

COLLEGE OF NURSING

RESEARCH BULLETIN 2025

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DEAR READERS.

Welcome to this edition of the College of Nursing Research Bulletin. It is with great pride that we present a comprehensive overview of the extensive research activities and scholarly accomplishments within our college during the academic year 2024–2025. This bulletin highlights the dynamic research culture cultivated by our dedicated faculty and accomplished students, featuring workshops, research days, and significant publications that contribute to the advancement of knowledge and practice in nursing and community health.

Our commitment to research excellence is evidenced not only by the volume but also by the quality of our scholarly work, alongside our ongoing efforts to support and develop innovative projects. We hope this bulletin serves to inspire further collaboration, curiosity, and a shared passion for discovery among our academic community.

I extend my sincere gratitude to all contributors, reviewers, and supporters who have made this publication possible. We anticipate continued growth and success in our research endeavors.

Warm regards,
Dr Emad Shdaifat
Chairperson, Scientific Research Support and
Development Division
College of Nursing
Imam Abdulrahman Bin Faisal University

RESEARCH DAY '25

On May 6th, The Scientific Research Development and Support Division of the College of Nursing at Imam Abdulrahman Bin Faisal University (IAU) hosted a vibrant research poster exhibition showcasing the scholarly work of 22 faculty members, 7 undergraduate students, and 11 postgraduate students.

The event aimed to highlight ongoing research efforts within the college and promote a culture of scientific inquiry and collaboration. A diverse range of topics was presented, reflecting innovation and commitment to advancing nursing practice and education. This activity served as a platform for knowledge exchange, inspiring students and faculty alike to engage in evidence-based practice and contribute to the development of nursing science.

FACULTY MEMBERS PROJECTS

The following posters were presented by faculty members of the College of Nursing at Imam Abdulrahman bin Faisal University during the research poster exhibition. These posters reflect the diverse research interests and scholarly contributions of our academic staff, addressing key issues in nursing education, clinical practice, healthcare quality, and patient outcomes. Each project highlights the faculty's commitment to advancing nursing science and fostering a culture of evidence-based practice:



Coping Strategies in Postpartum Women: Exploring the Influence of Demographic and Maternity Factors

Amira Alshowkan, Emad Shdaifat, Fatimah Alnass, Friyal Alqahtani, Nora AlOtaibi, Nagla AlSaleh

BACKGROUND

Postpartum depression is a mental health condition affecting many women. Identifying risk factors associated with coping strategies in postpartum women is essential.

OBJECTIVE

To gain insight into the coping strategies employed by postpartum women and to explore how these strategies are influenced by various demographic and maternity factors

METHODS



Design

Quantitative, cross-sectional study



Setting

King Fahad Hospital of the University, Saudi Arabia



Population

239 postpartum women

Variables

- Brief COPE inventory
- Sociodemographic data
- Obstetric/maternal history

Key Findings:



1 Women over 40
More likely to use Emotion-Focused coping



2 Cesarean section
Significantly associated with increased use of avoidant coping

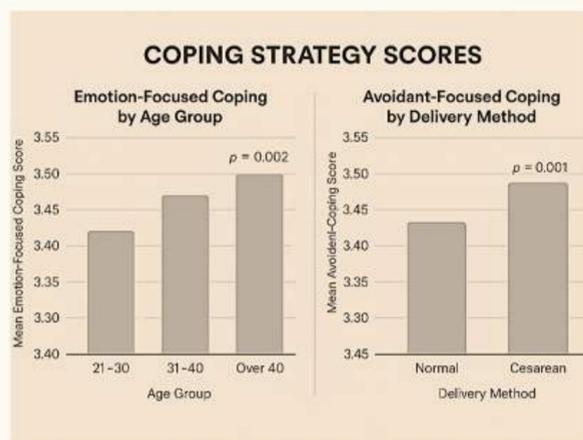
ANALYSIS

Data were analyzed using SPSS version 22. Independent t-tests and one-way ANOVA assessed group differences. Significance was set at $p < 0.05$.

ETHICAL CONSIDERATIONS

The Institutional Review Board approval was obtained from IAU and KFHU. Informed consent was secured, and data confidentiality was maintained.

RESULTS



- The sample included 239, evenly spread across age groups. Most had delivered vaginally (90.8%). 9.2% had cesarean sections and 9.6% had pregnancy-related diseases.
- Emotional-focused coping was higher in women over 40 ($M=3.49$) than those aged 21–30 ($M=3.47$, $p=0.002$) and 31–40 ($M=3.45$).
- Cesarean delivery was linked to higher avoidant-focused coping ($M=3.48$, $p=0.001$) than normal delivery ($M=3.47$).

CONCLUSION

Emotion-focused coping was higher in women over 40, while cesarean delivery was linked to greater avoidant coping. These findings highlight the need for tailored support and digital tools to enhance postpartum mental health.



This research supports and amplifies research related to:
SDG 3: Good Health and Well-being
SDG 5: Gender Equality
Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Effectiveness of School-Based Nurse Intervention in Managing Obesity Among School Students: A Systematised Review

Albandari Algharbi, RN, BSN | Balssam Almuqet, RN, MSc IAU | Rosemary Mullen, RN, MSN, PhD
University of Glasgow

BACKGROUND

- Schools play a crucial role in shaping healthy lifestyles; however, school nurses are often left out in obesity interventions programs (Schroeder et al., 2016).
- In 2022, 390 million children aged 5-19 were overweight and 160 million obese (World Health Organization, 2024).

OBJECTIVE

The aim of this study is
To explore how school-based nurse interventions can manage obesity among school-aged children.

Tool: Joanna Briggs critical appraisal tools

METHODS

- Literature search of Medline Ovid, CINAHL, Cochrane library, and PubMed databases to identify randomised controlled trials and quasi experimental studies from the last ten years.
- Joanna Briggs critical appraisal tools were used for an analysis of methodological quality (Barker et al., 2023 ; Barker et al., 2024).
- Scores were presented for both RCT (out of 13) and Quasi-experimental studies (out of 9) (Figure 2).

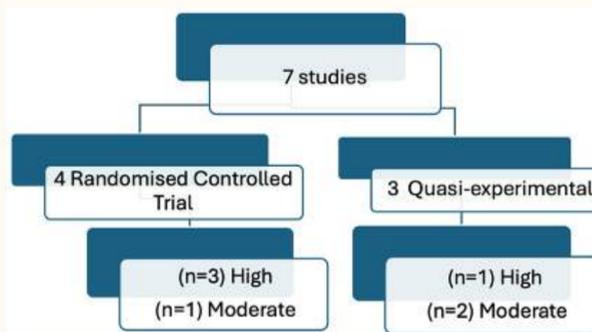


Figure 2. Methodological Quality

RESULT

- Seven studies met the inclusion criteria (Figure 1).

Overall outcomes

- Improvement in dietary habits, decreased BMI, and increased physical activity levels among students.
- Interventions delivered by school nurses included educational sessions, physical activity programs, and dietary guidance.

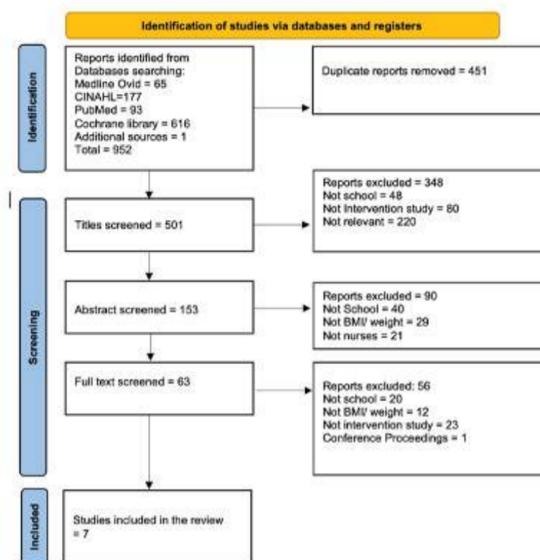


Figure 1 PRISMA (Page et al., 2021)

CONCLUSION

- Students showed improved overall health and well-being.
- These results show the importance of using school-based interventions led by nurses.



This research supports and aligns with
SDG 3: Good Health and Well-being,
SD4 : Quality Education
Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Men's Experiences Facing Nurses Stereotyping in Saudi Arabia: A Phenomenological Study

Jordan Tovera Salvador and **Basim Muzil Mohammed Alanazi**

Nursing Education Department

BACKGROUND

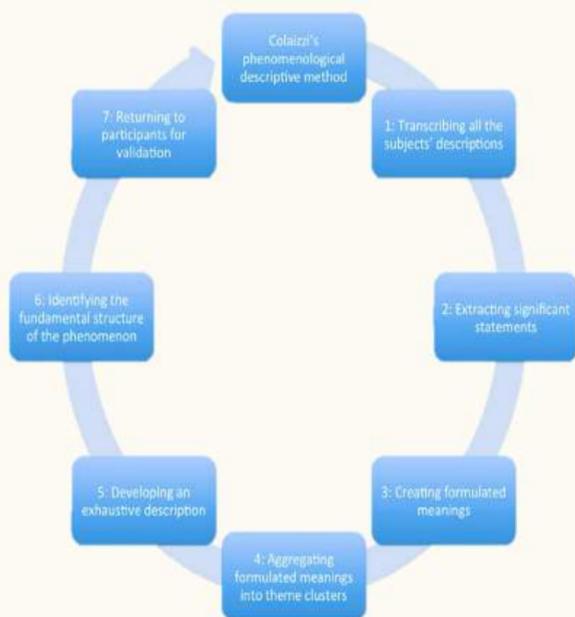
Stereotypes about the nursing profession include low ability, low compensation, minimal educational requirements, little autonomy, and a preponderance of women in the field. Contrary to popular opinion, nursing is typically a female-dominated career, and there has been an increase in the number of male registered nurses in the past few years.

OBJECTIVE

This study aims to explore the experiences of male registered nurses in Saudi Arabia and their contributions to nation-building through Saudi Vision 2030, which focuses on creating a vibrant society, a thriving economy, and an ambitious nation.

METHODS

The study applied qualitative descriptive phenomenology. Twenty-three male RNs were selected through purposive sampling from a total of five hospitals (three government and two private). Semi-structured interviews were used to collect the data. Data was analyzed utilizing Colaizzi's descriptive phenomenological method, and the COREQ checklist was utilized to report qualitative results.

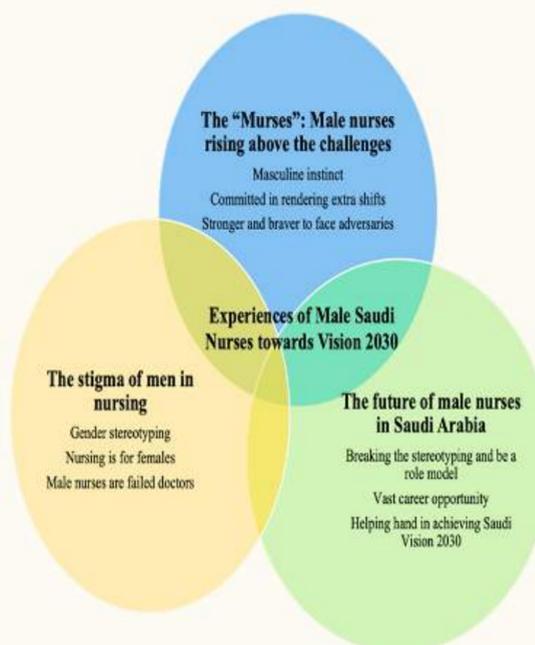


ETHICAL CONSIDERATIONS

A certificate from the Institutional Review Board of Imam Abdulrahman bin Faisal University (IAU-2022-04-543) was acquired.

