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The effect of lavender aromatherapy to junior nursing students anxiety, concentration and memory retention

Marc Louise F Fernandez, Maria Veronica P Ferrer, Kamille Anne B Flores, Alissa Iris A Florido, Kristine Ivy L Foronda and La Arnie M Lazalita University of Santo Tomas, Philippines

Background: Anxiety can negatively affect individual's performance in school. This can further influence physical and mental health of students in terms of concentration and memory retention. Several studies have shown that lavender aromatherapy was effective in reducing anxiety, improving concentration and increasing memory retention.

Method: Pre-post intervention with a quasi-experimental design was used. A total of 55 participants completed the pre-test as well as the post-test tools. A pre-test of each tool (S-TAI (form Y-1), Stroop Effect assessment tool and return demonstration checklist was obtained as a baseline data for the study. Subsequently, lavender aromatherapy was diffused 30 minutes per session in an enclosed room. After the intervention, anxiety, concentration and memory retention were measured through a post-test of each tool.

Result: Paired T-test revealed in the three tests were considered to be significant (p<0.000), justifying the effectiveness of the use of lavender aromatherapy in curtailing the anxiety as well as improving the concentration and increasing memory retention of junior nursing students.

Conclusion: The use of lavender aromatherapy could be used to decrease anxiety, improve concentration and increase memory retention. Thus, lavender aromatherapy may be a substitute to promote cost effective and non-pharmacologic intervention that will be advantageous for nursing students.

nicaferrer0911@gmail.com

Effectiveness of honey-impregnated dressing versus conventional dressing in the promotion of wound healing for diabetic foot ulcers in Singapore

Naomi Jonathan

National University Hospital, Singapore

Background: The number of lower extremity amputations in Singapore is alarmingly high. With an average of four amputations being done daily, patients with diabetic foot ulcer are suffering from major complications which bring the mortality rate to 22% in a year (National Healthcare Group (NHS), 2016). Furthermore, 20% of the adult patients were diagnosed with diabetes below the age of 40 years-old, increasing their risk of disease burden and their quality of life. Among the patients who are suffering from diabetic foot ulcer, 85% of them go through lower extremity amputation (NHS, 2016).

Aim: This study aims to determine if honey-impregnated dressing is more effective than conventional dressing in treating patients with diabetic foot ulcers in Singapore. By finding out the most effective dressing for patients with diabetic foot ulcer, lower extremity amputations can be reduced ultimately.

Method: Randomized Controlled Trial (RCT) will be utilized for this paper as it allows researchers to compare the effectiveness between the intervention and control while keeping the other variables equal.

Target Participants: Adult patients of 21 years old and above having Wagner grade one to three diabetic foot ulcer.

Sample: A stratified random sampling will be used for the recruitment of participants at the wards and clinic. After an assessment, participants will be stratified according to their wound classification before being computer randomized into intervention or control group.

Data Collection: Participants will be treated with honey-impregnated dressing or iodine dressing for their diabetic foot ulcer. When a dressing is due for change, wound chart measuring the dimensions and characteristics of the wound together with patient's verbal pain score would be collected as main sources of data collection.

Data Analysis: Data will be analyzed using independent T-test which will be entered into a statistical analysis tool called IBM SPSS.

naomijonathanyo@gmail.com