

ΠΑΓΚΥΠΡΙΟΣ ΣΥΝΔΕΣΜΟΣ ΝΟΣΗΛΕΥΤΩΝ ΚΑΙ ΜΑΙΩΝ

CYPRUS NURSES AND MIDWIVES ASSOCIATION



15th National Nursing and Midwifery Conference

«Expanded Roles and Modern Challenges»

21 – 22 November 2008, Coral Beach Hotel, Paphos

Report of the CYNMA Board



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CONCLUSIONS

The 15th Pancyprian Nursing and Midwifery Conference with the title «Expanded Roles and Modern Challenges» was conducted on 21st & 22nd of November 2008 at Coral Beach Hotel, Paphos. For the first time the conference was evaluated and granted with International Continuous Nursing Educational Credits (ICNECs) by ICN, a fact that gave an important professional value.

Pancyprian nursing and midwifery conferences, provide ideal and unique opportunities for upgrading and elaborating knowledge and experience but also offer the opportunity for unique social events and gatherings of a vast number of colleagues and associates from Cyprus and Greece.

This year's theme enhances the necessity, importance and benefit of continuous adjustment of nursing and midwifery profession towards the modern and increasing demands of health care sector. Modern health care systems create new independent, depended and interdependent roles and consequent demanding challenges for nursing and midwifery. Both nurses and midwives in Cyprus seek Continuous Professional Development through a variety of activities, which focus in ensuring high quality healthcare, equal access, allocation and continuity of care, both for the individual and the family, throughout their course of life. The success in fulfilling these social goals, is closely related to the roles that nursing and midwifery play, in the decision making process and the development, application and feedback of policies and health related programs, at all healthcare levels.

The conference (under the auspices of the Minister of Health Mr. Christos Patsalides) had 51 different subjects presented alongside with 4 posters and 2 workshops. The number of attendees was 550 and included nurses, midwives, health visitors and students, from Cyprus and Greece.

The Health Minister, during his greeting speech, at the opening ceremony stressed the substantial role played by nurses and midwives in the national health care system and recognized the necessity and importance of their expanded role and involvement in the decision making centres that deal with healthcare and healthcare services. Peyia's Mayor, through his representative, congratulated CYNMA and its members for the beneficial role they have and assured of their intention in development and further cooperation between local authorities and CYNMA on professional issues of nursing and midwifery in favour of the quality of health care delivered to Cyprus community.

CYNMA President Mr. Ioannis Leontiou in the opening speech emphasised the fact that nurses and midwives are still on the first line of duty as far as health care is concerned, stressing the importance of the state supporting their role and suggested certain specific measures and initiatives that must be taken by the appropriate authorities.

1. Outcomes of the conference

1.1 Health Policy, Health and Welfare, Safety and Community Nursing

ü Homecare nursing is nowadays an important method of delivering health care in the modern health care systems. Community nursing plays an important role in decision making, coordination, cooperation and activities of the multi-professional health care team thus contributing in the maintaining of health or quick recovery of the individuals. The basic objective of community nursing is individualistic and holistic nursing care. The major health problems of Cyprus society that are directly related to community nursing care are: cardiovascular diseases, neoplasms, sexual and reproductive issues, the increasing use of drugs and other addictive substances. In conclusion; there is a need for further sensitization of health professionals in multicultural issues and the conference suggests the empowerment of community nurses in accessing and raising their opinion in the national committee for drugs and the relevant law.

- ü Undoubtedly, the modern nurse faces new challenges and roles. Such roles include the ability and possibility of evaluating their self in a therapeutic and empathetic manner so that it provides a proper therapeutic environment where the person will feel accepted, respected and appreciated.
- ü The discussion of issues related to the handling of head injuries outside hospital were an essential part of the conference. The modern health care protocols stress the importance of team work in dealing with these pre-hospital emergency care issues.
- ü Health policy is based, among others, in the recognition and enhancement of socioeconomic and cultural factors that influence health and illness. Satisfaction of the users of health care services continuously gain more importance and mainly on issues related to productive and economically efficient health policy regarding management and distribution of resources.
- ü Research shows that the vast majority of nurses are not aware of the important parameters related to preventive measures for radiation and radioactivity in the hospital setting. So it is essential to recognize the limitations that exist in the nursing training programmes regarding the above issue.

