



**1. INTERNATIONAL CONGRESS
OF GERONTOLOGY
ABSTRACTS BOOK**

**EDITED BY
Asst. Prof. Dr. Sevda HASTAOĞLU ÖRGEN**

March 18-20, 2022- Sivas
ISBN: 978-625-8377-07-1

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

March 18-20, 2022, Sivas, TURKEY



ORGANIZED AND PROJECTED BY
SIVAS CUMHURİYET ÜNİVERSİTESİ
İKSAD- INSTITUTE OF ECONOMIC DEVELOPMENT AND SOCIAL RESEARCH
GERONTOLOGY STUDIES APPLICATION AND RESEARCH CENTER

ABSTRACTS BOOK

EDITED BY
Asst. Prof. Dr. Sevda HASTAOĞLU ÖRGEN

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Issued: **28.03.2022**
ISBN: **978-625-8377-07-1**

CONGRESS ID

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

DATA AND PLACE

March 18-20, 2022, Sivas, TURKEY

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Gulnaz GAFUROVA

PRESENTATION

Oral Presentation/ Virtual

PARTICIPANT COUNTRIES

**TURKEY, ALGERIA, AZERBAIJAN, UK, IRAN, CHILE, VIETNAM, SAUDI ARABIA,
SUDAN, LEBANON, CHINA, KAZAKHSTAN, PAKISTAN, INDIA, ROMANIA,
MALAYSIA, SWEDEN, OMAN, USA, ITALY, LITHUANIA, INDONESIA, TUNISIA,
CANADA, CROATIA, EGYPT, SLOVENIA, UKRAINE, POLAND, GREECE**

TOTAL NUMBER OF PAPERS: 172

THE NUMBER OF PAPERS FROM TURKEY: 85

OTHER COUNTRIES: 87

EVALUATION PROCESS

All applications have undergone a double-blind peer review process

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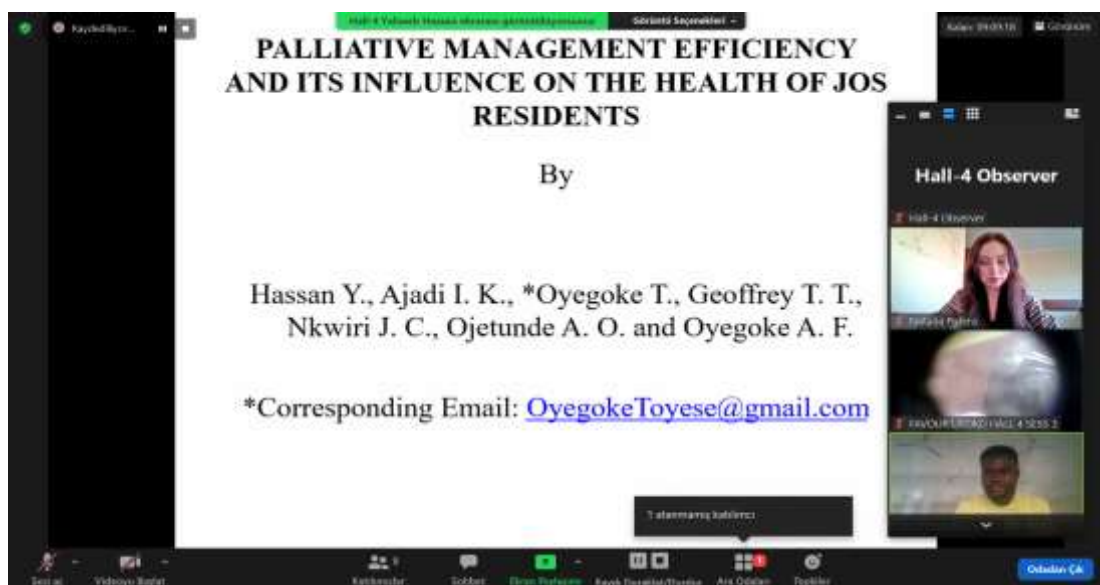
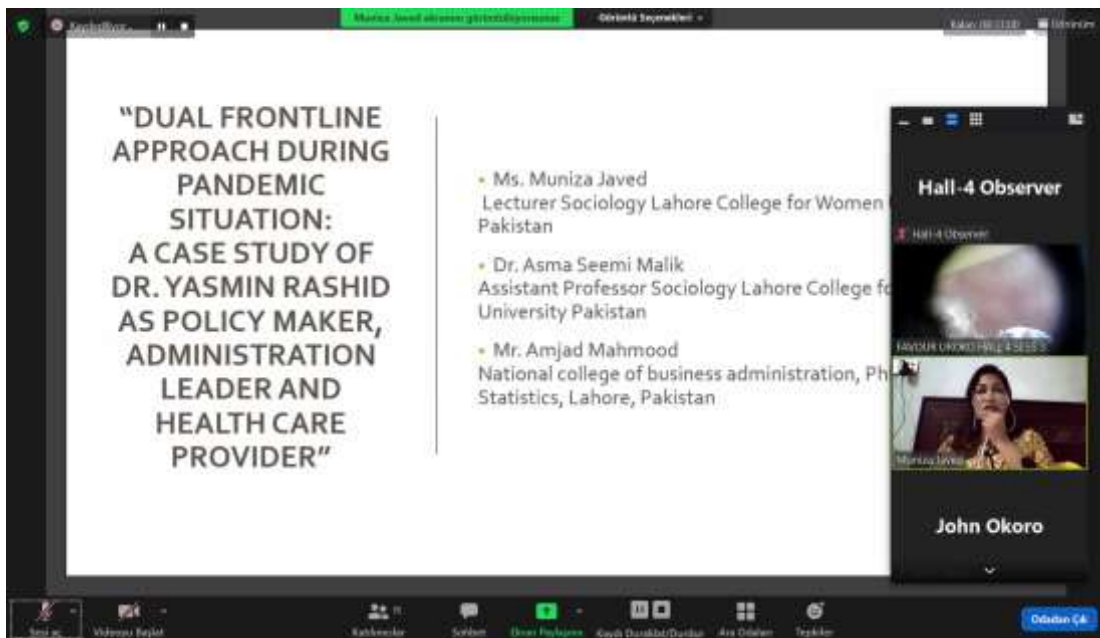
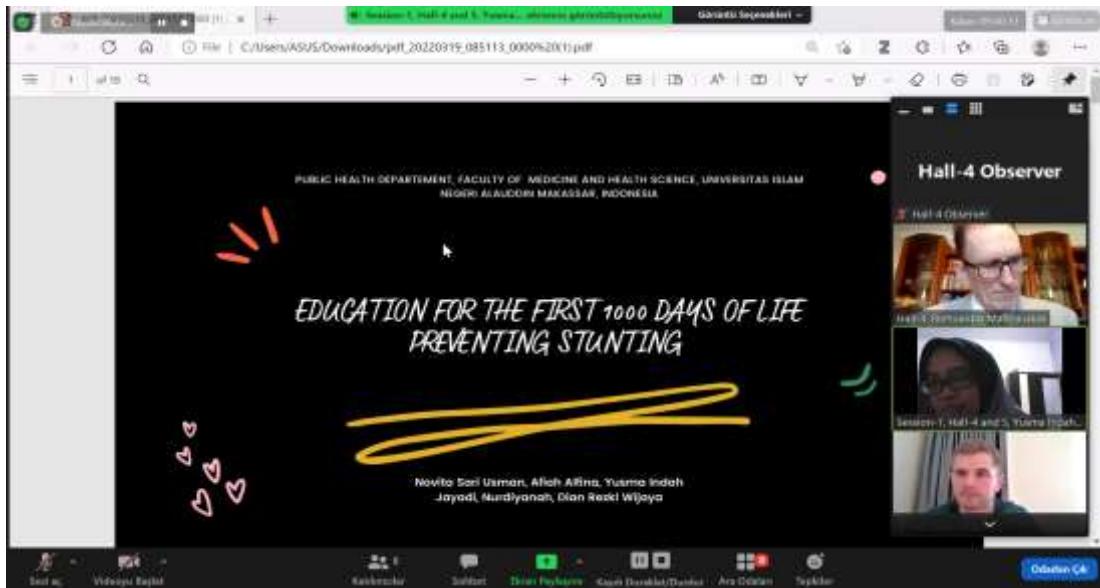


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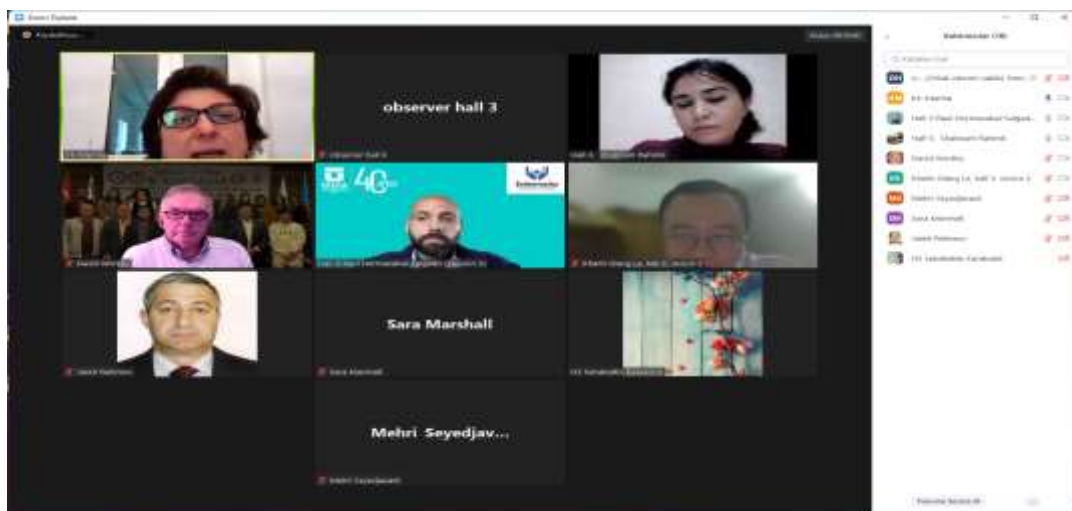


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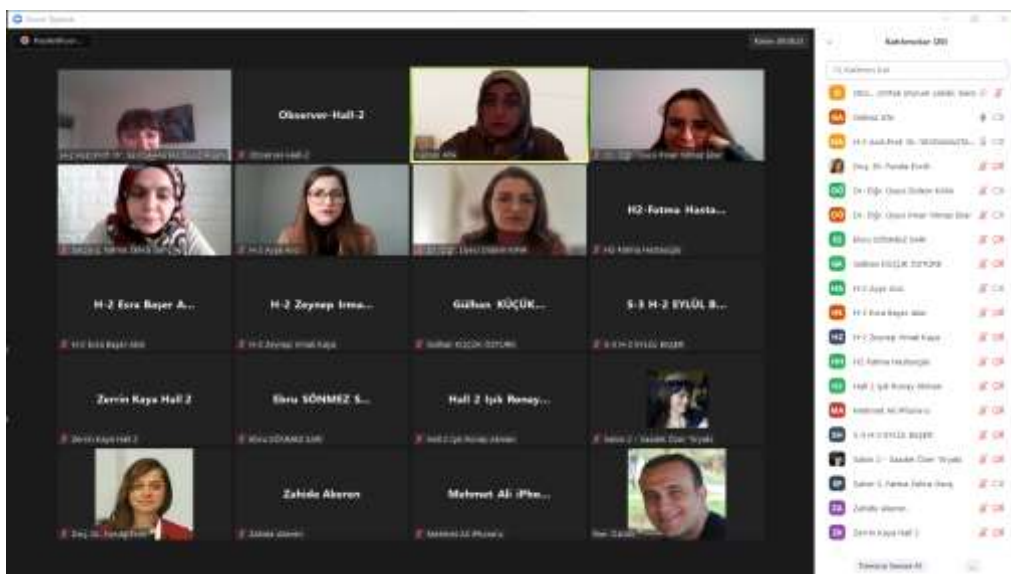
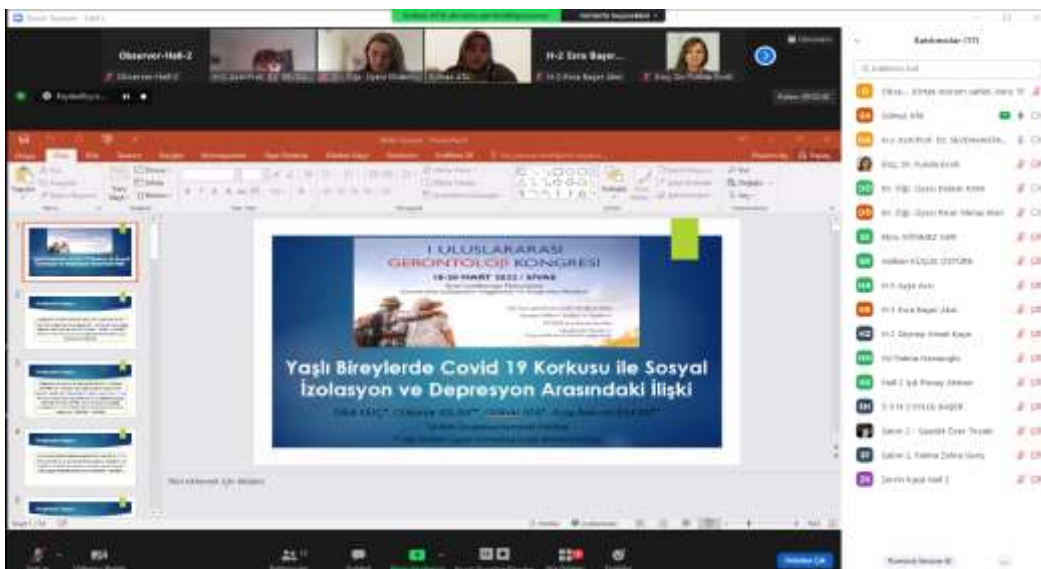
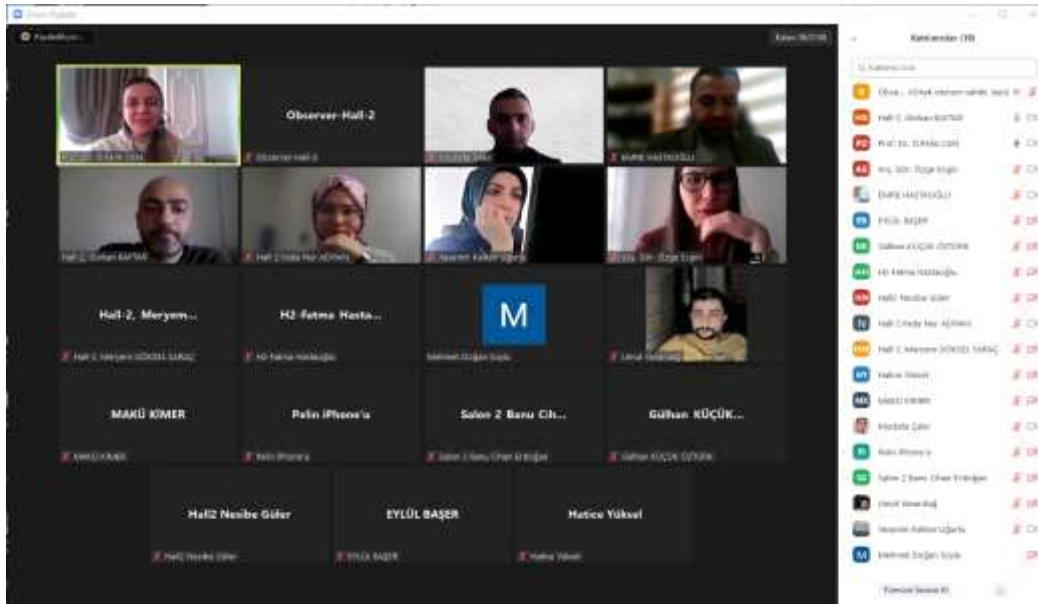


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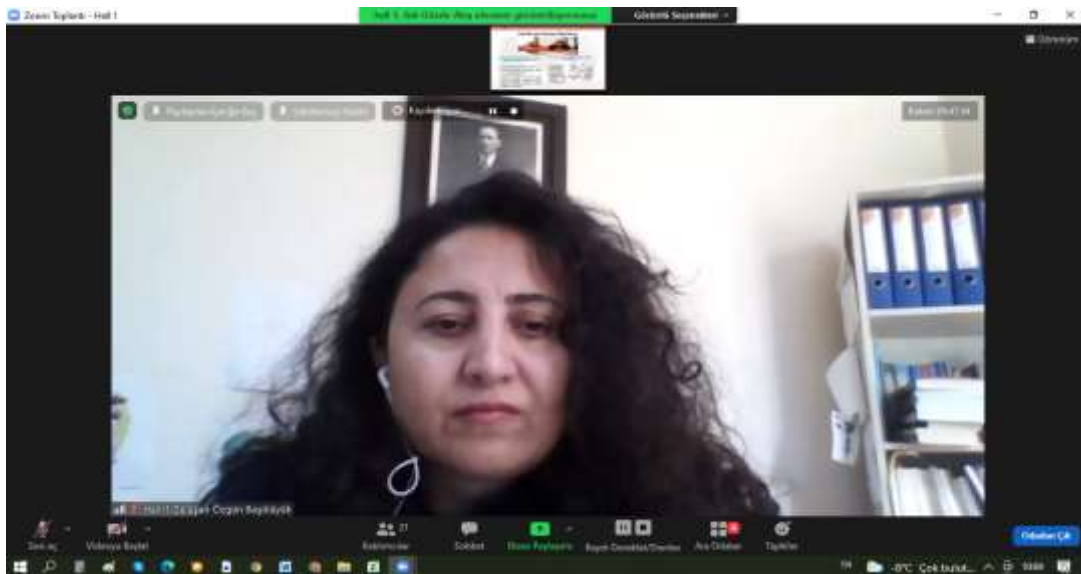
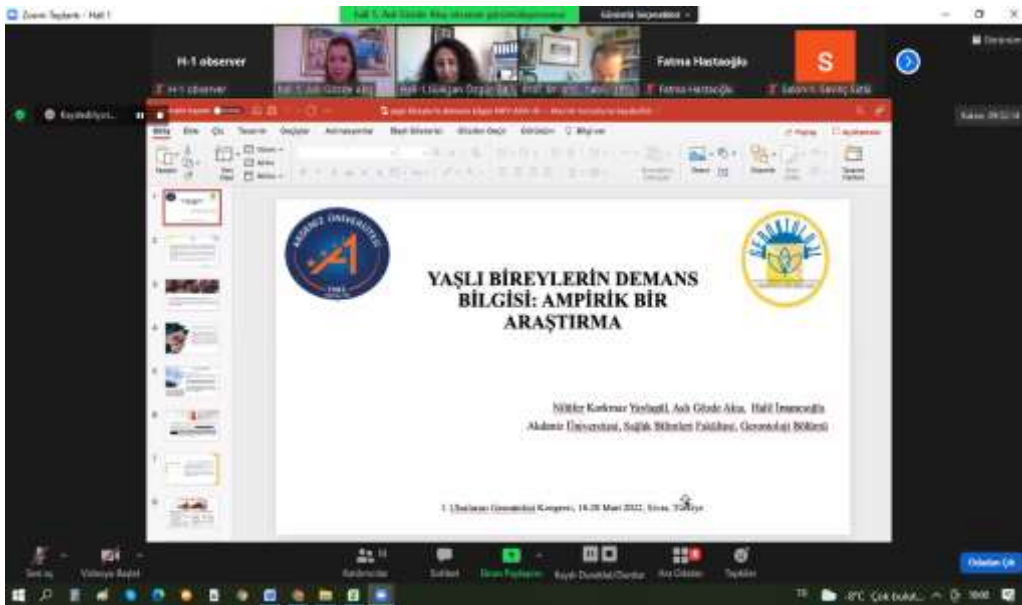


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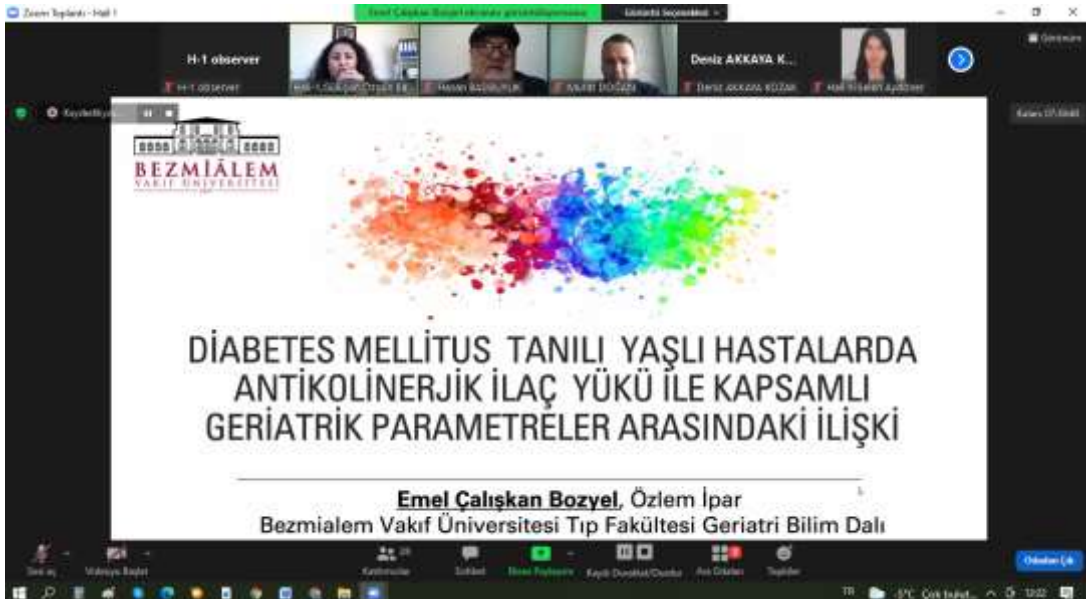


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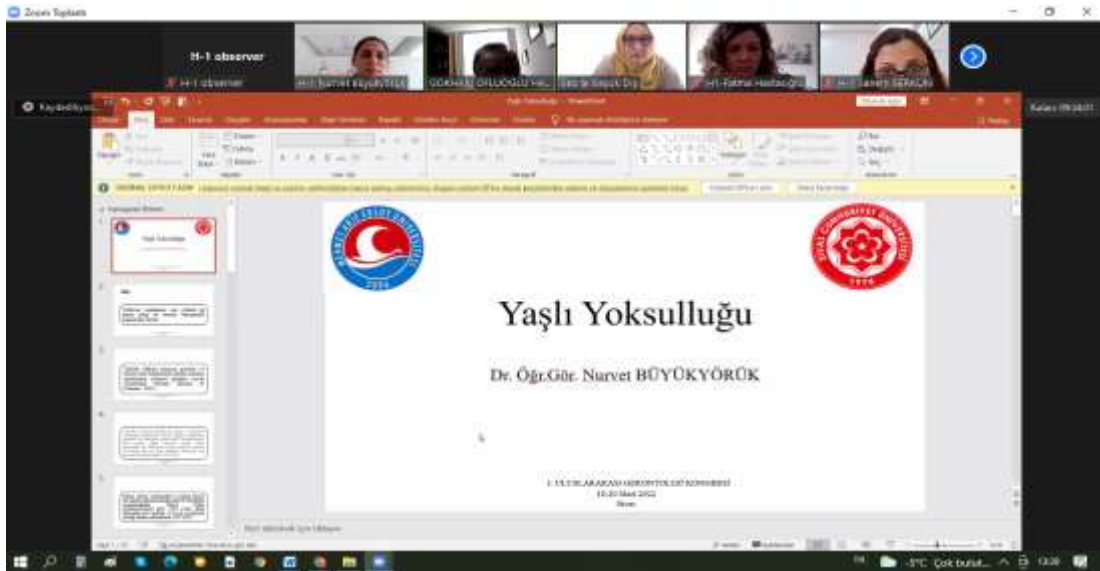


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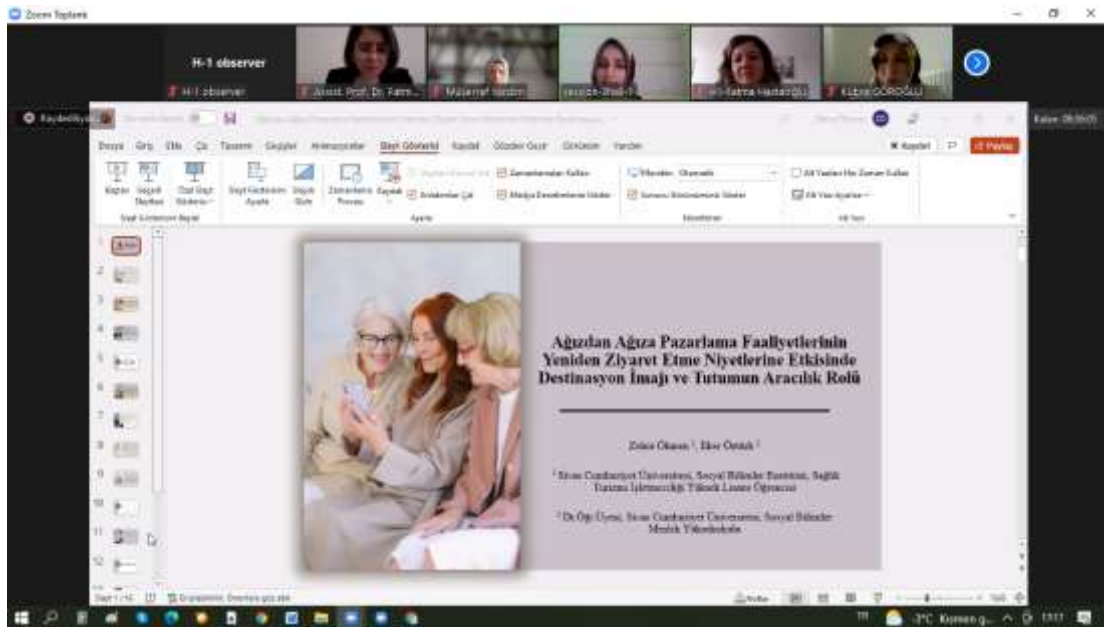


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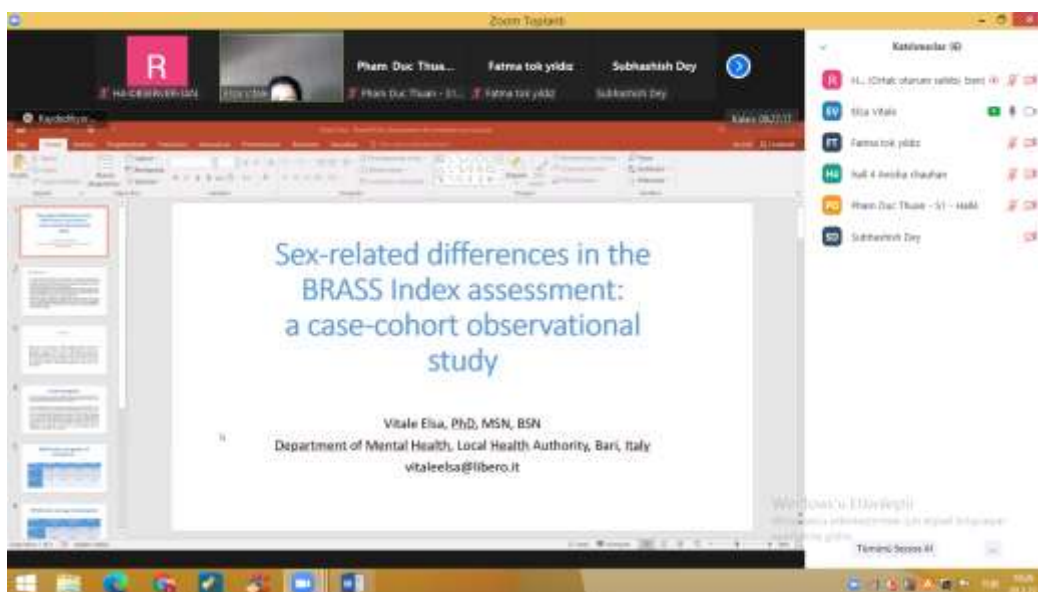
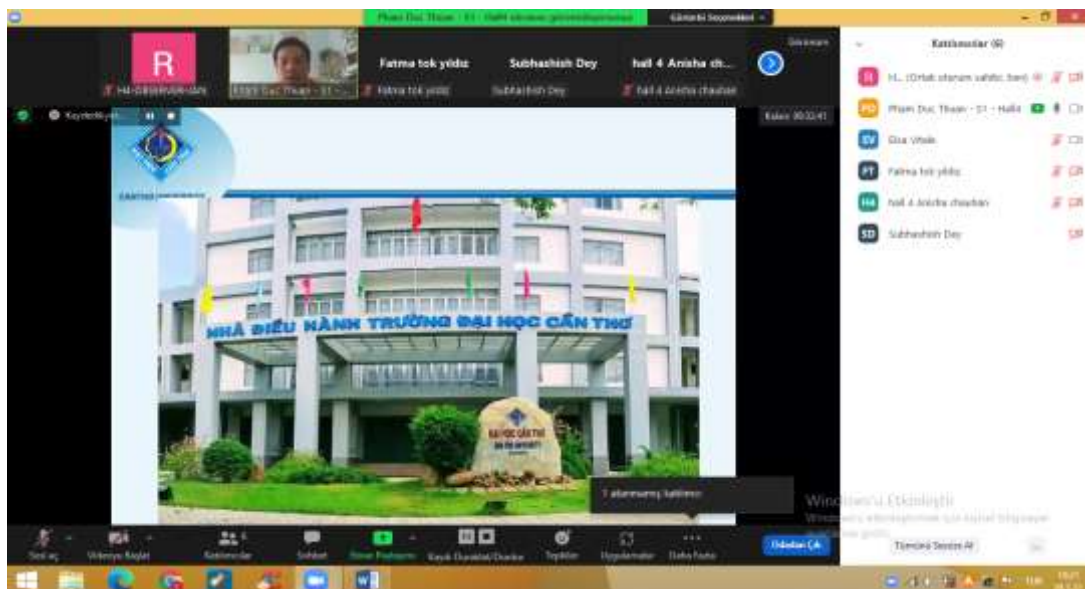
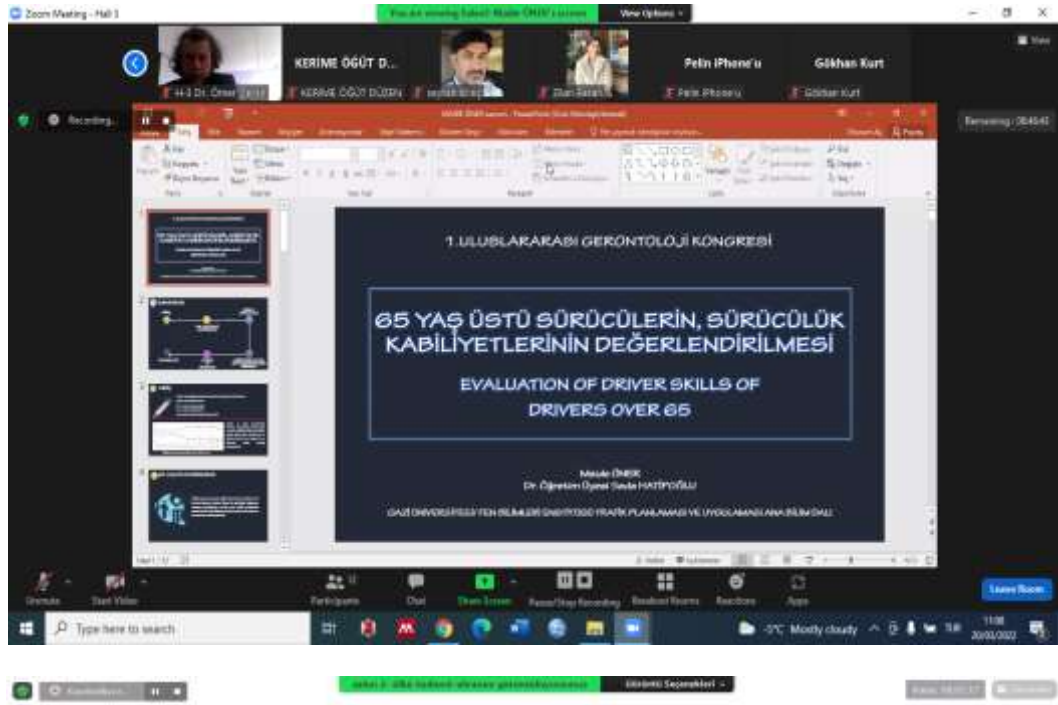


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KRONİK HASTALIĞI OLAN YAŞLILARIN COVID-19 PANDEMİSİNDE YAŞADIĞI GÜÇLÜKLER

Ülkü ÖZDEMİR

ERCIYES ÜNİVERSİTESİ SAĞLIK BİLİMLERİ FAKÜLTESİ-KAYSERİ

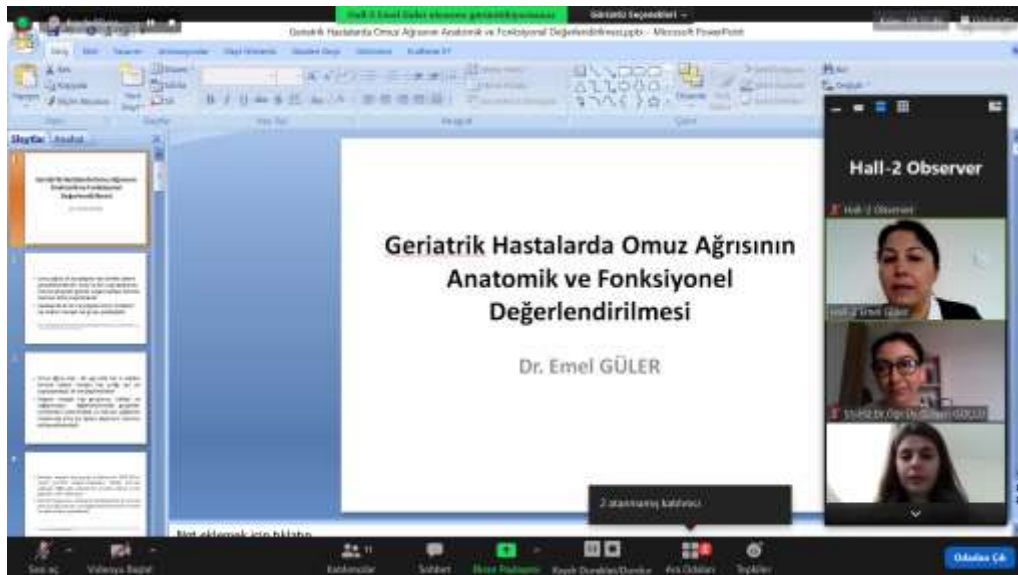


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görmeyi kolaylaştırma - Microsoft PowerPoint

Özellikler Giriş Ekle Tasarım Referans Verme Gözetim Gözetim Gözetim Gözetim Gözetim

GÖZ ARDI EDİLEN
CİDDİ BİR SORUN:
YAŞLI İSTİSMARI,
İHMALİ VE
PSİKIYATRİ
HEMŞİRELİĞİ

ESMA DAYI
DOÇ.DR.DİLEK AVCI

Hall-2 Observer
Hall-2 Eda Yılmaz
Pinar Uysal Cantürk
Merve Güllüoğlu

Huzurevinde Yaşayan
Geriatrik
Popülasyonda El
Kavrama Kuvvetinin
Presbifaki
Parametreleri İle
İlişkisi: Pilot Çalışma

Demet ÖZTÜRK
Haniş Elhan Kitabı
Aptek Ayte Karakurtan

I. ULUSLARARASI
GERONTOLOJİ KONGRESİ
18-20 MART 2022 / SİVA
Sivas Cumhuriyet Üniversitesi
Gerontoloji Çalışmaları Uygulama Ve Araştırma
Merkezi

Hall-2 Observer
Hall-2 Eda Yılmaz
Pinar Uysal Cantürk

THE PRIMACY AND RECENCY EFFECT IN
MEMORY OF PATIENTS WITH MILD COGNITIVE
IMPAIRMENT
(Hafif Kognitif Bozukluk Hastalarında Bellekte İlklik ve Sonluk Etkisi)
Dr. Öğretim Üyesi
Pinar UYSAL CANTÜRK
İstanbul Yeni Yüzyıl Üniversitesi
Psikoloji Bölümü
20.03.2022
Sivrihisar-2 Hall-2
Sivas Cumhuriyet Üniversitesi
Meeting Rm: 607-5209-2762 | Password: 815924
Sivas Cumhuriyet Üniversitesi | Sivas Cumhuriyet University | Sivas Cumhuriyet University
I. INTERNATIONAL CONGRESS OF GERONTOLOGY

Hall-2 Observer
Hall-2 Eda Yılmaz
Pinar Uysal Cantürk
Merve Güllüoğlu

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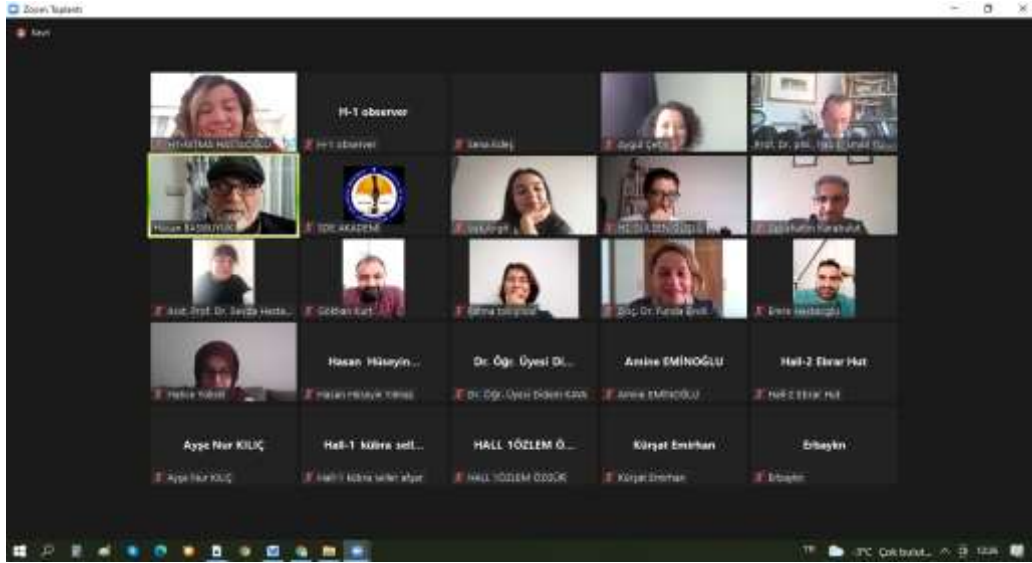


PHOTO GALLERY



Although the definition of Age is often used interchangeably, age, old age and the aging process are different concepts from each other. 'Age' refers to the time elapsed after birth chronologically, while 'Old' is used for people over a certain age. While 'old age' is a developmental period that should be evaluated such as infancy, adolescence and adulthood, 'Aging Process' refers to the period starting from the intrauterine period until death, which includes all these concepts.

With the prolongation of life expectancy at birth, developments in the field of health, and the increase in diagnosis and treatment opportunities, the elderly population has increased significantly in the world and in our country. According to the data of the Turkish Statistical Institute (TUIK), the ratio of the elderly population in the total population in our country was 8.2% in 2015, it increased to 9.7% in 2021. This rate rises up to 13.5% for Sivas province. In other words, the rate of the elderly population in our city is higher than the rate of the elderly population in Turkey.

With the increasing elderly population, new concepts and new needs have come to the fore. Gerontology, one of these concepts, is a science that carries out scientific research on aging and aging processes, develops active aging processes based on scientific findings, analyzes not only the elderly but also the aging process in every aspect (social, economic, physiological and cultural) in social life. Gerontology as a multidisciplinary science reveals a very wide field of study.

As Sivas Cumhuriyet University Gerontology Studies Application and Research Center, we care about the health of the elderly and we know that multidisciplinary studies are needed in the aging processes. In the light of all this information, we are trying to shed light on the aging process with this congress. In the process, many subjects such as biological, social and psychological effects, social elderly assessments, education of the elderly, all problems experienced in the aging process, environmental influences, medical needs are discussed. We thank you for your great interest in our congress, the second of which we are planning to organize preferably between the same dates.

Today, we are older than yesterday, and we continue to age.

We would like to thank all our partners supporting us in organizing this congress, the Rector Prof. Dr. Alim YILDIZ for guiding us and presenting his ideas, the vice-rector Prof. Dr. Hilmi ATASEVEN, Orhan KOÇ, General Manager of Disabled and Elderly Services at the Ministry of Family and Social Services, Akdeniz University Gerontology Department Prof. Dr. İsmail TUFAN, İKSAD for being our partner in organizing this successful congress and all academics for their contributions and participation.

Sivas Cumhuriyet University
Gerontology Studies Application and Research Center
Asst. Prof. Dr. Fatma HASTAOĞLU



SIVAS CUMHURİYET UNIVERSITY
GERONTOLOGY STUDIES APPLICATION AND RESEARCH CENTER

1. INTERNATIONAL CONGRESS OF GERONTOLOGY



CONGRESS PROGRAM



Meeting ID: 859 5199 2701
Passcode: 011011

IMPORTANT, PLEASE READ CAREFULLY

- ✓ To be able to make a meeting online, login via <https://zoom.us/join> site, enter ID instead of "Meeting ID or Personal Link Name" and solidify the session.
- ✓ The presentation will have **15 minutes** (including questions and answers).
- ✓ The Zoom application is free and no need to create an account.
- ✓ The Zoom application can be used without registration.
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- ✓ Speakers must be connected to the session **10 minutes before** the presentation time.
- ✓ All congress participants can connect live and listen to all sessions.
- ✓ During the session, your camera should be turned on at least %70 of session period
- ✓ Moderator is responsible for the presentation and scientific discussion (question-answer) section of the session.

TECHNICAL INFORMATION

- ✓ Make sure your computer has a microphone and is working.
- ✓ You should be able to use screen sharing feature in Zoom.
- ✓ Attendance certificates will be sent to you as pdf at the end of the congress.
- ✓ Moderator is responsible for the presentation and scientific discussion (question-answer) section of the session.

Before you login to Zoom please indicate your name surname and hall number,
exp. Hall-1, Name Surname

ÖNEMLİ, DİKKATLE OKUYUNUZ LÜTFEN

- ✓ Kongremizde Yazım Kurallarına uygun gönderilmiş ve bilim kurulundan geçen bildiriler için online (video konferans sistemi üzerinden) sunum imkanı sağlanmıştır.
- ✓ Sunumlar için **15 dakika** (soru ve cevaplar dahil) süre ayrılmıştır.
- ✓ Online sunum yapabilmek için <https://zoom.us/join> sitesi üzerinden giriş yaparak "Meeting ID or Personal Link Name" yerine ID numarasını girerek oturuma katılabilirsiniz.
- ✓ Zoom uygulaması ücretsizdir ve hesap oluşturmaya gerek yoktur.
- ✓ Zoom uygulaması kaydolmadan kullanılabilir.
- ✓ Uygulama tablet, telefon ve PC'lerde çalışıyor.
- ✓ Her oturumdaki sunucular, sunum saatinden **10 dk öncesinde** oturuma bağlanmış olmaları gerekmektedir.
- ✓ Tüm kongre katılımcıları canlı bağlanarak tüm oturumları dinleyebilir.
- ✓ Moderatör - oturumdaki sunum ve bilimsel tartışma (soru-cevap) kısmından sorumludur.

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- ✓ Bilgisayarınızda mikrofon olduğuna ve çalıştığına emin olun.
- ✓ Zoom'da ekran paylaşma özelliğine kullanabilmelisiniz.
- ✓ Katılım belgeleri kongre sonunda tarafınıza pdf olarak gönderilecektir
- ✓ Kongre programında yer ve saat değişikliği gibi talepler dikkate alınmayacaktır

Zoom'a giriş yaparken önce lütfen adınızı, soyadınızı ve SALON numaranızı yazınız

Örnek: Salon-1, İsim Soy isim

-OPENING CEREMONY-

Friday, March 18, 2022

09.30-09.35: Opening Speech (Asst.Prof.Dr.Fatma HASTAOĞLU)

09.40-09.45: Prof. Dr. David J.WORTLEY

İKSAD High Commission Member

International Society of Digital Medicine, The University of
Birmingham

09.45-09.50: Orhan KOÇ

Republic of Turkey Ministry of Family and Social Services General
Director of Services for the Disabled and Elderly (Adult Services in
Our Country)

09.50- 09.55: Prof. Dr. Alim YILDIZ

Rector of Sivas Cumhuriyet University

10.00: Panel Program

PARTICIPANT COUNTRIES:

TURKEY, ALGERIA, AZERBAIJAN, UK, IRAN, CHILE, VIETNAM, SAUDI ARABIA, SUDAN, LEBANON,
CHINA, KAZAKHSTAN, PAKISTAN, INDIA, ROMANIA, MALAYSIA, SWEDEN, OMAN, USA, ITALY,
LITHUANIA, INDONESIA, TUNISIA, CANADA, CROATIA, EGYPT, SLOVENIA, UKRAINE, POLAND,
GREECE

18.03.2022

Panel Session-1

Time (TURKEY) - 10:00-11:45

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Prof. Dr. İsmail TUFAN

AUTHOR	UNIVERSITY	TITLE
Prof. Dr. İsmail TUFAN	<i>Akdeniz Üniversitesi</i>	TÜRKİYE'DE VE DÜNYADA YAŞLANMA: GERONTOLOJİNİN PERSPEKTİFİNDEN SORULAR, SORUNLAR, ÇÖZÜMLER
Prof. Dr. Bernd SEEBERGER	<i>UMIT University, Austria</i>	DEMOGRAFIK DEĞİŞİM VE GERONTOLOJİK ETKİLERİ
Prof. Dr. phil. Esfandiar TABARİ	<i>Institute of Global Social Research</i>	İLERİ YAŞTA CEHALET
Uzm.Yrd. Rumeysa CEYLAN	<i>T.C Aile ve Sosyal Hizmetler Bakanlığı</i>	POLICIES AND SERVICES FOR OLDER PERSONS IN TURKEY

18.03.2022

Panel Session-2

Time (TURKEY) - 13:00-14:15

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Prof. Dr. Hasan H. BAŞIBÜYÜK

AUTHOR	UNIVERSITY	TITLE
Prof. Dr. Hasan H. BAŞIBÜYÜK	<i>Akdeniz Üniversitesi</i>	ALZHEİMER HASTALIĞININ BİYOLOJİSİ VE EVRİMSEL KÖKENİ
Uzman Biyolog Saadet TIRYAKI	<i>Akdeniz Üniversitesi</i>	YAŞLANMAYA MÜDAHALE OLANAKLARI: KALORİ KISITLAMASI MİMETİKLERİ
Uzman Gerontolog Meliha GÜÇLÜ	<i>Akdeniz Üniversitesi</i>	YAŞAM ÖYKÜSÜ KARAKTERLERİNİN YAŞLANMA FİZYOLOJİSİ İLE İLİŞKİSİ
Uzman Biyolog Serhat BOZKURT	<i>Akdeniz Üniversitesi</i>	MORUSİNİN HS68 FİBROBLAST HÜCRELERİ ÜZERİNE ETKİSİNİN <i>İN VİTRO</i> DEĞERLENDİRİLMESİ

18.03.2022

Panel Session-3

Time (TURKEY) - 14:30-15:45

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Prof. Dr. Ahmet Turan IŞIK

AUTHOR	UNIVERSITY	TITLE
Prof. Dr. Ahmet Turan IŞIK	<i>Dokuz Eylül Üniversitesi</i>	UNUTKANLIK YAŞLININ KADERİ Mİ?
Doç. Dr. Derya KAYA	<i>Dokuz Eylül Üniversitesi</i>	YAŞLILARDA DEPRESYON
Doç. Dr. Esra Ateş BULUT	<i>Sağlık Bilimleri Üniversitesi, Adana Şehir Eğitim ve Araştırma Hastanesi</i>	YAŞLILARDA POLİFARMASİ VE UYGUNSUZ İLAÇ KULLANIMI
Uzm. Dr. Fatma Sena DOST	<i>Dokuz Eylül Üniversitesi</i>	YAŞLILARDA DÜŞMELER
Uzm. Dr. Ali Ekrem AYDIN	<i>Sivas Numune Hastanesi</i>	BAŞARILI YAŞLANMA

18.03.2022

Panel Session-4

Time (TURKEY) - 16:00-16:45

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Prof. Dr. Mukadder MOLLAOĞLU

AUTHOR	UNIVERSITY	TITLE
Prof. Dr. Sevgisun KAPUCU	<i>Hacettepe Üniversitesi</i>	GERİATRİ VE GERONTOLOJİ HEMŞİRELİĞİ DÜNYADA VE ÜLKEMİZDEKİ TARİHSEL GELİŞİMİ
Prof. Dr Ayfer KARADAKOVAN	<i>Ege Üniversitesi</i>	GERİATRİK BİREYLE İLETİŞİM VE HEMŞİRELİK BAKIM İLKELERİ
Prof. Dr. Mukadder MOLLAOĞLU	<i>Sivas Cumhuriyet Üniversitesi</i>	PANDEMİ GÜNLERİNDE YAŞLILAR VE BAKIM YÖNETİMİ
Prof. Dr Feray GÖKDOĞAN	<i>Uluslararası Kıbrıs Üniversitesi</i>	YAŞLILIK EYLEM PLANLARI

19.03.2022

Session-1 Hall-1

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Assoc. Prof. Dr. Gülüşan ÖZGÜN BAŞIBÜYÜK

AUTHOR	UNIVERSITY	TITLE
Assoc. Prof. Dr. Nilüfer KORKMAZ YAYLAGÜL Dr. Aslı Gözde AKIŞ Halil İMANCIOĞLU	Akdeniz University	DEMENTIA KNOWLEDGE OF OLDER INDIVIDUALS: AN EMPIRICAL RESEARCH
Sevinç SÜTLÜ	Mehmet Akif Ersoy University	THE CHALLENGE OF LONG LIFE: CARE BURDEN
Sevinç SÜTLÜ	Mehmet Akif Ersoy University	COVID 19 PANDEMIC AND NURSING HOMES
Lutfiye İPEK Gökçe Yağmur GÜNEŞ GENCER	Akdeniz University	GERONTOLOGICAL PERSPECTIVE ON THE CONCEPT OF CAREGIVER BURDEN
Mehmet Selman ÖNTAN Özge DOKUZLAR	Yusufeli State Hospital, Internal Medicine Department Geriatric Sciences Society, Izmir, Turkey	IS THERE A RELATIONSHIP BETWEEN SERUM HOMOCYSTEINE LEVEL AND OSTEOPOROSIS IN OLDER ADULTS?
Assoc. Prof. Dr. Orhan GÜRSU Uzm. Yaşar AY	Akdeniz University	RESEARCH OF THE RELATIONSHIP OF PSYCHOLOGICAL HEALTH AND SPIRITUAL WELL-BEING IN THE OLD AGE
Selen AYDÖNER Gonca BUMIN	İstanbul Gelişim University Hacettepe University	A DIFFERENT PERSPECTIVE IN GERIATRIC REHABILITATION: HORTICULTURAL THERAPY
Selen AYDÖNER Gonca BUMIN	İstanbul Gelişim University Hacettepe University	INVESTIGATION OF THE OCCUPATIONAL BALANCE OF CAREGIVERS OF GERIATRIC INDIVIDUALS
Deniz AKKAYA KOZAK Assoc. Prof. Gülüşan ÖZGÜN BAŞIBÜYÜK	Akdeniz University	THE RELATIONSHIP BETWEEN MEASURES AGAINST THE COVID-19 PANDEMIC AND THE PSYCHOLOGICAL DISTRESS LEVELS OF OLDER ADULTS IN TURKEY: ANTALYA SAMPLE
Emel CALISKAN BOZYEL Ozlem IPAR	Bezmialem Vakif University	ASSOCIATION BETWEEN ANTICHOLINERGIC DRUG BURDEN WITH COMPREHENSIVE GERIATRIC ASSESSMENT PARAMETERS IN OLDER PATIENTS WITH DIABETES MELLITUS

19.03.2022

Session-2 Hall-1

Time (TURKEY) - 13:00-15:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Assoc. Prof. Gökhan OFLUOĞLU

AUTHOR	UNIVERSITY	TITLE
Nurvet BÜYÜKYÖRÜK	<i>Burdur Mehmet Akif Ersoy University</i>	ELDERLY POVERTY
Assoc. Prof. Dr. Sanem BERKÜN	<i>Bilecik Şeyh Edebali University</i>	PROBLEMS ELDERLY FACE IN CITIES: BILECIK CASE
Assoc. Prof. Dr. Sebile BAŞOK DİŞ	<i>Necmettin Erbakan University</i>	A THEORY OF AGING: CİCERO'S VIEW OF AGING AND OLD AGE
Esra BAŞER AKIN Mukadder MOLLAOĞLU	<i>Sivas Cumhuriyet University</i>	THE DEVELOPMENT OF ELDERLY TOURISM AND ITS EFFECT ON INDIVIDUALS
Assoc. Prof. Gökhan OFLUOĞLU	<i>Zonguldak Bülent Ecevit University</i>	EMPLOYMENT PROBLEMS OF THE OLD LABOR
Özge KUTLU DÖNMEZ Assoc. Prof. Dr. Deniz SAY ŞAHİN	<i>Burdur Provincial Health Directorate Burdur Mehmet Akif Ersoy University</i>	THE SILVER ECONOMY: A POTENTIAL STRENGTH FOR AN AGING WORLD
Nur Manolya ŞEN ÇATALKAYA	<i>Anadolu University</i>	AN INTERSECTIONAL PERSPECTIVE ON AGING STUDIES
Assist. Prof. (PhD) Arzu CILASUN KUNDURACI	<i>Yaşar University</i>	CREATING COMFORTABLE INTERIORS FOR TURKISH ELDERLY
Assoc. Prof. Dr. Deniz SAY ŞAHİN Özge KUTLU DÖNMEZ	<i>Burdur Mehmet Akif Ersoy University Burdur Provincial Health Directorate</i>	THANATOPHOBIA AS A BEHAVIORAL PROBLEM IN OLD AGE

19.03.2022

Session-3 Hall-1

Time (TURKEY) - 16:00-18:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Asst. Prof. Dr. Fatma TOK YILDIZ

