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Poster Communications

PC9

Investigation Of Physicochemical And Functional Properties Of Hawthorn (*Crataegus Orientalis*) Fruit

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Introduction: In recent years, medicinal wild plants have attracted increasing attention worldwide due to their richness in bioactive compounds and their beneficial properties on health. One of these medicinal plants is hawthorn (*Crataegus* spp.), which belongs to the *Maloideae* subfamily of the Rosaceae family. Hawthorn is a type of fruit that grows naturally in Turkey, has been widely used in traditional medicine since ancient times, has various functional properties (anti-inflammatory, antimicrobial, and antioxidant) and is rich in phenolic compounds. The acceptance of the fruit as a source of antioxidants is due to the well-known phenolic compounds such as rutin, hyperoside, quercetin, isoquercetin, epicatechin, chlorogenic acid and protocatechic acids in its content. In this study, it was aimed to determine the physicochemical properties, total phenolic content and antioxidant activity levels of hawthorn growing naturally in Niğde province.

Materials and Methods: Phenolic compounds were extracted from hawthorn collected from Ulukışla district of Niğde province and total phenolic content (Folin-Ciocalteu method) and antioxidant activity levels (DPPH, ABTS and FRAP methods) were determined. In addition, the physicochemical properties of the fruit were also examined.

Results: In hawthorn, pH (4.38 ± 0.01), water activity (0.952 ± 0.003), total acidity (0.86 ± 0.01 %), total dry matter (26.11 ± 0.42 %) and soluble dry matter content

(17.25 ± 0.50 °Brix) were determined. The total phenolic content in the fruit was determined as 24.96 ± 0.23 mg gallic acid equivalent (GAE)/g dry matter (DM). The antioxidant activity levels obtained as a result of DPPH, ABTS, and FRAP analyzes were found to be 159.24 ± 1.04 mmol trolox equivalent (TE)/kg DM, 119.77 ± 0.26 mmol TE/kg DM, and 35.22 ± 0.56 µmol TE/g, respectively.

Conclusion: It is among the prominent results that *C. orientalis* has a rich phenolic content and the antioxidant activity level determined by the DPPH method is higher when compared to ABTS and FRAP methods. Due to these properties, it is thought that in future studies, hawthorn can be used in the composition of various foods and thus the functionality of foods can be increased.

Keywords: Hawthorn, Antioxidant activity, *Crataegus orientalis*, Phenolic profile, Functional feature

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PC30

Hemovigilance Nursing And Transfusion

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Introduction: The increase in diseases along with the increase in the population in our country and in the world has caused an increase in the need for donors. Because the number of donors is not at the desired level, blood and blood products are not used carefully, they are stored incorrectly, and the rates of destruction are high, there may be difficulties in accessing blood products in hospitals. In

order to eliminate these problems and to ensure safe blood transfusion, there are hemovigilance units in hospitals.

Results: Hemovigilance is a complete monitoring procedure of all transfusion steps, from obtaining blood and its products to the follow-up of final recipients. According to the World Health Organization (WHO), the goal of hemovigilance is to improve the transfusion chain through corrective and preventive actions to improve donor safety, better use of blood components and plasma products, improve patient safety and outcomes, minimize risks and costs and reduce unnecessary use.

Conclusion: It is very important for hemovigilance nurses who initiate, maintain and end the blood transfusion process to have up-to-date information on safe blood transfusion and to apply evidence-based interventions for safe blood transfusion.

Keywords: Transfusion, Nurse, Hemovigilance

PC43

Co-Encapsulation Of Bioactive Compounds In Strawberry Juice And Probiotic Bacteria

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Introduction: Probiotic bacteria are present in many foods as well as used in the production of different food products, which have beneficial effects on human health. These microorganisms cannot reach to the human gastrointestinal tract or cannot be effective because of the environmental conditions during food processing, preservation and consumption. For this purpose, the microencapsulation technique is applied to probiotic microorganisms to maintain their viability during food processing, preservation and access to the gastrointestinal system. In this study, co-encapsulation of strawberry juice phenolic compounds and *L. acidophilus* was performed and yield, encapsulation efficiency and some physical and chemical measurements in the capsule were investigated.

Materials and Methods: The study determined strawberry juice's physicochemical properties, total phenolic content, and antioxidant activity values.

Results: The total phenolic content of strawberry juice was 49.22 ± 1.00 mg gallic acid equivalent (GAE)/g dry weight (DW). The antioxidant activity values obtained as a result of DPPH, ABTS, and FRAP analyzes were determined as 76.62 ± 0.04 %, 120.07 ± 0.05 mmol trolox equivalent (TE)/kg DW, and 9.44 ± 0.12 μ mol TE/g, respectively. Strawberry juice and *Lactobacillus acidophilus* were co-encapsulated by spray drying using gum arabic as coating material. The encapsulation yield and efficiencies were determined as 73.76 ± 1.41 % and 71.41 ± 0.82 %, respectively. In addition, this study made the density, solubility, water activity, color, moisture content, total phenolic content, and antioxidant activity determinations in the capsules and visualized the capsules' morphological structures by scanning electron microscope (SEM) at different magnifications scanning electron microscope (SEM) at different magnifications.

Conclusion: It has been determined that the viability of *L. acidophilus* continues in the capsules obtained because of co-encapsulation. Using these capsules in food systems will bring functional properties to the food and future studies on this subject will gradually increase

Keywords: Gum arabic, Co-encapsulation, Strawberry juice, *Lactobacillus acidophilus*

PC64

A Novel Nutritional Support: Berberine - Biological Activities And Health Effects

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In recent years, traditional natural food components and the investigation of the therapeutic activities of these molecules have come to the fore in the scientific literature. Berberine, also known as "*Coptis rhizome*", is a herbal metabolite with potent biological and pharmacological activity, belonging to the class of isoquinolein alkaloids with remarkable therapeutic diversity. Berberine and its derivatives, which can be isolated from *Coptis chinensis*, a plant of Chinese origin, and other Berberis plants, are one of the most interesting and promising natural biological agents in recent years due to their proven biological activity in many important biochemical pathways, especially in apoptosis, carcinogenesis, and metastasis. Although positive efficacy of this herbal metabolite has been demonstrated in neurodegenerative and neuropsychiatric diseases (*Alzheimer's/Parkinson's* diseases, cerebral ischemia, cognitive depression, anxiety, schizophrenia), various cancer types, metabolic diseases, and related symptoms (*diabetes mellitus*, obesity, obesity-associated inflammation), cardiovascular diseases (atherosclerosis, hypertension, hyperlipidemia), its potential mechanisms of action are still unclear. What is known about the solubility, absorption, and basic efficacy of this natural nutritional component, with low toxicity level, in biological pathways is still limited. More large-scale, long-term, and multicenter clinical studies are needed to confirm the associated molecular mechanisms and evaluate the efficacy and safety of this biological agent in the treatment of metabolic diseases. This review summarizes the prominent basic biological activities of berberine and its derivatives, the mechanisms of action in the pathogenesis of some diseases, as well as their potential health effects.

Keywords: Berberine, *Berberis vulgaris*, Biological activity, Bioavailability

PC67

Novel Coronavirus 2019 (Covid-19): Long-Term "#Stayhome" State And Current Physical Activity Recommendations

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As of September 2022, the coronavirus epidemic, which has more than 605 million definitively diagnosed cases and more than 6.4 million deaths worldwide, has been defined as a "pandemic" by the World Health Organization (WHO). While vaccine and drug studies for the virus continue, countries have given their citizens a series of individual protection methods as well as restriction of public transportation and #stayhome recommendations for a long time. Staying at home has brought with the limitation of physical activity, sedentary lifestyle habits, the duration of regular physical activity during the day has been shortened, and the risk of developing potential chronic diseases in the society in the long run has increased. The spread of sedentary lifestyle habits throughout the society, the new generation of sedentary and inactivity have become one of the most important problems faced by the world population since the past years. Although before the pandemic, in 2017, WHO created and published the Global Action Plan for Physical Activity 2018-2030 (GAPPA); The world population has failed to implement these recommendations due to the pandemic. The pandemic continues its impact on the world population. Current studies have reported and made concrete the physical inactivity levels of individuals in this process. It is foreseen that the pandemic process will prolong and being "safe and healthy" at home/outside the home can be achieved by staying active. Although the coronavirus pandemic is an important public health problem today, the regulation of daily exercise and/or physical activity routines is included in the public health guidelines of very few countries in this process. It is extremely important to develop home-centered activities and exercise programs for new types of living conditions, and to revise and reactivate the GAPPA plan. The step-by-step, comprehensive recommendations given in the World Health Organization's 2020 Physical Activity Guidelines can be used to increase the activity levels of populations. In this review, sedentary living habits brought about by long-term stay at home and self-isolation, long-term health outcomes of this situation and current physical activity recommendations published in this process are given.