RESULTS

The study identified three primary themes: (1) Stigma of Men in Nursing – Highlights the challenges male nurses face in a female-dominated profession;(2) Male Nurses Rising Above Challenges – Explores how male RNs overcome obstacles in patient care. (3)Future of Male Nursing in Saudi Arabia – Examines the potential contributions of male RNs to the profession's growth and development.



CONCLUSION

Male RNs experienced both positive and negative professional impressions from people inside and outside the healthcare facilities. In some cases, male RNs faced workplace violence and discrimination. Nonetheless, it was evident that male RNs strove harder to "belong" and to earn respect from the people of Saudi Arabia.

IMPLICATION

If more men in nursing work in leadership roles, it will help shift the public's view of nurses overall and give them a voice in policymaking. The demands and needs of male registered nurses in the kingdom necessitate the establishment of support coming from organizations like the American Association of Men in Nursing (AAMN), which encourages men to become nurses and grow professionally by providing them with encouraging articles, scholarships, and special events.



This research supports and amplifies research related to:
 SDG 5: Gender Equality
 SDG 8: Decent Work and Economic Growth
 SDG 10: Reduced Inequalities,
 Sustainable Development Goals (SDGs)

REFERENCES
CONTACT





Burnout among Mental health Nurses in Saudi Arabia: A Qualitative study.

Faisal Al-Dhafeeri, PhD, MSN,RN, Imam Abdulrahman bin Faisal University . Elaine McColl PhD, Newcastle University , Dr. Balsam Ahmad, Newcastle University Dr. Anna Chaddock, Newcastle University , Dawn Terrace, Newcastle University

BACKGROUND

Burnout is a medical condition related to employment and unemployment . It has a negative impact on organizations' productivity and patient safety.

The most widely adopted definition of burnout is the three key dimensions of this response are an overwhelming exhaustion, feelings of depersonalization , and a sense of ineffectiveness and lack of accomplishment

OBJECTIVE

To explore the views of mental health nurses on the risk of burnout and how its risk could be eliminated.

Methods

In this research, two methods of qualitative data collection were used: a focus group and semi-structured interviews, with the latter being the key method as

One Focus Group with 6 female Saudi nurses
28 Individual interviews with male and female (Saudi and Non-Saudi Nurses)

ANALYSIS

Data was analyzed using Thematic analysis approach (Braun and Clarke 2006) and Thompson (Thompson 2022). Questioning, probing and theme identification in respect of the experience of burnout and how nurses dealt with it was largely theoretical/deductive, informed by theories of burnout (Maslach, Schaufeli et al. 2001).

A more inductive approach was taken in analysing views on the 2020 Health Transformation and the Saudi Vision 2030. Combining the two approaches in this way could be referred to as abductive thematic analysis (Thompson, 2022)

ETHICAL CONSIDERATIONS

Approval from the institutional review board at Newcastle University was obtain and from the selected sites.

RESULTS

Three themes identified:

1-The experience of burnout amongst mental health nurses in Saudi Arabia,

We have a severe shortage of psychiatric nurses, which caused exhaustion and stress. A nurse may have to work with no more than three other colleagues, while there are many patients to look after

2- How mental health nurses in Saudi Arabia nurses deal with the challenges of burnout

Doing exercises, reading books, drawing, and writing. My hobbies are drawing and writing, from a long time I cannot practice them

3- Changes on the horizon in Saudi Arabia from the perspective of mental health nurses

It's very important for us to be allowed to complete our studies, inside or outside of the kingdom, as this will help us develop ourselves professionally. I believe that the more you get education, the more you will be able to handle burnout

CONCLUSION

- Psychiatric nurses should be empowered to address impact of burnout. Solutions might include professional development and training; improving the work environment and facilities; increasing the number of staff; reducing working hours; increasing wages.



This research supports and amplifies research related to:
SDG 3: Good Health and Well-being,
SDG 8: Decent Work and Economic Growth
Sustainable Development Goals (SDGs).

REFERENCES
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ECONOMIC BURDEN OF SICKLE CELL DISEASE IN SAUDI ARABIA

Emad Shdaifat, PhD; Firas Abusneineh, MSN; Nagla Alsaleh, PhD; Abdallah Ibrahim, MSN

BACKGROUND

Sickle cell disease has shown a 13.7% increase in global birth incidence between 2000 and 2021. The global population of individuals living with sickle cell has also risen by 41.4%, reaching 7.74 million in 2021 compared to 5.46 million in 2000. Additionally, the estimated total mortality burden attributable to sickle cell disease in the same year was significantly higher, at 376,000, nearly 11 times the previous figure ¹.

SCD is characterized by the presence of two copies of the sickle hemoglobin (HbS) gene, which leads to sickling of red blood cells, hemolysis, and tissue ischemia. These complications can cause excruciating and potentially life-threatening episodes known as crises ².

OBJECTIVE

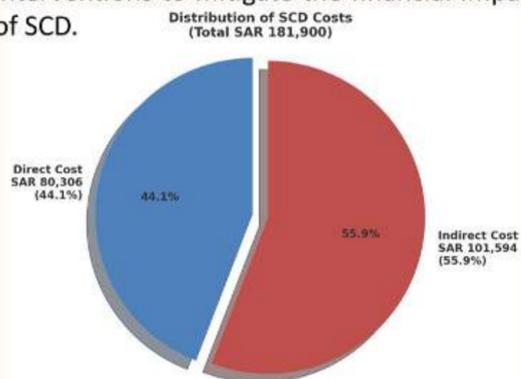
This study aimed to determine the direct and indirect costs of Sickle Cell Disease (SCD) in Saudi Arabia

METHODS

This cross-sectional cost-of-illness study was conducted in two hospitals in eastern Saudi Arabia, involving 217 adult Saudi patients with sickle cell disease. Using a bottom-up, prevalence-based approach, data on direct medical costs and productivity losses were collected with the iMTA Medical Consumption Questionnaire (iMCQ) and Productivity Cost Questionnaire (iPCQ). Costs were calculated using the human capital method and national pricing standards. Data were analyzed using SPSS v22 and Excel, with nonparametric tests and data transformation applied due to non-normal distribution.

RESULTS

The figure illustrates the significant economic burden associated with sickle cell disease (SCD), revealing an average cost of SAR 181,899 per patient. Notable expenditures comprise healthcare costs amounting to SAR 80,306, alongside productivity losses totaling SAR 101,594, primarily attributable to unpaid labor and presenteeism. These findings underscore the necessity for targeted interventions to mitigate the financial impact of SCD.



RESULTS

Variables	B	SE	Beta	t	Sig.	R2	F	Adj R2
(Constant)	4.9	0.14		34.6	0.001	0.11	3.27	0.077
Education Level (Ref: School Level)								
Diploma	-0.31	0.13	-0.18	-2.44	0.016			
BSc or Higher	-0.5	0.11	-0.33	-4.42	0.001			

The table illustrates that educational attainment is a significant predictor of healthcare costs associated with sickle cell disease (SCD). Attaining a "Diploma" or "BSc or Higher" is associated with a substantial reduction in costs ($p = 0.016$, $p = 0.001$). Conversely, the variable of student status exhibited a marginal effect ($p = 0.058$), while age, sex, and employment status did not demonstrate any significant influence. The model accounted for 11.2% of the variance in healthcare costs, thereby underscoring the importance of education in predicting healthcare expenditures for patients with SCD.

CONCLUSION

Our study highlights a significant economic burden of sickle cell disease in Saudi Arabia and highlights the need for targeted strategies to alleviate financial challenges and improve patient well-being



This research supports and amplifies research related to:
 SDG 3: Good Health and Well-being,
 SDG 1: No Poverty,
 SDG 8: Decent Work and Economic Growth

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The Abridged Arabic Version of the Zarit Burden Interview Scale Among Parents of Children with Chronic Conditions in Saudi Arabia: Reliability and Factor Structure

Hebah Ahmed Almulla, RN, MSN, MEd, PhD

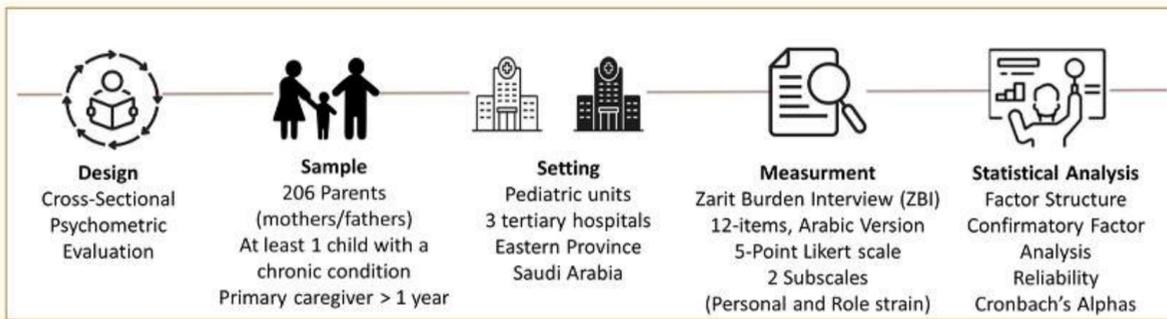
BACKGROUND

- Caregiver burden significantly affects parents of children with chronic illnesses, necessitating valid and reliable assessment tools.
- The Zarit Burden Interview (ZBI) is widely used to measure caregiver burden, and its abridged 12-item version (ZBI-12) has been translated into Arabic.
- The factorial structure and psychometric properties remain unexplored in this population.

OBJECTIVES

- Assess the factorial structure of the Arabic version of the abridged (ZBI-12) scale using confirmatory factor analysis (CFA).
- Evaluate its internal consistency reliability in a sample of parents of children with chronic illnesses.
- Determine whether the original two-factor model (Personal and Role Strain) is valid in this population or requires modification.

METHODS



RESULTS

- CFA supported a two-factor structure
- Two items (ZBI_3 & ZBI_10) exhibited weak factor loadings and were removed.
- The modified 10-item model demonstrated improved fit.
- Internal consistency reliability was high for the total scale ($\alpha = 0.841$), as well as for the Personal Strain ($\alpha = 0.854$) and Role Strain ($\alpha = 0.736$) subscales.

