

International Scientific Conference

FAMILY – HEALTH – DISEASE

Abstracts of Lectures and Posters





Krakowska Akademia
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Univerzita Tomáše Bati ve Zlíně
Fakulta humanitních studií



International Scientific Conference

FAMILY – HEALTH – DISEASE

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26.09.2019 Kraków
Andrzej Frycz Modrzewski Krakow University

edited by Małgorzata Kalemba-Drożdż

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„The relation between physical activity of students and their health behaviours”

Justyna Adamczuk, Beata Dybiec, Bogumiła Lubińska-Żądło, Magdalena Nieckula

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Abstracts of Lectures and Posters

The relation between physical activity of students and their health behaviors

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Introduction: Health behaviors are habits and traditions that affect the state of human health and are largely conditioned by its state of health. There are two types of health behaviors. The first group includes health behaviors of the so-called „health immunogens” that positively affect health and protect it. The second group includes the so-called „behavioral pathogens”, or otherwise health behaviors that carry health risks and negatively affect the condition of the body. It is very important to properly educate children and adolescents on health promotion, because it allows to develop acceptable health behaviors that influence adult life.

Aims: Assessment of health behaviors and physical activity of students of medical and non-medical fields at the Podhalańska State Higher Vocational School in Nowy Targ.

Material and methods: Research was carried out in the period 02.2019. – 04.2019 To collect the data, the International Physical Activity Questionnaire (IPAQ) was used in the polish adaptation of E. Biernat, Inventory of Health Behaviors (IZZ) according to Z. Jurczyński and the author’s questionnaire regarding sociodemographic data.

Results: Students of medical faculties are characterized by a higher level of physical activity and show significant health behaviors as opposed to non-medical subjects.

Conclusions: It is suggested to introduce the classes covering health promotion issues in non-medical fields of study.

Key words: health, behaviour, physical, activity

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Why do we avoid using HPV vaccines – surveys of high school students and their mothers

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Introduction: Cervical cancer is the second most common cancer (after breast cancer) affecting women in Poland. Every year, approximately 3 000 women receive such a diagnosis, and every second woman dies as a result of late diagnosis and treatment. The association between persistent HPV infection and cervical cancer is scientifically proven. Vaccination against HPV is an effective prevention of cervical cancer. In Poland there are three vaccines available: two-, four- and nine valent. Vaccinations against HPV are not obligatory but are recommended for girls and boys before sexual initiation.

Aim: The knowledge of teenagers and their mothers about the HPV virus and their attitude to vaccination is shown on the example of high school students in Tarnobrzeg and their mothers.

Methods: The research was conducted in April and May 2019 with the use of an author's questionnaire. There were 164 correctly filled questionnaires, 110 from girls and 54 from their mothers.

Results: The results of the questionnaire indicate that the surveyed women and their daughters have knowledge about relationship between HPV infection and cervical cancer. They declare themselves to be in favour of vaccination, however only 3.8% of women have vaccinated their daughters and 59% of teenagers are willing to take the vaccine.

Conclusions: Women do not have adequate knowledge about who and when we vaccinate and what are the types of vaccines, the results of vaccinations and complications after vaccinations.

Key words: HPV infections, cancer of the uterine cervix, vaccines

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The use of vibrotherapy in women with stress urinary incontinence

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Prevention and treatment of lower urinary tract dysfunction in women, including urinary incontinence, is an important challenge for the health care system. Vibrational rehabilitation is an alternative, non-invasive and well-tolerated method supporting stress urinary incontinence (SUI). The main goal of vibration therapy (VT) is to improve the tonus of pelvic floor muscles responsible for the proper statics of organs located in the pelvis. Vibration affects the muscles in a reflexive way, in the literature referred to as a Tonic Vibration Reflex (TVR), which positively influences on the bioelectrical activity of the muscles. As the frequency of mechanical vibrations increases, muscle tone also increases. Using properly selected vibration parameters during therapy, causes activation of the type II muscle fibers, which has a significant effect on the proper pelvic floor muscle tone. Vibrotherapy carried out in a sitting position is an effective rehabilitation tool for increasing the strength of the pelvic floor muscles, where a similar effect is obtained by typical pelvic floor exercises.

Key words: stress urinary incontinence, vibration, vibrotherapy, whole body vibration

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Faecal incontinence problem in old people

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Background. Faecal incontinence (NS) is an unpleasant ailment with diversified and complex etiology. People losing control of one of the basic physiological activities, such as defecation, lose their sense of security. They develop fear, anxiety and even depression. People with this problem withdraw from social contacts, isolate. It is more often in elderly people.

Objective of the work. The aim of the work is to present the problem of faecal incontinence in elderly people and to present methods that can reduce its severity and provide comfort and dignity to the patients during defecation.

The content of the work. In common opinion, the incontinence of stool and gas means the resulting symptoms from disorders in the functioning of anal sphincters. However, it is not always the basis of this disorder that morphological sphincter defects. Stool incontinence is an involuntary loss of liquid or permanent stool. Clinically, we can distinguish three subtypes of NS: passive faecal incontinence, sudden faecal incontinence, faecal leakage. Faecal incontinence is a common problem, usually poorly recognized by doctors and reluctantly reported by patients. The treatment of NS depends on the causes and degree of stool incontinence, and the effects of treatment depend on the correct qualification, the choice of treatment methods and methods of its implementation. The way to deal with an elderly patient is first of all an attempt at conservative treatment within should be considered: bowel movement planning, dietary and pharmacological treatment as well as beauty and hygiene treatments.

Summary. Faecal incontinence significantly worsens the quality of life, leading to physical disability, mental dysfunction and social maladaptation. In addition, uncontrolled leakage of the stool irritates the skin around the anus and urinary tract causing it maceration, pain, pruritus. These people are at increased risk of urinary tract infections and development of pressure ulcers. NS contributes to the increase of costs related to the purchase of medicines, care products and hygiene products. It is the main reason for placing seniors in nursing homes.