Keywords: Covid-19, Stayhome, Sedentary lifestyle, Physical inactivity

PC72

Rediscovering The Social Model Of Childbirth The Kitzinger Method

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Introduction: Pregnancy and birth are accepted as normal life events that are accepted as natural in human life. However, it is stated that today, for different reasons, the naturalness of childbirth is moved away. Until the 20th century, the birth event, which was carried out by women without help or with non-professional support, was moved from home to hospital in time in parallel with the advancement of technology. Accordingly, the meaning of the event

of birth has changed from a social and personal event to a medical event.

Results: Kitzinger, a social anthropologist, approached birth from a different perspective. Kitzinger stated that the core values of each culture emerge in the beliefs and ceremonies surrounding birth and death. In traditional cultures, these values focus on the importance of positive relationships in the family and the society in which the individual lives (relatives, mother-in-law, village clan and tribe, etc.), whereas in a technocratic culture, these values are replaced by health personnel who use technology, interpret and act according to the data they have. The reason for this situation is that maternal and perinatal mortality and morbidity rates decrease when traditional delivery methods are replaced by a technocratic and hospital-based system. However, the implicit message given here is that the medical birth model is superior to the social model. This new technocratic birth model, in which women are alone and midwives become dependent on electronic devices, is expressed as an uncontrolled experiment that spread from the United States to the whole world towards the end of the 20th century and has only just begun to be evaluated. Compared to social childbirth, it is stated that this condition is associated with artificial stimulation of the uterus, pain medications, invasive vaginal deliveries, virtual cesarean section epidemic, babies sent to intensive care, and many women suffering from post-traumatic stress disorder.

Conclusion: Birth in a technocratic culture has ceased to be a ceremony among strangers, in an unfamiliar environment, as a medical event and shared by women in a close relationship. We need to rediscover support from woman to woman and return to celebrating birth as a social process. Raising the awareness of midwives, who are especially trained to be with women, is important for increasing the health of mothers, babies and the community.

Keywords: Birth, Midwifery, Model, Natural Birth, Social

PC92

Safe Sleeping Environment For 0-12 Months Babies And The Responsibilities Of Midwives

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Introduction: Sleep is one of the most important requirements of life. This review was based on the literature in order to evaluate the safe sleeping environment and the responsibilities of midwives in 0-12 months old babies.

Design: It was searched on PubMed, Cochrane and Google Scholar pages between 12-20 September 2022 using the keywords and combination of "baby", "newborn", "sleep" and "safe sleep", and the findings obtained as a result of the scanning were presented in an interpretative way.

Result: The definition of safe sleep first emerged with Sudden Infant Death Syndrome. Sudden Infant Death


Syndrome is the unexpected and unexplained sudden death of infants under one year of age, after a thorough investigation, clinical history, and autopsy examination. While statistics on Sudden Infant Death Syndrome are not available in our country, it is among the leading causes of neonatal death in the United States. A safe sleep environment aims to protect the baby's sleep environment from situations such as suffocation during sleep or Sudden Infant Death Syndrome. A safe sleeping environment is to put the baby to sleep in the supine position and on a hard surface, there are no objects such as blankets, pillows, and toys that may cause the baby to suffocate in the sleeping area, parents do not use alcohol, substances and cigarettes, breast-feed the newborn, use a pacifier only during the transition to sleep before sleep, and interact with the parent. It includes room sharing instead of bed sharing. In order to provide a safe sleeping environment, midwives need to provide education to parents by taking advantage of opportunities such as prenatal care, postnatal discharge planning, newborn discharge, regular home visits, vaccination and healthy baby follow-up, be a role model for parents in the hospital and work on the subject.

Conclusion: A safe sleeping environment is created especially by sleeping position, sleeping surface, room/bed sharing, warmth, breastfeeding, pacifier use and not using cigarettes, alcohol and drugs, and the most important responsibility of midwives in this regard is parent education. It is recommended to conduct qualitative and quantitative studies on a safe sleeping environment and Sudden Infant Death Syndrome.

Keywords: Midwife, Newborn, Safesleep, Sleep

PC93

Intrahepatic Pregnancy Cholestasis And Midwifery Care

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Introduction: Intrahepatic pregnancy cholestasis is the most common pregnancy-specific liver disease that usually occurs in the second or third trimester. The aim of this review is to present pregnancy intrahepatic cholestasis and midwifery care in line with the current literature.

Materials and Methods: The data in this review; A literature review was conducted using the keywords and combinations of "pregnancy", "cholestasis" and "midwifery" from Science Direct, PubMed and Scopus databases. The findings obtained as a result of the scanning are presented in an interpretative way.

Results: Intrahepatic cholestasis of pregnancy is a common pregnancy disorder characterized by itching and elevated bile acids. The incidence of intrahepatic pregnancy cholestasis varies depending on the ethnic city of the population and the diagnostic criteria used. The disease process of intrahepatic pregnancy cholestasis is not well understood and its etiology is influenced by a combination of genetic, endocrine and environmental factors. The first

and major symptom of intrahepatic pregnancy cholestasis is itching, and in cases where the disease progresses, darkening of the urine color, lightening of the stool color and urinary system infections are observed. Intrahepatic gestational cholestasis is associated with both maternal and fetal risks, with the primary risk for the fetus. The most common fetal outcome is preterm delivery and sudden cessation of fetal heartbeat. Considering the maternal-fetal effects of intrahepatic pregnancy cholestasis, midwives should take a detailed anamnesis, prepare an appropriate care plan, follow up the woman and be informed about intrahepatic pregnancy cholestasis.

Conclusion: Intrahepatic pregnancy cholestasis is a condition that puts pregnancy at risk and is associated with both maternal and fetal risks, and midwives have important responsibilities in the care of pregnancy cholestasis.

Keywords: Pregnancy, Cholestasis, Midwifery

PC103

Demographic characteristics and types of Disorder of The cases applying to A Special Education Center With Speech And Language Disorders reports

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Introduction: Special education and rehabilitation centers are one of the employment areas of speech and language therapists. These centers provide state-supported education with the reports given from guidance and research centers. Speech and language therapists provide therapy services for more than one disorder in special education and rehabilitation centers. The purpose of this study was to determine the stated types of speech and language disorders in the reports of the guidance and research centers and to describe the age and gender of the cases who applied to a special education and rehabilitation center in Malatya.

Materials and Methods: Data were collected via Yopeck software used by the center. The data of 127 cases who applied to the center with complaint of speech and language disorder between September 2021 and September 2022 were analyzed retrospectively.

Results: According to their search findings; the number of male cases applying was 93 and the number of female cases was 34. The age ranges of the cases ranged from 2 to 70, and the school-age case rate was 59,1%. 71 cases had more than one type of disorder in their reports. In order of the most common types of disorders in the applicant cases were speech sound disorders, speech fluency disorders, language disorders, motor speech disorders, acquired language disorders, resonance disorders and voice disorders.

Conclusion: It was seen that the case population who applied to the special education and rehabilitation center with a speech and language disorder was quite diverse in terms of age and types of disorders.

Keywords: Speech and language therapy, Special education center, Special education report

PC115

Pregnancy After Bariatric Surgery

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Introduction: Obesity, which is defined by the World Health Organization (WHO) as excessive fat accumulation in the body to the extent that it impairs health, is among the important health problems of today. In the ineffectiveness of diet and exercise, bariatric surgery methods can be applied. The height and weight index of women of reproductive age is increasing due to reasons such as impaired malnutrition and environmental conditions, and their tendency to obesity is gradually increasing. Therefore, bariatric surgery methods have become widespread among women of reproductive age. In addition to the many benefits of bariatric surgery for women considering pregnancy, there are significant risks and difficulties. The aim of the study is to examine the risks and difficulties of pregnancies after bariatric surgery in line with the literature.

Results: Women with a history of bariatric surgery prior to pregnancy are less likely to experience obesity-related comorbidities such as gestational diabetes and hypertension. Bariatric surgeries in reproductive age can also improve factors related to anovulation and provide spontaneous fertility. However, pregnancy is not recommended for the first 18 months, as nutrient or protein deficiencies that may occur with rapid weight loss in the first 12 months after the operation may adversely affect fetal development. At the same time, maternal micronutrient deficiencies, iron or B12 deficiency anemia, dumping syndrome, internal hernias, fetal perinatal mortality, congenital anomaly and admission to the intensive care unit are at increased risk.