Models	Chi-Square (χ^2)	df	CFI ≥ 0.95	TLI ≥ 0.95	RMSEA ≤ 0.06	SRMR ≤ 0.08
Original 12-item	143.125	53	0.886	0.858	0.091	0.077
10-item (ZBI_3 & ZBI_10 Removed)	81.000	34	0.932	0.910	0.082	0.054
10-item with Correlated Residuals	58.230	33	0.963	0.950	0.061	0.050

TABLE 1: COMMON FIT INDICES OF THE ORIGINAL AND MODIFIED MODELS

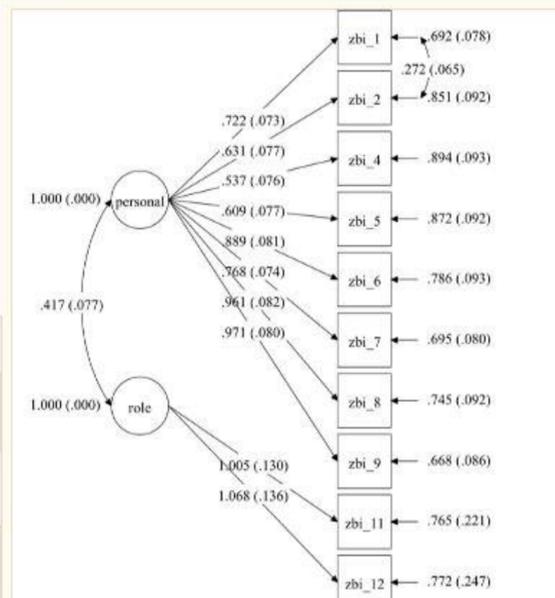


FIGURE 1: CFA OF THE MODIFIED ZBI-A SCALE IN A SAMPLE OF PARENTS OF CHILDREN WITH CHRONIC CONDITIONS

CONCLUSION

- The modified 10-item ZBI-A demonstrated strong psychometric properties, supporting its validity and reliability for assessing caregiver burden among parents of children with chronic illnesses.
- These findings highlight its potential application in research and clinical practice.
- Future studies should explore its longitudinal applicability and cross-cultural validation.



This research supports and amplifies research related to
SDG 3: Good Health and Well-being
SDG 10: Reduced Inequalities
 Sustainable Development Goals (SDGs).



Saudi Fathers' Perceptions of Obesity, Feeding Practices, and Promoting Healthy Eating in Children: A Cross-Sectional Study

Sadiq Al-Duliam, PHD, MSN, BSN, RN, Heba Al-Mula, PHD, MSN, BSN, RN, Latifah Al-Dossery, PHD, MSN, BSN, RN, Ahlam Mohammad Hussein BSN, RN, MSN, PhD
Ibtihal Al-Momin, MSN, BSN, RN, Bushra Bawazier, MSN, BSN, RN, Rawan Alghamdi, BSN, RN, MSN

BACKGROUND

Child obesity is associated with various long-term negative outcomes in adult life. Parental involvement plays a crucial role in reducing earlier weight-related health outcomes and enhancing children's healthy eating behaviors. Although research has shown that significant parental involvement has increased, there is a limited source of data about father parenting contribution in this area of research.

Objectives

1. To examine fathers' attitudes, perceptions, and practices related to child feeding and obesity risk.
2. To assess their self-efficacy in promoting healthy eating.
3. To explore the relationship between these factors among fathers of school-age children in Saudi Arabia

METHODS

Design	Data Collection & setting	Sampling	Participant
Cross-sectional study	Online survey, Questioner	convenience sampling	Fathers with at least one school-aged child

ANALYSIS

Statistical Package for Social Sciences (SPSS) version 28.

ETHICAL CONSIDERATIONS

Approved by the Institutional Review Board at IAU and KFHU. Written informed consent was obtained, and data confidentiality is maintained.

RESULTS

Self-efficacy was negatively correlated with feeding responsibility ($\rho = -0.29, p < 0.01$), pressure to eat ($\rho = -0.18, p < 0.05$), and monitoring ($\rho = -0.25, p < 0.01$), indicating that lower confidence was linked to greater parental control. Positive correlations were found with perceived parent overweight ($\rho = 0.34, p < 0.01$) and perceived child overweight ($\rho = 0.23, p < 0.01$).

CONCLUSION

- Healthcare professionals should design father-centered interventions that promote healthy eating without instilling weight-related anxiety. Culturally tailored strategies targeting paternal self-efficacy could enhance childhood obesity prevention efforts in the region.



This research supports and amplifies research related to **SDG 2: Zero Hunger, SDG 3: Good Health and Well-being, SDG 4: Quality Education** Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Research Day



**'Triple A': Acquaint, Analyse and Act':
The insights of nurse educators towards a better understanding of Workplace Violence in Saudi Arabia**






Jordan Tovera Salvador, PhD, RN, FISQua
Nursing Education Department, College of Nursing

BACKGROUND

Workplace violence (WPV) is one of the social phenomena that have not been fully explored in various settings such as educational institutions and health care facilities. A worker who has experienced WPV could provide valuable insights that could help to better understand and sustainably protect an individual, a group or an organization from its unfavourable consequences.

OBJECTIVE

This study aims to investigate *'the experiences and insights of nurse educators in order to acquire a better understanding of the nature and various factors associated with WPV.'*

METHODS

Research Design



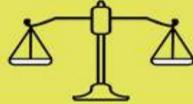
Descriptive Phenomenology

Participants



Government University Nurse Educators (n=18)

Ethical Consideration



IRB (IAU-2021-04-005)

Data Collection



Semi-Structured Interviews

Data Analysis



7 Steps of Colaizzi Scientific Rigour

RESULTS

Participant's Significant Statements	Theme Clusters	Themes	Meaning
'No one knows what could happen at present. You may experience WPV at any moment, so, to keep you from being hurt or affected, you must be able to take care of yourself by keeping fit and eating nutritious foods. I have past experiences of abuse, and I was unable to eat, which affected my body. I lost so much weight compared to several months ago.' (P2)	Understanding the nature of WPV Knowing your feelings and responses Keeping yourself always protected	Acquaint	Self-Awareness
'Experiencing firsthand WPV can be detrimental to anyone. I can say that because I have my own experience. I was involved in a commotion in the WPV, and my body's responses were extreme numbness of my upper and lower extremities, excessive sweating, and some blurring of my vision. I am so speechless at that point.' (P10)	Appreciating verbal cues Considering non-verbal cues	Analyse	Recognition of possible indications and signals
'Attending various seminars and workshops about WPV aided me in recognizing if violence is occurring. I can assess any forms of violence, abuse, and bullying using all the tools I have learned. Thanks to my opportunities to familiarize me with WPV.' (P14)	Accommodating socio-cultural diversity Utilizing violence risk assessment tool Advocating WPV-free environment	Act	Proactiveness and Responsiveness

Implication for Nursing Management

Nurse leaders and managers should prioritize their participation in developing creative strategies and implementation of policies to manage and mitigate WPV, such as initiating ongoing education (**Acquaint**), creating robust procedures for reporting and referral (**Analyse**), establishing support networks, listening to victims' experiences and promoting respect to individual differences (**Act**). Thus, promoting Sustainable Development Goal 3 – Good Health and Well-being and Saudi Vision 2030's Health Transformation Strategy.

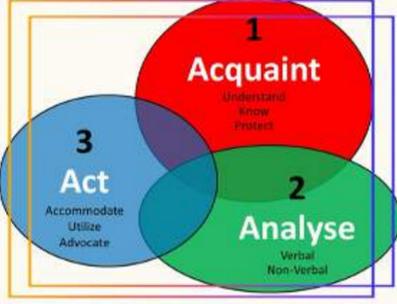


Figure 1: The 'Triple-A' of workplace violence

CONCLUSION



The **'Triple-A: Acquaint, Analyse, and Act'** can serve as a simple guide to better understand the nature and different factors associated with WPV: **'Acquaint'** illustrates self-awareness; **'Analyse'** pertains to the recognition of indications and signals; and **'Act'** depicts proactiveness and responsiveness, therefore, each catalyses the decrease of this social hazard's prevalence.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being, SDG 5: Gender Equality, SDG 8: Decent Work and Economic Growth Sustainable Development Goals (SDGs).**

REFERENCE





Workplace Violence Experiences Among Nurse Educators in Saudi Arabia: A Qualitative Descriptive Study

Jordan Tovera Salvador¹, Sherien Dorgham¹, Sana Almahmoud¹, Eshtiaq Alfaraj¹, Reem Al-Dossary¹, Basim Al-Anazi¹, Friyal Alqahtani², Areej Al-Otaibi³, Ahrjaynes Rosario¹, Kathlynn Sanchez¹, **Lilibeth Reyes¹**, Abdulla Ibrahim³,

¹Department of Nursing Education, ²Department of Community Nursing, and ³Department of Fundamentals in Nursing

BACKGROUND

Unlike in clinical practice, few to no published articles in the kingdom and its neighboring countries over the past decade have explored workplace violence (WPV) in nursing education. Due to various underlying reasons, most cases of violence in academic settings such as universities and colleges went unreported. Understanding nurse educators' experiences is critical to crafting effective and efficient interventions.

OBJECTIVE

The study explores the nurse educators' experiences regarding WPV across different educational establishments in Saudi Arabia.

METHODS

Qualitative description. The researchers conducted individual interviews with twenty-five nurse educators who work in various universities and colleges offering nursing programs in the kingdom's Eastern Region. Qualitative content analysis was employed to analyze the participants' narratives. The COREQ guidelines checklist was followed to report the qualitative findings.

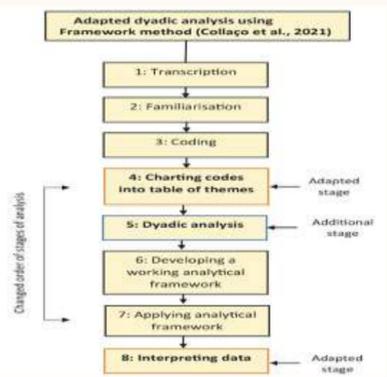


Figure 1. Qualitative Content Analysis

ETHICAL CONSIDERATIONS

The Institutional Review Board of Imam Abdulrahman bin Faisal University's Deanship of Scientific Research and Innovation (IRB-2023-04-136) approved to conduct the study.

CONCLUSION

The nurse educators' lack of self-awareness about its occurrence led them to tolerate any form of abuse, whether physical, verbal, psychological, or financial. As a result, the abuse becomes normalized and passed down through generations, thereby becoming a part of the organization's climate and culture. Leaders in nursing education must devise comprehensive strategies to assist faculty members and teaching staff in adapting, adjusting, and addressing its detrimental impacts.

RESULTS

The researchers generated nine categories based on the participant narratives, which revealed three emergent themes that reflected their experiences: (1) the horizontal violence experiences; (2) the keys to successful adaptation; and (3) the recommendations for the future.

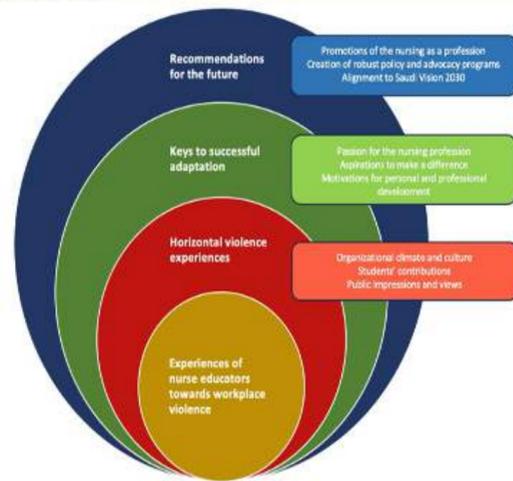


Figure 2. The experiences of nurse educators towards workplace violence

IMPLICATIONS

Leaders and experts, not just in the nursing field, must initiate continuous research and development in collaboration with various governmental ministries to develop a standardized policy applicable to all professional fields throughout the kingdom. While this "call for action" may not lead to the optimal solution for WPV, it can serve as a crucial step towards ensuring that all establishments in the kingdom are free from all forms of violence. This action would address various types of WPV, ensuring a safer and more creative environment through the following interventions: (1) early recognition of potential signs; (2) de-escalation and management skills; (3) reporting occurrences; (4) emergency protocols and procedures; (5) culture and communication training with a focus on empathy; and (6) team building.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 5: Gender Equality**, **SDG 8: Decent Work and Economic Growth** Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Development of Student Survey on Writing Nursing Care Plan: An exploratory sequential mixed-methods study

Jordan Tovera Salvador, Friyal Alqahtani, Ben Ryan Sauce, Marc Oneel Alvarez, Ahrjaynes Rosario, Lilibeth Reyes, Eman Mohammed, Lamia Awadh, Kathlynn Sanchez, **Mohammed Alzaid**, Darwin Agman, May Ann Schonewille

BACKGROUND

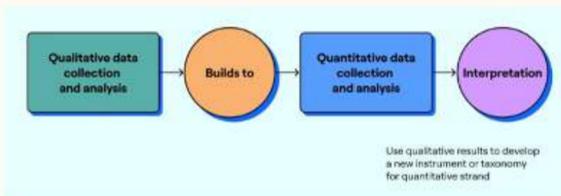
Nursing process starts with the nurse gathering and collating pertinent information about the patient by identifying all the health needs from general to specific. Afterward, the nurse develops a care plan for the patient that would answer and satisfy the identified needs through nursing interventions and implementation designed for certain purposes. All interventions would be evaluated for its efficacy and efficiency going back to the set plans and goals of the patient care. Clinical judgment is essential with nursing process to keep abreast with a balance epistemology to evidence-based research and personal interpretation, thus, nurses' critical thinking and problem-solving skills are necessary in sorting out the health issues in formulating the course of actions in promoting, preventing, curing and rehabilitating the patients.

