



Global Pharma and Nursing Meet 2018

April 02 - 03, 2018 | DUBAI

Keynote -Day 01



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**Role and interaction of Aromatase/Seladin-1 in
neurodegenerative diseases**

Pelin Kelicen-Ugur

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Alzheimer's disease (AD), the major cause of dementia, is a progressive neurodegenerative disorder that is characterized by memory loss and cognitive deficits. Experimental and clinical evidence suggests that estrogens have protective effects in the brain. Nevertheless, their potential role against neurodegenerative diseases, in particular AD, is still a matter of debate. Although in vitro research proved the neurotrophic and neuroprotective effects of estrogen on neurodegenerative diseases such as AD, the data obtained from the clinical studies is conflicted. It was shown that aromatase, which is expressed in the brain, has regulatory functions on neural development and synaptic plasticity by providing local estrogen synthesis. Furthermore, systemic estrogen administration increases breast cancer and thromboembolic disease risk. For that reason, new therapeutic approaches that utilize alternatives to systemic steroid administration and that retain the neuroprotective effects of estrogen would be advantageous in the treatment of neurodegenerative diseases. Developing aromatase modulators and new, targeted pharmacological agents may provide estrogen synthesis, specifically in the nervous system, and shed light on treating or preventing neurodegenerative diseases. Furthermore, the identification of the seladin-1 gene (for Selective Alzheimer's Disease indicator-1), which appeared to be significantly less expressed in brain regions affected in AD, opened a new scenario in the field of neuroprotective mechanisms. It was subsequently demonstrated that the seladin-1 gene corresponds to the gene that encodes an enzyme that catalyzes the last step in the biosynthesis of cholesterol from desmosterol. It was shown that seladin-1 protects neurons against amyloid-beta ($A\beta$) and oxidative stress-related apoptotic cell death and inhibits caspase-3 activity, which is prominent in apoptosis. The decreased levels of both aromatase and seladin-1 in AD brains inspired the hypothesis that there may be a relationship between the expression of these genes. Proving this relationship may provide an insight into selective regulation of brain aromatase by seladin-1 modulation and a better understanding of the mechanisms of several neurodegenerative diseases such as AD, epilepsy, ischemia and diabetic brain.

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Biography:

Pelin Kelicen-Ugur joins Hacettepe University as a research fellow in the Department of Pharmacology. Before assistant professorship, she was a Visiting Scientist at the Tufts University, the Genetics lab at HNRC-A, Boston USA and Karolinska Institute, Molecular Toxicology and Molecular Neuropharmacology lab. She received her professorship from Hacettepe University in 2011. Her primary research interests are in the field of Genetics and Molecular Neuropharmacology.

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Miracle Medicinal Mushrooms: Biological activities of *P.linteus* on immunomodulatory, anti-inflammatory, and antioxidant effects

Surapol Natakankitkul

Chiang Mai University, Thailand



Mushrooms *Phellinus linteus* (PL) are used in traditional Asian medicine for preventing against different types of cancers with a variety of biological activities, including immunomodulatory, anti-inflammatory, and antioxidant effects. The activity of *P.linteus* and its extracts is associated with the presence of polysaccharides, predominantly β -glucans, their peptide complexes polyphenol and triterpenoids. Polysaccharide fractions isolated from *P.linteus* were found to be related to the increased activity of immune cells such as the production of cytokines by macrophages and B-cells or the increased cytotoxic activity of natural killer cells. Moreover, *P.linteus* was found to modulate the expression or activity of various genes involved in cell proliferation, apoptosis, and chemoprevention. We recently demonstrated that *P.linteus* and its extracts inhibited proliferation and colony formation of highly invasive human breast cancer. We also presented the extracts and fractions from PL show diverse pharmacological mechanisms, including anticancer, anti-inflammatory, neuro and hepatic-protective, antidiabetic, immunomodulating, antibacterial, and antioxidation in multiple in vitro and in vivo tests. RP-UPLC-UV-ESI-MS methods were optimized for *P.linteus* analysis. Therefore, applying polyphenols and triterpenoid standards of natural *P.linteus* mushroom showed the chromatographic fingerprint for identification of bioactive compounds and immune support in traditional medicine information. Finally, *P.linteus* extracts demonstrated tumor regression in independent case reports, suggesting that an extract from *P.linteus* or a dietary supplement based on the extract from *P.linteus* may have potential use for the alternative treatment of cancer.

Biography: Surapol Natakankitkul is one of the scientists conducting Research on *Phellinus* mushrooms at the Department of Pharmaceutical Sciences, Faculty of Pharmacy, Chiang Mai University, Thailand. His research focuses on pharmacological therapy by using *Phellinus* mushroom. He received his PhD in Biotechnology & Analytical Chemistry at Innsbruck University, Austria in 1991. He received his Master in Clinical and Hospital Pharmacy from Chulalongkorn University, Bangkok in 1996. He has extensive experiences on quality assurance in drug, cosmetic, food and natural products; hospital administration and pharmaceutical industry management; ISO, GMP, HA, HACCP, MS-QWL, TQA Auditor; drug profile and forensic science specialist. He has published numerous articles and research papers.

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Quality of life in Jordanian children with cystic fibrosis as perceived by children themselves and their parents

Nemeh Ahmad Al-Akour,

Jordan University of Science and Technology (JUST), Jordan



Background: Children with cystic fibrosis facing health challenges and negatively effects on their health related quality of life. The management of cystic fibrosis should be carried out on a daily basis, which requires parental monitoring.

Objective: This study assessed the quality of life of Jordanian children with cystic fibrosis as perceived by them and their parents.

Methods: A cross-sectional design was conducted on 200 children with cystic fibrosis aged 6 to 13 years and their parents. The Arabic Cystic Fibrosis Questionnaire Revised (Cystic Fibrosis Questionnaire–Child version (CFQ-Child) and Cystic Fibrosis Questionnaire–Parent version (CFQ-Parent) was used to collect the data from participants who attended a pediatric hospital in northern Jordan between December 2012 and March 2013. Multivariate analysis and Pearson’s correlation coefficient were performed to assess children’s quality of life.

Results: The total domains mean of the CFQ–Child and CFQ-Parent were 58.1 (SD = 16.3) and 50.6 (SD = 19.0) respectively. Males and children aged 6-11 years had better quality of life digest ($p = 0.011$), emotional ($p = 0.005$), social ($p = 0.007$), body image ($p = 0.005$) domains.

Parents with higher educational level and employed were more likely to perceive that their children had better quality of life. CFQ–Child domains and CFQ-Parent domains were not significantly correlated.

Conclusions: Quality of life of children with cystic fibrosis was poor as perceived by themselves and as perceived by their parents. CFQ–Child domains CFQ and parent domains were not significantly correlated.

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The prevalence of postpartum stress among Jordanian women

Khitam Ibrahem,

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Background: Postnatal depression is a focus of considerable research attention, but little is known about the pattern of stress across this period.

Objective: To investigate the prevalence of stress after childbirth for Jordanian women and identify associated risk factors.

Design: A descriptive cross-sectional study. Participants were recruited six to eight weeks postpartum, provided personal, social and obstetric information, and completed the stress subscale of Depression Anxiety and Stress Scale (DASS-S), the Maternity Social Support Scale (MSSS), and Perceived Self-Efficacy Scale (PSES).

Setting: maternal and child health care clinics in four health care centres in Maan city in Southern Jordan.

Participants: Arabic speaking women (n=324) between the ages of 18 and 45 years, six to eight weeks postpartum, primiparaous or multiparous at low risk for obstetric complications. Data collection was take place between October 2015 and January 2016. Ethical clearance was obtained prior to data collection.

Results: The prevalence of postpartum stress among Jordanian women was 39.8%. A regression analysis revealed that occupation, low social support, financial problems, difficult marital relationships, difficult relationship with family in-law, giving birth to female baby, difficult childbirth, and low self-efficacy were associated with postpartum stress.