1.2. Hospital Infections and infectious diseases

- ü A related study documents that artificial and enlarged nails comprise the ideal environment for inhabitancy and growth of microorganism that stay even after intensive surgical wash.
- ü The uncontrolled use of antibiotics has created multi-resistant strains that are difficult to be destroyed. Hospital infections in ICU are among the main causes of morbidity, complications and mortality.
- ü The role of nurses in the field of prevention, surveillance and control of hospital infections is vital taking in consideration that hospital infections are a serious problem worldwide. It is crucial that infection control nurse's role be reinforced.
- ü Hospital infections are quality indexes. The development of protocols, standards and guidance can contribute in the achievement of the target of reducing hospital infections.

1.3. Medical, Oncology and Renal Nursing

- ü Haemodialysis sessions affect positively and negatively the quality of care of patients, as they understand it. 'Quality of life' is defined as the degree of independent fulfilment of daily activity. Related studies show low percentages of quality of life of Cypriot patients undergoing systematic haemodialysis sessions and suggest adequate understanding of the problems that occur due to haemodialysis. The subsequent counselling and teaching are considered substantial nursing responsibilities and interventions in improving the patient's quality of life.
- ü The route of administration of erythropoietin differs according to the case and the needs of the body. Subcutaneous administration appears to be the modern rule. However recent research shows side effects, including the growth of antibodies which prevents the future administration of this therapeutic drug.
- ü Thalassaemia cases are increasing dramatically worldwide due to insufficient prenatal programmes. The increased economic cost and the social stigma are recognised as the main causes of the decreased efficiency in thalassaemia prevention. Prenatal control in Cyprus is offered free of charge and shows statistical reduction of the cases.
- ü Preparation and administration of cytotoxic drugs require appropriate education and the necessary equipment. A related research study identified that, nursing personnel which deals with such products, is daily exposed in dangers. The main source of staff information comes from seminars and conferences, while on the same, is pointed out that the hospital administration, participated in the study, show statistically lower percentages of information and education of the nursing staff on issues of chemo protection. The related protocol for

chemo protection appears to be implemented by statistically significant number of nurses in oncology units.

1.4. Nursing Education

- ü Clinical practice affects the dietary behaviour of student nurses of C.U.T. A related research reveals that the bigger the effort by the student the higher the possibility to show hyperphagia crisis and loss of control over food consumption.
- ü The stress of the students of the Nursing and Midwifery school is fluctuating between medium to increased levels, according to the stress assessment scale in the related research. The main causes for stress are identified in issues of preparation for practical assessments and in insufficient empirical knowledge and dexterity in dealing with emergency cases. A parallel research identified that the ability for self management for nursing students of C.U.T. in achieving learning outcomes and results are statistically strongly related with the levels of self-confidence, determination and self-commitment.
- ü The investigation of factors affecting the intent of clinical nurses in undertaking mentor duties was examined in a pilot study that supports that the basic discouraging reason is predicament in fulfilling their duties. This research is estimated that will be expanded with the purpose of upgrading the role of the mentor and the degree of work satisfaction in relation to this role.

1.5. Midwifery

- ü The midwifery session concludes with the necessity for strengthening midwives in issues of defending the women's rights for normal labour and containment of the medical model only for medical cases. On the same time the strengthening of women in claiming their rights, through the contribution of community midwifery, thus reducing unnecessary caesarean sections and related medical interventions but also to increase the percentages of normal labour and breast feeding.
- ü The growth of absolute autonomy of the midwifery profession is supported through the development of a department of midwifery at university level, development of midwifery protocols, creation of midwifery posts in midwifery in public sector and participation of midwives at the decision making centres.

1.6. Peri-operative, Emergency and Intensive Care Nursing

- ü The continuous progress in surgical techniques represents a modern challenge for theatre nurses. The human centred approach constitutes the cornerstone of nursing education and exercise. The technological development transforms and expands the nursing role in theatre, but also appears to threat the holistic approach in nursing. The continuous professional development is recognised as the most important equipment for theatre nurses in the effort to manage the challenges of the present and the future.
- ü The quality of health services offered in I.C.U's is affected by the quality levels of nursing care. The continuation and upgrading of the preparation of emergency and intensive care nurses is considered of deterministic value for the offer of safe and quality care. The related training programmes must follow and comply with existing international guidelines.
- ü The continuous professional education in the specialised tracheostomy care is a necessity for the nursing personnel who work in the I.C.U., for systematic deduction of dangers and complications and the quickest release and safe discharge of the patient.