AUTHOR	UNIVERSITY	TITLE
Lec. Uğur ATALAR Dr. Lec. Barış DEMİREL	<i>Kahramanmaraş İstiklal University Kırıkkale University</i>	AN ASSESSMENT ON COMMUNITY-BASED ELDERLY SUPPORT POLICIES: VEFA SOCIAL SUPPORT GROUPS
Lec. Uğur ATALAR Dr. Lec. Barış DEMİREL	<i>Kahramanmaraş İstiklal University Kırıkkale University</i>	COMPARISON OF CHINA AND TURKEY IN ELDERLY CARE POLICIES
Fatma TOK YILDIZ Fatma HASTAOĞLU	<i>Sivas Cumhuriyet University</i>	ATTITUDES OF ELDERLY CARE PERSONNEL TO PRIVACY
GÖROĞLU Kübra HASTAOĞLU Fatma	<i>Sivas Cumhuriyet University</i>	DETERMINING THIRD AGE TOURISTS TOURISM PERCEPTIONS
Assoc. Prof. Dr. Müşerref YARDIM Dr. Betül KARAKOYUNLU	<i>Necmettin Erbakan University Konya Gençlik ve Spor İl Müdürlüğü</i>	COMPARISON OF ELDERLY CARE POLICIES OF TURKEY AND ITALY IN THE COVID-19 PROCESS
Zehra ÖKMEN Dr. Lecturer Member İlker ÖZTÜRK	<i>Sivas Cumhuriyet University</i>	THE MEDIATING ROLE OF DESTINATION IMAGE AND ATTITUDE IN THE EFFECT OF WORD OF MOUTH MARKETING ACTIVITIES FOR 3RD AGE TOURISTS PARTICIPATING IN HEALTH TOURISM ACTIVITIES ON REVISIT INTENTIONS
Res. Assisst. Medine Nur ÖZATA DEĞERLİ Asst. Prof. Dr. Onur ALTUNTAŞ Prof. Dr. Mine UYANIK	<i>Hacettepe University</i>	THE RELATIONSHIP BETWEEN COGNITIVE STATUS, PSYCHOSOCIAL STATUS, SLEEP QUALITY AND ACTIVITY LIMITATION IN GERIATRIC INDIVIDUALS
Miray BOLAT Dr. M. Burak ACAR Zeynep GÜNAYDIN Prof. Dr. Servet ÖZCAN	<i>Erciyes University</i>	INVESTIGATION OF THE EFFECT OF N-ACETYL CYSTEINE APPLY ON MESENCHYMAL STEM CELL SENESCENCE
Res. Assisst. Medine Nur ÖZATA DEĞERLİ Asst. Prof. Dr. Onur ALTUNTAŞ Spec. Fzt. Mavi Menekşe ÖZ Prof. Dr. Mine UYANIK	<i>Hacettepe University</i>	EFFECT OF OCCUPATIONAL THERAPY INTERVENTION ON BALANCE, COGNITIVE STATUS AND ACTIVITIES OF DAILY LIVING IN INDIVIDUALS WITH DEMENTIA

19.03.2022

Session-1 Hall-2

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Prof. Dr. Özlem Pelin CAN

AUTHOR	UNIVERSITY	TITLE
Yasemin KALKAN UĞURLU	<i>Ordu University</i>	SOCIAL AND PHYSICAL SUPPORT IN ELDERLY CARE: ROBOTS
Meryem Göksel SARAÇ Özlem Pelin CAN	<i>Sivas Cumhuriyet University</i>	ALTERNATIVE FOOD PRODUCTION WITH 3D PRINTERS FOR ELDERLY DYSPHAGIA PATIENTS
Gürkan BAYTAR Serdal ÖĞÜT	<i>Aydın Adnan Menderes University</i>	INVESTIGATION OF POSSIBLE PROTECTIVE EFFECTS OF BETANIN (C ₂₄ H ₂₆ N ₂ O ₁₃) IN ELDERLY RATS EXPERIMENTAL TOXICATED WITH MONOSODIUM GLUTAMATE
Emre HASTAOĞLU Özlem Pelin CAN	<i>Sivas Cumhuriyet University</i>	AGING in FUNCTIONAL FOODS and INGREDIENTS
Emre HASTAOĞLU Meryem Göksel SARAÇ	<i>Sivas Cumhuriyet University</i>	THE IMPORTANCE OF COLLAGEN CONTAINING NUTRITION IN THE AGING
Assistant Professor Mustafa ÇAKIR, MD, PhD	<i>İstanbul Medeniyet University</i>	THE RELATIONSHIP BETWEEN AGING AND NUTRITION
Nida Nur ADIYAN	<i>Hasan Kalyoncu University</i>	THE IMPORTANCE OF SUPPLEMENTS IN THE ELDERLY AND MICRO NUTRIENT-DRUG INTERACTIONS
Özge ESGİN Ayşe Özfer ÖZÇELİK	<i>Ankara University</i>	EFFECT OF GLUCOSAMINE, HYALURONIC ACID AND COLLAGEN SUPPLEMENTATIONS ON PHYSICAL FUNCTION IN ELDERLY
Assoc. Prof. Melek ZUBAROĞLU YANARDAĞ Assoc. Prof. Umut YANARDAĞ Assoc. Prof. Özlem ÖZER	<i>Burdur Mehmet Akif Ersoy University Sağlık Bilimleri University</i>	THE ROLE OF GERONTOLOGICAL SOCIAL WORK IN ACTIVE AND HEALTHY AGING

19.03.2022

Session-2 Hall-2

Time (TURKEY) - 13:00-15:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Dr. Pelin ÇELİK

AUTHOR	UNIVERSITY	TITLE
Hatice YÜKSEL Görkem TUTAL GÜRSOY	Ankara City Hospital	IRON DEFICIENCY ANEMIA IN GERIATRIC PATIENTS WITH DEMENTIA
Zeynep IRMAK KAYA Bülent Çağlar BİLGİN	Eskişehir City Hospital	TREATMENTS OF RARE BURN AREAS IN HOT WATER BAG EXPLOSION AS A COMMON CAUSE OF BURNS IN GERIATRIC PATIENTS
Hasan Hüseyin KOZAK Hasan Hüseyin KIR Osman KOÇ	Necmettin Erbakan University Elbistan State Hospital	CAROTIS ARTERY DISEASE AND ENDOVASCULAR TREATMENT IN THE GERIATRIC PATIENTS
Hasan Hüseyin KIR	Elbistan State Hospital	EVALUATION OF GREATER OCCIPITAL NERVE BLOCKAGE PRACTICE IN GERIATRIC PATIENTS GROUP WITH PRIMARY HEADACHE
Hilmi YAZICI Prof. Dr. Sevkett Cumhur YEĞEN	Marmara University Pendik Training and Research Hospital	GASTRIC CANCER SURGERIES IN A SINGLE CENTER: IS IT SAFE IN ELDERLY PATIENTS?
Ahmet Cem ESMER, MD Hilmi YAZICI, MD Prof. Dr. Şevket Cumhur YEĞEN	Marmara University Pendik Training and Research Hospital	COLONOSCOPICAL RESULTS DIFFERENCE IN ELDER PATIENTS
Asst. Prof. Dr. Aydemir ASDEMİR Res. Assisst. Dr. İsmail Emre ERGİN Asst. Prof. Dr. Hüseyin SAYGIN Prof. Dr. Esat KORGALI	Sivas Cumhuriyet University	GERIATRİK ÜROLOJİK ACİLLER: RETROSPEKTİF ANALİZ
Banu CİHAN ERDOĞAN Nurcan ÇALIŞKAN	Çankırı Karatekin University Gazi University	IN CARE OF THE ELDERLY INDIVIDUAL AFTER THYROIDECTOMY SURGERY: USE OF ROY ADAPTATION MODEL AND NANDA, NIC, NOC: CASE REPORT
Banu CİHAN ERDOĞAN	Çankırı Karatekin University	PERIPHERAL INTRAVENOUS CATHETER CARE IN ELDERLY ADULT PATIENTS

19.03.2022

Session-3 Hall-2

Time (TURKEY) - 16:00-18:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Asst.Prof. Dr. Sevda HASTAOĞLU ÖRGEN

AUTHOR	UNIVERSITY	TITLE
Dilek KILIÇ Gülpınar ASLAN Gülnaz ATA Ayşe Berivan BAKAN	<i>Atatürk University Ağrı İbrahim Çeçen University</i>	YAŞLI BİREYLERDE COVID 19 KORKUSU İLE SOSYAL İZOLASYON VE DEPRESYON ARASINDAKİ İLİŞKİ
Fatma Zehra GENÇ Arzu USLU	<i>Necmettin Erbakan Üniversitesi</i>	EXAMINATION OF NURSING GRADUATE THESIS MADE WITH ELDERLY INDIVIDUALS IN TURKEY: A SYSTEMATIC REVIEW
Didem KAYA Ayşe ARIKAN DÖNMEZ	<i>Nuh Naci Yazgan University Hacettepe University</i>	EVALUATION OF GRADUATE THESIS CONTACTED ON INTERVENTION FOR WOMEN IN MENOPOSAI PERIOD IN NURSING IN TURKEY: A RETROSPECTIVE RESEARCH
Fatma Zehra GENÇ Prof. Dr. Naile BİLGİLİ	<i>Faculty of Nursing, Necmettin Erbakan University, Konya, Turkey Faculty of Health Sciences, Gazi University, Ankara, Turkey</i>	OTAGO EXERCISE PROGRAM FOR THE ELDERLY WHO LIVES IN NURSING HOME WITH AND WITHOUT HIGH RISK OF FALLING: A CASE REPORT
Pınar YILMAZ EKER Ayşe TOPAL HANÇER	<i>Sivas Cumhuriyet University</i>	EMPATİ YAKLAŞIMININ YAŞLI AYRIMCILIĞI ÜZERİNE ETKİSİ: HEMŞİRELİK ÖĞRENCİLERİ ÖRNEĞİ
Vahide SEMERCI Ebru SÖNMEZ SARI Zahide AKEREN	<i>Bayburt University</i>	DETERMINATION OF RATIONAL DRUG USE IN ELDERLY INDIVIDUALS LIVING IN NURSING HOME
Gülhan KÜÇÜK ÖZTÜRK Eylül BAŞER	<i>Nevşehir Hacı Bektas Veli University Erzurum Ataturk University</i>	LIFE SATISFACTION OF ELDERLY INDIVIDUALS OVER 65: A DESCRIPTIVE STUDY
Gülhan KÜÇÜK ÖZTÜRK Eylül BAŞER	<i>Nevşehir Hacı Bektas Veli University Erzurum Ataturk University</i>	THE MENTAL DIMENSION OF AGING AND NURSING
Ayşegül ÇELİK Ayşe AVCİ	<i>İzmir Bakırçay University</i>	THE EFFECT OF AVOIDANCE BEHAVIOR RELATED TO FEAR OF FALLING ON QUALITY OF LIFE IN ELDERLY INDIVIDUALS

19.03.2022

Session-1 Hall-3

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Prof. Dr. COJOCARU Manole

AUTHOR	UNIVERSITY	TITLE
Dr. Suantak D Vaiphei (Ph.D. Psycho-Oncology)	Assam Downtown University, India	WHAT IS A GOOD DEATH: END-OF-LIFE CARE IN INDIA?
Dr. Suantak D Vaiphei (Ph.D. Psycho-Oncology)	Assam Downtown University, India	THE CURRENT CHALLENGES OF MENTAL HEALTH WORK FORCE'S IN INDIA
Sidra Mushtaq Dr Shahnila Tariq Rubab Ali	University of Management and Technology, Lahore	DEVIANT BEHAVIOUR IN ADOLESCENTS, THE IMPACT OF CHILD ABUSE AND AGGRESSION
Nawel REGGAD Djallal Eddine Houari ADLI Noureddine HALLA	Moulay-Tahar University, Saïda, Algeria	EFFECT OF ONONIS ANGSTISSIMA LAM EXTRACT ON THE ALUMINUM ALTERATIONS OF THE INTESTINAL HISTOLOGY
Phd student Bibinur TARAKOVA Professor, MD Zhamilya ZHOLDYBAY PhD Akmaral AINAKULOVA	Asfendiyarov Kazakh National Medical University, Kazakhstan	THE COMPARATIVE DIAGNOSTIC PERFORMANCE OF AUTOMATED BREAST ULTRASOUND (ABUS), HAND-HELD ULTRASOUNDS (HHUS), AND MAMMOGRAPHY IN WOMEN WITH DENSE BREAST
Major Gheorghe GIURGIU Prof. Dr. Manole COJOCARU	Deniplant-Aide Sante Medical Center, Romania Titu Maiorescu University	IMUNIPANT CAN INFLUENCE DISFUNCTIONAL IMMUNE RESPONSES IN ELDERLY PEOPLE
Major Giurgiu Gheorghe Prof. Dr. Cojocaru Manole	Deniplant-Aide Sante Medical Center, Romania Titu Maiorescu University	LINKS OF GUT MICROBIOTA COMPOSITION IN PATIENTS SUFFERING FROM ALCOHOLIC DEPENDENCE
Major Giurgiu Gheorghe Prof. Dr. Cojocaru Manole	Deniplant-Aide Sante Medical Center, Romania Titu Maiorescu University	THE RELATIONSHIP BETWEEN THE GUT MICROBIOME AND SKIN DISORDERS: IMPACT OF NUTRACEUTICALS DENIPLANT
Aiza Kamal Khan Bilal Aslam Haseeb Anwar Humaira Muzaffar Alishbah Roobi Noreen Aslam Lubna Majeed Samia Ali Jawad Aslam Momna Mehmood Qaisar Tanver Aisha Mehmood Muhammad Naem Faisal	Institute of Physiology and Pharmacology, University of Agriculture Faisalabad, Pakistan	UNDERSTANDING MICRORNA AND WNT SIGNALING PATHWAY CROSSTALK BEHIND THE EXPRESSION LEVEL OF PTEN AND RB1 GENES IN PROSTATE CANCER

19.03.2022

Session-2 Hall-3

Time (TURKEY) - 13:00-15:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Prof. Dr. Roopali SHARMA

AUTHOR	UNIVERSITY	TITLE
Rui-ting Zhang Yu Liu	<i>Beijing University of Chinese Medicine, China</i>	CONSTRUCTION OF A RISK PREDICTION MODEL FOR HYPOGLYCEMIA DURING HEMODIALYSIS IN ELDERLY PATIENTS WITH DIABETIC NEPHROPATHY
Karthikeyan Elumalai Navaneetha Krishnan Subramaniyan	<i>Bharath Institute of Higher Education and Research, India Sree Vidyaniethan College of Pharmacy, India</i>	DIABETIC FOOT ULCER ASSOCIATED WITH CELLULITIS: A MEDICATION THERAPY
Shi-Shi Wu Rui-ting Zhang Yu Liu	<i>Beijing University of Chinese Medicine, China</i>	CONSTRUCTION OF HEALTH EDUCATION PROGRAM FOR ELDERLY TYPE 2 DIABETES MELLITUS BASED ON PATIENTS' SOCIAL NETWORK
Bouharati Khaoula Bouharati Imene Guenifi Wahiba Laouamri Slimane	<i>Constantine University, Algeria UFAS Setif1 University, Algeria Paris Sorbonne University, France</i>	PERSONALIZATION OF DIET IN OLDER PEOPLE WITH DIABETES: SELECTION CRITERIA
Bouharati Khaoula Bouharati Imene Guenifi Wahiba Laouamri Slimane	<i>Constantine University, Algeria UFAS Setif1 University, Algeria Paris Sorbonne University, France</i>	PREVENTION OF DISEASES IN THE ELDERLY
Rubab Ali Dr Shahnaila Tariq Sidra Mushtaq	<i>University of Management and Technology, Lahore</i>	DOES PARENT CHILD COMMUNICATION AND FRIENDSHIP CAUSES TRUANCY IN ADOLESCENTS
Balasubramani G L Rinky Rajput Manish Gupta Pradeep Dahiya Jitendra K Thakur Rakesh Bhatnagar Abhinav Grover	<i>Jawaharlal Nehru University National Institute of Plant Genome Research Banaras Hindu University</i>	STRUCTURE-BASED DRUG REPURPOSING TO INHIBIT THE DNA GYRASE OF MYCOBACTERIUM TUBERCULOSIS
PhD Scholar Simrat Professor Dr. Roopali Sharma	<i>Amity Institute of Psychology and Allied Sciences Amity University Noida, Uttar Pradesh</i>	SELF- CONCEPT AND MOTIVATION AMONG RESILIENT HIGH SCHOOL STUDENTS
Ellen McKay Dr. G. Singh-Ranger	<i>Mount Allison University, Canada Upper River Valley Hospital</i>	AN AUDIT OF CARBON EMISSIONS GENERATED BY VIRTUAL AND IN-PERSON CLINIC APPOINTMENTS DURING THE COVID-19 PANDEMIC

19.03.2022

Session-3 Hall-3

Time (TURKEY) - 16:00-18:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Shabnam Rahimli

AUTHOR	UNIVERSITY	TITLE
ДАЙРАБАЕВ С.Е. – к.п.н., доцент	<i>Казахский Национальный педагогический университет им. Абая, Казахстан</i>	ОЗДОРОВЛЕНИЕ ОРГАНИЗМА ДЫХАТЕЛЬНОЙ ГИМНАСТИКОЙ
David Wortley	<i>International Society of Digital Medicine, United Kingdom</i>	DIGITAL TECHNOLOGIES FOR HEALTHY AGING
Mehri Seyedjavadi Zanyar Pakfar	<i>Ardabil University of Medical Sciences, Iran</i>	ACTIVE AGING AND ITS RELATIONSHIP WITH MENTAL HEALTH AMONG ELDERLY PATIENTS REFERRING TO EDUCATIONAL -THERAPEUTIC HOSPITALS OF ARDABIL IN 2018
Raúl Hormazábal-Salgado Margarita Poblete-Troncoso	<i>The University of Talca, Chile The Catholic University of Maule, Chile</i>	ETHICAL ASPECTS IN THE CARE OF THE ELDERLY WITH DEMENTIA
Dr. Khanh Giang Le	<i>University of Transport and Communications, Vietnam</i>	MULTI-CRITERIA ANALYSIS TO SELECT THE OPTIMAL PARK LOCATION IN A CITY APPLYING GIS TECHNOLOGY
Valeh Rahimov Alovsat Aliyev Jumshud Ramazanov Shabnam Rahimli	<i>Azerbaijan Medical University, Azerbaijan</i>	EMERGENCY ASSISTANCE IN ELDERLY PATIENTS WITH ACUTE CHOLECYSTITIS
Valeh Rahimov Firdovsi Iskandarov Nurlan Iskandarov Shabnam Rahimli	<i>Azerbaijan Medical University, Azerbaijan</i>	ON THE RESULTS OF SURGICAL TREATMENT OF BILIARY PERITONITIS IN ELDERLY PATIENTS
Florina Paşcu	<i>Babes- Bolyai University, Romania</i>	BENEFITS OF MANAGERIAL SUPERVISION AND PEER SUPERVISION IN PROVIDING SUPPORT FOR SOCIAL WORKERS
Marina Gharibian Adra	<i>American University of Beirut, Beirut-Lebanon</i>	PROMOTING A CULTURE OF COMMUNITY IN LEBANESE CARE HOMES THROUGH FORGING PARTNERSHIP: A CONSTRUCTIVIST CASE STUDY APPROACH

19.03.2022

Session-1 Hall-4

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Prof. Dr. Romualdas MALINAUSKAS

AUTHOR	UNIVERSITY	TITLE
Ghaliya Al Farsi Ragad M Tawafak Sohail Iqbal Malik	<i>Universiti Tenaga, Nasional, College of Graduate Studies, Malaysia Al Buraimi University College, Oman</i>	APPLICATION TOOL FOR SUPPORT CUSTOMERS IN CHOOSING ELECTRONICS DEVICES WITH MODERN TECHNOLOGIES DURING THE OUTBREAK OF THE COVID 19 EPIDEMIC
Dr. Mujahid Ali Mr. Muhammad Zeeshan Siddiqui Prof. Dr. Chaudhary Muhammad Ayyub Ms. Emily Silverman Mr. Saqib Ayyub Engr. Muhammad Manzoor	<i>Water Management Research Farm Renala Khurd, Pakistan University of Agriculture, Pakistan North Carolina State University, United States</i>	EXPLORING GENETIC DIVERSITY OF TINDA GOURD (CITRULLUS VULGARIS) AGAINST SALINITY STRESS
Prof. Dr. Romualdas MALINAUSKAS M.A. Tadas RINKUNAS	<i>Lithuanian Sports University, Lithuania</i>	PERCEIVED STRESS AND COPING WITH STRESS AMONG JUNIOR AND YOUTH BASKETBALL PLAYERS
Ruxi Chen Dr. Jumin Xie	<i>Hubei Polytechnic University, China</i>	EXPLORING THE ANTI-CANCER EFFECT OF TARAXACUM MONGOLICUM THROUGH NETWORK PHARMACOLOGY AND MOLECULAR DOCKING VALIDATION IN PANCREATIC CARCINOMA
Albina Chingiz HASHIMOVA	<i>Customs Academy of State Customs Committee, Baku (Azerbaijan)</i>	REHABILITATION IN THE HEALTH SECTOR AND THEIR RESULTS
Shuai Gao, MD Yu-Chen Fan, MD Ze-Hua Zhao, MD Jing-Wen Wang, MD Kai Wang, MD, PhD	<i>Qilu Hospital of Shandong University, China Shandong University, China</i>	THE MECHANISM OF YIN-JIU-SHU IN IMPROVING LIVER METABOLIZING ENZYMES AND TREATING NON-ALCOHOLIC FATTY LIVER DISEASE
Novita Sari Usman Afiah Alfina Yusma Indah Jayadi Nurdiyannah Dian Rezki Wijaya	<i>Universitas Islam Negeri Alauddin Makassar, Indonesia</i>	EDUCATION FOR THE FIRST 1000 DAYS OF LIFE PREVENTING STUNTING IN SAMATA AND KAMPALA HAMLETS, LIMAPOCCOE VILLAGE, MAROS REGENCY
Soulef DIB Yousra ALIM Yasmine AIT HAMADOUCHE Djamila YAKHLEF Kawter SAADANI Zohra FORTAS	<i>Département de Biotechnologie, Fac. SNV, Univ. Oran 1 (Algeria)</i>	BOLETUS EDULIS, AN EDIBLE MUSHROOM WITH NUTRITIONNEL VALUE AND HEALTH BENEFITS

19.03.2022

Session-2 Hall-4

Time (TURKEY) - 13:00-15:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Ülviye

AUTHOR	UNIVERSITY	TITLE
Favour C. Uroko	<i>University of Nigeria</i>	THE TORAH AND THE CHALLENGE OF POST PANDEMIC BODY MUTILATION OF THE GIRL CHILD
D. Trabelsi G. Zouegj M. Abderrabba	<i>Carthage University, Tunis, TUNISIA</i>	VALORIZATION OF CITRUS SINENSIS ESSENTIAL OILS BY VACUUM FRACTIONAL DISTILLATION
Daria Gmizic Ivana Šola	<i>University of Zagreb, Croatia</i>	EFFECT OF HIGH TEMPERATURE ON THE CONCENTRATION OF PIGMENTS IN BROCCOLI (BRASSICA OLERACEA L. VAR. BOTRYTIS SUBVAR. CYMOSA LAM.) SPROUTS
Heba N. Gad El-Hak Osman E. Mohamed Zohour I. Nabil	<i>Suez Canal University, Ismailia, Egypt</i>	EVALUATING THE PROTECTIVE ROLE OF DEGLYCYRRHIZINATED LICORICE ROOT SUPPLEMENT ON BLEOMYCIN INDUCED PULMONARY OXIDATIVE DAMAGE
K Chandana P B Harshitha Afreen, T Gayatri M Nissi Rebca	<i>BRECW, JNTUH, Telangana</i>	AUTOMATIC RAINROOF PROTECTION FOR AGRICULTURE PURPOSES
Zenfira Gadimova	<i>Garayev, Azerbaijan National Academy of Sciences, Baku, Azerbaijan</i>	STUDY OF AGE-RELATED CHANGES OF THE CARDIOVASCULAR SYSTEM IN HERONTOLOGICAL AGE GROUPS OF AZERBAIJAN
Prof.Dr. Qasim Hacıyev	<i>AMEA Qafqazşünaslıq İnstitutu</i>	AZƏRBAYCAN CƏNUBİ QAFQAZIN TƏBABƏT VƏ ƏCZAÇILIQ OCAQLARINDAN BİRİDİR
Karim HUSEYN-ZADA	<i>Baku State University</i>	NEW OPPORTUNITIES IN TOURISM: THIRD-AGE GROUP TOURISM ACTIVITIES
Wahyudin Ali IKHROM Hendri Hermawan ADINUGRAHA	<i>Islamic Business IAIN PEKALONGAN</i>	INDONESIAN HALAL INDUSTRY ROADMAP
Anis SAFITRI Hendri Hermawan ADINUGRAHA	<i>Islamic Business IAIN PEKALONGAN</i>	INDONESIAN HALAL HOSPITAL INDUSTRY

19.03.2022

Session-3 Hall-4

Time (TURKEY) - 16:00-18:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Muniza Javed

AUTHOR	UNIVERSITY	TITLE
Theodoros Daglis Maria-Anna Katsikogianni	<i>National Technical University of Athens, Greece Independent researcher</i>	THE EFFECT OF COVID-19 IN THE INSURANCE COMPANIES - A COMPARISON BETWEEN THE COVID-19 AND THE 2008 CRISIS
Dr. Ambreen Aisha Mazhar Iqbal	<i>Faisalabad Medical University PHRC research center, FMU, Faisalabad, Pakistan</i>	HEPATITIS B VACCINATION STATUS AMONG HEALTHCARE WORKERS AND MEDICAL STUDENTS IN ALLIED HOSPITAL OF FAISALABAD: A CROSS-SECTIONAL STUDY
C.Vijai P.Anitha	<i>Patrician College of Arts and Science St.Peter's Institute of Higher Education and Research, India</i>	THE CORONAVIRUS (COVID -19) IMPACT OF HIGHER EDUCATION: FACULTY TO WORK FROM HOME
Dr. Marwa Ibrahim Saad El-Din	<i>Suez Canal University, Egypt</i>	BIOACCUMULATION OF HEAVY METALS AND THEIR HISTOPATHOLOGICAL IMPACT ON MUGIL CEPHALUS FROM THE NORTH EASTERN REGION OF MANZALA LAKE, EGYPT
Natalia Potera M.A.	<i>Adam Mickiewicz University in Poznań, Poland</i>	THE IMPACT OF FEAR ON THE PERCEPTION OF HUMAN RIGHTS IN POLAND DURING THE COVID-19 PANDEMIC
Dr. Mohamed Ayari	<i>NBU University, KSA</i>	COVID-19 CENTERS MANAGEMENT SYSTEM
Dr. BOUHARATI Khaoula Dr. BOUHARATI Imene Pr. GUENIFI Wahiba Pr.Gasmi Abdelkader Pr. LAOUAMRI Slimane	<i>Constantine University, Algeria UFAS Setif1 University, Setif, Algeria Paris Sorbonne University, France</i>	ANALYSIS OF THE EFFECT OF DIABETES AND BMI ON HEPATITIS B AND C
Muniza Javed Dr. Asma Seemi Malik Amjad Mahmood	<i>Lahore College for Women University National college of business administration Pakistan</i>	DUAL FRONTLINE APPROACH DURING PANDEMIC SITUATION: A CASE STUDY OF DR. YASMIN RASHID AS POLICY MAKER, ADMINISTRATION LEADER AND HEALTH CARE PROVIDER
Yahweh HASSAN Ibrahim Kazeem AJADI Toyese OYEGOKE Timothy T. GEOFFREY Jesse C. NKWIRI Ayodeji O. OJETUNDE Ayandunmola F. OYEGOKE	<i>Health & Life Matters' Forum Advocates for Good Governance & Economy Education Facilitators & Teenagers Orientation Forum University of Port Harcourt Federal University Dutsinma Ahmadu Bello University Zaria Foundations Academy Jos, Nigeria</i>	PALLIATIVE MANAGEMENT EFFICIENCY AND ITS INFLUENCE ON THE HEALTH OF JOS RESIDENTS

<p>John Chukwuma OKORO Joshua Damilols OLUWAKUNLE Uzoh Victor NWAGBO David John OKORONKWO</p>	<p><i>University of Nigeria, Nsukka</i></p>	<p>FARMERS' INFORMATION NEEDS ON HEALTH AND ENVIRONMENTAL HAZARDS ASSOCIATED WITH HERBICIDE USE IN AGBAN AGRICULTURAL ZONE, ENUGU STATE, NIGERIA</p>
<p>Ana Ayala Kerstin Erlandsson Kyllike Christensson Eva Christensson Gabriel Cavada Marianne Velandia</p>	<p><i>Ministry of Health, Chile Karolinska Institutet, Sweden University of Chile, Chile Dalarna University Mälardalen University</i></p>	<p>STABLE WAKEFULNESS, INITIATION OF BREASTFEEDING AND PHYSIOLOGICAL PARAMETERS AT REUNITED WITH THE MOTHER AFTER SEPARATION FOR ELECTIVE CAESAREAN BORN INFANTS - A RANDOMISED CONTROLLED TRIAL COMPARING SKIN-TO-SKIN CARE WITH INFANTS DRESSED IN MOTHER'S ARMS</p>

19.03.2022

Session-1 Hall-5

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: DR. BHARTI CHAUDHRY

AUTHOR	UNIVERSITY	TITLE
Dr. Priya J	<i>CHRIST (Deemed to be University), India</i>	MENTAL HEALTH: AN IMPORTANT TOOL FOR ALL-ROUND WELLBEING OF HUMANS
DR. BHARTI CHAUDHRY	<i>University of Delhi</i>	ORAL HEALTH AND HERBAL INTERVENTIONS FOR PREVENTION OF PERIODONTITIS AND DENTAL CARIES
Dr. Ouassila RIOUCHI Prof. Dr. Mourad BAGHOUR Prof. Dr. Ali SKALLI Prof. Dr. Mustapha AKODAD Prof. Dr. Abdelmajid Moumen	<i>Mohamed 1st University, Morocco</i>	ECOLOGY AND SEASONAL DISTRIBUTION OF DIATOM GENUS, COCCONEIS, RECORDED IN THE LAGOON OF NADOR (NORTHEAST MOROCCO)
Ph. D. Student Joanna Radzioch	<i>Adam Mickiewicz University in Poznań, Poland</i>	THE FEAR AND THE ANXIETY DURING THE COVID-19 PANDEMIC
Dr. Nassima RIOUCHI Prof. Dr. Mohamed ABOU - SALAMA Prof. Dr. Mohamed LOUTOU Dr. Oussama RIOUCHI	<i>Mohamed 1st University, Morocco</i>	SURFACE REACTIVITY OF NATURAL CLAYS STUDY OF THE ADSORPTION OF ANIONIC DYES
Lect. Vasyi PUZANOV	<i>Zaporizhzhia National University, Ukraine</i>	DISTANCE TEACHING OF FOREIGN LANGUAGES IN UKRAINE AS PART OF SOCIAL CARE
M K GANESHAN	<i>Alagappa University, India</i>	THE IMPACT OF COVID-19 PANDEMIC ON SERVICE INDUSTRY
Nurul Inayah Tompo Nurintan Utami Anita Yudianti Yusma Indah Jayadi A. Syamsiah Adha	<i>UIN Alauddin Makassar</i>	EMPOWERMENT OF THE PMR ORGANIZATION AS A CONVENIENCE OF KNOWLEDGE HEALTHY AND CLEAN LIVING BEHAVIOR (PHBS) DURING THE COVID-19 PANDEMIC IN THE SCHOOL ENVIRONMENT THROUGH GRAPHIC DESIGN MEDIA
Rudi Sumarlin Najwa Khaeria Fitriah Ihsani Sri Rejek A. Syamsiah Adha Yusma Indah Jayadi	<i>Alauddin State Islamic University Makassar</i>	EVALUATION OF THE ELDERLY INTEGRATED HEALTH SERVICE POST EMPOWERMENT PROGRAM AT THE SOMBA OPU HEALTH CENTER DURING THE COVID-19 PANDEMIC
Sghibneva-Bobeico Nina Vasile Musteata Maria Robu	<i>Institute of Oncology State University of Medicine and Pharmacy "N. Testemitanu", Moldova</i>	THE CLINICAL CHARACTERISTIC OF PRIMARY MYELOFIBROSIS IN YOUNG PATIENTS UNDER 40 YEARS

19.03.2022

Session-2 Hall-5

Time (TURKEY) - 13:00-14:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Ms. Happy Baglari

AUTHOR	UNIVERSITY	TITLE
Major Giurgiu Gheorghe Prof. dr. Cojocaru Manole	<i>Deniplant-Aide Sante Medical Center, Biomedicine, Romania Titu Maiorescu University</i>	THE LINK BETWEEN THE ALTERED GUT MICROBIOTA AND CHRONIC SPONTANEOUS URTICARIA: IMPACT OF ALERGIPLANT
Fargana Alizadeh Alakbar Huseynzada Aygün İsrayılova Ulviyya Hasanova Ulviyya Yolchuyeva Vagif Abbasov	<i>Petrochemical Processes Institute GPOGC SRI of ASOIU Baku State University Azerbaijan Research Institute of Crop Husbandry</i>	INVESTIGATION OF BIOLOGICAL ACTIVITIES OF AZOMETHINE DERIVED FROM 2- METHOXYCINNAMALDEHYDE
Asmaa BENAİSSA	<i>University of Sciences and Technologies of Houari Boumediene - El- Alia Algeria Universitary of Amine Elokkal ElHadj Moussa Eg. Akhamoukh, Algeria</i>	BIOREMEDIATION: MICROORGANISMS SERVING THE ENVIRONMENT
Dr. Deepanjali MISHRA Ms. Abhilasha	<i>Maharshi Dayanand University, India</i>	ROLE OF MEDIA TO ENDORSE GENDERISED CONSUMERISM
Ms. Happy Baglari	<i>Assam down town University, Guwahati, Assam, India</i>	A QUALITATIVE EVALUATION OF COGNITIVE FUNCTIONING AND SOCIAL MATURITY OF CHILDREN ATTENDING ONLINE CLASSES: A CASE STUDY METHOD (OCTOBER 2020-21)
Keeley Barnable Lloyd, V. Singh-Ranger, G.	<i>Mount Allison University in New Brunswick, Canada</i>	THE IMPACT OF COMBINED DNA REPAIR AND ONCOGENE MUTATIONS IN COLORECTAL CANCER SURVIVAL
S. Bensalem A. Kadiri Z. Ighilhariz	<i>University Of Oran. Algeria</i>	VALORIZATION OF ATRIPLEX CANESCENS PURSH NUTT BY IN VITRO CULTURE
Samira İsmayılova Alakbar Huseynzada Aygün İsrayılova Ulviyya Hasanova Niftali Yusubov Valeh İsmayılov Narmina Guliyeva	<i>GPOGC SRI of ASOIU Baku State University Azerbaijan Research Institute of Crop Husbandry</i>	SYNTHESIS AND INVESTIGATIONS OF NEW 3,5- DIIODOSALICYLALDEHYDE BASED AZOMETHINES
Ruslan Guliyev Rana Ganbarova Alakbar Huseynzada Aygün İsrayılova Ulviyya Hasanova	<i>Baku State University GPOGC SRI of ASOIU Azerbaijan Research Institute of Crop Husbandry</i>	SYNTHESIS OF GRAPHENE OXIDE MODIFIED ORTHO-VANILLIN BASED SCHIFF BASE ENSEMBLE
Rana Ganbarova Alakbar Huseynzada Aygün İsrayılova Ulviyya Hasanova	<i>GPOGC SRI of ASOIU Baku State University Azerbaijan Research Institute of Crop Husbandry</i>	SYNTHESIS AND ANTIBACTERIAL STUDY OF AZOMETHINE ON THE BASIS OF DIALDEHYDE

20.03.2022

Session-1 Hall-1

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Assoc. Prof. Dr. Funda EVCİLİ

AUTHOR	UNIVERSITY	TITLE
Asst. Prof. Dr. İlknur ENINANÇ Lect. Tuğba HERGÜNER	Cumhuriyet University	COMPARISON OF RADIOMORPOMETRIC INDEX MEASUREMENTS IN THE MANDIBULAR OF TOTAL EDENTULOUS ELDERLY AND MIDDLE-AGED INDIVIDUALS
Asst. Prof. Dr. Şimşek ÇELİK Assoc. Prof. Dr. Yusuf Kenan TEKİN Prof. Dr. İlhan KORKMAZ Asst. Prof. Dr. Sefa YURTBAY	Sivas Cumhuriyet University	INR HEIGHT IN GERIATRIC PATIENT: A CASE REPORT
Lec. Emre ERKAL	Artvin Çoruh University	AROMATHERAPY FOR QUALITY SLEEP IN ELDERLY INDIVIDUALS
Sena Nur YAPAR Fatma ÖZKAN TUNCAY	Sivas Cumhuriyet University	SELF EFFICACY AND DAILY LIFE ACTIVITIES IN ELDERLY INDIVIDUALS WITH STROKE
Kübra AFŞAR SELLER Fatma ÖZKAN TUNCAY	Sivas Cumhuriyet University	NURSING CARE OF THE ELDERLY INDIVIDUAL WITH ALZHEIMER AND PARKINSON: A CASE REPORT
İlkay YURTSEVER Funda EVCİLİ	Cumhuriyet University Health Services Practice and Research Hospital, Cumhuriyet University, Vocational School of Health Services,	RETROSPECTIVE ANALYSIS OF TRANSFUSION-RELATED ADVERSE REACTIONS IN PATIENTS 50 YEARS AND OLDER
Hatice BULUT	The University of Sheffield, UK	OLDER ADULTS AND SEXUALITY: A SYNTHESIS OF QUALITATIVE STUDIES
Betül KARAHASAN Lect. Tuğba HERGÜNER Orhan ANAR	Sivas Cumhuriyet University, Faculty of Dentistry	DENTAL REHABILITATION APPLICATION IN A PATIENT WITH ADVANCED WEAR ON ALL TEETH WITH AGING: A CASE REPORT
Mehtap BUDAK Bahar TÜRKMENOĞLU	Sivas Numune Hospital Cumhuriyet University	HEALTH PROBLEMS OF ELDERLY PRISONERS IN PRISONS

20.03.2022

Session-1 Hall-2

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Asst. Prof. Dr. Gülşen GÜÇLÜ

AUTHOR	UNIVERSITY	TITLE
Emel GULER	<i>Sivas Cumhuriyet University</i>	ANATOMIC AND FUNCTIONAL ASSESSMENT OF SHOULDER PAIN IN GERIATRIC PATIENTS
Eda YILMAZ Neşe UYSAL	<i>Amasya University</i>	THE EFFECT OF VULNERABILITY ON HEALTH-PROMOTING BEHAVIORS IN ELDERLY INDIVIDUALS
Demet ÖZTÜRK Hasan Erkan KILINÇ Aynur Ayşe KARADUMAN	<i>Lokman Hekim University Hacettepe University</i>	THE RELATIONSHIP OF HAND GRIP FORCE AND PRESBYPHAGIA PARAMETERS IN GERIATRIC POPULATION LIVING IN NURSING HOME: A PILOT STUDY
Pınar UYSAL CANTÜRK	<i>Istanbul Yeni Yuzyil University</i>	THE PRIMACY AND RECENCY EFFECT IN MEMORY OF PATIENTS WITH MILD COGNITIVE IMPAIRMENT
Aygul CELTIK Meltem SEZİŞ-DEMIRCI	<i>Ege University</i>	POLYPHARMACY IN OLDER ADULTS WITH NON-DIALYSIS CHRONIC KIDNEY DISEASE
Asst. Prof. Dr. Hanife KOCAKAYA	<i>Kırıkkale University</i>	EVALUATION OF THE RELATIONSHIP OF INSOMNIA AND ACTIVITIES OF DAILY LIVING IN THE ELDERLY
Esmâ DAYI Dilek AVCI	<i>Uludağ University Bandırma Onyedî Eylül University</i>	A SERIOUS OVERLOOKED PROBLEM: ELDER ABUSE, NEGLECT AND PSYCHIATRIC NURSING
Ebrar HUT Assoc. Prof. Dr. Gülseren DAĞLAR	<i>Sivas Cumhuriyet University</i>	ÜRİNER İNKONTİNANS GÖRÜLEN YAŞLI KADINLARDA SAĞLIK ARAMA DAVRANIŞININ İNCELENMESİ: İKİ OLGU
Ülkü ÖZDEMİR	<i>Erciyes University</i>	KRONİK HASTALIĞI OLAN YAŞLILARIN COVID 19 PANDEMİSİNDE YAŞADIĞI GÜÇLÜKLER

20.03.2022

Session-1 Hall-3

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Asst. Prof. Dr. Sebahattin KARABULUT

AUTHOR	UNIVERSITY	TITLE
Zilan BARAN	<i>Izmir Tepecik Training and Research Hospital</i>	EFFECTS OF THE COVID-19 PANDEMIC ON ELDERLY INDIVIDUALS
Pelin ÇELİK	<i>Sivas Cumhuriyet University</i>	DIYABETLİ YAŞLILARDA DÜŞME İLE İLİŞKİLİ FAKTÖRLER
Seyran KILINÇ	<i>Sivas Cumhuriyet University</i>	SURGICAL DISTRIBUTION OF PATIENTS OVER 65 YEARS OF AGE IN A UNIVERSITY HOSPITAL ORTHOPEDICS CLINIC; SINGLE CENTERED STUDY
Assoc. Prof. Dr. Hacer GÖK UĞUR Mürselcan KABAKCI	<i>Ordu University</i>	GARDENING ACTIVITIES AND ACTIVE AGING IN THE ELDERLY PEOPLE
Kerime ÖĞÜT DÜZEN	<i>Burdur Mehmet Akif Ersoy University</i>	OLD AGE AND SOCIAL EXCLUSION
Tuba KORKMAZ Işın CANTEKİN Rukiye BURUCU Yunus AKDOĞAN	<i>Necmettin Erbakan University Selcuk University</i>	HEALTH PERCEPTIONS AND VACCINATION COMPLICATIONS IN PEOPLE OVER 65 YEARS OF AGE WHO HAVE RECEIVED THE COVID-19 VACCINE; A DESCRIPTIVE STUDY
Hacer ORUN KAVAK	<i>Burdur Mehmet Akif Ersoy University</i>	MANAGEMENT OF CHRONIC DISEASE IN OLD AGE
Maide ÖNER Assist. Prof. Seda HATIPOĞLU	<i>Gazi University</i>	EVALUATION OF DRIVER SKILLS OF DRIVERS OVER 65
Dr. Ömer CERAN	<i>Ankara Atatürk High School</i>	MEANING AND VALUE IN OLD AGE TERMS OF PHILOSOPHY OF LOVE

20.03.2022

Session-1 Hall-4

Time (TURKEY) - 10:00-12:30

Meeting ID: 859 5199 2701 | Passcode: 011011

Moderator: Januzak

AUTHOR	UNIVERSITY	TITLE
Dr. Mirza Muhammad Faran Ashraf Baig	<i>The University of Hong Kong</i>	DNA NANOTECHNOLOGY FOR MODULATING THE GROWTH AND DEVELOPMENT OF NEURONS
Subhashish Dey	<i>Gudlavalleru Engineering College, India</i>	THE E-WASTE MANAGEMENT FOR CONTROLLING THE ENVIRONMENTAL POLLUTION
Major Giurgiu Gheorghe Prof. dr. Cojocaru Manole	Deniplant-Aide Sante Medical Center Titu Maiorescu University	THE THERAPEUTIC EFFECTS OF DENIPLANT NUTRACEUTICALS ON THE GUT MICROBIOME IN PATIENTS WITH PSORIASIS
Anisha CHAUHAN	<i>Banasthali Vidyapith University</i>	NUTRITION AND HEALTH LITERACY: A SYSTEMATIC REVIEW TO INFORM RESEARCH AND PRACTICE
Pham Duc Thuan Nguyen Thi Thuy My	<i>Cantho University, Vietnam</i>	SOME ISSUES ABOUT TRAINING HISTORY TEACHERS AT CAN THO UNIVERSITY
Adila El-Obeid Yahya Maashi Ghada Alatar Modhi Aljudayi Hamad Al-Eidi Nouf AlGaith Ataf Husain Khan Adil Haseeb Sabine Matou-Nasri	<i>King Saud bin Abdulaziz University for Health Sciences, Saudi Arabia Ahfad University for Women, Sudan Cell and Gene Therapy Group, King Saud bin Abdulaziz University for Health Sciences, Saudi Arabia King Faisal Medical City for Southern Region, Ministry of Health, Abha, Saudi Arabia University of Khartoum, Sudan</i>	POSSIBLE GASTROPROTECTIVE EFFECTS OF HERBAL MELANIN THROUGH TLR4-MEDIATED COX-2/PGE2 AND IL-6 PRODUCTION IN AGS GASTRIC CELL LINE
Elsa Vitale	<i>Local Healthcare Company Bari, Italy</i>	SEX-RELATED DIFFERENCES IN THE BRASS INDEX ASSESSMENT: A CASE-COHORT OBSERVATIONAL STUDY
Katja Meško Kuralt	<i>University of Maribor, Slovenia</i>	THE IMPACT OF GENETICALLY MODIFIED ORGANISMS ON THE PROBLEM OF WORLD HUNGER
Mahmoudi IMEN Hassouna MNASSER	<i>High School of Food Industries (ESIAT), Tunisia</i>	THE EFFECTS OF INULIN AND GOAT CHEESE WHEY ON THE PHYSICOCHEMICAL PROPERTIES AND SENSORY ACCEPTANCE OF A PROBIOTIC CHOCOLATE GOAT DAIRY BEVERAGE
Mahmoudi IMEN Hassouna MNASSER	<i>High School of Food Industries (ESIAT), Tunisia</i>	ACTION OF PROBIOTICS ON LISTERIA MONOCYTOGENES AND ESCHERCHIA COLI INOCULATED IN MINCED CAMEL MEAT PACKAGED UNDER VACUUM AND MODIFIED ATMOSPHERE

-CLOSING SPEECH-

Sunday, March 20, 2022 (12.30-12.40)

I. INTERNATIONAL CONGRESS OF GERONTOLOGY

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I. INTERNATIONAL CONGRESS OF GERONTOLOGY

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POLICIES AND SERVICES FOR OLDER PERSONS IN TURKEY

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ABSTRACT

The national policy of Turkey on aging has been shaped to enable older persons a wide range of individual movements within the framework of active and healthy aging, within the family integrity, and by maintaining their ties with social life. It is known that not all older persons have the same patterns and profiles. On the contrary, older persons have different backgrounds, personal capacities, needs, and expectancies. Republic of Turkey Ministry of Family and Social Services shapes the policies and services related to aging by considering these differences and the needs arising from these personal characteristics. The Ministry aims to enable older persons to live reputable, dignified, and confident.

According to the data of the Turkish Statistical Institute, the percentage of 65 years and older in population is 9,7 by 2021 – which means that about 1 out of every 10 people in Turkey is 65 years and older. This demographic pattern of aging is not homogeneous for every region of Turkey. The population in east and southeast parts are rather younger compared to the West and Northern regions. On the other hand, the population pyramid of Turkey shows the signs of decreasing fertility rates and mortality rates at the same time. Although the percentage of the working-age group is still prominent, a pronounced increase is seen in the older population while a decreasing pattern in the young-dependent age group. According to the population projections of Turkey, the percentage of the older population will keep the increasing trend. In 60 years, every one person in four will be 65 years and older in Turkey due to reaching the last stages of the demographic transition process. The demographic transition process that Turkey has been experiencing, which was resulted in an aging population led the Ministry to design “an integrated care system”. From home health care services to volunteering, different services for older persons are provided by different authorities in this system. All of these elements are working “coordinately” and “complementary”.

What the Ministry, and specifically the General Directorate of Services for Persons with Disabilities and the Elderly is mainly responsible for is the long-term care, temporary guest care, daycare, and social care services at home. For older persons, nursing homes and daycare centers are available. In this category, comparably higher numbers of beneficiaries in long-term care services have been seen.

For nursing homes, there are three different types of buildings: site type, courtyard type, and tiny house type. These facilities are designed with a human-centered approach, in low-rise buildings, at the city centers, close to health care centers, accessible, and suitable for city transportation. They also have wide social rehabilitation areas both inside and outside of the buildings and are designed ergonomically. The rooms of the nursing homes are also customizable and spacious. Older persons benefit from the long-term care service free of charge or by partial fee according to their income. Nursing homes in Turkey are planned and built according to the regional density of the older population and the demand for this specific type of care service at the region.

The care policy of the Ministry aims to provide a model in which people receive care support alongside their families and relatives, integrated with social life instead of institutional/long-term care. It is aimed to increase the number of centers providing daycare services for older persons. With daycare services, it is aimed to support the participation of older persons in social life and increase their independent living skills, supporting them to spend quality time during the day by providing care and rehabilitation, providing psychosocial support services for them and their family members, and providing their families the opportunity to make the time for their daily tasks, apart from the care. Temporary and guest care service is also offered free of charge to older persons if the families or

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caregivers go abroad for medical reasons, vacation or are temporarily unable to care for them. They can receive care from our care centers for up to 45 days a year. As long as they stay in these centers, all of their needs are met by the institution.

In addition to these, daycare and home care services have been provided in coordination with municipalities. With the Elderly Support Programme which was started in 2016, the Ministry supported the daycare and home care projects of metropolitan municipalities. On the municipal basis, services are usually offered to older persons under the headings of social services, psychological support services, health services, social and cultural activities, cleaning and care services, physical therapy and hydrotherapy, wheelchair lift services, guidance, companionship, and counseling services.

In addition to the different types of care services, there are social assistance types for older persons and their caregivers. Home care allowance is a monthly social assistance provided by the State to people with certain disability rates. In 2022, approximately 536.000 people receive home care allowances, of which 26% are older persons. In this context, 91% of caregivers are women (mother, wife, daughter-in-law, daughter, sister), and only 9% are men. With the home care allowance, it is aimed to keep older persons together with their family, in the environment they are used to while providing care for them. The main aim of the social assistance is to provide care services to older persons by supporting their families financially. These types of assistances have been significantly reduced the need and cost of institutional care. Another social assistance for older persons is the social allowance provided within the frame of Act No. 2022. It is provided monthly by the Social Assistance and Solidarity Foundations to older persons who are not subject to any of the social security institutions established by law, and whose socioeconomic condition and need is documented by the relevant authorities. Those who meet the aforementioned conditions can apply to the foundations where they are located and request social allowance. After the application, income criteria are evaluated.

In addition to the care service models and social allowances, there are other types of ongoing projects and services within the scope of aging in Turkey. In terms of supporting the active participation in social life, income support payments have been provided as part of free travel for older persons. Daycare and home care services are aimed to be increased with “Improving Day Care and Home Care Services for the Elderly Project” and “Increase Accessibility of the Social Services by the Most Vulnerable Segments of the Turkish Citizens and Persons under Temporary Protection and Persons under International Protection Project”. With this projects, it is aimed to support the capacity-building programs for these two care types. It is also planned to develop an inclusive elderly care model for Turkey. Within the framework of life-long learning, it has been aimed to improve both digital and financial literacy for older persons. With the pandemic, the impact of digitalization has increases. This situation created the need for digital literacy for everyone, especially for older persons. Also to prevent digital and financial abuse, they need to be literate in both categories. The Ministry has been developing education programs and projects for preventing these types of abuses. Another project is 60+ Freshment Universities. These are the samples of “university of the third age”. In these universities, older persons are attending to theoretical and practical courses, get new skills, socialize, and graduate after 4 years. In 6 universities, 5665 older persons have been attending classes in 2022.

By ongoing and planned projects, it is aimed to improve the systems of daycare and home care services; to build a society for all ages; to raise awareness and prevent ageism, and to improve and develop different life-long learning mechanisms.

Keywords: social care services for older people, care services in Turkey, building a society for all ages, daycare services, home care services, social assistance for older persons.

ALZHEİMER HASTALIĞININ BİYOLOJİSİ VE EVRİMSEL KÖKENİ

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ÖZET

Demans olgularının çoğunluğundan sorumlu olan Alzheimer hastalığı, geri dönüşümsüz ve ilerleyici bir sinir sistemini hastalığıdır. Genellikle ileri yaşlarda açığa çıkmakla birlikte erken yaşlarda da gözlenen ailesel formu da bulunmaktadır. Fiziksel ve bilişsel yeti kayıplarına neden olan bu hastalık gerek hasta gerekse de hastaya bakım veren kişiler için katlanılması zor fiziksel ve psikolojik yükleri beraberinde getirmektedir. Günümüzde 65 yaş ve üzeri yaşlı nüfusun %5'inden fazlasını etkilemektedir. Hastalığın gelişme riski ilerleyen yaşla birlikte artmakta, 65 yaşın üzerinde yaklaşık her 5 yılda bir ikiye katlanmaktadır. İleri yaşlardaki (85 yıl veya üzeri) nüfusun neredeyse dörtte birinde gözlenmektedir. Günümüzde dünya genelinde 50 milyon kadar Alzheimer hastası vardır. Bu sayının 2050 yılına kadar 150 milyonu bulacağı tahmin edilmektedir. Hastalığın tedavisi veya erken dönemde müdahale olanaklarının saptanabilmesi için hastalığın altında yatan biyolojik mekanizmaların ve evrimsel kökeninin iyi bilinmesine ihtiyaç vardır. Biyolojik fenomenler iki düzlemde açıklama gerektirir. Bu bağlamda, bir biyolojik fenomen olan hastalıkların (burada Alzheimer) hem yakınsak hem de ıraksak nedenlerinin anlaşılması, hastalığa müdahale süreçlerinde bütüncül bir anlayış geliştirmemize katkı sunar. Bu çalışmada, son yarım yüzyılda moleküler biyoloji ve hücre işlevi konusunda artan bilgilerimiz ışığında, Alzheimer hastalığının biyolojisi ve genetiği ile evrimsel kökeni konusunda bir değerlendirme yapmak amacı güdülmüştür. Ailesel veya erken başlangıçlı Alzheimer hastalığına amiloid öncü protein (APP) genindeki veya APP'nin işlenmesine katılan Presenilin genlerindeki (PSEN1 ve PSEN2) mutasyonların neden olduğu iyi bir şekilde gösterilmiştir. Geç başlangıçlı Alzheimer hastalığında ise bu mutasyonlara ek olarak, hastalık riskini artıran bir dizi genetik faktör bilinmektedir. Bunlardan biri, Apolipoprotein E ε4 alelidir. Hastalık riski bu alel bakımından heterozigot genotipe sahip olan bireylerde yaklaşık 2 ila 3 kat, homozigot olanlarda ise 10 kattan fazla artmaktadır. Alzheimer'in kökeni konusunda birçok görüş ileri sürülmüştür. Daha fazla destek bulan antagonistik pleotropi ve ensefalizasyon ödünleşmesi hipotezleri bilim çevrelerinde yaygın biçimde tartışılmaktadır.