Key words: faecal incontinence, elderly person, care

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Health literacy of socially excluded mothers

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The aim of the study is to understand the importance of health literacy in the area of the lifestyle of socially excluded mothers when caring for their children.

The research was conceived qualitatively as a case study. Data was collected as semi-structured interviews and observations. It was further processed by the method of interpretative phenomenological analysis. Three phenomena were set in relation to health literacy: “care”, “independence” and “lifestyle”. Eight categories were set, namely 1) family model; 2) career, finance; 3) lifestyle; 4) interests; 5) child care, health care; 6) hygiene; 7) help from the shelter, internal order; 8) independence. In conclusion the health literacy of these socially excluded mothers should be increased because its low values negatively affect not only the health of the mothers themselves but the health of their children as well.

Key words: health literacy, shelter, social exclusion, mothers

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Daily living with the Parkinson's disease

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Introduction: The Parkinson's disease (PD) tetrad-motor symptoms – bradykinesia, rigidity, tremor and postural instability have a negative impact on patient mobility and lead to disability in basic, instrumental, work, leisure, and social activities.

Aim: The aim of the study was to identify and describe daily life from the patient's view. The data were collected from 11 patients using a semi-structured interview and analysed using an interpretative-phenomenological analysis.

Result and discussion: With the progression of the PD, patients are concerned about the increasing dependence on daily activities. Despite physical and functional limitations, patients need to stay active and useful to themselves, their family, and their surroundings. Knowing that they help or that they depend on another leads them to an increased awareness of motor activity and to planning activities. Engaging in daily activities promotes their life satisfaction and dignity.

Conclusions: The daily life of PD patients is controlled by being mobile and focused on day-to-day routines that are increasingly difficult. Support for them is the recognition of family and surroundings, which gives them the meaning of life. These findings are also important for healthcare professionals, as understanding the daily limits of PD patients will also help them in providing dignified care.

Key words: Parkinson's disease, daily living, patient experiences, interpretative phenomenological analysis

Supported by grant VEGA 1/0090/17 The dignity of patients with neurological disease in the context of healthcare: An interpretative phenomenological approach.

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Nutritional knowledge of patients with chronic kidney disease versus health quality of diet

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Introduction: In the end stage of chronic kidney disease, the patient requires renal replacement therapy. It makes one of the stages of a long-term disease that impairs almost all metabolic pathways of the body and promotes significant nutrient deficiencies. The adequate level of nutritional knowledge of patients undergoing dialysis is an important element in the whole therapy.

Aim: The characteristics of nutritional knowledge and method of nutrition of hemodialyzed patients.

Methods: The study was conducted among patients of the Dialysis Station of the University Clinical Hospital in Wrocław. The study included 94 patients, 44% of women and 56% of men. Basing on the BMI (kg/m²) body mass index, the nutritional status of the respondents was evaluated. The questionnaire to study eating behaviors and opinions on food and nutrition (QEB) was used for studies.

Results: Less than half of respondents (48%) had normal body mass. The remaining 52% had abnormal body mass. Among the total number of respondents, 80% rated their diet as good and very good and 20% as bad and very bad. Regarding self-assessment of nutritional knowledge, the insufficient rating was indicated by 7%, a satisfactory rating of 42% and a good and a very good grade of 51% in total. The analysis of the frequency of consumption of individual products allowed to calculate the so-called diet index about the intensification of pro-health features. The analysis made it possible to conclude that the diet of 79% of respondents use is unfavorable to health.

Conclusions: A high percentage of respondents with abnormal body weight and using an incorrect diet indicates the need for systematic nutritional education in this group of patients.

Key words: hemodialysis, diet, BMI

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Problems experienced by caregivers of people under long-term nursing care (LTNC)

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Introduction: Long-term Nursing Care to the healthcare system is the form of supporting non-self-reliant individuals in their home environment.

Aim: The purpose of the study was to obtain the knowledge on the organization of care and the quality of life of the caregivers.

Methods: The study included 100 caregivers of people under Long-Term Nursing Care from rural and urban areas (the Podkarpackie and Małopolskie voivodships).

Results: 38% of the caregivers were professionally active. 18% of wards were provided with care within 1 week, 27% had to wait 1 month, 21% – 3 months, 17% – 6 months, 11% – a year, and 6% – more than 1 year. A significant correlation was observed between the availability of LTNC and the waiting period (based on the questionnaire). Forty-eight percent of the caregivers did not use their leave time, 40% experienced nervous breakdowns. A significant correlation was noted between the dwelling place and nervous breakdown.

Conclusions: Difficult situation of the caregivers is the result of improper organization of LTNC and a low level of support in the sphere of care services. The main problem is insufficient availability of Long-term Nursing Care and rehabilitation services.

Key words: caregivers, long-term care, quality of caregiver support

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The impact of the anxiety level and acceptance of the disease on the functional status and quality of life of patients after knee replacement

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Aim: The purpose of this study was to assess the psycho-emotional, clinical and functional state of patients with osteoarthritis of knee after full endoprosthesis surgery. Post-surgery anxiety can negatively impact the process of convalescence and the cooperation of patient during rehabilitation, therefore this study was conducted, in order to explore this issue, amongst others.

Material and Methods: The study was conducted on 42 patients (34 women and 8 men), in the age between 47 to 81 years, who underwent knee endoprosthesis surgery. SF-36 and KOOS tests were used for assessment of functionality and life quality of patients. The STAI, AIS and CSQ tests were applied for anxiety level, disease acceptance and pain coping strategies.

Results: Negative correlation ($p < 0,05$) was found between level of pain and the level of disease acceptance, as well as the functional state of patient (KOOS) and their life quality. A positive correlation was shown between pain level and anxiety ($p = 0.007$), and negative correlation between the anxiety level and life quality of the patients ($p = 0.017$).

Conclusions: Functional state of patients, level of pain, and disease acceptance are connected and influence patients' life quality.

Key words: degenerative disease, psycho-emotional factors, functional state, life quality

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Plantar pressure distribution under the foot of young people

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Introduction: The foot is the main point of body contact with the ground. It has a depreciation and supporting function, which allows to maintain balance in space and stable posture.