Conclusion: Bariatric surgery may reduce the likelihood of adverse maternal-fetal outcomes in pregnancy (example gestational diabetes, hypertensive disorders and macrosomia). Women who are considering pregnancy after bariatric surgery should be informed about the risks and family planning done to prevent early pregnancy. Follow-up of the pregnant should be done closely and frequently. Multidisciplinary follow-up is required to ensure the best outcome for mother and baby.

Keywords: Bariatric surgery, Pregnancy, Obesity

PC116

Spectrophotometric Determination Of Some Physicochemical Properties In Malatya Apricot Gum

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Introduction: Apricot gum is a kind of polysaccharide obtained from the trunk and branches of the apricot tree (*Prunus armeniaca*). In this study, the physicochemical

properties of gums collected from apricot trees were investigated.

Materials and Methods: The gums were collected from apricot trees in Malatya province in 2020 and the leaching gums obtained were dried and preserved for analysis. Then, purification was done with ethanol and the amount of phenolic content, antioxidant capacity and total carbohydrate amount were determined by specific spectrophotometric methods for both purified gum (PG) and unpurified gum (CG). The amount of phenolic content of PG and CG samples was measured by the Folin Ciocalteu method. Gallic acid was used as a standard. DPPH and ABTS analyzes were performed on methanol extracts of gums to determine the antioxidant capacity. The phenol-sulfuric acid method for the determination of the total carbohydrate content.

Results: The phenolic content of the gums was calculated as 0.716 ± 0.015 and 0.404 ± 0.005 mg gallic acid/1 g gum for PG and CG, respectively. As a result of the analyzes for the antioxidant activity, the results obtained by ABTS method for PG and CG were found as 0.7451 ± 0.003 and 0.6339 ± 0.002 mg trolox /1 g gum, respectively. The % inhibition were determined as 20.11 ± 0.78 and 22.04 ± 0.66 for PG and CG. As a result of the investigation of the total carbohydrate content, it was found as 78.38 ± 0.02 and 68.20 ± 0.008 mg glucose /1 ml gum dispersion for PG and CG, respectively.

Conclusion: The results obtained in this work indicated that the total carbohydrate content and antioxidant capacity of Malatya apricot gum is higher than other commonly used tree gums and thus the possibility of using in the food or other industries.

Keywords: Gum, Apricot gum, *Prunus armeniaca*

PC117

Development Of 3d Modeled Materials For Words To Be Used In Speech Language Therapy

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Introduction: The use of cards or books as material in therapies for speech sound disorders leads to the fact that children's attention cannot be maintained for a long time, the efficiency of the therapies decreases, and the therapy process is prolonged. It can be challenging for the therapist to reach three-dimensional materials suitable for the sound being studied. The aim of this project is to design a new set of materials to increase the effectiveness of therapy.

Materials and Methods: The sounds /r/, /k/ and /s/, which affect speech intelligibility in Turkish, were chosen as pilot sounds. Materials to be designed were selected from target words containing /r/, /k/ and /s/ sounds. The determined words were designed as small toys, as seen in real life, and transformed into three-dimensional materials. In addition, a mouth model was created to show the child the articulation movements necessary for isolated sound production, which is the first step of the traditional sound therapy method.

Results: 12 materials were designed in SOLIDWORKS program and produced in 3D printer with anti-bacterial filament. Sound recorders were placed in the produced materials. In addition, the materials are colored with anti-bacterial dyes.

Conclusion: It is aimed that the three-dimensional material sets designed for the target voice contribute to the diversity in therapies. Visual and tactile input given to children will also be supported by three-dimensional materials. Children will be more motivated and participatory during therapy. This will increase the efficiency of the therapy. It is thought that the material sets created will also serve as a guide for therapists.

Keywords: Phonetics, Phonology, Speech Disorders

PC121

The Relationship Between Maternal Neck Circumference And Gestational Diabetes

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Introduction: Gestational diabetes (GDM) is an impaired glucose tolerance throughout pregnancy in women with normal glucose metabolism in the pre-gestational period. The prevalence of GDM varies between 1-14% among different ethnic groups. GDM is diagnosed with oral glucose tolerance test applied at 24-28 gestational weeks. Diabetes and metabolic syndrome are considered to be affected by similar risk factors. Waist and hip circumference, waist-to-hip ratio are anthropometric measurements commonly used to define metabolic syndrome. However, since these anthropometric measurements are affected by many factors during pregnancy and vary markedly, the measurement results are not considered significant. It is suggested that neck circumference is a better index than the anthropometric measurements used to identify metabolic syndrome and its components. Since neck circumference is significantly associated with insulin resistance, it is considered that it can be used as an indicator of diabetes. Neck circumference measurements gain importance for GDM estimation during pregnancy when measurements such as waist and hip circumference are unreliable.

Results: In the studies conducted on Iranians, Pakistan, Turkey, South China and Han Chinese who examined the relationship between maternal neck circumference and GDM, neck circumference measurements of the women participating in the study were taken between 11-16 weeks of gestation. In order to predict the presence of GDM in the 24th 28th gestational weeks of the Iranian pregnant women, the neck circumference measured between 12-14 weeks was >33.5 cm, ≥ 34.3 cm in the 14th to 16th weeks of the Iranian pregnant women, the neck circumference measured in the 16th week of the Pakistani and Han Chinese pregnant women was >37.70 cm and ≥ 35.15 cm respectively, the neck circumference of the South Chinese pregnant women measured between 11-13+6 weeks was ≥ 33.8 cm and the neck circumference value measured in

the 11-14th weeks of pregnant women living in Turkey was >38.5 cm threshold value has been reported.

Conclusion: Neck circumference, measured in the first trimester of pregnancy, is a reliable method for predicting GDM at 24-28 weeks. However, since body measurements vary between different ethnic groups, the neck circumference threshold values that predict GDM should be standardized and determined separately for each ethnic group on large groups.

Keywords: Neck circumference, Pregnancy, Gestational diabetes

PC122

The Effect Of The Covid-19 Pandemic On Mother And Infant Death

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Introduction: The coronavirus, which emerged in the last century and caused serious respiratory distress, has spread throughout the world in certain periods with many types. Today, we are struggling with COVID-19, which emerged in China in December 2019 and spread all over the world. COVID-19 has begun to affect all age groups. Pregnant women are among those most affected by this situation. One of the main reasons for this is that pregnant women are more vulnerable to infections due to physiological changes (increase in heart rate and respiratory rate, decrease in lung capacity, dryness in the nasal mucosa with the effect of increasing progesterin, etc.) during pregnancy.

Results: In the studies, in pregnant women with viral infection; Premature birth, intrauterine growth retardation, low birth weight, and low Apgar score are more common than pregnant women without viral infection. It has been observed that the probability of a severe course of the COVID-19 picture is high, especially in risky pregnant women with risk factors such as diabetes, hypertension and advanced maternal age. In addition, obstetric complications such as preterm birth, premature rupture of membranes, fetal distress, intrauterine growth retardation, miscarriage and preeclampsia increase with COVID-19 infection. It has been reported that the risk of maternal death is increased, especially in those with one or more additional diseases.

Conclusion: COVID-19 infection during pregnancy has increased the stillbirth rate significantly all over the world. The indirect effects of COVID-19 infection on the perinatal period are largely due to the disruptions in reproductive, maternal, newborn and child health services due to the pandemic and the effect of isolation policies. Isolation and the possibility of contracting COVID-19 infection reduced the application to health institutions; caused disruption in maternal and child health services. Therefore, the first cause of maternal death in most countries of the world has been accepted as COVID-19. In our country, although research has been done on maternal and infant mortality in the COVID-19 pandemic, no study has been published on

the increase in maternal and infant mortality rate and related factors throughout the country. As a result of the study, which included more than 40 studies from 17 countries, including Turkey, in the Lancet magazine in April 2021, it was reported that there was a three-fold increase in maternal and infant mortality, especially in developing countries. The purpose of this review is to determine the impact of the COVID-19 pandemic on maternal and infant mortality.

Keywords: COVID-19, Infant death, Maternal death, Pandemic

PC127

Familial Mediterranean Fever And Nutrition Therapy

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Introduction: Familial Mediterranean Fever (FMF) is a genetic disease characterized by attacks of fever and serositis, and development of amyloidosis. The diet specific to FMF disease can positively affect the course of the disease and the patient's quality of life.

Results: Overnutrition and long-term hunger conditions that will trigger attacks should be avoided, and adequate and balanced nutrition should be provided. In order to prevent the damage caused by inflammation in the attack and non-attack periods, the protein requirement should be given in a way that a positive nitrogen balance is provided. Foods with low glycemic load and high fiber content should be preferred. The amount and pattern of fat to be consumed in the diet was important. Adequate vitamin, mineral and water intake should be provided.

Conclusion: Regulation of the diet specific to the disease affects the prognosis positively.

