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Research Details :

Research Title : *The nature of nutritional advice given by diploma nurses in primary health care centres in Jeddah*

طبيعة التثقيف الغذائي للامهات الحامل من قبل الممرضات في المراكز الصحية الاولية في مدينة جدة

Descriptipn : الرعاية الصحية الاولية هي الرعاية الاساسية لكافة الافراد و الاسر في المجتمع. التثقيف الغذائي من الانشطة التي يستوجب من الممرضات في مراكز الرعاية الصحية الاولية تقديمها للحوامل من أجل رفع صحة الحامل و المجتمع، حيث أن كثير من الدراسات اثبتت بوجود علاقة بين تغذية الحامل وعلى مخرجات الحمل . الدراسة اجريت لبحث مستوى معرفة السيدات الحوامل وممرضات في المراكز الصحية الاولية عن التغذية أثناء الحمل و دراسة تأثير برنامج تدريبي عن الحمل و التغذية بالنسبة لمعلومات الممرضات و عملهن في المراكز . أجريت الدراسة على ثلاث مراحل. الدراسة استخدمت اسلوبين للبحث الكمي و الكيفي واستخدمت التحليل الكمي و الكيفي . والدراسة طبقت مفاهيم الاساسية للرعاية الصحية الاولية و هي سهولة الحصول ، قليل التكلفة ، مناسب للعادات و التقاليد ، المشاركة من المجتمع و ملائمة للبيئة

The introduction of primary health care in SA has given nurses excellent opportunities and more responsibility to provide health education and advice in health promotion activities. Provision of appropriate and affordable dietary advice is an important role of the nurses in the PHCC. Maternal nutrition is an essential element for the health status of the child, the family and the wider society. Many studies have suggested that there is a relationship between good nutritional intake during pregnancy and the successful outcome of the pregnancy. The present study was conducted to explore the knowledge and understanding of Saudi women and nurses in PHCC regarding nutritional intake during pregnancy. The study also looked at the effect of a short education programme on the nurses nutritional knowledge and their subsequent practice. The aims of the study were to identify the understanding of Saudi women of pregnancy and nutritional intake during pregnancy, and to evaluate the effect of a short nutritional programme on diploma nurses. To achieve the aims, data collection of was carried out in three phases. Phase one used semi-structured interview (tape recorded) on 10 pregnant women, selected randomly, to elicit the general understanding of pregnant woman had on pregnancy and pregnancy related areas. Phase two used a structured interview schedule on 100 pregnant women attending PHCC, selected systematically, to assess nutritional knowledge and their perception of nutritional advice given by the nurses in PHCC. Phase three was divided into two stages. The first stage used a self-administered questionnaire on 20 diploma nurses working in antenatal clinics in PHCC to assess their nutritional knowledge in relation to pregnancy. The questionnaire was used as both a pre-test and post-test instrument. Thereafter, based on the findings from phase one and two, a 20 hour continuing education(CE) programme was developed by the researcher on maternal nutrition for the diploma nurses. The