Aim: The purpose of the study was to assess the distribution of plantar foot load on the ground in young people.

Methods: The research was carried out in a static conditions using a pedobarographic platform (FreeMed). The study included a group of 40 people (20 women, 20 men) aged 19-29.

Results: The obtained results indicate an asymmetric distribution of pressure forces of the feet on the ground, where the load on the left foot dominated. In addition, differences in forefoot and hindfoot weight were also observed. Both women and men had the forefoot loading area lower in the left foot compared to the right foot, and within the posterior foot, the greater loading surface was recorded in the left foot in relation to the right foot.

Conclusions: This dysbalance in the distribution of feet to the ground can have an impact on the imbalance and can affect asymmetry in the posture.

Key words: foot, foot distribution, foot measurement, ground pressure

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Physical activity, health condition and lifestyle of academic youth

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Aim: Assess the relationship between the level of physical activity, state of health and the lifestyle of the academic youth.

Methods: The research was carried out among students from three universities in Wrocław (n = 629): University of Wrocław (UWr), Wrocław University of Science and Technology (PWr) and Wrocław Medical University (UM). The study used self-constructed questionnaires: physical activity questionnaire, health questionnaire, lifestyle questionnaire.

Results: Health was the highest-rated one of the studied factors. In addition, it was found that as much as 67.7% of students from all universities represent a very good level of lifestyle. 68.4% of the respondents were characterized by a very good health potential. Research has shown that the physical activity of students from UM is at a higher level than students of PWr and UWr. Studies have confirmed the relationship between all major variables. The increase in the level of physical activity is accompanied by an increase in the level of lifestyle. A positive correlation between lifestyle factor and health condition was also observed.

Key words: Physical activity, lifestyle, health status, academic youth

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Selected factors influencing the occurrence of spinal defects in school children

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The spine plays an extremely important role in the human body. Any disturbances in both its construction and function may result in serious health consequences. Among the most frequent spinal defects, we can distinguish postural defects, Scheuermann's disease and scoliosis varying in degree of severity. The cause of spinal deformity can be effectively detected only in a small number of cases (around 20%). The sideways distortion of the spine, regardless of the cause, always means a serious condition requiring attentive care, constant control and systematic treatment for many years. It is one of the most difficult therapeutic problems in physiotherapy and orthopedics.

The spine defects are the frequent or chronic diseases, developmental disorders, metabolic diseases can contribute to the development of spinal defects. Incorrect habits associated with long-term maintenance of a body position unfavorable to the spine and frequent activities that burden the spine can contribute to the formation of distortions.

The influence of selected factors that may adversely affect the health and efficiency of the spine in school youth was examined. It was shown that the overweight school backpacks and bad lifestyle habits may have an impact on the spine deformity in the studied group of school children.

Key words: postural defects, scoliosis, spine

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Application of mushrooms extracts in support of cancer therapy

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Mushrooms have been used for both dietetic and medicinal purposes for thousands of years. Scientific research confirms that secondary metabolites occurring in mushrooms have a number of valuable properties, including antioxidant, antibacterial, antiviral, improving the functioning of the circulatory system, anti-inflammatory and anti-cancer activity. The most well-researched anti-cancer mushrooms rich in polysaccharides and β -glucans are *Lentinula edodes* (Shiitake), *Grifola frondosa* (Maitake), *Ganoderma lucidum* (Reishi). Promising anti-cancer therapeutic activity was discovered as well in species from Poland i.e. *Heterobasidion annosum*.

The strongest anti-cancer effect of mushrooms is due to the content of β -glucans. These polysaccharides show a broad spectrum of activity in the immune system. β -glucans activate cell proliferation and cell maturation of the immune system cells, stimulate the activation of macrophages and NK cells. Mushroom extracts can be used to enhance and modulate immune response during cancer treatment. During chemotherapy or radiotherapy dietary supplements containing extracts from these medicinal mushrooms may contribute to a significant strengthening of the body, reducing the occurrence of side effects and strengthening the immune response. Due to the wide spectrum of therapeutic activity, high effectiveness and no side effects these species of mushrooms can be used as a supportive supplementation in cancer treatment.

Key words: medicinal mushrooms, anticancer, immunostimulation

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Care problems of the patient with breast care in the course of radiotherapy

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Introduction: Breast cancer is most common among cancer among Polish women. At present in oncology is increasingly used a combination therapy which includes local treatment methods (surgery and radiotherapy) and systemic (chemotherapy, hormonal therapy, molecular targeted therapy).

Aim: The aim of work was presentation of care problems that occurred during and after radiotherapy.

Materials and Methods: An individual case study method (43 years old woman diagnosed with right breast cancer) was used with interview, observation and medical records analysis.

Results: Patient after pre-operative chemotherapy (4XAC and 12xPXL) and modified radical mastectomy. A patient was qualified for radical radiotherapy, complementing the chest wall and regional lymph nodes. Treatment took place in an ambulatory mode. In the examined patient the following care problems were found: redness and burning sensation in the irradiation area, lack of appetite, pain and swallowing difficulties, exfoliation of the epidermis, faster fatigue, reduced immunity. The medical center personnel gave recommendations to reduce those problems.

Conclusions: Adherence to recommendations of the radiotherapy center's medical personnel contributed to alleviation and reduction of discomfort due to the adverse effects of the treatment.

Key words: breast cancer, radiotherapy, adverse effects, care

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Prevention of chronic complications of Diabetes Mellitus from the perspective of nurses

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Introduction: At present, we have a large number of patients with diabetes mellitus. The nurse is of great importance not only in motivating the patient to change his or her lifestyle, but also in preventing chronic complications through good education.

Aim: The purpose of this article is to point out the important role of nurses in the prevention of chronic complications of diabetes mellitus.

Methods: The survey was conducted using a questionnaire method at internist and diabetology outpatient departments and departments in Dolný Kubín, Ľubochňa and Ružomberok.