Conclusions and implications for practice: Jordanian women need support during pregnancy, during and after childbirth. Postpartum emotional support and assessment of symptoms of stress needs to be incorporated into routine practice. The opportunity for open discussion along with increased awareness and clarification of common misconceptions about postpartum stress are necessary.

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Biography:

Khitam Mohammad is associate professor of midwifery research and practice. She received her BSN degree in 1997 from Jordan University of Science and Technology, her first master degree was in Anthorpology in 2003 from Al-Yarmouk University in Jordan, her second master degree was in Midwifery in 2004 from Griffith University, and her PhD in Midwifery from Griffith University in 2008 Australia. Khitam is the second associate professor in midwifery at the faculty of nursing, Jordan University of Science and Technology.

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The outcome of child friendly hospital environment in patients and family experience

Abdullah Banyhamdan,

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Statement of the Problem: Pediatric oncology patients became anxious and scared of the hospital setting because of bad experiences which have been subjectively described as a frightening one whenever a child is admitted, undergo treatment or procedure in the healthcare setting with thirty-three percent of patient and family dissatisfied with the general appearance of oncology pediatric units. The aim of this study is to determine the outcome of creating a child-friendly hospital environment for oncology pediatric patients and their families.

Methodology & Theoretical Orientation: An experimental design was utilized using a pre and post satisfaction surveys to measure the level of initiative improvement. Findings: Series of intervention was followed in order to implement the initiatives in pediatric cancer units, such as environmental reconstruction and renovation with a nature-themed rooms, recreational facility, provided books and teaching service, decor and furniture, applied graphic suitable for children, provided toys, plasma TV and a conducive kiddy TV channels. The pre and post-intervention results shows the total level of satisfaction of the respondents increased from 77% to 93%.

Conclusion and Significance: A small initiative to address the emotional needs of the patient can bring a huge difference in their health condition and giving a positive health outcome and excellent journey of patient experience.

Biography:

Abdullah Bany Hamdan has his expertise in research and healthcare quality and passion in improving the system process and care coordination. Mr. Abdullah distinguished as an outstanding leader in hospital administration and hospital accreditation process, he engaged in several committees like Patient Safety Committee, Mortality & Morbidity Committee, Kaizen Steering Committee and Quality Improvement Committee respectively. Furthermore, he leads the implementation of quality improvement projects and initiatives with several research publications and invited in national and international conferences.

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Effect of metformin on lower limb ischemia in a novel mouse model of peripheral artery disease

Safraz Mohamed Omer,
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Metformin is a biguanide used for managing hyperglycaemia in type 2 diabetes mellitus patients. Recent reports suggest potential for metformin to be repurposed for treating cardiovascular diseases. Peripheral artery disease (PAD) is a vascular disease usually caused by atherosclerosis restricting blood supply to the legs. We previously established a new mouse model which simulates PAD. In this study, we aimed to examine the effect of metformin administration on lower limb blood supply within the novel mouse model of PAD. Limb ischemia was induced in apolipoprotein E deficient mice (n=31), through a novel procedure. The control group (n=15) received vehicle control and the experimental group (n=16) received 300 mg/kg/day of metformin for 4 weeks through oral gavage. Limb perfusion was assessed by Laser Doppler imaging. Protein and gene expression associated with revascularisation (endothelial nitric oxide synthase, eNOS), oxidative stress (thioredoxin interacting protein, TXNIP) and mitochondrial biogenesis (peroxisome proliferator-activated receptor gamma cofactor 1 α , PGC1 α) were assessed by Western blot and quantitative real time polymerase chain reaction. Nitric oxide levels in plasma was assessed by a colorimetric assay. Limb blood supply was significantly greater in mice receiving metformin than those allocated vehicle controls after 4 weeks (mean perfusion units 0.72 ± 0.03 and 0.60 ± 0.03 , respectively, $p=0.004$). Relative protein amounts within the ischaemic gastrocnemius muscle of mice receiving metformin demonstrated that phosphorylated eNOS expression and PGC1 α expression were significantly upregulated ($p=0.04$ and $p=0.03$, respectively) whereas TXNIP expression was significantly ($p=0.04$) downregulated. TXNIP gene expression was significantly downregulated ($p=0.02$) and PGC1 α gene expression was significantly upregulated (0.03). Plasma nitric oxide levels were greater in mice receiving metformin than controls ($8.44 \pm 2.02 \mu\text{M}$ and $3.77 \pm 0.50 \mu\text{M}$ respectively, $p=0.04$). Metformin administration improved hind limb blood supply in the new mouse model of PAD through modulation of nitric oxide, oxidative stress and mitochondrial biogenesis. Thus, metformin has potential to be repurposed and translated for improving perfusion to ischaemic muscles in PAD patients.

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Biography: Safraz Mohamed Omer is a PhD student nearing completion at the Queensland Research Centre for Peripheral Vascular Diseases (QRCPVD), College of Medicine & Dentistry, James Cook University, Queensland, Australia. Safraz's research involves undertaking preclinical trials as part of translational research initiatives within the QRCPVD. Before his current position he was a graduate researcher at the Translational Research Institute, Institute of Health and Biomedical Innovation, Queensland University of Technology, Queensland, Australia, where he received a Masters by Research in Applied Biomedical Science. Prior to this, Safraz has undertaken and received a degree in Bachelors of Biomedical Science (Honours) from the University of Lincoln, United Kingdom. Safraz's main research interest is in the preclinical investigation of potential pharmacological interventions for diseases with the aim of translating to clinical trials to eventually improve quality of patient lives. Safraz is keen to establish a postdoctoral career in biomedical research following his PhD and welcomes interests and enquiries from potential employers or collaborators. Safraz enjoys travelling and experiencing new places and has lived in Srilanka, UK and Australia.

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Cognitive and emotional empathy in adolescents with ADHD: Are comorbidities, gender, and parental acceptance-rejection important factors?

Ghada Shahrou,

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Empathy is considered an important aspect of effective social communication. Adolescents with ADHD experience social difficulties and are intensified when ADHD diagnosis is accompanied with comorbidities such as oppositional defiant disorder (ODD) and major depressive disorder (MDD). To date, empathy in ADHD has been studied in isolation of those comorbidities although they have been reported to be common among adolescents with ADHD. Gender and parenting affect empathic responses and literature is lacking on the role of these variables on empathy in ADHD. Therefore, this study investigated the role of ODD and MDD comorbidities, gender, and parental acceptance-rejection on cognitive (CE) and emotional empathy (EE) among adolescents with ADHD.

One hundred and three adolescents (12-18 years old) with the diagnosis of ADHD-C, ADHD-C and ODD, and ADHD-C and MDD were recruited. Adolescents completed two measures; the Interpersonal Reactivity Index (IRI) to assess empathy, and mother and father versions of the Parental Acceptance-Rejection Questionnaire-Child Version (Short-Form). Two-way ANOVA and hierarchal multiple regression analyses were used.

The findings showed no differences in CE according to gender and diagnoses. Females scored higher than males on EE. Adolescents with ADHD-C and ODD comorbidity scored significantly lower than the other two groups on EE. Parental acceptance-rejection moderated the relationship between ADHD-C and MDD diagnosis and both CE and EE. Paternal rejection resulted in lower fantasy scores among subjects with ADHD-C and MDD, while maternal rejection yielded lower emotional concern. These findings have important implications for future research and practice.

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Biography:

Ghada Shahrou, PhD, RN is an assistant professor of nursing at Jordan University of Science and Technology in Jordan. She finished her PhD in nursing from Kent State University, USA in 2017. She had her master degree in child and adolescent psychiatric/mental health from Kent State University as well. She worked as a research assistant, an instructor, and an RN in the USA. Her research interest is in adolescents with ADHD and other child and adolescent psychiatric disorders. She intends to further her research in the field of child and adolescent mental health.