Anahtar kelimeler: Alzheimer hastalığı, Apolipoprotein E, Presenilin, Antagonistik pleiotropi

BIOLOGY AND EVOLUTIONARY ORIGIN OF ALZHEIMER DISEASE

ABSTRACT

Alzheimer is an irreversible and progressive neurodegenerative disease and responsible for the majority of dementia cases. Although it usually occurs in advanced ages, a familial form can be observed in relatively early ages. The disease, causing loss of physical and cognitive abilities, involves physical and psychological burdens that can be hard to bear for both the patient and the caregivers. Today, it impacts more than 5% of the older population aged 65 and over. The risk of developing the disease increases with advanced age and doubles approximately every 5 years over the age of 65. It is diagnosed in almost a quarter of population at 85 years or older. Today, there are about 50 million Alzheimer's patients worldwide. It is estimated that this figure would rise to 150 million by 2050. It is, therefore, necessary to understand the biological mechanisms underlying the disease and its evolutionary origin properly to establish the treatment or early intervention opportunities of the disease. Biological phenomena require explanation on two levels. Considering disease as a biological phenomenon, understanding both proximate and ultimate causes of Alzheimer contribute to the development of a holistic understanding of disease intervention processes. Here, the aim is to assess the biology, genetics, and evolutionary origin of Alzheimer disease in the light of increasing knowledge of molecular biology and cell function in the last half century. It has been well demonstrated that familial or early-onset Alzheimer disease is caused by mutations in the amyloid precursor protein (APP) gene or Presenilin genes (PSEN1 and PSEN2) involved in processing of APP. In late-onset Alzheimer disease, a number of additional genetic factors that increase the risk of the disease development were identified. The gene coding Apolipoprotein E is one of the significant factors related to development of the disease. The disease risk increases approximately 2 to 3 times in heterozygous individuals for the ϵ 4 allele, and more than 10 times in those who are homozygous. As for its evolutionary origin, the antagonistic pleiotropy and encephalization trade-off hypotheses are widely discussed by scientific community.

Key words: Alzheimer's disease, Apolipoprotein E, Presenilin, Antagonistic pleiotropy

YAŞLANMAYA MÜDAHALE OLANAKLARI: KALORİ KISITLAMASI MİMETİKLERİ

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ÖZET

Biyolojik yaşlanma, organizmada on binlerce molekülün etkinliğinde, bir o kadar farklı yolağın aktivitesiyle, etkileşimli ve bütünleşik bir şekilde ilerlemektedir. Bu yolların ve mekanizmaların bir kısmı açıklanmış olsa da yaşlanmanın biyolojisi henüz her yönüyle aydınlatılmış değildir. Yaşlanmanın mikro ve makro boyutlardaki fizyolojik süreçlerinin tanımlanması yaşam süresine ve yaşlanma sürecine müdahale olanaklarını, buna bağlı olarak yaşa bağlı hastalıkların önlenmesi, geciktirilmesi ya da etkilerinin hafifletilmesine yönelik çalışmaları da beraberinde getirmiştir. İlk kez 1935 yılında bir bilimsel araştırmaya konu olan ve sonradan “kalori kısıtlaması” olarak tanımlanan bir beslenme müdahalesi, o tarihten bu yana çok sayıda model organizmada test edilmiş, klinik araştırmalara konu olmuştur. Kalori kısıtlaması, günlük kalori alımının belli oranlarda azaltılmasını ifade etmektedir. Günümüzde etkisi büyük ölçüde kanıtlanan ve Biyogerontoloji’de altın standart olarak kabul gören kalori kısıtlaması, halen deneysel ve klinik olarak araştırılmaktadır. Kalori kısıtlaması, başlı başına bir beslenme müdahalesi olmakla birlikte, yaşlanma ve yaşam süresine etki etme mekanizmalarının açıklanmasıyla, yaşlanmaya başkaca müdahale olanaklarının geliştirilmesine kapı açmıştır. “Kalori kısıtlaması mimetikleri” organizmada kalori kısıtlamasının aktive ettiği molekülleri ve yolları uyararak, etkilerini taklit etmektedir. Bu bileşikler, kalori kısıtlamasının biyokimyasal ve fonksiyonel etkilerine benzer etkiler oluştururken, kalori alımında bir kısıtlama gerektirmez. Bu nedenle ilaç olarak çekici bir alternatif sağlar. Doğada bulunan bazı bileşiklerin kalori kısıtlaması mimetigi olarak aktivite gösterdiği belirlenmiştir. Bununla birlikte, moleküler yapıları ve özellikleri bu doğal bileşiklere benzeyen bazı sentetik bileşikler geliştirilmiştir. Kalori kısıtlaması mimetikleri yaşlanma ve yaşam süresinin yanında, yaşa bağlı olarak gelişen ve artış gösteren nörodejeneratif, kardiyovasküler hastalıklar ve kanser gibi patolojiler üzerinde olumlu etkiler göstermektedir. Son yıllarda çok sayıda çalışmada etkinlikleri araştırılan ve sayıları artmakta olan bu moleküler ajanlar, yaşlanmaya müdahale olanakları yönünden Biyogerontoloji alanında önemli bir yere sahiptir.

Anahtar Kelimeler: Biyolojik yaşlanma, kalori kısıtlaması, kalori kısıtlaması mimetikleri.

OPPORTUNITIES FOR INTERVENTION TO AGING: THE CALORIC RESTRICTION MIMETICS

ABSTRACT

Biological aging proceeds in an interactive and integrated manner with the activity of tens of thousands of molecules in so many different pathways in the organism. Although some of these pathways and mechanisms described, the biology of aging has not yet been fully elucidated. The definition of the physiological processes of aging in micro and macro dimensions provided the possibilities of intervention to the life span and the aging process, accordingly, studies aimed at preventing, delaying or mitigating the effects of age-related diseases. A nutritional intervention was first investigated in a scientific study in 1935 and later it defined as "caloric restriction". It has since been tested in a large number of model organisms and searched in clinical studies. Caloric restriction refers to the reduction of daily calorie intake in certain proportions. The effects of caloric restriction have been proven to a great extent and it accepted as the gold standard in Biogerontology. It is investigating experimentally and clinically. Although caloric restriction is a nutritional intervention in

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itself, it has provided the development of other possibilities of intervention to aging. “Caloric restriction mimetics” imitate the effects of caloric restriction by stimulating molecules and pathways in the organism. While these compounds produce similar effects to caloric restriction biochemically and functionally, they do not require a restriction in calorie intake. They provide an attractive alternative as medicine. Some compounds found in nature act as caloric restriction mimetics. However, some synthetic compounds developed whose molecular structures and properties are similar to these natural compounds. Caloric restriction mimetics have positive effects on age-related pathologies such as neurodegenerative diseases, cardiovascular diseases and cancer. The effectiveness of these molecular agents investigated in many studies in recent years and their numbers are gradually increasing. They have an important position in Biogerontology in terms of opportunities for intervention to aging.

Keywords: Biological aging, caloric restriction, caloric restriction mimetics.

YAŞAM ÖYKÜSÜ KARAKTERLERİNİN YAŞLANMA FİZYOLOJİSİ İLE İLİŞKİSİ

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ÖZET

Yaşam öyküsü teorisi, evrimsel bakış açısıyla canlıların biyolojik, psikolojik ve davranışsal olarak yaşam öyküsü karakterlerini nasıl şekillendirdiğini, bu karakterler üzerinde hangi faktörlerin etkili olduğunu açıklamaya çalışır. Yaşam öyküsü teorisi enerjinin büyümeye, üremeye, tamir onarım mekanizmalarına, ölümden kaçınmaya nasıl paylaştırılması gerektiği ile ilgilidir. Teori, organizmaların somatik işleyişe yatırım ile üremeye yatırım arasında temel bir ödünleşme ile karşı karşıya olduğunu vurgulamaktadır. Canlılar için belirli yaşam öyküsü karakterleri geliştirilmiştir. Bu yaşam öyküsü karakterleri; döl sayısı-döl kalitesi, ergenlik yaşı-büyüklik ilişkisi, üreme zamanı uzlaşısı, döl verimi-ömür uzunluğu, büyüme örüntüsü ve döllere ebeveyn yatırımdır. Yaşlanma dünyaya gelen her canlının zaman içerisinde aldığı mesafe olup ölümlerle sona ermektedir. Evrimsel anlamda yaşlanma ise, yaşa bağlı olarak uyum gücünde giderek artan ölçüde düşüş olarak tanımlanır. Bu araştırmada yaşam öyküsü karakterlerinin yaşlanma fizyolojisi ile ilişkisinin incelenmesi amaçlanmıştır. Araştırmaya Muğla'nın Fethiye İlçesinde yaşayan 15 kadın katılımcı (3. kuşak) ve 15 kadın katılımcının anneanneleri (1. kuşak) katılmıştır. Katılımcıların; menarş yaşları, evlilik yaşları, çocuk sahibi oldukları yaşlar, çocuk sayısı karşılaştırılmış, yaşadıkları çevre ve yaşlanma dönemi bakış açıları incelenmiştir. Araştırmada karma (nitel-nicel) araştırma yöntemi kullanılmıştır. Araştırma karma eş zamanlı, baskın statülü tasarım şeklindedir. Nitel yöntemin baskın olduğu nicel verilerinde yer aldığı karma yöntem çalışmada, nitel ve nicel veriler eş zamanlı olarak elde edilmiştir. Araştırma deseni olgu-bilimdir. Uygun katılımcı bulmadaki sınırlamalar nedeniyle amaçlı-uygunluk örneklem tercih edilmiştir. Katılımcılarla görüşme yapılmış elde edilen nicel veriler SPSS 18.0 programı ile nitel veriler MAXQDA programı ile analiz edilmiştir. Yaşam öyküsü karakterlerinin yaşlanma fizyolojisini etkilediği, yaşanan çevrenin, eğitim durumunun ve genetik faktörlerin birlikte, bu sürecin yörüngesini şekillendirdiği sonucuna ulaşılmıştır.

Anahtar kelimeler: yaşam öyküsü, yaşam öyküsü karakterleri, yaşlanma

THE RELATIONSHIP OF LIFE HISTORY CHARACTERS AND THE PHYSIOLOGY OF AGING

ABSTRACT

Life history theory, from an evolutionary point of view, attempts to explain how living things shape their life history characters biologically, psychologically, and behaviourally, and what factors are effective on these characters. Life history theory deals with how energy should be allocated to growth, reproduction, repair mechanisms, and death avoidance. The theory highlights that organism face a fundamental trade-off between investment in somatic functioning and investment in reproduction. Certain life history characters have been developed for living things. These life history characters are number versus quality of offspring, age versus size at maturity, trade-off between early and late reproduction, fecundity versus lifespan, growth pattern and parental investment in offspring. Aging is a distance that every living thing takes in time and ends with death. In evolutionary terms, aging is defined as a progressive decline in adaptive power with age. In this study, it was aimed to examine the relationship between life history characters and aging physiology. 15 female participants (3rd generation) and grandmothers (1st generation) of 15 female participants living in Fethiye District of Muğla participated in the research. Age of menarche, marriage, age at which they had children, number of children and the environment they lived were comparatively investigated, and their perspectives on the aging period were assessed. Mixed (qualitative-quantitative) research method was used in the research. The research was in the form of mixed simultaneous dominant-status design. In the study, the qualitative method was dominant, and the quantitative data was also included, qualitative and quantitative data were obtained simultaneously. The design of research was phenomenological. A convenience-purposive sampling technique was applied due to difficulties in finding suitable participants. Quantitative data was analysed with SPSS 18.0 program and MAXQDA program was used for qualitative data analysis. It was concluded that life history characters influence the physiology of aging, and the living environment, educational status and genetic factors collectively shape the trajectory of this process.

Keywords: life history, life history characters, aging

MORUSİNİN HS68 FİBROBLAST HÜCRELERİ ÜZERİNE ETKİSİNİN *IN VITRO* DEĞERLENDİRİLMESİ

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ÖZET

Yaşlanma karmaşık bir süreç olup yaşlanmaya bağlı olarak insan cildinde meydana gelen değişiklikler, diğer organlara göre farklı özelliklere sahiptir. Deri hücrelerinin yaşlanması ve bu süreçte yer alan biyolojik mekanizmalar, cilt yaşlanmasını anlamak için anahtar alanlardır. Hücre dışı matrisin protein sentezinin azalması veya bozulmanın artması gibi çok sayıda biyolojik mekanizmanın, cilt yaşlanmasıyla değiştiği bilinmektedir. Bununla birlikte, çevresel etki bu karakteristik fenotipi hızlandırabilir. Flavonoidlerin hücre proliferasyonunda etkisi iyi bilinmekte olup *in vitro* çalışmalarda sıklıkla kullanılmaktadır. Bu çalışmada, *Morus alba* (Beyaz dut) yaprağından elde edilen bir flavonoid olan morusinin deri dokusunu oluşturan hücrelerden olan insan fibroblast Hs68 (ATCC® CLR-1635™) hücre hattı üzerindeki etkilerinin *in vitro* olarak araştırılması amaçlanmıştır. Akdeniz Üniversitesi Verem Çalışmaları Uygulama ve Araştırma Merkezi'nden temin edilen Hs68 hücreleri -86 stokundan çoğaltılmış ve pasajlanmıştır. Confluent hale gelen petrilere hücreler tripsin-EDTA ile kaldırılarak 96 kuyucuklu plaklara 5000 hücre/kuyucuk olacak şekilde bölünmüştür. 24 saatlik inkübasyon süresi sonunda morusinin 32-0,125 µM konsantrasyon aralığındaki dozlarda hücrelere uygulanmış ve 24,48 ve 72 saatlik inkübasyon süreleri sonunda hücre proliferasyonu üzerine etkileri WST-1 kiti ile araştırılmış ve örneklerin absorban değerleri ELİSA Okuyucu ile alınmıştır. Çalışmadan elde edilen veriler, Instat 10.2 programı kullanılarak tek yön ANOVA testi ile istatistiksel olarak değerlendirilmiştir. (*p<0.01; p<0.001). 24, 48 ve 72 saatlik inkübasyon süreleri sonunda Hs68 fibroblast hücrelerine uygulanan Morusin'in 32, 16 ve 8 µM konsantrasyonlarının sitotoksik olduğu ve hücrelerin tamamı ve tamamına yakını öldürdüğü gözlenmiştir. 2 µM konsantrasyonda zamana bağlı proliferatif bir etki görülmüştür. 4 µM ve altındaki dozlarda ise sitotoksik etkinin daha az olduğu belirlenmiştir. Düşük dozların hücrelerin proliferasyonu üzerine etkisinin belirlenmesi amacıyla çalışmalarımız devam etmektedir.

Anahtar kelimeler: Morusin, Beyaz dut, Fibroblast, Hücre kültürü

*Bu özet metinde tez çalışmamın ön bulguları yer almakta olup Akdeniz Üniversitesi BAP Koordinasyon Birimi tarafından TYL-2021-5716 proje numarası ile desteklenmiştir.

***IN VITRO* ASSESSMENT OF THE EFFECT OF MORUSIN ON HS68 FIBROBLAST CELLS**

ABSTRACT

Aging is a complex process, and the changes in human aging skin have different characteristics compared to other organs. The aging skin cells, and the biological mechanisms involved in the process are key subjects for understanding skin aging. Numerous biological mechanisms, such as decreased protein synthesis of the extracellular matrix or increased degradation, are known to change through skin aging. However, environmental influence can accelerate this characteristic phenotype. The effect of flavonoids on cell proliferation is well known and they are frequently used in *in vitro* studies. The aim of this study was to investigate *in vitro* effects of morusin, a flavonoid obtained from *Morus alba*

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(White mulberry) leaf, on the human fibroblast Hs68 (ATCC® CLR-1635™) cell line, which is one of the cells forming the skin tissue. Hs68 cells obtained from Akdeniz University Tuberculosis Studies Application and Research Center. They were detached and passaged from -86 stock. Cells from confluent petri dishes were removed with trypsin-EDTA and divided into 96-well plates at 5000 cells/well. At the end of the 24-hour incubation period, morusin was applied to the cells at doses in the range of 32-0.125 μ M and its effects on cell proliferation were investigated with the WST-1 kit at the end of the 24-, 48- and 72-hour incubation period, and the absorbance values of the samples were taken with an ELISA Reader. The data obtained from the study were statistically evaluated with the one-way ANOVA test using the InStat 10.2 program. (* $p < 0.01$; $p < 0.001$). At the end of 24-, 48- and 72-hours incubation periods, it was observed that 32, 16 and 8 μ M concentrations of morusin were toxic doses and killed all and almost all of the cells. A time-dependent proliferative effect was observed at a concentration of 2 μ M. It was determined that the cytotoxic effect was less at doses of 4 μ M and below. Studies continue to determine whether low doses increase the proliferation of cells.

Keyword: Morusin, White mulberry, Fibroblast, Cell culture

* This summary text contains the preliminary findings of my thesis and was supported by the Akdeniz University BAP Coordination Unit with the project number TYL-2021-5716.

YAŞLILARDA DEPRESYON

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ÖZET

Yaşlılıkta ortaya çıkan en sık ruhsal bozukluk depresyondur. Bununla birlikte sıklıkla tanınmamaktadır. Çünkü; çoğu zaman depresyon yaşlılığın normal bir parçası olarak görülmektedir, yaşlı hastalar somatik yakınmalar dile getirme eğilimindedir ya da ilaç ve fiziksel hastalıkların depresyon yapıcı etkileri gözden kaçabilmektedir. Oysa, yaşlılarda depresyonun tanınması ve tedavi edilmesi oldukça önemlidir. Yaşlılık depresyonunun kronikleşme eğilimi fazladır, mortalite riskini artırmaktadır, ilaveten depresif yaşlıların tıbbi hastalığa yakalanma ve bu hastalıklara bağlı yeti yitimi riskleri de daha yüksektir. Bir diğer önemli nokta, depresyonun ileri yaşta demans riskindeki artışla ilişkili olmasıdır, depresyon demans için önemli bir öngörüdür. Ayrıca, yaşlılık depresyonu, yaşlının hem kendisi hem de yakınları/bakım verenleri için hayat kalitesini sınırlayıcı olabilir, bakım yükünün ve sağlık harcamalarının artışı ile olan ilişkisi birçok çalışmanın ortak çıktısıdır. Bu nedenle yaşlılarda depresyonun tanınması ve tedavi edilmesi; diğer herhangi bir kronik fiziksel hastalığa verilen ihtimamı fazlasıyla hak etmektedir.

Anahtar kelimeler: depresyon, kognisyon, yaşlılık

DEPRESSION IN OLDER ADULTS

ABSTRACT

Depression is the most common mental disorder in older adults. However, it is not often recognized. Because; Depression is often seen as a normal part of aging, elderly patients tend to have somatic complaints, or the depressive effects of drugs and physical illnesses may be overlooked. However, it is of importance to recognize and treat it in the elderly. The depression in older adults tends to become chronic, increases the risk of mortality, in addition, depressed elderly people have a higher risk of developing a medical illness and disability due to these diseases and vice versa. Another important point is that depression is associated with an increased risk of dementia, depression is an important predictor for dementia. Moreover, senile depression can limit the quality of life for both the elderly and their relatives/caregivers, and its relationship with the increase in the burden of care and health expenditures is a common outcome of many studies. Therefore, the recognition and treatment of depression in the elderly; deserves the utmost attention given to any other chronic physical illness.

Key words: depression, cognition, elderly

YAŞLILARDA POLİFARMASİ VE UYGUNSUZ İLAÇ KULLANIMI

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ÖZET

Polifarmasi, yaygın olarak aynı anda beş veya daha fazla ilaç kullanımı olarak kabul edilmektedir. Yaşlılarda artan komorbidite sıklığı, birçok uzmanlık dalına başvuru, her semptom için ilaç tedavisi beklentisi, bireysel olarak bitkisel veya destekleyici ürün kullanımı polifarmasi için birer risk faktörü oluşturur. Yaşlı hastalarda oluşan farmakodinamik ve farmakokinetik değişiklikler, kognitif yetmezlik, duyu sorunları, fiziksel kısıtlılıklar ilaç uyumu ve tedavi monitorizasyonunu güçleştirmektedir. Bunun sonucunda, istenmeyen ilaç olaylarıyla daha sık karşılaşılmaktadır. Hastalarda endikasyonu olan ilaçların reçetelenmesi, hastalar için güvenli olmayan tedavilerden kaçınılması, bireysel tedavi hedeflerine göre tedavi planı yapılması için çeşitli akılcı ilaç reçeteleme kılavuzları geliştirilmiştir. Beers kriterleri ve START-STOPP kriterleri bu kılavuzlar içinde en sık kullanılan araçlardır. Temelde yaşlı hastalarda kaçınılması gereken ilaç grupları antikolinergik yan etkili ilaçlardır. Hastalarda düşme, kognitif gerileme, deliryum, kilo kaybı, üriner retansiyon, konstipasyon gibi yan etkilere neden olmaktadır. Bununla birlikte; terapötik aralığı dar olan, düzenli monitorizasyon gerektiren ya da ilaç-ilaç etkileşim riski yüksek olan ilaçlar yaşlılarda dikkatli kullanılmalıdır. Bu gelişmeler ışığında, ilaç tedavisi düzenlenmesinde yeni yaklaşım ilaç azaltma ya da kesme (deprescribing) yönündedir. Özetle, yaşlı hastalarda çoklu ilaç kullanımı siktir ve istenmeyen ilaç reaksiyonları için önemli bir risk faktörüdür. İstenmeyen ilaç reaksiyonlarının neredeyse yarısının önlenilebilir olduğu göz önüne alındığında, yaşlı hastalarda ilaç tedavisinin düzenlenmesi hasta yönetimindeki temel unsurlardan biridir.

Anahtar kelimeler: Polifarmasi, yaşlı, ilaç azaltımı, yan etki

POLYPHARMACY AND INAPPROPRIATE PHARMACOTHERAPY IN OLDER ADULTS

ABSTRACT

Polypharmacy is prevalently accepted as the concurrent use of five or more drugs. The risk factors for polypharmacy are increasing frequency of comorbidity in older adults, management of comorbidities by various doctors with medical specialties and subspecialties, the anticipation of drug treatment for each symptom, individual use of herbal or supportive products are risk factors for polypharmacy. Pharmacodynamic and pharmacokinetic changes in older adults, cognitive impairment, sensory problems, and physical limitations complicate drug compliance and treatment monitoring. As a result, adverse drug events are encountered more frequently. Various rational drug prescribing guidelines have been developed to prescribe drugs with indications, avoid unsafe treatments for patients, and plan treatment according to individual treatment goals. The Beers Criteria and START-STOPP criteria are the most commonly used tools in these guidelines. The drug groups that should be avoided in elderly patients are particularly anticholinergic drugs with side effects. It causes side effects such as falling, cognitive decline, delirium, weight loss, urinary retention, and constipation in patients. Besides, drugs with a narrow therapeutic range require regular monitoring and have a high risk of drug-drug

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interactions should be used with caution in the elderly. In line with this information, the new approach in pharmacotherapy is deprescribing. In summary, multiple drug use is common in elderly patients and is a significant risk factor for adverse drug reactions. Considering that almost half of adverse drug reactions are preventable, regulation of drug therapy in elderly patients is one of the critical elements in patient management.

Keywords: Polypharmacy, older adults, side effects, deprescribing

YAŞLILARDA DÜŞMELER

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ÖZET

Düşmeler, geriatrik olgularda oldukça sık görülen ve bireylerin otonomisini tehdit eden önemli geriatrik sendromlardan biridir. Düşme, kişinin bilinç kaybı olmaksızın, istemeden bulunduğu yerden irtifa kaybetmesiyle sonuçlanan beklenmedik olaydır. Yaşla birlikte sıklığı artan bu durumun sıklığı 65 yaş üstünde %30'dur.(1) Düşme yaşlanmanın getirdiği normal bir süreç olarak algılanıp hasta ve yakını tarafından hekime bildirilmediği gibi sağlık çalışanları tarafından da yeterince sorgulanmamaktadır.

Düşme, 65 yaş ve üzerindeki bireylerde hem ölümcül hem de ölümcül olmayan yaralanmaların başında gelir. (2) Düşmeye bağlı yaralanmalar, kalça kırığı, fonksiyonellikte kayıp, artmış sağlık hizmeti ihtiyacı ve bakımevine yerleştirme olasılığı ile ilişkilidir. (4-7) Kalça kırığı geçiren toplum içinde yaşayan yaşlıların %25-75'i yaralanma öncesi fonksiyonel durumunu geri kazanmaz.(3) Bu yaş grubunda düşme sonrası gelişen ölüm yaşlı erişkinlerdeki beşinci en sık ölüm nedenidir. (4). Ancak vakaların çoğunda düşme kaynaklı yaralanmalar tedavi edilirken çoğu zaman düşmenin asıl sebebi araştırılmaz.

Düşmenin yanı sıra düşme korkusu da muhakkak üzerinde durulması gereken bir konudur. Düşme korkusu Tinetti ve Powell tarafından "bireyin performansını sürdürmeye devam ettiği faaliyetlerden kaçınmasına yol açacak düzeyde düşme ile ilgili yaşadığı endişe" olarak tanımlamıştır.(1) Düşme korkusu %21-65 arasında değişirken, daha önce düşmüş ya da düşme korkusu olan yaşlıların 2/3'ü düşmektedir. (5)

Postural kontrol için sağlam bir otonomik, periferik ve santral sinir sistemi, duyu sistem (vestibüler sistem, derin duyu, görme ve işitme) ve kas iskelet sistemi gerekmektedir. (10) Bu sistemlerdeki bir bozukluk ya da yaşa bağlı gelişen fizyolojik değişiklikler düşmeye sebep olabilmektedir. Düşme risk faktörleri intrinsik ve ekstrinsik olarak 2'ye ayrılmaktadır. İntrensik faktörler, ileri yaş, kadın cinsiyet, düşük vücut kitle indeksi, kognitif bozukluk, ortostatik hipotansiyon, düşme öyküsü, ilaçlar sayılabilir.(6) Özellikle ilaçlar önlenemez/düzenlenebilir faktörlerin başında gelmektedir. En yüksek risk psikotrop ilaçlar ve polifarmasi ile ortaya çıkmaktadır.(7) Tıbbi gereklilik nedeniyle düşme için yüksek riskli ilacın kesilmesi mümkün değilse, doz azaltılması düşünülmelidir. Ekstrinsik faktörler ise çevresel faktörlerdir. Yaş ilerledikçe intrinsik faktörler daha belirgin hale gelmektedir. (8)

Tüm yaşlı hastalara (veya bakıcılarına) yılda en az bir kez düşme, yürüme veya dengede problemleri sorulmalıdır. Tekrarlayan (>2) düşmesi olan, yürüme denge problemi olan, düşme nedeniyle tıbbi yardım ihtiyacı olan tüm yaşlı bireyler düşme riski açısından değerlendirilmelidir. (7)

Tanıda, tam kan sayımı, serum kan üre nitrojeni (BUN) ve kreatinin, glikoz, kan basıncı ve ritim holter, takibi ve radyolojik görüntülemeler muayene bulgularına ve öyküye göre planlanmalıdır. Açıklanamayan tekrarlayan düşmeleri olan kişilerde karotis sinüs duyarlılığının değerlendirilmesi gerekebilir.

Bu olgularda; ilaçların düzenlenmesi, kişiye uygun egzersiz programı belirlenmesi, düzeltilebilir görme problemlerinin tedavi edilmesi, postural hipotansiyonun, ritim problemlerinin uygun tedavisinin düzenlenmesi, D vitamini desteği, ortopedik problemlerin, ayakkabıların gözden geçirilmesi ve yaşanan ortamın hastaya göre düzenlenmesi büyük önem arz etmektedir.(7,9)

Anahtar Kelimeler: Düşme, yaşlı erişkinler, düşme korkusu.

FALLS IN THE ELDERLY

ABSTRACT

Falls are one of the important geriatric syndromes that are seen quite frequently in older adults and threaten the autonomy of individuals. A fall is an unexpected event that results in an involuntary loss of altitude without loss of consciousness. The incidence of this condition, which increases with age, is 30% over the age of 65. (1) Falling is perceived as a normal process brought on by aging and is not reported to the physician by the patient and his/her relatives and is not adequately questioned by health professionals.

Falls are the leading cause of both fatal and non-fatal injuries in individuals aged 65 and over. (2) Fall-related injuries are associated with hip fracture, loss of functionality, increased hospitalization, and nursing home admissions. (4-7) 25-75% of community-dwelling older adults with hip fractures do not regain their functional status before the injury. (3) In this age group, fall-related death is the fifth most common cause of death in older adults. (4) However, in the majority of cases, fall-related injuries are treated while the reason for the fall is often not investigated.

In addition to falls, the fear of falling is an issue that should be considered. Fear of falling is defined by Tinetti and Powell as "anxiety about falling at a level that causes the individual to avoid activities in which she/he continues to perform". (5)

Intact autonomic, peripheral, and central nervous systems, sensory system (vestibular system, proprioception, vision, and hearing), and musculoskeletal systems are required for postural control. (10) Any disorder in these systems or age-related physiological changes may cause falls. Fall risk factors are divided into two intrinsic and extrinsic. Intrinsic factors, advanced age, female gender, low body mass index, cognitive impairment, orthostatic hypotension, history of falls, drugs can be counted. (6) Especially drugs are among the preventable/modifiable factors. The highest risk arises with psychotropic drugs and polypharmacy. (7) If it is not possible to discontinue the high-risk drug for falls due to medical necessity, dose reduction should be considered. Extrinsic factors are environmental factors. As age progresses, intrinsic factors become more pronounced. (8)

All older patients (or their caregivers) should be asked at least once a year for problems with gait and balance. All older individuals who have recurrent (>2) falls, have gait balance problems, and used medical services due to falls should be evaluated for the risk of falls. (7)

In the diagnosis, complete blood count, serum blood urea nitrogen (BUN) and creatinine, glucose, monitoring blood pressure and rhythm holter, and radiological imaging should be planned according to the examination findings and history. Individuals with unexplained recurrent falls may require evaluation of carotid sinus sensitivity.

In these cases, It is of great importance to regulate medications, determine an appropriate exercise program for the person, treat correctable vision problems, regulate postural hypotension, appropriate treat of rhythm problems, vitamin D supplementation, and regulate the living environment. (7,9)

Keywords: Falls, older adults, fear of falls.

BAŞARILI YAŞLANMA

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ÖZET

Dünya çapında insanlar artık daha uzun yaşamaktadır. Dünya Sağlık Örgütü verilerine göre; 2015 ile 2050 arasında, 60 yaşın üzerindeki dünya nüfusunun oranının neredeyse ikiye katlanarak %12'den %22 (2 milyar insan)'ye çıkması beklenmektedir¹. Türkiye İstatistik Kurumu'nun 'İstatistiklerle Yaşlılar - 2019' raporuna göre yaşlı nüfusun toplam nüfus içindeki oranı 2014 yılında %8 iken, 2019 yılında %9,1'e yükselmiştir. Bu oranın 2040 yılında %16,3 olması beklenmektedir. 2018 yılı sonuçlarına göre beklenen yaşam süresi, Türkiye geneli için 78,3 yıl, erkekler için 75,6 yıl ve kadınlar için 81,0 yıla yükselmiştir. Ülkemizde 65 yaşına ulaşan bir kişinin beklenen kalan yaşam süresi ortalama 17,9 yıl olarak belirtilmektedir². Beklenen yaşam süresinin uzadığı ve toplumda yaşlı bireylerin sayısının arttığı günümüzde klinik uygulamalarda yaşlıları dikkate alan yaklaşımların önemi ve popülaritesi de artmaktadır.

Başarılı yaşlanma, tanımı üzerine henüz bir konsensüsün sağlanamadığı bir konsepttir³. Literatürde farklı tanımları yapılmış olsa da özünde Rowe ve Kahn'ın klasik konseptinin geçerliliğini sürdürmekte olduğu söylenebilir: düşük hastalık olasılığı ve buna bağlı düşük engellilik (disability), yüksek kognitif ve fiziksel fonksiyonel kapasite ve hayata aktif katılım^{4,5}. Daha yakın bir dönemde literatüre geçen Kim ve Park'ın meta-analizinde de başarılı yaşlanma ile ilişkili benzer 4 alan tanımlanmıştır: hastalık ve engellilikten uzak kalabilmek, yüksek kognitif/mental/fiziksel fonksiyonu sürdürülebilmek, hayata aktif bir katılım ve yaşamın geç dönemine psikolojik olarak iyi adapte olabilmek³. Her ne kadar başarılı yaşlanmada hastalık ve engellilikten uzak ve uzun bir yaşam geçirilmesi vurgulansa da son zamanlarda yapılan çalışmalarda bunların en önemli kriterler olmayabileceği ve kronik hastalıkları olan bireylerin de başarılı bir şekilde yaşlanabileceği vurgulanmaktadır. Kronik hastalık gelişiminin önlenmesi yanında ortaya çıkan hastalıkların iyi yönetilmesinin bu yönde uygun bir yaklaşım olacağı ifade edilebilir.

Sağlık ve zindelik; genetik yatkınlıklar, çevresel faktörler, sosyoekonomik koşullar, eğitim, tıbbi bakım, diyet, egzersiz ve sigara içme gibi yaşam tarzı faktörlerine bağlı görünmektedir. Bu doğrultuda başarılı bir yaşlanma süreci için değiştirilebilir faktörler olan ve önerilen çeşitli stratejileri şöyle sıralayabiliriz: fiziksel egzersiz, sağlıklı beslenme, yüksek eğitim düzeyi ve yaşam boyu öğrenme, düzenli ve yeterli uyku, iyi bir tıbbi bakım, çevreyle olumlu etkileşim ve üretkenlik: sosyalleşme⁶⁻⁹.

Anahtar kelimeler: yaşlı, başarılı yaşlanma, sağlıklı yaşlanma, uzun ömür, yaşam süresi

SUCCESSFUL AGING

ABSTRACT

People around the world are now living longer. According to the World Health Organization, the proportion of the world population over 60 is expected to double, from 12% to 22% (2 billion people) between 2015 and 2050¹. According to the 'Older People with Statistics - 2019' report of the Turkish Statistical Institute, while the proportion of the elderly population in the total population was 8% in 2014, it increased to 9.1% in 2019. This rate is expected to be 16.3% in 2040. According to the results of 2018, life expectancy increased to 78.3 years for general, 75.6 years for men, and 81.0 years for women in Turkey. The average remaining life expectancy of a person reaching 65 in our country is 17.9 years². The importance and popularity of clinical and social approaches that take older adults into account are increasing, as the expected life expectancy is prolonged and the number of elderly individuals in society is increasing.

Successful aging is a concept that no consensus has yet been reached³. Although different definitions have been made in the literature, it can be said that the classic concept of Rowe and Kahn continues to be valid: low probability of disease and related disability, high cognitive and physical functional capacity, and active participation in life^{4,5}. Similarly, recently in the meta-analysis of Kim and Park, four areas associated with successful aging have been identified: avoiding disease and disability, having high cognitive/mental/physical function, actively engaging in life, and being psychologically well adapted in later life³. Although it is emphasized to live a long and disease-free life in successful aging, recent studies highlight this may not be the essential criteria, and individuals with chronic diseases can also age successfully. It can be stated that besides preventing the development of chronic diseases, good management of emerging diseases would be an appropriate approach in this direction.

Health and wellness are associated with genetic predispositions, environmental factors, socioeconomic conditions, education, medical care, diet, exercise, and smoking. In this respect, we can list various modifiable strategies recommended for a successful aging process: physical exercise, healthy nutrition, high education level, lifelong learning, regular and adequate sleep, good medical care, positive interaction with the environment, and productivity: socialization⁶⁻⁹.

Keywords: older adults, successful aging, healthy aging, longevity, life expectancy

YAŞLI BİREYLERİN DEMANS BİLGİSİ: AMPİRİK BİR ARAŞTIRMA

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ÖZET

Demans sendromunda yüksek risk grubunda olan yaşlıların demans hastalığına yönelik bilgi düzeyinin bilinmesi, hastalığın erken teşhisi, zamanında tedavi edilmesi ve uygun bakım koşullarının oluşturulması açısından önemlidir. Bu nedenle bu çalışmanın amacı yaşlı bireylerin demans hastalığı hakkında bilgi düzeyini anlamaktır.

Araştırma Antalya il merkezinde 2016 yılı Temmuz-Ekim arasında gerçekleştirilmiş, nicel kesitsel tiptedir. Araştırmada, 65 yaş ve üzeri 400 bireye, demografik ve kişisel bilgiler (11 madde) bölümü ile, risk faktörleri, semptomlar, korunma ve tedavi ile demans hakkında genel bilgi (20 madde) kategorilerindeki soruları içeren toplamda iki bölümden oluşan anket formu uygulanmıştır. Araştırma verilerinin analizi SPSS v22.00 paket programı kullanılarak “t testi” ve ANOVA Tukey Homojenite testi ile gerçekleştirilmiştir.

Araştırmada katılımcıların demans bilgi düzeyi %60,3 olarak hesaplanmıştır. Yaşlı bireyler en yüksek puanı (%65,68) demans semptomlarına yönelik kısımdan alırken en düşük puanı (%55,24) demans risk faktörlerine ilişkin sorulardan almışlardır. Araştırma bulgularında yaşlı kadınların erkelere göre, evli bireylerin evli olmayanlara göre, ailesinde demans hastalığına sahip birey olanların olmayanlara göre, demans hastalığı olan birine bakım verenlerin vermeyenlere göre daha yüksek demans bilgisinin olduğu anlaşılmış ve eğitim durumu yükseldikçe demans bilgisinin de arttığı gözlenmiştir.

Araştırmanın sonuçları yaşlı bireylerin demans bilgisinin orta düzeyde olduğunu göstermiştir. Ayrıca demans hastalığında yaşlı bireylerin risk altında olmasına rağmen demans risk faktörleri hakkında yeterli bilgiye sahip olmamaları nedeniyle demansın erken teşhisi, korunma ve tedavisi konusunda farkındalık geliştirebilmelerini sağlamak açısından bu konuda yapılacak formel eğitim programlarından yararlanmalarının faydalı olacağını ortaya çıkarmıştır.

Anahtar Kelimeler: demans bilgisi, ileri yaş, yaşlılık.

DEMENTIA KNOWLEDGE OF OLDER INDIVIDUALS: AN EMPIRICAL RESEARCH

ABSTRACT

Knowing the level of knowledge about dementia of older individuals who are in the high-risk group for dementia syndrome is important in terms of early diagnosis of the disease, timely treatment and creating appropriate care conditions. Therefore, the aim of this study is to understand the knowledge level of older individuals about dementia.

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

The quantitative and cross-sectional research was carried out in the city center of Antalya between July and October 2016. In the study, a questionnaire consisting of two parts was applied to 400 individuals aged 65 and over. Demographic and personal information (11 items) and questions in the categories of risk factors, symptoms, prevention and treatment, and general information about dementia (20 items) were asked. Analysis of the research data was carried out using the SPSS v22.00 package program, using the "t test" and ANOVA Tukey Homogeneity test.

In the study, the dementia knowledge level of the participants was calculated as 60.3%. Older individuals got the highest score (65.68%) about dementia symptoms, and the lowest score (55.24%) about dementia risk factors. In the research findings, the older women had higher dementia knowledge than men, married individuals scored higher than to single, those who had demented individuals in their family and those who gave care to someone with dementia had higher dementia knowledge compared to those who did not have. The level of dementia knowledge increased with the education level.

The results of the study showed that the dementia knowledge of the older individuals was moderate. In addition, it has been revealed that although older individuals are at risk for dementia, they do not have enough information about dementia risk factors. They will benefit from formal education programs to raise awareness about early diagnosis, prevention, and treatment of dementia.

Keywords: dementia knowledge, old age, aging.

UZUN YAŞAMIN GETİRDİĞİ GÜÇLÜK: BAKIM YÜKÜ

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ÖZET

Yaşlanma ve yaşlanmayla birlikte ortaya çıkan kronik hastalıklar nedeniyle bireyler bakımlarını kendileri karşılamakta zorluk yaşamaya başlar ve yardıma gereksinim duyarlar. Yaşlılığa bağlı bakım ihtiyacı, hayatın diğer evreleri gibi çoğu zaman doğal ve engellenemez bir durumdur. Toplumların yaşlanmaları ile birlikte bakım ve bakım veren ihtiyacı bütün dünyada artış göstermektedir. Bakım ihtiyacı, tüm yaşlılar için söz konusu olmakla birlikte, başlangıç zamanı, ihtiyaç düzeyi, süresi gibi değişkenler açısından farklılık göstermektedir. Bakım kaynaklı etkilerin yönetilememesine bağlı olarak çaresiz hissetme, kızgınlık, yetersizlik gibi çeşitli olumsuz hisler yaşanabilmektedir. Bakım vermenin bakım verene yaşattığı tüm bu olumsuz durumlar “yük” olarak ifade edilmiştir. Yük kavramı, “bakım vericinin, üstlendiği bakımın ortaya çıkardığı, psikolojik sıkıntı, fiziksel sağlık problemleri, ekonomik problemler, sosyal problemler, aile ilişkilerinin bozulması ve kontrolün kendisinde olmadığı duygusunu yaşamak gibi olumsuz objektif ve sübjektif sonuçlar” olarak ifade edilmektedir. Bakım yükünün varlığı ve düzeyi kişilere göre farklılık göstermektedir. Farklılıklardan bakım verenin kişisel özelliklerinin ve yaşının kişisel özelliklerinin sorumlu olduğu bilinmektedir. Dünya Sağlık Örgütü, hastaların ve bakım verenlerin ihtiyaçlarının karşılanmasının palyatif bakımın öncelikli hedeflerinden olduğunu ifade etmektedir. Yükün tespiti, bakımın niteliğinin artırılması için gereklidir. Bakım yükünü tespit etmek için geliştirilmiş, birçok ölçek bulunmaktadır. Sağlık profesyonelleri bu ölçekleri kullanarak bakım yükünü belirleyebilmekte ve gerektiği durumlarda müdahalede bulunabilmektedir. Bakım verenin yaşadığı problemler, karşılıksız kalan ihtiyaçları, bakım yüküne sebep olmakta bu da hem verilen bakımın kalitesini düşürmekte hem de bakım verenin yetersizlik ve buna bağlı mutsuzluk yaşamasına yol açmaktadır. Bu da desteğin tehlikeye girmesine ve hastaların kurumlara yatış oranının artmasına neden olmaktadır.

Anahtar kelimeler: bakım veren, bakım yükü, yaşlanma

THE CHALLENGE OF LONG LIFE: CARE BURDEN

ABSTRACT

Due to aging and chronic diseases that occur with aging, individuals begin to have difficulty in meeting their own care and need help. The need for care due to old age is often a natural and unavoidable condition, like other phases of life. With the aging of societies, the need for care and caregivers increases all over the world. Although the need for care is relevant for all elderly people, it differs in terms of variables such as onset time, level of need and duration. Depending on the inability to manage the effects of care, various negative feelings such as feeling helpless, anger, and inadequacy can be experienced. All these negative situations caused by giving care to the caregiver are expressed as "burden". The concept of burden is expressed as "negative objective and subjective results of the care given by the caregiver, such as psychological distress, physical health problems, economic problems, social problems, deterioration of family relations and feeling that she/he isn't in control". The existence and level of care burden differs from person to person. It is known that the personal characteristics of the caregiver and the personal characteristics of the elderly are responsible for the differences. The World Health Organization states that meeting the needs of patients and caregivers is

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

one of the primary goals of palliative care. Identification of the load is necessary to improve the quality of care. There are many scales developed to detect care burden. By using these scales, health professionals can determine the care burden and intervene when necessary. The problems experienced by the caregiver, their unrequited needs cause a care burden, which both reduces the quality of care provided and causes the caregiver to experience inadequacy and related unhappiness. This, in turn, jeopardizes support and increases the rate of hospitalization of patients.

Keywords: aging, caregiver, care burden

COVID 19 PANDEMİSİ VE HUZUREVLERİ

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ÖZET

Dünya Sağlık Örgütü, COVID-19 salgınına 30 Ocak 2019 'da "uluslararası boyutta halk sağlığı acil durumu" olarak sınıflandırmış, 11 Mart 2019'da küresel salgın (pandemi) olarak tanımlamıştır. Türkiye'de ilk COVID-19 vakası 10 Mart'ta görülmüştür. Salgın süresince salgının kontrolünde tercih edilen yöntemler ülkeler arasında farklılıklar göstermiştir. Hollanda, İngiltere gibi sürü bağışıklığı stratejisi deneyen, Belçika, İsveç gibi salgının seyrine rağmen okulları açık tutmak gibi daha az kısıtlayıcı önlemleri tercih ya da Türkiye gibi bastırma stratejisi izleyen ülkeler olmuştur. Salgının adaletli olmayan bir yönü de dezavantajlı grupta yer alan, kronik hastalığı olan 65 yaş üzeri kişilerle ileri yaş grubunda yer alan yaşlılarda daha ölümcül seyretmesiydi. Bu grubun içinde yer alan huzurevi sakinleri ise diğerlerine göre daha fazla ölüm riskiyle karşı karşıya kaldı. Öyle ki İsveç'teki COVID 19'a bağlı ölümlerin %50'sinden fazlası huzurevlerinde gerçekleşti. ABD'de her 5 ölümden biri, Fransa'da ise her 3 ölümden biri huzurevinde görüldü. Bunun nedeni olarak birçok tesiste temel koruyucu önlemlerin alınmasında yaşanan gecikmeler gösterilmiştir. Türkiye'de ise huzurevlerinde diğer ülkelere göre çok düşük düzeyde Covid 19'a bağlı ölüm gerçekleşti. Türkiye'de huzurevlerinde Covid 19'a karşı salgının erken dönemlerinden itibaren çok sayıda tedbir alındı. Sağlık Bakanlığı tarafından Huzurevlerinde uyulması gereken hijyen kuralları ve alınması gereken önlemlere belirlendi. Aile ve Sosyal Hizmetler Bakanlığı tarafından uygulamaların takibi yapıldı. Kişilerinin toplu olarak bir arada yemek yemeleri engellendi, huzurevlerinde sosyal etkinlik yapılması yasaklandı. Huzurevi sakinlerinin izinli olarak dışarıya çıkışlarına izin verilmedi. Hasta kabul ve nakil işlemleri durduruldu. Zorunlu nedenlerle tesise kabul edilmesi gereken kişilere tarama amaçlı PCR testi yapılarak 14 gün süreyle izolasyonları sağlandı. Huzurevlerinde görev yapan personeller 14 günlük vardiyalar halinde çalıştırıldı. Kurulmuşta vardiyaya başlamadan 48 önce PCR ile taranan çalışanlar 14 gün işyerlerinde ikamet etti. Ocak 2020 tarihinde Türkiye'de Covid 19 aşısı uygulaması için öncelikli grup olarak sağlık personeli ile birlikte huzurevi sakinleri ve çalışanları belirlendi. Aşısı uygulaması huzurevlerine gidilerek yerinde yapıldı.

Anahtar Kelimeler: COVID 19, huzurevi, Türkiye

COVID 19 PANDEMIC AND NURSING HOMES

ABSTRACT

The World Health Organization classified the COVID-19 outbreak as an "international public health emergency" on January 30, 2019, and defined it as a global epidemic (pandemic) on March 11, 2019. The first COVID-19 case in Turkey was seen on March 10. During the pandemic, the preferred methods of controlling the pandemic differed between countries. There were countries such as the Netherlands and England that tried a herd immunity strategy, Belgium and Sweden preferred less restrictive measures such as keeping schools open despite the course of the epidemic, or countries that followed a suppression strategy such as Turkey. Another unfair aspect of the epidemic was that it was more deadly in the disadvantaged group, those over 65 years of age with chronic diseases and the oldest old group. Nursing home residents in this group, on the other hand, faced a higher risk of death than the others. So much so that more than 50% of deaths due to COVID 19 in Sweden occurred in

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nursing homes. One out of every 5 deaths in the USA and one out of every 3 deaths in France was in a nursing home. The reason for this is the delays in taking basic protective measures in many facilities. In Turkey, deaths due to Covid 19 occurred at a very low level in nursing homes compared to other countries. Numerous measures have been taken against Covid 19 in nursing homes in Turkey since the early stages of the pandemic. The hygiene rules and precautions to be taken in nursing homes were determined by the Ministry of Health. The practices were followed up by the Ministry of Family and Social Services. People were prevented from eating together, and social events were banned in nursing homes. Nursing home residents were not allowed to go outside without permission. Patient admission and transfer procedures were stopped. People who had to be admitted to the facility due to compelling reasons were isolated for 14 days by performing a screening PCR test. Personnel working in nursing homes worked in 14-day shifts. Employees who were scanned with PCR 48 days before starting the shift in the organization resided in their workplaces for 14 days. When the Covid 19 vaccine application started in Turkey in January 2020, the priority group was determined as the health personnel, nursing home residents and employees. Vaccination was done on site by going to nursing homes.

Keywords: COVID 19, nursing homes, Türkiye

**YAŞLILIK DÖNEMİNDE PSİKOLOJİK SAĞLIK VE MANEVİ İYİ OLUŞ İLİŞKİSİNİN
ARAŞTIRILMASI**

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ÖZET

Yaşam kalitesindeki iyileşmeler ve yaşam süresinin uzamasına bağlı olarak yaşlı nüfus hızla artmaktadır. Yaşlılık döneminde meydana gelen çeşitli değişimler bireylerin psikolojik sağlığını olumsuz etkileyebilmekte ve çeşitli psikolojik sağlık sorunları ortaya çıkabilmektedir. Bu çalışmada yaşlı bireylerin manevi iyi oluş düzeyinin psikolojik sağlık durumuyla ilişkisinin araştırılması amaçlanmıştır. Nicel araştırma olarak hazırlanan bu çalışmada ilişkisel tarama modeli kullanılmıştır. Kota örneklem yöntemiyle belirlenen 400 kişiden kişisel bilgi formu, kısa semptom envanteri ve manevi iyi oluş ölçeği kullanılarak veriler toplanmıştır. Toplanan veriler PASW Statistics 18 programına işlenip gerekli analizler yapılmıştır. Elde edilen bulgulara göre katılımcıların psikolojik sağlık açısından en çok depresyon ve somatizasyona maruz kaldıkları bulunmuştur. Manevi iyi oluş durumlarına bakıldığında ise çoğunluğun (%56) yüksek düzeyde manevi iyi oluşa sahip olduğu bulunmuştur. Katılımcıların demografik özelliklerinin psikolojik sağlık ve manevi iyi oluşla ilişkisine bakıldığında psikolojik sağlık toplam puanı ve alt boyutlarının yaş, eğitim durumu, gelir ve algılanan dindarlık düzeyine göre anlamlı şekilde farklılaştığı bulunmuştur. Manevi iyi oluş toplam puanı ve alt boyutları ise cinsiyet, yaş, gelir ve dindarlık durumuna göre anlamlı şekilde farklılaşmaktadır. Manevi iyi oluş ve psikolojik sağlık ilişkisine bakıldığında depresyon, olumsuz benlik, somatizasyon, hostilite ve psikolojik sağlık toplam puanının manevi iyi oluşa göre anlamlı şekilde farklılaştığı bulunmuştur. Korelasyon analizine göre ise depresyon, olumsuz benlik, somatizasyon ve psikolojik sağlık toplam puanıyla manevi iyi oluş arasında pozitif yönde anlamlı bir ilişki tespit edilmiştir. Elde edilen bulgular değerlendirildiğinde alan yazında maneviyatın psikolojik sağlığı iyileştirdiği -negatif ilişkili- yönünde bulgular geniş yer kaplamaktayken maneviyatın psikolojik sağlığı olumsuz etkilediği -pozitif ilişki- çalışmalarda yer almaktadır. Bu çalışmada ise yaşlı bireylerin manevi iyi oluş düzeylerinin psikolojik sağlık göstergeleriyle pozitif ilişkili olduğu dolayısıyla olumsuz etkilediği bulunmuştur. Bu durum yaşlılık döneminde manevi iyi oluş ve psikolojik sağlığın farklı değişkenlerden etkilendiğine işaret etmektedir. Bu nedenle psikolojik sağlık ve manevi iyi oluşu etkileyen yaşlılığa özgü değişkenlerin araştırılması gerekmektedir.

Anahtar Kelimeler: Din Psikolojisi, Gerontoloji, Yaşlılık, Psikolojik Sağlık, Manevi İyi Oluş

**RESEARCH OF THE RELATIONSHIP OF PSYCHOLOGICAL HEALTH AND SPIRITUAL
WELL-BEING IN THE OLD AGE**

ABSTRACT

The elderly population is increasing rapidly due to improvements in quality of life and prolongation of life expectancy. Various changes that occur in old age can negatively affect the psychological health of individuals and various psychological health problems may occur. In this study, it was aimed to investigate the relationship between the spiritual well-being of the elderly and their psychological

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health status. In this study, which was prepared as a quantitative research, the relational survey model was used. Data were collected from 400 people determined by the quota sampling method, using a personal information form, a brief symptom inventory, and a spiritual well-being scale. The collected data were processed into the PASW Statistics 18 program and necessary analyzes were made. According to the findings, it was found that the participants were most exposed to depression and somatization in terms of psychological health. Considering the mental well-being, it was found that the majority (56%) had a high level of spiritual well-being. Considering the relationship between the demographic characteristics of the participants and psychological health and spiritual well-being, it was found that the psychological health total score and sub-dimensions differed significantly according to age, education level, income and perceived religiosity. The total score and sub-dimensions of spiritual well-being differ significantly according to gender, age, income and religiosity. Considering the relationship between spiritual well-being and psychological health, it was found that the total score of depression, negative self, somatization, hostility and psychological health differed significantly according to spiritual well-being. According to the correlation analysis, a positive and significant relationship was found between depression, negative self, somatization and psychological health total score and spiritual well-being. When the findings are evaluated, there is a wide range of findings in the literature that spirituality improves psychological health -negatively related-, while there are studies in which spirituality negatively affects psychological health -positive relationship. In this study, it was found that the spiritual well-being levels of elderly individuals were positively related to psychological health indicators and therefore negatively affected. This indicates that spiritual well-being and psychological health in old age are affected by different variables. Therefore, it is necessary to investigate the age-specific variables that affect psychological health and spiritual well-being.

