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"Stress Management- a Fulcrum of Health Promotion in Organisations"



Dr. F. A. Badru
Editor-in-Chief

Stress is a generalized, non-specific response of the body to any demand made on it or a reaction to a perceived threat to one's well being. It can also be seen as any internal or external interruption that interferes with the satisfaction of basic needs or that disturbs or threatens to disturb the body's homeostasis. The body may respond physiologically or psychologically. The ideal state is homeostasis and congruence/ balance in terms of both realms. This necessitates ensuring that all stressors are managed and controlled to achieve the desired healthy state of the care provider and the organization. The human anatomy has a natural chemical response to threat or demand. When the demand is over, the body can return to its natural state. It is often said that nursing is one of the most stressful occupations in the health care industry. Beyond being the first port of call and gate

keeper, he/she is the last 'bus-stop'. The nurse attends to the pregnant mother and the unborn /born babies, cares during post-puerperium, for toddlers, adolescents, the aged, the sick and wounded. He/she is at the forefront and performs the 'last office' on the deceased. The nurse is involved in preventive, curative, promotive and rehabilitative care of patients and clients. This polyvalent care giver attends to difficult and uncooperative patients/clients, administers prescribed drugs after the needed counseling and drug education, ensures drug usage and monitors the effect of this on the clients, supervises student nurses and other health care auxiliaries. All these multifaceted roles tend to impinge adversely on the health of nurses, especially where there is dearth of manpower and infrastructure and where the nurse is lowly placed in the organizational hierarchy, thus efforts to manage the stressors and its offshoot will assist in the health promotion in the healthcare sector.

It is indubitable that stress pervades our lives as individuals or member of a group or groups. It is even more devastating in outcome when it is not properly appropriated and managed. If the stress is well managed, it would engender health promotion in the health care industry and the corollary would convey danger and facilitate adverse health outcomes such as palpitations, increased blood pressure, exhaustion, visual disturbance, anxiety, fear, anger, insomnia, paranoia, depression, poor care to patients and clients and absenteeism among others. Many nurses and health care providers are stressed because of workloads which are not in consonance with the workers' capability and inner resource. These stressors tend to impart negatively on efficiency, productivity and hamper the health of the individuals and prevent the organization from achieving its set goals. It cannot be gainsaid, therefore, that an efficient stress management is a necessity and a fulcrum for promoting health of individual care givers in the health care organizations.

RESEARCH

INFLUENCE OF KNOWLEDGE, ATTITUDE AND BELIEFS ON ADOLESCENT CONTRACEPTIVE USE IN GREATER ACCRA REGION, GHANA

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Abstract

Contraceptive use by adolescents has become a critical issue of concern to parents, educators and medical practitioners in recent years because of trends towards more widespread and early sexual activity of adolescents. This leads to devastating consequences of unprotected sexual activity at an early age such as unplanned pregnancy, unsafe abortion and sexually transmitted infection.

The study assessed the knowledge, attitudes, practices and beliefs about contraceptives use among second cycle schools adolescents in the Greater Accra Region, Ghana. Descriptive cross sectional design using both quantitative and qualitative methods was adopted for the study. Four hundred students from seven public second cycle schools categorised into urban, peri-urban and rural were randomly selected and interviewed.

The result showed that contraceptives awareness level among the students was high but the use among the sexually active students was very low due to ignorance. The television was the main source of knowledge on contraceptive to adolescents. Only 23.3% of the boys and 11% of the girls of the sexually active students who claimed to use contraceptives used them consistently. The male condom was the commonest used method by both sexes. The main reasons given for non-use of contraceptives were ignorance and feeling shy buying contraceptives. There is the need for adolescents to be educated more on their sexuality to increase their awareness of the risks of pregnancy and STIs such as HIV.