Results and conclusions: As part of the survey, we concluded that nurses educate the patient how to prevent chronic complications, but we also found some shortcomings. This concerns in particular the lack of education of nurses about the existence of podiatric outpatient clinics, as well as the low awareness of the work of self-help groups and clubs for diabetics. It is very important that a diabetic is aware of their illness and adjusts their lifestyle to the requirements of the disease right after diagnosis, because it is useful to prevent chronic DM complications.

Key words: Chronic complications. Diabetes mellitus. Prevention. Education. Life style.

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Written Education Material in Patient Education

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Aim: The aim of the study was to determine whether nurses use written educative materials at work and what form of the written materials they use most frequently.

Methodology: The research was carried out in the form of a survey. The questionnaire included 23 items. The sample of respondents comprised 232 nurses. The respondent selection criteria included the following – the nurse works at an inpatient or outpatient medical facility, the person has at least a-year-long experience, and consented with filling out the questionnaire.

Results: The average age of the respondents was 32.6. 87.3% of the nurses stated that at work they use some written material, out of them, only 23.1% proclaimed that they use it regularly, the prevalence of them were nurses in the outpatient department. The most frequently used written material was a poster or a flyer. None of the respondents has ever evaluated the written material through some assessment tool determined for such materials.

Conclusion: Written educative material is an important part of patient instruction which may facilitate the process of education. When choosing the written material, it is necessary that the medical officer evaluates the appropriateness of the written material.

Key words: patients, education, written material, nurse

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Needs of a child with neonatal abstinence syndrome

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Introduction: Neonatal abstinence syndrome (NAS) is a generalized multisystem group of withdrawal symptoms resulting from a sudden discontinuation of the child's contact with substances that the mother kept using during her pregnancy. The dominant manifestations are mainly in the central nervous system.

Aim: The purpose of the study is to present the process of adaptation newborn with abstinence syndrome.

Methods: As a qualitative research method a case study was used to collect empirical data. The secondary methods were observing, interviewing the medical staff, and analyzing the health documentation of newborn. The research sample consisted of one newborn with a NAS medical diagnosis.

Results and Conclusions: Based on an analysis of the health of newborn, we found that NAS affects all body organ systems and thus negatively affects and prolongs the adaptation. The adaptation process can be supported and improved by regularly assessing the newborn's health status with a FNASS score, when the specific symptoms can be anticipated and the individual care planned.

Key words: Newborn. Needs. Neonatal abstinence syndrome. FNASS score.

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The diet: vegan and vegetarian or traditional European (not excluding meat) affects the content of heavy metals, dioxins and polychlorinated biphenyls in human milk

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Introduction: Environmental pollution with heavy metals, dioxins and PCBs is a serious ecological and health problem. They enter our bodies with the food we consume and they can bioaccumulate and biomagnify, thus theoretically lower levels of toxins in the body should characterize individuals using a vegan diet that excludes products of animal origin.

Methods: The contents of heavy metals: arsenic (As), barium (Ba), chromium (Cr), zinc (Zn), cadmium (Cd), cobalt (Co), copper (Cu), nickel (Ni), lead (Pb) and mercury (Hg) as well as dioxins and polychlorinated biphenyls (PCBs) was analyzed in the breast milk of 50 women depending on the type of their diet (traditional European or excluding meat). The concentration of metals in breast milk was determined with mass spectrometry, whereas the concentration of dioxins and PCBs was determined using gas chromatography.

Results: It was found that in some breast milk samples the content of arsenic, barium, chromium, nickel, lead and mercury exceeded admissible concentrations. Higher concentrations of copper and chromium were determined in samples from women using the traditional diet, while in breast milk from women on a vegetable diet there was a higher concentration of mercury. Higher levels of heavy metals were found in breast milk samples collected in spring than in autumn. The concentration of dioxins and polychlorinated biphenyls did not exceed admissible values.

Conclusions: The ambiguous influence of the diet type on toxin concentration in human milk was observed. It cannot be stated unequivocally that vegetarian diet is a preventive factor on the concentration of heavy metals or dioxins and PCBs in human milk.

Key words: heavy metals; dioxins; human milk; environmental pollutants,

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Unconventional methods of wound therapy as alternatives in holistic patient care during hospitalization and at home

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Chronic wounds are conditions that require particular care from health service but also patient's family. Wound healing can be long process which is often connected with topical and systemic complications and leads to impairment of quality of life. Treating chronic wounds consists of clinical evaluation of patient, wound localization, recognition of wound phase, proper wound supply and various methods of curing them.

In face of antibiotic resistance and lack of sufficiency of conventional methods some of medical workers look forward for new methods which can help wound healing. They are hirudotherapy, phagotherapy and larval therapy. They are well known for ages and nowadays are more and more popular.

Mentioned therapies were used in several patients suffering from chronic or acute and infected wounds in Traumatology and Othopaedics Clinic in 5 Military Hospital in Cracow.

Hirudotherapy is treating using medicinal leeches (*Hirudo medicinalis*) which produce hirudin. Hirudin prevents blood from clot forming. They are used to treat venous insufficiency after replantation and in preparing wound to dermal transplantation.

Phagotherapy is new, experimental therapy in wound infected by antibiotic resistant bacteria. Phage viruses are made in laboratory to specifically infect and kill bacteria in wound.

Larval therapy focuses on dressings containing *Calliphora vicina* larvas. Larvas secrete peptic enzymes causing reduction of necrotic tissue thus leading to wound debridement and healing stimulation. That secretion is efficient against many antibiotic resistant bacteria such as *S. aureus* (also methicillin-resistant) and other staphylococci.

These methods require experienced medical staff, knowledge and skills in proper patient and his family preparation, not only somatically but also psychologically.

Key words: wounds, hirudotherapy, phagotherapy, larval therapy

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Patient with cancer in the health care system – case study

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Introduction: Cancer is one of the most common causes of death in Poland. In the last three decades the incidence of malignant tumors in Poland has more than doubled. The mortality rate for malignant neoplasms in Poland in the last five decades has increased almost 2.4 times. In 2010, nearly 93 thousand people died from cancer. Since 2015, the Oncology Package has been operating in Poland. Within this framework, the payer abolished the limitation of benefits for oncological patients

Aim: To analyze the possibilities offered by the oncology package for both patients and healthcare providers, and to identify barriers of the implementation of rapid diagnostics and oncological treatment.