Keywords: Psychology of Religion, Gerontology, Aging, Psychological Health, Spiritual Well-Being

GERİATRİK BİREYLERE BAKIM VERENLERİN OKUPASYONEL DENGESİNİN İNCELENMESİ

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ÖZET

Geriatrik bireylerin bakım verenleri, bireylere bakım sağlayan aile üyeleri veya arkadaşlar olarak bilinmektedir. Bakım verenler günlük yaşamda genellikle fiziksel ve psikolojik zorluklar yaşamaktadır. Bu zorluklar bireylerin kendisi için anlamlı olan aktivitelerin kısıtlanmasına rol açmaktadır. Okupasyonel denge, kendine bakım, serbest zaman veya üretkenlik gibi farklı günlük yaşam aktiviteleri arasında kurulan öznel dengedir. Bakım verenler bireylerin bakımını sağlamak için fazla zaman harcarken, kendine bakım veya serbest zaman aktivitelerine çok az veya hiç zaman ayıramamaktadır. Bu sebeple geriatrik bireylerin bakım verenlerinin okupasyonel dengesi merak konusudur. Yapılan çalışmada geriatrik bireylerin bakım verenlerinin okupasyonel dengesi incelenmiştir. Çalışmaya 65 yaş ve üzeri olan bireylere bakım sağlayan toplam 70 bakım veren birey dâhil edilmiştir. Bireylerin sosyodemografik bilgileri için "Sosyodemografik Bilgi Formu" ve okupasyonel dengesini değerlendirmek için "Okupasyonel Denge Anketi-11 (QBQ-11)" kullanılmıştır. Çalışmadaki kişilerin yaş ortalaması 56,8 ±6,69 yıl olarak bulundu. Bakım veren erkeklerin okupasyonel denge düzeyi 20,1±7,8 bulunurken kadınların 21,3 ±6,5 olarak bulundu. Sonuç olarak bakım verenlerin genel sağlık ve iyilik hali için okupasyonel dengesinin önemli olduğu düşünülmektedir. Geriatrik bireylere bakım verenlerin okupasyonel dengesi klinisyenler tarafından göz önünde bulundurulması ve ilerideki çalışmaların bireylerin okupasyonel dengelerini iyileştirmeye yönelik birey merkezli müdahale planı oluşturulması gerekmektedir.

Anahtar Kelimeler: Geriatri, bakım veren, ergoterapi, okupasyonel denge.

INVESTIGATION OF THE OCCUPATIONAL BALANCE OF CAREGIVERS OF GERIATRIC INDIVIDUALS

ABSTRACT

Caregivers of geriatric individuals are known as family members or friends who provide care to individuals. Caregivers often experience physical and psychological difficulties in daily life. These difficulties contribute to the restriction of activities that are meaningful to individuals. Occupational balance is the subjective balance established between different activities of daily living such as self-care, leisure time, or productivity. While caregivers spend too much time caring for individuals, they can devote little or no time to self-care or leisure activities. For this reason, the occupational balance of caregivers of geriatric individuals is a matter of interest. In the study, the occupational balance of caregivers of geriatric individuals was examined. A total of 70 caregivers providing care to individuals aged 65 and over were included in the study. "Sociodemographic Information Form" was used for the

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personal information of individuals and "Occupational Balance Questionnaire-11 (QBQ-11)" was used to evaluate occupational balance. The mean age of the people in the study was found to be 56.8 ± 6.69 years. The occupational balance level of caregiver men was found to be 20.1 ± 7.8 , while it was 21.3 ± 6.5 for women. As a result, it is thought that occupational balance is important for the general health and well-being of caregivers. The occupational balance of caregivers of geriatric individuals should be considered by clinicians, and an individual-centered intervention plan should be developed for future studies to improve the occupational balance of individuals.

Keywords: Geriatrics, caregiver, occupational therapy, occupational balance.

TÜRKİYE’DE COVID-19 PANDEMİSİNE YÖNELİK ÖNLEMLER İLE YAŞLI YETİŞKİNLERİN PSİKOLOJİK SIKINTI DÜZEYLERİ ARASINDAKİ İLİŞKİ: ANTALYA ÖRNEĞİ

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ÖZET

Amaç: Bu çalışmada COVID-19 döneminde Türkiye’de yaşlı yetişkinleri korumaya yönelik alınan önlemlerin bireylerin psikolojik sıkıntısı seviyesi ile arasındaki ilişkiyi istatistiksel olarak saptamak amaçlanmıştır.

Yöntem: Bu çalışmada, nicel bir araştırma tekniği olan anket yöntemi kullanılmıştır. Araştırmada olasılıklı örnekleme yöntemlerinden biri olan tabakalı örnekleme tekniği kullanılmış olup toplamda 400 kişi araştırmaya katılmıştır. İstatistiksel analizler SPSS 23 (Statistical Package for the Social Sciences 23) programı aracılığıyla yapılmıştır. Veriler; betimsel istatistik, korelasyon analizi, Ki-Kare testi ve Mann Whitney U testi uygulanarak değerlendirilmiştir.

Bulgular: COVID-19 döneminde alınan önlemlerden bireylerin “sosyal, psikolojik, ekonomik ve fizyolojik” olarak etkilenme ve psikolojik sıkıntı seviyesi arasında istatistiksel olarak anlamlı ilişkinin olduğu görülmüştür.

Öneriler: Alınan önlemler nedeniyle hayatları sosyal, psikolojik, ekonomik ve fizyolojik alanlarda etkilenen yaşlılar için psikososyal destek sağlamak, sağlığın korunması ve geliştirilmesine yönelik rehberlik etmek hayati önem taşımaktadır.

Anahtar Kelimeler: COVID-19, psikolojik sıkıntı, yaşlılık

THE RELATIONSHIP BETWEEN MEASURES AGAINST THE COVID-19 PANDEMIC AND THE PSYCHOLOGICAL DISTRESS LEVELS OF OLDER ADULTS IN TURKEY: ANTALYA SAMPLE

ABSTRACT

Objective: In this study, it was aimed to statistically determine the relationship between the level of psychological distress of individuals and the measures taken to protect older adults in Turkey during the COVID-19 period.

Method: In this study, the questionnaire method, which is a quantitative research technique, was used. Stratified sampling technique, which is one of the probability sampling methods, was used in the research, and a total of 400 people participated in the research. Statistical analyzes were performed using the SPSS 23 (Statistical Package for the Social Sciences 23) program. Data were evaluated by applying descriptive statistics, correlation analysis, Chi-Square test and Mann Whitney U test.

Results: It has been observed that there is a statistically significant relationship between the "social, psychological, economic and physiological" effects of the measures taken during the COVID-19 period and the level of psychological distress.

Suggestions: It is vital to provide psychosocial support and guidance for the protection and development of health for the elderly whose lives are affected in social, psychological, economic and physiological areas due to the measures taken.

Keywords: COVID-19, psychological distress, old age

**ASSOCIATION BETWEEN ANTICHOLINERGIC DRUG BURDEN WITH
COMPREHENSIVE GERIATRIC ASSESSMENT PARAMETERS
IN OLDER PATIENTS WITH DIABETES MELLITUS**

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ABSTRACT

Background: Anticholinergic drug use has been associated with a risk of central and peripheral adverse effects. There is a lack of information on anticholinergic drug use and its complications in older patients with diabetes mellitus (DM). The aim of this study is to investigate anticholinergic drug use's prevalence and the association between anticholinergic drug use and comprehensive geriatric assessment parameters in older patients with DM.

Methods: We retrospectively enrolled patients who underwent a comprehensive geriatric assessment between January 2018 and December 2021 in this cross-sectional study. Cognitive function, nutritional status, and mood was evaluated by the Mini Mental State Examination, Mini Nutritional Assessment (MNA), and Geriatric Depression Scale (GDS)-15 respectively. Gait and balance were assessed by Tinetti Scale and Timed Up and Go Test (TUG). Sarcopenia screening was defined by SARC-F. Dominant Handgrip muscle strength was measured by a digital dynamometer. The Anticholinergic Burden (ACB) was assessed with the ACB scale. ACB <2 was categorized as low ACB and ACB ≥2 was categorized as high ACB.

Results: A total of 356 participants were included (mean age±SD, 77.56 ± 7.2 years; female, 74.7%). The prevalence of high ACB use was 37.8%. Age and gender were statistically insignificant when comparing those with and without ACB ≥2 (p>0.05). There was no significant difference in terms of comorbidities (p>0.05) except for coronary artery disease (p<0.05). GDS-15 and SARC-F scores, and TUG time were found to be higher in patients with ACB ≥2 than in patients with ACB <2 (p<0.05), while Handgrip strength and Tinetti scale scores were found to be lower (p<0.05).

Conclusion: High anticholinergic burden may be associated with risk of sarcopenia, depressive symptoms and deterioration in gait and balance in older patients with DM. Therefore, anticholinergic drugs should be considered individually and preferred drugs with a lower ACB in diabetic older patients.

Key Words: Anticholinergic Burden, Diabetes Mellitus, sarcopenia, depression, muscle strength

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ÖZET

Amaç: Son yıllarda fertilité oranlarının azalması ve ortalama yaşam süresinin uzaması nedeniyle yaşanan demografi dönüşüm süreci dünyada yaşlı nüfus oranının artmasına neden olmuştur. Yaşlanma süreciyle ortaya çıkan fiziksel, ruhsal ve zihinsel değişimler birçok sorunu da beraberinde getirmektedir. Bu sorunların başında yoksulluk gelmektedir. Bu derlemede yaşlı bireylerin yaşadığı yoksulluğun ekonomik, sosyal ve kültürel nedenlerini gözden geçirmek amaçlanmıştır.

Yöntem: Literatür taraması için son yıllarda yapılmış güncel veri tabanları içinden “yaşlı, yoksulluk, yaşlı yoksulluğu” anahtar sözcükleri taranarak gerçekleştirilmiştir.

Bulgular: En genel anlamıyla “yaşamın temel gereksinimlerinden mahrum kalma” olarak ifade edilen yoksulluk, özellikle toplumun en kırılgan grupları olan yaşlı, engelli, kadın ve çocukları daha fazla etkilemektedir. Yaşlılık, bireyleri yoksullaştırdığı gibi var olan yoksulluğun da artmasına neden olmaktadır. Yaşlılık döneminde özellikle emeklilik ve buna bağlı gelir kaybı yoksulluğun önemli nedenlerinden biridir. Aynı zamanda bilişsel ve fiziksel gerilemeye bağlı üreticilik rolünün azalması, sosyal statü ve rollerde değişme, sosyal desteğin zayıflaması, sağlık bakım giderlerinin artması, sosyal güvencesizlik, geleneksel aile yapısının değişmesi gibi durumlar da yoksulluğa neden olmaktadır. Yoksulluğun getirdiği olumsuzlukların başında; geçim sağlamaya yetecek kaynaklarının yokluğu, yetersiz beslenme, sağlıklı olamama, evsizlik ve yetersiz barınma koşulları, güvenli olmayan çevre koşulları ile ayrımcılık gibi sorunlar gelmektedir. Yoksulluk aynı zamanda yaşlı bireyde psiko-sosyal sorunların ortaya çıkmasına, toplumla bütünleşememesine, sosyal dışlanmaya ve yalnızlığa neden olmaktadır.

Sonuç ve Öneriler: Yaşlı yoksulluğu ekonomik yoksunluğun yanı sıra; sosyal, kültürel ve psikolojik yoksunlukların da göz ardı edilemeyecek kadar ciddi boyutlarda görüldüğü çok boyutlu bir olgudur. Yaşlı yoksulluğunu önlemeye yönelik sosyal politikaların geliştirilmesi ve sosyal, ekonomik ve kültürel anlamda yaşama daha fazla katılmalarını sağlayacak kamusal alanların artırılması önemlidir.

Anahtar Kelimeler: Yaşlı, yoksulluk, yaşlı yoksulluğu

ELDERLY POVERTY

ABSTRACT

Aim: In recent years, the demographic transformation process, which has been experienced due to the decrease in fertility rates and the prolongation of the average life expectancy, has led to an increase in the rate of the elderly population in the world. The physical, mental and mental changes that occur with the aging process bring along many problems. One of these problems is poverty. In this review, it is aimed to review the economic, social and cultural causes of poverty experienced by elderly individuals.

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Method: The literature review was carried out by scanning the keywords "elderly, poverty, elderly poverty" among the current databases made in recent years.

Findings: Poverty, which is expressed as "deprivation of the basic necessities of life" in the most general sense, especially affects the most vulnerable groups of the society, the elderly, the disabled, women and children. Aging not only impoverishes individuals, but also increases existing poverty. Especially in old age, retirement and related income loss is one of the important causes of poverty. At the same time, situations such as the decrease in the productive role due to cognitive and physical decline, changes in social status and roles, weakening of social support, increase in health care costs, social insecurity, and change in traditional family structure also cause poverty. At the beginning of the negativities brought by poverty; There are problems such as lack of resources to make a living, malnutrition, poor health, homelessness and inadequate housing conditions, unsafe environmental conditions and discrimination. Poverty also causes psycho-social problems in the elderly, inability to integrate with society, social exclusion and loneliness.

Conclusion and Recommendations: Elderly poverty as well as economic deprivation; It is a multidimensional phenomenon in which social, cultural and psychological deprivations are too serious to be ignored. It is important to develop social policies to prevent elderly poverty and to increase public spaces that will enable them to participate more in social, economic and cultural life.

Keywords: Elderly, poverty, elderly poverty

BİR YAŞLANMA TEORİSİ: CİCERO’NUN YAŞLANMAYA VE YAŞLILIĞA BAKIŞI

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ÖZET

Stoa felsefesinin önemli isimlerinden biri olan Cicero, çeşitli felsefi meselelerin yanı sıra günümüz dünyasında kendileriyle yüzleşilmekten kaçınılan ölüm ve yaşlanma konularını da ele almıştır. Bilindiği üzere Stoa düşüncesinde doğru yaşamak, doğaya uygun yaşamak anlamına gelmekteydi. Bir Stoa filozofu olan Cicero da bu ilkeyi benimsemiş ve bu ilke onun yaşlanma ve yaşlılık ile ilgili görüşlerini de etkilemiştir. O, yaşlanmayı doğal bir süreç olarak görmüş, bu nedenle ona ortadan kaldırılması gereken bir engel ya da savaşılabilecek bir düşman olarak yaklaşmamıştır. Ömrün her aşamasının kendine özgü bir meziyeti olduğuna inanan Cicero, yaşlılığın da kendine özgü bir meziyeti olduğunu savunmuş ve bu meziyeti açıklamaya girişmiştir. Ona göre çocukluğa naiflik, gençliğe delifışeklik, orta yaşa ağırbaşlılık ve yaşlılığa olgunluk meziyetleri bahşedilmiştir. Cicero, doğanın yolunun tek olduğunu ve bu yoldan dönüşün mümkün olmadığını belirterek yapılması gerekenin, ömrün tüm çağlarının meyvesini dalındayken tatmak olduğunu söyler. Kendisi için yaşlılık, gençlik ve yetişkinlik yıllarıyla, sevinç, kaygı ve yeisleriyle tarafsızca bir hesaplama çağı anlamına gelmekteydi. Pek çok insanın aksine Cicero, bütün sıkıntılara rağmen yaşlılığı ve yaşlı bir insan olmayı sevmiştir. Çünkü ona göre karakterin oturması, olgun düşünebilmek ve düzgün kararlar alabilmek yaşlılığa özgü niteliklerdir. Kuşkusuz, *Yaşlılık Üzerine* adlı eserini yaşlılık döneminde kaleme alan Cicero, yaşlılığın getirdiği yük ve dertlerden haberdardır. Ancak o, insanın aklını kullanarak yaşlılık için yatırım yaptığı takdirde huzurlu bir yaşlılık imkânına kavuşarak bu olumsuzlukların üstesinden gelebileceği iddiasındadır. Bu çalışmada yaşlılığı deneyimleyerek konuşan Cicero’nun yaşlanma ve yaşlılığı nasıl değerlendirdiği onun *Yaşlılık Üzerine* adlı eseri analiz edilerek ortaya konulmaya çalışılacaktır.

Anahtar Kelimeler: Cicero, yaşlanma, yaşlılık, doğa.

A THEORY OF AGING: CICERO'S VIEW OF AGING AND OLD AGE

ABSTRACT

Cicero, one of the important names of Stoic philosophy, dealt with the issues of death and aging, which are avoided in today's world, as well as various philosophical issues. As it is known, in Stoic thought, living right meant living in accordance with nature. Cicero, a Stoic philosopher, also adopted this principle and this principle also influenced his views on aging and aging. He saw aging as a natural process, so he did not approach it as an obstacle to be eliminated or an enemy to be fought. Believing that each stage of life has its own unique merit, Cicero argued that old age also has its own special merit and attempted to explain this merit. According to him, childhood is endowed with naivety, youth with crazyness, middle age with dignity, and old age with maturity. Cicero states that there is only one way of nature and that it is not possible to return from this way and says that what needs to be done is to taste the fruit of all the ages of life while on the branch. For him, old age meant an age of impartial reckoning with his youth and adult years, his joys, worries and despairs. Unlike

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many people, Cicero loved old age and being an old person, despite all his troubles. Because, according to him, being able to sit down in character, think maturely and make good decisions are the qualities peculiar to old age. Undoubtedly, Cicero, who wrote On Aging in his old age, is aware of the burdens and troubles of old age. However, he claims that if a person invests in old age by using his mind, he can overcome these negativities by attaining a peaceful old age. In this study, it will be tried to reveal how Cicero, who speaks by experiencing old age, evaluates aging and old age by analyzing his work called On Aging.

Keywords: Cicero, aging, old age, nature.

AN INTERSECTIONAL PERSPECTIVE ON AGING STUDIES

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ABSTRACT

The intersectionality perspective, which is also expressed as perspective, theory, paradigm, lens or framework depending on the purposes or preferences of the researchers, draws attention to subgroups that are included in the extensive categories created according to social characteristics such as gender, ethnicity, age, socioeconomic status, but have different experiences due to other social characteristics. It allows awakening awareness of subgroups and the different power relations and tensions they are in, and by making these relations visible, unnoticed inequalities are revealed. While drawing attention to the homogenization tendency of the inclusive category on the one hand, on the other hand the perspective argues that, as an alternative to a reductionist or additive approach, should be started with a framework that will enable to deal with the unique experiences of the subgroup in its historical and social context and its relations with other groups. In this study, it will be focused on how the intersectionality approach offers an alternative to reductionist and additive approaches in analyzing aging and social categories, by making use of the literature accumulation of the ongoing study on the intersectionality perspective, care and aging. The discussion will be limited to a specific question and will be conducted from the point of view of possibilities to consider the group at the intersection of many social characteristics as a distinctive category rather than an additive approach. As a result, with the perspective of intersectionality, for example, how the outputs of the "poor+old+woman" and "poor old woman" frameworks differ from each other opens the door to important discussions. Accordingly, in studies conducted according to gender, age and socioeconomic status, the evaluation of the group at the intersection of these characteristics as a distinctive category does not only make the experiences visible. But also allows a relational perspective with questions such as by which other groups the determined group is/should be defined, what kind of power relations it has with these groups, what are the contexts that determine its advantage and/or disadvantage.

Keywords: Aging, old age, intersectionality, advantage, disadvantage, relationality

YAŞLILIK ÇALIŞMALARINA KESİŞİMSELLİK PERSPEKTİFİNDEN BİR BAKIŞ

ÖZET

Araştırmacıların amaçlarına veya tercihlerine bağlı olarak perspektif, teori, paradigma, mercek veya çerçeve olarak da ifade edilen kesişimsellik perspektifi, cinsiyet, etnisite, yaş, sosyoekonomik durum gibi sosyal özelliklere göre oluşturulmuş kategorilerin kapsamına dahil olan fakat diğer sosyal özellikleri sebebiyle farklı deneyimlere sahip olan alt gruplara dikkat çekmektedir. Alt gruplara ve onların içinde bulunduğu farklı güç ilişkilerine ve gerilimlere yönelik farkındalığı canlandırmaya ve bu ilişkileri görünür kılarak fark edilmeyen eşitsizliklerin açığa çıkmasına imkân tanımaktadır. Bir taraftan kapsayıcı kategorinin homojenleştirme eğilimine dikkat çekerken diğer taraftan indirgemeci veya eklemeli bir yaklaşıma alternatif olarak, tarihsel ve sosyal bağlamı içinde alt grubun kendine has deneyimlerini ve diğer gruplarla ilişkilerini ele almayı sağlayacak bir çerçeve ile başlanması gerektiğini savunur. Bu çalışmada yaşlılık ve bakım hakkında devam eden bir çalışmanın kesişimsellik perspektifiyle ve yaşlılıkla ilgili literatür taramasının birikimlerinden faydalanılarak, kesişimsellik

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yaklaşımının yaşlanma ve yaşlılıkla ilgili sosyal kategorileri çözümlenmede indirgemeci ve eklemeli yaklaşımlara nasıl bir alternatif sunduğu üzerinde durulacaktır. Tartışma, spesifik bir soru ile sınırlandırılarak, birçok sosyal özelliğin kesişiminde bulunan grubun eklemeli bir yaklaşım yerine ayırt edici bir kategori olarak değerlendirilmesinin nelere imkan tanıdığı noktasından yürütülecektir. Sonuç olarak kesişimsellik perspektifi ile örneğin, “yoksul+yaşlı+kadın” ile “yoksul yaşlı kadın” çerçevelerinin çıktılarının birbirinden nasıl farklılaştığı önemli tartışmalara kapı açmaktadır. Buna göre, cinsiyet, yaş ve sosyoekonomik duruma göre yapılan çalışmalarda bu özelliklerin kesişiminde yer alan grubun ayırt edici bir kategori olarak değerlendirilmesi, sadece deneyimleri görünür hale getirmekle kalmamaktadır. Aynı zamanda belirlenen grubun hangi diğer gruplara göre tanımlandığı/tanımlanması gerektiği, bu gruplarla ne tür güç ilişkileri içinde bulunduğu, avantajlılığını ve/veya dezavantajlılığını belirleyen bağlamların neler olduğu gibi sorularla ilişkiel bir perspektife de imkân tanımaktadır.

Anahtar kelimeler: Kesişimsellik, yaşlanma, yaşlılık, avantaj, dezavantaj, ilişkiel

ÜÇÜNCÜ YAŞ TURİSTLERİN TURİZM ALGILARININ BELİRLENMESİ

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ÖZET

Çalışmamızda 50 yaş üzeri turistlerin turizm algılarının değerlendirilmesi amaçlanmıştır. Çalışma, Aralık 2021- Şubat 2022 tarihleri arasında Sivas'ta faaliyet gösteren turizm acentalarına başvuran 50 yaş üzeri turistler üzerinde yapılmıştır. Araştırmada örneklem seçim yöntemine gidilmeden, araştırmaya katılmaya istekli, iletişime açık, 50 yaş üzeri tüm turistler örneklemi oluşturmuştur. Katılımcılara veri toplama formu ve Turizm Algısı Ölçeği uygulanmış ve bulgular SPSS 22.0 programına aktararak değerlendirilmiştir. Çalışmaya 105 turist katılmış, bunlardan %73.3'ü kadın (n=77), %26.7 si (n=28) erkektir. Katılımcıların büyük çoğunluğu (%79) 50-64 yaş aralığında ve lise mezunu (%59)dur. Araştırmaya katılan turistlerin %94'ü daha önce bir geziye katılmış ve kendilerine en uygun tatil seçeneği olarak Sağlık turizmini belirtmişlerdir (%42). Yaşlı turistlerin turizm algılarının değerlendirildiği bu çalışmada Turizm Algısı Ölçek puan ort. 67.57±6.70 bulunurken, Turizmin olumlu etkileri alt boyut puan ort. 55.18±5.19 olarak, Turizmin Olumsuz Toplumsal Etkileri alt boyut puan ort. 8.11±1.91 olarak ve Turizmin Olumsuz Çevresel Etkileri puan ort. 4.27±1.90 olarak belirlenmiştir. Sonuç olarak, Sivas ilinde turistik faaliyet gösteren acentalara başvuran turistlerin Turizm algıları değerlendirilmiş ve yaş, cinsiyet, medeni durum ve ekonomik durum gibi sosyo demografik özelliklerin Turizm algısını etkilemediği, ancak mesleki durumun Turizm algısı üzerinde istatistiksel olarak anlamlı bir farklılık oluşturduğu belirlenmiştir. Dünya nüfusu içindeki payları ve satın alma güçleri giderek artan yaşlılar, turizm sektörü açısından önemli bir pazar bölümü haline gelmiştir. Sağlıklı ve doğru bir turizm ortamından söz edebilmek için yerel halkın turizm kavramına karşı yaklaşımının öğrenilmesi ve turizme karşı oluşan algılarının ölçülmesi son derece önemlidir. Yerel halkın desteğinin olmadığı turizm faaliyetlerinin sürdürülebilir olması beklenmemektedir. Yaşlıların, ilerleyen yıllarda turizm sektörü için kilit rol oynayacağı düşünüldüğünde turizm faaliyetlerinden beklentilerini taleplerini, beklentilerini ve ihtiyaçlarını ortaya koymak hem yaşlılar hem de uygulayıcılar açısından faydalı olacaktır.

Anahtar Kelimeler: Turizm algısı, üçüncü yaş, yaşlılık

DETERMINING THIRD AGE TOURISTS TOURISM PERCEPTIONS

ABSTRACT

It was aimed to evaluate the tourism perceptions of tourists over the age of 50 in our study. The study was conducted on tourists over the age of 50 who applied to tourism agencies operating in Sivas between December 2021 and February 2022. In the research, all tourists over the age of 50, willing to participate in the research, open to communication, constituted the sample, without using the sample selection method. The data collection form and the Tourism Perception Scale were applied to the participants and the findings were evaluated by transferring them to the SPSS 22.0 program. In the study participated 105 tourists, of which 73.3% were female (n=77) and 26.7% (n=28) were male. The majority of the participants (79%) are between the ages of 50-64 and high school graduates (59%). 94% of the tourists participating in the research have participated in a trip before and stated Health tourism as the most suitable holiday option for them (42%). In this study, in that the tourism perceptions of elderly tourists are evaluated, the Tourism Perception Scale score is average. While it was mean 67.57 ± 6.70 , the positive effects of tourism sub-dimension point average. As 55.18 ± 5.19 , the Negative Social Effects of Tourism sub-dimension score mean. As 8.11 ± 1.91 and Negative Environmental Effects of Tourism score average. It was determined as 4.27 ± 1.90 . As a result, the tourism perceptions of the tourists who applied to the touristic agencies in Sivas were evaluated and it was determined that socio-demographic characteristics such as age, gender, marital status and economic status did not affect the tourism perception, but the occupational status made a statistically significant difference on the tourism perception. The elderly, whose share and purchasing power are increasing in the world population, have become an important market segment for the tourism sector. In order to talk about a healthy and correct tourism environment, it is extremely important to learn the approach of the local people towards the concept of tourism and to measure their perceptions towards tourism. Tourism activities without the support of local people are not expected to be sustainable. Considering that the elderly will play a key role in the tourism sector in the coming years, it will be beneficial for both the elderly and practitioners to reveal their expectations, demands and needs from tourism activities.

Keywords: Tourism perception, age, old age

**SAĞLIK TURİZMİ FAALİYETLERİNE KATILAN 3. YAŞ TURİSTLERE YÖNELİK
AĞIZDAN AĞIZA PAZARLAMA FAALİYETLERİNİN YENİDEN ZİYARET ETME
NİYETLERİNE ETKİSİNDE DESTİNASYON İMAJİ VE TUTUMUN ARACILIK ROLÜ**

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ÖZET

Sosyodemografik veriler, tıp teknolojisindeki gelişmelerle birlikte dünyada aktif yaşam süren ileri yaş popülasyonunun günden güne arttığını ve ekonomik refah olarak değişim gösterdiğini belirtmektedir. Yalnızca Türkiye sınırları içinde yaşayan yaşlı nüfusun toplam ülke nüfus içindeki oranı 2015 yılında %8,2 iken, 2020 yılında %9,5'e yükselmiştir. Avrupa birliği ülkelerinin yaşlı nüfus ortalamasına bakıldığında bu sayının %20,6'lara kadar ulaştığı görülmektedir. Dünyada genelinde ise 2030 yılına kadar her 6 kişiden 1'inin 60 yaş ve üzerinde olacağı tahmin edilmektedir. İleri yaş kapsamına giren kişi sayısındaki bu ciddi artış, var olan potansiyel müşteri oranı ile turizm sektörünün ilgisini üzerine çekmeye başlamıştır. Üçüncü yaş turizmi kapsamında ileri yaş turist kitlesinin turizm sektöründe hedef kitlesi haline gelmesi; istihdamın artması, pazar büyümesi, turistik aktivitelerde mevsimsellikten uzaklaşması ve temel bir hak olan turizmin, toplumun çeşitli kesimlerine yayılarak hizmet vermesini sağlamıştır. Türkiye, gelişmiş teknolojilere sahip sağlık kurumları, nitelikli sağlık çalışanları, başarı oranı yüksek tedavi istatistikleri, maliyeti düşük hizmetler, wellness hizmetlerinin yanında iklimi ve kültürel birikimi, coğrafi konumu ile yaşlı turizmi açısından cazibe merkezi olabilecek potansiyele sahiptir. Dolayısıyla bu çalışmanın amacı; Türkiye'de sağlık hizmeti almış olan ve üçüncü yaş grubundaki turistlere yönelik ağızdan ağıza pazarlama faaliyetlerinin yeniden ziyaret etme niyetlerine etkisinde destinasyon imajı ve tutumun aracılık rolünün araştırılmasıdır. Araştırmada yargısal örnekleme tekniği tercih edilecektir. Çalışma amacı doğrultusunda Antalya ilinde yer alan sağlık kurumlarında tedavi hizmeti almış olan 55 yaş ve üstündeki hastalara anket çalışması uygulanacaktır. Aracılık etkisinin test edilmesi için yapılacak olan analizde PROCESS makro yazılımı kullanılacaktır.

Anahtar Kelimeler: Yaşlılık, Üçüncü Yaş Turizmi, İleri Yaş Turizmi, Tutum, WOM.

THE MEDIATING ROLE OF DESTINATION IMAGE AND ATTITUDE IN THE EFFECT OF WORD OF MOUTH MARKETING ACTIVITIES FOR 3RD AGE TOURISTS PARTICIPATING IN HEALTH TOURISM ACTIVITIES ON REVISIT INTENTIONS

ABSTRACT

Sociodemographic data indicate that with the developments in medical technology, the elderly population living active life in the world is increasing day by day and changing in terms of economic welfare. While the ratio of the elderly population living only within the borders of Turkey in the total country population was 8.2% in 2015, it increase to 9.5% in 2020. It is estimated that 1 out of every 6 people in the world will be 60 years or older by 2030. This significant increase in the number of people included in the third age group has started to attract the attention of the tourism sector with the existing potential customer rate. Within the scope of third age tourism, the older age tourist group has become the target audience in the tourism sector; The increase in employment, market growth, to move away from seasonality in touristic activities and tourism, which is a fundamental right, have provided services to various segments of the society. Turkey has the potential to be a center of attraction in terms of elderly tourism with its advanced technology health institutions, qualified health workers, high success rate of treatment statistics, low cost services, wellness services, as well as its climate and cultural accumulation, geographical location. The aim of this study is to investigate the mediating role of destination image and attitude in the effect of word-of-mouth marketing activities for tourists in the third age group on revisit intentions who have received health services in Turkey. Judgmental sampling technique was preferred in the study. In line with the purpose of the study, a questionnaire study will be applied to patients aged 55 and over who received treatment in health institutions in Antalya. In order to test the mediation effect, the PROCESS macro software will be used in the analysis.

Keywords: Aging, Third Age Tourism, Silver Tourism, Attitude, WOM.

N - ASETİL SİSTEİN (NAC) UYGULAMASININ MEZENKİMAL KÖK HÜCRE SENESENSİ ÜZERİNE ETKİSİNİN İNCELENMESİ

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ÖZET

Mezenkimal kök hücreler (MKH), çeşitli dokulardan elde edilen ve çok sayıda hücre hattına farklılaşma kapasitesine sahip multipotent progenitör hücrelerdir. Bu hücreler, uygun koşullarda in vitro ortamda rahatlıkla çoğaltılabilirler. Adipoz doku, MKH izolasyonu için iyi bir kaynaktır. Hücre bölünmesine bağlı olarak, hücrede zamanla telomer fonksiyonlarının bozulması, oksidatif stres ve DNA hasarı oluşmasıyla hücreler senesens (yaşlanma) sürecine girer. Hücre senesens, hücrelerin metabolik olarak aktif olduğu fakat bölünmenin kalıcı olarak durduğu bir süreçtir. N - Asetil Sistein (NAC), çeşitli mekanizmalar yoluyla hücre senesensine karşı etki gösteren glutatyon öncüsü bir antioksidandır ve doğrudan veya dolaylı olarak serbest radikallerin, özellikle oksijen radikallerinin temizleyicisi olarak görev yapar. Bu çalışmada, NAC uygulamasının senesent MKH'ler üzerindeki etkisinin incelenmesi amaçlanmıştır.

Erciyes Üniversitesi Genom ve Kök Hücre Merkezi Transgenik Hayvan Birimi'nden alınan *BALB/c* ırkı erkek fareler kullanılarak Kontrol ve NAC olmak üzere 2 grup oluşturulmuştur. 18. Ayın sonunda yaşlanan bu farelere kısa süreli (2 ay) NAC uygulanmıştır. Çalışma doğrultusunda, farelerden alınan adipoz dokulardan MKH izolasyonu yapılmıştır. Senesens, apoptoz, hücre döngüsü ve proliferasyon testleri yapılarak, NAC'ın senesent MKH'ler üzerindeki biyolojik etkisi incelenmiştir. Ayrıca RT-PCR kullanılarak *P53*, *P21*, *Rb1*, *Atm*, *Bax*, *Bcl-2*, *Cdk6* ve *Siklin B* genlerinin ekspresyon analizleri yapılmıştır. Bu çalışma, Erciyes Üniversitesi Bilimsel Araştırma Projeleri Birimi tarafından (FYL-2020-10710) desteklenmiştir.

Senesens, proliferasyon ve hücre döngüsü testi sonuçlarına göre, kontrol ve NAC grubu arasında anlamlı farklar bulunmuştur. RT - PCR sonuçlarına göre, NAC uygulanan MKH'lerde *P53*, *P21*, *Rb1*, *Atm*, *Bax*, *Bcl-2*, *Cdk6* ve *Siklin B* genlerinin ifadeleri artmıştır. Sonuç olarak, NAC'ın senesens indükleyen bir etkisinin olduğu gözlemlenmiştir. Literatürde, NAC'ın senesens baskıladığına dair çalışmalar mevcuttur. Fakat NAC'ın senesens indüklediğini gösteren bu tarz bir çalışma henüz mevcut değildir. Yapılan bu çalışma, NAC'ın senesens üzerindeki rolünün net bir şekilde belirlenebilmesi açısından literatüre önemli katkı sağlayacaktır.

Anahtar Kelimeler: Apoptoz, Mezenkimal Kök Hücre, N - Asetil Sistein, Senesens

**INVESTIGATION OF THE EFFECT OF N-ACETYL CYSTEINE APPLY ON
MESENCHYMAL STEM CELL SENESENCE**

SUMMARY

Mesenchymal stem cells (MSCs) are multipotent progenitor cells obtained from various tissues and have the capacity to differentiate into a large number of cell lines. These cells can be easily grown in vitro under suitable conditions. Adipose tissue is a good source for MSC isolation. Depending on the cell division, the cells enter the senescence process with the deterioration of telomere functions, oxidative stress and DNA damage over time. Cellular senescence is a process in which cells are metabolically active but division permanently stops. N - Acetyl Cysteine (NAC) is a glutathione precursor antioxidant that acts against cellular degeneration through various mechanisms and acts as a scavenger of free radicals, especially oxygen radicals, directly or indirectly. In this study, it was aimed to examine the effect of NAC application on senescent MSCs.

Using *BALB/c* male mice from Erciyes University Genome and Stem Cell Center Transgenic Animal Unit, 2 groups, Control and NAC, were formed. At the end of 18 months, these aging mice were administered short-term (2 months) NAC. In line with the study, MSCs were isolated from adipose tissues taken from mice. The biological effect of NAC on senescent MSCs was investigated by performing senescence, apoptosis, cell cycle and proliferation tests. In addition, expression analyzes of *P53*, *P21*, *Rb1*, *Atm*, *Bax*, *Bcl-2*, *Cdk6* and *Cyclin B* genes were performed using RT-PCR. This work was supported by Erciyes University Scientific Research Projects Unit (FYL-2020-10710).

According to the senescence, proliferation and cell cycle test results, significant differences were found between the control and NAC groups. According to RT - PCR results, the expression of *P53*, *P21*, *Rb1*, *Atm*, *Bax*, *Bcl-2*, *Cdk6* and *Cyclin B* genes increased in NAC applied MSCs. As a result, it was observed that NAC had a senescence-inducing effect. There are studies in the literature that NAC suppresses senescence. However, there is no such study showing that NAC induces senescence. This study will make a significant contribution to the literature in terms of clearly determining the role of NAC on senescence.

Keywords: Apoptosis, Mesenchymal Stem Cell, N - Acetyl Cysteine, Senescence

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ÖZET

Yaşlılarda beslenme durumları ve ilişkili faktörler ve sonuçların değerlendirilmesi amaçlanmıştır. Çalışmanın tipi sistematik derlemedir. Google akademikte 2018-2020 yılları arası “yaşlılık ve beslenme” anahtar kelimeleriyle 30 makale, “aging and nutrition” anahtar kelimeleriyle 235 makale tespit edildi. Makaleler değerlendirildiğinde 10 özgün araştırma çalışmaya dahil edildi. İspanya’da yapılan bir çalışmada yaşlılar 3,5 yıl takip edildiğinde %5,4’ünde kırılabilirlik saptandı. Kırılabilir olanlar arasında kadın, daha ileri yaş, daha yüksek BKİ daha sık ve çoğu vitamin alımı (A, tiamin, niasin, B6, B12, D, E vitaminleri ve folatlar) daha düşüktü (1). Nepal’de yaşlılarda yapılan çalışmada cinsiyet ve okuryazarlık durumu ile beslenme durumu arasında ilişki saptanmadı (2). Ankara’da yaşlılarda yapılan çalışmada demir eksikliği anemisi, folat ve B12 eksikliği ile hastalık, ilaç kullanımı ve hastalığa özgü beslenme açısından anlamlı bir ilişki saptanmadı (3). Burdur’da yaşlılarda yapılan çalışmada %50’si süt içtiğini ve sütü en çok kış mevsiminde ve sabah tüketmeyi tercih ettikleri belirlenmiştir (4). Kırşehir’de yaşlılarda yapılan çalışmada bireylerin %41’i en çok günlük 6-8 bardak arası su tükettiğini ve %65’i günlük sıvı tüketimin yeterli olduğunu belirtmiştir. Çalışmada yaşlıların %90’ının sıvı açığı olduğu saptanmıştır (5). Kırşehir’de yaşlılarda yapılan çalışmada kadınların erkeklerden daha yüksek BKİ ve üstkol çevresine sahip oldukları saptanmıştır. Yaşlıların %3’ünde malnutrisyon riski, %9’unda da malnutrisyon belirlenmiştir (6). Kırşehir ve Isparta yaşayan yaşlılarda yapılan çalışmada malnutrisyonu olanların %58’i sorunsuz yemek yemekte, %50’si meyve- sebze tüketmekte, %16’sı 5 bardaktan fazla su içmekte ve %50’si beslenme sorununun olmadığını düşünmektedir (7). İstanbul’da yaşlılarda yapılan çalışmada %50’sinin malnutrisyon riski altında, %7’sinin malnutrisyonlu olduğu saptanmıştır. Huzurevinde kalanlar yaşlıların enerji ve makro besin alımları kendi evinde yaşayanlara göre anlamlı derecede düşük tespit edilmiştir (8). İzmir’de yapılan çalışmada yaşlıların %9’unun malnutrisyon riski taşıdığı ve %4’ünün malnutrisyonlu olduğu saptanmıştır (9). Konya’da yapılan çalışmada yaşlıların %67’sinin iştahının iyi, %20’sinin bazen iştahsız olduğu belirlenmiştir. İştahı iyi olan kadınların sıklığı %68, erkeklerin sıklığı %78 dir (10). Çalışmalar yaşlıların beslenme ve sıvı takiplerinin iyi yapılması gerekliliğini göstermektedir.

Anahtar kelimeler: Yaşlılık, beslenme, malnutrisyon

THE RELATIONSHIP BETWEEN AGING AND NUTRITION

ABSTRACT

The purpose of this study was to investigate nutrition, related factors, and results in the elderly population. The study was designed as a systematic review. On Google academic search engine, 30 articles were reached through the keywords "yaşlılık ve beslenme" (Turkish words for aging and nutrition) and 235 articles were reached through the keywords "aging and nutrition," all of which were published between the years 2018-2020. After the articles were examined, 10 original studies were included in the study. In a study conducted in Spain, 5.4% of the elderly participants were found to have vulnerability after they were followed up for 3.5 years. Among the vulnerable, those who were female, older, and had higher BMI were more frequent, and their intake of most vitamins (A, thiamine, niacin, B6, B12, D, E vitamins, and folates) was lower (1). In a study conducted in Nepal on the

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elderly, no relationship was found between gender and literacy and nutrition (2). In a study conducted in Ankara on the elderly population, no significant relationship was found between iron deficiency anemia, folate, and B12 deficiency and disease, drug use, and disease-specific nutrition (3). In a study conducted in Burdur on the elderly population, 50% of the participants were found to drink milk and prefer to consume milk mostly during winter and in the morning (4). In a study conducted in Kırşehir on the elderly population, 41% of the participants stated that they consumed 6-8 glasses of water daily at most and 65% stated that their daily fluid consumption was sufficient. In the study, it was found that 90% of the elderly had fluid deficit (5). In a study conducted in Kırşehir on the elderly population, women were found to have higher BMI values and upper arm circumferences compared to men. 3% of the participants were found to be at malnutrition risk and 9% were found to have malnutrition (6). In a study conducted on the elderly people who lived in Kırşehir and Isparta, 58% of those with malnutrition were found to have no problems in eating, 50% were found to consume fruits and vegetables, 16% were found to drink more than 5 glasses of water daily, and 50% thought that they had no nutritional problems (7). In the study conducted on the elderly in Istanbul, 50% of the participants were found to be at malnutrition risk and 7% were found to have malnutrition. Energy and macronutrient intakes of the elderly population who lived at nursing homes were found to be significantly lower compared to those who lived in their own home (8). In a study conducted in İzmir, 9% of the elderly participants were found to be at malnutrition risk and 4% were found to have malnutrition (9). In a study conducted in Konya, 67% of the elderly participants were found to have a good appetite and 20% were found to have no appetite from time to time. The frequency of women with a good appetite was found to be 68%, and the frequency of men with a good appetite was found to be 78% (10). Studies reveal the necessity of good nutrition and fluid follow-up of the elderly people.

Keywords: Aging, nutrition, malnutrition

DEMANSLI GERİATRİK HASTALARDA DEMİR EKSİKLİĞİ ANEMİSİ

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ÖZET

Giriş:

Yaşlı popülasyonda en sık görülen anemi nedenlerinden biri demir eksikliği anemisi (DEA). Yaşlılarda demir eksikliğinin etiyojisi multifaktöriyeldir. DEA'ı silik semptomlar ile seyretmesine rağmen yaşlı hastalarda ciddi klinik durumlara yol açabilir. DEA'ı demans ve kognitif fonksiyonlardaki bozulmayı tetikleyebilir ve ağırlaştırabilir. Altmış-beş yaş üzerinde DEA'nın prevalansı yaklaşık %17 olduğu bildirilmiştir. Bununla birlikte demanslı hastalarda DEA'nın prevalansı hakkında yeterli çalışma bulunmamaktadır. Biz 65 yaş ve üzeri demanslı hastalarda demir eksikliği anemisinin sıklığını araştırmayı amaçladık.

Yöntem:

Demans polikliniğinde takip edilen 43'ü kadın (77.90±6.56 yıl) ve 46'sı erkek (76.28±6.30 yıl) toplam 89 demans hastası çalışmaya dahil edildi. Hastaların demografik verileri ve laboratuvar verileri kaydedildi. Ferritin düzeyinin 30 µg/L altındaki değerleri demir eksikliği olarak kabul edildi.

Bulgular:

Otuz-dokuz (%43.8) hastamızda demir eksikliği saptadık. Bu hastaların 16'sında hemoglobin düzeyinde düşüklük mevcuttu.. Hastalarımızın sadece 8'i demir replasman tedavisi alıyordu. Demir eksikliği etiyojisi için iki hastaya endoskopik işlem yapıldığı, birinde eroziv gastrit diğerinde ise ülseratif kolit tanısı konduğu tespit edildi. Demir eksikliği saptanan ve saptanmayan hastalar cinsiyet açısından benzerdi (p:0.621). Demir eksikliği sıklığı komorbid hastalığı olanlarda (%51.7) komorbid hastalığı olmayanlardan (%29.0) anlamlı olarak daha yüksekti (p:0.040).

Tartışma:

Yaşlılarda DEA'nın en sık nedenleri olarak gastrointestinal sistemden kan kayıpları, maligniteler, malnütrisyon, malabsorbsiyon, infeksiyonlar ve ilaçlar olarak sıralanabilir. DEA'ı fiziksel performans azalmasına, kardiyak fonksiyonlarda bozulmaya, düşme riskinde artmaya yol açması yanı sıra bilişsel ve davranışsal fonksiyonlarda bozulmalara yol açabilir. Bu sorunlar zaten önemli bir bilişsel soruna sahip olan demanslı hastalarda geç fark edilebilir. Çalışmamızda 65 yaş üzeri demanslı hastalarda DEA sıklığını beklenenden yüksek bulduk. Bu nedenle demanslı hastaların poliklinik takiplerinde demir eksikliği açısından da kontrolleri yapılmalıdır. Hastalarda hemoglobin düzeyi düşmesi beklenmemeli ferritin ve tranferrin saturasyonu gibi testler ile demir eksikliği erken dönemde teşhis edilmeye çalışılmalıdır. Kötü sonuçlardan kaçınmak için demir eksikliği tedavisinin erken başlanması önemlidir. Ancak altta yatan nedenlerin araştırılması hasta morbiditesi ve mortalitesi açısından daha da önemlidir.

Keywords: Demans, anemi, ferritin

IRON DEFICIENCY ANEMIA IN GERIATRIC PATIENTS WITH DEMENTIA

ABSTRACT

Aim

One of the most common causes of anemia in the elderly population is iron deficiency anemia (IDA). The etiology of iron deficiency in older people is multifactorial. Although IDA progresses with mild symptoms, it can lead to serious clinical conditions in elderly patients. In addition, IDA may trigger and aggravate dementia symptoms and cognitive impairment. The prevalence of IDA over the age of 65 has been reported to be approximately 17%. However, there are no adequate studies on the prevalence of IDA in patients with dementia. Therefore, we aimed to investigate the frequency of IDA in patients over 65 with dementia.

Method

A total of 89 dementia patients, 43 female (77.90±6.56 years) and 46 male (76.28±6.30 years), followed in the dementia outpatient clinic were included in the study. Demographic data and laboratory data of the patients were recorded. Ferritin levels below 30 µg/L were considered iron deficiency.

Results

We found iron deficiency in thirty-nine (43.8%) patients. Sixteen of these patients had low hemoglobin levels. Only 8 of our patients were receiving iron replacement therapy. An endoscopic procedure was performed in two patients for the etiology of iron deficiency. One of them was diagnosed with erosive gastritis and the other with ulcerative colitis. Patients with and without iron deficiency were similar in terms of gender (p:0.621). The frequency of iron deficiency was significantly higher in patients with the comorbid disease (51.7%) than in patients without the comorbid disease (29.0%)(p:0.040).

Conclusion

The most common causes of IDA in the elderly are blood loss from the gastrointestinal tract, malignancies, malnutrition, malabsorption, infections, and drugs. IDA can lead to a decrease in physical performance, deterioration in cardiac functions, an increase in the risk of falling, and deterioration in cognitive and behavioral functions. These problems may be noticed late in patients with dementia who already have a significant cognitive problem. In our study, we found the frequency of IDA to be higher than expected in patients with dementia over the age of 65. For this reason, patients with dementia should also be checked for iron deficiency during their outpatient follow-up. Iron deficiency should be tried to be diagnosed at an early stage with additional tests such as ferritin and transferrin saturation, without waiting until the patient's hemoglobin level decreases. Early treatment of iron deficiency is essential to avoid bad outcomes. However, investigating the underlying causes is even more critical regarding patient morbidity and mortality.

Keywords: Dementia, anemia, ferritin

**GERİATRİK HASTALARDA SIK GÖRÜLEN YANIK NEDENİ SICAK SU TORBASİ
PATLAMASINDA; NADİR GÖRÜLEN YANIK BÖLGELERİ TEDAVİLERİ**

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ÖZET

Giriş

Yanık, hareket kısıtlılığı artan ve kronik hastalıkları gelişen geriatri yaş grubu hastalarda daha ağır ciddi problemlere neden olabilen bir travmadır.Fizyolojik deri yapısında değişim yanık hadisesinin daha etkin zarar vermesine neden olur.

Amaç

Geriatric grubu hastaların her türlü hastalığa ve travmaya çok daha duyarlı olduğu fizyolojik bir gerçekliktir.Yanık olayları geriatri grubunda en sık haşlanma ve alev yanıkları şeklinde görülmektedir.Haşlanma yanıklarında ise en sık etkenlerden biri sıcak su torbası patlaması veya uzun süre teması ile oluşmaktadır. Sıcak su torbası ile yanık kolay önlenebilecek bir halk sağlığı problemidir.

Gereç, yöntem ve bulgular;

Eskişehir Şehir Hastanesi Yanık Merkezi 2 yıllık geçmişinde 3000 den fazla hastaya poliklinik hizmeti vermiştir. Bu hastaların 194 tanesi geriatri(65 yaş üstü) hasta grubudur.135 hastanın haşlanma yanığı ile takip edildiği polikliniğimizde 39(%28) hasta sıcak su torbası yanığı ile takip edilmiştir.Sık görülen ayak ve uyluk alanları yanıkları iken biz nadir görülen ve tedavisi daha zor olan olguları irdemek istedik.13(%33) olgu bu aşamada değerlendirildi. 7(6e1k) hasta meme ve axiller alan yanığı,4(4e) hasta skrotum ve penis yanığı ve 2 hasta anal bölge yanığı (2e) olarak gözlemlendi.Yanık yüzdelerinden bağımsız bu alanların hepsinin tedavisi daha uzun ve zor oldu. Birden fazla operasyon ,birden fazla tedavi yöntemi peşpeşe uygulandı.Meme axiller alan yanıklarında meme dokusunun yapısından dolayı eskarektomi ve eskarotomiler sonrası vac uygulamaları yapıldı.Sonrasında greftleme yapıldı. Her hasta ortalama 5 kez(3-8)opere edildi.Perine ve anal bölgelerde ise eskakektomi sayıları daha fazla uygulandı. Hassas bölgeler kanlanma alanları daha iyi olsa da ameliyatlara çok kez uygulandı.İyileşme aşamasında greftlemeler yapıldı.Ortalama 3 (2-5)ameliyatla bu 6 vaka tedavi edildi.

Sonuç

Bu nadir yanık alanlarının ortak özellikleri zor ulaşılabilen ve yanıcı maddeden vücudu uzaklaştırmanın güç olduğu alanlardır. Geriatric dönemi yanık hastaları tedavisi güç ,seyri ciddi hasta gruplarıdır.Nadir görülen bu bölge yanıklarına neden olan ve toplumda sık görülen sıcak su torbası patlamaları kolay önlenbilir halk sağlığı sorunudur.Sıcak su torbasının kullanım şekli,torbaların kalitesi hakkında toplumsal bilinçlendirme koruyucu bir nitelik taşıyacaktır kanaatindeyiz.

Anahtar kelimeler: sıcak su torbası, yanık, geriatrik yaş

TREATMENTS OF RARE BURN AREAS IN HOT WATER BAG EXPLOSION AS A COMMON CAUSE OF BURNS IN GERIATRIC PATIENTS

SUMMARY

INTRODUCTION

Burn is a trauma that can cause more serious problems in geriatric patients with a limited range of motion and chronic diseases. The change in the physiological skin structure causes the burn event to cause more effective damage.

AIM

It is a physiological reality that geriatric patients are much more susceptible to all kinds of diseases and traumas. Burn events are most frequently seen in the geriatric group as scalding and flame burns. One of the most common causes of scalding burns is the explosion of a hot water bag or prolonged contact. Burning with a hot water bag is a public health problem that can be easily prevented.

MATERIAL METHODS AND FINDINGS

Eskişehir City Hospital Burn Center has provided outpatient services to more than 3000 patients in its two-year history. 194 of these patients are in the geriatric group (over 65 years old). In Eskişehir City Hospital Burn Center, where 135 patients with scalding burns were followed up, 39 (28%) of those patients were treated with hot water bag burns. While foot and thigh burns are common in burn types, cases that are rare and more difficult to treat are discussed in this study. 13 (33%) cases were evaluated at this stage. 7(6e1k) patients had breast and axillary burns, 4(4e) patients had scrotum and penile burns, and 2 patients had anal burns (2e). Regardless of the burn percentage, the treatment of all these areas was recorded as longer and more difficult. In more than one operation, more than one treatment method has been applied one after the other. Vac applications have been made following escharotomy and escharotomy due to the structure of the breast tissue in breast axillary burns. Grafting was then carried out. Each patient has operated on an average of 5 times (3-8). Escharotomies were performed more frequently in the perineum and anal areas. Even though sensitive areas have better blood supply areas, surgeries have been conducted on numerous times. Grafting was done during the recovery phase. These six cases were treated with an average of 3 (2-5) operations.

RESULTS

The common features of these rare burn areas are areas that are difficult to reach and difficult to remove from the body from the combustible material. Hot water bag explosions, which are the cause of these rare local burns and are common in the community, are an easily preventable public health problem. As a result of this research, it has been determined that increasing public awareness regarding the use of hot water bags and the quality of the bags will be protective.