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The introduction of problem-based learning in nursing education program

Fatima Mousa Naje Akkawi

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Introduction: In nursing continuous education and staff development educational programs, Using of didactic and lecture-based teaching, are found insufficient to meet the purpose clinical education. Change is needed to improve nursing abilities to be independent in exploring and solving patient problems.

The focus of this study was to introduce the Problem-Based Learning in nursing education as well as its effectiveness and efficiency to achieve whole-person development and life-long learning. Problem-based learning based on the principle of using problems as a starting point for the acquisition and integration of new knowledge.”

This project used Health Service (HSE) as a change model, to introduce the problem-based training in nursing education. Furthermore, Kirkpatrick model implemented as a design strategy. The survey questionnaire distributed among nursing staff to assess the satisfaction level from using the PBL as a teaching/learning approach, pre-test and post-test to check the changes in the knowledge level after getting the training using PBL, and critical thinking case study introduced to assess the effect of using the PBL on nursing generic skills. A total number of 24 mixed skill level nurses participated.

The results show that 34% nurses were highly satisfied with the PBL approach while in the opinion of 61% this approach is very good, concerning the critical thinking and problem solving skills, that gained, and the knowledge that improved by the percentage of 85%, which show the understood level of the importance of using PBL in the education.

Conclusion: Overall findings was expected as shown in the previous PBL studies , the effectiveness of using the problem-based learning as an instructional approach, increase knowledge level, improves problem-solving and improve the critical thinking skills, and the self-directed learning.

Nursing staff need the motivation and the system to improve their self-learning skills.

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Early mothers in Cabanatuan city: Their experiences in raising a child

Jasper Wagan,

College of the Immaculate Conception, Philippines

In the increasing number of early pregnancies in the country, Philippines, numerous adolescents enter early parenthood. In understanding this condition, the study seeks to understand their experience. The researchers chose mothers who had encountered and faced early parenthood at a young age of not greater than 19.

This study uses a Descriptive Phenomenological Method. A total of seven participants were interviewed in the study, using the one-on-one interview method. Using Giorgi's Phenomenological approach, 3 themes were described from the data: 'Dilemma caused by Early Motherhood', 'Remorse as a result of Early Motherhood' and 'Fruition as a realization of Early Motherhood'.

The findings of this study are useful in that they provide a glimpse of how some adolescent females perceive early maternity and parenthood after giving birth. Moreover, the findings revealed some needs that nurses and other health-care workers may address and may use for future studies using a quantitative type of research.

Biography:

Jasper Kim Wagan currently work as an Infection Control Nurse in a newly established Private Hospital in Abu Dhabi, Nation Hospital managed by Medical University of Vienna International. As a young professional, he was exposed into the field of research during his college years, earning him an academic award. After graduating, he passed his board exam and worked as a licensed nursed in his home country, Philippines, for more than 2 years. He ventured to take the Health Authority Abu Dhabi exam and passed last 2013 and started working in Abu Dhabi in March 2014.

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Population pharmacokinetics and optimal sampling strategy for model-based precision dosing of Bepotastine, Histamine antagonist in pediatric patients

Chongdeok Park

Kolon Pharmaceuticals, Inc., South Korea



A population pharmacokinetic analysis was developed to characterize the pharmacokinetics of bepotastine with new formulation, dry-syrup, in Korean pediatric patients (6 months through 5 years) with perennial allergic rhinitis or atopic dermatitis. The dataset was composed of 15 pediatric patients and 24 adult healthy subjects, for a total of 30 concentration-time points from pediatric patients and 288 points from adults. The analysis was performed with NONMEM using the SAEM method. Several structural models and residual error models were evaluated. The relationship between the individual estimates and the potential covariates was then investigated: demographic and pathophysiologic characteristics were considered as potential model covariates (forward selection method). The qualification of the model was performed using visual predictive check and bootstrap. A two-compartment disposition model with first-order absorption best fitted the data. The inter-individual variability was modeled through an exponential error model for all parameters (except for k_a for which no inter-individual term could be estimated), while a proportional error model was used to model the residual variability. The final model included two covariates on elimination clearance and one on the intercompartmental clearance. CL/F was related to BSA and patient's age Q/F was also related to BSA. Once the model was correctly qualified, exposure parameters such as C_{max} and AUC_{τ} were computed and compared between each age sub-group of pediatric patients and between pediatric patients and healthy subjects. These comparisons did not reveal any major difference (less than 50 %) between subgroups in pediatric patients and adult healthy subjects.

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Biography:

Chongdeok Park joined KOLON Pharma, one of leading Korea based Pharmaceutical companies and is responsible for development in R&D, including development, medical affairs, regulatory affairs, market access and business development. Prior to Kolon Pharma, he held positions of responsibility focused on the development of branded generics with Phase I and III clinical programs at Alvogen, emerging global generics company. He served as Chief Operation Officer at early-stage Biotech Company in US, operating early-stage clinical programs. He also served as a global crew leader of Hepatitis B development program and Launch Readiness in Novartis and was responsible for Bone Marrow Transplantation clinical development program in Asia area, at Schering AG. Currently, he is also an independent consultant, helping several mid-size Investment Banks to evaluate the pipelines of small to mid-staged biotech firms in Asia and US. Chongdeok Park received BS in Pharmacy and MPharm from Sungkyunkwan University in Korea, and his MBA from the Tepper School of Business at Carnegie Mellon University.

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CPR mock drills and the impact of performance in real CPR

Mohammad Shaban,
Universal Hospital, Abu Dhabi



Background: Cardio Pulmonary Resuscitation (CPR) it's the way to save someone life after he suffer of cardio-pulmonary arrest, this need good knowledge from many aspect like: Human Anatomy and Physiology, awareness of ECG and its arrhythmia, skills of IV/IO lines and correct practice of hand chest compression and ventilation.

Objective: This study approves the impact and positive outcome of CPR mock drills which use in hospitals premises.

Methods: A schedule training was conducted frequently for nurses who's employee in hospitals, clinics, education facilities and who attend outside camps and big community events. By providing life support courses as initial step, then after few weeks or months conduct sudden mock drills by using CPR manikin and monitor the performance and critical thinking of the team leader and CPR team. Finally conduct summarize and review of mock drill out come with positive and negative points. And if necessary we will do refreshing classes based on each task performance.

Results: The result show that CPR mock drills is indispensable to maintain high quality CPR skills and knowledge which increase the post cardiac arrest neurological outcome and discharge planning. In the same time it's decrease of mortality and morbidity rate. Also Mock drills outcome reflect and measuring the understand of health care workers in taking the life support courses (BLS, ACLS and PALS). And the influence of instructors in teaching and increasing the knowledge and confidence of providers.

Conclusions: Quality of life support skills is mandatory in maintaining life of patients and minimizing potential errors which could be happen because lack of knowledge and training.

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Biography:

Mohammad Shaban, Nurse in profession, currently I'm working as Clinical instructor/ Nursing supervisor in Universal hospital Abu Dhabi. As clinical instructor, I believe that nurses must keep updated with knowledge and skills because the evolution in nursing science and researches, every day is good chance to develop our knowledge and skills by maintaining education for nurses in many ways, from open discussion with nurses, direct observations for nurses skills and knowledge test, cover the nurses gap analysis with Unit managers, Establish educational plans with Nursing administration. Through my education activity (CME lectures, case presentation, practice demonstration, Conferences, workshops...etc.) I hope that I will be able to have impact in future nursing education, share my clinical expertise and participate in research. I believe by participating in nursing conferences, the clinical instructor will be able to sharing and delivering care-effective, cost effective and performance-effective leadership, prepare front-line leaders, educators and researchers which will have direct and indirect impact on their leadership insights and their achievements.