Key words: Contraceptive, Adolescents, Knowledge, Attitude, Practice

TRENDS OF MALARIA IN PREGNANCY AND STRATEGIES FOR ITS PREVENTION AND TREATMENT IN EDO STATE, NIGERIA

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ABSTRACT

Malaria is a deadly disease especially in pregnancy and poses substantial risk to the mother and her fetus. The study empirically investigated trends of malaria in pregnancy and different measures used by pregnant women in the prevention of mosquito bites and use of herbs in the treatment of malaria in pregnancy. The population of the study was made up of all pregnant women attending antenatal clinics in Benin metropolitan hospitals. Participants were randomly selected from Government and Mission - Hospitals located in Benin metropolis. A Survey research design was employed. Data generated were comprehensively described and four research questions were tested in the study. Results indicated that most women, 29.2%, used ordinary net to prevent mosquito bites. Some of them, 25% claimed to have used mosquito treated nets, while 24%, used ordinary insecticide. Majority of women suffered from malaria at the first trimester. They used dongoyaro and a combination of herbs in the treatment of malaria. The authors therefore suggest that insecticide-treated nets should be made available to all pregnant women. Women should also be educated through health talks in the hospitals, clinics and communities on the importance of prevention of mosquito bites, especially in pregnancy. By so doing, maternal mortality and morbidity rates in Nigeria would be reduced.

Key words: *Malaria in Pregnancy, Trends, Prevention and Treatment.*

INFLUNCE OF DIRECTLY OBSERVED THERAPY (DOT) ON CLIENTS' COMPLIANCE WITH COMBINED ANTI-TUBERCULOSIS DRUGS IN IBADAN, NIGERIA

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Abstract

It has been observed that many clients with tuberculosis do not comply with their medication. This is because tuberculosis requires long period of six to twelve months of therapy with combination of two or more drugs. They feel discouraged due to the prolonged duration of therapy, fear of side effects of the drugs, the combination of the drugs, taking of drugs on empty stomach and unpleasant taste of the drugs. Directly Observed Therapy (DOT) was recommended by WHO as a strategy to control tuberculosis and to improve compliance with regimen. This descriptive study examined the level of compliance with chemotherapy under DOT among clients with tuberculosis in Ibadan, Nigeria. Results revealed high compliance rate (80.4%) among the clients under DOT. There was no relationship between compliance and age and gender. Few of them (19.6%) defaulted which resulted to relapse.

It was therefore recommended that DOT should be strictly observed and sustained in the management of tuberculosis.

Key Words: *Influence, Directly Observed Therapy (DOT), Compliance, Anti-TB drugs, Strategy, Control.*

Background:

Tuberculosis is a public health problem in Africa, difficult to control due to its resistance to treatment in the early stage, the prolonged period of treatment and combination of the drugs which discourage clients to use. It is an

JOB SATISFACTION AMONG NURSES IN KADUNA STATE, NIGERIA

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Abstract

This is a crass-sectional survey with the aim of identifying nurses' satisfaction with their job. A convenience and purposive sampling was used in distributing one hundred and ninety (190) questionnaires during an update programme in the state. One hundred and twenty-eight (128) were returned, representing 57% return rate.

Findings reveal that, the average age of respondents is 48 years with each nurse caring for 16 patients per shift. Furthermore, 66.4% were satisfied generally with their job while 33.6% were not

satisfied, 83.6% were not satisfied with remuneration while 53.9% were not satisfied with management of their hospital. Five null hypotheses stated and tested at significant level of 0.05 indicated that job satisfaction does not vary across wards and hours of work per shift, management and work load do not relate significantly to job satisfaction. There existed a significant relationship between remuneration and job satisfaction. It was concluded that job satisfaction among nurses in Kaduna State is poor and determinants of job satisfaction are remuneration, management and staff strength among others. The need for Kaduna State government to improve staff remuneration and employ more nurses was suggested among others.