Keywords: Nutrition, Diet, Treatment

PC130

Emotional Freedom Technique (Eft) And Midwifery

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Introduction: Emotional freedom technique (EFT) is one of the energy psychology methods that utilizes cognitive behavioral therapy (CBT), exposure therapy and acupuncture. In energy psychology, human physiological, mental, emotional and behavioral processes are evaluated together. Traumas and emotions cause bodily reactions and when they are kept in the body for a long time, health problems begin to appear. Pharmacological treatments aim to improve the symptoms of diseases, but cannot easily treat the underlying cause of the diseases. On the other hand, EFT argues that when emotional problems are sufficiently cleared, it is possible for the body and spiritual

psychology to recover. According to acupuncture, the human body consists of meridians that surround it, just like an electrical network. It is believed that there is life energy within these meridians. In the presence of mental problems and health problems in the person, it is thought to be caused by the blockage in this energy field. When these meridians are stimulated (tapping) with the fingertips with the EFT technique, self-balancing occurs and the intense emotional problem experienced by the person disappears. Depending on the person's problem, the problem can be resolved sometimes within a few minutes or sometimes within sessions.

Results: Studies have proven that EFT has no side effects and has a positive effect on the person. The areas where EFT can be used continue to increase day by day. According to the results of the research, it has been seen that EFT is effective for phobias, anxiety, depression, pain and other problems. EFT technique is actively applied for chronic diseases, addiction, allergy, phobia, weight management and traumatic problems. Apart from this, regarding midwifery; EFT studies in the fields of pregnancy, fear of childbirth, traumatic birth history, puerperium, postpartum depression, prenatal loss, decrease in cortisol level, anxiety, trauma and health problems in infants and adolescents, dysmenorrhea, vaginismus, sexual abuse, problems related to female identity, gynecological diseases, etc. available.

Conclusion: Individual-oriented and easy-to-apply EFT can be popularized in many areas, especially pregnancy, childbirth, postpartum period, etc. In women who lead a stressful life, health problems can be resolved and the quality of life can be increased.

Keywords: Current approach, Emotional freedom technique, EFT, Midwifery

PC135

Complementary And Alternative Medicine Methods In Hyperemesis Gravidarum

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Introduction: The advanced state of nausea-vomiting, which is seen in 80% of pregnant women, is called hyperemesis gravidarum and affects 2% of them. Although the etiology of HG is not known exactly, it has been suggested that changes in hormones, psychological predisposition, and an evolutionary adaptation of fetuses to protect themselves. In fact, in one study, it has been studied that it may be related to appetite genes and may be hereditary. Due to the teratogenic effect of drugs during pregnancy, pregnant women tend to turn to complementary and alternative methods.

Results: Complementary and alternative methods that can be used in hyperemesis gravidarum; tactile, vegetative, behavioral and cognitive methods. Studies on tactile methods are generally seen in far eastern countries and some of the acupressure methods have been found to be effective against HG. Although ginger is found to be effective from herbal methods, ACOG is also recommended

by RCOG, but it has been seen that there are not enough studies for other lemon mint and cardamom. Behavioral breathing technique has been found to be effective on HG. Colors and hypnotherapy methods were discussed in the cognitive method, and they were generally used in HG due to psychological problems, but it was seen that there were not enough studies.

Conclusion: There are many CAM methods for women to ensure that they have a comfortable pregnancy period, which is a special period for women. When the studies on these CAM methods are examined, some of them (ginger) have sufficient level of evidence, while some studies are requested to be supported by randomized controlled studies. It is very important for midwives to have knowledge about CAM methods in order to provide counseling to patients and their relatives about these methods.

Keywords: Hyperemesis gravidarum, Nonpharmacological method

PC139

Gestational Diabetes Mellitus

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Introduction: Gestational diabetes mellitus (GDM) is the most common metabolic disorder that occurs during pregnancy. Looking at the world in the last two decades, it is seen that the rate of GDM has increased significantly. The prevalence of GDM varies between 1% and 14%, depending on the diagnostic methods used in the study and the population in which the study was conducted. GDM can also cause other health problems that increase perinatal and maternal mortality and morbidity. It is seen that mortality and morbidity in the perinatal period have a direct relationship with the mean blood glucose level during pregnancy. Considering the complications of GDM, early diagnosis and initiation of treatment are very important.

Results: GDM causes complications in terms of maternal and fetal health. Spontaneous abortion, hyperglycemia, hypoglycemia, cesarean delivery, nephropathy, retinopathy, preeclampsia, thromboembolism, macrosomia, preterm birth, polyhydramnios, oligohydramnios, bleeding, maternal morbidity and mortality, Type 2 diabetes and obesity in later years have been associated with problems related to breastfeeding.

Conclusion: GDM management should be multidisciplinary and holistic. Blood glucose level should be monitored prepartum, intrapartum and postpartum period and newborn monitoring should be included. Awareness should be created by teaching pregnant women about the risks that GDM will bring. Pregnant women should be informed that the risk factor will increase in future pregnancies.

Keywords: Gestational Diabetes Mellitus, Midwife, Pregnant

PC141

Encapsulation Of Olive Mill Wastewater With Yeast And Evaluation Of In-Vitro Bioavailability Of Phenolics

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Introduction: Olives are rich in phenolic compounds and oil. During the olive oil processing, by products such as olive pomace, olive mill wastewater and olive washing water occur. After olive oil processing, a significant amount of these phenolics remain in olive mill wastewater (OMW). Since OMW has a high organic load, direct discharge into the environment causes water pollution and phytotoxic effects. In recent years studies showed that OMW contains phenolic compounds and have good antioxidant property. Phenolics can be easily degraded by the effect of light, temperature or oxygen and their bioavailability decreases. Thanks to encapsulation methods, maintaining stability of phenolic compounds in digestive system and increase their bioaccessibility can be provided.

Materials and Methods: In this study *Saccharomyces cerevisiae* which is widely used in fermentation technology, was used as a wall material for encapsulation of OMW. A part of yeast cells was used without disrupted, while the other part yeast cells was disrupted with high pressure. Spray dryer was used to encapsulate the OMW with yeast cells. After spray drying, color, moisture, water activity, encapsulation efficiency, and releasing properties of powders in simulated gastrointestinal conditions was examined.

Results: The moisture values and water activity of powders were ranged between 2.86% to 5.02%, 0.232 to 0.268 respectively. Encapsulation efficiency was found 48.6% in non-pressurized yeast-OMW and 41.42% in pressurized yeast-OMW. When gastrointestinal conditions was examined, a significant difference was observed between non-encapsulated OMW and yeast-encapsulated OMW in the release of phenolics ($P < 0.05$).

Conclusion: When the release in gastrointestinal conditions was examined, it was observed that encapsulation of OMW with yeast caused an increase in the amount of phenolics transported to the intestinal epithelium. It was also seen that applying pressure to yeast caused break down of cells walls and compounds which inside the yeast cell has antioxidant effect in gastrointestinal tract.

Keywords: Bioaccessibility, Encapsulation, Yeast, Olive mill wastewater

PC159

Current Approach In Hidden Hearing Loss: Mechanism, Pathophysiology And Clinical Management

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Introduction: Hidden hearing loss (HHL) is defined as deterioration auditory neural processing and auditory acuity in individuals with normal range pure-tone audiometric thresholds, especially in noisy environments. Unlike central auditory processing disorders, it is caused by problems in the peripheral auditory organ, the cochlea. In this review, current approaches are examined to provide accurate diagnosis and effective management of a new and poorly understood patient population.

Results: In animal models and human studies, cochlear synaptopathy due to exposure to noise, demyelination problems and hair cell dysfunction have been suggested as the mechanism of the disease. For this reason, the most common complaint of patients is the presence of speech comprehension problems in noise without hearing loss. Recent animal studies reveal that up to 50% loss may occur in the synapses between the inner hair cell and the acoustic nerve in ears that are exposed to noise and whose hair cells are not damaged. The best-explained mechanism for HHL is the degeneration of cochlear ribbon synapses located basally on the inner hair cells without loss of hair cells and spiral ganglion neurons. Although the diagnostic value of HHL has been successfully demonstrated in animal models by invasive histological and laboratory tests, sensitive and reliable non-invasive diagnostic tests are needed more frequently because this is not possible in humans. The diagnosis of HHL is based on findings from a detailed patient history, electrophysiological and behavioral audiological evaluations such as high-frequency audiometry, speech understanding in noise tests, ABR and ECochG. Disease management includes comprehensive counseling, auditory rehabilitation, environmental changes, compensatory strategies, general communication strategies, and genetic approaches such as neurotrophin expression.