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How Healthcare Professional Performed Quality Improvement Project

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Hospital health care system facing a lot of challenges and obstacles, and there was a need for a performance improvement project effort to study the dilemmas and determine best solutions to promote patient care and safety. Performance Improvement efforts can be simple or complex and involve few or many people. However, lack training of health care professionals' quality improvement methodology is often, which makes it challenging to participate in improvement efforts and engaging in continuous improvement. Proper training should be afforded to improve the possibility of project success outcomes. Project owner involvement and collaboration between departments play an active role in the success of the quality project. Since there are many barriers to the health care performance improvement project like setting priorities among competing expectations, achieving sustainable improvements and different uses of the tools, the education for all healthcare professionals is essential such as training for quality tools and methodology. After education sessions provided, the project implementation, follow up and standardization of the outcome will be maintained throughout the institution

Biography:

Abdullah Bany Hamdan has his expertise in research and healthcare quality and passion in improving the system process and care coordination. Mr. Abdullah distinguished as an outstanding leader in hospital administration and hospital accreditation process, he engaged in several committees like Patient Safety Committee, Mortality & Morbidity Committee, Kaizen Steering Committee and Quality Improvement Committee respectively. Furthermore, he leads the implementation of quality improvement projects and initiatives with several research publications and invited in national and international conferences.

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Medication management and use- Challenges and tips

Lana Hammad

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A medication system that supports optimal management must include processes that support safe and effective medication use. Safe, effective medication use involves a multidisciplinary, coordinated effort of healthcare practitioners applying the principle of process design, implementation, and improvement to all aspects of the medication management process.

Although the role of the healthcare practitioners vary from one country to another, sound medication management processes for patient safety are universal and must be supported by scientific evidence, leadership, and active engagement of the stakeholders.

Medication management is not only the responsibility of the pharmacy service but also the managers and healthcare practitioners. Medication management processes if evaluated well and supported by leadership can ultimately contribute to cost reductions and can enhance medication utilization and direct it towards efficient and safe use.

To ensure efficient and effective medication management and use, the hospital must conduct a system review that allows hospitals to understand the need and priority of continued system improvements that would have direct positive impact on the patient.

During the design of the processes and the implementation, challenges come across the way that can impact the safety of the patients if not addressed and managed. The aim of the talk is to address challenges faced in the medication management processes, and to highlight tips learned that could be used to overcome the challenges from practical point of view.

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Biography:

Lana Hammad currently is the Pharmacy Director at Sheikh Khalifa General Hospital, Um Al Quwain, UAE. Lana received her Bachelor degree from King Saud University in Saudi Arabia, her Pharm. D degree from Purdue University, Indiana in 2009. She is certified by the International Diabetes Foundation as diabetes educator since 2007, and certified Professional in Healthcare Quality – CPHQ, since 2013 and holder of MBA. Prior to her current position, she worked at Al Rahba Hospital as pharmacy manager for nine years where she was overseeing the medication management and use process across the hospital and attended three cycles of Joint Commission accreditation and recertification. She also worked at King Faisal Specialist Hospital and research Centre in Riyadh with extensive experience in oncology and bone marrow transplantation before joining Al Rahba Hospital in 2004. With her twenty years of experience in hospital pharmacy practice, and involvement in hospital and corporate committees, Lana was able to establish new services as drug information centre, and intravenous admixture program, and was able to implement transformational system improvements based on workflow review and optimized utilization of resources and pharmacist skills. Lana's main interests are to empower the staff and enhance their skills and abilities to assure full engagement and motivation within the system they work for. She is speaking in many conferences highlighting topics like; clinical pharmacy productivity, quality management, cold chain, disease management, and leadership.

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Purposeful hourly rounding

Rini Abraham

Universal Hospital, UAE

Purposeful and timely rounding is a best practice intervention to routinely meet patient care needs, ensure patient safety, decrease the occurrence of patient preventable events and proactively address problems before they occur.

Department of Nursing in Universal Hospital implemented hourly rounding as the best way to reduce patient call bells, fall injuries and increase both quality of care and patient satisfaction. Nurse knowledge regarding purposeful rounding and infrastructure supporting timeliness are essential components for consistency with this patient centered practice.

OBJECTIVES: The project aimed to improve patient satisfaction and safety through implementation of purposeful and timely nursing rounds. Specific objectives were to determine current compliance with evidence-based criteria related to rounding times and protocols, improve best practice knowledge among staff nurses and increase compliance.

METHODS: Call bell data was collected for the medical surgical unit in Universal Hospital, direct observation of the staff nurses on the same unit was done to assess timeliness and utilization of a protocol when rounding. Interventions were developed in response to the audit results.

A follow up audit was conducted to determine compliance with the same criteria to compare the pre and post intervention data related to nursing sensitive elements of patient satisfaction and safety were compared.

RESULTS: Use of a rounding protocol as rounding hourly during awake and two hourly rounding during sleeping hours reduced the number of patient call bells, increased patient satisfaction scores in the elements like nurse communication, responsiveness and pain management.

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CONCLUSIONS:

Purposeful nursing rounds have the ability to improve patient satisfaction and patient safety outcomes. This will help to improve patient communication and staff responsiveness. Having a supportive and organized approach at all levels of staff will definitely help to meet the patient needs during their hospital stay.

Implementation of new practices related to workflow takes time as staff embrace change and understand how best practice interventions significantly improve patient outcomes.

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Students and teachers perceptions about interactive learning in teaching health promotion course: Implication for nursing education and practice

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Background: There is lack of studies that describe the experience of studying health promotion courses using an interactive approach, and compare students' and teachers perceptions about this method of teaching. The purpose of this study is to provide a comparison between student and teacher experiences and perspectives in learning health promotion course using interactive learning.

Design: A descriptive qualitative design was used to provide an in-depth description and understanding of students' and teachers experiences and perceptions of learning health promotion courses using an interactive learning.

Study participants: About 14 fourteen students (seven male, seven female) and eight teachers at governmental university in northern Jordan participated in this study.

Data analysis: Conventional content analysis approach was used for participants' scripts to gain an in-depth description for both students and teacher's experiences.

Results: The main themes emerged from the data analysis describing the students' and teachers perceptions of the interactive health promotion class: teachers' and students positive experience in adopting interactive learning, advantages and benefits of interactive teaching, barriers to interactive teaching, and suggestions for improvement.

Conclusion: Both teachers and students reflected positive attitudes toward interactive learning. Interactive learning helped to engage in learning process physically and cognitively. Interactive learning enhanced learning process, promote student attention, enhanced final performance, and satisfied teachers and students accordingly. Interactive learning approach should be adopted in teaching graduate and undergraduate courses using updated and contemporary strategies. Nursing scholars and educators should be motivated to integrate interactive learning in teaching different nursing courses.

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Neurodegeneration is an inflammatory-related process with myelin composed of ~80% Lipid. Holistic, Nutritional systems biology Might be the Answer to MS; Stay away or delve right in?