OBJECTIVE

To produce a newly developed survey tool that will measure the students' level of quality in writing nursing care plans (NCPs).

METHODS

This study utilized an exploratory sequential mixed-methods design in three stages. In phase 1, qualitative semi-structured interviews of 22 students were conducted, and the data were analysed using the Colaizzi method. In phase 2, qualitative results were transformed into survey components, constructs and items, and the data were developed into a new survey tool based on the nursing process system (NPS) model. In phase 3, a quantitative cross-sectional survey of 195 nursing students was conducted to measure their level of quality in writing NCP, and the data were analysed using descriptive statistics of the SPSS software.



ETHICAL CONSIDERATIONS

The approval to conduct the study was obtained from the Institutional Regulatory Board (Approval No. IRB-2017-04-134).

CONCLUSION

Determining students' level of quality in writing NCP would come up with comprehensive ways of improving student competencies in patient care management. The survey tool that is formulated from the study will provide relevant information for nurse educators and managers in managing students' and registered nurses' capabilities in writing an excellent care plan.

RESULTS

In the first (qualitative) phase, five themes emerged from various challenges of nursing students in writing care plans: (a) data gathering; (b) identifying clients' problems; (c) formulating sustainable goals; (d) providing appropriate interventions; and (5) recognizing client's outcomes. In the second phase, a valid and reliable tool called the Student Survey on Writing Nursing Care Plan (SSW-NCP) was developed and tested. Lastly, in the third (quantitative) phase, the nursing students have shown a 'very good' level of quality in writing NCP.

Contextual Categories	Emergent Themes
Subjectivity in the Interview Sessions	Defining Objectivity and Subjectivity of Nursing Assessment
Objectivity in Gathering Data	
Type of Client's Needs	Common Challenges of Nursing Diagnosis
Clarity of Format and Statement	
Specification of Planning	Creation of SMART Planning
Establishing Measuring Baseline	
Attainable Nursing Interventions	
Realism of the Goal	Nursing Interventions as its Best
Suitability of Time Frame	
Independent Nursing Interventions	Evaluating Nursing Care Plan in Totality
Dependent Interventions from Physicians	
Collaboration with Healthcare Team	
Outcome-Based Analysis of the Care Plan	
Concluding the Effectiveness of the Nursing Care Plan	

Thematic Construct	Survey Item Indicator	Number of Questions	Survey Construct	Survey Items (Based and Extracted from the Narratives)
Assessment (A)	Subjective	2	Thorough Communication	<ul style="list-style-type: none"> I utilize thorough communication all throughout the duration of patient assessment. I maximize my time and follow ethical principles during the entire course of patient nurse interaction.
	Objective	3	Recognition of Irregularities	<ul style="list-style-type: none"> I find it easy to recognize irregularities from normal to abnormal physical and physiological changes based on my assessment. I utilize specific and systematic way in collecting my objective data like Gordon's Assessment or any other published assessment tool.
	Type	2	Systematic Way of Collecting Data	<ul style="list-style-type: none"> I make sure that the client's subjective and objective data are coherent. I determine my client's needs based from my assessment based from Maslow's Hierarchy of Needs or ABCDE principle.
Diagnosis (D)	Format and Statement	5	Classification of Needs	<ul style="list-style-type: none"> I categorize the needs of my client based from the various types of nursing diagnoses like actual, risk, wellness, syndrome and possible. I am aware of the various ways and means on how to formulate good nursing diagnoses like two or three part statements.
	Consistency of Terms		Utilization of NANDA	<ul style="list-style-type: none"> I understand the different terminologies used in formulating nursing diagnoses such as related to, secondary to, complex factors and unknown etiology. I use and refer to NANDA resources every time I formulate my client's nursing diagnosis.
	Specific	1	Achievement of Patient's Needs	<ul style="list-style-type: none"> I specify in my planning the recipient and means for formulating the nursing care plan.
Planning (P)	Measurable	1	Setting-Up Definitive Parameters	<ul style="list-style-type: none"> I look on the measurable quantities that will be used as parameters for my planning.
	Attainable	1	Building Goal Steps	<ul style="list-style-type: none"> I make sure that the goals and objectives I set for my nursing care plan are achievable and attainable.
	Realistic	1	Acceptability of the Objectives	<ul style="list-style-type: none"> I see to it that my nursing care plan is realistic and does not only base from imagination.
	Time-Bound	1	Short Versus Long Term Goals	<ul style="list-style-type: none"> I put time frames whenever I formulate my nursing care plan for evaluation.
Interventions (I)	Independent	3	Ongoing Assessment	<ul style="list-style-type: none"> I assessed my patient before I start my interventions to come up with baseline data and use it as my parameter for ongoing evaluations. I based my independent interventions based from the identified needs of my patient.
	Dependent	1	Provision of Rational for Interventions' Done	<ul style="list-style-type: none"> I put rational alone rationale to all the nursing interventions I plan to implement for my patient. I respect getting doctor's orders when I am planning for my nursing interventions especially with pharmacological, medical and surgical treatments and modalities.
	Collaborative	1	Referral to Other Health Care Providers	<ul style="list-style-type: none"> I incorporate interdependent collaborations with various healthcare departments whenever I plan care for my client.
Evaluation (E)	Outcome-Based	4	Re-evaluation	<ul style="list-style-type: none"> I re-assess my patient after all the nursing interventions done. I go back to my nursing diagnosis if my nursing care plan answered the client's health needs.
	Appropriateness of Interventions		Actualization of Planning	<ul style="list-style-type: none"> I seek back to my planning's goals and objectives if I have achieved my SMART (specific, measurable, attainable, realistic and time bound) planning. I evaluate all the nursing interventions done to my client to check and validate its appropriateness and effectiveness.
	Conclusion	1	Termination, Continuation and Changing of Nursing Care Plan	<ul style="list-style-type: none"> I review my nursing care plan and decide whether to terminate, continue and change it after series of evaluation.
Total: 5		14	25	25



This research supports and amplifies research related to SDG 3: Good Health and Well-being, SDG 4: Quality Education Sustainable Development Goals (SDGs).

REFERENCES CONTACT





Empowering mind-body wellness: effect of bundling seated exercises and psychoeducational rehabilitation using the teach-back approach on fatigue and coping of women postmastectomy

Dr. Neama Mohamed Kamel

Community Health Nursing Department

BACKGROUND

Breast cancer significantly impacts women's health. Cancer-related fatigue is a common problem, but combining physical exercise and psychological interventions can help. This study explores the impact of a program that combines seated exercises and psychoeducational rehabilitation, using the teach-back method to ensure understanding and empower women in their recovery.

OBJECTIVE

To investigate the effect of bundling seated exercises and psychoeducational rehabilitation using the teach-back approach on fatigue and coping in women postmastectomy.

METHODS



Design

Quasi-experimental, two-group, pre-posttest, longitudinal study.



Setting

Oncology Surgical Department and chemotherapy unit at the Alexandria Main University Hospital, Egypt.



Study Population

60 women with BC who underwent mastectomy were randomly assigned to either the intervention group (seated exercises and psychoeducational rehabilitation) or the control group (routine care).



Variables

Independent Variable: Combined intervention of seated exercises and psychoeducational rehabilitation using the teach-back approach. **Dependent Variables:** - Fatigue: Measured using the Piper Fatigue Scale (PFS). - Coping: Measured using the Mini-Mental Adjustment to Cancer Scale (Mini-MAC).



Outcomes

This study assesses whether a combined program of seated exercises and psychoeducational rehabilitation reduces fatigue (Piper Fatigue Scale) and improves coping skills (Mini-Mental Adjustment to Cancer Scale) in women recovering from breast cancer surgery, compared to routine care.

ANALYSIS

- Statistical Package for Social Sciences (SPSS) version 23.0 was used. Descriptive statistics were used to describe the socio-demographic characteristics of women, their past medical and surgical history and lifestyle, mean fatigue scores, and adjustment to cancer. After testing normality, the Mann-Whitney Test was used to compare the total mean scores of women's fatigue and adjustment to cancer. In contrast, Chi-square or Fisher's Exact tests were utilized to compare the socio-demographic characteristics of women, their past medical and surgical histories, and lifestyles. At $P \leq 0.05$, all statistical analyses were deemed significant.

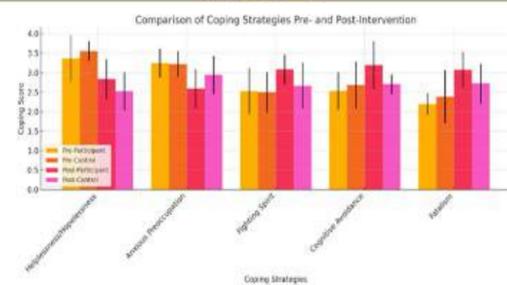
ETHICAL CONSIDERATIONS

- Ethical approval was obtained from the Ethical Research Committee at the Faculty of Nursing, Alexandria University. - The study was registered on clinicalTrials.gov. - Informed consent was obtained from all participants. - Participants' privacy, anonymity, and confidentiality were ensured.

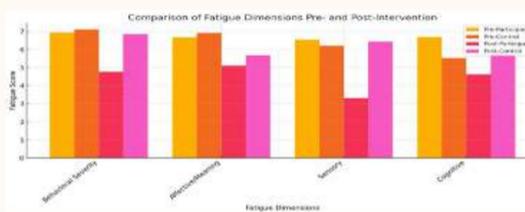
RESULTS

• There was a significant decrease in maladaptive coping behaviors (helplessness/hopelessness and anxious preoccupation) and a significant increase in adaptive coping behaviors (fighting spirit, cognitive avoidance, and fatalism) in the intervention group. (Figure 1. COMPARISON IN COPING STRATEGIES PRE AND POST INTERVENTION)

RESULTS



• The intervention group showed a significant decline in fatigue dimension scores compared to the control group, suggesting that the bundled intervention effectively reduced CRF. Figure 2. Comparison in fatigue dimension PRE AND POST INTERVENTION



CONCLUSION

- The combined intervention of seated exercises and psychoeducational rehabilitation using the teach-back approach was found to be a simple, inexpensive, and effective non-pharmacological method for reducing fatigue and improving coping skills in women post-mastectomy.
- The study highlights the potential of a holistic approach that addresses both physical and psychological well-being in BC rehabilitation.
- This study provides valuable insights into the benefits of non-pharmacological interventions in managing CRF and improving coping in BC survivors.
- The use of the teach-back method strengthens the intervention by ensuring patients' understanding and engagement in their care.



