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Yoga practices and student nurses emotions

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Yoga is amongst the top 5 of various alternative and complementary therapies to impact stress, and it is one of the most popular practices that have the potential to promote positive emotions and diminish the negative emotions among the human beings. The aim of this study was to assess the effect of selected yoga practices on emotions among first year student nurses. In this randomized controlled study, 72 under-graduate student nurses underwent yoga practices. The selected yoga practices were systematic relaxation, diaphragmatic breathing, and stretching exercises that were performed in a progressive manner. The intervention was carried out for the minimal duration of 90 minutes per day, twice in a week for a period of four and half weeks followed by supervised practice in the hostel 6 days a week. Assessment was carried out on the baselines for both control and experimental groups; completion of intervention for experimental group and completion of intervention for the control group, assessment included 2 standardized tools i.e. Perceived Stress Scale (PSS) and Positive Affect and Negative Affect Scale (PANAS). Since the data was tested and depicted a normal distribution, repeated measures ANOVA was used for statistical analysis. In experimental group, the positive emotion (PSS) mean score of baseline data was 27.7 ± 4.5 and after intervention increased to 30.5 ± 3.7 with significance ($p=0.0001$). Follow up after 4.5 weeks, there was a fall in the mean score from 30.5 ± 3.7 to 25.8 ± 4.5 with significance ($p=0.0001$) due to the noncompliance of supervised yoga practices. In the negative emotion (PSS) mean score of baseline data was 20.3 ± 4.4 and after intervention decreased to 18.9 ± 4.4 with significance ($p=0.0001$). Follow up after 4.5 weeks, there was an increase in the mean score from 18.95 ± 4.4 to 22.1 ± 4.6 with significance ($p=0.0001$) due to the noncompliance of supervised yoga practices. In control group (PSS) there is no significant changes in the positive emotion ($p=0.57$) mean score but significant ($p=0.030$) mean score difference was found in negative emotion of the PSS at various levels. In experimental group the positive emotion (PANAS) mean score of baseline data was 33.2 ± 4.9 and after intervention increased to 37.3 ± 3.6 with significant ($p=0.0001$). Follow up after 4.5 weeks, there was a fall in the mean score from 37.3 ± 3.6 to 34.0 ± 5.8 with significant ($p=0.0001$) due to the noncompliance of supervised yoga practices. In the negative emotion (PANAS) mean score of baseline data was 20.1 ± 6.7 and after intervention decreased to 15.1 ± 5.9 with significant ($p=0.001$). Follow up after 4.5 weeks, there was an increase in the mean score from 15.1 ± 5.9 to 16.1 ± 6.7 with significant ($p=0.001$) due to the noncompliance of supervised yoga practices. In control group (PANAS), there is no significant changes in the positive emotion ($p=0.850$) mean score but significant ($p=0.038$) mean score difference was found in negative emotion of the PANAS at various levels. The co-relational statistics between PSS and PANAS shows that domains of both tools were significantly correlated each other. Students undergoing yoga practices on regular basis have significantly lesser negative emotions and enhanced the positive emotions.

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End-of-life (care) perspectives and expectations of patients with schizophrenia

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Background: Schizophrenia is a disabling and life-shortening psychiatric disorder due to disease, medication and lifestyle-related factors. It is therefore not unreasonable to assume that existential themes are important for these patients.

Methods: Transcripts of 20 patients were coded and analyzed thematically using a modified grounded theory approach in the exploration of perspectives and expectations of end-of-life (care).

Results: No fear of death, skilled companionship and preserving quality of life were major themes in the interviews.

Conclusion: This study showed that patients, despite emotional flattening and cognitive deficits, find the possibility to discuss end-of-life topics reassuring and some even therapeutic.

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