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The polyunsaturated fatty acid (PUFA) composition of membrane phospholipids plays an important role in immune-related and non-immune-related inflammation. PUFA and antioxidant deficiencies, along with decreased cellular antioxidant defense mechanisms, have been reported in MS patients. The cause of PUFA deficiencies is not entirely clear and may involve metabolic and nutritional alterations. Increased or uncontrolled inflammation contributes to several different acute and chronic diseases, and it is characterized by the production of inflammatory cytokines, arachidonic acid (AA)-derived eicosanoids (prostaglandins (PGs), thromboxanes (TXs), leukotrienes (LTs) and other oxidized derivatives), and other inflammatory agents such as reactive oxygen species (ROS), nitric oxide (NO) and adhesion molecules. During inflammation, glutamate homeostasis is altered by the release of increased quantities of glutamate by activated immune cells, which can result in the over activation of glutamate receptors and, in turn, excitotoxicoligodendroglial death. Among others, membrane-related pathology, immune-mediated inflammation, oxidative stress and excitotoxicity provide potentially useful combined targets for intervention in MS. In vitro and in vivo studies have demonstrated that dietary eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), linoleic acid (LA) and γ -linolenic acid (GLA) can be implicated and modulate almost all known complex networks of events and pathways in MS pathophysiology. The brain membrane fatty acid composition can be modified with dietary supplementation, but the process has been shown to be age dependent (taking much longer in adults vs developing brains) and possibly dependent on the quantity of the dietary/supplemented PUFAs. The anti-inflammatory properties of Ω -3 PUFAs include the production of PGs and TXs of the 3-series and of LTs of the 5-series. Resolvins and protectins are biosynthesised from Ω -3 fatty acids via cyclooxygenase-2/lipoxygenase (COX-2/LOX) pathways, and they promote the control of inflammation in neural tissues. T-cell proliferation in acute and chronic inflammation can also be reduced by supplementation with either Ω -6 or Ω -3 PUFAs. Furthermore, vitamin E is an important antioxidant that can interrupt the propagation of free radical chain reactions. Specifically, vitamin E (α -tocopherol, an isoform of vitamin E) efficiently detoxifies hydroxyl, perhydroxyl and superoxide free radicals, whereas γ -tocopherol (another isoform of vitamin E) appears to be more efficiently implicated in trapping NO radicals. In addition, α -tocopherol exerts non-antioxidant properties, including the modulation of cell signalling and immune functions, regulation of transcription and induction of apoptosis.

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Moreover, Ω -3 fatty acid electrophilic derivatives formed by COX-2 in activated macrophages can stimulate the nuclear respiratory factor (Nrf), which induces the transcription of neuroprotective and antioxidant-related genes and can activate the peroxisome proliferator-activated receptor γ (PPAR γ) for an anti-inflammatory response. In animal studies, EPA and DHA have proved to be endogenous ligands of the retinoid X receptor (RXR), with positive effects on neurogenesis. Additionally, in 2008, Salvati et al reported evidence of accelerated myelination in DHA-treated and EPA-treated animals. Moreover, DHA and EPA have been reported to significantly decrease the levels of metalloproteinases (MMP)-2, MMP-3, MMP-9 and MMP-13, which have a significant role in the migration of lymphocytes into the central nervous system by inducing the disruption of the blood brain barrier, an important step in the formation of MS lesions. Based on the aforementioned observations, specific PUFAs and antioxidant vitamins fulfil the criterion of biological plausibility and have the potential to diminish the severity and activity of MS symptoms, potentially even promoting recovery (remyelination). PLP10 represents a formulation consisting of the aforementioned ingredients (EPA/DHA omega-3, LA/GLA omega-6 PUFA, other structured molecules as MUFA and anti ROS/RNS antioxidants) tested on relapsing remitting MS patients (Phase II and an ongoing Phase III). We contacted a 30-month randomized, double-blind, placebo-controlled, proof-of-concept clinical study at the CING with 20 patients randomly assigned to receive PLP10 and 20 placebo. PLP10 treatment significantly reduced the ARR by 72%, and the risk of sustained disability progression by 86% compared to placebo when patients on natalizumab were excluded; and without any adverse or significant side effects

References Pantzaris MC, Loukaides GN, Ntzani EE, Patrikios IS. A novel oral nutraceutical formula of omega-3 and omega-6 fatty acids with vitamins (PLP10) in relapsing remitting multiple sclerosis: a randomized, double-blind, placebo-controlled proof-of concept clinical trial. *BMJ Open* 2013; 3:e002170. doi:10.1136/bmjopen-2012-002170

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Biography:

Ioannis S. Patrikios completed his PhD studies in Medical Biochemistry in 1994, from the Graduate School and University Center, City University of New York, USA. Professor Patrikios went through several different fellowships including research specializations /collaborations with different high reputation institutions including, Mount Sinai NY and Albert Einstein and was awarded advanced Immunology specialization courses at Scuola Superiore di Immunologia Ruggero Ceppellini, Italy. In the year 2000 he repatriated to Cyprus. Recently he was offered and now serves as a Fellow of the Academy of Forensic Medical Science, UK and member of the Advisory Board. His 2002 research findings on the effect of frying oils as human hemagglutinins got an international interest. Among others in 2016 he was appointed as Editor of the International Scientific Journal "EC Neurology". He is a member of several International associations and bodies including Sigma Xi. He is the scientific investigator of the team that lately invented and patented the nutraceutical formula Neuroaspis® PLP10 as a new therapeutic intervention for multiple sclerosis. At present, he serves as the Chairman of the School of Medicine, European University Cyprus and affiliated as a research collaborator at the Cyprus Institute of Neurology and Genetics, Cyprus..

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Novel Edaravone Formulation Based on Self-nanomicellizing Solid Dispersion Strategy For Enhancement of Oral Bioavailability and Reversal of Cognitive Deficits in Alzheimer's Disease Mice Model

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Alzheimer disease (AD) is a devastating neurodegenerative disorder that lacks any disease-modifying drug for the prevention and treatment. The drug development for this disease has become a holy grail as 99.6% failure rate is encountered in clinical trials. Edaravone, an approved free radical scavenger for ischemic stroke, is proved its potential against the AD by targeting multiple key pathologies including amyloid-beta, tau phosphorylation, oxidative stress, and neuroinflammation. The poor oral bioavailability (BA) could be a major hurdle for its clinical development. The novel Edaravone formulation (NEF) is developed using self-nanomicellizing solid dispersion strategy to enhance the oral BA. From the screening of polymers based on their potential for improving the solubility, Soluplus® (SOL) was selected. The novel Edaravone formulation (NEF) containing EDR and SOL (1:5) resulted in the highest enhancement in aqueous solubility (17.53-fold) due to amorphization, hydrogen bonding interaction and micellization. Moreover, the NEF demonstrated significant improvement in intestinal permeability and dissolution profile of EDR. Furthermore, the oral BA of NEF showed 10.2, 16.1 and 14.8-fold enhancement compared to EDR suspension at 45.92, 137.77 and 413.32 $\mu\text{mol/kg}$ dose. Besides, our data confirms non-toxicity up to 413.32 $\mu\text{mol/kg}$ dose after 3 months and its potential to reverse AD-like cognitive deficits of APP/PS1 mice in dose dependent manner. Therefore, NEF could be used as a potential candidate for the treatment of AD.

Biography:

Xin-Fu Zhou completed his Bachelor of Medicine, Bachelor of Surgery (M.B.B.S.) from Third Military Medical University from the year 1973 – 1977 he completed his PhD, Biochemistry, Thesis pass without revision from 1987 – 1990 from the University of Melbourne and currently he is working as at Professor at University of South Australia. His research interests are Molecular Biology and Biochemistry

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Poster Abstracts



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Integration of transcultural nursing course into the BSN curriculum: Enhancement on core competencies

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Today, expectations worldwide are intensified for the nursing profession because of the increasing multicultural diverse society with cultural specific needs, which is the access to universal care. Through the basic nursing education, conceptualizing the cultural diversity and cultural awareness develops cultural characteristics. Transcultural nursing is a humanistic discipline, a combination of anthropology and nursing in both theory and practice wherein, the cultural interrelationships were studied from the perspectives of nursing. Through the Baccalaureate programs, nurse leaders and nurse educators believed that it is an ideal vehicle to promote cultural competence. Competency is essential to the nursing profession that provides the foundation into nursing curriculum. Nursing education subscribes to the following core competencies: 1) safe and quality care, 2) management of resources and environment, 3) health education, 4) legal responsibility, 5) ethico-moral responsibility, 6) personal and professional development, 7) quality improvement, 8) research, 9) record management, 10) communication, and, 10) collaboration and teamwork.