Conclusion: Despite the loss of synaptic connections, hair cells and acoustic nerve fibers can remain intact for years, so the loss may remain "hidden". Because synaptic terminals are unmyelinated and difficult to see under the light microscope, invasive techniques are not useful for detecting HHL in humans. If new test batteries and gold standards are determined, detailed information about the disease and actual prevalence results can be obtained.

Keywords: Hearing loss, Noise, Cochlear synaptopathy, Ribbon synapse degeneration

PC161

Beneficial Effects Of Prebiotics In Chronic Renal Failure

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Introduction: Many factors such as uremic status, metabolic acidosis, prolongation of colonic transit time, dietary restrictions, and the effect of drug treatments in chronic renal failure (CRF) cause changes in intestinal microbiota composition and function. Disruption of intestinal barrier function causes translocation of intestinal-derived uremic toxins into the systemic circulation, contributing to CRF progression, cardiovascular diseases

(CVD), insulin resistance, protein-energy malnutrition and inflammation.

Materials and Methods: In the study, the studies of the last 10 years using the 'Science Direct, Pubmed, Medicine Science, Google Scholar' databases were examined. In studies, especially prebiotics and studies that have effects on CRF were screened.

Results: As a result of the restriction of prebiotic potassium-rich vegetables and fruits in the diet in the medical nutrition treatment of CRF, dietary fiber, which is the primary food source of symbiotic intestinal bacteria, cannot be converted into short-chain fatty acids (SCFA) since these foods are also sources of fermentable fiber. Decreased fermentable dietary fiber causes dysbiosis in the intestinal microbiota by reducing the bacterial population of SCFA. It also causes systemic inflammation by causing a decrease in regulatory T lymphocyte (T-reg) population and function. As a result, it causes metabolic endotoxemia by contributing to cardiovascular diseases, insulin resistance, protein-energy malnutrition and inflammation.

Conclusion: Studies in individuals with CRF have shown that prebiotics may be beneficial in reducing serum levels of microbial uremic toxins and slowing the progression of the disease. In this respect, it may be beneficial to increase fiber intake by increasing the consumption of vegetables and fruits with low potassium and phosphorus content or by adding fiber supplements without potassium / phosphorus in patients with CRF.

Keywords: Chronic renal failure, Dietary fiber, Prebiotics

PC163

Effects Of Maternal Obesity On Mother And Newborn Health

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Introduction: Since the rate of obesity is increasing rapidly all over the world, it is considered as an epidemic disease by the World Health Organization (WHO). According to WHO data, it is stated that the prevalence of obesity during pregnancy varies between 1.8% and 25.3%, and 50% of pregnant women in developed countries have a BMI above 25 kg/m². The incidence of maternal obesity complications is increasing with the increase in obesity in women of childbearing age. Considering the complications that may be caused by maternal obesity, it is very important for the woman to bring her pre-pregnancy weight to the desired level and to get pregnant in this way in reducing the complications that may occur.

Materials and Methods: This review was created as a result of literature review.

Results: The incidence of maternal obesity complications is increasing with the increase in obesity in women of childbearing age. Obesity on maternal and fetal health; has been associated with an increased risk of gestational diabetes mellitus, gestational hypertension and preeclampsia.

sia, abortion and stillbirth, fetal anomalies, preterm birth-postterm pregnancy, cesarean delivery, thromboembolism, macrosomia and shoulder dystocia, breast milk and breast-feeding problems.

Conclusion: The approach to maternal obesity management should be multidisciplinary and holistic. Obesity assessment should be done separately in preconceptional, prenatal, intrapartum and postpartum periods. Necessary screening should be done to reduce the possibility of GDM and to make an early diagnosis. Counseling, care and follow-up to women starting from the pre-pregnancy period with a comprehensive and appropriate approach will have positive effects on maternal-fetal-neonatal health. This approach can provide a basis for obese women to improve not only in this pregnancy but also in their future health.

Keywords: Maternal Obesity, Maternal Health, Newborn Health

PC164

Postpartum Depression And Affecting Factors

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Introduction: Postpartum period is a period in which women's susceptibility to depression increases. During this period, women with depression are more likely to have thoughts of harming themselves and their baby and to commit suicide. Conditions such as a history of previous psychopathology, prenatal depression or anxiety, psychosocial problems in marriage, low social support and stressful life events, being a mother under the age of 18, and birth in less than 2 years in a row increase the risk of postpartum depression.

Results: 66% of the reviewed articles were research articles with sample sizes ranging from 104 to 550, the rest were considered review articles. The aim here is to compare the current findings with the findings from earlier periods. Most of the studies dealt with the post-pregnancy period of 0-6 months and mothers between the ages of 23-39 were included in the sample. Most of the studies have taken into account the criteria of mothers who gave birth over 1500 g as a limitation. The most important factor affecting postpartum depression (56.4%) is a family history of depression.

Conclusion: Professional oriented postpartum home visits, telephone oriented social support, interpersonal psychotherapies, antidepressant treatment in the postpartum period. In addition, the identification of mothers in the risk group is very important in preventing postpartum depressive disorders.

Keywords: Postpartum Depression, Mood Disorders, Midwifery

PC165

Factors Affecting Fear Of Birth In Pregnant Women

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Introduction: Pregnancy is a period in which most of the women experience the excitement of reuniting with their babies and the anxiety and worry about what the birth will be like. Fear of childbirth; It is defined as the fear experienced before, during and after birth. Fear of childbirth is generally classified as mild, moderate and severe. Generally, a mild to moderate level of fear can motivate the woman and help prepare for childbirth. However, a severe fear of childbirth is considered pathological and defined as tokophobia.

Materials and Methods: This review was created as a result of the literature review between the years 2018-2022.

Results: Studies have shown that pregnant women with low education levels have more fear of childbirth than those with high education levels. In addition, it was stated that women with low income levels experienced more fear of childbirth than those with high income. Nulliparous women may experience a higher level of fear of childbirth than multiparous women. It is seen that women who experience miscarriage experience more fear of childbirth than those who experience miscarriage. Compared to those who did not receive prenatal education, it was observed that those who had a cesarean section had less fear of childbirth than those who had a vaginal delivery.

Conclusion: It has been observed that the level of education, income level, family type, spousal support, mode of delivery, and prenatal education have a great effect on the fear of birth in order for pregnant women to cope with the fear of childbirth. It is important to determine the level of fear of birth of pregnant women, to provide appropriate and adequate education, counseling and support, including the spouses, by health professionals before birth, in coping with the fear of childbirth.

Keywords: Affecting Factor, Fear, Fear of Childbirth, Midwifery, Pregnant

PC166

Factors Affecting The Attitudes And Success Of Breastfeeding Mothers

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Introduction: The period when growth and development is the fastest is the first two years of human life. UNICEF and the World Health Organization (WHO) recommend that breastfeeding should be started immediately after birth, exclusive breastfeeding should be given for the first six months after birth, and complementary foods should be started from the seventh month and breastfeeding should continue until the age of two. Breast milk is the first and most basic nutrient in infant nutrition, and

it contains agents that affect the immune system. While 39% of babies younger than 6 months in developing countries are exclusively breastfed, this rate drops to 20% in underdeveloped countries. UNICEF and WHO report the rate of exclusive breastfeeding for the first six months as 38% in the world.

Materials and Methods: This review was created as a result of literature review.

Results: The main reasons affecting the breastfeeding attitude and success of the mother; low education level of the mother, smoking-alcohol, working, obesity, infectious diseases, breast problems, multiple pregnancies, mode of delivery, late start of breastfeeding, lack of information, insufficient support for breastfeeding, aphthae in the mouth of the newborn, congenital malformations that prevent sucking (rabbit lip, cleft palate), low birth weight, prematurity, early or late initiation of complementary foods, use of bottle and pacifier have been shown.

Conclusion: Incorrect, inadequate or overfeeding of the baby can cause infant mortality and even have a negative impact on the health of the future life. Early consequences of malnutrition in children younger than 24 months; increased morbidity and mortality, and delayed growth and development of intelligence. Because breast milk is the optimum nutritional source that contains nutrients in appropriate amounts according to the needs of each baby and with high biological usefulness. Today, raising awareness of mothers about healthy nutrition in infants and young children is a public health service due to the effects of nutrition in childhood and especially in the first 24 months on later life health. For this reason, it is very important for mothers to be more informed about breast milk and breastfeeding before and after birth through health personnel, public service announcements, magazines, newspapers and internet publications.

Keywords: Breast Milk, Breastfeeding Attitude, Breastfeeding Success, Postpartum Period

PC170

Usage Areas Of Nanofibers In Food

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Introduction: A fiber with a diameter below 100 nm is defined as a nanofiber. One of the most important features of nanofibers is that they have a very large surface area and small pore size. Thanks to these properties of nanofibers, they are used in various innovative applications such as tissue engineering, drug delivery, filtration, wound dressing, encapsulation, enzyme immobilization and protective clothing.