Keywords: Hot Water bags ,burns,geriatric age

GERİATRİK YAŞ GRUBUNDA KAROTİS ARTER HASTALIĞI VE ENDOVASKÜLER TEDAVİ

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ÖZET

Amaç: İnme halen dünya çapında ölümlerin ve engellilik gelişiminin en sık nedenlerinden biridir. Yaş inme için değiştirilemez bir risk faktörü olup yaş arttıkça inme prevalansı artmaktadır. 65 yaş ve üstü kişilerde iskemik inme prevalansı yüz binde 300 iken 65 yaş altında 176'dır. Tüm iskemik inmelerin neredeyse dörtte birinin etiolojisinde karşımıza karotis arter darlıkları (KAD) olarak çıkmaktadır. Son yıllarda yapılan birçok klinik çalışma, semptomatik KAD olan hastalarda karotis arter stentlemesi (KAS) veya karotis endarterektomi (KEA) ile karotis revaskülarizasyonunun yararlarını göstermiştir. Günümüzde özellikle yeni geliştirilen cihaz ve yöntemlerle KAS, standart KEA'ya alternatif olarak kabul edilebilir bir tedavi yöntemi haline gelmiştir. Bu çalışmada iskemik inme nedeniyle KAS uygulanan 65 yaş üstü olguların incelenmesi amaçlanmıştır.

Yöntem: Ocak 2017-Temmuz 2019 tarihleri arasında Necmettin Erbakan Üniversitesi Meram Tıp Fakültesi Hastanesine iskemik inme ile başvuran, etiolojisinde KAD saptanarak KAS kararı verilen 65 yaş ve üstü 79 olgu retrospektif olarak incelenmiştir.

Bulgular: 79 olgunun 18'i kadın 61'i erkek olup yaş ortalaması $73,39 \pm 5,40$ idi. En sık eşlik eden komorbiditelerin %87 ile hipertansiyon ve %63 ile hiperlipidemi olduğu gözlemlendi. Bunları %54 ile koroner arter hastalığı ve %39 ile diyabetes mellitus takip etmekteydi. Olguların %59,5'i öncesinde geçici iskemik atak yaşamışlardı. Radyolojik incelemede olguların 46'sında tek taraflı 33'ünde de bilateral KAD olduğu gözlemlendi. Bilateral karotis darlığı olan 33 olgunun 21'ine unilateral 12'sine bilateral stentleme yapıldığı gözlemlendi. Stentleme sonrası 8 olguda yeni iskemik inme gözlenirken bunlardan sadece 3 tanesinde hastane yatışının ortalama 3 gün uzadığı gözlemlendi. Tüm olgulara 1 ay sonra doppler ultrasonografi ile yapılan kontrollerde stent açıklıklarının tam olduğu izlendi. Olguların inme sonrası mRS ortalaması $1,46 \pm 0,71$ iken stentleme işleminden 30 gün sonra $1,05 \pm 0,77$ idi.

Sonuç: Bu veriler 65 yaş üstü iskemik inmeli olgularda endovasküler stentleme yönteminin güvenli olduğuna ve erken dönemli fonksiyonel sonuçlarının olumlu olduğuna işaret etmektedir.

Anahtar kelimeler: Geriatri; Karotis Arter Hastalığı; Endovasküler Tedavi

CAROTIS ARTERY DISEASE AND ENDOVASCULAR TREATMENT IN THE GERIATRIC PATIENTS

ABSTRACT

Objective: Stroke remains one of the most common causes of death and disability development worldwide. Age is an unchangeable risk factor for stroke, and the prevalence of stroke increases with age. While the prevalence of ischemic stroke in people aged 65 and over is 300 per hundred thousand, it is 176 under 65 years of age. Carotid artery stenosis (CAD) is the etiology of almost a quarter of all ischemic strokes. Many clinical studies in recent years have demonstrated the benefits of carotid revascularization with carotid artery stenting (CAS) or carotid endarterectomy (CEA) in patients with symptomatic CAD. Today, especially with newly developed devices and methods, CAS has become an acceptable treatment method as an alternative to standard CEA. In this study, it was aimed to examine the cases over 65 years of age who underwent CAS due to ischemic stroke.

Methods: Between January 2017 and July 2019, 79 patients aged 65 years and older who applied to Necmettin Erbakan University Meram Medical Faculty Hospital with ischemic stroke and were diagnosed with CAD which performed CAS were retrospectively analyzed.

Results: 18 of the 79 cases were female and 61 were male, and the mean age was 73.39 ± 5.40 years. The most common comorbidities were hypertension (87%) and hyperlipidemia (63%). These were followed by coronary artery disease (54%) and diabetes mellitus (39%). 59.5% of the cases had transient ischemic attack in their history. In the radiological imaging, it was observed that 46 of the cases had unilateral CAD and 33 of them had bilateral CAD. It was observed that 21 of 33 cases with bilateral carotid stenosis were unilaterally stented and 12 were bilaterally stented. While new ischemic stroke was observed in 8 cases after stenting, it was observed that hospital stay was prolonged by an average of 3 days in only 3 of them. No restenosis was observed in any of the carotid doppler at 1 month follow-ups. While the mean mRS of the cases was 1.46 ± 0.71 after stroke, it was 1.05 ± 0.77 30 days after stenting.

Conclusion: These results indicate that endovascular stenting method is safe in ischemic stroke patients over 65 years of age and that early-term functional outcomes are favorable.

Keywords: Geriatrics; Carotid Artery Disease; Endovascular Treatment

GASTRIC CANCER SURGERIES IN A SINGLE CENTER : IS IT SAFE IN ELDERLY PATIENTS ?

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ABSTRACT

Backgrounds

Gastric cancer is one of the most common malignancies worldwide. Surgery is still the only treatment option for gastric cancer patients. The elderly population is increasing worldwide, and life expectancy has also consistently increased in most countries. This study aimed to investigate postoperative results of gastric cancer surgeries in both the elderly and younger population in a single center.

Methods

Data regarding patients underwent elective gastric cancer surgery between May 2019-May 2021 at Marmara University Hospital were examined retrospectively. Emergent surgeries were excluded from the study. Clinical characteristics, neoadjuvant chemotherapy, laboratory values, postoperative hospital stay, operation type, Clavian-Dindo grade III or higher complication, pathological results were recorded. The result was examined under two groups: age <70 and >70.

Results

The number of eligible patients was 143. Patient characteristics such as gender and BMI were similar between the two groups. Neoadjuvant chemotherapies was significantly higher in <70 group [23% vs 8% (p : 0.04)]. Operation procedures (proximal, distal, total gastrectomy) were similar between the two groups. Although mean pre-operative albumin and postoperative hemoglobin concentrations were lower in the >70 age group, Clavian-Dindo grade III or higher complications and combined-organ resections were similar among the two groups. In two groups, no per-operative (30 days after surgery) mortalities (30 days after surgery) were seen. Pathological results were similar between the two groups.

Discussion

Surgical resections were still the only curative procedure for gastric cancer. This study showed that surgical resections could be performed safely in the elderly patient population.

Keywords : Elderly, Gastric Cancer, Surgery

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Total N: 143 Median (IQR)-Mean (\pm SD)	<Age 70 (N: 107)	>Age 70 (N: 36)	p
Gender Female	38	15	0,509
Male	69	21	
BMI (Kg/m ²)	25.1(\pm 4,1)	24.9(\pm 4.1)	0,667
Neoadjuvant (Total N : 144**)			0,04
Yes	25	13	
No	82	23	

(SD: Standart Deviation, BMI: Body Mass Index, IQR: InterQuartile Range)

Table 1: Patient demographics in both age groups.

Total N : 143 Median (IQR)-Mean (\pm SD)	<Age 70 (N: 107)	>Age 70 (N: 36)	p
Surgery Type			0,229
DSG	45	17	
PSG	2	1	
TG	60	18	
Postoperative Hospital Time (Days)	5(3)	6(3)	0,130
Complications			0,313
Yes	16	8	
No	91	28	
Combined Organ Resection			0,321
Yes	14	6	
No	93	30	
Tumor Markers			
CEA(μ g/L)	1.79 (2.24)	1.96(2.16)	0,215
CA 19-9(U/ml)	13.3(17.7)	11.7(25.8)	0,939
CA 125(U/ml)	8,2(5.8)	9.8(10,5)	0,846
Pre-Operative Hb(g/dL)	12.2(\pm 2,1)	11.5(\pm 2)	0,100
Post-Operative Hb(g/dL)	10,3(\pm 1,9)	9,5(\pm 1,7)	0,035
Pre-Operative Albumin(g/L)	3.9(\pm 0.4)	3,6(\pm 0.6)	0,005

(SD : Standart Deviation, IQR : InterQuartile Range)

Table 2 : Operative Results in both age groups. DSG : Distal Subtotal Gastrektomi PSG : Proksimal Subtotal Gastrektomi TG : Total Gastrektomi

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

Total N: 143 Median (IQR)-Mean (\pm SD)	<Age 70 (N: 107)	>Age 70 (N: 36)	p
Stage T			
T1	15	6	0.219
T2	8	0	
T3	32	8	
T4	52	22	
Stage N			
N0	29	11	0.680
N1	20	4	
N2	22	8	
N3	36	13	
Pathological Stage			
Full Response	2	0	0,735
Stage I	18	5	
Stage II	23	6	
Stage III	59	21	
Stage IV	6	4	
Lymphovascular Invasion			
Yes	81	30	0.342
No	26	6	

(SD: Standart Deviation, IQR: InterQuartile Range)

Table 3: Pathological outcomes in both age groups

COLONOSCOPICAL RESULTS DIFFERENCE IN ELDER PATIENTS

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ABSTRACT

Purpose: World population is getting older day by day due to increasing life expectancy. It leads to an increase in the number of geriatric patients. In addition, more colonoscopies are needed to be performed on elderly patients. This study aims to compare the colonoscopy results of geriatric patients with younger adult patients.

Methods: The colonoscopies performed between January 2021 and December 2021 in the endoscopy unit of Marmara University Hospital General Surgery Clinic were retrospectively analyzed. Patients underwent colonoscopy were divided into two groups; geriatric (over 65 years old) and adult (18-65 years old). We compared the groups regarding gender, age, and endoscopic diagnosis.

Results: The Colonoscopical examinations were performed on 1127 people in the adult group and 340 people in the geriatric group. The mean age was 48,46 years in the Adult group while 71,67 in the Geriatric group (Table 1). There was no statistical difference in gender between the groups. There was no statistical difference between the groups in the diagnosis of control after surgery, benign anorectal diseases, and inflammatory bowel diseases (Table 2). While the number of patients diagnosed with malignancy, diverticulosis and polyps during colonoscopy was statistically higher in the geriatric group (respectively $p=0.037$, $p=0.009$, $p=0.003$), the number of colonoscopies with a normal diagnosis was statistically significant higher in the adult group ($p<0.001$)(Table 2).

Conclusion: Disease incidences in the geriatric group differed from the younger adult group. Therefore, this should be considered when planning colonoscopy in the elderly patient population.

Keywords; adult, colonoscopy, endoscopy, geriatric

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

	Total (n=1467)	Geriatric (n=340)	Other (n=1127)
Age			
Mean	53,93	71,67	48,46
Median(Range)	54(18-92)	71(65-92)	50(18-64)
Gender	n(%)	n(%)	n(%)
Female	679(46.3%)	158(46.5%)	521(46.2%)
Male	798(53.7%)	182(53.5%)	606(53.8%)

Table 1. Age and Gender Distribution of the Groups

	Total (n=1467)	Geriatric (n=340)	Other (n=1127)	p value (Chi Square)
Diagnoses	n(%)	n(%)	n(%)	
Normal	663 (45.2%)	115 (33.8%)	548 (48.6%)	p<0.001
Polyp	323 (22.0%)	95 (28.0%)	228 (20.2%)	p=0.003
Diverticulosis	49 (3.3%)	19(5.6%)	30 (2.7%)	p=0.009
Malignancy	105 (7.2%)	33 (9.7%)	72 (6.4%)	p=0.037
Control After Surgery	216 (14.7%)	60 (17.6%)	156 (13.9%)	p=0.083
Benign Anorectal Diseases	62 (4.2%)	10 (2.9%)	52 (4.6%)	p=0.179
Inflammatory Bowel Diseases	49 (3.4%)	8 (2.4%)	41 (3.6%)	p=0.248

Table 2. Colonoscopic Diagnoses

THE CURRENT CHALLENGES OF MENTAL HEALTH WORK FORCE'S IN INDIA

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ABSTRACT

The advances in physiological research and other health sciences bring new development that enhances the concept of health and illness into a more extensive understanding. The new idea of health views the human ill experience as combining the biological, psychological, social, and spiritual factors that need the biopsychosocial-spiritual assessment alongside treating the physical pain symptoms. According to the World Health Organization (WHO), health is not merely the absence of disease symptoms alone. It is the whole person's well-being regarding the individual physical, psycho-emotional, mental, and socio-spiritual well-being. The psychological understanding of illness and symptoms surpassed the biomedicine knowledge in delivering the whole person treatment that produces the quality of life. The modern holistic concept makes the role of psychologists in health sciences a growing concern that draws special attention as health expand from its bio-medicinal realm to the psychosocial-spiritual well-being. Unfortunately, the role of psychologists in health science remains unclear in many clinical practices in the country. None is more effective than assessing the patient's emotional sufferings and mental disharmony for the whole's quality of life and well-being. The psychological approach to health care is also an essential effective treatment plan and policy in clinical practices.

Objective: The ultimate aim is to study the new concept and the current state of India's mental health and well-being. It is also to analyze and identify the contributions of the psychologists in restoring, maintaining, and promoting health and well-being for quality of life.

Methods: The current study is a qualitative analysis of the existing documents and literature.

Key Words: Mental Health, Wellbeing, Psychological Assessment, Quality of Life

PAPER TITLE (DEVIANT BEHAVIOUR IN ADOLESCENTS, THE IMPACT OF CHILD ABUSE AND AGGRESSION)

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ABSTRACT

Deviant behavior is an adverse phenomenon, and engaging in deviant behavior during adolescence is a predictor of a range of problematic outcomes, such as delinquency, aggression, or substance abuse, well into adulthood (Lansford et al., 2002). The present study was intended to determine the relationship between child abuse, aggression and deviant behaviour among adolescents. It was hypothesized that there is likely to be a relationship between child abuse, aggression and deviant behaviour. It was hypothesized that child abuse is likely to predict deviant behaviour. It was also hypothesized that aggression is likely to predict deviant behaviour. Moreover, it was also hypothesized that aggression is likely to mediate between child abuse and deviant behaviour. A correlational research design was used to assess the relationship between variables. A purposive sampling technique was used to recruit the sample. The sample comprised (N= 300) school and college students aged 13-19 years. The questionnaires for collecting data included the Child Abuse Scale developed by Mohammadkhani et al. (2003), The Aggression Scale by Orpinas and Frankowski (2001) and the Deviant Behavior Scale by Mushtaq and Kausar (2018). Results revealed a positive relationship between child abuse, aggression and deviant behavior. It was also revealed that child abuse and aggression positively predicted deviant behaviour in adolescents. Moreover, child abuse positively correlated with aggression and aggression mediated the relationship between child abuse and deviant behaviour.

Key words: child abuse, aggression, deviant behaviour

EFFECT OF ONONIS ANGUSTISSIMA LAM EXTRACT ON THE ALUMINUM ALTERATIONS OF THE INTESTINAL HISTOLOGY

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Description of the subject: *Ononis angustissima lam* (Oa) is an endemic plant of Saharan region with a therapeutic property. However, the aluminum (Al) is a toxic element widely distributed in nature.

Objectives: this study aims to evaluate the effect of the decocted aqueous extract of Oa (yield=14.40%) on intoxicated adult rats by AlCl₃ (100 mg/kg).

Results: These findings indicate that Al induced a significant decrease of the organ weight ($p < 0.001$) and a histological impairment in the small intestine including hyperplasia of lymphoid tissue, erosions of the villi, increasing the numbers of goblet cells, however, the treatment with aqueous extract of Oa revealed an anti-inflammatory effect, epithelial regeneration and a regulation of the goblet cells.

Conclusion: It is concluded that Al produces an intestine structural change and the plant Oa limit this damage which can lead to valuable drug discovery.

Keywords: *Ononis angustissima lam*; Aluminum; Intestine.

**THE COMPARATIVE DIAGNOSTIC PERFORMANCE OF AUTOMATED BREAST
ULTRASOUND (ABUS), HAND-HELD ULTRASOUNDS (HHUS), AND MAMMOGRAPHY
IN WOMEN WITH DENSE BREAST**

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ABSTRACT

PURPOSE: To compare the diagnostic performance of ABUS, HHUS, and mammography in the detection of breast cancer among women with dense breast.

MATERIALS AND METHODS: Between October 2021 and February 2022, 101 women with BI-RADS 4, density type C and D after standard mammography were performed HHUS and ABUS. All the lesions were histologically verified.

RESULTS: 110 lesions were identified, 97 by standard mammography, 101 by HHUS, all 110 lesions visualized by ABUS. 41 of them were malignant and 69 benign.

For ABUS there were 37 true-positive, 60 true-negative, 9 false-positive, and 4 false-negative cases. ABUS demonstrated greater effect in detection breast cancer, the sensitivity for ABUS was 90.24% (95% CI, 76.87% -97.28%), higher HHUS by 7,31% and mammography by 12,19%; the specificity for ABUS was 86.96% (95%CI, 76.68% - 93.86%), higher HHUS by 4,35%, and mammography by 2,9%; diagnostic accuracy for ABUS was 90.08% (95% CI, 82.91% - 94.96%), higher HHUS by 7,17% and mammography by 11,78%. Also, diagnostic sensitivity of ABUS in combination with mammography was 95,12 % (95%CI, 83,47-99,40%) and higher – 4,25%, than HHUS in combination with mammography.

CONCLUSION: ABUS accurate tool for breast cancer detection, in combination with mammography, evaluated high sensitivity. ABUS allows identifying additional lesions in women with dense breasts. Also decreased operator-dependence and high reproducibility for further diagnosis.

IMUNIPLANT CAN INFLUENCE DISFUNCTIONAL IMMUNE RESPONSES IN ELDERLY PEOPLE

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ABSTRACT

Background The immune system plays a vital role in keeping the body healthy by providing a fine balance between the elimination of invading pathogens and the maintenance of tolerance to healthy self-tissue. It is now evident that the gut microbiota has a profound effect on the host immune system and can affect autoimmune-related diseases. The interactions between the gut microbiota and host immunity are complex, dynamic and context-dependent. The gut microbiota and its metabolites have been shown to influence immune functions and immune homeostasis both locally and systemically. Antibiotic treatments, vaccinations and hygiene practices all can alter gut microbiota composition.

Objectives To demonstrate role of Imuniplant in the management of dysfunctional immune responses. The direct modulation of gut microbiome that could diminish inflammatory responses and ameliorate adaptive immune responses is major pathway to stabilize immunosenescence.

Materials and methods Recent reports indicate that dysbiosis is increased in aging. Imuniplant modulation of the immune system has applications within the clinical setting, but can also have a role in the aging population, acting to reduce or delay the onset of immune-mediated chronic diseases. Ongoing research in this field will ultimately lead to a better understanding of the role of diet and Imuniplant in immune function and inflammation in elderly people.

Results A dysfunctional immune system can cause a whole range of pro-inflammatory conditions like impaired gut function, weakened responses to new infection. Imuniplant may restore the composition of the gut microbiome and introduce beneficial functions to gut microbial communities, resulting in amelioration or prevention of gut inflammation and other systemic diseases.

Conclusion The composition of the gut microbiota changes with age. The gut microbiota is considered to be a master regulator of immune homeostasis. Besides modifying the gut microbiota, Imuniplant modulates the immune system in elderly people

Keywords: aging, dysfunctional immune responses, gut microbiota, immunomodulation, Imuniplant

**LINKS OF GUT MICROBIOTA COMPOSITION IN PATIENTS SUFFERING FROM
ALCOHOLIC DEPENDENCE**

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ABSTRACT

Background Alcohol is another dietary disruptor of the intestinal microbiota. Alteration in the composition of the gut microbiota has recently been shown to be present in psychiatric disorders, which suggests the possibility of gut-to-brain interactions in the development of alcohol dependence.

Objectives To identify the changes in the composition of the gut microbiota affected by alcohol, and to explore whether changes in gut permeability are linked to gut-microbiota composition in alcohol-dependent subjects.

Materials and methods Dysbiosis can be caused by alcoholic beverage consumption. We examine alcohol-induced effects on microbiota and how interventions targeted at normalizing alcohol-induced dysbiosis may mitigate some of the detrimental effects of alcohol.

Results Alcoholic dependence was inversely associated with the levels of butyrate-producing. Subjects with increased gut permeability also had altered composition and activity of the gut microbiota. These results suggest the existence of a gut-brain axis in alcohol dependence, which implicates the gut microbiota as an actor in the gut barrier and in behavioral disorders. Alcohol-associated diseases can be controlled by gut microbiota, and it can be considered a 'hidden organ' with essential functions in host homeostasis

Conclusion This paper addresses the effect of alcohol consumption on the microbiota in the gastrointestinal tract. The intestinal hyperpermeability due to alcohol intake makes it easier for bacterial cells and their metabolites to enter the portal and the systemic circulation system, thus changes in gut microbiota, due to alcohol, can affect the gastrointestinal tract and other organs in the body. Alcohol-dependent subjects developed gut leakiness.

Keywords: alcoholic dependence syndrome, gut microbiota; gut permeability; gut-brain axis

**THE RELATIONSHIP BETWEEN THE GUT MICROBIOME AND SKIN DISORDERS:
IMPACT OF NUTRACEUTICALS DENIPLANT**

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ABSTRACT

Background Psoriasis is a chronic inflammatory skin disease. It is also defined as an immune-mediated pathology, with cutaneous and systemic manifestations that has numerous consequences on the quality of life of patients who suffer from it. New evidences suggest that the microbiome may play a pathogenic role in psoriatic disease. A better understanding of the psoriatic microbiome can lead to the development of new therapeutic modalities that target the shifting microbiota.

Objectives Nutrition plays an important role in the development of psoriasis and it can modulate microbiota composition. Food choices may have a crucial role in the pathogenesis of psoriasis. The objective of this study was to summarize the potential action of Deniplant nutraceuticals in psoriasis on inflammation.

Materials and methods The microbiome has increasingly become a topic of interest with its implication in psoriasis. Changes in the microbiome may trigger psoriasis and influence the course of the disease. The use of Deniplant nutraceuticals could be interesting in disease management.

Results Composition of skin and gut microbiota is an important factor in modulation of inflammation and disease course in psoriasis. There is a significant association between alterations in gut microbial composition and psoriasis;

Conclusion Nutrition can be a key factor for the development and progress of psoriasis. Supplementation of appropriate nutraceutical may improve the quality of patient's life and have positive impact on overall state of disease. The changes in microbiome under psoriasis treatment can serve as a potential biomarker of positive response to the Deniplant nutraceuticals.

Keywords: microbiome, nutraceuticals, psoriasis management,

**UNDERSTANDING MICRORNA AND WNT SIGNALING PATHWAY CROSSTALK
BEHIND THE EXPRESSION LEVEL OF PTEN AND RB1 GENES IN PROSTATE CANCER**

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ABSTRACT

Cancer is characterized by undesired and uncontrolled cellular proliferation and differentiation. Prostate cancer has been ranked 2nd most common cancer type out of all cancers found in males across the globe. The onset of the genetic mutations as well as epigenetic factors is responsible for altering the cellular machinery that regulates the cell cycle. Genetic and molecular players of prostate cancer have been studied widely in oncological investigations. The role of some genes such as PTEN and RB1 genes are evident as a tumor suppressor in the tumor of different tissue. The current study was designed to analyze the potential expression level of the PTEN and RB1 genes in prostate cancer and understanding the cross-talk of miRNA and WNT signaling pathways. Biopsy samples of prostate gland from positive prostate cancer patients were collected from PINUM health care facility and were preserved in 10 % formalin for histopathology as well as in RNA later for mRNA extraction. Gene expression analysis was carried out by using qRT-PCR. Results revealed a significant ($P<0.05$) downregulation of onco-suppressive PTEN and RB1, on other hand a significant ($P<0.05$) up-regulation of Mi-140, Mi-145 and Mi-328 was also observed. Histopathological examination showed multi-layering, hyperplasia, glandular shape disruption, integrity and a complete distortion of the alveolar structure of the prostate gland. The result was statistically analyzed by ANOVA and DMR and a Graph pad of prism was used for geographical representation.

Key words: Nanodrop spectrophotometer, qRT-PCR, cDNA.

CONSTRUCTION OF A RISK PREDICTION MODEL FOR HYPOGLYCEMIA DURING HEMODIALYSIS IN ELDERLY PATIENTS WITH DIABETIC NEPHROPATHY

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ABSTRACT

Objective To identify the risk factors of hypoglycemia in elderly patients with diabetic nephropathy during hemodialysis, to build a prediction model.

Methods A total of 134 eligible patients admitted to blood purification centers from March to June 2021 were selected by convenience sampling. A self-designed questionnaire was used to investigate the influencing factors of dialysis hypoglycemia, and the occurrence of hypoglycemia during hemodialysis was taken as the dependent variable. Logistic regression analysis was performed to construct the prediction model. The area under the receiver operating characteristic curve(AUC) was used to test the prediction effect of the model.

Results The risk prediction model for hypoglycemia during hemodialysis in elderly patients with diabetic nephropathy included 3 predictors of iPTH (OR=1.003), average dry weight in recent three months (OR=0.617), and BMI (OR=2.327). $\text{Logit}(P)=1.204 \times \text{BMI} - 0.483 \times \text{average dry body weight in recent three months} + 0.003 \times \text{iPTH} + 1.495$. The AUC of the prediction model was 0.825 with the sensitivity of 0.707, the specificity of 0.871, the accuracy of 86%, and the Youden index of 0.578, indicating satisfactory prediction effects.

Conclusion The prediction model constructed by combining patients' iPTH, average dry weight in the recent three months, and BMI can effectively predict the occurrence of hypoglycemia during hemodialysis in elderly patients with type 2 diabetic nephropathy, which has certain clinical applications and promotion value.

Key words: Aged; Diabetic Nephropathy; Hemodialysis; Hypoglycemia; Predicting model

DIABETIC FOOT ULCER ASSOCIATED WITH CELLULITIS: A MEDICATION THERAPY

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ABSTRACT

Cellulitis is a bacterial infection of the lower limbs of the foot that typically affects the dermis and subcutaneous layer of the foot. It is caused by a variety of bacteria. An ulcer on the foot caused by Diabetes Mellitus (DM) is a common consequence of the disease and a primary contributor to the development of the ulcer. These diabetic foot ulcers are the result of uncontrolled blood glucose levels. It causes the blood supply to the toes and legs to be reduced, as well as the breakdown of skin tissues, which may result in infection. In this case study, the most effective learn about efforts were made to prevent the diabetic foot ulcer of a patient, which was mostly caused by cellulitis. However, other infections may also grow rapidly in the diabetic condition, as was the case in this study. The affected person has a diabetic foot ulcer that has spread throughout the dorsum of the proper foot and has extended below the bone and above the ankle. Several medications and non-stop insulin therapy were used to treat his diabetic foot ulcer with cellulitis, which was caused by cellulitis. Antibiotics such as amoxicillin, ceftriaxone, and clindamycin had been given to the patient in order to speed up the healing process. In this clinical investigation, it was demonstrated that antibiotics such as vancomycin, linezolid, and ceftriaxone were effective in the treatment of diabetic foot ulcers with cellulitis and were both protective and efficacious. In conjunction with the use of antibiotics and ongoing insulin therapy, the entire wound surface and surrounding area heals. The patients were consistently seen to look down at their toes and to participate actively in their care in order to achieve a better outcome. The outcomes revealed that the patient had been cured as a result of the treatment provided in our tertiary care educating hospital.

Keywords: Amputation; Trauma; Cellulitis; Hospitalization; Ulcers.

**CONSTRUCTION OF HEALTH EDUCATION PROGRAM FOR ELDERLY TYPE 2
DIABETES MELLITUS BASED ON PATIENTS' SOCIAL NETWORK**

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ABSTRACT

Objective: Construct a diabetes health education program based on the social network of elderly patients with type 2 diabetes.

Methods: Investigate the needs of elderly patients with type 2 diabetes and their social network members on the content and methods of diabetes health education, and construct a "patient social network-based health education program for type 2 diabetes in the elderly" (first draft) based on the guidelines. The final draft of "Health Education Program for Elderly Type 2 Diabetes Mellitus Based on Patients' Social Networks".

Results: A survey of elderly patients with type 2 diabetes and their social network members recovered 101 valid questionnaires; among the 8 health education topics, "dietary guidance for diabetic patients" scored the highest, "psychological stress and coping of diabetic patients, life "Self-management" scored the lowest; in terms of teaching methods, lectures were the most selected by patients and social network members. After a literature search and consultation with domestic experts in the field of diabetes education, the research team compiled the content of health education courses. The expert meeting combined the results of the two and formed the final draft of the plan after discussion, including 8 health education themes, lasting 12 weeks, in the form of a combination of online and offline education, from elderly patients and their social network members can participate together Teaching from a learning perspective.

Conclusion: This program is based on the social network of patients for diabetes health education intervention. The content and methods of education are suitable for elderly patients with type 2 diabetes and their social network members to learn together.

Key words: Diabetes Mellitus, Type 2, Aged, Health Education, Social Network, Self-management

**PERSONALIZATION OF DIET IN OLDER PEOPLE WITH DIABETES:
SELECTION CRITERIA**

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ABSTRACT

Background. The prevalence of type 2 diabetes increases sharply with age. The treatment of elderly diabetics must be individualized and regularly reassessed to avoid adverse effects and hypoglycemia. Lifestyle advice is part of patient care. The elderly diabetic have some particularities related to combination effects with other diseases. At an advanced age, diabetes is manifested by a decrease in insulin sensitivity, a drop in insulin secretion and a secretion of counter-regulating hormones. This physiology depends from person to person in terms of specific physiology. Given the specificity of each person, it is very difficult to adapt a suitable diet.

Method. Given the complexity of analyzing these factors, a fuzzy inference analysis system is proposed. A fuzzy system is constructed with three input variables and one output variable. These factors are considered uncertain and therefore fuzzy. Their quantification is expressed in linguistic terms. The degree of impact on the subjects represents the output variable. The database consists of the matching between the inputs and the output according to the rule [If...Then].

Result. The variables analyzed in this study which are the decrease in insulin sensitivity, the decrease in its secretion and the secretion of counter-regulatory hormones are considered uncertain. By their consideration as fuzzy variables the uncertainties are compensated. The established system makes it possible to randomly introduce the specificities of each patient to automatically read their impact on the severity of the effect of diabetes.

Conclusion. When the system is established, it will make it possible to predict the degree of severity of diabetes in the elderly and therefore to plan the appropriate and individualized diet. It involves adapting the diet to the specificities of age; vigilance with regard to drug interactions and the risks of hypoglycaemia; the importance of food tracking.

Keywords. Elderly diabetics, Risk factors, Intelligent analysis, Fuzzy inference.

PREVENTION OF DISEASES IN THE ELDERLY

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ABSTRACT

Background. Disease prevention is treatment aimed at preventing the onset or worsening of a disease. Primary prevention aims to stop the disease before it appears by eliminating its risk factors. Preventive measures come in the form of immunoprophylaxis (vaccinations), chemoprophylaxis and lifestyle changes (hygieno-dietetic measures). However, the risk factors are multiple and complex to analyze. This study proposes an artificial intelligence technique, in particular artificial neural networks, to analyze these factors.

Method. This is a descriptive study with prospective collection where it is a question of identifying the risk factors of each disease likely to affect the elderly. These factors are mapped to the likelihood of reaching these people. An artificial neural network is constructed.

Result. When the learning phase is established, a transfer function between the inputs and the output is created. This function is adjusted to its minimum error. This makes it possible to introduce the factors specific to each person to identify the probable disease that the person is at risk of catching.

Conclusion. As the system is very complex to analyze by classical mathematical techniques, the proposed method makes it possible to deal with this complexity. When the risk of the disease is identified, this will allow adequate preventive measures to be taken.

Keywords. Elderly people, diseases, prevention, intelligent systems, artificial neural networks.

DOES PARENT CHILD COMMUNICATION AND FRIENDSHIP CAUSES TRUANCY IN ADOLESCENTS

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ABSTRACT

The present study was intended to find out the relationship between parent-child communication, friendship functions and truancy in adolescents. It was hypothesized that there is likely to be a relationship between parent-child communication, friendship functions and truancy. It was hypothesized that parent-child communication is likely to predict truancy. It was also hypothesized that friendship functions are likely to predict truancy. A correlational research design was used to assess the relationship among variables. The Purposive sampling technique was used to recruit the sample. The sample comprised (N=300) school children aged 9-12 years. The questionnaires for collecting data included the Parent-Child Communication Scale by McCarty et al., 2003; McGill Friendship Questionnaire–FF by Mendelson and Aboud, 1999 and Truancy Questionnaire by Suleman et al., 2017 were used for the study. Results revealed that there was a significant positive relationship between parent-child communication and truancy and also between friendship functions and truancy in adolescents. Moreover, parent-child communication and friendship functions positively predicted truancy in adolescents. These results have implications in various research settings and educational settings; they can increase parents' awareness of how they could improve communication with their children and help them understand how their behaviour leads to their children's truancy. It can also raise awareness about how strongly students get affected by their peers.

Keywords: Parent-Child Communication, Friendship Functions, Truancy

**STRUCTURE-BASED DRUG REPURPOSING TO INHIBIT THE DNA GYRASE OF
*MYCOBACTERIUM TUBERCULOSIS***

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ABSTRACT

Drug repurposing is an alternative avenue for identifying new drugs to treat tuberculosis (TB). Although TB can be cured with anti-tubercular drugs, the emergence of multidrug-resistant and extensively drug-resistant strains of *Mycobacterium tuberculosis* H37Rv (Mtb), as well as the significant death toll globally, necessitate the development of effective drugs to treat TB. In this study, drug repurposing approach was employed to address this drug resistance problem by screening drugbank database to identify novel inhibitors of the Mtb target enzyme, DNA gyrase. The compounds were screened against the ATPase domain of gyrase B subunit (MtbGyrB47), and the docking results showed Echinacoside, Doxorubicin, Epirubicin, and Idarubicin possess high binding affinities against MtbGyrB47. Comprehensive assessment using fluorescence spectroscopy, SPR, and CD titration studies revealed that Echinacoside as a potent binder against MtbGyrB47. Further, ATPase, and DNA supercoiling assays exhibited IC₅₀ values of 2.1-4.7 μ M for Echinacoside, Doxorubicin, Epirubicin, and Idarubicin. Among these compounds, the least MIC₉₀ of 6.3 μ M and 12 μ M were observed for Epirubicin and Echinacoside, respectively. Hence, our findings indicate that Echinacoside and Epirubicin target mycobacterial DNA gyrase, inhibit its catalytic cycle, and retard mycobacterium growth. Further these compounds exhibits potential scaffolds for optimizing novel anti-mycobacterial agents that can act on drug-resistant strains.

Keywords: ATP hydrolysis, ATPase, DNA gyrase, DNA supercoiling, drug repurposing, *Mycobacterium tuberculosis*

SELF- CONCEPT AND MOTIVATION AMONG RESILIENT HIGH SCHOOL STUDENTS

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ABSTRACT

Background: Resilience is the ability to thrive, mature and increase competence in the face of adverse circumstances. These circumstances may include biological abnormalities or environmental obstacles. **Objective:** The aim was to review the role of self-concept and motivation in aiding resilient high school students to obtain academic competence. **Methodology:** The literature has been searched using various keywords like adolescent resilience self-concept motivation from various database. Major database was Google scholar PubMed and Scopus. **Results:** Findings suggest that resilient high school students differed from their non resilient peers in the cognitive domain: cognitive ability, cognitive environmental support, cognitive control, and cognitive importance. They also placed more emphasis on extracurricular activities and material gain. **Conclusion:** Resilience is a key to handle major issue among growing adolescent, where problems are multifactorial.

Keywords: Self-concept, Motivation, Resilience

AN AUDIT OF CARBON EMISSIONS GENERATED BY VIRTUAL AND IN-PERSON CLINIC APPOINTMENTS DURING THE COVID-19 PANDEMIC

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ABSTRACT

Introduction

Virtual appointments have been considered in our department for many years, as a strategy to lower our overall carbon emissions. The advent of the COVID-19 pandemic prompted urgent implementation as face to face appointments were limited.

We performed a prospective study to assess the potential effectiveness of this approach in relation to lowering carbon footprint.

Methods

Prospective study including all surgical clinic appointments from 18/03/20 to 31/03/21 at the Upper River Valley Hospital in Waterville New Brunswick. Mileage was calculated based on a round trip from the patient postcode to the hospital address.

The CO₂ / CO₂ equivalents (CO₂-e) emitted were calculated from previously published data; with CO₂-e emissions of; mobile phone 0.0092751142 g/minute, laptop (display included) 0.269216134 g/minute and car emissions 128.002 g/km.

The results were analysed statistically.

Results

Type of appointment	Number of patients	New, Follow-up	M:F	%	Mean Distance from Hospital	Total CO ₂ -e / kg	Mean CO ₂ -e per patient / kg	Median CO ₂ -e per patient / kg
Virtual	612	162,450	1:1.3	70	40.06 (6.6km to 566km)*	0.16	2.5xE ⁻⁴	9.3xE ⁻⁵
In Person	266	129,137	1:1.2	30	38.80 (6.6km to 546km)	2617.41	9.9	6.6
p-value**				0.60	0.567		<0.0001	

** unpaired t test and chi squared test

*Chi-square p-value for new/ follow-up is 0

*Virtual distance does not include the distance of a single phone call to Gander, Newfoundland

Discussion and Conclusion

Virtual appointments can significantly lower the carbon footprint of clinical appointments and are a positive development in the efforts against climate change.

DIGITAL TECHNOLOGIES FOR HEALTHY AGEING

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ABSTRACT

The Ageing Society is recognised as a global problem for the future sustainability of public health services. The combination of greater longevity and the shift from mortalities caused by communicable diseases to death from Non-communicable diseases (NCDs) such as cancer, diabetes and cardiovascular problems means that there is a growing cost burden for elderly care services.

A further contribution to the problem is the decline in the percentage of the working population supporting those in retirement age. This combination of circumstances, brought clearly into focus by the impact of COVID-19, requires a dramatic shift towards preventative healthcare for all ages in society.

For the existing elderly population who may not have the physical and cognitive capabilities of younger people, this means providing support for the key preventative healthcare factors which include :-

- Diet/nutrition
- Physical activity
- Hydration
- Sleep
- Mindfulness and stress management
- Community support

This presentation looks at a range of emerging digital solution available for the elderly to assist them towards a healthier and higher quality life with reduced costs to public health services.

Keywords: Health Ageing, Epigenetics. Preventative Healthcare, Exergames,

**ACTIVE AGING AND ITS RELATIONSHIP WITH MENTAL HEALTH AMONG
ELDERLY PATIENTS REFERRING TO EDUCATIONAL –THERAPEUTIC HOSPITALS
OF ARDABIL IN 2018**

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ABSTRACT

Introduction: Considering the rapid growth of aging population it can be mentioned that, they encounter weakness and disability in their physical and mental health. So, it is important to pay attention to the health of aging population. Active elderly and mental health are two important issues in the health of elderly people.

Purpose: the aim of this study was to investigate the level of activity in elderly people and its relationship with their mental health.

Methodology: This descriptive cross-sectional study was conducted on 200 elderly patients referred to Ardabil educational – therapeutic hospitals with available sampling. An active aging questionnaire and Goldberg's mental health questionnaire with 28 items were used to collect data. Data were analyzed using SPSS version 22 software and descriptive statistical methods such as mean, standard deviation, Pearson test, T test and ANOVA.

Results: The results showed that the average age of subjects was $72.01 \pm 9/12$. There were 80 (40%) female and 120 (60%) male. The mean score of mental health for elderly people was 94.82 ± 11.89 and mean score of activity was 69.06 ± 20.43 . Pearson correlation coefficient showed that there is a significant relationship between the level of activeness in elderly people with their mental health ($p = 0.000$) and the correlation coefficient between the two variables is 0.44.

Conclusion: the present study showed that the level of activity in elderly patients and their level of mental health is not desirable and there is a direct relationship between active aging and mental health.

Keywords: Elder, mental health, active aging

AKUT KOLESİSTİTLİ YAŞLI HASTALARDA ACİL YARDIM

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ÖZET

Konu: Karın organlarının acil cerrahisinin güncel sorunlarından biri, yaşlılarda akut kolesistit tedavisidir. Bu hastalarda altta yatan patolojinin klinik bulgularının hafif seyri olması ve postoperatif dönemde sıklıkla kardiyovasküler ve solunum sistemlerinde ciddi komplikasyonlara yol açan komorbiditelerin varlığı yüksek ölüm oranının nedenidir.

Amaç: Yaşlılarda akut kolesistitin gidişatı özelliklerini analiz etmek.

Metodoloji: 2000-2017 yıllarında Azerbaycan Tıp Üniversitesi Cerrahi Hastalıklar 3. Anabilim Dalı bazında cerrahi bölümünde 25-80 yaş arası 578 hasta akut kolesistit tedavisi görmüştür. 60 yaş üstü 139 hastanın 97'si kadın, 42'si erkekti. Bu hastaların tedavi sonuçları incelendi.

Sonuçlar: Altta yatan patolojiye ek olarak, hastaların çoğunda kalp ve akciğer komorbiditeleri vardı. EKG, tüm hastalarda miyokarda distrofik değişiklikler ve bunların 18'inde kardiyak aritmi gösterdi. 9 hastada protrombin indeksinde artış (%100-110) ve 3 hastada ilk kez diabetes mellitus saptandı. Tedavi genellikle konservatif tedavi ile başladı ve ameliyat öncesi hazırlık olarak değerlendirildi. Konservatif tedavinin gereksiz yere uzatılması, özellikle patomorfolojik değişikliklerin derinliği hastalığın klinik belirtileriyle örtüşmeyen hastalarda tehlikelidir. Peritonit semptomları seyredilen akut kolesistitte acil cerrahiye ihtiyaç olduğu konusunda şüphe yoktur.

Yaşlı 78 hastayı acilen ameliyat ettik. Ana operasyon türü kolesistektomiydi ve talimatlara göre bazı hastalarda koledok drenajı ile bitirdik. Ameliyat edilen hastaların safra kesesinde aşağıdaki değişiklikler bulundu: 7 hastada - kataral, 42 hastada - flegmönöz, 24 hastada - gangrenöz kolesistit, 5 hastada - safra kesesi perforasyonu. Konservatif önlemlerle 61 hastada akut ataklar önlendi ve durumları düzelince tedaviye planlandığı gibi devam edilmesi önerisiyle taburcu edildi.

2'si karaciğer-böbrek yetmezliği, 2 - progresif peritonit, 1 - miyokard enfarktüsü ve 1 - pulmoner arter tromboembolizmi nedeniyle 6 hasta ameliyattan sonra öldü.

Bu nedenle, yaşlı hastalarda akut kolesistit tedavisinde, komorbiditeler dikkate alınarak ameliyat öncesi ve sonrası kompleks konservatif tedavi uygulanmalıdır.

Anahtar Kelimeler: yaşlı hastalar, akut kolesistit, kolesistektomi.

EMERGENCY ASSISTANCE IN ELDERLY PATIENTS WITH ACUTE CHOLECYSTITIS

ABSTRACT

Subject: One of the current problems of emergency abdominal surgery is the treatment of acute cholecystitis in the elderly. The mild course of the clinical findings and the presence of comorbidities that often lead to serious complications in the postoperative period are the reasons for the high mortality rate in these patients..

Objective: To analyze the course of acute cholecystitis in the elderly.

Methods: In 2000-2017, 578 patients aged 25-80 were treated for acute cholecystitis in the 3rd Department of Surgical Diseases of Azerbaijan Medical University. Of these, 139 were over the age of 60. The treatment outcomes of these patients were analyzed.

Results: Most patients had heart and lung comorbidities. ECG showed dystrophic changes in all patients and cardiac arrhythmia in 18. An increase in prothrombin index was detected in 9 patients and diabetes mellitus was detected for the first time in 3. Treatment generally began with conservative measures and was considered preoperative preparation. Unnecessary prolongation of conservative treatment is dangerous, especially in patients whose depth of pathomorphological changes does not coincide with the clinical manifestations of the disease. There is no doubt that emergency surgery is needed in acute cholecystitis with symptoms of peritonitis.

We operated urgently on 78 elderly patients. The main type of operation was cholecystectomy, and choledochal drainage in some patients. 7 patients had catarrhal, 42 - phlegmonous , 24 - gangrenous cholecystitis, and 5 patients - gallbladder perforation. Acute attacks were prevented in 61 patients with conservative measures, and they were discharged.

6 patients died after surgery, 2 of which were due to hepatic-renal failure, 2 - progressive peritonitis, 1 - myocardial infarction and 1 - pulmonary artery thromboembolism.

Therefore, in the treatment of acute cholecystitis in elderly patients, pre- and postoperative complex conservative treatment should be applied, taking into account the comorbidities.

Key words: elderly patients, acute cholecystitis, cholecystectomy.

**YAŞLI HASTALARDA BİLİYER PERİTONİTİN CERRAHİ TEDAVİSİNİN SONUÇLARI
HAKKINDA**

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ÖZET

Konu: Karın organlarının acil cerrahisinde güncel sorunlardan biri, yaşlı hastalarda akut kolesistit komplikasyonlarının tedavisidir. Bu hastalarda altta yatan patolojinin atipik klinik seyrine ve bazı komorbiditelerin varlığına karşı gelişen biliyer peritonitin kendisi ciddi komplikasyonlara neden olabilir.

Amaç: Yaşlılarda akut destrüktif kolesistitin biliyer peritonit ile komplikasyonuna katkıda bulunan faktörleri tartışmak.

Metodoloji: Araştırma 2010-2017 yıllarında Azerbaycan Tıp Üniversitesi Cerrahi Hastalıklar 3. Anabilim Dalı bazında gerçekleştirilmiştir. Biliyer peritonit ile komplike akut destrüktif kolesistitli, yaşlı 39 hastanın cerrahi tedavi sonuçları incelendi.

Sonuçlar: Yaşlı hastalarda biliyer peritonit ile komplike olan akut kolesistitin klinik tablosu, atipik karaciğer ağrısı, belirsiz ağrı sendromu ve farklı ağrı lokalizasyonları ile karakterize edildi, 7 hastada yüksek vücut ısısı ve sadece 9 hastada kanda lökositöz gözlemdi. Çoğu hastada ribaund semptomu ve ön karın duvarında defans yoktu, Ortner semptomu ise hemen hemen tüm hastalarda pozitif.

Tüm hastalarda ateroskleroz, iskemik kalp hastalığı, kardiyoskleroz, miyokardiyal distrofi, hipertansiyon, kronik solunum yolu hastalıkları ve diyabet gibi komorbiditeler vardı. 8 hastaya sevk sırasında yanlış tanı konulmuştur.

Karaciğer fonksiyonunu düzenlemek, kardiyovasküler sistem bozukluklarını ve hipovolemiyi ortadan kaldırmak amacıyla yoğun preoperatif hazırlık yapıldı. 19 hasta başvurudan 6 saat sonra, 11 hasta 48 saat içinde ve 9 hasta 72 saat sonra opere edildi. Ameliyat kapsamının belirlenmesi özellikle yaşlı hastalarda önemlidir. 26 hastaya kolesistektomi, 3 hastaya kolesistostomi, 8 hastaya eksternal drenaj ile koledokotomi ve 2 hastaya koledokoduodenoanastomoz uygulandı. Tüm bu operasyonlardan sonra karın boşluğu drene edildi. Ameliyat sonrası dönemde homeostaz, karaciğer, kardiyovasküler ve solunum fonksiyonlarını düzeltmek için yoğun tedavi uygulandı. 5 hastada ölüm meydana geldi. Ölüm nedeni 3 hastada kardiyovasküler yetmezlik, 1 hastada hepatorenal yetmezlik ve 1 hastada persistan peritonit idi.

Böylece yaşlı hastalarda biliyer peritonitin gelişimsel özelliklerinin bilinmesi, hastaların zamanında hastaneye yatırılmasını sağlayacak, kaliteli preoperatif hazırlık ve radikal cerrahi tedaviyi kolaylaştırarak mortalite oranını azaltacaktır.

Anahtar Kelimeler: yaşlı hastalar, akut kolesistit, biliyer peritonit.

ON THE RESULTS OF SURGICAL TREATMENT OF BILIARY PERITONITIS IN ELDERLY PATIENTS

ABSTRACT

Subject: One of the current problems in emergency abdominal surgery is the treatment of acute cholecystitis complications in elderly patients. Biliary peritonitis developing against the atypical clinical course of the underlying pathology and the presence of comorbidities, may cause serious complications in these patients.

Objective: To discuss the factors contributing to the complication of biliary peritonitis and acute destructive cholecystitis in the elderly.

Methods: The research was carried out in 2010-2017 on the basis of the 3rd Department of Surgical Diseases of Azerbaijan Medical University. Surgical treatment results of 39 elderly patients with acute destructive cholecystitis complicated with biliary peritonitis were evaluated.

Results: The clinical picture of acute cholecystitis complicated by biliary peritonitis in elderly patients was characterized by atypical liver pain, vague pain syndrome and different localizations of pain. Most patients had no rebound symptom and no abdominal wall rigidity.

All patients had comorbidities such as atherosclerosis, ischemic heart disease, cardiosclerosis, myocardial dystrophy, hypertension, chronic respiratory diseases, and diabetes. 8 patients were misdiagnosed at the time of referral.

Intensive preoperative preparation was made in order to regulate liver function and to eliminate cardiovascular disorders and hypovolemia. 19 patients were operated 6 hours after admission, 11 – within 48 hours, and 9 – after 72 hours. Determining the scope of surgery is especially important in elderly patients. Cholecystectomy was performed in 26, cholecystostomy in 3, choledochotomy with external drainage in 8, and choledochoduodenostomy in 2 patients. Intensive treatment was applied to restore homeostasis, liver, cardiovascular and respiratory functions. Death occurred in 5 patients. The cause of death was cardiovascular failure in 3, hepatorenal failure in 1, and persistent peritonitis in 1 patient.

Thus, knowing the developmental features of biliary peritonitis in elderly patients will ensure timely hospitalization of the patients, facilitate quality preoperative preparation and radical surgical treatment, and reduce the mortality rate.

Key words: elderly patients, acute cholecystitis, biliary peritonitis.

BENEFITS OF MANAGERIAL SUPERVISION AND PEER SUPERVISION IN PROVIDING SUPPORT FOR SOCIAL WORKERS

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ABSTRACT

“Providing support for social workers is extremely important in the present context of work. One of the most common way of help employee to perform and develop is offer by the managers how supervise this process. How efficient is this support in the crisis moments? Can managers provide the support it is needed? Can be received support from other sources? This paper has the purpose to bring in your attention a conceptual review of two ways of providing support for social worker: managerial supervision and peer-supervision. Peer-supervision is a new and not a usual process of supervision which can bring many advantages in crisis situations, when managers are overwhelmed and there is much pressure on every employee. This paper highlight the advantages of this two approaches of supervision and how we can supplement our resources when is most needed and bring in attention the concept of peer supervision. Is this a reliable supervision process? How can be used in benefits of the employee and also of the managers?”

Keywords: Managerial supervision, Peer-Supervision, Social workers, Benefits, Performance, Development

PROMOTING A CULTURE OF COMMUNITY IN LEBANESE CARE HOMES THROUGH FORGING PARTNERSHIP: A CONSTRUCTIVIST CASE STUDY APPROACH

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ABSTRACT

Background: Care homes can create a culture of community where residents, their families and staff are supported to develop positive relationships with one another, to interact and explore ideas together in an informal way. This concept is reported in the literature as a Westernized construct and so far, little is known about its meanings from a Middle Eastern cultural perspective and context.

Aim: The aim of this study was to contribute to the understanding of how partnership between the three stakeholders may contribute to changing the organization and focus of nursing home care, supporting a transition to the development of a culture of community.

Method: Constructivist case study method, following Stake's collective case study model. Two care homes were chosen purposively to capture the experience of residents, families and staff working in different types of care homes. Data collection methods included interviews, focus groups, field observations with triangulation of methods and data. Data collection and data analysis occurred simultaneously.

Results: Analysis of data resulted in emergence of four themes: Institutional environment, A vision of care incorporating fundamental elements, understanding and respecting significance of relationships, and maintaining connectedness. These findings indicate that residents, staff and families are interdependent and this needs to be considered when fostering a culture of community in care homes, and that interdependence is an important value. Organizational flexibility, individualized care to be set as priorities over disease and illness.

Implications: The findings will have implications for developing policy and practice in care homes to improve experience of older residents thus enhancing quality of life in care homes in Lebanon.

Keywords: care home, community, relationships, constructivist, case study

APPLICATION TOOL FOR SUPPORT CUSTOMERS IN CHOOSING ELECTRONICS DEVICES WITH MODERN TECHNOLOGIES DURING THE OUTBREAK OF THE COVID 19 EPIDEMIC

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ABSTRACT

These days, almost all of us use phones application and computers in one way or another. The phone you now carry in your pocket has become a new world in many ways, and one of them is on the selling side. In our research, an integrated and easy-to-use application was created for user s, workers and technicians to sell computers and their derivatives with modern technologies. And designed the 3D private camera through Unity Pro. The main objective of this research is to help user s choose their computing and financial capabilities. The Research phases were carried out through the development of design and application work on the Android. created this application after doing a lot of previous Research and magazines that talk about the android mobile app as well as the Unity Pro program. Likewise, most of the user s 90.5% of use mobile apps for many things that most of them use to browse and buy. After allowed a sample of people to download this application on their smartphones and try to use it. Based on the results reached from this questionnaire, which published on some user s and people, found the most satisfied and they are urged to use this application.

Conclusion

In this research, design (application smart solution of laptop) to simplify the user or user's access to the website and laptop information in an easy and fast way. developed the application through PHP language and Firebase database. The application contains two representatives which are the user and the user in general.

This application was presented to some user s and likewise some users and those interested in applications, and its results revealed the acceptance of the application and the keenness to activate this application and benefit from it.