The global challenge now is to increase the cultural level of competence among nursing students to ensure a culturally competent workforce prepared to deliver congruent care. Because of the multicultural issues and needs of the diverse population across countries, the study was endeavored to integrate the transcultural-nursing course into the Philippines' Bachelor of Science in Nursing (BSN) curriculum to enhance the core competencies of the graduating nursing students. Specifically, it sought answers to the following questions: 1) what are the core competencies of the senior nursing students with integration of Transcultural Nursing (TCN) course? 2) What are the core competencies of the senior nursing students without the integration of the TCN course? 3) Is there a significant difference in the core competencies of with and without the integration of TCN course? 4) What are the problems encountered in during the integration of TCN course into the BSN curriculum?

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Mixed methods were employed in this study, combining both quantitative and qualitative approaches to better understand, explain, or build on the results, wherein, priority was given to quantitative approach that is focused on strategies of enquiry – the questionnaires and the experiment. Qualitative approach (interviews) was also utilized to provide a better understanding of research problems rather than approach alone. Of the 100 graduating nursing students, fifty students with integration of TCN course, resulted to overall weighted mean of 3.27, which showed that the grouped participants were all competent. The other fifty graduating students grouped as without the integration of TCN course, their core competencies resulted to an overall weighted mean of 3.32, which revealed that all were competent. Finally, there was no significant difference in each of the core competencies when grouped according to with or without the integration of TCN course into the BSN curriculum. Based on the aforementioned summary of findings, the following conclusions were made: 1) the eleven nursing core competencies had always been part of the standards for professional practice. With and without integration of TCN course, graduating nursing students were all competent in the standard competencies. 2) When grouped according to the core competencies of with and without the integration of TCN course, t-test was used and assessed whether the means of two groups were statistically different from each other. The t-critical value was used in statistics to construct a confidence interval, a range of values that is likely to include a parameter being studied. With this, the t-values of the 11 core competencies showed a non-significant difference at t-critical value of – 1.984. 3) Transcultural nursing course is relevant to the BSN curriculum expansion, to the growth and development of both the faculty and students, to the success of the graduating nursing students and be globally competent. 4) The problems encountered in the integration of transcultural nursing course into the BSN curriculum were, no certified faculty to teach with limited time and cover the whole concept of the TCN course. Nursing profession needs to sustain the basic information in the areas of practice, education, and leadership. School administrators can think of expanding programs proposing accelerated graduate degrees to augment the production of graduate and post graduate highly competent nurses, possible cross cultural exposure program to enhance nursing theoretical and clinical practice, professional development program may be offered with cross cultural exposure to global exchange program be globally equipped and to improve the competence of the nursing faculties and students.

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Effect of an early exercise program on the clinical outcomes for post coronary artery bypass graft patients

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CABG surgery is a reliable treatment option for patients with CAD. Postoperative complications are the most common and directly contribute to increased morbidity and mortality, reduce functional capacity of multiple body systems, increased duration of hospital stay, use of resources and time to return to productive life. In addition to other health problems. Because the consequence of changes induced by cardiac surgery and bed rest, early exercising and progressive mobilization post CABG appears to have merit. Implementation of even low levels of exercise in patients who had CABG surgery could have beneficial effects on all of the previous factors and also help nurses view of the early exercise as a core component of nursing care.

The aim of this study was to determine the effect of an early exercise program on the clinical outcomes for post coronary artery bypass graft Patients. A quasi-experimental research design was utilized to conduct the study over 8 months. The results illustrated that most studied CABG patients experienced high insulin sensitivity, low incidence of pulmonary complications, decreased incidence of delirium, pain and lower length of ICU stay. Practicing of the early exercises program for post CABG patients minimized the occurrence of post operative complications; and improved the clinical outcomes. The following recommendations in the current study are suggested:

- ★ Implement an early exercise program as soon as possible while ongoing monitoring for hemodynamic and oxygenation stability before, during, and after any exercise and mobility intervention.
- ★ Develop strategies, policies, written protocols and guidelines for early exercise program steps, techniques after determine the risk factors and the barriers for implementing the program.
- ★ Ensure the availability of adequate staff and equipment required for initiating and follow up the exercise program

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H₂S donor GYY4137 prevents and ameliorates thermal hyperalgesia, and cold and mechanical allodynia in a murine model of paclitaxel-induced neuropathic pain

Qabazard Bedoor

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Introduction: Paclitaxel is an important component in the standard chemotherapeutic regimens for treating metastatic breast cancer and other solid tumors. However, it can cause painful peripheral neuropathy, a common, dose-limiting side effect. Recently, a putative role for the gaseous mediator hydrogen sulfide (H₂S) in nociception modulation was suggested. The objective of this study was to investigate the potential of a slow-release H₂S donor, GYY4137, to prevent or alleviate hyperalgesia and allodynia in a mouse model of paclitaxel-induced neuropathic pain.

Methods: Female BALB/c mice (20–30 g, 8-12 weeks old) were used according to the National Institutes of Health Guide for the Care and Use of Laboratory Animals. Paclitaxel (2 mg/kg), or its vehicle, was administered by intraperitoneal (i.p.) injection to mice once daily for 5 consecutive days to induce painful peripheral neuropathy. GYY4137 (50 mg/kg, i.p.) was given concurrently with paclitaxel for 5 days to evaluate a potential protective effect against thermal hyperalgesia, cold allodynia and mechanical allodynia (prophylactic regimen). In a separate set of experiments, GYY4137 (25 mg/kg, 50 mg/kg and 100 mg/kg, i.p.) or gabapentin (10 mg/kg, i.p.) were given to paclitaxel-treated mice to evaluate the ability of GYY4137 to treat established paclitaxel-induced thermal hyperalgesia, which was assessed every 30 minutes for 3 hours (therapeutic regimen). The effect of GYY4137 on the antitumor activity of paclitaxel was also evaluated in vitro using breast cancer cell line (MCF-7), and plasma H₂S levels were determined using zinc-trapping assay.

Results: Daily administration of GYY4137 together with paclitaxel prevented the development of paclitaxel-induced neuropathic pain. GYY4137 significantly and dose-dependently raised the reaction latencies in mice with paclitaxel-induced thermal hyperalgesia during the 3-hour test period. GYY4137 treatment did not interfere with the antitumor activity of paclitaxel; rather, synergistic cytotoxicity was observed with the drug combination.

Conclusions: The slow-release H₂S donor GYY4137 prevents the development of paclitaxel-induced hyperalgesia and allodynia, and ameliorates paclitaxel-induced hyperalgesia without reducing its antitumor activity. GYY4137 may be a useful agent for the prevention and treatment of chemotherapy-induced painful peripheral neuropathy.

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Biography:

Bedoor Qabazard is currently an Assistant Professor in the Faculty of Pharmacy (FOP), Kuwait University. She joined the department of Pharmacology and Therapeutics in 2013 after completing her graduate studies in the United Kingdom, King's College London. Dr. Qabazard's specialty is in pharmacology, molecular toxicology and toxicogenomics. Dr. Qabazard obtained her BSc (Hons) in Pharmacology from FOP, Kuwait University in 2002. She obtained her MSc degree (Hons) from the department of Pharmacology and Toxicology, Faculty of Medicine, Kuwait University in 2007, and completed her PhD degree at King's College London in 2013. Dr. Qabazard worked as a pharmacist in the in-patient unit in Mubarak Al-Kabeer Hospital in Kuwait 2002-2006. She is a member of the American Association of Colleges of Pharmacy (AACP). Dr. Qabazard is interested in toxicology research and in studying the biological significance of hydrogen sulfide in living systems.

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Accepted Abstracts



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Egyptian and Jordanian nurse educators' attitude and perception of barriers preventing the implementation of evidence-based practice: A cross-sectional comparative study

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Background: Studies discussing academic nurses' attitude, knowledge, implementation of evidence-based practice (EBP) and barriers encountered towards implementation is somewhat limited.

Objective: To identify the attitude, perceived knowledge/skills, and implementation of EBP of nurse educators, in Egyptian and Jordanian universities, and to assess factors preventing them from adopting and implementing EBP in nursing program.