This research supports and amplifies research related to SDG 3: Good Health and Well-being, SDG 5: Gender Equality

REFERENCES
CONTACT





Exploratory Factor Analysis of the Pittsburgh Sleep Quality Index Among Critical Care Nurses in Saudi Arabia

Rana Ali Alameri, PhD, MSN, RN

BACKGROUND

Poor sleep quality can lead to cognitive impairment, decreased work efficiency, and compromised patient care. The Pittsburgh Sleep Quality Index is widely utilized to assess sleep quality. contexts.

OBJECTIVE

The study aimed to validate the PSQI among critical care nurses in Saudi Arabia through exploratory factor analysis (EFA).

METHODS

Design

Exploratory factor analysis using a secondary data (Alameri et al.,2024)

Setting

King Fahad University Hospital. The study also used social media (WhatsApp, Twitter) to reach targeted eligible nurses.

Instrument

The Pittsburgh Sleep Quality Index (PSQI).

ANALYSIS

Exploratory factor analysis on sleep quality was performed based on principal component analysis with Varimax rotation using JASP software Ver 0.19.2.

Data suitability was assessed by the KMO measure and Bartlett's test of sphericity.

Parallel analysis was conducted to determine the number of factors to retain in the scale.

Factor loadings were considered if they showed coherence with the a priori components..

ETHICAL CONSIDERATIONS

This study was approved by the Ethics Committee of Imam Abdulrahman bin Faisal University with No. IRB2022-04-349. All subjects gave their informed consent for inclusion before they participated in the study.

RESULTS

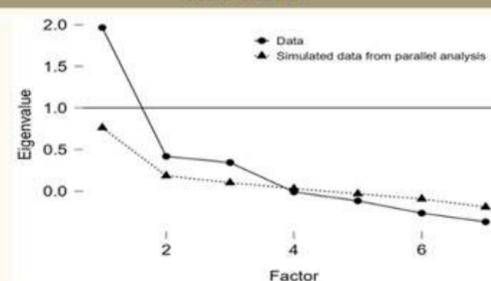


Figure 1. Scree plot and results of parallel analysis for Pittsburgh Sleep Quality Index

RESULTS

- A total of 173 nurses completed the online survey.
- In the current study all, initial communalities were above the threshold. all loading factors were above 0.3. The results of EFA on all domains extracted three factors based on parallel analysis (Figure1).
- The eigenvalues and total variance explained by the three factors is shown in Table 1.

Item	Factor 1	Factor 2	Factor 3
PSQISQUAL	0.951		
PSQILATEN	0.559		
PSQIDAYDYS	0.373		
PSQIDURAT		0.974	
PSQIHSE		0.490	
PSQIMEDS			0.786
PSQIDISTB			0.514
Eigen value	1.52	1.281	1.032
% Variance	21.8%	18.3%	14.7%
Alpha	0.670	0.610	0.600
Cronbach			

Table 1: Results of EFA and Factor loadings for 7 items related to Pittsburgh Sleep Quality Index (PSQI)

CONCLUSION

- The exploratory factor analysis (EFA) of the Pittsburgh Sleep Quality Index (PSQI) revealed a three-factor structure, namely "Perceived Sleep Quality," "Sleep Efficiency," and "Daily Disturbances," which accounted for 54.9% of the total variance.
- Given the rigorous demands of high-acuity clinical settings, validated instruments such as the PSQI provide valuable insights for healthcare administrators and policymakers to develop targeted interventions aimed at mitigating sleep quality among nurses.



This research supports and amplifies research related to SDG 3: Good Health and Well-being, Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Evaluating the Effect of Nurse-Patient Communication on Anxiety Among Patients with Implantable Cardioverter Defibrillators

Rawan Alturki PHD, MSN, RN. College of Nursing, Imam Abdulrahman Bin Faisal University

BACKGROUND

Implantable cardioverter defibrillators (ICDs) are life-saving devices used to prevent sudden cardiac death (SCD) in patients with arrhythmias. However, anxiety is prevalent among ICD recipients, with studies indicating that a significant proportion experience anxiety even a year after implantation. Effective nurse-patient communication may play a crucial role in reducing this anxiety.

OBJECTIVE

This study aims to assess whether nurse-patient communication is a predictor of anxiety in ICD recipients, while controlling for socio-demographic factors like age, gender, marital status, and health status.

METHODOLOGY

A cross-sectional study involving 102 ICD patients was conducted. The End-of-Life Issues in Implantable Cardioverter Defibrillator Patients' Questionnaire (EOL-ICDQ) measured communication between nurses and patients about their ICDs. Anxiety levels were assessed using the Brief Symptoms Inventory (BSI-6). Binary logistic regression was used to determine if nurse-patient communication predicted anxiety, controlling for socio-demographic variables.

ETHICAL CONSIDERATIONS

Institutional Review Board approval for the study was obtained from the University of Kentucky. Patients were enrolled from outpatient clinics at the University of Kentucky Health Care (UKHC) in Lexington, Kentucky – United States of America..

RESULTS

We have performed a binary logistic regression to distinguish whether nurse-patient communication is a predictor of anxiety among ICD recipients along with the covariates: age, gender, marital status, and health status.

The results showed that nurse-patient communication was not a significant predictor of anxiety among ICD patients. However, age (≥65 years) and self-reported health status (good/very good) were significant predictors of anxiety. Older patients and those reporting better health were more likely to experience anxiety.

- Patients aged 65 years and older are more likely to be anxious than younger patients $p = .05$ (OR, 2.478; CI, 0.998 – 6.15).
- Patients who report good or very good health status are more likely to be anxious $p = .008$ (OR, 0.311; CI, 0.131 – 0.737).
- No other significant variables were shown, all relationships between discussion, gender, marital status, and anxiety remained not significant.

	Odds	95% CI	B	S.E	df	P Value	VIF
Age (65 and older)	2.478	0.998 – 6.151	.907	.464	1	.050	1.078
Gender (females)	.870	0.339 – 2.232	-.139	.481	1	.772	1.051
Health status (poor/very poor)	.311	0.131 – 0.737	-1.168	.440	1	.008	1.043
Marital status (single/ divorced/ separated)	.634	0.149 – 2.691	-.456	.738	1	.537	1.109
Communication (no)	.665	0.239 – 1.849	-.408	.522	1	.434	1.145

Note: CI = confidence interval, B = unstandardized coefficient, SE = standard error, df = degrees of freedom, VIF = variance inflation factor

Table1. The Predictors of Anxiety

CONCLUSIONS

While nurse-patient communication is often assumed to alleviate anxiety in ICD recipients, this study did not find direct support for its role in reducing anxiety. Age and health status were more influential predictors of anxiety. These findings suggest the need for further investigation into other factors contributing to anxiety in ICD patients and the development of tailored interventions to address their psychological needs.

RECOMMENDATIONS

Randomized controlled trials are recommended to address the best communication methods and potential solutions for reducing anxiety. Therefore, we suggest further research to conduct an interventional study, to randomly assign ICD recipients into groups and measure pre- and post-discussion sessions between ICD recipients and nurses in order to identify whether communication has an effect on anxiety. This will also expand the understanding of proper communication that can help with anxiety symptoms. Additionally, it will be important to assess the feasibility of the communication strategies in decreasing anxiety among ICD patients.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES
CONTACT








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The Relationship Between Academic Burnout and Psychological Resilience Among Nursing Students in Eastern Saudi Arabia

Rayanah Alghamdi MPH, RN.
Community Health Nursing Department, IAU.

BACKGROUND

Saudi Arabia's nursing shortage poses significant challenges to healthcare delivery, making enough nursing graduates a national priority (2; 3; 5). Academic burnout is a key factor in student dropout rates (1), while psychological resilience promotes persistence and success (6). Despite the importance of these factors, limited research exists on their relationship, with no studies in Saudi Arabia.

METHODS

A descriptive correlational study was conducted using a convenience sample of 243 Saudi nursing students at Imam Abdulrahman bin Faisal University (IAU). Data were collected online using the Connor-Davidson Resilience Scale-10 (CD-RISC-10), the Maslach Burnout Inventory–Student Survey (MBI-SS), and a sociodemographic questionnaire

OBJECTIVE

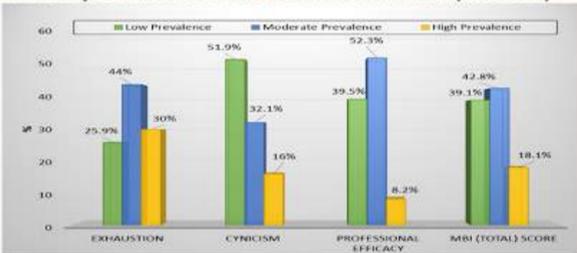
To explore the relationship between academic burnout and psychological resilience among Saudi undergraduate nursing students, and to examine differences based on students' age, gender, GPA, and academic year.

ANALYSIS

Data were analysed using SPSS v20. Normality was tested with Shapiro-Wilk. Descriptive statistics summarised variables. T-tests, and ANOVA compared groups. Pearson's correlation assessed burnout–resilience relationship ($p \leq 0.05$).

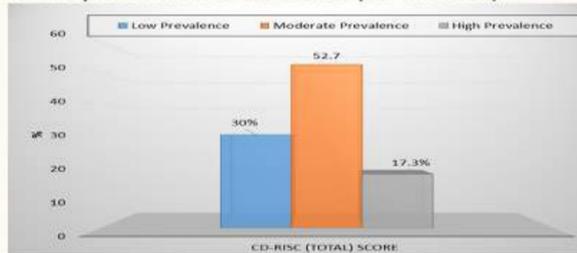
RESULTS

1. The prevalence of academic burnout (MBI-SS)



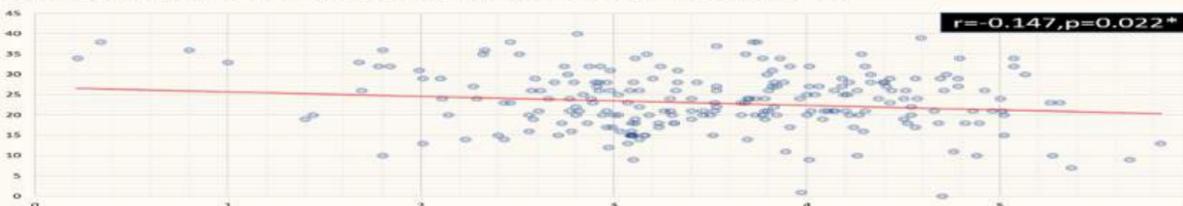
Category	Low Prevalence	Moderate Prevalence	High Prevalence
EXHAUSTION	25.9%	44%	30%
CYNICISM	51.9%	32.1%	16%
PROFESSIONAL EFFICACY	39.5%	52.3%	8.2%
MBI (TOTAL SCORE)	42.8%	39.1%	18.1%

2. The prevalence of resilience (CD-RISC-10)



Prevalence Level	Percentage
Low Prevalence	30%
Moderate Prevalence	52.7%
High Prevalence	17.3%

3. The relationship between academic burnout and psychological resilience



$r = -0.147, p = 0.022^*$

4. The statistical significance of sociodemographic factors in academic burnout and resilience

- **Age:** Significantly differ with resilience ($p = 0.011$), with higher resilience observed in students aged 21–22; no significant difference with burnout ($p = 0.228$).
- **Academic Year:** Significantly influenced both burnout ($p = 0.034$) and resilience ($p = 0.024$), with higher levels in later academic years.
- **Gender and GPA:** No significant differences in burnout or resilience.