Encountered some difficulties when working, such as a lack of our knowledge of the programming language ... because it is a new language, lack of sufficient information in the Internet. Likewise, time did not allow adding other options to the application, so tried to include the necessary options in the application.

hope the application include the following features in the future:

1. Helping user s choose their computer and financial capabilities.
2. Creating an integrated application to help user s and workers choose their computers via their phones, and that in turn leads to the prevention of mixing and infection with COVID19.
3. In this application, the user can view the computers through a very clear 3D camera.
4. Facilitate user s to choose the PC they need for their computer and see it likewise through a 3D camera.
5. The correct choice of user s' computers, for what suits their scientific specializations.

**EXPLORING GENETIC DIVERSITY OF TINDA GOURD (*CITRULLUS VULGARIS*)
AGAINST SALINITY STRESS**

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ABSTRACT

Salinity is a major issue in vegetable production throughout the world. A pot culture was conducted in order to identify morphological, physiochemical, and ionic attributes for characterization of salinity tolerance in tinda gourd cultivars i.e. Green Ball, Dilpasand, Durga, Round Gold, Indian Desi. One month after emergence of seedlings were treated with 2 dS m⁻¹ NaCl, dS m⁻¹ NaCl, 6 dS m⁻¹ NaCl, 8 dS m⁻¹ NaCl and compared with control (EC of the growing medium was maintained 1.5 dS m⁻¹). Hoagland solution will be used as a nutrient solution. High sodium contents lead to sodicity. The experiment will be laid out in Factorial under Completely Randomized Design with three replications. All genotypes showed significantly dissimilar responses towards the accumulation of sodium ions. The maximum Na⁺ was higher in Green Ball (10.34 µg g⁻¹), while the minimum was recorded in Round Gold (8.92 µg g⁻¹). Which damages chlorophyll contents. Round Gold cultivar showed the highest chlorophyll contents (58.44 CCI) under salinity stress, followed by Durga (55.18 CCI), Dilpasand (54.41 CCI), and Indian Desi (53.38 CCI), respectively. Morphological, physiological, and ionic content (N, P, K, Ca, Na) revealed that Round Ball has better tolerance to salinity as compared to others, while Green Ball was considered most salt sensitive. Data were analyzed statistically using ANOVA techniques and means were compared by using DMRT.

Keywords Tinda gourd, salinity stress, NaCl, genetic diversity, physiology, Na toxicity

PERCEIVED STRESS AND COPING WITH STRESS AMONG JUNIOR AND YOUTH BASKETBALL PLAYERS

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ABSTRACT

Recently, more and more attention has been paid to the fact that the performance of athletes also depends on the psychological characteristics of the athlete and his ability to cope with stress before and during the competition. Research has shown that the correct application of stress coping strategies ensures that the athlete is able to cope with the stressful situation and that this will affect athletic success. Therefore, the relevance of research on ways of coping with stress among junior and youth basketball players is important and unquestionable because there are very few studies that examine these issues. The aim of this study is to determine and compare perceived stress and coping with stress among junior and youth basketball players.

To determine the characteristics of perceived stress in student athletes Perceived Stress Scale questionnaire were used, which helps to understand how different situations affect our feelings and perceived stress. The Brief-COPE 28 item self-report questionnaire has been used to measure effective and ineffective ways to cope with a stressful life event. The questionnaire can determine someone's primary coping styles with scores on the following three subscales: problem-focussed coping, emotion-focussed coping, avoidant coping. A targeted selection procedure was used for the present study. A total of 98 athletes were interviewed during the study. The analysis covered 51 junior basketball players and 47 youth basketball players.

The study showed that junior basketball players and youth basketball players did not differ significantly in perceived stress ($t(96) = 0.62$; $p > .05$). It was revealed that junior basketball players and youth basketball players differ statistically significantly according to the problem-focussed coping ($t(96) = -1.97$; $p < .05$): youth basketball players more often than junior basketball players use problem-focussed coping strategies.

It is revealed that youth basketball players more often than junior basketball players use problem-focussed coping strategies.

Keywords: sport schools, perceived stress, coping with stress, basketball players.

EXPLORING THE ANTI-CANCER EFFECT OF TARAXACUM MONGOLICUM THROUGH NETWORK PHARMACOLOGY AND MOLECULAR DOCKING VALIDATION IN PANCREATIC CARCINOMA

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ABSTRACT

Objective: To explore the mechanism of taraxacum in the treatment of pancreatic cancer based on network pharmacology and molecular docking validation.

Methods: The active ingredients of taraxacum were searched through TCM-ID, NPASS and BATMAN databases. The intersected ingredients were obtained via Venny diagram (Venny2.1.0) for further evaluation. The final compounds were chosen based on the oral bioavailability (OB) value, drug-likeness (DL) which were retrieved using the TCMSP database and Lipinski's RO5 criterion in drug-likeness compounds selection on SwissADME website. The targets were searched due to the selected compounds and 'Taraxacum-ingredients-targets' network was constructed through Cytoscape 3.8.0. Pancreatic cancer related genes were retrieved in Genecards, OMIM and PharmGKB database. The shared targets were obtained through Venny diagram (Venny2.1.0) and interaction network diagram was predicted on String platform. Protein-protein interaction network was visualized via Cytoscape 3.8.0 due to the target degree. GO enrichment and KEGG pathways were analyzed using DAVID database and bubble map was drawn. Molecular docking was done and visualized through AutoDock Tool (Version 1.5.6) and PyMOL (Version 2.2.0). Differential expression and survival analysis of key target genes in cancer normal tissues were investigated and obtained by GEPIA platform

Results: 9 drug-like compounds were screened which correlated with 194 targets. From the Genecards, OMIM and PharmGKB database, 1564 pancreatic cancer related targets were screened and 83 shared targets were obtained. 8 hub targets were selected for further investigation. 77 KEGG pathways associated with taraxacum ingredients against pancreatic cancer were obtained through enrichment analysis. 72 molecular docking results were generated. The key active compounds in taraxacum were artemetin, stigmasterol, quercetin, paraben, luteolin, taraxasterol, caffeic acid, methylcaffeate and hesperetin. The hub targets included AKT 1, EGFR, ESR1, SRC, PTGS2, AR, MMP9 and MMP2.

Conclusion: The anti-cancer effect of taraxacum mongolicum in pancreatic carcinoma was realized through multiple compounds, targets and pathways. Our results provided a theoretical basis for subsequent experimental validation and drug development of taraxacum against pancreatic cancer.

Keywords: taraxacum mongolicum, pancreatic cancer, network pharmacology

THE MECHANISM OF YIN-JIU-SHU IN IMPROVING LIVER METABOLIZING ENZYMES AND TREATING NON-ALCOHOLIC FATTY LIVER DISEASE

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ABSTRACT

Objective: To explore the effects of a plant beverage, Yin-Jiu-Shu, in improving liver metabolizing enzymes and the mechanism of Yin-Jiu-Shu in treating NAFLD (non-alcoholic fatty liver disease).

Methods: A total of 30 healthy volunteers were enrolled. Before, 30 min, 60 min and 120 min after Yin-Jiu-Shu were administered, 5 mL of venous blood was collected, and plasma was immediately separated to detect the levels of alcohol dehydrogenase (ADH), acetaldehyde dehydrogenase (ALDH), glutathione (GSH), glutathione S-transferase P1 (GSTP1), and glutathione S-transferase M3 (GSTM3) using enzyme-linked immunosorbent assay (ELISA). Then, animal experiments were designed to further verify the intervention effect of Yin-Jiu-Shu in treating NAFLD. A total of 72 male SD rats were randomly divided into 6 groups, among which 12 rats in blank group were fed ordinary diet. The remaining 60 rats were fed high-fat diet to induce modeling, and divided into model group (n=12), Western medicine group (n=12), YIN-JIU-SHU high-dose group (n=12), YIN-JIU-SHU medium-dose group (n=12), and YIN-JIU-SHU low-dose group (n=12), all of which were fed continuously for 8 weeks. After the successful modeling, except for the blank group, all the others continued to be fed with high-fat diet for 2 weeks, while giving drug intervention. Blank group and model group were given normal saline intragastric administration, 2 mL each time, twice a day. Western medicine group was given polyene phosphatidylcholine 25 mg/ (100g·d) twice a day; YIN-JIU-SHU high-dose, medium-dose and low-dose groups were given 4 mL, 2 mL and 1 mL YIN-JIU-SHU orally, twice a day. At the end of the 10th week, the rats were anesthetized with 10% chloral hydrate solution by intraperitoneal injection (0.25 mL/100g). Blood was collected through inferior vena cava and liver was cut. The contents of ALT, AST, TC, TG, IL-6, TNF- α and MPO in serum were detected, the contents of CAT, NOS3 and SOD in liver tissues were detected.

Results: Human studies: After Yin-Jiu-Shu was administered, the plasma levels of ADH, ALDH, GSH, GSTP1, GSTM3 significantly increased at 30 minute point (P=0.014), 120 minute point (P=0.016), 60 minute point (P=0.031), 30 and 60 minute points (P=0.046, P=0.012), 30 and 60 minute points (P=0.008, P=0.039), respectively. Animal experimental: (1) After modeling, the expressions of IL-6, TNF- α and MPO were significantly increased (P < 0.01). Among them, the expression of IL-6 could be down-regulated in all treatment groups (P < 0.01), and the order of effect was high dose, medium dose, western medicine group and low dose group, and YIN-JIU-SHU high dose group was better than western medicine group (P < 0.05). After treatment, TNF- α expression could be down-regulated in the order of high dose, medium dose, western medicine group and low dose group. Except for the low dose group, there was no statistical significance (P > 0.05), the other groups had significant differences (P < 0.01), and there was no difference between YIN-JIU-SHU concentration

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height group and western medicine group ($P > 0.05$). The expression of MPO in all treatment groups was significantly down-regulated ($P < 0.01$), and there was no difference between Chinese medicine group and Western medicine group ($P > 0.05$). (2) After modeling, the contents of ALT, AST, TG and TC in serum of model group were significantly increased ($P < 0.01$); After administration, the indexes in each group decreased to different degrees. The effect of YIN-JIU-SHU on ALT was high dose, western medicine group, medium dose and low dose group (ALL $P < 0.01$), and the effect of YIN-JIU-SHU groups with different concentrations was similar to that of western medicine group ($P=0.262, 0.901, 0.053 > 0.05$). The effects on AST were high dose ($P=0.000$), western medicine group ($P=0.000$), medium dose ($P=0.006$) and low dose group ($P=0.018$). The effects of YIN-JIU-SHU medium and high dose groups were similar to those of western medicine group ($P=0.243, 0.570 > 0.05$). The effect of YIN-JIU-SHU on TG was high dose ($P=0.002$), western medicine group ($P=0.010$), medium dose ($P=0.012$) and low dose group ($P=0.024$), and there was no difference between YIN-JIU-SHU concentration groups and western medicine group ($P=0.65, 0.77, 0.82 > 0.05$). The effects of western medicine group ($P=0.009$), medium dose ($P=0.012$), high dose ($P=0.017$) and low dose group ($P=0.066$) on TC were not significant in low dose group. There was no difference between middle and high dose groups and western medicine group ($P=0.95, 0.41 < 0.05$). (3) The levels of CAT, NOS3 and SOD in liver of NAFLD rats were significantly decreased after modeling ($P < 0.05$ or 0.01). The expression of CAT in YIN-JIU-SHU medium dose group was significantly increased ($P < 0.05$), and the effect was similar to that in Western medicine group ($P > 0.05$). The expression of NOS3 in YIN-JIU-SHU low-dose and medium-dose groups was significantly increased ($P < 0.05$ or 0.01), and the medium-dose group was better than the Western medicine group ($P < 0.05$). Different concentrations of YIN-JIU-SHU could significantly increase the expression of SOD, and the regulatory effect was in the order of low dose group, high dose group and medium dose group ($P < 0.05$ or 0.01), which were better than the Western medicine group ($P < 0.05$ or 0.01).

Conclusion: Yin-Jiu-Shu can improve the levels of alcohol metabolism related enzymes and antioxidants, which might be its underlying mechanism to promote alcohol metabolism and treat NAFLD.

EDUCATION FOR THE FIRST 1000 DAYS OF LIFE PREVENTING STUNTING IN SAMATA AND KAMPALA HAMLETS, LIMAPOCCOE VILLAGE, MAROS REGENCY

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ABSTRACT

Backgrounds: As a result of the COVID-19 pandemic, without sufficient and timely action, the number of acutely malnourished (wasting) children is predicted to increase by 15% (7 million children) worldwide in the first year of this pandemic. Based on WHO limits, Indonesia is in the category of high stunting problems. So that fulfilment nutritional intake at 1000 Day First, the child's life is very important. If in that age range the child gets optimal nutritional intake, the decline in the child's nutritional status can be prevented from the start.

Method: This research uses quantitative research with purposive sampling technique. This study uses quasi-experimental designs with a one-group pretest-posttest. The research population is all WUS, IRT and pregnant women who live in Samata and Kampala Hamlets, Limapoccoe Village, totalling 242 residents who are female. Respondents in this study amounted to 30 respondents. The variables seen in this study are Knowledge and Attitudes Regarding the First 1000 Days of Life. This research was conducted in December 2021. Data processing was carried out in a descriptive analytic manner with the Wilcoxon test.

Results: The results of the research conducted on the level of community knowledge in the Samata hamlet regarding the importance of the First 1000 Days of Life there was a significant difference (p value 0.00) in the knowledge of the community before and after the counselling was carried out, while the attitude of the community when participating in the counseling the results obtained by the residents of the Samata hamlet did not have a difference. before and after the activity (p value 1.00).

Conclusion: It is necessary to have an integrated counseling program carried out by the puskesmas or posyandu cadres so that there is an increase in knowledge and attitudes of 1000 HPK which can prevent stunting in generations.

Keywords: First 1000 Days of Life, Limapoccoe Village

BOLETUS EDULIS, AN EDIBLE MUSHROOM WITH NUTRITIONNEL VALUE AND HEALTH BENEFITS

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ABSTRACT

Boletus edulis is an edible mushroom widely distributed in Europe, Asia, North America, Australia, New Zealand, Brazil and some african countries including Algeria. Often classified as vegetables, mushrooms are not technically plants but are actually members of the fungi family.

Boletus edulis is morphologically represented by stipe with a large poreous brown cap which can reach 3 kg. A broad, this mushroom is prized as an ingredient in various culinary dishes.

In this study, we focus on the nutritionnel value of *Boletus edulis* and we highlight the presence of antioxydant substances. Many referenced protocles were used to give the average composition of the mushroom.

The results showed tha this mushroom is interesting in total carbohydrates and in proteins. A comparative study of the composition with edible mushroom species showed *Boletus edulis* to have the highest total contents. *B. edulis* contains appreciable amounts of antioxydant substances and numerous polyphenols. According to literature, mushrooms are interesting allies of the intestinal microbiota.

B. edulis has very few calories, so it makes the perfect health benefit food. In fact, using mushrooms as food complement is a perfect way to lower weight and gain more health.

Key words : mushrooms, *Boletus edulis*, carbohydrates, proteins, polyphenols, antioxydant substance.

**THE TORAH AND THE CHALLENGE OF POST PANDEMIC BODY MUTILATION OF
THE GIRL CHILD**

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ABSTRACT

The article examines the significance of the Torah to the rise in blood money ritual activities by the youth in Nigeria. The coronavirus brought about an increase in poverty and depression, especially among the middle and lower class. After the coronavirus, many families became poor, many youths lost their jobs, and poverty escalated. Most of these youths cannot cope with the extreme poverty situation. They engaged in money ritual activities for survival. There is no money that passes without cases of mutilated bodies of the feminine gender who have been used for blood money ritual activities littered in hotels and road corners. This situation has defied all solutions. Parents have also been criticised by some Nigerians for neglecting to properly raise their children and wards. They claim that some parents accept money from children who do not have a source of income and do not interrogate them. Churches, mosques, and religious leaders are also to fault for accepting money, tithes, and donations from people about whom they have no knowledge, thereby promoting such behaviour. Literature, although has described blood money activities committed by youths in Nigeria, the issue of the place and role of Torah in challenging the challenges brought by this menace is scanty to find. This study adopted the phenomenological approach; and documentary and content analysis were used to analyze the data. The recommendations will provide mind-blowing roadmaps for tacking the increasing blood money ritual activities amongst the youths in Nigeria.

Keywords: Torah, Blood money, youths, poverty, Christianity, the church, Coronavirus.

VALORIZATION OF *CITRUS SINENSIS* ESSENTIAL OILS BY VACUUM FRACTIONAL DISTILLATION

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ABSTRACT

The aim of this study was the extraction of the essential oil of Maltese by vacuum fractional distillation and the study of the antifungal power of the crude essential oil, the two fractions as well as that of its oil concentrated 8 times (8 X).

Vacuum distillation is used for the separation of mixtures with thermolabile compounds. It works at low temperatures, thus avoiding the degradation of compounds in the extract. GC/MS results showed that crude oil had 80.68% of limonene; however in

the concentrated fraction, a decrease of this compound is observed, resulting in a percentage of 50.14%. Nevertheless, limonene still remains the main compound in all extracted fractions. The antioxidant activity values obtained for the crude oil, the two fractions and the concentrated fraction of orange oil were evaluated by the DPPH method. These were expressed as percentage inhibition per 100 μ L of oil. The values obtained showed inhibition percentages between 5.75 and 72.43%. The 8 \times concentrated orange oil showed the strongest inhibition with 72.43%, followed by crude oil with 15% and finally F2 and F1 with 10.16 and 7.75%, respectively.

Key words: citrus The antioxidant activity values obtained for the crude oil, the two fractions and the concentrated fraction of orange oil were evaluated by the DPPH method (Figure 48). These were expressed as percentage inhibition per 100 μ L of oil. The values obtained showed inhibition percentages between 5.75 and 72.43%. The 8 \times concentrated orange oil showed the strongest inhibition with 72.43%, followed by crude oil with 15% and finally F2 and F1 with 10.16 and 7.75%, respectively.

Key words: *Citrus sinensis* L. Obsbek, vacuum fractional distillation, antioxidant activity, GC/MS.

**EFFECT OF HIGH TEMPERATURE ON THE CONCENTRATION OF PIGMENTS IN
BROCCOLI (*BRASSICA OLERACEA L. VAR. BOTRYTIS SUBVAR. CYMOSA LAM.*)
SPROUTS**

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ABSTRACT

As the global temperature rises, the impact on plants is inevitable, since they are sessile organisms, but there is not much information on the impact of high temperature on their phytochemical composition. This study aimed to investigate does the high temperature affects, and if yes in what direction, the content of pigments in broccoli sprouts. Also, we wanted to determine which pigments are more susceptible to changing their concentration when grown at high temperature. To investigate this, we cultivated three biological replicas of broccoli sprouts at high temperature (38 °C day/33 °C night) and three biological replicas at regular temperature (23 °C day/18 °C night) as a control group. Afterward, we lyophilized tissues and conducted a spectrophotometric analysis of chlorophyll *a* and *b*, carotenoids, and porphyrins. According to the results, high temperature significantly decreased the concentration of each of the mentioned parameters, except of the total carotenoids which were significantly increased.

This work was supported by the Croatian Science Foundation research project IP-2020-02-7585 „Indirect Effect of Global Warming on Mammals Physiological Parameters via High Temperature-Stressed Plant Diet (TEMPHYS)“.

Keywords: brassicaceous vegetables; carotenoids; chlorophyll; global warming; microgreens; porphyrins

**EVALUATING THE PROTECTIVE ROLE OF DEGLYCYRRHIZINATED LICORICE
ROOT SUPPLEMENT ON BLEOMYCIN INDUCED PULMONARY OXIDATIVE DAMAGE**

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ABSTRACT

The goal of this study was to investigate the protective effect of licorice supplements in a rat model of Bleomycin-induced lung oxidative damage over a duration of one month. The rats were randomly divided into six groups (n = 10 per group). Control group; Bleomycin group (B): rats were IP injected with bleomycin 5 mg/kg twice weekly. Licorice group (L): rats received orally 300 mg/kg licorice extract. Bleomycin and a low dose of Licorice group (BLLG): rats received orally 75 mg/kg licorice daily and injected as the B group. Bleomycin and a middle dose of Licorice group (BMLG): rats received orally 150 mg/kg licorice daily and injected as the Bleomycin group. Bleomycin and a high dose of Licorice group (BHLG): rats received orally 300 mg/kg licorice daily and injected as the Bleomycin group. Treatment with Bleomycin induced inflammation and oxidative damage to the lungs expressed in the disturbance of the measured parameters in the blood serum, the lung tissue and the bronchial lavage fluid. In addition to the decreased expression of superoxide dismutase (SOD), glutathione peroxidase (GSH-PX) and catalase (CAT) in the lung tissues. Bleomycin caused deformative changes in the histopathological and cellular examination of the lungs especially in the alveolar cells and the interstitial space. On the other hand, treated the bleomycin group with different dose of licorice supplement activates the antioxidant defense mechanism and attenuates the oxidative damage and damage induced to the lung. In conclusion, Deglycyrrhizinated licorice root supplement provided strong antioxidant and protective effects on the Bleomycin-induced lung damage.

AUTOMATIC RAINROOF PROTECTION FOR AGRICULTURE PURPOSES

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ABSTRACT

This project deals about the protection of unseasonal rain fall on the harvested crops, which are kept to dried up, they rot up and get destroyed due to which farmers have to face enigma. Some crops must be dried before it is sold to the agriculture market yard, so the farmer needs some space for the crops to dry which most of the farmers don't have and it take loads of time to dry up. So as farmer's face loss, this device is built up to protect them from severe loss. This device is used in agriculture purpose in a way when the rain drops falls on the rain sensor, the roof automatically gets over the crops kept for drying. This device consists of rain sensor, Arduino-Uno, motors and bio degradable plastic materials for shade. When the rain is detected by the sensor It gives signal to Arduino-Uno. Further Arduino gives signal to the motor due to which the roof gets over the crops and protect crops from being destroyed. And when the rainfall stops the roof automatically opens. This device is simple but very useful for farmers to save their money which they have invested and their time. And above all it runs on the solar energy making it more cost effective and ecofriendly.

Keywords — Arduino, L293D, LCD, Buzzer

**STUDY OF AGE-RELATED CHANGES OF THE CARDIOVASCULAR SYSTEM IN
HERONTOLOGICAL AGE GROUPS OF AZERBAIJAN**

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ABSTRACT

Aging issues are the object of study in various sciences throughout the development of civilization. Aging is a biological and physiological process like any other. The extent to which the healthy human lifespan will be extended in the near future depends on two factors: the first of these is the true nature of the basic causative events which ultimately lead to deterioration of function with age; the second is the rate at which an understanding of these events is provided by present and future research on the biology of aging, particularly at the cellular - molecular level.

In the aging, the adaptive-compensatory capacity of an organism decreases, which primarily results in impairment and weakening of the functional activity of the cardiovascular system. During the electrophysiological changes were observed in the elderly, senile age groups and longlivers peoples living in Azerbaijan. Cardiac automatism and conduction system disorders of the heart were found. It is also associated with a significant increase in ischemic (coronary) heart disease (ISH). Electrocardiographic analysis in the elderly, senile persons and longlivers resulted in decreased of waves amplitude (low-voltage ECG), decreased atrioventricular and interventricular conduction, shortened RR interval length in most patients, increased heart rate (HR), increased QRS complex duration, and QT interval duration. In all three age groups, it was found that the amplitude and duration of the T wave, in particular, changed. Age-related changes in the cardiovascular system have a serious impact on the functional activity of other organs and tissues. Not only diseases of the cardiovascular system, but also age-related changes in the cardiovascular system can limit the adaptive-compensatory capacity of an organism.

Keywords: Aging, elderly and senile persons, longlivers, cardiovascular aging.

INDONESIAN HALAL INDUSTRY ROADMAP

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ABSTRACT

This study tries to examine the opportunities and challenges of the halal industry in Indonesia. The method in this research is descriptive analysis in the form of library research using a qualitative research approach. In this study, secondary data obtained from regulations, previous research studies, and other literature with similar research topics were used. The results of the study show that the roadmap for the halal industry in Indonesia involves several stakeholders who have a major influence on the development of the halal industry in Indonesia, such as the government, consumers and business actors. Indonesia can become a major player in the halal industry by implementing a consistent and sustainable roadmap considering that Indonesia is the largest Muslim-majority country in the world as well as developing competent human resources in their fields through the development of Indonesian national work competency standards.

Keywords: Road map, Halal Industry

INDONESIAN HALAL HOSPITAL INDUSTRY

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ABSTRACT

Indonesia is a country whose population is predominantly Muslim. Indonesia is a democratic country with a strong influence of Islamic values, although it does not implement a constitution and laws based on Islam. Along with the development of the era of the Muslim middle class in Indonesia, there are changes based on behavior towards sharia awareness, which has resulted in the birth of competing product manufacturers to take advantage. These changes are based on women wearing hijab, Islamic banks, Islamic hotels, Hala hospitals and debating the halal label of a product. Sharia hospital is a hospital whose management is based on maqashid sharia, namely the protection of religion, life, descendants, and property protection. In other words, what is meant by a sharia hospital is a health service institution that provides maximum individual health services with its management using sharia principles. This study aims to describe the Indonesian halal hospital industry. This research uses the literature study method, which is an activity that must be carried out by a researcher to support his research ideas and problems, besides that his research is in accordance with the facts in the field. With efforts that start from reading various existing literature or reports, and making good use of them, research will also be guaranteed.

Keywords: Hospital, Islamic, Halal Industry, Sharia

**THE EFFECT OF COVID-19 IN THE INSURANCE COMPANIES - A COMPARISON
BETWEEN THE COVID-19 AND THE 2008 CRISIS**

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ABSTRACT

In this work, we investigate certain characteristics of the effect of the crisis due to COVID-19 in the insurance companies and compare it with the corresponding crisis of 2008. More precisely, we examine the features of the current crisis due to COVID-19 to characterize whether this crisis exhibits more characteristics of a real crisis, than that of a perceived as captured by the individuals' fear, anxiety, interest, through Google searches volume. Based on our findings, the examined keywords provide useful information for the forecasting of the insurance companies' stocks for both crises. Especially for the crisis of COVID-19, the Google trends provide information for the forecasting of these stocks even in cases that the confirmed COVID-19 cases and the lockdown stringency index of the G7 countries did not provide. Finally, there are spillover effects for both crises, but for the COVID-19 crisis were less in multitude than those during the crisis of 2008. Our work provides evidence for the effect of the way people perceive crisis, through the fear, anxiety, and interest they display, which in turn affects the Insurance companies. This seems to be even more important than the crisis itself.

Keywords: COVID-19; Crisis; Google trends; stringency index; Insurance companies' stocks

JEL codes: C50, C51, C58

HEPATITIS B VACCINATION STATUS AMONG HEALTHCARE WORKERS AND MEDICAL STUDENTS IN ALLIED HOSPITAL OF FAISALABAD: A CROSS-SECTIONAL STUDY

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ABSTRACT

Background: The vaccination status of HCWs working in Pakistani hospitals against the hepatitis B virus is paid attention yet.

Objective: This study aims to assess the vaccination status of hepatitis B among HCWs in Allied Hospital of Faisalabad.

Materials & Methods: This cross-sectional study was conducted from July 2020 to June 2021. Two groups of HCWs were included in the study. Group 1 comprised of doctors and nurses at different wards of the hospital, and group 2 included medical undergraduates and nursing students. A predesigned form was administered to record information regarding their demographic characteristics and history of vaccination. Next, about 5ml of blood was taken from each participant to check HBsAg. Data were entered and analyzed in SPSS V16.0 by descriptive statistics and the chi-square test.

Results: From total 142 HCWs, (71%) HCWs were female and 58 (29%) of them were male. The age of the participants was 20-25 years. In addition, 95(47.5%) HCWs were fully vaccinated, 36 (18%) HCWs were partially vaccinated, and 69 (34.5%) HCWs were never vaccinated against hepatitis B. Among fully vaccinated cases, doctors and nurses 58(61.05%), 37(38.9%) of students followed by 16 medical students and 21 nursing final year students respectively. The major reason for not being vaccinated was lack of time in 93 (63.7%) HCWs.

Conclusion: Despite existing recommendations and higher prevalence rates of hepatitis B in high-risk groups, about 40% of the HCWs were not vaccinated either due to unawareness or carelessness.

**BIOACCUMULATION OF HEAVY METALS AND THEIR HISTOPATHOLOGICAL
IMPACT ON MUGIL CEPHALUS FROM THE NORTH EASTERN REGION OF MANZALA
LAKE, EGYPT**

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ABSTRACT

Water quality is one of the primary concerns in fish health and performance. There is a constant need for baseline information on the mugil fish health present in the North-Eastern region of Manzala lake. This study deals with the determination of the limit of heavy metals in Manzala lake as a representation of the northeastern area of Egypt and studied its impact on mugil health. Assessment of the mugil health achieved by studying the tissue heavy metal accumulation and histopathological examination of the different organs of fish. The result indicated the physical, chemical, and heavy metals properties of water and sediments of the mugil fish are above the maximum permissible limits for human consumption and that affects the mugil fish health. The histopathological damage in the gill, muscle and liver were severe in the autumn season. It is concluded that the environmental pollution of this area affected the mugil's health. Therefore, monitoring this pollution is necessary to improve mugil fish health.

Keywords: Heavy metals, *Mugil cephalus*, Pollution, Histopathology, El-Gamil outlet, Manzala Lake.

**THE IMPACT OF FEAR ON THE PERCEPTION OF HUMAN RIGHTS IN POLAND
DURING THE COVID-19 PANDEMIC**

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ABSTRACT

Vaccinations against the Covid-19 virus are currently not mandatory in Poland, therefore citizens have the right to decide whether they want to take the proposed medication or not. Already in the first phase of the pandemic's development, a question began to arise in the public debate as to the idea of introducing a new regulation that would force individuals to participate in the national vaccination program. This issue remains unresolved at the moment. Citizens are not only concerned about the potentially negative consequences of adopting a preventive measure, but there are also increasing voices expressing concern over the principle of the inviolability of their fundamental rights and freedoms.

In the paper, the author will try to indicate in what circumstances human rights violations and possible discrimination occur. She will also point to the constitutional regulations which determine the right to distinguish between those who are vaccinated and those who, for various reasons, have not been vaccinated. Additionally, the positions of individual social groups, supporting or opposing the proposed legislative solutions, will be presented.

In her deliberations, the author will focus on the factors constituting the basis for the transformation that took place not only in the context of the current legal order but also in the field of mentality changes within Polish society. Among them, we could mention the aspect of necessity, proportionality, accessibility, and the fear factor, which is one of the main determinants of the changes currently taking place. These are areas that are important in the process of analyzing the range of the state's powers to interfere with the fundamental rights and freedoms of its citizens.

Keywords: COVID-19, pandemic, human rights, discrimination, Poland

COVID-19 CENTERS MANAGEMENT SYSTEM

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ABSTRACT

The coronavirus COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War Two. Technology today plays a crucial role to tackle this dangerous problem.

To find the nearest covid-19 center and obtain the initial treatments and an efficient diagnostic can save someone's life. In this context, we develop an smart application to help people to discover the different covid-19 centers and the closest one as well as its localization. This application aims to manage these centers and provide for patients essential services and important information related to covid-19. It can be a strength bridge between people and their health protection against this pandemic.

Using UML language, the specific requirements, the analysis and design of this system are defined, represented and successfully developed in the context of the Digital technologies and their impact on public-health strategies. Covid-19 centers Management System (Covid-19 CMS) has been implemented and carefully developed taking into account the functional and non-functional requirements of the proposed solution. The software and hardware environments are specified and different interfaces characterizing our system features are successfully tested and evaluated.

Keywords: Covid-19, Technology, centers Management System, health protection

ANALYSIS OF THE EFFECT OF DIABETES AND BMI ON HEPATITIS B AND C

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ABSTRACT

Background. The risk factors that promote hepatitis B and C are multiple. This study analyzes the effect of diabetes and body mass index on subjects diagnosed at the Setif hospital in Algeria. Since other factors are ignored in this study, the data analyzed are considered uncertain. The principles of fuzzy logic are applied in this analysis. **Method.** The study concerns 60 patients diagnosed at our service. The risk factors are considered imprecise and therefore fuzzy. A fuzzy inference system is applied in this study. The data is fuzzyfied and a rule base is established. **Results.** As the principles of fuzzy logic deal with the uncertain, this allowed us to take care of this imprecision and complexity. The established rule base maps the inputs, which are the diabetes and BMI, to hepatitis as the output variable. **Conclusion.** Several factors promote hepatitis B and C. The physiological system differs from one individual to another. Also, the weight of each factor is ignored. Given this complexity, the principles of fuzzy logic proposed are adequate. Once the system has been completed, it allows the random introduction of values expressed by diabetes and BMI at the input to automatically read the result at the output. This tool can be considered as a prevention system in the appearance and even the aggravation of this disease.

Keywords: Hepatitis B and C, Risk factors, Diabetes, BMI, Fuzzy logic;

DUAL FRONTLINE APPROACH DURING PANDEMIC SITUATION: A CASE STUDY OF DR. YASMIN RASHID AS POLICY MAKER, ADMINISTRATION LEADER AND HEALTH CARE PROVIDER

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ABSTRACT

Background: The present study intends to investigate the strong, dedicated and warrior role of a female leader and health practitioner during Covid-19 pandemic phase. For this purpose, the researchers took a case study of Prof. Dr. Yasmin Rashid, Minister for Health Punjab, Pakistan.

Purpose: Analysed the role of Prof. Dr. Yasmin Rashid as a Provincial Minister of Punjab for Primary & Secondary Healthcare and specialised healthcare & medical education officer and her prompt decision making and leadership skills to fight with the covid pandemic situation.

Methodology: For present study researchers used qualitative case study method. Key case study type is used to explore the depth of phenomena through various lenses to reveal multiple sides.

Results & conclusion: Results showed the untiring services of Prof. Dr. Yasmin Rashid as a great leader and frontline warrior during pandemic crisis. WHO acknowledged her as a great women leader around the globe for being a strong fighter during COVID-19.

Keywords: Frontline Warrior, Pandemic, Healthcare

PALLIATIVE MANAGEMENT EFFICIENCY AND ITS INFLUENCE ON THE HEALTH OF JOS RESIDENTS

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ABSTRACT

During the COVID-19 lockdown, material and financial palliatives were provided by the government to cushion the hardships that accompanied the lockdown. However, the palliatives were improperly distributed in Nigeria. People resident in Jos, Plateau State of Nigeria were faced with many challenges due to the poor distribution of palliatives. This paper aims to assess the impact of the inefficient distribution of COVID-19 palliatives on the health of Jos residents via the use of descriptive statistics and other analytical tools. Findings from the results collated showed that the bulk of the residents indicated a wide range of displeasure in the mode of dispatching or distribution of the palliative confirming the process to be poorly managed. The impact of the COVID19 lockdown policy and palliatives management on the health of the resident of Jos cannot be overemphasized. As findings from the study reveal the majority of the respondents affirmed that no palliatives were distributed in their localities and no access to healthcare facilities were equally limited to only COVID19 patients. The situation negatively impacted the health of a lot of the residents which aid in propelling the usage of traditional herbal medicine, increased blood pressure and many other health challenges due to the high negligence of other pre-existing diseases and attention for other non-COVID19 sick patients especially those class on drugs. All these factors were suspected to have largely contributed to the high loss of lives of non-COVID19 patients within the communities. Recommendations to develop a better manage response and palliatives distribution approach with consideration of the sick class of people would go a long way to save the life of other sick people out of the trending high-risk illness spreading in any future pandemic era.

Keywords: Palliative management, Relief materials, Health challenges, Nigeria, COVID19.

**FARMERS' INFORMATION NEEDS ON HEALTH AND ENVIRONMENTAL HAZARDS
ASSOCIATED WITH HERBICIDE USE IN AGBANI AGRICULTURAL ZONE, ENUGU
STATE, NIGERIA**

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ABSTRACT

The study assessed farmers' information needs on health and environmental hazards associated with herbicide use in Agbani Agricultural Zone, Enugu State, Nigeria. Structured interview schedule was used to obtain information from 80 crop farmers. Data collected were analyzed using percentage, mean, multiple regression and factor analysis. The farmers' major sources of information on health and environmental hazards associated with herbicide usage were neighbours (86.3%), input suppliers (75.0%), fellow farmers (73.8%) and family (42.0%). However, they only found reliable information they received from fellow farmers ($\bar{x}=3.43$), input suppliers ($\bar{x}=3.00$) and neighbours ($\bar{x}=2.96$).

On a list of 30 knowledge questions used to measure their knowledge level on health and environmental hazards associated with herbicide usage, the majority (60.0%) had low knowledge. Hence the farmers indicated they need information on the areas of management of herbicide equipment, recommended herbicide application practices, herbicide precaution practices and health and environmental hazards inherent in herbicide misuse. The findings equally shows a positive significant relationship ($p\leq 0.05$) between numbers of years spent in formal education and knowledge level on health and environmental associated with herbicide usage.

The study concluded the farmers had poor knowledge on health and environmental hazards associated with herbicide use and recommends massive awareness campaign by government and Non Governmental Organizations through extension agents to teach farmer best practices and recommended herbicide usage.

Keywords: health hazards, herbicide, information needs, farmers

STABLE WAKEFULNESS, INITIATION OF BREASTFEEDING AND PHYSIOLOGICAL PARAMETERS AT REUNITED WITH THE MOTHER AFTER SEPARATION FOR ELECTIVE CAESAREAN BORN INFANTS - A RANDOMISED CONTROLLED TRIAL COMPARING SKIN-TO-SKIN CARE WITH INFANTS DRESSED IN MOTHER'S ARMS

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ABSTRACT

Separation between the mother and her infant is still very often practiced around the world especially in Low- and Middle-Income Countries (LMIC). This study aimed to compare the effects of two caregiving models on full-term healthy infants' wakefulness, rooting and sucking reflexes, initiation of breastfeeding, and physiological parameters when reunited with their mothers after a maternal-infant separation after elective caesarean birth.

Methods: A randomised controlled trial was performed in a Chilean hospital. Infants were randomized into two groups; dressed in mothers' arms or skin-to-skin with their mother when reunited with the mother after caesarean birth. The Neonatal Behavioral Assessment Scale (NBAS) was used to assess wakefulness and pre-breastfeeding behaviors. These variables and physiological parameters were assessed at 15-minute intervals, from 130 to 205 minutes after birth.

Results: We studied 95 full term healthy infants. Time for initiation of breastfeeding after the reunion with the mother was significantly faster in the skin-to-skin group ($p=0.0051$) compared to the infants in the mothers' arms group ($n=56$). Over the full study period a more relaxed state, drowsy to sleep ($p = 0.063$) was found in the skin-to-skin group ($n=39$) compared to the infants in the mother's arms group ($n=56$). The infant's wakefulness was significantly higher in the mothers' arms group ($n=56$) at 145 minutes ($p = 0.006$) and at 175 minutes ($p = 0.032$). Physiological parameters did not differ between groups.

Conclusion: The results show that elective cesarean section born full-term, healthy infants can be safely and adequately cared for by their mothers, preferably skin-to-skin when reunited after mother-infant separation. There is a need to prioritize training of health providers on the implementation of skin-to-skin care including caesarean section born infants.

MENTAL HEALTH: AN IMPORTANT TOOL FOR ALL-ROUND WELLBEING OF HUMANS

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ÖZET

Being mentally healthy is very important as it has a great impact on our thoughts, our emotions and feelings and our reactions to various situations. Our mental health needs to be considered with serious attention as it involves our wellbeing at the social, psychological and emotional levels as well. Sound mental health is essential to cope up with stress, handle smooth and better relationships with people and also equip us to make wise and rational decisions. Physical health is general given great importance as without good health at the physical level, people fail to perform well at different aspects of life. It needs to be realised that mental health is highly mandatory for us in order to possess and retain good physical health. Lack of good mental health leads to inability to handle stress and depression and this inability has a great negative impact on the physical health of the people leading to long term problems like heart diseases, stroke, diabetes, etc. Our mental health needs to be monitored and taken care of in a very good manner and it tends to undergo changes with time. When one is compelled to be in stressful situations for a long period of time, he / she tends to get depressed and slowly lose his / her mental health. It also needs to be understood that there are a lot of distinct differences between having poor mental health and mental illness and that both these terms are neither similar nor interchangeable. A person with poor mental health need not possess any mental illness and a person having mental illness need not have necessarily have poor mental health. This paper aims to deal with the definition of the term “mental health”, why is it important to possess a healthy mind and suggest ways to improve mental health.

Key words: Mental Health, Physical health, mental illness, social, psychological and Emotional wellbeing

**ORAL HEALTH AND HERBAL INTERVENTIONS FOR PREVENTION OF
PERIODONTITIS AND DENTAL CARIES**

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ABSTRACT

The human oral microbiome is one of the most diverse communities of microbes in the human body. Periodontitis (gum disease) and dental caries (tooth decay) are the two most prevalent oral health diseases that increase steadily with age and continue to be major public health issues. Aging is accompanied by altered immune function and dysbiosis in the oral microbiome with a shift towards pro-inflammatory status in older individuals. Dental caries process involves bacterial adherence to the tooth surface, dental plaque formation and localized demineralization of tooth enamel by acids of bacterial origin, leading to destruction of enamel and dentine. The main causal organism in cariogenic process is *Streptococcus mutans* that readily colonizes the human oral cavity because of its ability to survive in an acidic environment and form bacterial biofilms. Periodontitis affects the supporting structures of teeth, leading to periodontal pockets, gingival bleeding, receding gums, tooth and bone loss. *Porphyromonas gingivalis* and *Prevotella species* are the main etiological agents in periodontitis.

The prevalence of oral disease, increased antibiotic resistance, and adverse effects of antibacterial agents and chemotherapeutics in dentistry, is leading to a resurgence of traditional, herbal products. Natural antibacterial agents like *Melaleuca alternifolia* (Tea tree) oil, *Aloe vera* gel, *Azadirachta indica* extracts, exhibit comparable efficiency to chlorhexidine in improving the periodontal parameters, including periodontitis and gingivitis. *Glycyrrhiza glabra* (Liquorice) extracts have proved to be effective as antibacterial agent by reducing the count of *Streptococcus mutans* in children, decreasing the risk of dental caries. The article intends to highlight the potential of *Terminalia chebula*, *Terminalia bellerica*, and *Phyllanthus emblica* fruits, *Camellia sinensis* leaves (catechins), essential oils from *Cinnamomum verum* bark, *Syzygium aromaticum* bud, *Piper longum* fruits (piperine), *Curcuma longa* rhizome (curcumin), and *Berberis aristata* roots (berberine) in prevention and inhibition of progression of oral diseases.

Key Words: Periodontitis, Gingivitis, Dental caries, Alveolar bone loss, Antibiotic resistance, Liquorice, Green Tea, Emblic Myrobalan, Indian Long pepper, Chebulic Myrobalan, Belleric Myrobalan, Turmeric

**ECOLOGY AND SEASONAL DISTRIBUTION OF DIATOM GENUS, COCCONEIS,
RECORDED IN THE LAGOON OF NADOR (NORTHEAST MOROCCO)**

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ABSTRACT

Diatoms are microscopic single-celled plants that live in fresh, brackish and marine waters from the poles to the tropics (Trainer et al 2008). They play an indispensable role in the aquatic food web, contributing to 40% of ocean primary productivity and 20% of global carbon fixation (Hildebrand 2008); they are also important in the assessment of ecological status (Stevenson et al 1999).

The contribution of benthic diatoms to water column biomass (via resuspension) can be up to six orders of magnitude greater than that of phytoplankton (De Jorge & Van Beusekom 1995), while chlorophyll-a in the microphytobenthos (mainly diatoms) can account for 50% to 60% of the total (Van Beusekom & Jonge 1992). Finally, this characteristic of diatoms also plays an important role in biogeochemical cycles, as they form complex biofilms that are suitable substrates for different types of organisms and interactions in which consumption and remineralization of nitrogen, phosphorus and oxygen take place (Sundbäck & Graneli 1988; Sundbäck & Jönsson 1988; Hochard et al 2010).

The main purpose of this study is to evaluate the seasonal and temporal variations of the physico-chemical parameters and to determine the main species of the phytoplankton genus *Cocconeis* in the lagoon of Nador, according to two seasons, spring and summer. During sampling, *Cocconeis* was dominant during the rainy season (spring), with a density of 5840 cells L⁻¹, and the most dominant species was *Cocconeis scutellum* Ehrenberg 1838. The species distribution of the phytoplankton community was caused by seasonal and temporal variation conditions.

Keywords: Diatoms, phytoplankton, *Cocconeis scutellum*, Nador Lagoon, physico-chemical parameters...

THE FEAR AND THE ANXIETY DURING THE COVID-19 PANDEMIC

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ABSTRACT

The main goal of the presentation is to characterize the relationship between the COVID-19 pandemic and fear in a society. It is noticed that people are afraid of death and pain. It seems to be normal that the history of pandemics and the new virus caused uncertainty in society.

The research method used in the paper is content analysis. The paper presents the definitions of anxiety, fear and phobias. The author presents what coronaphobia is, as well as the theory of the four horses of fear described by Adriano Schimmenti, Joël Billieux and Vladan Starcevic.

The author is going to show the results of research performed by the Public Opinion Center in Poland.

Keywords: fear, anxiety, pandemic, COVID-19, coronaphobia

**SURFACE REACTIVITY OF NATURAL CLAYS
STUDY OF THE ADSORPTION OF ANIONIC DYES**

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ABSTRACT

The textile industries discharge large quantities of toxic water. There are already treatments by adsorption on activated carbon which is an effective but costly process. Clays could be adsorbent materials that are both economical and less polluting. They are phyllosilicates with high adsorption capacities due to their large specific surface and their surface charges. Few researchers have been interested in anionic dyes that are difficult to adsorb on these supports. The objective of this work is to better understand the phenomena of adsorption by natural clays of anionic dyes. Natural clay (composed of smectite, kaolinite and illite), and standard clays were chosen to study the influence of the physico-chemical conditions of the environment, but also of the nature of the clay on the thermodynamics and the kinetics of adsorption. The results of the tests confronted with adsorption models made it possible to describe adsorption as a spontaneous, exothermic process with pseudo-second order kinetics. Kaolinite has the best adsorption capacity. Some of the processes highlighted are common to the different clays, such as adsorption at the level of the bonds broken at the edge of the sheet by replacement of the hydroxyls, or adsorption via the metal cations themselves adsorbed. A process, particular in kaolinite, is related to the presence of acidic surfaces which allow the adsorption of anions via hydrogen bonds. In conclusion, clay is a good adsorbent of anionic dyes under the experimental conditions of this work.

Keyword: the interfoliar cations , clay,adsorption, dyes,Oriental region....

**DISTANCE TEACHING OF FOREIGN LANGUAGES IN UKRAINE AS PART OF
SOCIAL CARE**

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ABSTRACT

There is a war going on in Ukraine today. Ordinary citizens, including children, come across foreign languages much more often than before. Participation in international informing, direct communication with foreign partners, the opportunity to read the description of any humanitarian aid, temporary or permanent integration into the society of a new country as a refugee, and much more. Proficiency in foreign languages in the face of conflict and uncertainty provides a huge number of additional, vital opportunities.

Under the classical social security, educational facilities are mentioned (this may mean homeschooling or funding the needs of students for individual attention so that they can learn). Thus, in 2020 among young people under 30 years old, 92% of people have smartphones, and only 12% of people over 60 years old. In urban areas live more than a half of smartphone owners (58%), while among rural residents their share is slightly less than a half (48%).

It is noted in 2020 that the share of Internet users is 71% (22.96 million), 65% have Internet at home. In cities with a population of more than 100,000 inhabitants, Internet penetration increased from 71% to 74%, in settlements with a population of less than 100,000 inhabitants - from 53% to 70%, and in villages - from 53% to 58%. Almost the entire population of Ukraine under the age of 35 are Internet users.

This allows us to conclude that every family has at least one device ready for use in the distance learning process. That is, the main problem of distance learning is the number of teachers and lecturers, as well as how citizens and their children are involved in this process. So social security of the educational process at school and universities is assumed by the state for most schoolchildren and a significant part of students, learning a foreign language is absolutely free, regardless of the income of their parents. For all other groups of people who need social security, foreign languages are taught with the help of foreign funds and organizations that are interested in deepening cooperation with Ukraine and mutually beneficial material and intercultural exchange.

For example, in the share of Ukrainian imports of tomatoes and cucumbers, Turkish vegetables already in 2020 accounted for 82 and 78%, respectively. Imports to Ukraine of Turkish ready-made textiles, clothing, footwear, according to a study of foreign trade in light industry goods between countries for 2010-2019, the trade balance between Ukraine and Turkey for 10 years, Turkish exports exceeded the corresponding Ukrainian one - 53 times. Thus, we see that the teaching and learning of Turkish as a foreign language in Ukraine has not only a significant cultural, but also a material aspect. This process can definitely be considered in the context of the part of social security, as it helps to create new highly qualified personnel for Ukrainian-Turkish enterprises.

Keywords: social care, smartphones, Internet, distance teaching, foreign languages, Ukraine.

THE IMPACT OF COVID-19 PANDEMIC ON SERVICE INDUSTRY

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ABSTRACT

The COVID-19 Pandemic resulted in worldwide lockdown. The service sector accounts for more than half of India's GDP. While the Covid-19 pandemic has had a negative impact on most sectors of the economy, the effect of Covid-19 on the services sector has been varied. While non-contact services such as information, communication, financial, professional, and business services have held up well, the impact on contact-based services such as tourism, retail trade, hotel, entertainment and recreation, and so on has been much more severe. Aside from the healthcare system, key industries hardest hit by the lockdown include manufacturing, retail, public services, entertainment, media, the transportation industry, and tourism. Businesses were compelled to conduct their operations while keeping social distancing in mind in order to reach out to customers. The sudden or drastic change in business approach as a result of the pandemic has caused many players in the service industry to cease operations. Until they get used to the new way of doing business. Sectors such as education, health care, gym, and tourism have seen a direct impact as the involvement of people, customers, and consumers was limited or completely shut to provide the services, with the support of government restrictions on the E-Commerce platform was allowed to operate with a lot of restrictions to provide only essential goods to the borrowers. The service providers improved their services to provide contactless deliveries to customers at their doorsteps; this type of activity resulted in an enormous increase in E-Payments crossing multi-billions in the months following the initial lockdowns. Tourism is a significant source of employment and economic growth. However, COVID-19 has drastically altered this. The impact on tourism businesses and workers, the majority of whom are young women, is unprecedented. Timely, large-scale, and, in particular, coordinated policy efforts at the international and national levels are required, in consultation with governments, employers' and workers' representatives, and taking into account.

Keywords: COVID-19, lockdown, digital, business, industry, sector

**EMPOWERMENT OF THE PMR ORGANIZATION AS A CONVENIENCE OF
KNOWLEDGE HEALTHY AND CLEAN LIVING BEHAVIOR (PHBS) DURING THE
COVID-19 PANDEMIC IN THE SCHOOL ENVIRONMENT
THROUGH GRAPHIC DESIGN MEDIA**

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UIN Alauddin Makassar Public Health Study Program

ABSTRACT

This community empowerment program aims to provide information with the aim of increasing knowledge about clean and healthy living behavior (PHBS) through graphic design media during the COVID 19 pandemic. Graphic design media as a source of information will be able to make it easier for students to understand the content of the information submitted. The main material for this training is an overview of PHBS in general and PHBS that is more specific in school settings during the COVID 19 pandemic, as well as showing examples of graphic design to practice skills as an educational medium. The program targets are members of PMR MAN 2 Makassar City. The first activity, namely the empowerment team from UIN Alauddin Makassar, first conducted a problem analysis by making PMR members as partners. The second activity is advocacy by conducting program presentations, getting support from the school, their willingness to work together, and sharing team work with partners. The third activity, namely building an atmosphere, which is carried out by training and mentoring partners to become cadres, will be held on March 8-9, 2022. Assistance in making graphic designs on March 10, 2022. The training will be held at MAN 2 MAKASSAR CITY. The number of students who were trained were 12 students who were members of PMR as prospective peer counselors with the paired sample t-test, a 2-tailed significance value of $0.013 < 0.05$, indicating a significant difference in pre- and post-test knowledge. The last activity is a community movement which is carried out in the form of implementing the previous peer educator training. The results obtained from 36 peer participants using the Wilcoxon test, known as Asymp.Sig. (2-tailed) is worth $0.000 < 0.05$. The results show that there is an effect of implementing empowerment on cadres and peers regarding PHBS in the school setting. Students of MAN 2 Makassar city should increase the awareness of each individual, and familiarize students to always carry out clean and healthy living behavior with the correlation with Islam being improved again.

Keywords: Community Empowerment, peer cadres, school PHBS during COVID 19

**EVALUATION OF THE ELDERLY INTEGRATED HEALTH SERVICE POST
EMPOWERMENT PROGRAM AT THE SOMBA OPU HEALTH CENTER DURING THE
COVID-19 PANDEMIC**

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ABSTRACT

The purpose of this study is to evaluate the integrated health service post programs for the elderly that have been implemented in the working area of the health center. This qualitative research was conducted from 7 to 11 March 2022 at the Somba Opu Health Center. The subjects in this study were Health center personnel and cadres as well as IHSP targets with a total of 12 informants, each consisting of 5 health workers from UPT Health center Somba Opu, 4 IHSP cadres and 3 elderly people. The instrument in this study used interview guidelines, observation forms and documentation. Based on the results of observations regarding the Evaluation of the Elderly IHSP at the Somba Opu Health Center, the following results were obtained: Effectiveness criteria in three components (Input, Process, and Output) can be said to be quite effective. Although the output component there are obstacles that hinder. For the efficiency criteria, it cannot be said to be efficient, because the funds in implementing the IHSP have not been efficient to support the running of the program, because to meet the needs of the elderly IHSP they still depend on cadres who work together to collect funds. For the Sufficiency criteria, it can be said to be sufficient because the materials used in the IHSP for the elderly such as medicines and vitamins are sufficient to support the needs of the elderly. For the smoothing criteria, it can be said to be evenly distributed because in practice the elderly who attended have received the same and even health services. The responsiveness criteria have been responded positively by the elderly because they do not need to spend money and are only present in the implementation of the program to get health services. For the Accuracy criteria, it is right on target for the elderly aged 60 years and over.

Keywords: Evaluation, Elderly Integrated health service post Program, The Covid 19 Pandemi

THE LINK BETWEEN THE ALTERED GUT MICROBIOTA AND CHRONIC SPONTANEOUS URTICARIA: IMPACT OF ALERGIPLANT

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ABSTRACT

Background Nowadays, regulation of the immune system through gut microbiota is supposed to affect the chronic spontaneous urticaria (CSU). Unfortunately, the whole intestinal microbiome in CSU patients is rarely being clarified. Specific bacterial genera including Lactobacillus and Bacteroides as well as their microbial metabolites confer protection against CSU.