Design & Methods: A cross-sectional comparative design was conducted including two groups from Egypt and Jordan. The Evidence-Based Practice Questionnaire (EBPQ) and (ii) The Developing Evidence-Based Practice (DEBP) questionnaires were used alongside a demographic data sheet. Data were analyzed using SPSS version 20 and descriptive and inferential statistics tabulated.

Results: Most respondents were from adult nursing departments (49.2%). The mean score of EBPQ was $4.96 \pm$ (SD 0.91), indicating moderate perceived knowledge, skills and attitudes of nurse educators toward EBP. Frequency of practicing EBP and attitude toward EBP scores were similar between nurse educators in both countries ($p > 0.05$). However, the Jordanian staff had a remarkably higher perceived knowledge and skills of EBP than their Egyptian counterparts, 79.98 and 57.63 respectively, $p = 0.004$. There was a statistical significant positive, moderate correlation between attitudes, skills and frequency of practicing EBP among nurse educators in both countries. The highest correlation observed for attitude and frequency of practicing EBP was among Jordanian staff ($r = 0.707, p < 0.000$)

Nurse educators in Egypt had significantly higher perceived barriers to finding and reviewing evidence than their Jordanian counterparts ($p = 0.000$). However, both groups had similar perceived barriers related to changing practice and support from colleagues. Conclusions: Nurse educators in Egypt and Jordan, equally, holds a positive attitude toward adopting EBP. However, they encounter many barriers to implement it.

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Relationship between nurse's professional behavior and organizational culture and commitment

Alice Khachian

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Background and aim: Professional nursing is one of the factors involved in the professional, cultural, and organizational commitment. Strong and positive culture in the organization can accept nurses to better interact with colleagues and ultimately provide satisfaction in completing tasks and organizational objectives to be followed. Recently, researchers believe that professional commitment and organizational structures necessarily contradictory and are not incompatible, but can significantly correlated with each other. The purpose of this study was to determine the Relationship between nurse's professional behavior and organizational culture and commitment in hospitals affiliated to Iran University of Medical Sciences.

Method: This study was a cross-sectional descriptive - correlation that aims to give community nurses in the hospitals affiliated to Iran University of Medical Sciences form. In this study, after obtaining the necessary and ethical permits, stratified sampling with proportional allocation of qualified nurses (200 nurses) was selected. For the study of four self-constructed questionnaire on demographic data, Goz professional behavior, organizational culture and organizational commitment of Allen and Meyer were used Robins. The questionnaire was completed by nurses to self-report method and duration of response to the questionnaires was about 20-30 minutes, the nurses were empowered to complete the questionnaire within 48 hours and returned to the researcher. After collecting the data and data entry into SPSS version 21 were analyzed. In order to achieve specific objectives and answer the research questions, descriptive statistics such as mean and standard tables and the central indices of dispersion such as standard deviation and Pearson correlation test was used.

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Results: Professional nurses' mean score of (108/98+₁₇/41), organizational culture mean' score of (42/56 +₁₇/32) and organizational commitment (97/94 +₈/66) was obtained. Professional behavior and organizational culture, there was no significant relationship (p-value=0/706) and only subscale attention to detail and professional behavior as there is a direct relationship between statistical significance (p-value=0/032). It is also a significant relationship between behavior was not professional and organizational commitment (p-value=0/152) and only between the normative and professional behavior statistically significant relationship was directly observed (p-value=0/007).

Conclusion: As a conclusion nurses working nurses working in hospitals affiliated to Iran University of Medical Sciences, professional behavior and organizational culture and commitment, there is no statistically significant relationship.

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Antibiotic usage and its culture sensitivity pattern in urinary tract infections at tertiary hospital in Eastern Nepal

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The presence of microbial pathogens in the urinary tract is UTI (Urinary Tract Infection). In BPKIHS, each year there are around 1000 cases of UTIs. Antibiotic is empirically started after sending culture/sensitivity (c/s) with intention to change antibiotic if c/s demands.

Objectives: To see the antimicrobial prescribing pattern and c/s pattern of UTI inpatients of BPKIHS together with their socio-demographic and laboratory profile.

Methods: It was a Retrospective study of past one-year. As a convenience sampling, all available inpatient-records from Medical-Record Section were extensively searched for the key word "Diagnosis UTI". The relevant data were entered in Microsoft Excel-sheet and analyzed with IBM SPSS 21. Ethical clearance was taken from the IRC before study.

Results: There were 86 cases from 4 different wards. There was slight female preponderance (51.16%). Fifty-five (63.95%) cases were complicated. Fever (75.51%) was the most common symptom. Only 20% were tachycardic but 90% were tachypnic. Leucocytosis (59.26%), urine albumin within 30-100 mg/dl (33.85%) and >5 Urine WBC/hpf (80.26%) were seen. Ceftiaxone (50.60%) was the most commonly prescribed empirical antibiotics, followed by Cefixime (9.64%). Fourteen (16.27%) cases were culture positive. E. coli was the most (78.57%) common pathogen grown. In culture sensitivity study, Amikacin (42.85%) was the most sensitive antibiotic.

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Conclusions: Eighty-six UTI inpatients were identified in the last year. Fever and Tachypnoea were very common. Leucocytosis, 1+ proteinuria and urine WBC>5/hpf were frequently seen. Ceftriaxone was the most common antibiotic prescribed. E. coli was the most common pathogen grown and Amikacin was the most sensitive antibiotic.

Biography: I am Prof .Gajendra Prasad Rauniar,Head of dept.of clinical pharmacology and Therapeutics,atB.P.Koirala Institute of Health Sciences ,Dharan ,Nepal.I am teaching MBBS,BDS and MD(pharmacology) students since last 20 yearsI am teaching organ based ,partial problem based .I am actively conducting drug utilization, interventional, antimicrobial study. I am also in-charge Regional pharmacovigilance monitoring centre at BPKIHS.I did my MBBS from Ranchi medical college and hospital and MD(pharmacology) from JIPMER ,Pondicherry, India.

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Emodin dissipates tonic tension through suppressing PKC δ -mediated calcium sensitization in blood vessel

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Dysregulated tonic tension and calcium sensitization in blood vessels has been frequently observed in many cardiovascular diseases. Despite a huge therapeutic potential, little is known about natural products targeting tonic tension and calcium sensitization. Here we found that emodin, an anthraquinone derivative in herbal medicines, can dissipate tonic tension by inhibiting protein kinase C δ -mediated calcium sensitization. Emodin was identified as an active ingredient of Polygonum multiflorum extract for the inhibition of phenylephrine (PE)-induced vasoconstriction in rat isolated thoracic aorta. Emodin also inhibited vasoconstriction induced by serotonin and endothelin-1. Of note, emodin generally suppressed vasoconstrictions mediated by voltage-operated, store-operated calcium channels and intracellular calcium store. However, emodin did not affect agonist-induced calcium increases in primary smooth muscle cells. In contrast, post-treatment of emodin following PE stimulation significantly and potently dissipated tonic tension in rat aortic ring. Western blot analysis revealed that emodin attenuated PE-increased phospho-MLC (pMLC) along with phosphorylation of MYPT and CPI-17. This was mediated by the selective inhibition of PKC δ while PKC α was not involved. Taken together, we demonstrated that emodin dissipates tonic tension through the blockade of PKC δ and CPI-17 mediated MLC-phosphatase inhibition. This new mode of action for anti-hypertensive agents and a structural insight for PKC δ inhibition given by emodin may provide a new insight for the development of modulators of tonic tension and hypertensive diseases.

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Sexuality after childbirth from health care providers' perspectives

Karimeh Alnuaimi

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Purpose: To explore Jordanian health care providers' perspectives about sexual education after giving birth.