CONCLUSION

- Higher resilience in nursing students is linked to lower academic burnout and greater self-efficacy.
- Highlighting the need for educational interventions to enhance resilience and support Saudi Arabia's efforts to achieve SDG 3: Good Health and Well-being.

RECOMMENDATIONS

Further research with a larger, randomized sample from nursing schools across the country is recommended to improve the generalizability of these results.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 4: Quality Education** Sustainable Development Goals (SDGs).

REFERENCES
CONTACT







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KINGDOM OF SAUDI ARABIA



Effect of High-Fidelity Simulation with Live Actors on Nursing Students' Self-Efficacy in Clinical Communication Skills: A Quasi-Experimental Study

Sadeg Aldolaim, Mark Alvarez, Maram Alwadai, Rana Alameri

BACKGROUND

Effective communication is essential in nursing education to improve patient care. High-fidelity simulation (HFS), particularly with live actors, enhances students' communication skills, confidence, and clinical judgment. Integrating live actors into HFS can significantly boost students' communication self-efficacy for real clinical settings.

OBJECTIVE

The study aimed to evaluate the effectiveness of High-Fidelity Simulations (HFS) with live actors on undergraduate nursing students' self-efficacy in communicating with patients experiencing critical conditions and the families of patients admitted to the intensive care unit (ICU).

METHODOLOGY

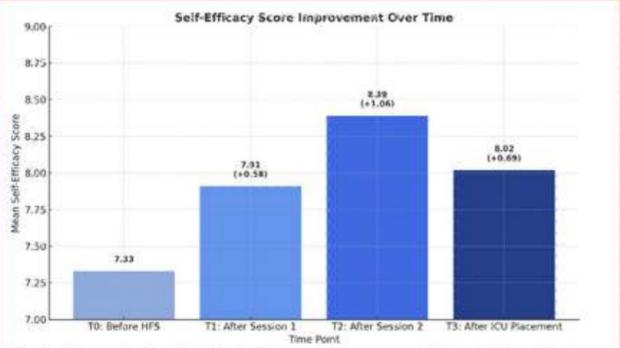
This study utilized a quasi-experimental design with a single repeated measures group. Fourth-year nursing students enrolled in the critical care nursing course as part of their undergraduate program were eligible to participate. Fifty nursing students enrolled in the study. The Self-Efficacy Questionnaire was used to assess participants' self-efficacy in clinical communication skills before receiving HFS sessions and after completing their clinical rotation.

ETHICAL CONSIDERATIONS

The study protocol received approval from the institutional review board at Imam Abdulrahman bin Faisal University in Saudi Arabia. Participation in the study was voluntary and anonymous. A written consent was obtained from the participants.

RESULTS

- ❖ The participants' self-efficacy in communication skills improved significantly after participating in HFS simulation sessions with live actors.
- ❖ When participants attended their ICU clinical rotation, HFS with live actors significantly affected their self-efficacy in communicating with patients and their families in critical care settings.
- ❖ Students used communication skills learned during HFS in actual ICU settings to a moderate to high degree.
- ❖ HFS with live actors helps bridge the gap between theory and clinical practice.



This visually supports the statistically significant results from your analysis ($p < .001$), confirming that HFS with live actors effectively enhances communication self-efficacy in critical care settings.

CONCLUSIONS

The study highlights the effectiveness of High-Fidelity Simulation (HFS) with live actors in enhancing nursing students' communication self-efficacy, particularly in critical care settings. Integrating live actor-based simulation into nursing education can better prepare students for real-world clinical challenges, improving both communication and confidence. HFS with live actors serves as an innovative educational strategy to bridge the gap between theory and practice, offering realistic, safe learning environments that foster essential communication skills. Future research should focus on conducting randomized control trials across multiple educational settings to significantly strengthen the evidence supporting these findings.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 4: Quality Education** Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





A qualitative description on the experiences of nursing expats to the achievement of Saudi Vision 2030

Jordan Tovera Salvador and **Sana Abdulkareem Almahmoud**

Nursing Education Department

BACKGROUND

Saudi Arabia is known as the “heart” of the Arab region and Islamic nation. Aside from its thriving economy, the kingdom is homed with millions of expatriates and nursing is one of the professions with the highest number in terms of job employment scattered in various regions of the kingdom.



OBJECTIVE

This study aims to revisit the current situation of nurse expatriates working in Saudi Arabia in achieving the Vision 2030.

METHODS

The study utilized a semi-structured individual interviews among twenty-six nurses working in various healthcare settings in the kingdom. The participants are all registered nurses originating from various countries in Africa, Asia, Europe, and America. Data analysis utilized content analysis and COREQ guidelines was followed to ensure the accurateness of the qualitative data reporting.

ETHICAL CONSIDERATIONS

The study's permission to proceed was granted by the IRB of the Deanship of Scientific Research and Innovation at Imam Abdulrahman bin Faisal University (IRB-2022-04-542).

CONCLUSION

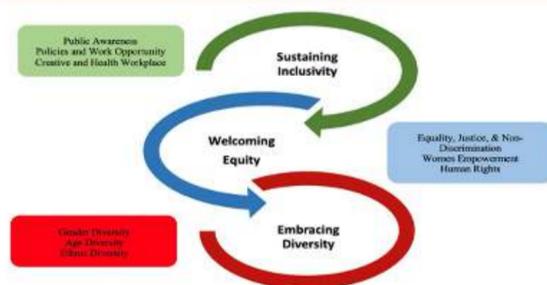
Saudi Arabia's Vision 2030 is a proactive program to accelerate the kingdom's socio-economic growth that allows not only its nationals to attain excellent wellbeing but as well its expat residents from various countries. The study's results would like to emphasize the value of cultural diversity, equity, and inclusion that can be considered as the true cornerstone of promoting a creative and healthy personal and professional environment where every nurse can thrive regardless of their backgrounds, leading to the achievement of Vision 2030.

RESULTS

The narratives of the participants generated three themes and nine categories. The emergent themes were “embracing diversity”, “welcoming equality”, and “sustaining inclusivity”.

Keywords/Phrases	Categories	Themes	Meaning
Diversification Heterogeneity Multiracial Male Female Assortment	Diversity Variance Divergence No boundaries for age Unlikeliness Distinctiveness	Gender diversity Age diversity Ethnic diversity	Embracing diversity This theme refers to the variety in any context, including but not limited to racial/ethnic/sexual/orientation/ability status.
Empowerment Women Female-dominating Respect Voice-out Power Human rights Diplomacy Participative Equity	Equality Non-discrimination Rights Justice Fairness Justice Uprightness Integrity Distress Obstacles	Equality, justice and non-discrimination Women empowerment Human rights	Welcoming equity This theme involves assuring justice, equal opportunity, and growth for all, while working to identify and remove obstacles that have limited some groups' ability to fully participate.
Rules Regulations Health environment Peace and unity No violence Opportunity Chances Policies	Awareness programs Respect Creative outlets Prevent bullying Public Initiatives Harmless Inclusivity	Public awareness Policies and work opportunity Creative and healthy workplace	Sustaining inclusivity This theme depicts the process of making spaces where individuals can feel safe, included, valued, and respected so that people can give their all.

To actualize the Vision 2030, policymakers in the nursing profession should manage the kingdom's nursing shortage despite hiring expatriates from different countries. All government schools in the kingdom should allocate more seats for student admission, supporting the Saudization initiative. This initiative will provide opportunities for Saudi nurses to be employed in the upcoming construction of new healthcare facilities, a project of Vision 2030.



This research supports and amplifies research related to **SDG 8: Decent Work and Economic Growth**, **SDG 10: Reduced Inequalities**, **SDG 17: Partnerships for the Goals** Sustainable Development Goals (SDGs)

REFERENCES
CONTACT





Research Day



الهيئة العامة للغذاء والدواء
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كلية التمريض | College of Nursing

Revisiting the Roles of Neonatal Intensive Care Unit Nurses Towards Vision 2030 of Saudi Arabia: A descriptive phenomenological study

Jordan T. Salvador, Maha Al-Madani, Ahlam Hussein, Friyal Alqahtani, Marc Alvarez, Sama Hammad, Abdallah Sudqi, **Suzette Cabonce**, Lilibeth Reyes MN, RN, Kathlyn Sanchez, Ahrjaynes Rosario, Darwin Agman, Amman Ali Al-Mousa, College of Nursing, Imam Abdulrahman bin Faisal University

BACKGROUND

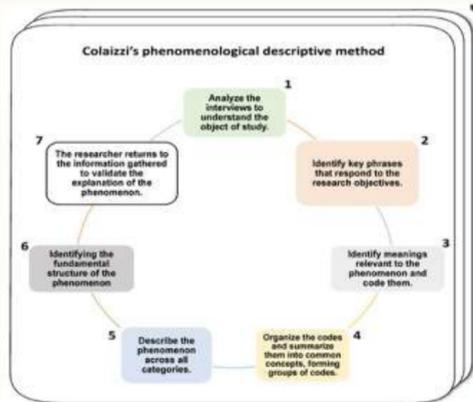
The neonatal intensive care unit is one of the most crucial hospital units caring for high-risk neonates with conditions like pre- and post-maturity and congenital anomalies. The nurses' experiences are vital to achieving the Saudi Vision 2030's Health Sector Transformation Strategy

OBJECTIVE

The study aimed to revisit the roles of nurses working in the neonatal intensive care unit in a specific university hospital located in the Eastern Region to pursue Saudi Vision 2030-to provide excellent quality of life and well-being for its national citizens.

METHODS

Descriptive Phenomenology. Data collection utilized semi-structured individual interviews with sixteen (16) neonatal intensive care unit nurses for 10 months from March 2019 to January 2020. Colaizzi Method was used in data analysis, and the COREQ criteria list was utilized in data reporting.



ETHICAL CONSIDERATION

Institutional review board (IRB) approval from Imam Abdulrahman Bin Faisal University (IAU-2018-04-096) was given before the study's conduction.

CONCLUSION

Revisiting the various roles will align neonatal intensive care unit nurses' critical characteristics towards Saudi Vision 2030, focusing solely on improving service providers' quality and safety principles and skills. Revisiting the roles of the neonatal intensive care unit nurses would provide an alignment to the goals and objectives of the future initiatives of Saudi Arabia towards its Vision 2030

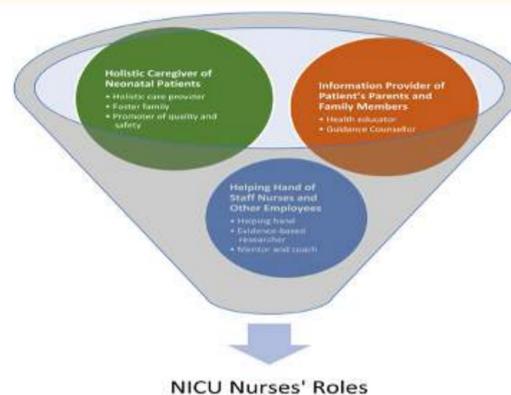
IMPLICATION FOR NURSING MANAGEMENT

Revisiting the roles of the neonatal intensive care unit nurses would provide an alignment to the goals and objectives of the future initiatives of Saudi Arabia towards its Vision 2030.