1.7. The therapeutic meaning of hope and humour in Nursing

- ü The meaning of hope was discussed in the context of the mental values during human experience of illness. The strengthening of hope represents the therapeutic instrument for the relief of pain, psychological and somatically, especially in chronic cases. The use of instruments on behalf of the nurse requires positive attitude and emvoitic abilities and potentials that can develop in the systematic reflection of the clinical experience.

- ü Humour is considered an integral part of humans daily activity in cases of health, while affects dramatically in cases of sickness. Its use as an instrument in nursing is identified as a therapeutic instrument.

2. Accreditation for International Continuous Nursing Education Credits (ICNEC's)

For the first year CYNMA applied for accreditation of the Pancyprian Nursing and Midwifery Conference with International Continuous Nursing Education Credits by the International Council of Nurses (ICN). Through the various processes for assessing the quality of the conference presentations and the attendees presence in the various sessions and workshops, ICN accredited the conference with the ICNEC's and verified the excellent work done by the members of the Organizing and the Scientific Committees.

489 out of 550 participants applied for accreditation of their participation to the conference with the Credits (ICNEC's). All the participants entitled to the credits fulfilled their economic obligations to the Association and had fully completed the 'Attendance Verification Form'. The results of the control process and the process of verification of presence in the conference venues showed that the conference participants remained to the conference not only for gaining the credits but also due to the fact that its contest was evaluated as valuable and interesting. A percentage of 30% of the attendees received the maximum of the credits that could be awarded according to the sessions/ workshops attended. This can be judged as a very important fact for the conference success.

Understanding the importance of the project and the process of verification and accreditation from the participants, the successful completion of the control process and verification of the presence in sessions and workshops as well as the proper completion and return of the relevant documents (control cards and attendance verification form) contributed the most to the successful dealing of the difficulties presented.

3. Results of the Conference Assessment Questionnaire

The Conference Assessment Questionnaire was offered, inside the conference bag, to each participant during registration. The total number of the conference participants was 550 representing 50% Nursing and Midwifery students, 39% General and Psychiatric Nurses, 9% Midwives, 2% Health Visitors. The returned completed questionnaires were 220. The answers were distributed at a scale of: Excellent, Very Good, Good, Moderate, Inadequate. The participants were marking with an X the point representing most their personal views and showed the level of personal satisfaction of their professional needs.

The questions were focused on the following:

1. Announcements and information before the conference
2. Registration Services before the Conference
3. Registration Services during the Conference
4. Secretariat Services
5. Opening Ceremony Evaluation
6. Scientific Themes Evaluation
7. Relevance of themes with Conference Title
8. Audiovisual means for Lectures
9. Free Announcements
10. Posters
11. Conference Exhibition
12. Interest of Exhibition products
13. Participants Comfort during Conference Works
14. Social Events (Breaks)
15. Conference Venue
16. Conference Bag
17. Conference Bag Content

Questionnaire results are shown as follows:

	<i>Excellent</i>	<i>Very Good</i>	<i>Good</i>	<i>Moderate</i>	<i>Insufficient</i>
1	93	70	26	9	2
2	104	72	16	6	0
3	101	72	18	9	0
4	103	70	18	9	0
5	98	80	16	6	0
6	99	72	20	9	0
7	99	73	21	7	0
8	100	68	23	8	1
9	87	77	25	10	1
10	89	77	25	9	0
11	97	73	23	7	0
12	95	72	22	9	2
13	99	72	19	9	1
14	99	73	17	10	1
15	99	74	21	5	1
16	100	70	20	9	1
17	109	64	17	10	0

CYNMA Board express congratulations and sincere thanks to the members of the Organizing and the Scientific committees, free announcements, posters and workshops presenters, co-ordinators, participants, sponsors and advertisers, units and services head nurses for either nursing education and clinical nursing, for their magnificent cooperation for the smooth and successful completion of the conference.

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More information at: <http://www.cyna.org/pansined/15thps.htm>