Methods: A purposive sampling method was used to recruit seven midwives, 13 nurses and two obstetricians from three Primary Health Centers located in Alzarqa, Al-Karak, and Irbid. The inclusion criteria for health care providers were: midwives, nurses or obstetricians with at least two years' experience and currently working at a maternity health center. A descriptive qualitative approach was used to address the study aims. Focus group discussions were used to collect data. A manual Thematic Content Analysis Tool was used to analyze the data. Ethical approval was obtained from Jordan University of Science and Technology Ethics Committee and the Research Ethics Committee of the Ministry of Health

Findings: Five major themes emerged. Silence; resumption of sexuality after giving birth/ area of conflict; men's authority; the importance of sexual education (what, when and whom) and Suggestions for sexual education approaches.

Clinical implications: Findings from this study may encourage policy makers to include more training and health teaching within the antenatal and postnatal clinics which may positively impact on the experiences of these women and facilitate patients centered care. Adequate knowledge about sexual education should be provided to health care providers during studying and working periods. Therefore, educators should revise the curriculum to include more about sexual topic. Healthcare providers- women communication and relationship need active steps toward improvement.

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Interactive teaching effects on university students' knowledge and attitude toward reproductive health: A pilot study in Jordan

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Context: Youths in Jordan lack knowledge related to reproductive health (RH). Interactive teaching methods showed positive results in enhancing health awareness and adopting healthy practices among students.

Objectives: To examine the usefulness of an interactive teaching in promoting health awareness of reproductive health among non-medical university students in Jordan.

Methods: We employed a Quasi-experimental one group pretest and post-test design for a purposive sample of 210 of students (18-24 years). Knowledge and attitudes regarding reproductive health issues were assessed using a questionnaire developed by the researchers.

Results: A significant improvement in students' knowledge and attitudes toward RH was evident. Female students had higher scores on knowledge on the pretest; this difference was smaller on the posttest. Also, females had significantly more positive attitudes toward RH on pretest than males, though this difference vanished on the posttest. Study results indicated that students benefit from study intervention regardless their gender.

Conclusions: Integrating RH into university's curriculum coupled with interactive learning approach is a powerful way to promote RH awareness among youths.

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Epidural analgesia and its Impacts on maternal and neonatal outcomes: A Jordanian study

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Background: Epidural analgesia is obviously the best method for reducing pain during labor, though different negative impacts are associated with its use.

Aims: To assess the rate of using EA as a pain control method during labor in a major university hospital in the north of Jordan, and to compare these outcomes between women who had EA and women who had no EA during their labor.

Method: A comparative retrospective study was used with a consecutive sample of 414 nulliparous women who gave birth at one hospital in Jordan. A data abstraction form was used to collect demographics, social data and maternal and neonatal outcomes.

Results: 52% of nulliparous women used epidural analgesia during the study period. Compared with the group of women who had no epidural analgesia, the group of women who had it, had a significantly higher rate of instrumental birth, prolonged second stage of labor and higher rates of maternal complications (fever, hypotension), though there was no significant association between the use of epidural analgesia and neonatal outcomes.

Conclusion: findings lead us to conclude that epidural analgesia was overused in our obstetrical practice, which might pose potential risks to mothers and their babies. However, with appropriate use of EA, the EA rate and associated morbidities could be significantly reduced through the use of evidence-based practice and an effective multidisciplinary team. Therefore, it is recommended to weigh indication-specific benefits against risks when using epidural analgesia.

Significance statement: This was the first Jordanian study that examined the impact of epidural analgesia on birth outcomes. Results of this study would provide baseline knowledge about the rate of EA use and its impact on mothers and their newborn babies' health. The findings of this study will motivate health professionals and policy makers to implement appropriate cost-effective evidence based clinical guidelines for the EA use in labor. This will improve the childbirth experience among nulliparous women

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Biography:

ReemHatamleh is associate professor of midwifery research and practice. She received her BSN degree in 1996 from Jordan University of Science and Technology, her postgraduate Diploma in Midwifery in 1998 from Princess Muna College of Nursing, her Advanced Postgraduate Diploma in Midwifery in 2002 from University of Ulster, her PhD (Vice-Chancellor's Research Studentship (VCRS) in midwifery from University of Ulster in 2006 UK. Reem is the first associate professor in midwifery at the faculty of nursing, Jordan University of Science and Technology. Having previously worked as a research associate at the University of Ulster, her research interest is childbirth technology assessment.

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Nursing education; clinical reasoning, decision making, and action

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Nursing education has emphasized critical thinking as an essential nursing skill for more than 50 years. The definitions of critical thinking have evolved over the years. The American Philosophical Association (APA) defined critical thinking as purposeful, self-regulatory judgment that uses cognitive tools such as interpretation, analysis, evaluation, inference, and explanation of the evidential, conceptual, methodological, criteriological, or contextual considerations on which judgment is based. (Patricia Benner; Ronda G. Hughes; Molly Sutphen, 2008). Professional and regulatory bodies in nursing education have required that critical thinking be central to all nursing curricula, but they have not adequately distinguished critical reflection from ethical, clinical, or even creative thinking for decisionmaking or actions required by the clinician.

Critical reflection requires that the thinker examine the underlying assumptions and radically question or doubt the validity of arguments, assertions, and even facts of the case. Critical reflective skills are essential for clinicians; however, these skills are not sufficient for the clinician who must decide how to act in particular situations and avoid patient injury. An essential point of tension and confusion exists in practice traditions such as nursing and medicine when clinical reasoning and critical reflection become entangled, because the clinician must have some established bases that are not questioned when engaging in clinical decisions and actions, such as standing orders.

Research continues to find that using evidence-based guidelines in practice, informed through research evidence, improves patients' outcomes. Research-based guidelines are intended to provide guidance for specific areas of health care delivery. The clinician—both the novice and expert—is expected to use the best available evidence for the most efficacious therapies and interventions in particular instances, to ensure the highest-quality care, especially when deviations from the evidence-based norm may heighten risks to patient safety. Otherwise, if nursing and medicine were exact sciences, or consisted only of techne, then a 1:1 relationship could be established between results of aggregated evidence-based research and the best path for all patients.

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Biography:

Ruba Ibrahim;A highly motivated, an enthusiastic, hardworking and competent healthcare professional who possess the required level of healthcare quality experience needed to deliver high quality,customer focused, and clinically effective patient care in a modern well equipped clinical setting.

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 Notes:

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**Jordanian health care providers' attitudes toward
overweight and obese women during childbirth**

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Obesity had become a global issue and a major public health concern, because of its impact on the public health. Obstetric and midwifery evidences reported that maternal obesity an important issue, because of its associated complications like: obstructed labors, infections and hemorrhage. People who are obese are often stigmatized and blamed for their weight. Health care providers are not immune to obesity-related prejudice and the literature features several examples of their negative attitudes towards obese patients. In Jordan, few studies were conducted to investigate obesity prevalence rate and its associated factors. The purposes of this study were to assess the health care providers' attitudes toward overweight and obese women during the childbirth in the North of Jordan, and to investigate the relationships between health care providers' socio-demographic characteristics and their attitudes. A descriptive, cross-sectional design was utilized. A convenient sample was consisted of 95 midwives, 30 nurses and 62 obstetricians, who were working in the labor rooms. A self-administered questionnaire consisted of three sections: demographical data, Arabic version of Fat Phobia Scale (FPS), and Arabic version of Nurses' Attitudes toward Obesity and Obese Patients Scale (NATOOPS). Results: The study findings revealed that the majority of Jordanian health care providers held negative attitudes toward overweight and obese women during childbirth. Midwives held less negative attitudes than did obstetricians and nurses. The majority of participants were perceived the overweight and obese pregnant women during childbirth as overate people, shapeless, slow and unattractive. Age, specialty, education and years of experience were found to be associated with health care providers' attitudes. The conclusion: health care providers negative attitudes toward overweight and obese pregnant women, are a cause for concern. Therefore, maternal obesity was needed to be more adequately addressed in basic education courses, and in the continuing professional education classes of practicing health care providers.

 **Notes:**