Methods: Case study.-0

Results: The patient aged 70 in September 2016 performs an ambiguous change in the lung on the order of the GP chest X-ray in the picture. The family physician directs the patient to the pulmonology clinic where, after waiting in the 2 months queue, the specialist doctor directs the patient on the chest computer tomography, the patient waits another 3 months for the examination. As a result of the study, the cancer change (lung tumor) was diagnosed. The patient is qualified for surgery, which takes place in June 2017 - expires 9 months from the suspected change in the lungs. If the patient received a DILO card in September and was diagnosed as part of the oncology package after the detection of a change in the lung based on a change in X-ray, the diagnosis should last for a maximum of 7 weeks.

Conclusions: The lack of information, reluctance of doctors to issue patients with DILO cards, failure of the system lengthen the time of diagnosis and treatment, which in many cases causes that cancer is detected too late, many patients are not healed. Mortality from malignant tumors in Poland is higher than the average for EU countries, by about 20% in men and about 10% in women.

Key words: cancer patient, hospital, fast oncological diagnostics, DILO card

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At home or in the hospital?

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Caring for a person in the terminal state can be an opportunity to prepare the patient and his loved ones for a dignified death. We are increasingly seeing people wanting to spend the last moments of their lives at home. Place they know and where they feel good. In many cases, their family wants to make it possible for them, but they do not have the suitable conditions or courage. The most serious obstacle is the fear of impossibility to take care of their loved one and to comfort all their needs, what could be fulfilled in professional terms. Therefore, it is very difficult to decide whether to leave the terminally ill relative in the hospital or to fulfill their wish to die at home. In the paper, which is rather a discussion, we present ways to support such families.

Key words: terminally ill, dying, home, hospital

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Practical aspects of the function of promoting health by nurses in primary care

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Introduction: Nurses should possess appropriate knowledge and skills to perform their professional role, but also to influence on their own health as well as the health of their wards. The local environment in which nurses live and work should be the recipients of professional health education. The function of promoting health belongs to a professional nurse.

Aim: Presentation of the main practical tasks of the nurse in health promotion:

1. Active joining to developed health promotion programs implemented in the country and place of work. The dissemination of local programs.
2. Cooperation with institutions, support groups and individual people working for health promotion, in eg. Family Assistance Centers, MOPS, and Alcohol Problem Solving Commissions. Primary care nurses often participate in the family health education.
3. Creation of conditions for families under care of the clinic students in schoolsto strengthen their health and encouraging them to pursue a pro-health lifestyle.
4. Cooperation between the patient, family, environment, in the scope of increasing control over their own health or its improvement ie: diagnosis of the situation (work, study, life conditions), assessment of health care motivation, assessment of own health control and conditioning factors, encouragement to use professional help regarding health status, assessment of skills to strengthen, maintain and improve health.

Summary: The nurse should assess the availability of proposed health promotion programs or preventive programs, advise on health matters as part of primary care.

Key words: health promotion, nurse functions, support, basic health care.

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Factors affecting the knowledge of parents on neonatal mass screening programs

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Introduction: The neonatal mass screening programs save children from early death and severe damage to the central nervous system.

Aim: The objective of the study is the evaluation of factors affecting of the goal and character of neonatal screening.

Methods: The studied group was recruited mothers staying at the Neonatology Wards (Małopolskie, Świętokrzyskie, Podkarpackie voivodships). The analysis included 1000 questionnaires.

Results: Almost 80% of the subjects acquired the knowledge from their physician (27.6%), midwife (45.9%) or the Internet (30.5%). For 38.1% of them, the knowledge was insufficient. 62.5% expressed opinion that mass screening tests should be also performed in case of diseases for which no therapies were available. 53.8% wanted to inform grandparents about the diseases. A statistical correlation was also demonstrated between the above opinions and the education level of the subjects ($p < 0.05$).

Conclusions: 1. Parents are entitled to receiving honest and solid information from health care professionals. 2. The web pages should be verified with respect to the substantive and factual level of information they provide.

Key words: neonatal mass screening, factors, knowledge

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Parkinson's disease patients' experience of acceptance of the disease and coping patterns

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Introduction: Patients with Parkinson's disease (PD) experience a wide spectrum of emotional reactions, states and feelings at different stages of the disease trajectory. Particularly the diagnosis process generates the pressure on them in terms of questioning the disease, its causes, impact on their life and prospects for the future. On the other hand, it creates the challenges for adopting individual coping strategies and managing the life with the disease.

Aim: Qualitative study aimed to identify PD patients' life experiences related to the process of acceptance of the disease.

Methods: Data were collected by in-depth semi-structured interviews in 11 selected patients with PD and analyzed using the method of interpretative phenomenological analysis (IPA).

Results: The experiences of PD patients concerning acceptance of the disease are presented by following themes: **Perception of the disease**, with subthemes *Reactions when diagnosed; Questioning the disease* and *For me, Parkinson is...*; **Losses and limitations** with subthemes *My illness deprived me of...* and *In what I hope?* and **Facing the disease** with subthemes *Fighting with the disease; Preserving self-sufficiency* and *Searching for options*.

Conclusions: Study revealed acceptance of the disease is an ongoing individually experienced process. Therefore, efforts to know patients more thoroughly and understand their life experience are crucial.

Key words: Parkinson's disease patients, acceptance of the disease

Supported by project VEGA 1/0090/17 Dignity of patients with neurological diseases in the context of healthcare: interpretative phenomenological approach.

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Knowledge about the use of electric current among urgent health care and nursing students

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Introduction: Defibrillation, cardioversion and cardiostimulation are the three most important procedures that use electric current in urgent and intensive care. Health-care students start to study this issue during their bachelor's studies.

Aim: The objective of the present study was to identify knowledge about the specifics of defibrillation, cardioversion and cardiostimulation in the third-year students of Urgent Health Care and Nursing.

