Making Scale via Internet during Pregnancy (GIYKAÖ)" and "Health Literacy Scale

(HLS-14)". Descriptive statistics, Pearson correlation and regression analysis were used in the analysis of the data.

Results: The mean age of the pregnant women was found to be 28.36 ± 5.13 and the mean age of the pregnant women was found to be 36.35 ± 2.68 weeks of gestation. The average total score of the Health Literacy Scale of pregnant women was found to be 46.00 ± 7.00 , and the average total score of the Decision-Making Scale via the Internet during Pregnancy was found to be 16.90 ± 11.00 . As a result of the correlation analysis, when the Health Literacy Scale of pregnant women and the total score averages they received from the Internet Decisionmaking Scales during Pregnancy were compared, it was determined that there was a weak significant negative correlation between the score averages ($r = -0.107$; $p = 0.039$). In addition, as a result of the regression analysis, it was found that 9% of the variance in the dependent variable was explained by the independent variable and that making decisions via the Internet on the level of health literacy was a significant predictor.

Conclusion: It was found that as the health literacy levels of pregnant women increased, the Decisionmaking levels via the Internet decreased and the relationship between them was significant. In addition, it was found that decision-making via the Internet is a significant predictor of health literacy level. When evaluated from this point of view, it can be said that it is important to evaluate the health literacy and decision-making levels of pregnant women through the Internet during pregnancy.

Keywords: Decision-making via the internet, Health literacy, Pregnant