Objectives The gut microbiota may be a target for improving outcomes in subjects affected or at risk for CSU. Alergiplant could modulate the immune system through gut microbiota in CSU.

Materials and methods The evaluation of the patients was based on history and physical examination. We investigated the effect Alergiplant in CSU patients.

Results Chronic spontaneous urticaria is a spontaneous or inducible disorder defined as persistent urticaria longer than 6 weeks in duration and without an identifiable cause. Imbalanced microbiota diversity should be considered as one of the most important underlying causes of CSU. Although the mechanism of decreased microbiota diversity associated with the etiology of CSU is not clear, alterations in gut bacterial diversity could disrupt mucosal immunological tolerance by promoting Treg cells reacting to dietary antigens.

Conclusion Alergiplant is the first study, to our knowledge, to show the change of microbiota composition in patients with CSU. Our results demonstrated that the microbial composition was significantly different between CSU patients and the healthy individual, which may be the reason leading to the various outcomes of probiotic treatment. This study suggests that disturbances in the gut microbiome composition and metabolites and their crosstalk or interaction may participate in the pathogenesis of CSU.

Keywords: gut microbiome, immune system, chronic spontaneous urticaria, Alergiplant

INVESTIGATION OF BIOLOGICAL ACTIVITIES OF AZOMETHINE DERIVED FROM
2-METHOXYCINNAMALDEHYDE

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ABSTRACT

1.Objectives. Azomethines are studied widely due to their synthetic flexibility, selectivity and sensitivity towards the central metal atom, structural similarities with natural biological compounds, and also due to the presence of an azomethine group (-N=CH-) and the imine group present in such compounds has been shown to be critical to their biological activity. A search through literature revealed that cinnamaldehyde derivatives possess significant antibacterial, antifungal, and antioxidant properties.

2.Methods. Novel azomethine was synthesized by condensation of 2-methoxycinnamaldehyde with tris(2-aminoethyl)amine in a non-catalyst medium. ¹H and ¹³C NMR spectroscopy as well as elemental analysis were used to study the structures of the produced Schiff base. The biological activity against Staphylococcus aureus, Escherichia coli, and Pseudomonas aeruginosa bacteria was studied by the twofold microdilution method.

3.Results. The activity of newly synthesized in a non-catalyst medium azomethine was investigated against Staphylococcus aureus, Escherichia coli, and Pseudomonas aeruginosa bacteria. It was found that this new azomethine had higher inhibitory activity than the reference chemicals, Cefotaxime and Ceftriaxone.

4.Conclusion. Novel azomethine derived from 2-methoxycinnamaldehyde and tris(2-aminoethyl)amine were synthesized, characterized, and their biological activity was evaluated by antibacterial bioassay, which was higher than the activity of the known antibiotics.

**BIOREMEDIATION : MICROORGANISMS SERVING THE ENVIRONMENT
A REVIEW**

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ABSTRACT

Worldwide, concerns about the remediation of pollutants that can affect the environment are becoming increasingly serious due to serious impacts on ecosystems and living things. Over the past three decades, in the context of clean-up, man has become dependent on chemicals and physical practices as a conventional method of crop protection. However, the latter are not without consequences on the disturbance of biodiversity and ecosystems.

Alternatively, one method to address these pollutants is bioremediation, which is defined as a technology that improves the accumulation and/or degradation of contaminated areas by introducing specific strains or active microbes. The effectiveness of bioremediation depends on many of the non-biological and biological factors discussed in this chapter. The first concerns the chemical structure and property, the concentration and availability of pollutants, while biological factors are summarized on the selection of appropriate micro-organisms, which can not only clean up the environment, but also compete successfully with natural microbial communities.

For this purpose, many techniques have been updated, exploiting the natural properties of genetically modified microorganisms. Bioremediation can also be improved by providing effective and adapted micro-organisms to polluted environments and re-inoculating them in other sites of the same pollution.

Finally, bioremediation is the viable, cost-effective and environmentally sound technique to replace the more expensive and disruptive conventional physical and chemical techniques of ecosystems.

Key-words : Bioremediation, microorganisms, pollution, environment, sustainable development.

ROLE OF MEDIA TO ENDORSE GENDERISED CONSUMERISM

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ABSTRACT

The concept of endorsing a product by using women is a very common technique. However advertisers go a step further by selling a product through objectification of women models. The concept of “Sex sells” has emerged to be the most common technique which is implemented by industries to endorse their product. It is indeed an attitude among the advertisers who seem to unanimously embrace to sell their product for their industry. It's a pre-assumed concept that 100 percent success can be achieved by an industry in terms of profit, if its endorsed with a garnishing of sex. It's no secret that advertisers use women to endorse their products. The ice-cream brand Cornetto, The garment Rupa, and many perfume and Deo brands like Cinthol which portray women in skinny outfit have all benefited by using sex appeal in their marketing campaigns. Advertisements portraying women to ignite sex appeal has become a matter of fact for many consumers. However, there has been a change in the trend in recent years regarding the types of sex appeal that is used in marketing. Therefore the paper will analyse the role of media in popularizing the genderised consumerism of women with reference to 7 advertisements.

Keywords: Media, Women, Advertisements, market, promotion

A QUALITATIVE EVALUATION OF COGNITIVE FUNCTIONING AND SOCIAL MATURITY OF CHILDREN ATTENDING ONLINE CLASSES: A CASE STUDY METHOD (OCTOBER 2020-21)

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ABSTRACT

Cognitive development and social maturity are the utmost requirements for one's growth. In consideration to children, one achieves it both at home and school. Cognitive grounding is incumbent for every child's healthy growth, for which parents send their children to school seeking growth and development. With the onset of the pandemic all over the nation, the online platform has taken its firm place, making children screen dependent for their learning and higher accomplishments. Training and Monitoring are required in higher-order skill developments, which is lacking in online classes, therefore making it strenuous for children to cope.

The current research study aims at evaluating the cognitive growth and social maturity of children through a case study method (October 2020-21). Six samples were selected for the study within the age range of 5-7 years. The tools administered were the Mini-Mental state examination for Children (MMC) was adapted by Dr Gouri Rao Passi and M Jain, The Vineland Social Maturity Scale, Indian Adaptation developed by Dr A. J. Malin (1965). Each parent was interviewed and their child was thoroughly examined. Through observation and evaluation of all the functions, adopted scales, similarities, differences finding themes and categorizing them accordingly. The findings reveal differences in cognitive growth and social maturity of children attending online classes from their earlier records.

Keywords: Cognitive grounding, Pandemic, Training, Monitoring and Maturity

**THE IMPACT OF COMBINED DNA REPAIR AND ONCOGENE MUTATIONS IN
COLORECTAL CANCER SURVIVAL**

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ABSTRACT

Aims: To examine the coexistent effect of either *KRAS* or *BRAF* gene status with MMR gene status on patient outcomes in a rural population of colorectal cancer patients.

Methods: Using a colorectal cancer database, results for patient mutation status for mismatch repair genes and other oncogenes, obtained by DNA sequencing and immunohistochemical analysis, were assessed to see if there were significant differences in survival probability in patients with and without single and combined risk factors. Kaplan-Meier survival analyses were performed to examine overall survival probability in the different groups of patients. Cox Regression analyses were performed as well to check the individual contributions of oncogenes, mismatch repair genes, and other covariates, such as age and biological sex, on survival.

Results: In the Kaplan-Meier analyses, comparison of survival outcomes in patients with and without *KRAS* and *MLH1* mutations showed a significant difference ($p=0.018$). Pairwise analysis reveals that this difference is mostly between the group with wild-type status for both genes and a patient with mutant *KRAS* and *EGFR* status with wildtype *MLH1* status ($p=0.062$ with Bonferroni correction). Although insignificant ($p=0.124$ with Bonferroni correction), pairwise analyses also reveal a difference between the group with wild-type status for both genes and the group with wild-type *KRAS* status and mutant *MLH1* status. Combined *KRAS* and *PMS2* status results in a borderline insignificant ($p=0.056$) survival difference as well. The effects of mutations in other combinations of oncogenes, as well as sex or tumour sidedness and MMR mutation statuses, were not significant on survival probability according to Kaplan-Meier analyses.

The contribution of individual genes and covariates were assessed in a multivariable fashion using Cox Regression analyses. Although some models did not pass the Cox Regression assumptions, likely owing to small sample sizes, the three covariates that had the most significant difference in survival probability among groups were *MLH1* status ($p=0.071$), biological sex ($p=0.072$) and *EGFR* status ($p=0.088$). According to Akaike Information Criterion, the model that best predicts survival in this group is one that contains *MLH1* gene status and biological sex.

Conclusions: These preliminary results should be interpreted with caution owing to the relatively small sample size. This study supports previous findings that mutant oncogenes, combined with altered MMR genes may be predictive of colorectal cancer survival outcome based on Kaplan-Meier results. However, studies with larger samples sizes should be conducted and significant Cox Regression analyses, passing assumptions, are needed to confirm individual contributions of genes and other covariates.

VALORIZATION OF *ATRIPLEX CANESCENS* PURSH NUTT BY *IN VITRO* CULTURE

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ABSTRACT

The enhancement of xerohalophile species of the genus *Atriplex* through *in vitro* tissues culture proves to be a useful means for their multiplication and use in the rehabilitation of soils degraded by salinity.

The experiment focused on the induction of micropropagation by culturing nodes explants taken from 5 months aged *Atriplex canescens* plants cultivated under greenhouse and apex from one month old vitroplants on Gamborg B5 medium supplemented with plant growth regulators 2, 4-D/BAP (1/1 mg / l) and TDZ (0.5, 1 mg / l).

A bud burst of the different pre-existing *Atriplex canescens* meristems is observed only from the apex.

Hormone-free medium B5 has the highest rate of microshoots formation with 87.5% followed by medium B5 supplemented with 0.5 mg/l of TDZ with 66.6% in *Atriplex canescens*. The increase in the concentration of TDZ alone (1 mg / l) and the combination of 2, 4-D / BAP do not favor the induction of *Atriplex canescens in vitro* propagation. The type of explant and the hormonal concentrations influence significantly micropropagation.

Key words: *Atriplex canescens* Purch Nutt, culture medium, explants, *in vitro* culture, micropropagation, 2, 4-D, BAP, TDZ.

SYNTHESIS AND INVESTIGATIONS OF NEW 3,5-DIIODOSALICYLALDEHYDE BASED AZOMETHINES

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ABSTRACT

1.Objectives. The imine bond is formed by reacting carbonyl compounds with amines to form an azomethine, which is one of the most significant synthons in chemical synthesis. Because of their synthetic importance and biological features, pharmacists are interested in them. Several studies have found antibacterial, antiviral, anticancer, and other activities. These chemicals, particularly salicylaldehyde derivatives, offer a wide range of actions that could be used to build new drugs.

2.Methods. In consideration of the aforementioned, novel azomethines were synthesized by condensation of 3,5-diiodosalicylaldehyde with 2,2',2''-nitrilotriethylamine, and 1,8-diamino-3,6-dioxaoctane as polyamine scaffolds. ¹H, ¹³C NMR, mass spectroscopy methods and elemental analysis were used to examine the structure of produced azomethines. Furthermore, the antibacterial activity of synthesized compounds was investigated by the twofold microdilution method.

3.Results. The novel 3,5-diiodosalicylaldehyde based azomethine was synthesized in a non-catalyst medium and its activity was studied against *Staphylococcus aureus* and *E. coli* bacteria. It was determined that this novel Schiff base had stronger inhibitory activity than Cefotaxime and Ceftriaxone.

4.Conclusion. The antibacterial activity of newly synthesized 3,5-diiodosalicylaldehyde based azomethine was assessed and promising results were obtained.

5.Acknowledgement. This work was supported by the Science Development Foundation under the President of the Republic of Azerbaijan – Grant N° EIF-GAT-6-2021-2(39)-13/07/4-M-07.

**SYNTHESIS OF GRAPHENE OXIDE MODIFIED ORTHO-VANILLIN BASED SCHIFF
BASE ENSEMBLE**

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ABSTRACT

1.Objectives. Schiff bases are aldehyde- or ketone-like compounds in which the carbonyl group is replaced by an imine group. Schiff bases are some of the most widely used organic compounds. They are used as pigments and dyes, catalysts, intermediates in organic synthesis, and as polymer stabilizers. More of these compounds have been synthesized to find compounds with antibacterial activities. In addition, it becomes popular to use its ensembles with graphene oxide, which is a prominent drug delivery system.

2.Methods. A new azomethine on the basis of 5-bromo-2-hydroxy-3-methoxy benzaldehyde and 1,2-bis(2-aminoethoxy) ethane were synthesized. The structure of the resulting azomethine was studied using ¹H and ¹³C NMR spectroscopic analysis. Next, its ensemble with graphene oxide nanolayers, which was obtained by modified Hummer method, was synthesized and its structure was studied by FTIR. Furthermore, the antibacterial activity of the synthesized ensemble was investigated by the twofold microdilution method.

3.Results. The biological activity of the novel graphene oxide and azomethine based ensemble was studied against Staphylococcus aureus and Escherichia coli bacteria, which results were compared with the activity of the known antibiotics.

4.Conclusion. The new ensemble on the basis of azomethine and graphene oxide was synthesized, characterized and its biological activity was tested.

**SYNTHESIS AND ANTIBACTERIAL STUDY OF AZOMETHINE
ON THE BASIS OF DIALDEHYDE**

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ABSTRACT

1.Objectives. Schiff bases are classically formed by condensation of a primary amine with an aldehyde or ketone under specific conditions. Schiff bases containing conjugated aromatic aldehyde are very stable, but the stability of aliphatic aldehyde derivatives is low. In addition to it, the attention of many researchers is also attracted by Schiff bases bearing conjugated aryl groups or heterocyclic moieties due to their excellent biological activities. Schiff bases derived from dialdehyde and their metal complexes have received considerable attention because of their important roles in synthetic and medicinal chemistry due to the presence of two azomethine groups.

2.Methods. New azomethines on the basis of 2,2'-(ethane-1,2-diylbis(oxy))dibenzaldehyde were synthesized in a basic medium. The purification of the compound was done using column chromatography. ¹H, ¹³C NMR and mass spectroscopy methods, as well as elemental analysis, were used to determine the structure of synthesized compounds. The antibacterial activity of synthesized compounds was investigated by the twofold microdilution method.

3.Results. The biological activity of the synthesized novel azomethines was tested against various bacteria, such as *Escherichia coli*, *Acinetobacter baumannii*, *Klebsiella pneumoniae* and *Pseudomonas aeruginosa* and positive results were obtained.

4.Conclusion. The antibacterial activity of newly synthesized dialdehyde based azomethine was assessed and promising results were obtained.

OLDER ADULTS AND SEXUALITY: A SYNTHESIS OF QUALITATIVE STUDIES

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ABSTRACT

Background: As life expectancy increases, the time spent in old age is also rising. Sexuality is part of our identity and is an important issue for older people. However, despite the increasing interest in the literature on older people and sexual activity, it seems that there is still not enough qualitative research. Therefore, a synthesis of qualitative studies is important in terms of contributing to the literature.

Aim: The purpose of this scoping review is to synthesize qualitative studies on sexuality that included both older men and women as participants.

Method: Data were searched published between 2014-2021 in English or Turkish. The following databases were searched: CINAHL, SCOPUS, PsycINFO, Web of Science, Ulakbim. Additionally, Google Scholar was searched using backward and forward chaining techniques. Search terms included these keywords: "Older AND Sexual*", "Sexual* AND Older Women", "Sexual* And Older Men".

Results: Four studies from four different countries were included in this review. All of the studies grouped older men and women participants together. Sample sizes ranged from 30 to 1063 participants. Evidence suggests that sexuality can develop with age, personal development and depth of relationship. Evidence shows that for women and men, sexual acts and the nature of relationships have an impact on sexual satisfaction. Sex has been associated with vitality and youth. Some of the reasons older adults want to have sex are because they want to feel younger, to feel closer to their partner and to feel attractive.

Conclusion: More qualitative research on sexuality with older men and women is needed. In addition, health professionals should not see the sexuality of older people as outside of their field of expertise and their knowledge of this issue should be increased.

Keywords: Sexuality, Older adults, Older women and Older men.

CEZAEVLERİNDE YAŞLI MAHKUMLARIN SAĞLIK SORUNLARI

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ÖZET

Cezaevleri, bireylerin çevresinde bulunan kişileri ve koşulları seçemediği, yaşamlarını tüm yönleriyle geçirdikleri ve çoğunlukla önemli sağlık sorunlarının eşlik ettiği yaşlı bireylerinde bulunduğu toplu yaşam alanlarıdır. Yaşlılık ise diğer yaş gruplarına göre bedensel, nörolojik ve mental sorunlara karşı farklı sağlık ihtiyaçlarının ve risklerin bulunduğu bir dönemdir. Bu nedenle cezaevindeki yaşlı mahkumlar tıbbi tedavi ve sağlık hizmetlerine yetişkinlerden çok daha fazla ihtiyaç duymaktadır. Hayes ve arkadaşları tarafından yapılan bir çalışmada cezaevlerinde bulunan 60-64 yaş arasındaki mahkumların %80'inin, 65-69 yaş arasındaki mahkumların %91'inin ve 70 yaş ve üzeri mahkumların ise %92'sinin hafif ya da şiddetli en az bir kronik hastalığa sahip olduğu ortaya konulmuştur. İngiltere ve Galler'deki onbeş hapisanede bulunan 60 yaş ve üzeri 203 mahkumla yapılan bir çalışmada ise en önemli üç sağlık sorunu arasında ilk sırada %45 psikiyatrik, %35 kalp-damar ve %24 kas-iskelet hastalıkları olduğuna ulaşılmıştır. Cezaevlerinde madde kullanım bozukluğu da yaşlılar için önemli bir sorundur. TÜİK'e (2018) göre 55 ve üzeri yaşta cezaevine giren ve cezaevlerinde madde kullanım bozukluğu bulunan yaşlı mahkumların durumu %6.3 olarak bildirilmektedir. Yaşlıların cezaevinde ya da tahliye sonrası yaşadıkları bir diğer sorun sosyal yaşamda uğradıkları ayrımcılık ve damgalanmadır. Yaşlı bireylerin cezaevi deneyimi yaşamaları en başta yakınları olmak üzere daha genelde toplumda olumsuz tepkilere neden olabilmektedir. Bununla birlikte intihar veya kendine zarar verme davranışlarına olan eğilim artmaktadır. Yapılan bazı çalışmalarda yaşlı mahkumların daha çok hakaret, tehdit veya eşyasına zarar verilme gibi davranışlar yoluyla mağduriyet yaşadıkları bulunmuştur.

Yaşlı mahkum sayısındaki artış ve yaşanan sorunlar yeni yaklaşımlara olan ihtiyacı açıkça göstermektedir. Yaşlılığın özel ve farklı bir dönem olduğu kabul edilmeli, yaşlı mahkumların ihtiyaç ve beklentilerine yönelik çözüm aranmalı, hak ihlalleri önlenmeli ve topluma uyumları sağlanmalıdır. Bu bağlamda bu derleme literatür doğrultusunda cezaevi yaşlı sorunlarına yönelik halk sağlığı hemşirelerinde bir farkındalık oluşturmak amacıyla yapıldı.

Anahtar Kelime: Cezaevi, Yaşlılık, Halk Sağlığı Hemşireliği, Sağlık Sorunları

HEALTH PROBLEMS OF ELDERLY PRISONERS IN PRISONS

ABSTRACT

Prisons, all living areas related to their lives, who live in the practice and do not survive, are examined in health-related practices. Old age, on the other hand, is a period in which there are different health needs and risks against physical, neurological and mental problems compared to other age groups. For this reason, older prisoners in prison need medical treatment and health services much more than adults. In a study by Hayes et al., 80% of prisoners aged 60-64, 91% of prisoners aged 65-69, and 92% of prisoners aged 70 and over have at least one mild or severe chronic disease. proved to have. In a study conducted with 203 prisoners aged 60 and over in fifteen prisons in England and Wales, it was found that 45% psychiatric, 35% cardiovascular and 24% musculoskeletal diseases ranked first among the three most important health problems. Substance use disorder in prisons is also an important

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

problem for the elderly. According to TURKSTAT (2018), the situation of elderly prisoners who enter prison at the age of 55 and over and have a substance use disorder in prisons is reported as 6.3%. Another problem experienced by the elderly in prison or after release is the discrimination and stigma they face in their social life. Prison experience of elderly individuals can cause negative reactions in society, especially their relatives. However, the tendency towards suicidal or self-harming behaviors is increasing. In some studies, it has been found that older prisoners experience victimization mostly through insults, threats or damage to their belongings.

The increase in the number of elderly prisoners and the problems experienced clearly show the need for new approaches. It should be accepted that old age is a special and different period, solutions should be sought for the needs and expectations of elderly prisoners, violations of rights should be prevented and their integration into society should be ensured. In this context, this review was made in line with the literature to raise awareness among public health nurses about the problems of the elderly in prison.

Keywords: Prison, Elderly, Public Health Nursing, Health Problems

ANATOMIC AND FUNCTIONAL ASSESSMENT OF SHOULDER PAIN IN GERIATRIC PATIENTS

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ABSTRACT

Rotator cuff rupture (most commonly supraspinatus) is seen in one-fourth of individuals aged >60 years. The morphology of acromion and degenerative changes in acromioclavicular joint contribute to this process. In this study, it was to evaluate frequencies of fatty degeneration, rotator cuff muscle lesions and acromioclavicular pathology in geriatric patients presented with shoulder pain facilitated by degenerative process.

Material and Method

Duration of complaints as well as pain during movement, at rest and night were assessed in patients with pathological MRI findings. Rotator cuff muscle pathologies were classified as tendinosis, partial rupture and full-thickness rupture. Fatty degeneration was assessed according to Goutallier classification while acromial morphology was Bigliani classification. Subacromial space measurements were performed on radiological images manually.

Results

Overall, 118 patients (47 men, 71 women) were enrolled to the study, including 54 geriatric patients. Mean age was 54.53 ± 13.34 years while mean body mass index was 28.79 ± 4.60 and duration of complaint was 13.84 ± 11.11 months. The pain severity was 7.25 ± 1.74 with movement, 3.85 ± 2.25 at rest and 6.77 ± 2.33 at night without significant difference among groups. ($p > 0.05$). Subacromial space was measured as 8.04 ± 2.08 mm without significant difference among groups ($p > 0.05$). Acromial morphology was type 1 in 43, type 2 in 64 and type 3 in 11 patients. There was grade 0 fatty degeneration in 18, grade 1 in 58, grade 2 in 32 and grade 3 in 10 patients. There was significant difference in geriatric patient group regarding fatty degeneration, supraspinatus tendon pathologies and acromioclavicular joint degeneration in geriatric patients ($p < 0.05$). No significant difference was detected in infraspinatus and subcapsular muscle pathologies between groups ($p > 0.05$).

Discussion

Although conservative therapy can be performed in rotator cuff tears, surgical treatment is at forefront. However, overlooking of additional pathologies may adversely affect surgical outcomes. In our study, significant difference in fatty degeneration and acromioclavicular joint degeneration, accompanying to supraspinatus muscle rupture in particular, in geriatric population appear as important aspects which should be taken into consideration in both conservative and surgical treatment protocols, providing a different point of view.

Keywords: Shoulder, geriatric, pain

GERIATRİK HASTALARDA OMUZ AĞRISININ ANATOMİK VE FONKSİYONEL DEĞERLENDİRİLMESİ

ÖZET

Omuz ağrısı olan 60 yaş üstü her 4 kişiden birinde rotator manşet yırtığı (en sık supraspinatus) görülmektedir. Akromionun morfolojisi ve akromioklavikular eklemden meydana gelen dejeneratif değişiklikler bu sürece katkıda bulunmaktadır. Bu çalışmamızdaki amacımız dejeneratif sürecin hızlandığı omuz ağrısı ile gelen geriatrik hastalarda; yağlı değişiklik, rotator manşet kaslarındaki lezyonlar ile akromioklavikular eklem patolojisinin sıklığının değerlendirilmesidir.

Materyal Metod

Patolojik omuz MRG bulguları olan hastalardaki, şikayet süresi, hareket, istirahat ve gece ağrı şiddeti değerlendirildi. Rotator manşet kaslarında oluşan patolojiler; tendinozis, parsiyel, tam kat rüptür olarak gruplandırıldı. Yağlı değişiklik Gotallier, akromion tiplemesi ise Bigliani sınıflamasına göre yapıldı. Omuz subakromial aralık ölçümleri görüntüler üzerinden manuel yapıldı.

Sonuçlar

Çalışmamıza 54'ü geriatri grubunda olan toplam 118 hasta (47 erkek, 71 kadın) alındı. Yaş ortalaması $54,53 \pm 13,34$, vücut kitle indeksi $28,79 \pm 4,60$ ve şikayet süresi $13,84 \pm 11,11$ ay idi. Ağrı şiddeti, gündüz hareket $7,25 \pm 1,74$, istirahat $3,85 \pm 2,25$ ve gece $6,77 \pm 2,33$ idi ve gruplar arasında anlamlı farklılık yoktu ($p > 0,05$). Subakromial boşluk mesafesi $8,04 \pm 2,08$ mm idi ve gruplar arasında anlamlı farklılık yoktu ($p > 0,05$). Akromion tiplendirmesinde tip1=43, tip2= 64, tip3=11 görüldü. Goutallier sınıflandırmasında yağlı değişiklik grade0=18, grade1=58, grade2=32, grade3=10 hastada tespit edildi. Yağlı değişiklik, supraspinatus tendon patolojileri ve akromioklavikular eklem dejenerasyonu, geriatri grubunda istatistiksel anlamlı fark bulundu ($p < 0,05$). İnfraspinatus ve subskapular kas patolojilerinde gruplar arasında istatistiksel anlamlı fark tespit edilmedi ($p > 0,05$).

Tartışma

Rotator manşon yırtığında konservatif tedavi uygulansa da, cerrahi tedavi ön plandadır. Ancak ek patolojilerin gözden kaçması cerrahi sonuçlarını olumsuz etkileyebilir. Bizim çalışmamızda geriatrik popülasyonda özellikle supraspinatus kas yırtığına eşlik eden yağlı değişikliğin ve akromioklavikular eklem dejenerasyonunun varlığının istatistiksel anlamlı çıkması, hem konservatif hem de cerrahi tedavi protokolünde dikkat edilmesi gereken noktalar olarak dikkat çekmekte ve tedavi yaklaşımında farklı bir bakış açısı kazandırmaktadır.

Anahtar kelimeler: Omuz, geriatri, ağrı

YAŞLI BİREYLERDE KIRILGANLIĞIN SAĞLIĞI GELİŞTİRİCİ DAVRANIŞLAR ÜZERİNE ETKİSİ

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ÖZET

Giriş: Ülkemizde yaşlı nüfusu son 5 yılda 21,9 artmış olup, 200 yılında yaşlı nüfus oranının 20,8'e yükseleceği tahmin edilmektedir. Yaşlı bireylerde yaşanan sorunlar ve yaşlanma sürecine bağlı gelişebilecek sorunların azaltılması ve yaşam kalitesinin artırılması için sağlığı koruyucu ve geliştirici uygulamaların yapılması gereklidir. Dinamik ve etkin bir süreç olan sağlığın geliştirilmesi bireysel ve çevresel birçok faktörden etkilenmektedir. Yaşlı bireylerde sağlığın geliştirilmesini etkileyen en önemli faktörlerden biri kırılgnalık halidir.

Amaç: Araştırmanın amacı yaşlı bireylerde kırılgnalık düzeylerinin sağlığı geliştirici davranışlar üzerine etkisini belirlemektir.

Yöntem: Araştırmanın örneklemini Kastamonu'da bir ilçe aile sağlığı merkezine kayıtlı olan, 65-79 yaş aralığında olan ve araştırma dahil edilme kriterlerine uygun 150 yaşlı birey oluşturmuştur. Araştırma verileri Kişisel Bilgi Formu, Edmonton Kırılgnalık Ölçeği ve Yaşlı Sağlığı Geliştirme Ölçeği kullanılarak toplanmıştır. Araştırma için bir üniversitenin Girişimsel Olmayan Klinik Araştırmalar Etik Kurul'undan etik izin ve araştırmanın yapıldığı kurumdan yazılı izin alınmıştır.

Bulgular: Çalışmamıza katılan yaşlı bireylerin yaş ortalaması 70, 44±4,43'dür. Yaşlı bireylerin %58'i kadın, %88'7si evli, %58,6'sı ilköğretim mezunudur. Çalışmamıza katılan yaşlı bireylerin %62'sinin kırılgn olmadığı, %16,2'sinin görünüşte incinebilir olduğu, %13,3'ünün hafif kırılgn ve %8'inin orta düzeyde kırılgn olduğu saptanmıştır. Yaşlı Sağlığı Geliştirme Ölçeği toplam puan ortalamaları 2,58±0,44'dür. Kırılgnalık düzeylerine göre Yaşlı Sağlığının Geliştirilmesi Ölçeği puan ortalamaları karşılaştırıldığında, sağlık alışkanlıkları, topluma katılım, sağlıklı beslenme, düzenli egzersiz, ağız sağlığı ve toplam ölçek puanlarının kırılgnalık düzeylerine göre anlamlı farklılık gösterdiği saptanmıştır. Kırılgnalık ölçeği ortalama puanlarının yaş, eğitim durumu, ekonomik durum, kronik hastalık durumu, çalışma durumu, daha önce düşme öyküsüne göre anlamlı farklılık gösterdiği saptanmıştır. Sağlığı geliştirme Ölçeği toplam puanlarının yaş, eğitim durumu, ekonomik durum, düşme öyküsü, düzenli kontrollere gitme durumuna göre anlamlı farklılık gösterdiği saptanmıştır.

Sonuç: Çalışmamızda yaşlı bireylerde sağlığı geliştirici davranışların kırılgnalık düzeylerine göre anlamlı farklılık gösterdiği saptanmıştır. Hafif veya ön kırılgnlığı olan yaşlı bireyler için sağlığı geliştirme müdahalelerinin öncelikli olması önerilmektedir.

Anahtar Kelimeler: yaşlı, kırılgnalık, sağlığı geliştirme

THE EFFECT OF VULNERABILITY ON HEALTH-PROMOTING BEHAVIORS IN ELDERLY INDIVIDUALS

ABSTRACT

Introduction: The elderly population in our country has increased by 21.9 in the last 5 years, and it is estimated that the proportion of the elderly population will increase to 20.8 in 200. It is necessary to carry out health protective and improving practices to reduce the problems that may develop due to the aging process and to increase the quality of life. Health promotion, which is a dynamic and effective process, is affected by many individual and environmental factors. One of the most important factors affecting the improvement of health in elderly individuals is fragility.

Purpose: The aim of the study is to determine the effect of frailty levels on health promoting behaviors in elderly individuals.

Method: The sample of the study consisted of 150 elderly individuals aged 65-79, who were registered in a district family health center in Kastamonu, and who met the research inclusion criteria. Research data were collected using Personal Information Form, Edmonton Frail Scale and Elderly Health Promotion Scale. Ethical permission was obtained from the Non-Interventional Clinical Research Ethics Committee of a university and permission from the institution where the research was conducted.

Results: The average age of the elderly individuals participating in our study was 70.44 ± 4.43 . 58% of the elderly individuals are women, 88% are married, 58.6% are primary school graduates. It was determined that 62% of the elderly individuals participating in our study were not frail, 16.2% were apparently vulnerable, 13.3% were slightly frail and 8% were moderately frail. The mean score of the Elderly Health Promotion Scale is 2.58 ± 0.44 . When the mean scores of the Elderly Health Promotion Scale were compared according to frailty levels, it was determined that health habits, participation in society, healthy nutrition, regular barefoot, oral health and total scale scores showed significant differences according to fragility levels. It was determined that the mean scores of the frailty scale differed significantly according to age, education status, economic status, chronic disease status, employment status, and previous fall history. It was determined that the total scores of the Health Promotion Scale differed significantly according to age, educational status, economic status, history of falling, and regular check-ups.

Conclusion: In our study, it was determined that health promoting behaviors in elderly individuals differed significantly according to their fragility levels. It is recommended that health promotion interventions should be a priority for older people with mild or pre-frailty.

Keywords: elderly, fragility, health promotion

**HUZUREVİNDE YAŞAYAN GERİATRİK POPÜLASYONDA EL KAVRAMA KUVVETİNİN
PRESBİFAJİ PARAMETRELERİ İLE İLİŞKİSİ: PİLOT ÇALIŞMA**

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ÖZET

Giriş-Amaç: Presbifaji, geriatric bireylerde yutma bozukluğuna sebebiyet verebilecek herhangi bir sistemik veya nörolojik bir hastalık bulunmamasına rağmen yaşlanma sürecine bağlı olarak meydana gelen, fizyolojik değişiklikler sonucunda ortaya çıkan yutma bozukluğu olarak tanımlanmaktadır. El kavrama kuvveti sarkopeninin önemli prediktörlerinden biridir. Geriatric bireylerde yutma bozukluğunun en önemli sebeplerinden biri sarkopenidir. Çalışmamızda, geriatric popülasyonda el kavrama kuvveti ile yutma parametreleri arasındaki ilişkiyi incelemek amaçlanmıştır.

Yöntem: Çalışmamıza Mini Mental test skoru 24 ve üzerinde olan, Fonksiyonel Oral Alım Skalası'ndan 7 puan alan, pnömoni öyküsü olmayan ve huzurevinde yaşayan 26 ambule yaşlı birey (yaş ortalaması 70,19±12,87; E/K: 12/14) dahil edilmiştir. Yutma bozukluğuna sebep olabilecek nörolojik ve/veya sistemik hastalığa sahip bireyler çalışma dışı bırakılmıştır. El kavrama kuvveti Baseline El Dinamometresi ile değerlendirilmiştir. Yutma fonksiyonunun değerlendirilmesi için 3-Ounce Su Yutma Testi ve EAT-10 (Eating Assesment Tool-10) kullanıldı. Dispne, Nefes Tolerasyon Testi ile değerlendirildi.

Bulgular: Su Yutma Testi'nden başarılı ve başarısız olanlar arasında el kavrama kuvveti ve Nefes Tolerasyon Testi sonuçları açısından istatistiksel olarak anlamlı bir fark vardı ($p<0,01$, $p<0,01$). El kavrama kuvveti ile EAT-10 skorları arasında negatif yönde, orta derecede korelasyon vardı ($p=0,04$, $r=-0,633$).

Sonuç: Geriatric bireylerde el kavrama kuvvetinin yutma parametreleri için prediktör bir değerlendirme olabileceği sonucuna ulaşıldı. Ancak presbifaji sadece sarkopeniye bağlı olmayan çok faktörlü bir problemdir. Dolayısıyla hem daha büyük örneklem sayısı hem de farklı parametrelerin de incelendiği çalışmalara ihtiyaç vardır.

Anahtar kelimeler: geriatri, presbifaji, sarkopeni, kavrama kuvveti.

THE RELATIONSHIP OF HAND GRIP FORCE AND PRESBYPHAGIA PARAMETERS IN GERIATRIC POPULATION LIVING IN NURSING HOME: A PILOT STUDY

ABSTRACT

Introduction-Aim: Presbyphagia is defined as a swallowing disorder that occurs as a result of physiological changes that occur due to the aging process, although there is no systemic or neurological disease that may cause swallowing disorders in geriatric individuals. Hand grip strength is one of the important predictors of sarcopenia. One of the most important causes of swallowing disorders in geriatric individuals is sarcopenia. In our study, it was aimed to examine the relationship between hand grip strength and swallowing parameters in the geriatric population.

Method: In our study, 26 ambulatory elderly individuals (mean age 70.19 ± 12.87 ; M/F: 12/14) with a Mini Mental test score of 24 and above, a score of 7 on the Functional Oral Intake Scale, without a history of pneumonia, and living in a nursing home are included. Individuals with neurological and/or systemic diseases that may cause swallowing disorders were excluded from the study. Hand grip strength was evaluated with the Baseline Hand Dynamometer. 3 ounce Water Swallow Test and EAT-10 (Eating Assessment Tool-10) were used to evaluate swallowing function. Dyspnea was assessed with the Breath Tolerance Test.

Results: There was a statistically significant difference in hand grip strength and Breath Tolerance Test results between those who passed and failed the Water Swallowing Test ($p < 0.01$, $p < 0.01$). There was a moderate negative correlation between hand grip strength and EAT-10 scores ($p = 0.04$, $r = -0.633$).

Conclusion: It was concluded that hand grip strength may be a predictor of swallowing parameters in geriatric individuals. However, presbyphagia is a multifactorial problem not only related to sarcopenia. Therefore, studies that examine both larger sample numbers and different parameters are needed.

Keywords: geriatrics, presbyphagia, sarcopenia, grip force.

**THE PRIMACY AND RECENCY EFFECT IN MEMORY OF PATIENTS WITH MILD
COGNITIVE IMPAIRMENT**

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ABSTRACT

The elderly population is increasing rapidly in the world and parallel with this the number of dementia patients is also increasing. Dementia is a syndrome that leads to deterioration in cognitive function beyond what might be expected from the usual consequences of biological ageing and , it is currently the seventh leading cause of death among all diseases. Mild cognitive impairment (MCI) is often associated with the preclinical phase of Alzheimer's disease (AD). Individuals with MCI are at increased risk of developing AD or other dementia. Estimates of the incidence of MCI in the general population help inform public health agencies. Special scoring of word-list recall data for serial position has been suggested to improve discrimination of normal aging from dementia. So, patients with MCI have been investigated in terms of the primacy and recency effect. According to Atkinson and Shiffrin's model, it is stated that the limitation of the long-term store allows better recall of the first items in a list, while the limitation of the short-term store allows better recall of the last items in a list. We recruited 20 MCI patients were given the same battery of neuropsychological tests. Serial position was examined with the Oktem-VMT, which consists of a list of 15 unrelated words read aloud by subjects on each of ten trials with immediate recall after each trial. The first 3 words were identified as primacy effect and the last 3 words identified as recency effect. The Wilcoxon test was used to compare the change in trials. As predicted the MCI patients recalled more words in the recency and primacy position than words in the middle ($Z=3,472$, $p<0.01$; $Z=3,162$, $p<0.01$). In summary, comparisons should be made by examining performances in different stages of dementia in larger sample groups.

Keywords: Memory, Mild Cognitive Impairment, Dementia, Primacy, Recency

POLYPHARMACY IN OLDER ADULTS WITH NON-DIALYSIS CHRONIC KIDNEY DISEASE

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ABSTRACT

Introduction: Polypharmacy is common in older adults mainly secondary to high burden of chronic diseases. Polypharmacy is a risk factor for various clinical outcomes such as falls, fractures, malnutrition, delirium, dementia and kidney dysfunction. Our aim was to evaluate the prevalence and factors associated with polypharmacy in the elderly population with non-dialysis chronic kidney disease.

Method: Patients aged ≥ 65 years with non-dialysis chronic kidney disease stage ≥ 3 and followed in the nephrology outpatient clinic with a diagnosis of chronic kidney disease and admitted in January and February 2022 were included in this retrospective cohort study. Demographic and clinical characteristics, medications and laboratory data were retrospectively evaluated from patients' charts. Polypharmacy was defined as medication count of ≥ 5 . Estimated glomerular filtration rate (eGFR) was calculated using the CKD Epidemiology Collaboration equation.

Results: The study included 108 patients. The mean age of the patients was 75.1 ± 6.1 years and 57.4 % of the patients were male. Among participants, 96.3% had hypertension, 44.4% had diabetes mellitus and 35.2% had cardiovascular diseases. The median eGFR and proteinuria were 30.8 (17.4-39.7) mL/min/1.73 m² and 0.23 (0.10-0.84) g/g creatinine, respectively. The prevalence of polypharmacy was 72.2%. The most commonly used medications were antihypertensive drugs and diuretics. The age and gender of patients were not different among patients with or without polypharmacy. Number of patients with diabetes mellitus and cardiovascular disease was significantly higher among patients with polypharmacy when compared to those without polypharmacy. Prevalence of polypharmacy was not significantly different according to stages of chronic kidney disease.

Conclusions: Polypharmacy is common among older patients with non-dialysis chronic kidney disease. Polypharmacy should be carefully evaluated in this population because they are particularly vulnerable to adverse events of medications.

Keywords: chronic kidney disease, geriatrics, polypharmacy

DİYALİZ GEREKSİNİMİ OLMAYIP KRONİK BÖBREK HASTALIĞI OLAN YAŞLILARDA POLİFARMASİ

ÖZET

Giriş: Polifarmasi, kronik hastalık yükünün yüksek olması nedeniyle yaşlılarda sıktır. Polifarmasi, düşme, kırık, malnütrisyon, deliryum, demans ve böbrek fonksiyon bozukluğu gibi çeşitli klinik sonuçlar için risk faktörüdür. Amacımız, diyaliz gereksinimi olmayıp kronik böbrek hastalığı yaşlı hastalarda polifarmasi sıklığını ve ilişkili faktörleri değerlendirmektir.

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

Yöntem: Bu retrospektif kohort çalışmaya, kronik böbrek hastalığı nedeniyle nefroloji polikliniğinde takip edilen ve Ocak ve Şubat 2022' de polikliniğe başvurmuş, yaşı 65 ve üstü olan, diyaliz gereksinimi olmayan ve evre ≥ 3 kronik böbrek hastalığı olan hastalar dahil edildi. Hastaların demografik ve klinik özellikleri, ilaçları ve laboratuvar verileri hasta dosyalarından geriye dönük olarak kaydedildi. Polifarmasi, ilaç sayısının ≥ 5 olması olarak tanımlandı. Tahmini glomeruler filtrasyon hızı (eGFR), CKD Epidemiology Collaboration denklemi kullanılarak hesaplandı.

Bulgular: Çalışmaya 108 hasta dahil edildi. Hastaların yaş ortalaması 75.1 ± 6.1 yıl olup, hastaların %57,4'ü erkekti. Katılımcıların %96,3'ünde hipertansiyon, %44,4'ünde diyabetes mellitus ve %35,2'sinde kardiyovasküler hastalık mevcuttu. Medyan eGFR ve proteinüri sırasıyla 30,8 (17,4-39,7) mL/dak/1,73 m² ve 0,23 (0,10-0,84) g/g kreatinin idi. Polifarmasi sıklığı %72.2 idi. Antihipertansif ilaçlar ve diüretikler en sık kullanılan ilaçlardı. Polifarmasi olan ve olmayan hastalar karşılaştırıldığında, hastaların yaşları ve cinsiyetleri açısından anlamlı fark saptanmadı. Polifarmasi olan grupta, diyabetes mellitus ve kardiyovasküler hastalığı olan hasta sayısı kardiyovasküler hastalığı olan , polifarmasi olmayan gruptan daha fazla idi. Kronik böbrek hastalığının evrelerine göre polifarmasi sıklığı anlamlı farklılık göstermedi.

Sonuçlar: Polifarmasi, diyaliz gereksinimi olmayan ve evre ≥ 3 kronik böbrek hastalığı olan yaşlı hastalarda yaygındır. İlaçlardan kaynaklanan istenmeyen yan etkilere yatkın olan bu popülasyonda polifarmasi dikkatli bir şekilde değerlendirilmelidir.

Anahtar Kelimeler: geriatri, kronik böbrek hastalığı, polifarmasi

YAŞLI BİREYLERDE UYKUSUZLUĞUN GÜNLÜK YAŞAM AKTİVİTELERİ İLE İLİŞKİSİNİN DEĞERLENDİRİLMESİ

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ÖZET

Giriş: Yaşlılık döneminde en sık görülen uyku sorunu, uykuya dalmada ve sürdürmede güçlük, istenildiğinden erken uyanma ve uyandığında dinç hissetmeme ile karakterize insomnidir. Yaşlanma ile meydana gelen fizyolojik ve nörolojik değişiklikler nedenli performans azalmakta ve günlük yaşam aktiviteleri için bağımlılık artmaktadır. Bu çalışmada, uykusuzluk yakınması ile başvuran 65 yaş ve üzeri bireylerin günlük aktivite düzeyleri ile uykusuzluk şiddetlerinin değerlendirilmesi amaçlanmıştır.

Yöntem: Kesitsel tanımlayıcı tipteki bu çalışma, psikiyatri polikliniğine ilk kez başvuran, uykusuzluk şikayeti olan, 65 yaş üstü, 55 hasta ve 55 sağlıklı kontrol olmak üzere 110 birey ile yapıldı. Araştırmamızda sosyodemografik veri formu, Geriatrik Depresyon Ölçeği, Standardize Mini Mental Test, Beck Anksiyete Ölçeği, Lawton Enstrümental Günlük Yaşam Aktiviteleri Ölçeği ve Uykusuzluk Şiddet İndeksi ölçeği kullanıldı. Araştırma Kırıkkale Üniversitesi Tıp Fakültesi Etik Kurulu tarafından onaylanmıştır. (Karar No: 2022.01.37)

Bulgular: Çalışmamıza katılan hastaların yaş ortalaması 69.03 ± 3.4 'tü. Hastaların uykusuzluk şiddet indeksi medyan değeri 16.5(6:21), Lawton enstrümental günlük yaşam aktiviteleri ölçeği medyan değeri 18(8:23) olup, %14,5'nde hafif, %60'nda ise orta şiddette insomni saptandı. Günlük yaşam aktiviteleri açısından %61.8'i bağımsız, %38.2'si yarı bağımlıydı. Lawton günlük yaşam aktivitelerine göre hastalar ile sağlıklı kontroller arasında anlamlı farklılık ($p=0.001$) saptandı. Uykusuzluk şiddeti ile günlük yaşam aktiviteleri arasında anlamlı, negatif yönlü ($r=-0.333$, $p<0,001$), uykusuzluk şiddeti ile beck anksiyete ve geriatrik depresyon ölçeği arasında ise pozitif yönlü ilişki ($r=0.411$, $p<0.001$, $r=0.339$, $p<0.001$) saptandı.

Sonuç: Bulgularımız, uykusuzluğun günlük yaşam aktivitelerinde bağımlılık durumunu arttırdığını göstermektedir. Bu nedenle yaşlılık döneminde sıklığı giderek artan uyku sorunlarına ciddiyletme yaklaşılmalıdır.

Anahtar sözcükler: Yaşlılık, uykusuzluk, günlük yaşam aktiviteleri

EVALUATION OF THE RELATIONSHIP OF INSOMNIA AND ACTIVITIES OF DAILY LIVING IN THE ELDERLY

ABSTRACT

Objective: The most common sleep problem in old age is insomnia, which is characterized by difficulty in falling and staying asleep, waking up earlier than desired, and not feeling vigorous. Performance decreases due to physiological and neurological changes that occur with aging, and dependence for activities of daily living increases. In this study, it was aimed to evaluate the daily activity levels and insomnia severity of individuals aged 65 and over who presented with insomnia.

Method: This cross-sectional descriptive study was conducted with 110 individuals, 55 patients and 55 healthy controls, over 65 years of age, who applied to the psychiatry outpatient clinic for the first time, complained of insomnia. In our study, a sociodemographic data, Geriatric Depression Scale, Standardized Mini Mental Test, Beck Anxiety Scale, Lawton Instrumental Activities of Daily Living

1. INTERNATIONAL CONGRESS OF GERONTOLOGY

Scale and Insomnia Severity Index scale were used. The study was approved by the Kırıkkale University Faculty of Medicine Ethics Committee. (Decision No: 2022.01.37)

Results: The mean age of the patients participating in our study was 69.03 ± 3.4 . The median insomnia severity index of the patients was 16.5 (6:21), the median value of the Lawton instrumental daily living activities scale was 18 (8:23), mild insomnia was found in 14.5% and moderate in 60%. In terms of activities of daily living, 61.8% were independent and 38.2% were semi-dependent. There was a significant difference ($p=0.001$) between patients and healthy controls according to Lawton's activities of daily living. There was a significant negative correlation between the severity of insomnia and activities of daily living ($r=-0.333$, $p<0.001$), and a positive correlation between the severity of insomnia and the Beck anxiety and geriatric depression scale ($r=0.411$, $p<0.001$, $r=0.339$, $p.<0.001$) was detected.

Conclusion: Our findings show that insomnia increases addiction status in activities of daily living. For this reason, sleep problems should be approached seriously in old age.

Keywords: Aging, Insomnia, Activities of daily living

EFFECTS OF THE COVID-19 PANDEMIC ON ELDERLY INDIVIDUALS

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ABSTRACT

In December 2019, SARSCoV-2 virus started in Wuhan Hubei Province of China and spread to many countries. It was declared a pandemic by the World Health Organization (WHO) on March 11, 2020. In studies conducted during the pandemic, it has been reported that elderly individuals, especially those with chronic diseases and over 65 years of age, are more susceptible to infection, have a more severe disease, and the death rate is higher in this group. The fact that elderly individuals are at higher risk for COVID-19 infection due to both physiological and biological changes and underlying chronic diseases has led to more stringent measures on these groups in line with WHO's recommendations. In Turkey, in the circular published by the Ministry of Interior on March 21, 2020, individuals over the age of 65 and with chronic diseases are prohibited from leaving their residences, walking around in open areas, parks, and traveling by public transportation, and going out after 24 hours. With these measures, elderly individuals are restricted in many ways such as being dependent on others in order to carry out their daily work, being restricted from family and social environment, limitation in physical activity, and not being able to go to routine hospital controls. Elderly individuals faced the risk of social isolation and direct age discrimination, psychological violence and abuse. In addition, the gradual decrease in social support around elderly individuals, isolation from the family, fear of death and losses have led to an increase in mental health problems in these individuals. As a result, the measures taken due to the COVID-19 pandemic have adversely affected the elderly individuals physically, mentally, socially and economically and severely limited the productivity and efficiency of individuals.

Key Words: COVID-19, pandemic, elderly, elderly individuals

COVID-19 PANDEMİSİNİN YAŞLI BİREYLER ÜZERİNDEKİ ETKİLERİ

ÖZET

2019 Aralık ayında SARSCoV-2 virüsü Çin'in Hubei Eyaleti, Wuhan'da başlayıp birçok ülkeye yayılmıştır. 11 Mart 2020'de Dünya Sağlık Örgütü (DSÖ) tarafından pandemi ilan edilmiştir. Pandemide yapılan çalışmalarda özellikle kronik hastalığı olan ve 65 yaş üzeri yaşlı bireylerin enfeksiyona daha duyarlı oldukları, hastalığı daha ağır geçirdikleri ve ölüm oranının bu grupta daha fazla görüldüğü bildirilmiştir. Yaşlı bireylerin, hem fizyolojik ve biyolojik değişiklikler hem de altta yatan kronik hastalıklar sebebiyle COVID-19 enfeksiyonu açısından daha fazla risk altında olmaları DSÖ'nün önerileri doğrultusunda bu gruplar üzerinde daha sıkı önlemler alınmasına yol açmıştır. Türkiye'de de 21 Mart 2020 tarihinde İçişleri Bakanlığının yayınlamış olduğu genelgede saat 24'den sonra 65 yaş üstü ve kronik hastalığı olan bireylerin ikametlerinden dışarı çıkmaları, açık alanlarda, parklarda dolaşmaları ve toplu ulaşım araçları ile seyahat etmeleri sınırlandırılarak sokağa çıkmaları yasaklanmıştır. Bu önlemler ile yaşlı bireyler, günlük işlerini gerçekleştirebilmek için başkalarına bağımlı olma, aileden ve sosyal çevreden kısıtlanma, fiziksel aktivede sınırlanma, rutin hastane kontrollerine gidememe gibi birçok yönden kısıtlanmıştır. Yaşlı bireyler, sosyal izolasyon ile doğrudan yaşlı ayrımcılığı, psikolojik şiddet ve istismar riski ile karşı karşıya kalmıştır. Ayrıca yaşlı bireylerin çevresindeki sosyal desteğin gittikçe azalması, aileden soyutlanma, ölüm korkusu ve kayıplar gibi nedenlerin bu bireylerde ruh sağlığı problemlerinin artmasına yol açmıştır. Sonuç olarak, COVID-19 pandemisi nedeniyle alınan önlemler yaşlı bireyleri fiziksel, ruhsal, sosyal, ekonomik anlamda olumsuz yönde etkilemiş olup bireylerin üretkenliğini ve verimliliğini ciddi anlamda kısıtlamıştır.

Anahtar Kelimeler: COVID-19, pandemi, yaşlılık, yaşlı bireyler

**BİR ÜNİVERSİTE HASTANESİ ORTOPEDİ KLİNİĞİNDE 65 YAŞ ÜSTÜ HASTALARIN
CERRAHİ DAĞILIMI; TEK MERKEZLİ ÇALIŞMA**

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ÖZET

Yaşlı popülasyon dünya genelindeki artışla birlikte, bu yaş gurubundaki hastalarda yapılan cerrahi işlemlerin sayısı da artmaktadır. Yapılan cerrahi işlemlerin belirlenmesi, cerrahi öncesi ve sonrasında alınacak önlemler ile bu hasta grubu için komorbite riskini azaltma da katkı sağlayacaktır.

Materyal-metot; Ocak 2018- Ocak 2020 tarihleri arasında ortopedi kliniğine başvuran 65 yaş üzeri cerrahi işlem yapılan hastalar çalışmaya alındı. Hastaların yaşları, cinsiyetleri, cerrahi tanıları, hastanede kalış süreleri ve hastaları acil gereksinim durumları hasta dosyalarından alınarak kayıt altına alındı. Hasta bilgileri retrospektif olarak değerlendirildi.

Bulgular; Çalışmaya 689 hasta dahil edildi. Çalışma hastaların 380'i kadın (%55,2), ve hastaların ortalama yaşı 76,04 (aralık: 65-106) idi. Hastanede kalma süreleri ortalama 10,52 gün (aralık: 0-107) idi. Bu hastalar dan 527'si (%76,5) acil tıbbi gereksinime ihtiyaç duymakta idi. Hastalar dan 38'i (%5,5) el cerrahisi , 201'i (%29,2) parsiyel kalça protez (PKP) cerrahisi, 76'sı (%11,0) enfeksiyon cerrahisi (septik artrit, yumuşak doku enfeksiyonu, protez enfeksiyonu), 79'u (%11,5) total eklem artroplastisi, 169'u (%24,5) büyük kemik kırık cerrahisi, 32'si (%4,6) diyabetik ayak ve damar tıkanıklığına bağlı amputasyon cerrahisi, 94 (%13,6) hastada diğer (nonunion cerrahisi, tümör cerrahisi, rotator cuff yaralanması , meniskopati, implant çıkarımı, ayak cerrahisi, eklem çıkıkları) sebeplerden dolayı cerrahi işleme maruz kaldıkları görüldü. Parsiyel kalça protez cerrahisi yapılan hastaların 186'sı (%92,5) düşük enerjili yaralanma sonucu oluşmakta idi.