Methods: The research method was a non-standardised questionnaire. The data was analysed by the absolute and relative frequency, and chi-squared test. The sample consisted of 390 third-year students of Urgent Health Care and Nursing.

Results: Overall, the students had 5753 (86.77%) of correct and 877 (13.22%) of incorrect responses. More correct answers were given by the students of Urgent Health Care. The difference was statistically significant at the value of the Chi-squared test ($\chi^2(1, 6630) = 30.639; p < 0,001$).

Conclusion: Electrical therapies are life-saving medical procedures; every health-care professional should have knowledge about them.

Key words: cardioversion, cardiostimulation, defibrillation, student

This work was supported by the Cultural and Educational Grant Agency of the Ministry of Education, Science, Research and Sport of the Slovak Republic [Grant project KEGA No 026UK-4/2017].

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Promoting social dignity in patients with Multiple Sclerosis

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Background: Apart from multiple sclerosis (MS) progression, problems and complications associated with that disease could potentially threaten patients' dignity. Healthcare professionals, people with similar problems, support groups and organizations, as well as functional limitations compensation and patients' family are sources promoting the personal and social dignity of patients with MS.

Aims: To identify and interpret social dignity promotion from the patient's view.

Material & Methods: The data was collected from 14 patients using a semi-structured interview and analysed using an interpretative phenomenological analysis.

Results: The patients connect the social dignity promotion with four themes: *"Family hold me mainly"*: family support, *"Those who know and see, help"*: help and support, *"We need to support"*: helpfulness of health-care professionals, *"There we are all the same"*: sharing problems. Help and support from family members, colleagues and other people promote personal and social dignity of MS patient. The use of compensatory aids "reveals" the MS disease and it leads to understanding from the surrounds. Respect, expression of support in communication and willingness are sources of patient satisfaction and "salve for the soul". Healthcare professionals promote the patient's dignity, if they "do not regret, hear and listen to them, verbally support patient, they can laugh". In their behaviour, they desire "friendliness, guidance, dedication, thoughtfulness, knowing to keep, respecting the patient's health". Centres establishment for patients with MS and the realization of common events can help them to increase their self-esteem and "feel dignified".

Conclusion: The patient dignity is crucial phenomenon of the nursing practice. It is necessary to understand the experience of dignity from the perspective of patients with MS and saturate the demands of the patient-centred health care.

Key words: social dignity, multiple sclerosis, patient, interpretative phenomenological analysis

Study was supported by project VEGA 1/0090/17: *Dignity of Patients with Neurological Disease in the Context of Health Care: Interpretative Phenomenological Approach*.

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Caregiver experiences of providing care to adult individuals living with a left ventricular assist device review of the literature

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Background: Caregivers of patients with left ventricular assist devices (LVADs) face significant emotional, physical and financial burdens, according to a recent review. The International Society for Heart and Lung Transplantation's 2013 guidelines for mechanical circulatory support emphasize the importance of caregiver support for LVAD placement. The guidelines recommend that a lack of caregiver support should serve as a relative contraindication for device placement.

Objectives: The aim of this study was to review a literature regarding caregiver experiences of providing care to adult individuals living with a left ventricular assist device.

Results: Many of the articles suggested a longitudinal process of caregiving with perceptions largely dependent upon the time of interview in relation to the LVAD. The first domain of caregiving is the "early" stage covering life before the LVAD through the procedure. This phase is characterized by the pre-LVAD "emotional rollercoaster," the decision seen as "no option," and the thought of "leave it [the LVAD] at the hospital." The second domain is the "middle" stage covering the timeframe following discharge from the hospital. This phase is characterized by fragility of the patient, recognition of a need to adapt, and a transformed life. The final domain is "late LVAD" and describes how late in the LVAD process, the LVAD indication (bridge to transplant or destination therapy) brings in to focus what is important to caregivers.

According to experts, some support approaches include the following: Provide support to caregivers before implantation of the device. Ensure that everyone involved has a realistic picture of life with a LVAD. Discuss and document a patient's values and medical preferences in case of complications

Conclusions: Existing literature indicates that the LVAD caregiver experience is intense, burdensome, and the need to adapt to a new life. Considering the burden that caregivers experience, clinicians and future research should explore strategies to support these important individuals.

Key words: caregiver, care, left ventricular assist device,

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Nursing care for patients on mechanical pulmonary ventilation at home

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The aim of this paper is to highlight the issue of nursing care for patients on mechanical pulmonary ventilation and their problems with insufficient respiration or spontaneous breathing. To ensure the needs of patients on mechanical pulmonary ventilation at home arrest it is necessary to engage nurses, doctors and medical personnel. The main study method was a non-standardized questionnaire. The questionnaire items were focused on the organizational, nursing and socio-psychological aspects of providing care at mechanical pulmonary ventilation. An experiment sample consisted of 50 nurses that looked after patients with home mechanical ventilation from 2005 to 2010. The survey has found that there are nurses from the Nursing Home Care Agency and nursing staff from Anaesthesia and Intensive Medical Care Unit, providing specialized care, who are involved in the care of the patient with the home mechanical pulmonary ventilation. The most common nursing problem was care for the patient's airways and care resulting from the immobility of the patient. Nursing care is done systematically and daily in cooperation with the patients' family. Professional interventions provide comfort to the patients and patients' family.

Key words: nursing, mechanical ventilation, patient, home care

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Born to die – is it possible to prepare?

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The development of diagnostics that has occurred in medicine in recent years, especially in obstetrics, has made it possible for us to obtain information about the intrauterine development of the child, as well as to detect any abnormalities long before delivery. However some of these abnormalities are lethal genetic defects, which in their prognosis inexorably are related to the death of a child in the perinatal period.

The challenge for a multidisciplinary perinatal hospice team is to provide professional care for parents facing an incurably ill child with respect for their suffering and individual needs.