Results: Although nanofiber can be produced by various techniques, it is mostly produced by Electro-Spinning technique due to its advantages. The application of nanofibers produced by the electrospinning process in the food field is relatively new. In the food field, electrospun fibers have strong potential to be used mainly in packaging, enzyme immobilization, filtration and encapsulation of food ingredients. In order to detect pH from a wide range in food

smart packaging, more than one pH dye is added to the fibers to observe the quality change during storage. Encapsulation on a physical support or in solid matrices to protect the catalytic activities of enzymes against environmental changes (pH, temperature, etc.) Due to its high surface/volume ratio, porous structure and intertwined fibrous structure, nanofiber membranes are used in applications such as air filtration and water clarification. The use of nanofibers is common in the encapsulation process, which is used to protect foodstuffs against light, moisture, oxidation, etc.

Conclusion: Controlled release of food components, masking of bad odors and tastes, facilitating the use of probiotics, immobilization of enzymes and production of functional foods can be achieved with nanofibers.

Keywords: Nanofiber, Packaging, Filtration, Encapsulation

PC171

Obesity In Pregnancy And Maternal Fetal Effects

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Introduction: According to the World Health Organization (WHO), obesity is a disease that occurs as a result of abnormal and excessive fat accumulation that can impair human health. Obesity is a serious condition that puts pre-pregnancy, pregnancy, and post-pregnancy at risk, especially in the last 20 years, due to multiple reasons such as dietary habits, changes in the economy, hormonal-genetic characteristics, chronic diseases, stress, medications used, traumas in Turkey and the world. WHO reports that there are over 4 million deaths annually due to morbid obesity, and this situation has turned into a global epidemic. Its incidence in childbearing age has been increasing over the years. The aim of this review is to examine the prevalence and effects of obesity in women of childbearing age in light of the literature.

Results: The prevalence of obesity in the reproductive age in the world is 20-35%. Approximately 18% of women are obese at the beginning of pregnancy. In America and Europe, 20-40% of pregnant women gain more weight than recommended, causing maternal-fetal complications and increasing possible risks. According to 2019 Turkish Statistical Institute (TÜİK) data, the prevalence of obesity in Turkey is 21.1%. In 2019, 24.8% of women were obese, and 30.4% were pre-obese. According to TDHS 2018 data, 29.1% of women aged 15-49 are pre-obese, and 30.3% are obese. The rates of preobesity and obesity increase with advancing age and rise to 84% in women aged 40-49. As the welfare level increases, preobesity and obesity rates decrease. Obesity causes abortion, diabetes, hypertension, preeclampsia, dystocia, infection, bleeding risk, thromboembolism, and depression in terms of maternal health; in terms of fetal health, it causes complications such as neural tube defects, anomalies in the extremities, macrosomia, congenital heart diseases, omphalocele, and gastroschisis.

Conclusion: The risk of obesity in the adult age group is increasing day by day, and it affects women of reproductive age more. Obesity in pregnancy adversely affects maternal and fetal health. Midwives should inform prospective mothers about the risks and complications that can be seen in the gestational, intrapartum, and postpartum periods starting from the preconceptional period. They should provide counseling services that will encourage the mother to breastfeed in the postpartum period, be careful about the risk of postpartum depression, and raise awareness of the family against possible complications.

Keywords: Pregnancy, Obesity, Midwifery care

PC181

Encapsulation Of Green Tea Extract By Spray Drying

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Introduction: It is known that green tea has better health effects compared to black and oolong tea due to the polyphenols in its composition. Because of these health effects, green tea polyphenols are added to various food products to produce functional foods. However, in functional food production, it has been reported that the bioactive components are not stable under the conditions encountered during the processing and storage of foods (such as temperature, oxygen, pH, light, the effect of enzymes) or in the gastrointestinal tract and they can undergo degradation/epimerization. This also limits the potential health effects and activities of nutraceutical products containing polyphenols. Therefore, a number of protective mechanisms are needed in order to show their targeted physiological effects for these compounds. For this purpose, nanotechnological methods are seen as new and promising methods in preserving the bioavailability of green tea polyphenols. Encapsulation is the one of these innovative methods.

Materials and Methods: In this study, green tea extract was encapsulated by Spray Drying technique. Green tea obtained from local markets and then double extraction performed with water (at 80°C, 8:200 (%w/v), 30 min). Afterwards, the extracts obtained were encapsulated at 120 °C and 140 °C inlet temperatures, using maltodextrin and starch at 20% and 40% (w/v) concentrations as coating material. The effects of coating material type, concentration and inlet temperature on the encapsulation efficiency (%EE), bulk density, solubility, particle size, SEM images and water activity of the obtained capsules were investigated.

Results: In this study, microcapsules obtained with maltodextrin had the highest encapsulation efficiency (82.61-89.28%) compared to starch. For all microcapsules obtained using both maltodextrin and starch, it was determined that the %EE decreased as the coating material concentration increased (P<0.05). The water solubility indexes (WSI) of the obtained microcapsules were between 5.70-95.57% and the samples with the highest WSI percentage were found to be maltodextrin (94.20-95.57%)

microcapsules. Bulk densities of maltodextrin microcapsules (0.50-0.56 gr/ml) were found to be lower than the bulk densities of starch microcapsules (0.69-0.90 gr/ml) (P<0.05). The aw values of all microcapsules obtained were lower than 0.30, and particle sizes were between 8.44-30.80 m. It was determined that the size of maltodextrin microparticles were lower than starch. SEM images show that the type of coating material has an effect on the surface morphology and shape of the microcapsules, depending on the type of coating material, spherical, hemispherical and ellipsoidal shapes were observed.

Conclusion: It can be concluded that the obtained maltodextrin microcapsules can be easily and effectively reconstituted for the use of the bioactive components in aqueous systems. On the other hand, microcapsules obtained with starch have a more fluid and instant quality. Obtaining more stable and more resistant particles against oxidative damage and it is thought that starch coated microparticles will be more preferable industrially in terms of needing less packaging volume. In addition, due to the low aw values, it was thought that the stability of the microcapsules against microbial and biochemical reactions would be high. Therefore, the obtained results showed the usability of microencapsulated green tea particles in possible applications in functional food production.

Keywords: Encapsulation, Spray drying, Green tea.

PC182

Determination Of Antioxidant Capacity, Total Phenol Content And Physio-Chemical Properties Of Aloe Vera (Aloe Arborescens) Plant

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Introduction: Aloe vera, belongs to the Liliaceae family and carries anthracene derivatives as an active ingredient. Clinical developments have revealed that pharmacologically active substances are concentrated from the bark and gel extracts of Aloe vera leaves. Aloe vera contains close to 80 potentially active compounds, including vitamins, enzymes, minerals, sugars, lignin, saponins, salicylic acid and amino acids. The antioxidant feature of aloe vera is due to the abundant amounts of vitamins A,C,E,B12, choline and folic acid in its structure.

Materials and Methods: This study was carried out at İnönü University. In the study, DPPH, ABTS, TFMM, total flavonoid amount and total ascorbic acid belonging to A. vera plant content analyzes were carried out. The determination of total ash and dry matter in all structures belonging to the plant were determined. However, the water yield in the plant gel was calculated with a lyophilizer device.

Results: In the present study, DPPH radical scavenging activity of Aloe vera leaf extract was determined as 7.66±0,7mgTrolox/gr sample. ABTS free radical scavenging activity of A. vera leaf extract was determined as 4.34±0,4mgTrolox/gr sample. TFMM was determined as 1.37±0,0mg Gallic acid/gr sample. Total flavonoid

amount was determined as 3.8 ± 0.4 mg/g in gel samples and $3. \pm 0.1$ mg/g in leaf extract. Total amount of ascorbic acid was determined as 66.9 ± 1.9 mg/g in gel samples and 67.9 ± 5.2 mg/g in leaf extract. The amount of ash determined in aloe vera leaves was found to be 15.89g According to the result of the Lyophilizer of Aloe vera gel, 87% yield was obtained. The moisture content of the aloe vera leaf was determined as 4.48%g.

Conclusion: As a result, it was determined that the antioxidant activity value of the Aloe vera plant was high. The high amount of water in the aloe vera gel was determined by the lyophilizer device. In line with this study, it is thought that it can be a source for functional food or pharmacological studies.

