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Music therapy with the use of gospel songs in reducing the anxiety of primigravid mothers during the third trimester

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Pregnancy can place a woman's life into various instances that can induce anxiety. This anxiety can then cause serious complications that may occur throughout gestation. Hence, this study introduced music therapy as an intervention and evaluated its effectiveness in reducing anxiety among third trimester primigravida mothers. A pre-test and post-test experimental design was utilized. The participants were chosen using purposive sampling. The study consisted of experimental (n=25) and control (n=25) groups. In the experimental group, music therapy was given. The Beck Anxiety Inventory (BAI), a standardized instrument, was used to assess the pre- and post- anxiety scores of the respondents. Independent t-test, paired t-test, and analysis of covariance were utilized as measures to determine the effectiveness of the therapy. For the pre-test anxiety scores, the control group had a score of 37.64 while the experimental group had 41.32. When post-test scores were collected and interpreted, the control group showed a score of 30.88. Meanwhile, the experimental group acquired 11.44. There was a significant difference after in the post test anxiety scores ($p=0.0001$). It is concluded in this study that music therapy especially containing gospel songs is an effective way in alleviating the anxiety experienced by primigravid women who are in their third trimester of pregnancy.

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Medical-surgical nursing in Sub-Saharan Africa: The role of nurse leaders in training, management and policy development in healthcare

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Sub-Saharan Africa (SSA) is well-known for communicable disease outbreaks such as malaria, HIV and AIDS, cholera and more recently Ebola. It is also famous for high infant/child and maternal mortalities. Recent literature shows steady rise in NCDs as lifestyle in SSA Region changes to western style. How well SSA is preparing to effectively handle the emerging double burden of disease remains a fundamental question. Although less quantified and less published, surgical healthcare in most parts of SSA is still wanting. SSA poor health systems is characterized by acute shortage of human resources for health, inadequate medical supplies, sparsely distributed health facilities, and management inefficiencies that is epitomized by predominantly low life expectancies that is also facilitated by poor housing, poor road infrastructure, inadequate and poor transport systems, inadequate availability of foods and rampant famine. In this scenario, SSA lacks most of the essential healthcare skills and competencies such as the ones intended to be discussed and promoted in this conference. Available skills are far too inadequate and poorly distributed to reach every part of the population. Thus patients in SSA suffer from inadequate access to quality healthcare. Yet able patients access quality healthcare by seeking highly expertise services abroad. This paper therefore intends to explore medical-surgical nursing and its specialized sub-skills relevant in changing the quality and quantity of healthcare in SSA region. It explores availability, challenges, potentials, and the roles Africa and the World should play to ensure that nurses effectively contribute to improved healthcare in sub-Saharan Africa region, especially for women and children.

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