



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكرو فيلم



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شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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MONA MAGHRABY

Nursing Instruction Guidelines for Controlling Gastritis among Older Adult

Thesis

**Submitted in Fulfillment of the Requirement
of the Doctorate Degree**

In

Nursing Science
Community Health Nursing

By

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**Community Health Nursing
Faculty of Nursing
Ain Shams University
2020**

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Faculty of Nursing
Ain Shams University
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قالوا

سببناك لا علم لنا
إلا ما علمتنا إنك أنت
العليم العظيم

صدق الله العظيم

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List of Abbreviations

<i>Abbr.</i>	<i>Full-term</i>
ADLs	: Activities of Daily Living
CHNs	: Community Health Nurses
DM	: Diabetes mellitus
EMR	: Eastern Mediterranean region
GERD	: Gastro Esophageal Reflux Disease
GIT	: Gastro intestinal Tract
H. Pylori	: Helicobacter Pylori
IADLs	: Instrumental daily living activities
NSAIDs	: Non-steroidal Anti-inflammatory Drugs
PMR	: Progressive Muscle Relaxation
PUD	: Peptic Ulcer Disease
SSRIs	: Selective Serotonin Reuptake Inhibitors
WHO	: World Health Organization

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Nursing Instruction Guidelines for Controlling Gastritis among Older Adult

Asmaa Hamdan Menshawy

ABSTRACT

Gastritis is an inflammation of the stomach lining. It can be acute or chronic. It is a widespread health problem among elderly due to presence of chronic health problems.

Aim: evaluate the effect of nursing instructions guidelines for older adult for controlling gastritis. **Design:** A quasi experimental design. **Setting:** at Menoufiya University hospital and Shebine El-koom teaching hospital. **Sampling:** A purposeful samples of 60 elderly according to specific criteria **Tools:** two tools were used for data collection.

First tool: was an interviewing Questionnaire, (a) Older socio – demographic characteristics (b) Medical history of elderly with gastritis (c) Elderly knowledge about gastritis (d) Health needs and problems of elderly with gastritis. (e) Elderly daily living activities with gastritis. **Second tool:** medical record analysis regarding diagnosis. **Results:** The most of elderly had satisfactory 'knowledge about controlling gastritis among elderly with gastritis, the most of elderly had correct practices related activities of daily living among elderly with gastritis, There is improvement of measure for prevention gastritis post nursing instruction around three quarter were controlled. **Conclusion:** The developed nursing instruction led to significant improvements in elderly knowledge, practices, health need and post nursing instruction The study concluded that the around two third of them were achieved health needs in post education program. The most of elderly had unsatisfactory knowledge about gastritis. Which improved to satisfactory knowledge for majority of elderly respectively post nursing instruction implementation. More than three quarters of them their knowledge became satisfactory post program. The nursing instruction produced improvement in elderly knowledge related to practices through program

Recommendations: Implement nursing instruction to prevent elderly gastritis should be provided for elderly with gastritis in every health care setting provide care for elderly about balance diet, risky habits that lead to gastritis.

Key words: Elderly, Gastritis, Health education program, Gastric pain, level of prevention

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