Keywords: Aloe vera, DPPH, ABTS, TFMM

PC188

Vitamin D And Its Bioavailability

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Introduction: Vitamin D is among the fat-soluble vitamins and its most important effect is on calcium, phosphorus metabolism and bone mineralization. The water solubility of vitamin D is very low and emulsions have been formed by applying different encapsulation techniques to increase their water solubility. The bioavailability of these emulsions after ingestion in the human gastrointestinal tract has been studied.

Results: In this study, an increase in the bioavailability of vitamin D was observed after it was digested in the human gastrointestinal tract.

Conclusion: It was concluded that emulsions have an important place in the delivery of lipid-soluble bioactives (such as vitamin D) because they can be designed to increase both water dispersibility and oral bioavailability in encapsulating and preserving lipophilic bioactives.

Keywords: Bioavailability, Vitamin D, Emulsion, Encapsulation

PC190

Reproductive Health Problems In Adolescents And Midwifery Approach

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Introduction: Adolescent period; We can define it as the transition period from childhood to adulthood with the changes experienced in biological, physical, psychological and social aspects. Reproductive health is important for adolescents who have moved to the sexually active period as a result of changes in this period. Many factors affect reproductive health in adolescents. These factors are pregnancy and the age of marriage, age at first sexual intercourse, sexually transmitted infections, unwanted pregnancies and births, menstrual hygiene, unprotected sexual

intercourse and risky sexual behavior can be listed as. Adolescent pregnancy is an important problem for reproductive health. In the same way, sexually transmitted infections are a threat to reproductive health.

Aim: To indicate the appropriate midwifery approaches by examining sexually transmitted infections, adolescent pregnancy, unwanted pregnancies and voluntary / involuntary abortions, menstrual hygiene problems seen in the adolescent period.

Materials and Methods: This review was created by conducting a literature review.

Results: If the correct solution and permanent solutions to the problems encountered during this period are not provided, it can seriously affect adolescent health. The lack of knowledge, socio-cultural structure and attitude of health professionals are the basis of many of the problems. The support of the family and the health professional is important for the correct and effective reproductive health service to be obtained. In this context, midwives; adolescents' growth-development, reproductive system anomalies, reproductive health issues should have the necessary information. It should provide education and counseling services for adolescents effectively.

Keywords: Adolescent reproductive health problems, Adolescent pregnancy, Early age marriages, Sexually transmitted diseases

PC191

The Relationship Between Risky Sexual Behaviors And Cancer Of The Cervix

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Introduction: Behaviors such as the age of first sexual intercourse, the number of sexual partners, unprotected sexual intercourse, the number of sexual partners of the sexual partner, association with a partner with a history of STIs are indicated as high-risk sexual behavior. It is known that HPV (Human papilloma virus), one of the factors at the beginning of sexually transmitted infections, has a great influence (about 99.7%) on the formation of cervical cancer. the early age of the first sexual intercourse, the number of sexual partners is very important in terms of HPV infection and malignant lesions that will develop later. It has been reported that the HPV virus affects about more than 65% of people who show high-risk sexual behaviors. These factors that prepare the ground for the formation of cervical cancer are among the factors that can change.

Materials and Methods: This review was created as a result of the literature review between the years 2018-2022.

Results: It is important to determine cervical cancer risk factors, and to provide education and counseling to individuals regarding risk factors. In the prevention of cervical cancer, women's knowledge, attitudes and behaviors about cancer are important.

Conclusion: Since risky sexual behaviors are changeable habits, it is important for women of reproductive age to inform them about the right health habits.

Keywords: Cervical Cancer, HPV, Roles of the Midwife, Risk Factors

PC194

Food Allergies And The Importance Of Nutrition In Children

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Introduction: Adequate and balanced nutrition is necessary for the growth and development process, meeting the needs and continuity of life during childhood. Nowadays, the incidence of food allergies and adverse reactions to foods has increased in childhood. Immune-mediated response food allergies; It develops without increased Ig E antibody or Ig E dependent. Food intolerance is the immune system response triggered by a person who is sensitive to a certain food when that food is consumed. After the consumption of certain foods, symptoms that are harmful to the human body are observed. Common symptoms include itching and difficulty breathing. Children up to age 5 tend to develop early allergies to certain foods, such as milk, eggs, wheat, and soy. Food allergies are difficult to manage because of the body's different responses to food components and the multifaceted nature of various mechanisms. In the medical nutrition treatment of food allergies, which are more common in children than in adults, elimination diets are recommended, in other words, the removal of allergenic foods that have negative reactions after consumption from the diet. Although removing allergenic foods from the diet reduces the severity of symptoms and signs of allergic reactions, it may cause malnutrition in children in the growth and development period. For this reason, the main goal of children who are on elimination diets is to improve their nutritional status and increase their quality of life by applying a balanced diet model.

Results: This study, which deals with the causes of food allergies and medical nutrition therapy in line with the current literature review, revealed that the importance of nutritional counseling in children with food allergies and inadequate nutritional intake due to elimination are associated with adverse health outcomes.

Conclusion: By examining the mechanisms of food allergies in childhood in the light of the literature, it provides an overview of allergenic foods and emphasizing the importance of medical nutrition therapy and individual nutritional counseling.

Keywords: Child, Food Allergy, Elimination

PC197

Determination Of Some Antioxidative Properties Of Viola Odorata Linn. Leaves Growing In Malatya Province

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Introduction: *Viola odorata* Linn. is a species that grows spontaneously in orchards and areas close to water sources in Malatya. *Viola odorata* Linn., often called sweet violet belongs to the Violaceae family. The Violaceae family is widely used in the field of pharmacology. All parts of the plant have valuable therapeutic potential as anti-inflammatory, diaphoretic, diuretic, expectorant, hypertension and laxative agents. In this study, some bioactive component amounts and antioxidant activities of methanol extracts of fresh and dried leaves of *V. odorata* were investigated.

Materials and Methods: Methanolic extracts were prepared from the fresh and dry leaf samples collected from the Yeşilyurt district of Malatya province. Total flavonoid, total ascorbic acid contents and scavenging activities of DPPH (2,2-diphenyl-1-picrylhydrazil) and ABTS 2,2-azinobis (3-ethylbenzothiazollin-6-sulfonic acid) radicals in the prepared extracts were analyzed.

Results: According to the data obtained as a result of the study, the total flavonoid content was 3.1 ± 0.1 in the fresh sample, and 3.80 ± 0.41 mg quercetin/g in the dry sample; the total ascorbic acid content was determined as 67.9 ± 5.2 mg/g in the fresh sample and 66.9 ± 1.9 mg/g in the dry sample. DPPH radical scavenging activity was 19.42 ± 0.0 and 16.28 ± 0.2 mg Trolox/g in fresh and dry samples, respectively; ABTS radical scavenging activity was determined as 18.27 ± 0.4 and 18.62 ± 0.7 mg Trolox/g in fresh and dry samples, respectively.

Conclusion: In this study, it was determined that *V.odorata* leaf samples contained good bioactive components and had antioxidant activity. It is thought that the results of the study can be a source for more detailed studies to be made with this plant, which is used both for medicinal purposes and for food in the region.

Keywords: *Viola odorata*, Antioxidant, Flavonoid, Ascorbic acid

PC203

Anti-Diabetic Potential Of Compounds Isolated From Herbal Natural Products

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Introduction: Diabetes is a chronic disease with or without varying degrees of insulin resistance, which impairs carbohydrate, protein and fat metabolism due to complete or relative deficiency of insulin secretion. Lack of insulin secretion causes increased blood sugar levels and severe damage to body systems such as blood vessels and nerves. Today, different approaches such as synthetic antidiabetic drugs and insulin injection are discussed to control diabetes. Sulfonylureas, glucosidase inhibitors, dipeptidyl peptidase-4 (DPP-4) inhibitors and biguanides are synthetic antidiabetic drugs. However, these synthetic antidiabetic drugs have serious side effects such as hypoglycemia,

weight gain, gastrointestinal upset and nausea, liver and heart failure, and diarrhea. Medicinal and aromatic plants are widely used for flavoring foods, protecting and improving human health. With the increase in the world population, the diversity of human needs and the increasing demand for natural products, the importance of medicinal and aromatic plants is increasing day by day. It is known that traditionally herbal medicines have been used for centuries with numerous formulations for hypoglycemic activity.

Results: Researchers are promoting scientific validation of the use of a number of medicinal plants or their isolated bioactive compounds as possible alternative treatments for diabetes. It has been shown that approximately 80% of isolated compounds used in medicines are derived from plants and traditionally these medicinal plants have been used for similar purposes. Papaverine isolated from *Papaver somniferum* provided the basis for Verapamil, a drug used in the treatment of hypertension. Galega, isolated from the plant *Galega officinalis* L., has been isolated as an active antihyperglycemic agent and used in the treatment of diabetes. It also provided a model for the synthesis of metformin, which is used as an oral antidiabetic drug, and increased interest in the synthesis of other antidiabetic drugs.