Key Words: *Job satisfaction, Nurses, Kaduna State.*

EDUCATION

POPOOLA HOLISTIC PRAXIS MODEL – A FRAMEWORK FOR CURRICULUM DEVELOPMENT

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Abstract

Despite the use of the concept of holism and the availability of many models in nursing, no holistic model or theory exists. The fact that the concept of critical thinking and the holistic philosophy are crucial in nursing curriculum makes this above gap in nursing education to be troubling. The purpose of this article is to explain Popoola Holistic Praxis Model as a framework for concept - based curriculum and as a tool for the development of curriculum conceptual framework. This article is the first in a series that will publish the result of a grounded theory on the holistic praxis model

THE ROLE OF THE NURSE IN ACHIEVING THE MILLENNIUM DEVELOPMENT GOAL (MDGs) IN NIGERIA BY 2015

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ABSTRACT.

This paper discusses the role of the Nurse in achieving the Millennium Development Goals in Nigeria. A brief introduction of the Millennium Development Goals was done. Some strategies that the nurse could employ to impact meaningfully on achieving the MDGs were highlighted. The nurse has independent and collaborative roles to play toward achieving the MDGs which include the role of health educator, counselor, advocate, caregiver/clinician/skill attendant, career developer/nurse educator, researcher, partner and collaborator, case manager, Data manager, programmeme Coordinator, Change Agent etc. The nurses constitute about 80% of health work force and nursing is the pivot of patient care. The nurse is a key player in the health team and health is linked to development. Socio-economically, development is related to health outcomes and poverty and its consequences are related to ill health. It believed that effective interplay of the independent and collaborative roles of nurse contributes in no small way to achieving the MDGs by 2015.

Key words– Role, Nurse, Millennium development, Goals (MDGs), Nigeria.

CLINICAL

MANAGEMENT OF HYPERTENSION: THE VIEWS OF PATIENTS AT KORLE – BU TEACHING HOSPITAL, ACCRA, GHANA

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Abstract

Hypertension is a disease of national importance due to its alarming rate of increase among the general population, and its crippling complications. Lack of knowledge and beliefs of patients about hypertension has led to management practices that are detrimental, to the control of hypertension. A qualitative research study was carried out to explore the views of patients on the management of hypertension at the Korle–bu Teaching Hospital; the research design was exploratory and descriptive. A purposive convenient sampling technique was used in the selection of the twelve (12) participants who are hypertensive patients. A semi – structured interview guide was used and data was analyzed using content analysis and constant comparison, and categorization of themes that emerged.

The findings revealed that participants' knowledge about hypertension was limited to their beliefs in witches and wizards. They resort to complimentary treatment and non adherence to treatment with reasons of forgetfulness and outlook of the condition. They yearned for information about hypertension, antihypertensive drugs modification of lifestyle. They made several suggestions for the improvement of their healthcare services. These are: specialization of nurses in hypertension management, increase in number of staff personnel, reduction of prolonged waiting time, and provision of comfortable chairs and positive attitude of healthcare professionals at

the clinic. These findings have implication for nursing care which should be intensified in health education and health promotion in considering the views of hypertensive patients in the management of their condition.

Key-words: Hypertension, views, beliefs, management, biomedical model, traditional medicine.

Introduction

Hypertension as a non – communicable

APPRAISAL OF THE LEVEL OF AWARENESS OF THE EFFECT OF RHESUS INCOMPATIBILITY AMONGST WOMEN RESIDENT IN GARKI, ABUJA

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ABSTRACT

This study is designed to appraise the level of awareness of the effect of Rhesus incompatibility of women resident in Garki, Abuja. It is a descriptive survey which utilizes systematic random sampling technique. A sample size of one hundred women was used but only 91% responded. It was noticed that only 50.5% of the respondents know what Rhesus incompatibility is and 55.5% however, have ideas about its effects. The study revealed that the level of awareness of the effect of Rhesus incompatibility amongst the women resident in Abuja is low and there is need to create awareness and sensitize the populace.

Keywords: Appraisal, Awareness, Rhesus Incompatibility.

