



Speakers Session

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Potentiality of Postponing Menopause & Lengthening Fertile Age for Better Women's Health

Abdelmonem Awad Hegazy

(MB, BCH; Dip Obst/Gynec; MSc Anatomy/Embryology; MD Anatomy/Embryology)

Menopause is a critical stage in the life of women in which the menses stop with loss of fertility. Deprivation of female hormones especially estrogen might be associated with some physical and psychological disorders that greatly affect the quality of life not only for women but also for all members of the family. Therefore, it is important to discuss the possibility of using technology of cryopreservation in postponing menopause in order to alleviate its associated disorders and ensure healthy good life for women and societies. Ovarian tissue cryopreservation has been successfully used for rescuing the harvested ovary from destruction that could be caused by chemo- or radiotherapy used in management cases of cancer. Therefore, we suggest preservation of specimens of ovaries during the fertile age. This might lead to rescuing the harvested ovarian tissues from degeneration or consumption occurring normally within the human body. Hence, the cryopreserved ovarian tissues might be reimplanted once again at or around the age of menopause in order to postpone its age incidence. This could be investigated in volunteers aiming to preserve endocrine function of ovary as long as possible.

Biography

Dr. Hegazy is Professor of Human Biology and Embryology College of Biotechnology, Misr University for Science & Technology (MUST) & Professor and Former Chairman of Anatomy and Embryology Department, Faculty of Medicine, Zagazig University & Consultant of Obstetrics, Gynecology and Infertility, Egypt. He is also a referee of scientific research submitted for promotion of professors in Egyptian Universities (since 2016 till Present). He is a Global Goodwill Ambassador (GGA) & He is also an Egyptian Ambassador for International Program for Prevention of Child Abuse 'My Body is My Body'. He is Editor and Editor-in-Chief of many international journals.



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Obstetric Nursing Certification – UAE Perspective

Tracy Roake

(Danat Al Emarat Hospital, UAE)

The intention of this presentation is to provide the participants with an overview of how Danat Al Emarat Hospital Advancing Practice and Professional Development council has established, an Obstetric Nursing certification program

This presentation will describe the journey to establishing this program in a busy women and children's hospital while creating affective communication pathways and appreciation for a variety of training and education activities involved in this unique course.

The presentation will aim to knowledge share and highlight the different processes and the importance of continuing advanced nursing education in all events with subtle adaptation and recommendation during Covid-19 pandemic.

Biography

Tracy Roake is an advanced midwife and general nurse. She is currently the Head of Education and Student Affairs at Danat Al Emarat Hospital, Abu Dhabi. She has been awarded a DBA, MBA, M.Sc. Healthcare management degree, and has a Master of Applied business research; she is a qualified hypnobirthing instructor and has a diploma in Aromatherapy, Herbalist, Reflexology and Naturopathy. She is a BLS, NRP and PROMPT instructor. She has a great passion for midwifery and pioneered all the first private hospital water births in KZN, South Africa. She is also a facility member or the PROMPT foundation in the United Kingdom.

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Application of NICE guidelines for Care Homes and Domiciliary Care Providers to Screening for Oral Care in Hospitalized Geriatric Patients.

Dr. A Bhojwani

Walsall Healthcare NHS Trust, Walsall, England

Introduction:

As the aging population increases, so does the dependency of older people to maintain their oral health and wellbeing. Every 1 pound spent on good mouth care in hospitals, saves 16 pounds from complications developed from periodontal disease. To improve oral health care in hospitals, we developed and applied a standardised screening process to identify oral health care needs for all new Geriatric hospital admissions.

Method:

The screening proforma was developed from recommendations of NICE guidelines on Care Homes and Domiciliary Care Providers. We applied the screening proforma to all new Geriatric hospital admissions over one week with daily monitoring. We identified how many patients were escalated to doctors and equipment sourced after proforma use.

Results:

A total of 25 patients were identified; 3 of 25 (12%) were escalated to doctors, 4 of 25 (16%) needed assistance with standard oral care, 12 of 25 (48%) required a toothbrush and toothpaste, 6 of 25 (24%) patients had no concerns with oral care. Nursing staff delivering care and screening patients found the checklist easy to use and flowchart identifying level of support required instructive.

Conclusion:

This study shows the effectiveness of applying a standardised proforma to identify oral health care needs of elderly patients. This led to quick identifications of oral dysfunction and escalation to doctors, and correct equipment sourcing, so all patients had toothbrush, toothpaste and pots to store dentures overnight.

Biography

A Bhojwani has completed his primary medical degree and masters in translation medicine in clinical oncology at the age of 25 years from University of Liverpool. He is a foundation year 3 doctor in the West Midlands Deanery.



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Resistance Training and Fatigue in Breast Cancer Survivors

Vitor Marques¹, Rafael Alves¹, Rafael Felipe Moraes¹, Thaynã Guimarães¹, Weder Silva¹, Claudio Lira¹, Mario Hebling¹, João Ferreira-Junior², Paulo Gentil¹, Maria Sebastiana Silva¹, Carlos Vieira¹

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The number of studies involving patients with breast cancer and physical activity has increased in recent years. The Resistance Training (RT) has shown to be effective in improving. Objective: To compare fatigue between women breast cancer survivors (BCS) with apparently healthy women. Methods: This study analyses the effects of once weekly RT on fatigue levels among BCS. Randomized controlled trial. The 25 women included were randomized into RT or control group. The RT group performed eight weeks of RT (once per week). Fatigue was assessed using the Piper Scale consists of four domains: behavioral, affective, cognitive and sensory. The final score can vary between 0 (worse general health) and 10 (better health status). The classification consists: 0 absence of fatigue; 1 to 3 medium levels of fatigue; 4 to 6 moderate levels of fatigue; 7 to 10 higher levels of fatigue. Data normality was verified by the Shapiro-Wilk test, and the data were compared between groups by Student's t test. For independent samples, the significance level adopted was $p < 0.05$. A two-way repeated measures analysis of variance was used to test for significant main effects and interactions for these data. The level of significance was set at $p < 0.05$. The results show resistance training improved fatigue levels (-55%, $p = 0.001$ for general fatigue). Resistance training seemed to be a positive nonpharmacological tool for the reduction of fatigue.

Keywords: breast cancer; Psychobiological aspects; physical exercise.

Presentation Key Points

- The relationship of handgrip with decreased mortality
- Physical Exercise for Breast Cancer
- The Importance of Hand Gripping in Breast Cancer Patients

Biography

Vitor Alves Marques is physical education by profession, is master in Health Science at the Federal University of Goiás, and its dissertation is about the effects of chemotherapy treatment on muscle performance in women with breast cancer in the year 2018. He is member the Laboratory of Physiology of the Exercise and Nutrition and Healthy at the Federal University of Goiás (LAFINS/UFG) and also is member the Laboratory of Analyzes of Human Movimento (LAMOVIH/UFG).