RESULTS

Nurses play holistic caregiver roles that provide all their patient's health care needs, whether physical and physiological, psychological, social and moral. Figure 1 shows the interrelationship of the three major themes regarding neonatal intensive care unit nurses' roles in achieving the Saudi Vision 2030 emerged from the participants' narratives: (1) 'mokadem alreayah alshamela': holistic caregiver; (2) 'muzawed malomat': information provider; and (3) 'yad almusaadah': helping hand.

Sample significant statement	Cluster of theme	Meaning	Theme
"We make sure that all the needs of our newborn are well attended to. In our unit, we have a motto: baby first, which is why we are considered one of the hospital's best units. The care for our patients is provided with the way we think, talk and act..." (P1)	Health care provider (Mokadem alreayah alshamela)	It refers to a kind of nurse who offers complete course of action (e.g., nursing care, intervention and involvement) to an individual providing all the social, psychological, mental, physical and spiritual needs to achieve optimum health status.	Mokadem alreayah alshamela: Holistic caregiver
"To tell you the truth, we feel like their foster parents, especially when the mother is not on the picture side. I feel that from taking care of my baby. Neonatal intensive care unit nurses have the motherly care for our patients..." (P2)	Foster family (Muzawed malomat)	It denotes the kind of a nurse who extends tender-loving care for all patients and acts as a foster parent to the newborn in the absence of the mother.	Muzawed malomat: Information provider
"We are an accredited hospital, and we live up to the high quality standards of services we provide for our patients. We make sure that everything we do is according to the plan..." (P3)	Provider of quality and safety (Muzawed malomat)	It denotes a kind of nurse that provides the best quality of nursing care to all patients keeping in mind the best practices and standards implied by various health care organizations.	Muzawed malomat: Information provider
"We follow the patients' rights all the time, and we are responsible for telling the parents their rights. Inshallah, if there are well-informed, and no reported complaints even up to this day..." (P3)	Health educator (Muzawed malomat)	It signifies the kind of a nurse who delivers health teachings not only for the patients but as well as the parents and other family members.	Muzawed malomat: Information provider
"We often advised the parents of patients about effective and efficient parenting skills that we know that would be best for their babies..." (P3)	Guidance counselor (Muzawed malomat)	It denotes the kind of a nurse who offers professional advice and emotional supports not only for the patients but as well as the parents and other family members.	Muzawed malomat: Information provider
"In our unit, we always help each other. We implement a buddy-buddy system to keep an eye for each other, especially in hard situations, as we call it 'took-haas'..." (P3)	Health conductor (Muzawed malomat)	It indicates the kind of a nurse who is willing to help anyone to co-staff nurses and other health care professionals in providing the best quality of care for their patients.	Yad almusaadah: Helping hand



This research supports and amplifies research related to SDG 3: Good Health and Well-being, SDG 17: Partnerships for the Goals Sustainable Development Goals (SDGs).

REFERENCES CONTACT





Uncertainty in Illness and Health Related Quality of Life in Parents of Children with Type 1 Diabetes

Dr. Tahani M. AlShammari, PhD, MSN, RN

BACKGROUND

- Addressing uncertainty in illness for parents of children with a chronic condition is important because it has implications for parent caregiving and the affected child.
- There is a paucity of research on uncertainty in illness for parents of children with Type 1 Diabetes (T1D) who must grapple with their child's daily care management.

Purpose

To explore the relationship between parents' illness uncertainty, social support, depressive symptoms, burden, children's illness severity and parents' health related quality of life (HRQOL).

Design

A descriptive, correlational study design was used. Data was collected from parents of children with T1D related to the parent's demographic information, social support, burden, depressive symptoms, level of uncertainty in illness, HRQOL and child's severity of illness using standardized, quantitative instruments.

Sample and Setting

A convenience sample of parents (N=97) of children with T1D was obtained from King Fahad Hospital of University's Pediatric Endocrinology Outpatient Clinic in Saudi Arabia. Parents were 18 years or older, able to speak and understand Arabic and had a child ages 2-11 years diagnosed with T1D for at least 2 months. **Exclusion criteria:** Parents whose child has an additional chronic disease to decrease the disparate health issues that may affect study results.

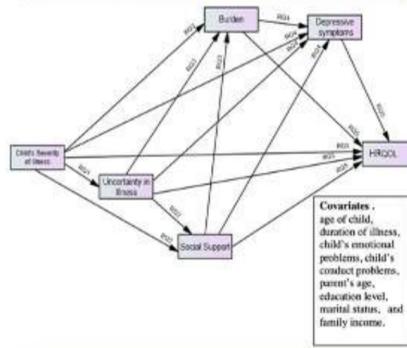
Theoretical Framework

The orienting framework guiding this study was Mishel's Uncertainty in Illness Theory (Mishel, 1988).

Analysis Plan

- Correlations
- Simultaneous Multiple Regression

Study Model



Study Results

Demographic Characteristics (Parents)	n	%
Participants:		
Fathers	16	16.5
Mothers	81	83.5
Age		
27-30	10	10.3
31-40	55	56.7
41-50	20	20.6
51-60	8	8.2
≥ 61	4	4.1
Marital status		
Married	63	64.9
Separated	25	25.8
Widowed	3	3.1
Divorced	6	6.2
Educational Level		
High school Graduate	38	39.1
Diploma (2-year Post- High School)	10	10.3
Baccalaureate degree	45	46.4
Master's degree	4	4.1
Employment		
Employed	45	46.4
Unemployed	52	53.6
Family Income (SR Saudi Riyals)		
<30,000 SR	57	58.8
30,000-90,000 SR	20	20.6
90,000-180,000 SR	13	13.4
180,000- 300,000 SR	7	7.2

Demographic Characteristics (Children)	n	%
Child Age		
< 2-5 years	10	10.3
≥ 5 years	87	89.7
Child gender		
Male	42	43.3
Female	55	56.7
Duration of Illness		
< 1 year	37	38.1
1-5 years	44	45.4
> 5 years	16	16.5
Number of Siblings		
0-3	35	36.1
4-7	56	57.7
≥8	6	6.2
Number of Relatives Living with Parents		
0-2	77	79.4
3-5	12	12.4
6-9	6	6.2
≥10	2	2.1

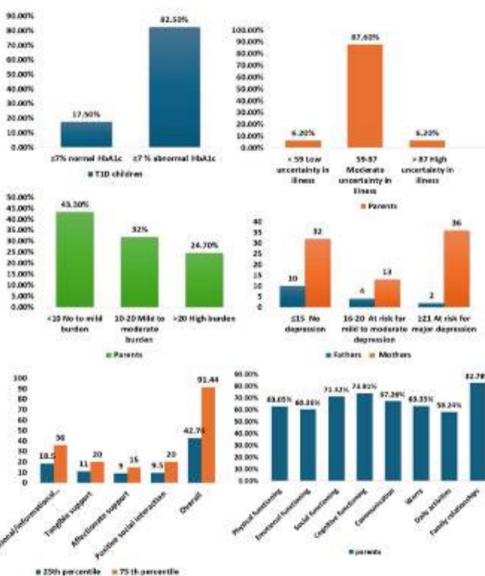
- Social support, burden, and depressive symptoms were all noted to be significant predictors of HRQOL in the SMR with the following standardized beta results: ($\beta = 0.176, p = 0.022$; $\beta = -0.376, p < .001$; $\beta = -0.308, p = 0.002$), respectively.
- The final model accounted for 55.8 % of the adjusted variance in HRQOL and achieved statistical significance ($F = 25.218, p < .001$).
- Covariates that were significantly correlated with HRQOL (income, child's conduct problems, and child's emotional problems) were added to the SMR. However, all were non-significant and the main predictor variables remained unchanged.

Conclusion

Simultaneous Multiple Regression analysis results indicate that a parent's depressive symptoms, burden, social support were the only significant predictors of HRQOL while controlling for the highly correlated and significant covariates in this study; family income, child's emotional problem, and child's conduct problem.

Clinical Implications

- This study provides crucial empirical evidence for the establishment of programs to aid parents caring for children with T1D.
- It is vitally important that a multidisciplinary team addresses the complicated challenges these parents encounter and develops appropriate interventions to ensure that they maintain a high HRQOL.
- Implementing effective interventions that target the level of uncertainty, depressive symptoms, and burden experienced by these parents is an essential first step in this process.



This research supports and amplifies research related to SDG 3: Good Health and Well-being, SDG 10: Reduced Inequalities Sustainable Development Goals (SDGs).

REFERENCES CONTACT



UNDERGRADUATE AND POSTGRADUATE STUDENTS' PROJECTS

The following posters were presented by undergraduate and postgraduate students from the College of Nursing at Imam Abdulrahman Bin Faisal University during the Research Poster Exhibition.

These posters reflect the diverse research interests and scholarly contributions of our students, addressing key issues in clinical practice, healthcare quality, and patient outcomes.



Research Day





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The Relationship Between Psychological Empowerment and Job Satisfaction Among Nurses: A Quantitative Study in Armed forces hospital southern region (AFHSR)

Abdulelah Jahlan - Dr.Neama Kamel - Dr. Hoda Al-Abyary

BACKGROUND

Heavy workloads, long hours, and emotional strain can impact job satisfaction among nurses. Psychological empowerment—characterized by control over work, confidence in skills, and meaningful contributions—plays a crucial role in enhancing their job satisfaction.

OBJECTIVE

- To assess psychological empowerment and job satisfaction among nurses at the (AFHSR).
- Explore their relationship in a military healthcare setting.
- Analyze factors such as experience, qualifications, and gender that may influence this relationship.

METHODS



Study Design

Quantitative research design using cross-sectional survey approach.



Setting

The Armed Forces Hospital Southern Region (AFHSR) is one of the largest military medical institutions in Saudi Arabia



Study population

305 Nurses currently employed at (AFHSR)



Variables

Psychological empowerment, experience, qualifications, and gender (independent); **job satisfaction** (dependent); military healthcare setting age, marital status.



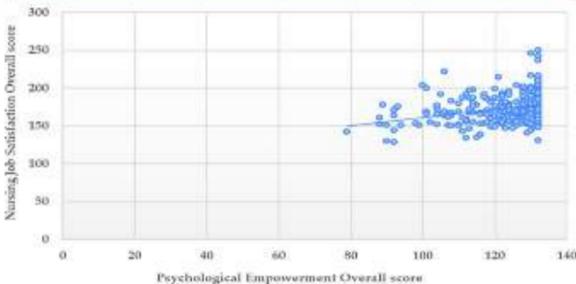
Outcomes

Nurses with higher psychological empowerment reported greater job satisfaction at AFHSR. Factors like experience, age, and leadership style played a significant role in both psychological empowerment and job satisfaction.

ANALYSIS

SPSS was used to analyze the data, primarily utilizing descriptive statistics, correlations, t-tests/ANOVA, and likely regression analysis to understand relationships between variables, including psychological empowerment, job satisfaction, and demographics.

RESULTS



Nursing Job Satisfaction Overall score

Psychological Empowerment Overall score

Figure1. scatterplot for the correlation between the Scores of Psychological Empowerment Scale and Nursing Job Satisfaction Scale

ETHICAL CONSIDERATIONS

- Approval from the institutional review board at IAU and AFHSR. Informed consent obtained. Data confidentiality will be maintained.