Conclusion: In vivo and in vitro tests revealed that some components with antidiabetic activity obtained from plants were kersetin, oleanolic acid, kaempferol, ursolic acid, rutin, luteolin, β -sitosterol, mangiferin, isovitexin, ferulic acid, betulinic acid, 3,4-dicaffeoylkinic acid, berberine, lupeol, apigenin, myricetin and caffeic acid. In this context, it is thought that compounds with antidiabetic activity isolated from natural sources will contribute to the development of new drugs.

Keywords: Antidiabetic compounds, Diabetes Mellitus, Medicinal plants

PC204

Investigation Of The Knowledge Levels Of Elderly Care Programme Students On Hearing Health And Hearing Aids

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Introduction: The World Health Organization predicts that by 2050, approximately 2.5 billion people will have hearing loss and at least 700 million people will need rehabilitation services. It has been reported that 1/3 of individuals over the age of 60 and 2/3 of individuals over the age of 70 have hearing loss. This study aims to measure the level of knowledge and competence of the students of the elderly care programme about hearing loss and the necessity, use and care of hearing aids.

Materials and Methods: 153 students studying in Karabük University Vocational School of Health Services Aged Care Programme in the academic year of 2020-2021 participated in our study. In the study, a data form consisting of 23 questions prepared by the researchers in line

with the literature was used. Data were collected by face-to-face survey method. The obtained data were evaluated in computer environment.

Results: While 78 of the students are female and 75 are male, the average age of the participants is 20.2 ± 1.34 . Students gave wrong answers to 50% of the 6 questions about hearing health and hearing loss in elderly people and they gave wrong answers to %60 of the 17 questions about hearing aids.

Conclusion: When the results of the survey were examined, it was determined that the students' level of knowledge in the fields of hearing health, hearing loss and hearing aids was insufficient. It is recommended to plan courses related to these areas in the curriculum of the Aged Care programme of universities and to provide training to aged care technicians working in the field.

Keywords: Hearing aid, Hearing aid care, Presbycusis

PC205

Plant Based Milk Alternatives As A Functional Product

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Introduction: Plant-based dairy products are needed as an alternative for people with lactose intolerance, cow's milk protein allergy, and vegans who do not consume milk and dairy products in their diets. Plant-based milk substitutes or plant extracts, similar in appearance to bovine milk; are water-soluble extracts of legumes, oilseeds, grains or grain analogues. They are shredded, the raw material is reduced in size, extracted in water and then homogenized and used as an alternative to cow's milk. The particle size and stability of the final product depend on the nature of the raw material, extraction method and storage conditions. Plant-based milk alternatives have different sensory properties, stability and nutritional composition than cow's milk. These products are lactose-free and cholesterol-free because these ingredients are only found in animal products. The most commonly consumed plant-based milk is soy milk, and there are also plant-based milks obtained from different raw materials such as coconut, almond, oat, rice, hazelnut, quinoa, sesame and sunflower milk.

Results: Plant-based milk alternatives are rich in antioxidants that reduce the effects of free radicals that cause diseases such as cardiovascular diseases, cancer, atherosclerosis and diabetes. It is also known that the ratio of mono and polyunsaturated fatty acids is higher than the ratio of saturated fatty acids. The presence of high amounts of unsaturated fatty acids also causes a decrease in blood lipid concentrations.

Conclusion: Plant-based milk alternatives can replace cow's milk, but need to be enriched so that its composition and nutritional quality are close to that of cow's milk. This can be done by adding additives, applying different technological processing techniques, or combining two or

more plant-based milk replacers. And as a result, it can be an important topic of study in the functional food field.

Keywords: Plant-based milk, Functional product, Lactose intolerant, Vegan

PC213

Postlingual Hearing Loss: A Case Report

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Introduction: Hearing loss is classified according to its etiology, phenotype or severity, depending on whether it occurs due to genetic or non-genetic reasons, whether it is before or after language acquisition, whether it is syndromic or nonsyndromic. Hearing loss is called prelingual if it is congenital and occurs before speech is acquired, perilingual if speech is acquired but before speech learning is completed, and postlingual hearing loss if it occurs after speech is acquired. Postlingual hearing loss is more common than prelingual hearing loss. The majority of postlingual hearing losses show autosomal dominant inheritance.

Results: The aunt of a 4-year-old male patient with a family history of postlingual hearing loss, whose reaction to sounds decreased gradually, noticed the situation and applied to our clinic. It was stated that the patient had frequent upper respiratory tract infections and sometimes heard well and sometimes badly. The patient's parents are hearing impaired. The patient's maternal grandfather lost his hearing after the age of 7. When the patient's mother and 3 aunts were 5-6 years old, they had a febrile illness and lost their hearing. In the hospital, they learned that the cause of the hearing loss was not meningitis. The patient's father had meningitis at an early age and lost his hearing. The father had cochlear implant surgery at a later age, but he could not develop speech. While the patient communicates with his parents in sign language, he communicates by speaking with individuals with normal hearing. Wave V was observed in clinical ABR (Auditory Brainstem Response) at 22.1 Rate, Click Stimulus, Rarefaction polarity, and 70 dB nHL bilaterally. 22.1 Rate, 1kHz Tone Burst stimulus, Rarefaction in polarity; Wave V was observed at 60 dB nHL in the right ear, at 70 dB nHL in the left ear, and bilateral cochlear microphonics were observed at 100 dB nHL. It remained bilateral in TOAE (Transient Otoacoustic Emissions) and DPOAE (Distortion Product Otoacoustic Emissions) tests. Bilateral Type A audiogram was obtained and Acoustic reflexes could not be obtained bilaterally.

Conclusion: The patient was equipped and necessary information was given. The patient was called for control with certain periods.

Keywords: Genetic, Hearing loss, Postlingual

PC216

The Benefits And Necessity Of Using Simulation In Midwifery Clinical Education

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Although midwifery education is a department that blends theoretical knowledge and clinical practice, in clinical education, the student gains implementation experience by applying the theory he learned at school to real patients in the field. Although there is an adequate theory in the education of midwifery students in our country, due to obstacles such as the increase in the number of midwifery students, overcrowding in the placement of students in the clinical field, the Covid-19 epidemic, safety and ethical concerns associated with the use of real patients, students are at risk of inability to apply the theory in the field. For these reasons, simulation, which is one of the new and innovative approaches to midwifery education, should be adopted in order to increase clinical competence. Simulation provides a safe environment where students can develop their practical skills before going to the clinical field and creates a link that facilitates the student's learning ability. Studies have shown that simulation has benefits such as improving communication skills, enabling discussion, problem solving, evaluating skill acquisition, effective teamwork, providing ample time for practical application, and developing non-clinical skills such as critical thinking and decision-making skills. In addition, it is seen that students take the leadership role in emergency situations, experience rare events in the clinical environment and contribute to their development of clinical competence, increase their students' skills, self-efficacy, self-confidence, clinical readiness, and increase their skill levels. In the light of this information, our aim in this review is to discuss the benefits and necessity of using simulation in midwifery clinical education in line with the implementation.

Keywords: Midwifery, Education, Simulation

PC224

Effect Of Roasting Process On Oxidative Stability And Antioxidant Activity Of Okra Seed Oil

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Introduction: Okra (*Abelmoschus esculentus*) is one of the most cultivated and consumed species of the Malvaceae family. It is a nutritious vegetable grown in tropical and warm temperate regions of the world. Okra is an affordable source of protein, carbohydrates, minerals and vitamins, dietary fiber and other phytonutrients with physiological benefits. This study was carried out to determine the effects of roasting on the antioxidant properties, oxidative stability and tocopherol composition of okra seed oil.

Materials and Methods: Okra seeds were roasted at 170 °C for 5, 10, 15, 20, 25, 30 and 40 minutes and their oils were obtained by solvent extraction with the unroasted sample. Antioxidant activity of the obtained oils was determined by ABTS and DPPH methods and oxidative stability was determined by ransimat test. In addition, the

tocopherol compositions of the obtained oils were determined.

Results: In the work, roasted oils showed the longest induction period of 15, 25, 30 and 40 minutes in the oxidative stability test performed with ransimat. It was determined that there was an increase in antioxidant activity with different levels of roasting. One of the tocopherol isomers, δ -tocopherol could not be detected in okra seed oil, and

it was observed that other tocopherol isomers increased as the oxidation time increased.

Conclusion: In the results obtained, it was observed that oxidative stability, antioxidant capacity and tocopherol isomers increased as the roasting time applied to the okra seeds increased.

Keywords: Antioxidant Activity, Okra Seed Oil, Roasting, Oxidative Stability