Key words: terminal care, lethal genetic defects, perinatal death

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Children and Death: Philosophical, Educational, and Spiritual Perspectives

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Children in the situation of death experience: strong pain; painful and exhausting diagnostic tests; frequent and long-term hospital stays; remarkably aggressive and intensive treatment. We have to remember that children have the right to have their views taken into consideration by healthcare providers. Children's opinions and experiences are essential for monitoring and evaluating the effectiveness of health services provision. Extremely difficult is the situation, when children are facing death. This anthropological phenomenon is related to the basic question: What is the meaning of the finitude of a particular human and how or when should we talk about it?

Key words: Children, death, spirituality

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The meaning of the evidence given by court medical experts while assessing the consciousness condition of a testator

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According to article 945 para. 1 subpara 1 the Polish Civil Code, a will is invalid if it was made in a state precluding conscious or free decision making and expression of intent.

Within judicial decisions it is emphasised that a state excluding conscious or free decision making and expression of intent should be understood only as a state in which the possibility of free choice is completely excluded. Making findings in this respect requires the admission of evidence from court experts' opinions on the testator's ability to draw a valid will. The experts' task is to explain to the court if the testator, at the date of writing the will, acted knowingly and had an insight into the significance of the measures taken.

It should be pointed out, however, that the fact that the testator suffered from a mental illness does not automatically mean that he did not make a valid will. For example, it may be up to the experts: a psychiatrist, a psychologist and a neurologist to determine whether the exact will was drawn up validly – in the state not precluding conscious or free decision making and expression of intent.

Key words: the expert witness report, testament, consciousness condition of a testator; inheritance law

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The influence of psychogenic factors on stomatognathic system disorders of office workers

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Background: Dysfunctions of temporo-mandibular joints (TMDs) are a common clinical problem. Some authors have stated that the psychoemotional factors, such as anxiety or stress, which are often an integral part of the occupation, have a great importance in developing the TMDs. The aim of the study was to evaluate the prevalence of TMDs in office workers and to determine the impact of anxiety level on the occurrence of the TMD's symptoms.

Materials and Methods: Investigations were carried out in 30 office workers (15 women and 15 men) aged 26–39. The following methods were used: clinical-functional examination of stomatognathic system, Gsellmann Occlusal Index (OI), STAI questionnaire used to assess anxiety levels. The results of $p < 0.05$ were considered as statistically significant.

Results: About 70% of office workers showed symptoms of TMD. The average STAI score was 41 points, which indicates an increased level of anxiety among office workers. Statistical analysis showed a correlation between the occurrence of symptoms of TMDs and high STAI score ($p < 0.05$).

Conclusions: Psychoemotional factors, such as anxiety, may be considered as an important component in the etiopathogenesis of TMDs.

Key words: TMDs, psychoemotional factors, anxiety

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Attitudes towards breast-feeding among women

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Breastfeeding is a natural method of child nutrition recommended by the World Health Organization, the American Academy of Pediatrics and the European Society of Gastroenterology, Hepatology and Children's Nutrition.

The goal of the study was defining the attitudes towards breastfeeding among women as well as defining the factors that influence the choice of this way of feeding the child. 302 women participated in the research. The chosen method was a diagnostic poll and a questionnaire survey tool.

Based on our own research and other studies, there were no significant differences in attitudes towards breastfeeding. Similar results were obtained in studies conducted so far. Women declare their will to breastfeed, its continuation depends on the level of difficulty and ability to solve problems mainly with the support of qualified personnel. Choosing a method of feeding children is conscious based on knowledge or experience, women have the right to choose how to feed their children.

Key words: woman, child, breast-feeding, attitude

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Care of the child with Haddad's Syndrom

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The Haddad's Syndrome consists of congenital central hypoventilation syndrome (CCHS) and Hirschsprung disease (HD). CCHS is characterized by sleep apnea, while HD is a disorder of the large intestine. Symptoms are not standardized and affect many organs. The most characteristic is the cessation of breath during sleep. The purpose of the work was to present the patient's problems. Research area concern the specifics of care, care problems of the patient, as well as parents' education. The case study method was used in the work, considering the patient care process with usage of medical documentation, observation, as well as an interview with parents regarding to the quality of life. In the described case, the nurse's main task is to protect the child against hypoventilation. It is equally important to prevent malnutrition, prevent the development of infections due to an inserted injection, the presence of a catheter, tracheostomy tube and stoma. It is also important to educate parents who must be aware of how difficult it will be to care for a child with Haddad's Syndrome.

Key words: nursing, Haddad's Syndrome, congenital central hypoventilation syndrome, Hirschsprung Disease

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Self-evaluation of selected types of support and its significance for the quality of life of carers of people after ischemic stroke

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Introduction: The course and consequences of ischemic stroke is a difficult experience not only for people who are diagnosed with it, but also their direct caregivers. The type and scope of care, as well as limitations related while taking it, may modify the self-assessment of the quality of life of carers. Social support seems to be an important determinant of this assessment.

Goal: The aim of the research is to assess selected types of support among caregivers of people after stroke, and to indicate their importance for the quality of their lives.

Materials and Methods: The study was conducted among 39 people who cared for a patient after a stroke. The diagnostic survey uses: the WHOQOL Bref Quality of Life Scale and the Berlin Social Support Scales. The statistical analysis of the results was carried out in the SPSS Statistics 24.0 program.

Results: The respondents took care most often over the spouse (33.3%) or a parent (25.6%). In their opinion, they received the most support in this situation from their spouse (66.7%), and it was emotional support (53.8%). Among the analyzed variables, respondents rated the perceived available support ($M = 3.67$, $SD = 0,40$) and the social component of the quality of life ($M = 64.87$, $SD = 14.35$) the highest. The higher perceived support by the caregiver correlated significantly, moderately with a higher quality of life in social ($r = 0.31$) and environmental ($r = 0.32$) fields.

Conclusions: 1. Caregivers of people with ischemic stroke highly appreciate the available social support. 2. High self-evaluation of the available support is an important resource of satisfaction with the social aspects of quality of life.

