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The effect of exercise training and telenursing on dietary habits and fatigue level among adult patients with anemia

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Background: Regular exercise is important for overall health and should be a part of daily routine of patient with anemia. Telenursing (providing nursing care at a distance) is an efficient technique for transporting educational services for anemic patients to their homes that consequently promote nurse-patient relationship, save time and reduce the cost of treatment.

Aim: Aim of this study is to investigate the effects of exercise training combined with three months nurse–telephone follow up calls on dietary habits and fatigue level among adult patient with anemia.

Design & Method: A quasi experimental study was conducted on 60 anemic patients who were selected randomly in medicine department and hematology outpatient clinic of Menoufia university hospitals using three tools of data collection; structured interviewing questionnaire to assess the patients' sociodemographic and medical data; dyspnea analogue scale to assess exercise tolerance and; fatigue scale. Exercise training was specific for the study subjects and they were followed by telephone follow up calls for three months by the researchers.

Results: All anemic patients suffer from fatigue before intervention. With telenursing follow up calls, the total score of fatigue were decreased after one month of exercise performance than before and continuously decreased after three months of exercise performance. Also the dietary habits were changed to better after intervention.

Conclusion: The exercise training combined with follow up calls was effective in improving dietary habits and decreasing fatigue level among anemic patients. It is suggested for performing and training the regular exercises as a routine care for anemic population.

Biography

Samah Mohamed Abd Elgaphar has completed her Doctorate degree in Medical Surgical Nursing in June 2009 at Menoufia University and Post-doctoral studies at Menoufia University. She is an Assistant Professor of Medical Surgical Nursing, Faculty of Nursing Menoufiya University. She has published more than nine papers in nursing and medical journals and has been serving as a Quality Organizer in Medical Surgical Nursing department. She has participated through talks and posters in more than 40 medical and nursing conferences and workshops.

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