Sonuç; Bu hastalar yüksek oranda büyük cerrahi işlemlere ve uzun immobilizasyona maruz kalmaktadırlar. En sık yapılan cerrahi işlem olan PKP cerrahisi ev içi düşmelere bağlı önlenbilir kazalar sonucu oluşmaktadır. Hastaların yaşam alanlarındaki düzenlemeler ve postoperatif bakım faaliyetlerini arttıran çalışmalar ile hastaların yaşam kalitelerinin artıracağı kanaatindeyiz.

Anahtar kelimeler: Ortopedi; cerrahi; yaşlı; parsiyel kalça protezi.

SURGICAL DISTRIBUTION OF PATIENTS OVER 65 YEARS OF AGE IN A UNIVERSITY HOSPITAL ORTHOPEDICS CLINIC; SINGLE CENTERED STUDY

ABSTRACT

Along with the increase in the elderly population worldwide, the number of surgical procedures performed in patients in this age group is also increasing. The determination of the surgical procedures performed, the precautions to be taken before and after the surgery will also contribute to reducing the risk of comorbidity for this patient group.

Material-method; Patients over the age of 65 who applied to the orthopedic clinic between January 2018 and January 2020 were included in the study. The ages, genders, surgical diagnoses, length of hospital stay and emergency needs of the patients were recorded from the patient files. Patient information was evaluated retrospectively.

Results; 689 patients were included in the study. Of the study patients, 380 (55.2%) were female, and the mean age of the patients was 76.04 years (range: 65-106). The mean hospital stay was 10.52 days (range: 0-107). Of these patients, 527 (76.5%) needed urgent medical needs. The patients were subjected to surgical procedures, respectively. 38 (5.5%) hand surgery, 201 (29.2%) partial hip arthroplasty (PHA) surgery, 76 (11.0%) infection surgery (septic arthritis, soft tissue infection, prosthesis infection), 79 (11.5%) total joint arthroplasty, 169 (24.5%) major bone fracture surgery, 32 (4.6%) diabetic foot and amputation surgery due to vascular occlusion, 94 (13.6%) other causes (nonunion surgery, tumor surgery, rotator cuff injury, meniscopathy, implant removal, foot surgery, joint dislocations). Of the patients who underwent partial hip replacement surgery, 186 (92.5%) were caused by low-energy injury.

Conclusion; These patients are largely exposed to major surgical procedures and prolonged immobilization. PHA surgery, which is the most frequently performed surgical procedure, occurs as a result of preventable accidents due to indoor falls. We believe that the quality of life of the patients will increase with the arrangements in the living spaces of the patients and the studies that increase the postoperative care activities.

Keywords: Orthopedics; surgical; elderly; partial hip arthroplasty.

YAŞLILIK VE SOSYAL DIŞLANMA

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ÖZET

Amaç: Bu çalışmanın amacı yaşlılık döneminde karşılaşılan sosyal dışlanmayı açıklamaktır.

Yöntem: Yaşlılık, kişilerin aktivite seviyesini ve işlevselliğini azaltan veya sınırlayan, onları sosyal, fiziksel ve duygusal olarak değişik derecelerde bağımlı kılan bir dönemdir. Yaşın ilerlemesiyle beraber fizyolojik, psikolojik, bilişsel, sosyal alanlarda değişiklikler oluşabilmekte, bireyin bilişsel ve fonksiyonel kapasitesi azalırken kronik hastalıkların sayısında artış görülmektedir. Sosyal dışlanma, bireylerin toplumsal yaşamın dışına itilecek derecede maddi veya manevi yoksunluk yaşamalarını ve haklarını koruyacak kurumlardan, kamu hizmetlerinden, sosyal destekten yoksun olma durumu olarak tanımlanmaktadır. Yaşlılar, yaşlanma ile birlikte değişen özelliklerinden dolayı birçok alandan dışlanmaktadır. Bunlar, ekonomi, eğitim, toplumsal, sosyo-kültürel, barınma, sağlık ve işgücü piyasası olarak sıralanabilmektedir. Toplumun yaşlılara yönelik ön yargılı olması, toplumsal düzenlemelerde yaşlılara yer verilmemesi yaşlıların sosyal ortamlardan dışlanmasına neden olmaktadır. Yaşlıların emeklilikle birlikte azalan gelir düzeyi bireyin günlük yaşam faaliyetlerini değiştirmesine ve kısıtlamasına neden olarak sosyal dışlanmaya zemin hazırlamaktadır. Yaşlıda görülen fiziksel ve zihinsel kayıplar, arkadaş, eş ve aile üyelerinin kayıpları yaşlının toplumsal ilişkilerden uzaklaşmasına neden olarak sosyal dışlanmaya sebep olmaktadır. Sosyal olarak dışlanmış yaşlı bireylerde psikolojik problemler gelişebilir ve yaşlının yaşam kalitesini, fiziksel ve ruhsal sağlığını olumsuz yönde etkileyebilir.

Sonuç: Toplumda yaşlılara yönelik önyargının ve dolayısıyla sosyal dışlanmanın ortadan kalkabilmesi için yaşlılığın, diğer çocukluk, gençlik ve yetişkinlik dönemlerinden biri olduğu ve bu dönemde yaşlıların uzun yıllardır kazandıkları tecrübelerinden yararlanılması gerektiği unutulmamalıdır.

Anahtar kelimeler: Yaşlı, Yaşlılık, Sosyal dışlanma.

OLD AGE AND SOCIAL EXCLUSION

ABSTRACT

Aim: The aim of this study is to explain the social exclusion encountered in old age.

Method: Old age is a period that reduces or limits the activity level and functionality of individuals and makes them socially, physically and emotionally dependent to varying degrees. With the advancing age, changes can occur in physiological, psychological, cognitive and social areas, while the cognitive and functional capacity of the individual decreases, the number of chronic diseases increases. Social exclusion is defined as the state of being deprived of the institutions, public services and social support that will protect the rights and material or moral deprivation of individuals to the extent that they are excluded from social life. The elderly are excluded from many areas due to their changing characteristics with aging. These can be listed as economy, education, social, socio-cultural, housing, health and labor market. The prejudice of the society towards the elderly and the fact that the elderly are not included in the social regulations cause the elderly to be excluded from social environments. The decreasing income level of the elderly with retirement causes the individual to

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change and restrict his daily life activities and paves the way for social exclusion. The physical and mental losses seen in the elderly, the loss of friends, spouses and family members cause social exclusion by causing the elderly to move away from social relations. Socially excluded elderly individuals may develop psychological problems and adversely affect the quality of life, physical and mental health of the elderly.

Conclusion: It should not be forgotten that old age is one of the other periods of childhood, youth and adulthood, and that the old people's long-term experiences should be used in this period in order to eliminate the prejudice against the elderly and thus social exclusion in the society.

Keywords: Elderly, Old age, Social exclusion.

HEALTH PERCEPTIONS AND VACCINATION COMPLICATIONS IN PEOPLE OVER 65 YEARS OF AGE WHO HAVE RECEIVED THE COVID-19 VACCINE; A DESCRIPTIVE STUDY

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ABSTRACT

Purpose: Individuals above the age of 65 are the first to be vaccinated. In this study, it was aimed to determine the health perceptions and vaccine complications of individuals over 65 years of age who received the covid-19 vaccine.

Methods: The research is a descriptive and cross-sectional study. The sample consists of 151 adults over 65 who have received the Covid-19 vaccination. Individuals over the age of 65 who come to three different pharmacies in three distinct districts to buy medicine are considered participants.

Results: The age of the participants was $72.42 \pm 6,838$, and their health perception score was $40,987 \pm 5,878$. The majority of them are male (51%), have had Sinovac (88.1 %), are a primary school graduate (82.1%), live with their spouse (68.9%), are non-smokers (83.4%), have a chronic disease (96,0%), regularly take medication (96.7%), do not regularly get seasonal flu vaccine (78.8%), do not regularly use vitamins (92.7 %), do not have joint pain (71.6 %), and sleep for 7-9 hours daily (50.4 %).

Conclusion: Those who received Sinovac, those with chronic disease, those who received routine influenza vaccination, those who took vitamin supplements, those who did not have joint pain, and those who had cough problems had higher health perception scores, and the difference was significant ($p < 0.05$). It will be critical to educate those over 65 about the vaccine's importance and adverse effects, as well as to boost their awareness in the appropriate manner.

YAŞLILIK DÖNEMİNDE KRONİK HASTALIK YÖNETİMİ

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ÖZET

Amaç: Bu çalışmanın amacı yaşlılık döneminde kronik hastalık yönetimini açıklamaktır.

Yöntem: Yaşlılık dönemi, bireylerin etkinlik ve işlevselliğini kısıtlayan, fiziksel, psikolojik, sosyal olarak farklı düzeylerde bağımlılıkların olduğu süreçtir. Yaşlılık dönemindeki birey hasta birey olarak tanımlanamaz, fakat bazı kronik sağlık sorunları olabilen, uzun süreli değişikliklere uyum kapasitesi azalan, stres ile baş etme konusunda yetersiz düzeyde olan bireydir. Kronik hastalıklar fizyolojik, psikolojik, sosyolojik ve entelektüel olarak bireyin sağlığının bozulmasına sebep olan, uzun süreli tedavi ve bakım gerektiren durumu tanımlamaktadır. Kronik hastalık yönetimi, bakımın sürekliliğini ve koordinasyonunun sağlanmasında, bakımın kalitesinin geliştirilmesinde, ekip çalışmasının desteklenmesinde, hasta bakım maliyetlerinin düşürülmesinde, hasta tedavi ve iyileştirilmesi sürecinde önemli bir yöntemdir. Kronik hastalık yönetiminin en temel amacı sağlığın korunması, geliştirilmesi, sürdürülmesi ve yaşam kalitesinin artırılmasıdır.

Kronik hastalık yönetimi, kronik hastalığı olan yaşlı bireylerin hastalık sürecinin olumsuzluklarından ve belirsizliklerinden kurtulabilmeleri, kendi ortamlarında hastalık sürecini kontrol altında tutabilmelerinde oldukça önemlidir.

Sonuç: Yaşlılık döneminde bireylerin hastalığının tedavi edilmesi, hastalığa uyum sağlaması, yaşamını hastalık ile devam etmeyi öğrenmesi, kendi kendini yönetme becerisi kazanması, kendi sağlık sorumluluğunu alması ve yaşam kalitesini yükseltmek için kronik hastalık yönetimine önem verilmelidir.

Kronik hastalıkların önlenmesi ve yönetimi, alanında uzman sağlık profesyonellerinin çabasını, multidisipliner yaklaşımı ve bütüncül bakım uygulamalarının ortaya konulmasını gerektirmektedir.

Anahtar Kelimeler: Yaşlılık Dönemi, Kronik Hastalıklar, Kronik Hastalık Yönetimi

MANAGEMENT OF CHRONIC DISEASE IN OLD AGE

ABSTRACT

Aim: The aim of this study is to explain the management of chronic diseases in old age.

Methods: Old age is a process in which physical, psychological and social addictions occur at different levels, limiting the activity and functionality of individuals. An individual in old age cannot be defined as a sick individual, but it is an individual who may have some chronic health problems, have a low capacity to adapt to long-term changes, and have an insufficient level of coping with stress. Chronic diseases describe the situation that causes the deterioration of the individual's physiological, psychological, sociological and intellectual health and requires long-term treatment and care. Chronic disease management is an important method in ensuring the continuity and coordination of care, increasing the quality of care, supporting teamwork, reducing patient care costs, and in the patient treatment and recovery process. The main purpose of chronic disease management is to protect, improve and maintain health and to increase the quality of life. Chronic disease management is very

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important for elderly individuals with chronic diseases to get rid of the negativities and uncertainties of the disease process and to live a healthy life.

Conclusion: In the elderly, chronic disease management should be given importance in order for individuals to treat their disease, adapt to the disease, learn to live with the disease, and gain self-management. improve their skills, take responsibility for their own health and improve their quality of life. Prevention and management of chronic diseases requires the efforts of health professionals, multidisciplinary approach and holistic care practices.

Keywords: Aging, Chronic Diseases, Chronic Disease Management

DNA NANOTECHNOLOGY FOR MODULATING THE GROWTH AND DEVELOPMENT OF NEURONS

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ABSTRACT

Late prenatal growth, early postnatal growth, and layering of the neocortical neurons (NC-Ns) play determining roles in the development of the cerebral cortex (CC). Here, we systematically explore the interactive role of neuronal surface receptors (NSRs) on cytoskeleton activation (CA) and the piconewton (pN) force generation (P-FG) and their influence on the proper development, growth, and functioning of neurons using a designed DNA nanomechanical device (DNA-NMD). This DNA-NMD, functioning as a molecular tension probe (MTP), can be used to selectively bind the different NSRs (β -NGFR, Reelin, and Integrin) to mono-, bi-, and trispecifically activate the receptors on the NC-Ns surface for imaging and calculating the P-FG involved in various processes. Measurements in vivo on the brain of newly born Institute of Cancer Research mice (early postnatal) or in vitro after extracting neurons from the fetal brain of pregnant Institute of Cancer Research mice (late prenatal) reveal that there are augmented interactive roles of the β -NGFR with Integrin and Reelin receptors (RR) on the CA and P-FG, resulting in enhanced directional migration of the neuronal endings

(M-NEs), layering, and the somal terminal translocation (S-TT) followed by early postnatal growth.

Keywords: Neocortical neurons (NC-Ns), Neuronal surface receptors (NSRs), Migration of the neuronal endings, Somal terminal translocation, DNA nanomechanical device, Trispecific activation/deactivation

THE E-WASTE MANAGEMENT FOR CONTROLLING THE ENVIRONMENTAL POLLUTION

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ABSTRACT

Electronic waste or E-waste is relatively a novel addition to the ever-growing hazardous waste stream. It includes discarded electronic and electrical equipment. Developing countries are facing enormous challenges related to the generation and management of E-waste which are either internally generated or imported illegally; India is no exception to it. However, the existing management practices related to E-waste in India are reasonably poor and have the potential to risk both human health and the environment. Moreover, the policy level initiatives are not being implemented in an appropriate way. The austere problem of E-waste along with its policy level implications is looked upon in the paper. During the course of study it has been found that there is an urgent need to address the issues related to E-waste in India in order to avoid its detrimental future consequences.

Keywords: E-waste, Hazardous waste, Risk management and Environmental Protection

**THE THERAPEUTIC EFFECTS OF DENIPLANT NUTRACEUTICALS
ON THE GUT MICROBIOME IN PATIENTS WITH PSORIASIS**

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ABSTRACT

Background Psoriasis is a common and chronic dermatological disease considered as a systemic inflammatory disorder. A growing body of evidence highlights that intestinal dysbiosis is associated with the development of psoriasis. The gut-skin axis is the novel concept of the interaction between skin diseases and microbiome through inflammatory mediators, metabolites and the intestinal barrier. Restoration of the microbiome is a therapeutic strategy for psoriasis.

The objective of this study was to summarize the potential action of Deniplant nutraceuticals in psoriasis on inflammation.

Materials and methods We conducted a systematic review of studies investigating intestinal microbiome in psoriasis. To identify studies comparing gut microbiome composition in patients with psoriasis and normal healthy controls. The use of Deniplant nutraceuticals could be interesting in disease management.

Results However, the association of psoriasis with gut dysbiosis is mainly based on limited studies with small number of patients involved. All studies confirmed the association of psoriasis and gut microbiota dysbiosis. This paper provides a detailed and comprehensive systematic review regarding gut microbiome in patients with psoriasis. It is still not clear whether psoriasis is an effect or a cause of the observed disbalance between beneficial and pathogenic microbes.

Conclusion There is a significant association between alterations in gut microbial composition and psoriasis. More unified methodological standards in large-scale studies are needed to understand microbiota's contribution to psoriasis pathogenesis and its modulation as a potential therapeutic strategy. The changes in microbiome under psoriasis treatment can serve as a potential biomarker of positive response to the Deniplant nutraceuticals.

Keywords: microbiome, psoriasis, gut-skin axis, gut barrier, Deniplant nutraceuticals

**NUTRITION AND HEALTH LITERACY: A SYSTEMATIC REVIEW TO INFORM
RESEARCH AND PRACTICE**

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ABSTRACT

Health literacy is defined as the degree to which individual obtain, process, and understand basic health information and services to make informed health decisions. Health literacy is a stronger predictor of health than age, income, employment, education, and race. Although the field has grown during the past decade, most health literacy research does not explicitly focus on food or nutrition, and dietetics practitioners often remain unaware of patients health literacy level. The purpose of this systematic review was to summarise the literature on nutrition and health literacy to enhance dietetics practitioners awareness of the importance of health literacy in practice and research. Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Health literacy is emerging as one of the most important cross-cutting issues to affect health in the united states. Protein intake that exceeds the recommended daily allowance is widely accepted for both endurance and power athletes. However, considering the variety of proteins that are available much less is known concerning the benefits of consuming one protein versus another. Traditionally, sources of dietary protein are seen as either being of animal or vegetable origin. Animal sources provide a complete source of protein whereas, vegetable sources generally lack one or more of the essential amino acids . Animal sources of dietary protein, despite providing a complete protein and numerous vitamin and minerals, have some health professionals concerned about the amount of saturated fat common in these foods compared to vegetable sources.

Key words- Animal protein, vegetable protein, supplementation

POSSIBLE GASTROPROTECTIVE EFFECTS OF HERBAL MELANIN THROUGH TLR4-MEDIATED COX-2/PGE2 AND IL-6 PRODUCTION IN AGS GASTRIC CELL LINE

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ABSTRACT

Gastric ulcers cause high morbidity and mortality rate in the elderly. An anti-ulcerogenic effect of herbal melanin (HM) extracted from *Nigella sativa* (L.) using rat models was reported. However, the molecular mechanisms underlying HM gastroprotective effect remain unknown. HM acts as a ligand for Toll-like receptor 4 (TLR4). TLR4-mediated cyclooxygenase-2 (COX-2), prostaglandin E2 (PGE2) and interleukin-6 (IL-6) production and secretion play a major role in gastric mucosal protection, characterized by the increase in mucin expression. Hence, we investigated the effect of HM on COX-2, PGE2 and IL-6 production, using the human gastric cancer cell line AGS. Bacterial lipopolysaccharide (LPS), a well-known inducer of TLR4, COX2, PGE2 and IL-6 expression, was used as a positive control. After cell exposure to HM and LPS, the cell lysates and supernatants were tested for COX-2, PGE2, and IL-6 production using Western blot technology and enzyme-linked immunosorbent assay (ELISA). Immuno-cyto-fluorescence staining was applied for COX-2 detection and RT-qPCR for monitoring TLR4, COX-2, and mucin 4 gene expression levels. HM upregulated TLR4 gene and protein expression. HM increased PGE2 secretion and the expression of COX-2 mRNA and protein, which was detected in the nucleus, cytoplasm and predominantly at intercellular junctions. Furthermore, HM enhanced IL-6 production and secretion, and upregulated mucin 4 gene expression. To check whether HM-induced PGE2 and IL-6 through TLR4 signaling and COX-2 generated, AGS cells were pre-treated with a TLR4 signaling inhibitor TAK242 and the COX-2 inhibitor NS-398. An inhibition of HM-induced COX-2, PGE2 and IL-6 was observed in TAK242 and NS-398-pre-treated AGS cells, indicating the role of TLR4 signaling and of COX-2 generated in HM gastroprotective effects. In conclusion, HM enhances TLR4/COX-2-mediated PGE2 and IL-6 secretion, which may contribute to the promising beneficial gastroprotective effect of HM for human gastric ulcer prevention and treatment.

Key words: Herbal melanin, gastroprotection, Toll-like receptor, Cyclooxygenase-2, Interleukin-6

SEX-RELATED DIFFERENCES IN THE BRASS INDEX ASSESSMENT: A CASE-COHORT OBSERVATIONAL STUDY

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ABSTRACT

Background and Aim: The BRASS index is a tool used to identify patients at risk of difficult or prolonged hospitalization. The purpose of the study is to analyze whether there are differences in the evaluation of the BRASS index upon admission and upon discharge with regard to sex and to the length of hospital stay (in days).

Method: The BRASS assessment was performed upon admission (T0) and upon discharge (T1) for each participant, according to their sex and age. Statistical differences were evaluated on the basis of sex and the risk associated with the BRASS score. Spearman's correlations were assessed among all the variables considered.

Results: 95 patients (43 males and 52 females) participated in this study. The average age was 80 ± 9 years. The BRASS index at T0 was 12.51 ± 7.66 and at T1 13.91 ± 8.61 . The average length of hospitalization was 13 ± 7 days. There were statistically significant differences between the sex and the BRASS index risk assessment at T0 ($p < 0.001$) and also at T1 ($p < 0.001$) according to the sex variable, respectively. Correlations were also statistically significant between: sex and age ($p = 0.016$), sex and risk assessment both at T0 ($p < 0.001$) and T1 ($p < 0.001$), age and risk assessment both at T0 ($p < 0.001$) and T1 ($p < 0.001$) and age and days of hospitalization ($p = 0.005$).

Conclusions: Data showed a significant increase in the BRASS index for female patients, both at T0 and T1. However, the BRASS assessment did not correlate with the length of hospital stay (in days). Nursing could play an important role in the BRASS assessment, both at T0 and T1, in order to better refer the patient to the most appropriate nursing setting after hospitalization.

Keywords: BRASS index; Discharge; Days of Hospitalization; Gender Role.

THE EFFECTS OF INULIN AND GOAT CHEESE WHEY ON THE PHYSICOCHEMICAL PROPERTIES AND SENSORY ACCEPTANCE OF A PROBIOTIC CHOCOLATE GOAT DAIRY BEVERAGE

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ABSTRACT

The aim of this study was to produce chocolate goat dairy beverages with the probiotic *Lactobacillus fermentum* and to evaluate the effects of goat cheese whey and prebiotic (inulin) on the physicochemical parameters and sensory features of the beverages. All of the formulations exhibited decreased pH values and a concomitant increase in acidity during refrigerated storage. Beverages made with the lowest amounts of whey (F1 and F3) exhibited a greater decrease in pH after 14 days of storage. The apparent viscosity increased for up to 21 days for all formulations and up to 28 days for F4 (6 g 100 mL⁻¹ inulin and 45 mL 100 mL⁻¹ whey). *L. fermentum* exhibited numbers up to 7 log CFU mL⁻¹. F4 presented the highest median sensory attributes for flavor and aroma, which may be related to the larger amounts of inulin and whey in this formulation. Thus, F4 is considered to be the formulation that best represents the desirability profile chosen for the probiotic chocolate goat dairy beverage as defined as probiotic viability above 7 log CFU mL⁻¹ and improved viscosity and sensory features.

Keywords: *Lactobacillus fermentum*; Inulin; Goat milk; Chocolate dairy beverage;

**ACTION OF PROBIOTICS ON *LISTERIA MONOCYTOGENES* AND *ESCHERCHIA COLI*
INOCULATED IN MINCED CAMEL MEAT PACKAGED UNDER VACUUM AND
MODIFIED ATMOSPHERE**

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ABSTRACT

Considering the prevalence of *Salmonella* in minced camel meat and the frequency of its consumption via many traditional products and, taking into account that packaging of meat is the most common method of food preservation, there is a need to explore the effect of packaging methods on *Salmonella* spp. survival, especially in mixed minced meat inoculated with probiotic bacteria. Therefore, the aim of this study was to compare the effects of vacuum and two initial headspace-modified atmosphere conditions (20% O₂/50% CO₂) and 20% (O₂/30% CO₂) on the survival of *Salmonella* spp., total viable bacteria and probiotic lactic acid bacteria in minced meat stored at 4 °C.

Minced camel meat was analyzed for *Salmonella* spp., total viable count and probiotic *Lactobacillus fermentum* strain count immediately on days 3, 7 and 9 of storage. The meat pH was measured. Measurement of headspace gas composition in the minced meat packaging was also conducted.

Salmonella spp. counts decreased during storage in all packaging types, with reductions of about 2 log CFU/g. A significant difference ($P < 0.05$) was noted between *Salmonella* spp. counts in meat packaged in vacuum and modified atmospheres, although there was no significant difference in *Salmonella* spp. count between meat packaged in 50% CO₂, and meat packaged in 30% CO₂. At the end of the study, there were significant differences ($P < 0.05$) in total viable and probiotic bacteria counts between meat packaged in vacuum and modified atmosphere, and the lowest counts were noted in meat packaged in modified atmosphere with 50% CO₂. In all meat sampled, the pH was 5.7 at the beginning of the study and then increased during storage.

All types of packaging used in present study and inoculation of probiotic decreased the *Salmonella* spp. count during first days of storage. This pathogen was best inhibited by MAP containing higher CO₂ concentration (50%), followed by MAP with 30% CO₂.

Keywords : Minced camel meat ; Vacuum, Modified atmosphere packaging ; Probiotic ; *Salmonella* spp.

**TÜRKİYE'DE YAŞLI BİREYLER İLE YAPILAN HEMŞİRELİK LİSANSÜSTÜ
TEZLERİNİN İNCELENMESİ: SİSTEMATİK DERLEME**

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ÖZET

Hemşirelik bilimsel bilgi üreten ve bilgiyi kullanan bir bilim dalıdır. Bu sistematik derlemenin amacı, Türkiye üniversitelerinde yaşlı bireylerle yapılan hemşirelik bilimi alanındaki lisansüstü tezlerinin mevcut aşamasını analiz etmektir. Hemşirelik biliminde tamamlanan tezlere 15-30 Ocak 2022 tarihlerinde Yükseköğretim Kurulu'nun Ulusal Tez Merkezi veri tabanının taranmasıyla ulaşılmıştır. Taramada "yaşlı" anahtar kelimesi kullanılmıştır. Sistematik derlemeye Türkiye üniversitelerinde 2012-2022 yıllarında konu alanı "Hemşirelik" olan 158 tez dâhil edilmiştir. Tezlerin belirlenmesini ve seçimini iki araştırmacı bağımsız olarak yapmıştır. Veri çekme aracı ile elde edilen verilerin değerlendirilmesinde anlatı sentezi yöntemi kullanılmıştır. Yaşlı birey ile en çok çalışılan konuların yaşam kalitesi (%19,6), düşme (%12,7), uyku (%9,5) olduğu saptanmıştır. Tezlerin %70,9'u yüksek lisans tezi olup %60,1'i 2017-2021 yılları arasındadır. Tezlerin uzmanlık alanlarının %44,3'ü hemşirelik, %19,6'sı iç hastalıkları hemşireliği, %16,5'i halk sağlığı hemşireliği olduğu saptanmıştır. Ayrıca tez tasarımları %58,9 gözlemsel, %38,6 müdahale, %3,2 metodolojiktir. Tezler çoğunlukla hastanede (%37,3) ve huzurevinde (%34,8) yapılmıştır. Tezlerin örneklemi çoğunlukla diyabeti, hipertansiyonu, kalp hastalığı olan yaşlı bireylerin oluşturduğu belirlenmiştir. Yaşlı bireylerle ilgili tanımlayıcı türde, konu odağı yaşam kalitesi olan yüksek lisans tezlerinin çoğunlukta olduğu görülmüştür. Bu nedenle yaşlı bireylere farklı konu alanları ve örneklem grupları içeren, karma yöntemle oluşturulan ve kanıt düzeyi yüksek çalışmalar planlanmalıdır. Türkiye'de yaşlı bireylerle ilgili doktora tez çalışmaları artırılmalı hemşirelik bilimine katkı sağlanmalıdır.

Anahtar kelimeler: Türkiye, tez, hemşirelik, yaşlı, sistematik derleme

**EXAMINATION OF NURSING GRADUATE THESIS MADE WITH ELDERLY
INDIVIDUALS IN TURKEY: A SYSTEMATIC REVIEW**

ABSTRACT

Nursing is a science that produces and uses scientific knowledge. The aim of this systematic review is to analyze the current stage of postgraduate theses in nursing science conducted with elderly individuals in Turkish universities. The theses completed in the science of nursing were reached by searching the database of the National Thesis Center of the Council of Higher Education on 15-30 January 2022. The keywords "elderly" and "older people" were used in the search. A total of 158 theses, the subject area of which was "Nursing", in Turkey universities between the years 2012-2022 were included in the systematic review. The theses were determined and selected by two researchers independently. The narrative synthesis method was used to evaluate the data obtained with the data extraction tool. It was determined that the most studied subjects with the elderly were quality of life (19.6%), falling (12.7%), and sleep (9.5%). 70.9% of theses are master's theses and 60.1% are between 2017-2021. It was determined that 44.3% of the theses' fields of specialization were nursing, 19.6% internal medicine nursing, 16.5% public health nursing. In addition, the thesis designs are 58.9%

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observational, 38.6% interventional, 3.2% methodological. Theses were mostly done in hospital (37.3%) and nursing home (34.8%). It was determined that the sample of the theses mostly consisted of elderly individuals with diabetes, hypertension and heart disease. It was seen that the descriptive type of master's theses about the elderly people, whose focus was on quality of life, were in the majority. For this reason, studies with different subject areas and sample groups, mixed method and high level of evidence should be planned for elderly individuals. In Turkey, doctorate thesis studies on elderly individuals should be increased and contribution to nursing science should be provided.

Keywords: Turkey, dissertations, nursing, elderly, systematic review

TÜRKİYE’DE HEMŞİRELİK ALANINDA MENOPOZAL DÖNEMDE OLAN KADINLARA YÖNELİK MÜDAHALE İÇERİKLİ YÜRÜTÜLEN LİSANSÜSTÜ TEZLERİN DEĞERLENDİRİLMESİ: RETROSPEKTİF BİR ARAŞTIRMA

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ÖZET

Amaç: Bu araştırmada Türkiye’de hemşirelik alanında menopoza dönemdeki kadınlara yönelik müdahale içerikli yapılan yüksek lisans ve doktora tezlerinin taranması amaçlanmıştır.

Yöntem: Yükseköğretim Kurulu Ulusal Tez Merkezi’ne kayıtlı, 1998-2021 yılları arasında tamamlanan ve onaylanan, hemşirelik alanında menopoza dönemdeki kadınlarla yapılan yüksek lisans ve doktora tezlerinin incelendiği retrospektif tanımlayıcı araştırma dizaynı ile gerçekleştirilen bu araştırmanın verileri, Ocak 2022’de Ulusal Tez Veri Tabanı taranarak toplandı. Bu araştırmada “menopoz, menapoz, klimakterik, hemşirelik” anahtar kelimeleri kullanıldı. Toplam ulaşılan 55 lisansüstü tezdən, araştırma örneklemine uyan 10 doktora tezi ve 2 yüksek lisans tezi araştırma kapsamında incelendi.

Bulgular: Menopozal dönemdeki kadınlarla yürütülen müdahale içerikli tezlerin çoğu planlı eğitim uygulamalarından oluşmaktadır. Menopozal dönemdeki yakınmalara ve menopoza yönelik verilen planlı eğitimin; kadınların bilgi düzeylerinde artışa neden olduğu ($p<0.05$) (Karacan Ertem 1998); eğitim sonrasında menopoza yönelik olumlu tutum geliştirdikleri ($p=0.000$), sağlıklı yaşam biçimi davranışları kazandıkları ($p=0.000$), menopozal yakınmaları azalttığı (Tortumluoğlu 2003); sıcak basmasına ilişkin inançların olumlu hale geldiği ve yaşam kalitesinin arttığı ($p<0.001$) (Sis Çelik 2013); koroner kalp hastalıklarından korunmaya yönelik verilen bireysel danışmanlık ve eğitimin LDL kolesterol seviyesini düşürdüğü ($p<0.05$), egzersiz yapma alışkanlığı kazandırdığı ($p<0.05$), sebze-meyve tüketim oranlarını artırdığı ($p<0.01$), kalp hastalığı risk faktörleri bilgi düzeyini artırdığı ($p<0.05$) (Ercan Toptaner 2013); farkındalık temelli stres azaltma eğitiminin anksiyete, depresyon ve umutsuzluk düzeyini azaltmada etkili olduğu ($p<0.05$) (Aydın 2021); sağlığı geliştirme modeline dayalı egzersiz eğitiminin menopoz dönemindeki semptomları azalttığı ve sağlıklı yaşam biçimi davranışlarını artırdığı ($p=0.000$) (Polat 2019) bulunmuştur. İlerleyici kas gevşeme egzersizleri uygulaması ve menopoz eğitiminin ise menopoz semptomlarını azalttığı ve menopoza özgü yaşam kalitesini artırdığı ($p<0.001$) (Ak Sözer 2020) belirlenmiştir. Menopozal dönemde olan kadınlara uygulanan yoga (Abiç 2021) ve reiki (Hikmet Yeşil 2021) temelli girişimlerin menopoz semptomları azalttığı ($p<0.05$); sağlık eğitimi ile birlikte verilen progresif kas gevşeme egzersizlerinin (Pelit Aksu 2021) uykuyu kalitesini artırdığı ve vazomotor semptomları azalttığı ($p<0.05$) saptanmıştır. Menopozal dönemde olan kadınlarla yapılan motivasyonel görüşme yönteminin ise kadınların sağlıklı yaşam biçimi davranışlarını ($p<0.001$) ve menopoza özgü yaşam kalitelerini arttırmada ($p<0.05$) etkili olduğu saptanmıştır (Orhan 2020). Menopozal dönemde olan kadınlara eşlerinin uyguladığı sırt masajının menopozal semptomları ve uykusuzluğu azalttığı, eş uyumlarını artırdığı belirlenmiştir ($p<0.001$) (Kaya 2018).

Sonuç: Türkiye’de hemşirelik alanında menopoza dönemdeki kadınlarla yürütülen lisansüstü tez çalışmalarının çoğunlukla tanımlayıcı nitelikte olduğu, müdahale içerikli çalışmaların ise daha çok planlı eğitim verilmesi şeklinde olduğu görülmektedir. Müdahale içerikli çalışmaların tamamının kadınların yaşadığı menopozal semptomları azalttığı, yaşam kalitelerini artırdığı, sağlıklı yaşam biçimi

davranışı geliştirilmesinde etkili olduğu görülmektedir. Kadınlar belirli bir yaş sonrasında yaşamlarının önemli bir kısmını menopozal dönemde geçirmektedirler. Hemşireler danışmanlık ve eğitici rollerini kullanarak kadınların yaşadığı menopoz ile ilişkili semptomları azaltmada anahtar rol üstlenmektedirler. Hemşirelik alanında daha fazla müdahale içerikli araştırmaların planlanması ve uygulanması önerilmektedir.

Anahtar sözcükler: Menopoz, menapoz, klimakterik, hemşirelik.

EVALUATION OF GRADUATE THESIS CONTACTED ON INTERVENTION FOR WOMEN IN MENOPausal PERIOD IN NURSING IN TURKEY: A RETROSPECTIVE RESEARCH

ABSTRACT

Aim: In this study, it was aimed to scan the master's and doctoral theses in the field of nursing in Turkey with the content of intervention for women in the menopausal period.

Method: The data of this research, which was carried out with a retrospective descriptive research design, in which the master's and doctoral theses in the field of nursing, which were registered to the National Thesis Center of the Council of Higher Education, completed and approved between 1998-2021, were examined, were collected by scanning the National Thesis Database in January 2022. In this study, the keywords "menopause, climacteric, nursing" were used. Out of a total of 55 graduate theses, 9 doctoral theses and 2 master's theses that fit the research sample were examined within the scope of the research. In the analysis of the data, the theses' being master's and/or doctoral thesis, publication year, purpose and results of the theses were summarized.

Results: Most of the intervention-related theses conducted with women in the menopausal period consist of planned education practices. Planned education for menopausal complaints and menopause; cause an increase in the knowledge level of women ($p<0.05$) (Karacan Ertem 1998); they developed a positive attitude towards menopause after education ($p=0.000$), gained healthy lifestyle behaviors ($p=0.000$), reduced menopausal complaints (Tortumluoğlu 2003); beliefs about hot flashes became positive and quality of life increased ($p<0.001$) (Sis Çelik 2013); Individual counseling and education for the prevention of coronary heart diseases decreased the LDL cholesterol level ($p<0.05$), made exercise habit ($p<0.05$), increased the rate of consumption of vegetables and fruits ($p<0.01$), increased the knowledge level of heart disease risk factors ($p<0.05$). $p<0.05$) (Ercan Toptaner 2013); mindfulness-based stress reduction training is effective in reducing the level of anxiety, depression and hopelessness ($p<0.05$) (Aydin 2021); It was found that exercise training based on the health promotion model decreased the symptoms in the menopausal period and increased the healthy lifestyle behaviors ($p=0.000$) (Polat 2019). It has been determined that progressive muscle relaxation exercises and menopause education reduce menopausal symptoms and increase menopausal-specific quality of life ($p<0.001$) (Ak Sözer 2020). Yoga (Abiç 2021) and reiki (Hikmet Yeşil 2021)-based interventions applied to menopausal women reduced menopausal symptoms ($p<0.05$); it was determined that progressive muscle relaxation exercises (Pelit Aksu 2021) given together with health education increased sleep quality and decreased vasomotor symptoms ($p<0.05$). Motivational interview method with women in the menopausal period was found to be effective in increasing women's healthy lifestyle behaviors ($p<0.001$) and menopausal-specific life quality ($p<0.05$) (Orhan 2020). It has been determined that the back massage applied by their husbands to women in the menopausal period reduces menopausal symptoms and insomnia, and increases spouse adjustment ($p<0.001$) (Kaya 2018).

Conclusion: It is seen that postgraduate thesis studies conducted with women in the menopausal period in the field of nursing in Turkey are mostly descriptive, while intervention-related studies are mostly in the form of planned training. It is seen that all of the intervention studies reduce the

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menopausal symptoms experienced by women, increase their quality of life, and are effective in developing healthy lifestyle behaviors. After a certain age, women spend a significant part of their lives in the menopausal period. Nurses play a key role in reducing the symptoms associated with menopause experienced by women by using their counseling and educational roles. It is recommended to plan and implement more interventional research in the field of nursing.

Key words: Menopause, climacteric, nursing.

YAŞLANMANIN RUHSAL BOYUTU VE HEMŞİRELİK

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ÖZET

Amaç: Bu derlemenin amacı hemşirelik açısından yaşlılığın ruhsal boyutunun değerlendirilmesidir.

Yöntem: Literatür inceleme yöntemi kullanılarak yapılan derleme çalışmasıdır.

Bulgular: Yaşlılık evrensel bir olgudur. Dünya nüfusunun yaşlanması, günümüzün en önemli sosyal değişimlerindedir. Dünya çapında neredeyse bütün ülkelerde yaşlı sayısında ve oranında artış görülmektedir. Benzer şekilde Türkiye'de de yaşlı nüfus sayısı giderek artmaktadır. Yaşlı nüfusundaki hızlı artışa bağlı olarak yaşlılıkla ilgili biyolojik, fizyolojik, ruhsal, sosyal, kültürel ve ekonomik sorunlar ortaya çıkmaktadır. Yaşlılıkta özellikle rol kaybı (eş kaybı, emeklilik vs.), ölüm korkusu, yalnızlık, boşlukta hissetme, anlamsızlık duygusu, içe kapanma gibi ruhsal sorunlar aynı zamanda bellek, algılama, problem çözme ve uyum sağlama yetilerinin azalması gibi bilişsel sorunlar görülmektedir. Görülen tüm sorunlar sağlık hizmetleri kapsamında değerlendirilmelidir. Sağlık bakım hizmetleri sürecinde yaşlıların en fazla etkileşim içinde bulunduğu profesyoneller hemşirelerdir. Hemşireler yaşlıların bağımsızlığının sürdürülmesinde, yaşam kalitesinin yükseltilmesinde, yaşlanma sonucu görülen fonksiyon kayıplarının en aza indirilmesinde ve özellikle ruh sağlığının korunmasında etkin rol oynayabilir. Bu bağlamda hemşireler yaşlıların ruh sağlığına yönelik yapılan araştırmalar yaparak, ruh sağlığının korunmasına ilişkin çözüm önerilerinin geliştirilebilir. Ayrıca yaşlı sağlığının bütüncül olarak korumak için ruhsal destek programlarının düzenlenmesi ve sosyal politikaların geliştirilmesi sürecinde yer almalıdır.

Sonuçlar: Yaşlılık, yaşlıların tüm yaşam sürecini önemli derecede etkilemektedir. Bu nedenle yaşlılar bütüncül bir yaklaşımla ele alınırken özellikle ruhsal yönden yaşlılar takip edilmelidir. Ayrıca bu alanda çalışan hemşireler tarafından tedavi ve bakım programlarının oluşturularak yaşlılar değerlendirilmelidir.

Anahtar Kelimeler: Yaşlılık, Ruhsal Boyut, Hemşirelik

THE MENTAL DIMENSION OF AGING AND NURSING

ABSTRACT

Aim: The aim of this review is to evaluate the mental dimension of old age in terms of nursing.

Method: It is a compilation study using the literature review method.

Findings: Aging is a universal phenomenon. The aging of the world population is one of the most important social changes of our time. There is an increase in the number and rate of elderly people in almost all countries around the world. Similarly, in Turkey, the number of elderly population is gradually increasing. Due to the rapid increase in the elderly population, biological, mental, social, cultural and economic problems related to old age arise. Mental problems such as loss of role (loss of spouse, retirement, etc.), fear of death, loneliness, feeling of emptiness, sense of meaninglessness, introversion, and cognitive problems such as decreased memory, perception, problem solving and adaptation abilities are seen in old age. All the problems seen should be evaluated within the scope of health services. Nurses are the professionals with whom the elderly interact most in the health care services process. Nurses can play an active role in maintaining the independence of the elderly, increasing the quality of life, minimizing the loss of function due to aging, and especially protecting mental health. In this context, nurses can develop solutions for the protection of mental health by conducting research on the mental health of the elderly. In addition, it should be included in the process of organizing mental support programs and developing social policies in order to protect the health of the elderly as a whole.

Results: Aging significantly affects the entire life process of the elderly. For this reason, while the elderly are handled with a holistic approach, especially the mentally elderly should be followed. In addition, the elderly should be evaluated by creating treatment and care programs by nurses working in this field.

Keywords: Senility, Mental Dimension, Nursing

YAŞLI BİREYLERDE DÜŞME KORKUSUNA BAĞLI KAÇINMA DAVRANIŞININ YAŞAM KALİTESİNE ETKİSİ

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ÖZET

Düşme, fiziksel kapasitede gerileme ve bağımlılığın artması ile yaşlılıkta en sık karşılaşılan sorunlarından biridir. Düşme korkusuna bağlı kaçınma davranışının yaşlı bireylerde, fonksiyonelliğin azalması, sosyal katılımın kısıtlanması, düşme riskinin artması ve yaşam kalitesinin azalması gibi olumsuz sonuçları olabilmektedir. Bu çalışmada yaşlı bireylerde düşme korkusuna bağlı kaçınma davranışının yaşam kalitesi üzerine etkisinin incelenmesi amaçlanmıştır. Araştırma tanımlayıcı tipte olup, veriler Aralık 2021-Şubat 2022 tarihleri arasında online ortamda toplanmıştır. Araştırmanın örneklemini 65 yaş ve üzeri, sözel iletişim kurabilen ve araştırmaya katılmaya gönüllü 271 birey oluşturmuştur. Araştırma verilerinin toplanmasında "Birey Tanıtıcı Bilgi Formu", "Yaşlılarda Düşme Korkusu Kaçınma Davranışı Anketi" ve "Yaşlılarda Yaşam Kalitesi Ölçeği" kullanılmıştır. Araştırmada yaşlı bireylerin %62,7'sinin 65-74 yaş aralığında, %53,1'inin kadın, %80,4'ünün evli, %46,9'unun ilköğretim/ortaöğretim mezunu olduğu, %59,0'unun eşi ile birlikte yaşadığı ve %54,6'sının yardımcı araç kullanmadığı tespit edilmiştir. Katılımcıların %77,5'i düşme korkusunun olduğu, %41,7'si son bir yılda bir kez düşme öyküsünün bulunduğu, düşme öyküsü bulunan bireylerin ise %35,7'sinin kayarak düştüğü belirlenmiştir. Katılımcıların Yaşlılarda Düşme Korkusu Kaçınma Davranışı Ölçeği puan ortalaması (23,04±15,21) ve Yaşlılarda Yaşam Kalitesi Ölçeği puan ortalaması (47,67±9,66) arasında yüksek düzeyde negatif yönlü anlamlı bir ilişki tespit edilmiştir ($r=-0,792$; $p<0,05$). Sonuç olarak, yaşlı bireylerde düşme korkusuna bağlı kaçınma davranışının yaşam kalitesini olumsuz etkilediği belirlenmiştir. Yaşlı bireylerin hemşirelik bakımında, bireylerin sağlıklı ve bağımsız olmasını sağlamak üzere düşme korkusunu azaltmak, risk faktörlerini belirlemek ve gerekli önlemlerin alınmasını sağlamaya yönelik girişimlerin planlanması önerilmektedir.

Anahtar Kelimeler: yaşlılık, düşme korkusu, kaçınma davranışı, yaşam kalitesi

THE EFFECT OF AVOIDANCE BEHAVIOR RELATED TO FEAR OF FALLING ON QUALITY OF LIFE IN ELDERLY INDIVIDUALS

ABSTRACT

Falling is one of the most common problems in older age, with decline in physical capacity and increase in dependency. Avoidance behavior due to fear of falling may have negative consequences such as decreased functionality, limitation of social participation, increased risk of falling and decreased quality of life in elderly individuals. In this study, it was aimed to examine the effect of avoidance behavior due to fear of falling on the quality of life in elderly individuals. The research is descriptive and data were collected online between December 2021 and February 2022. The sample of the study consisted of 271 individuals aged 65 and over, able to communicate verbally and voluntarily to participate in the research. "Individual Descriptive Information Form", "Fear of Falling Avoidance Behavior Questionnaire" and "Older People's Quality of Life-Brief (OPQOL-brief)" were used to

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collect the research data. In the study, 62.7% of the elderly individuals were in the 65-74 age range, 53.1% were women, 80.4% were married, 46.9% were primary/secondary education graduates, 59.0% were lived with spouses. It has been determined that 54.6% of them do not use assistive vehicles. It was determined that 77.5% of the participants had a fear of falling, 41.7% had a history of falling once in the last year, and 35.7% of the individuals with a history of falling slipped. A highly negative and significant correlation was found between the participants' mean score of the Fear of Falling Avoidance Behavior Questionnaire (23.04 ± 15.21) and the mean score of the Older People's Quality of Life-Brief (OPQOL-brief) (47.67 ± 9.66) ($r = -0.792$; $p < 0.05$). As a result, it was determined that the avoidance behavior due to the fear of falling negatively affects the quality of life in elderly individuals. In the nursing care of elderly individuals, it is recommended to plan interventions to reduce the fear of falling, to identify risk factors and to take necessary precautions in order to ensure that individuals are healthy and independent.

Keywords: old age, fear of falling, avoidance behavior, quality of life

**TOTAL DIŞSİZ YAŞLI VE ORTA YAŞLI BİREYLERİN MANDİBULALARINDA
RADYOMORFOMETRİK İNDEKS ÖLÇÜMLERİNİN KARŞILAŞTIRILMASI**

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ÖZET

Amaç: Bu retrospektif çalışmanın amacı yaşlı ve orta yaşlı dişsiz bireylerde cinsiyet ve yaş durumunun, mandibulada meydana gelen değişimlerin değerlendirilmesini sağlayan radyomorfometrik indeksler üzerindeki etkisini araştırmaktır.

Materyal-Metod: 45-54, 55-64, 65-74 ve 75-84 yaş aralığındaki 128 dişsiz birey (64 kadın, 64 erkek) 4 yaş grubuna ayrıldı. Bu bireylerin panoramik radyograflarda mental indeks (Mİ), panoramik mandibular indeks (PMİ), mandibular kortikal indeks (MKİ) ve premolar bölgelerinde alveolar kret rezorpsiyon derecesi (M/M oranı) yaş ve cinsiyet açısından değerlendirildi.

Bulgular: Yaş artışı ile birlikte MKİ sınıfında anlamlı bir artış gözlemlendi ($p<0,05$). Mİ, PMİ ve M/M oranı yaştan etkilenmedi ($p>0,05$). Orta yaşlı ve yaşlı bireylerde Mİ ve PMİ değerlerinin cinsiyetten etkilenerek, bu değerler kadınlarda daha düşük bulundu ($p<0,05$). M/M oranı ve cinsiyet arasında anlamlı bir ilişki bulunmadı ($p>0,05$). 45-54 yaş grubunda MKİ sınıfının kadınlarda daha düşük olduğu gözlemlendi ($p<0,05$).

Sonuç: Yaşlı ve orta yaşlı dişsiz bireylerde yaşa ve cinsiyete bağlı olarak radyomorfometrik indeks ölçümlerinde (Mİ, PMİ, M/M oranı, MKİ) istatistiksel anlamlı ilişkiler tanımlanmıştır. Mİ ve PMİ cinsiyetten, MKİ yaştan etkilenmektedir. Yaş ilerledikçe, kadınlarda mandibular korteks yapısı daha eroziv hale gelmektedir. Yaşlı bireylerin panoramik radyograflarındaki mandibular korteks morfolojisindeki değişimler sonucu artmış MKİ sınıfı osteoporozun etkisi olabilir.

Anahtar Kelimeler: yaşlı bireyler, mandibular kortikal indeks, mental indeks, panoramik mandibular indeks, radyomorfometrik indeks

**COMPARISON OF RADIOMORPOMETRIC INDEX MEASUREMENTS IN THE
MANDIBLE OF COMPLETELY EDENTULOUS ELDERLY AND MIDDLE-AGED
INDIVIDUALS**

ABSTRACT

Objective: The present retrospective research aims to investigate the effect of sex and age on radiomorphometric indices that enable the evaluation of changes in the mandible in elderly and middle-aged edentulous individuals.

Materials-Methods: One hundred twenty-eight edentulous individuals (64 females, 64 males) aged 45-54, 55-64, 65-74, and 75-84 years were divided into four age groups. The mental index (MI), panoramic mandibular index (PMI), mandibular cortical index (MCI), and alveolar ridge resorption

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degree in the premolar regions (M/M ratio) of these individuals were assessed with regard to age and sex on panoramic radiographs.

Results: A significant increase was detected in the MCI class with increasing age ($p<0.05$). The MI, PMI, and M/M ratio were not affected by age ($p>0.05$). MI and PMI values in middle-aged and elderly individuals were affected by sex, and these values were found to be lower in females ($p<0.05$). No significant relationship was revealed between the M/M ratio and sex ($p>0.05$). It was observed that the MCI class was lower in females in the 45-54 age group ($p<0.05$).

Conclusion: Statistically significant relationships were defined in radiomorphometric index measurements (MI, PMI, M/M ratio, MCI) in elderly and middle-aged edentulous individuals depending on age and sex. The MI and PMI are affected by sex, and MCI by age. As age progresses, the mandibular cortex structure in females becomes more erosive. Changes in mandibular cortex morphology on panoramic radiographs of elderly individuals may be the effect of increased MCI class osteoporosis.

Keywords: elderly individuals, mandibular cortical index, mental index, panoramic mandibular index, radiomorphometric index

COVID-19 SÜRECİNDE TÜRKİYE VE İTALYA’NIN YAŞLI BAKIM POLİTİKALARININ KARŞILAŞTIRILMASI

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ÖZET

Yaşlılık bireyin fizyolojik ve biyolojik ihtiyaçlarının değişmesi bakımından insan ömrünün diğer aşamalarından ayrılmaktadır. Yaşlılığın getirdiği sosyal, ekonomik, fiziksel ya da psikolojik değişimlerle başa çıkabilmek için ülkelerin farklılık gösteren sosyal politikalar uyguladığı bilinmektedir. Bu politikalar afet ya da salgın gibi olağanüstü dönemlerde değişiklik göstermektedir. 2019 yılında Çin’de ortaya çıktıktan sonra tüm dünyaya yayılan COVID-19 sürecinde yaşlı bakım politikaları tüm ülkelerde olağan dönemdeki sosyal politika anlayışından ayrılmaktadır. Salgın sürecinde belirlenen yaşlı bakım anlayışında ülkelerin yaşlı nüfus oranı, yaşlı nüfusun ülke ekonomisine etkilerinin yanı sıra toplumların geleneksel ve dini değerlerinin de etkili olduğu görülmektedir. Bu bağlamda Avrupa ve Türkiye’de yaşlılara uygulanan sosyal politikaların değişim gösterdiği ve farklı unsurlar tarafından motive edildiğini söylemek mümkündür. Bu çalışmada karşılaştırılmalı olarak İtalya ve Türkiye’nin Covid-19 sürecinde yürüttüğü yaşlılık politikaları ile ilgili haberlerin söylem ve içerik analizi yapılacaktır. Araştırma sonucunda İtalya ve Türkiye’de uygulanan yaşlılık politikalarının hangi noktalarda ve hangi özelliklere göre birbirinden ayrıldığı ve bu politikaların Covid-19’la mücadelede nasıl bir sonuç yarattığı ortaya konacaktır.

Anahtar Kelimeler: Yaşlılık politikaları, İtalya, Türkiye, Pandemi

COMPARISON OF ELDERLY CARE POLICIES OF TURKEY AND ITALY IN THE COVID-19 PROCESS

ABSTRACT

Old age differs from other stages of human life in terms of changing the physiological and biological needs of the individual. It is known that countries apply different social policies in order to cope with the social, economic, physical or psychological changes brought about by old age. These policies change in extraordinary times such as disasters or epidemics. In the process of COVID-19, which spread all over the world after emerging in China in 2019, elderly care policies differ from the social policy understanding in the ordinary period in all countries. It is seen that the ratio of the elderly population of the countries, the effects of the elderly population on the country's economy, as well as the traditional and religious values of the societies, are also effective in the understanding of elderly care determined during the epidemic process. In this context, it is possible to say that the social policies applied to the elderly in Europe and Turkey have changed and are motivated by different factors. In this study, discourse and content analysis of the news about the old age policies carried out by Italy and Turkey during the Covid-19 process will be made comparatively. As a result of the research, it will be revealed at what points and according to which characteristics the old age policies implemented in Italy and Turkey differ from each other and what kind of results these policies have in the fight against Covid-19.

Keywords: Aging Policies, Italy, Turkey, Pandemic