Key words: Support, quality of life, ischemic stroke

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Mental Health Center – a new form of help for a patient with mental disorders and his family

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Introduction: Over the past few decades, the quality of life of people with mental disorders has been improved, mainly by limiting the institutionalization of these people. As a result, daily departments, environmental treatment teams, support groups were established and the Mental Health Centers (CHP) began to function recently.

Aim: To outline the main assumptions of the Center and ways of its functioning.

Content: CZP is a new form of a proven psychiatric care system that aims to improve the quality of psychiatric treatment, by improving the continuity and effectiveness of therapy, reduce the negative effects of hospitalization, reduce care costs, prevent stigma and provide conditions for social integration of people with mental disorders. The tasks of CHP include comprehensive psychiatric health care: diagnostics, treatment, rehabilitation and case-law and consultations for primary care.

Summary: CHP, is not a new form of medical services, but is a new and proven form of therapeutic activity, aimed at improving the quality of medical care provided.

Key words: mental health, psychiatry, patient, family

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Assessment of quality of patients' life in the terminal state of the disease and their relatives

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Background: The quality of life of people in terminal state may at a relatively high level despite severe disease limitations. The aim of palliative care is to ensure the best quality of life for the dying person, but also for their relatives. Regular assessment is an important issue.

Objective: The main aim of the research was to evaluate the quality of life of patients in the terminal stage of the disease and their relatives.

Methods: The standardized questionnaire EORTC QLQ-C30 was used for assessment of the quality of life of patients in the terminal stage of life and the CQOLC was used for the assessment of the quality of life of family members. The research group included 70 patients in the terminal stage of the disease and 76 respondents in the direct relationship to patients.

Results: Significantly lower absolute values of the quality of life of patients in the terminal stage of life were measured compared to the standard of quality of life of the general population in all domains studied; overall quality of life, functional status and symptoms. Respondents' score in quality of life assessment for the past week reached an average of 27.02 ± 12.64 . The current population score is 71.2 ± 22.4 ($p < 0.001$). Worst average scores in related terminal stage patients were measured in the positive thinking question; (0.07), sadness question; (0.43), and in the question of fear of death of a loved one; (0.62). We have statistically proven that the quality of life of caregivers is closely related to the poor quality of life of patients with severe disease.

Conclusion: It can be confirmed that the quality of life of patients in the terminal stage of the disease is significantly reduced. The poor overall condition of the patient significantly affects the quality of life not only of the patient himself, but also the quality of life of members of his family who cares for him.

Key words: Quality of life, Patient, Terminal stage, Relative

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Knowledge of people taking care of a patient with multiple sclerosis about the disease

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Objective of the work. The aim of the study was to assess the state of knowledge of people taking care of a patient with multiple sclerosis about the nature of the disease.

Material and methods. The study group consisted of 76 caregivers of a family member suffering from multiple sclerosis. The research was carried out using the diagnostic survey method using the original questionnaire.

Results. Statistical analysis has shown that the vast majority of respondents do not know the most common symptoms of multiple sclerosis (81.6%). It has been shown that caregivers of people with multiple sclerosis do not know the forms of the disease (89.5%). Most of the respondents did not have knowledge about the age in which multiple sclerosis (52.6%) is revealed most commonly and about the prevalence of multiple sclerosis based on sex(57.9%). Respondents whose care time is in the 11-15 year range declared that the illness their relative suffers from is classified as a psychiatric disorder(55.0%).

Conclusions. 1. Families of people with multiple sclerosis do not have enough knowledge about the nature of the disease. 2. The largest knowledge deficit in multiple sclerosis refers to the most common symptoms, the age range in which the disease usually occurs, and the sex which multiple sclerosis affects more frequently.

Key words. multiplesclerosis, guardian, knowledge

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Training of nursing diagnostics of nursing students via electronic training simulator

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In Slovakia, nursing diagnostics is a part of educational curricula approximately since the mid-90s of the 20th century and nursing is still the subject of expert discussions. Quality diagnostics is prerequisite for planning individualized nursing care. The electronic training simulator reflects the requirements for modern trends in teaching and complements the attendance form of nursing students.

The aim of the paper is to present the structure of the electronic simulator for the training of clinical-critical thinking of students in the field of nursing diagnostics and interventions.

OpenLabyrinth program designed for creating virtual patients is used for its formation. The content of the electronic training simulator is structured into individual chapters that present brief case study of patients in connection with the concrete nursing diagnosis.

Each chapter has a section on assessment, diagnosis and planning of nursing care and these sections are connected to each other.

Interactivity of the trainer is supported by the choice of several options for solving the patient's problems and the justification or incorrectness of the student's answers.

Key words: nursing, education, electronic trainer, nursing diagnosis

Supported by the project KEGA 043UK-4/2018 Interconnection theory and clinical nursing practice – the electronic training simulator.

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Supporting family members in providing care

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Family is a system which is based on a mutual interaction of its members. These interactions can be influenced by disease of one of the family members. The article aims to describe family members caring for an immobile relative and responsible for health support and to find out what is the burden of the family that provides care for an immobile family member. We monitored the impact of care on the physical or mental health of family members. The chosen method of evaluation was individual case studies – casuistic. Survey results indicate that the burden of family members health rests much more on mental health and causes negative impact on the social aspect of life of respondents. Family members should have access to high-quality interventions to alleviate adverse effects on their health.

Key words: Family members. Care. Immobility. Burden.

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Proponowany sposób cytowania / Recommended citation:
International Scientific Conference Family – Health – Disease. Abstracts of Lectures
and Posters (ed. Kalemba-Drożdż M.), Kraków, 26 Sept. 2019.
DOI: 10.34697/66007-32-1-iscfh-2019

Projekt okładki i skład komputerowy: Oleg Aleksejczuk
Zdjęcie na okładce: Archiwum Krakowskiej Akademii im. Andrzeja Frycza Modrzewskiego

e-ISBN 978-83-66007-32-1

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Kraków 2019

Na zlecenie:



Krakowskiej Akademii
im. Andrzeja Frycza Modrzewskiego
www.ka.edu.pl

Wydawca: Oficyna Wydawnicza AFM, Kraków 2019