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The impact of stress factors on sleep quality of female nursing students of a Brazilian university

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Several situations from academic environment may be assessed as stressful for nursing students, affecting their sleep quality. However, investigations evaluating these phenomena among female nursing students are limited, what is needed once these individual may accumulate the academic activities to domestic ones, including children and partner care. So, we analyzed the impact of stress factors on sleep quality of female nursing students of a Brazilian university. Methods: An analytical cross-sectional and quantitative study was conducted with 143 female nursing students in Sao Paulo between March and April of 2012. The Instrument to Evaluate Stress in Nursing Students and the Pittsburgh Sleep Index were applied for data collection. Qui-square test were employed to associate the stress factors to sleep quality. ($P < 0.05$) were considered statistically significant. High levels of stress were predominant for Time Management (50.99%). Environment represented high stress for 42.38% of female students and moderate stress for 45.70% of them. The low sleep quality (79.02%) was prevalent for this population and was significant associated to Professional Training ($p = 0.01$), being that female students with moderate (40.56%) and high stress (28.67%) showed poor sleep quality when compared to students with low stress level (9.79%). Time Management and Environment were assessed as factors that caused higher stress in female students, and the stress linked to Professional Training impacted on their sleep quality. Universities should develop strategies focused on these factors to reduce stressing, so, improve sleep quality of students, phenomena that may affect life quality and professional performance.

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Demand for long acting and permanent contraceptive methods and associated factors among married women of reproductive age group in Debre Markos town, northwest Ethiopia

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Background: Ethiopia is the second most populous country in sub Saharan Africa with high total fertility rate and high maternal and child mortality rates. In sub Saharan African countries including Ethiopia, even though studies show that demand for contraception is high, the practice is low. Particularly in Ethiopia despite the fact that practices on long acting and permanent methods are believed to be low, there are limited evidences on the real magnitude of demand for the methods.

Methods: To assess demand for long acting and permanent contraceptive methods and associated factors among married women of reproductive age group in Debre Markos town, Amhara Regional State, North West Ethiopia, a community based cross sectional study was conducted from April 08-19, 2012. Systematic sampling technique was used to select 523 study participants. Pre tested structured Amharic version questionnaire was used to collect the data through interview. Both bivariate and multiple logistic regressions were used to identify associated factors.

Results: Among 519 respondents, 323 (62.2%) were using modern family planning (FP) methods in which 101 (19.5%) were using long acting and permanent contraceptive methods (LAPMs). Among all respondents, 171 (32.9%) had unmet need for LAPMs. The total demand for LAPMs was 272 (52.4%) of which 37.1% were satisfied and 62.9% unsatisfied demand. Being in the older age group (40-44 years) [AOR=2.8; 95% CI:1.12, 9.55], having no desire for more child [AOR=20.37; 95% CI:9.28, 44.72], desire to have a child after 2 years [AOR=6.4; 95% CI:3.04,13.47], not ever heard of modern FP [AOR=5.73; 95% CI:1.26, 25.91], not ever using of modern FP [AOR=1.89; 95% CI:1.01, 3.55] and having no spousal discussion in the last six month [AOR=1.642, 95% CI: 1.049, 2.57] were some of the factors significantly associated with demand for LAPMs.

Conclusions: Demand and unmet need for LAPMs were high in the study area. Therefore raising awareness of the community, counseling/discussion about the methods with all clients encouraging spousal involvement are fundamental areas of intervention. Moreover, increasing the availability and accessibility of LAPMs is required to meet the unmet needs.

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