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Investigation of general characteristics and nutritional status of patients with urinary system stone

Yasemin Altinbas*, Burcak Sahin Koze**, Esma Ozsaker** and Meryem Yavuz van Giersbergen**

*Adiyaman University School of Health, Turkey

** Ege University Faculty of Nursing, Turkey

Genetic, environmental factors and nutrition habits are important factors in incidence and prevalence of urinary tract stones. There are significant effects of nutrients taken with food and beverages which constitute a large majority of substances in urine in stone formation. Geographical location, gender, heredity, occupation, lifestyle, disease status, BMI (Body Mass Index) also constitutes other important factors in stone formation. Evaluation of general characteristics and metabolic risk factors of patients who has stone, treatment and proposals for risk factors are important and effective methods in the prevention of recurrence of the disease. In this study, it was aimed to evaluate the general characteristics and nutritional status of patients with urinary tract stone. This study was conducted as descriptive. The study was performed between the dates of April 2012-December 2012 from 151 patients with urinary tract stone in Ege University Medical Faculty Hospital Urology Clinic. The data were collected by using a survey form of 26 questions which consist of general characteristics and nutritional status and Food Consumption Frequency Form about patients. The survey form was developed according to the literature findings by researchers and was taken expert opinions about questions. The data was collected with the face-to-face talking method. All statistical analysis was performed using SPSS v.18.0 (IBM SPSS Statistics, IBM Corporation, Chicago, IL). Data was analyzed number, frequency, percentage and mean. It was observed that the average age was $45,45 \pm 19,26$, 62.3% were male, 72.8% were married, 36,4% were primary school graduates and 82.8% of the income level was medium of the patients included in the study. It was found that 45% of them were active during the day, the mean BMI was $26,41 \pm 6,26$, stone story in the family was 69.1%, 68.3% was the kidney stones, 67.3% were calcium oxalate and 49% had at least one recurrence of stone disease of patients. According to Food Consumption Frequency Form it was determined that patients consumed 59.6% milk, 50.3% vegetables, 88.7% bread, 48.3% fat, 62.3% fruit group; 78.8% of the tea and 34.4% of the coffee everyday. According to the our study, it was observed that patients with urinary tract stone disease drank less water, fed much protein, had sedanter lifestyles and had at least once with stone disease in their family history. Detection of underlying etiologic risk factors, initiation of treatment regimens appropriate to the metabolic risk factors of the patient and increase of fluid intake are recommended to prevent recurrence of the stone disease.

Biography

Yasemin Altinbas has completed her PhD from Ege University Institute of Health Science. She had worked in Ege University Faculty of Nursing as a Research Assistant between 2011-2016. She is working as an Assistant Professor at Surgical Nursing Department in Adiyaman University School of Health-Turkey.

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