RESULTS

- Psychological Empowerment: Nurses at AFHSR displayed low levels of psychological empowerment, particularly in the areas of meaning, competence, and influence.
- Job Satisfaction: While communication and relationships with supervisors were positive, employee commitment was a concern, with a high percentage considering leaving the profession.
- Key Influences:
 - Age and Experience: Older and more experienced nurses reported higher psychological empowerment.
 - Leadership Style: Democratic leadership was associated with higher psychological empowerment, and transformational leadership with higher job satisfaction.
 - Work-life Balance: Poor work-life balance negatively impacted both psychological empowerment and job satisfaction.
 - Correlations: A moderate positive correlation was found between psychological empowerment and job satisfaction.

CONCLUSION

The study highlights a need to improve psychological empowerment and address concerns about employee commitment to foster a more positive and sustainable work environment for nurses at AFHSR.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 5: Gender Equality**, **SDG 8: Decent Work and Economic Growth** Sustainable Development Goals (SDGs)

REFERENCES CONTACT





The Impact of Cyberloafing on the Emotional Well-Being of Psychiatric Nurses in Saudi Arabia

Aghnar Marwah, MSN; Dr. Amira Ali Alshowkan, PhD; Dr. Emad Adel Shdaifat, PhD

BACKGROUND

Cyberloafing or using the internet at work for non-work purposes is a growing issue. Nurses experience various stressors that affect their emotional wellbeing. While cyberloafing can offer temporary relief, excessive use may reduce productivity. This study examines its impact on nurses' emotional wellbeing in KSA.

OBJECTIVE

- To determine the level of cyberloafing among psychiatric nurses in Saudi Arabia.
- To evaluate the level of emotional well-being of psychiatric nurses and identify factors influencing their psychological health.
- To investigate the relationship between cyberloafing and emotional well-being.

METHODS



A quantitative, cross-sectional study is being conducted to explore the relationship between cyberloafing and emotional well-being among psychiatric nurses. The study is taking place at the Erada Complex, where a total of 211 psychiatric nurses have been selected to participate. The key variables under investigation are cyberloafing and emotional well-being.

ANALYSIS

Data will be analyzed using SPSS. Descriptive statistics will summarize demographics, cyberloafing, and stress levels, while Pearson correlation will assess relationships between cyberloafing, emotional well-being, and demographics.

EXPECTED RESULTS

Given the hypothesis that there is a significant relationship between cyberloafing and the emotional well-being of psychiatric nurses, the study will likely explore both positive and negative outcomes. Cyberloafing can potentially serve as a form of escape, but it can also lead to negative consequences such as distraction, reduced job satisfaction, or increased stress, which could adversely affect the emotional well-being of psychiatric nurses.

ETHICAL CONSIDERATIONS

Approval from the institutional review board at IAU and Erada Complex. Informed consent is obtained. Data confidentiality is maintained and stored securely.

CONCLUSION

The findings will contribute valuable insights into how workplace behaviors such as cyberloafing impact nurses' emotional states, offering suggestions for improving their cognitive wellbeing and work environment. If a significant relationship is found, it could provide the basis for interventions or policy changes that can promote healthier use of work time and improve nurses' overall emotional well-being.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 9: Industry, Innovation and Infrastructure** Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Disaster preparedness and core competencies among emergency nurses in Eastern Saudi Arabia: A cross-sectional study

Aisha Albishi MSN, RN Dr.Fayza Komsan PhD, MSN, RN Dr. Afnan Al Sowyan PhDs, CCRN, MEd, MSc

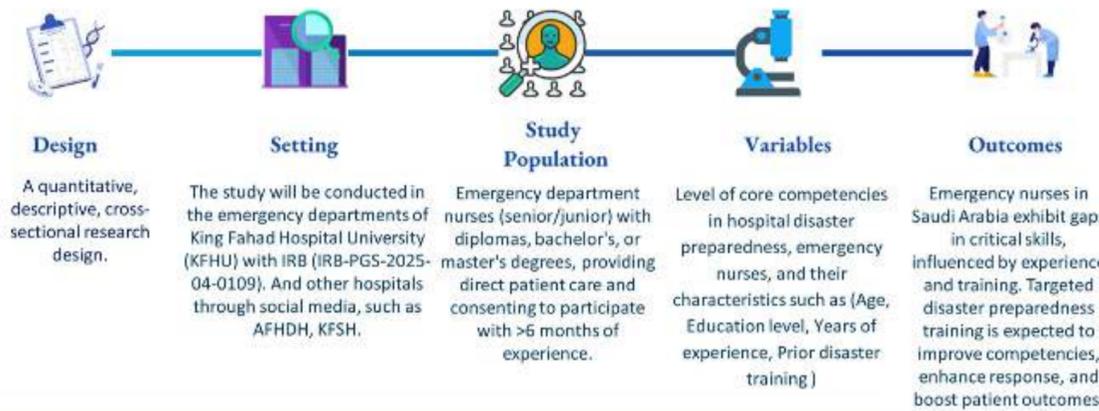
BACKGROUND

Disasters challenge healthcare systems, requiring trained responders. Emergency nurses play a key role, making their preparedness crucial. In disaster-prone Saudi Arabia, assessing their readiness is essential for an effective response.

OBJECTIVE

Evaluate disaster preparedness and core competencies among emergency nurses in Eastern Saudi Arabia and identify their relationship with nurses' demographic data.

METHODS



ANALYSIS

Descriptive statistics will be used to summarize participant demographics and competency scores. Pearson's or Spearman's correlation will be used to examine relationships between core competencies and demographic characteristics. T-tests and ANOVA will be used to compare competency scores across demographic groups. Non-parametric tests will be used when data are not normally distributed. A significance level of $P \leq 0.05$ will be applied.

RESULTS

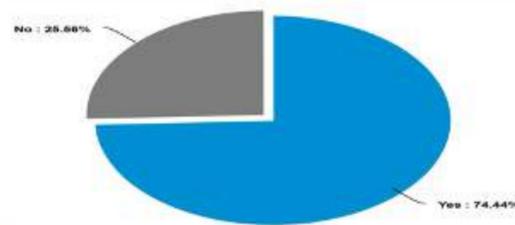


Figure 1. Percentage of staff previous experience with disaster in the ER

ETHICAL CONSIDERATIONS

The study was approved by the Institutional Review Board at Imam Abdulrahman Bin Faisal University (IRB-PGS-2025-04-0109). Informed consent was obtained electronically. Participant confidentiality and data protection were maintained throughout the research.

- Emergency nurses in Saudi Arabia are expected to show varying levels of disaster preparedness, with notable gaps in core competencies such as critical thinking, communication, and technical skills. Preparedness levels are anticipated to differ based on experience, education, and prior disaster training.

CONCLUSION

- Targeted disaster preparedness training is expected to improve emergency nurses' competencies and disaster response effectiveness.
- Strengthening nurses' readiness will likely enhance patient outcomes and support a more resilient healthcare system.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 13: Climate Action** Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Research Day

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Nurses' Knowledge, Attitude, and Practice of Newborn Individualized Developmental Care at NICU

Heba Altaq, RN, Khlood Saleh Bubshait, RN, PhD, Latifa Abdullah Aldossary PhD, MSN, BSN

BACKGROUND

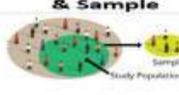
Preterm infants in NICUs face environmental stressors like noise, bright lights, and painful procedures, which contrast sharply with the womb and may affect brain development, leading to delays (Lee & Cho, 2023). The Newborn Individualized Developmental Care and Assessment Program (NIDCAP) supports neurodevelopment through tailored care (Lee et al., 2023). Nurses are key in implementing NIDCAP by observing and responding to infant cues. However, in places like Saudi Arabia, barriers such as staff shortages, limited resources, and inadequate training hinder consistent application of developmental care (Alsalem et al., 2023).

OBJECTIVE

The main aim of the present study is to assess nurses' knowledge, attitude, and practice of newborn individualized developmental care at NICU in Saudi Arabia.

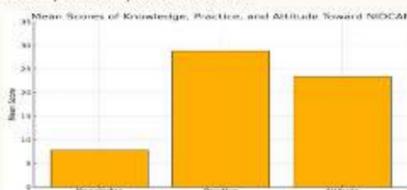


METHODS

Study Design	Study Setting	Study Population & Sample	Independent Variables	Dependent Variables
 Descriptive cross-sectional design	 NICUs across two hospitals in the eastern province of Saudi Arabia	 125 NICU nurses Convenient sampling	 Demographic factors [Age, education, marital status, income, experience, etc]	 Knowledge, Attitude and Practices

ANALYSIS

SPSS was used for data analysis, including descriptive statistics, t-tests, and ANOVA.



Category	Mean Score
Knowledge	~7.82
Practice	~28.81
Attitude	~23.44

RESULTS

NIDCAP awareness: Over half learned about NIDCAP through their workplace.

Knowledge scores: High (mean = 7.82 ± 2.16); strong understanding of NIDCAP benefits.

Practice scores: High (mean = 28.81 ± 4.58); frequent use of developmental care strategies.

Attitude scores: Positive (mean = 23.44 ± 3.35) toward individualized developmental care.

Significant findings:

- Married nurses had higher knowledge and attitude scores (p = 0.009, p = 0.011).
- Nurses in NICUs with 24-hour parent visitation had better practice scores (p = 0.016).

Barriers: Inadequate staffing was the most frequently reported obstacle.

Facilitators: NIDCAP training was the most cited facilitator.

ETHICAL CONSIDERATIONS

Ethical approval, informed consent, confidentiality, and voluntary participation were ensured throughout the study.

CONCLUSION

The study found NICU nurses had good knowledge and practices toward NIDCAP, but staffing issues persisted. Marital status and visitation policies significantly influenced developmental care outcomes and staff attitudes

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This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 4: Quality Education** Sustainable Development Goals (SDGs).

REFERENCES CONTACT







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A study of Life Satisfaction, Happiness, and Resilience among King Fahad University Hospital Nurses in Saudi Arabia

Manal Khalid Alotaibi MSN, RN, Amira Alshwokan PHD, MSN, RN, Neama Kamel PHD, MSN, RN

BACKGROUND

Nursing is a high-stress profession that requires emotional resilience, mental well-being, and the ability to manage workplace challenges. Nurses often experience emotional exhaustion, negatively impacting their overall well-being and job performance. Life satisfaction, happiness, and resilience are key factors that influence nurses' ability to cope with stress and maintain high-quality patient care.

OBJECTIVE

This study aims to explore life satisfaction levels among King Fahad University Hospital nurses, evaluate their happiness, measure their resilience in managing workplace challenges, and investigate the relationships between these factors.

METHODS

Design	SETTING	Study population	Variables
 A cross-sectional and descriptive correlational study	 King Fahd Hospital of the University (KFHU), Saudi Arabia.	 Registered nurses work in all departments at the hospital.	 Satisfaction with life scale (SWLS), Oxford Happiness questionnaire short form (OHQ-SF), brief Resilience scale (BRS), Sociodemographic and professional factors.

ANALYSIS

The study verified data completeness and addressed missing values, summarizing demographic and professional data with means and percentages. Overall scores for life satisfaction, happiness, and resilience were analyzed using t-tests, ANOVA, and Pearson correlation, testing the null hypothesis of no significant relationships. Data analysis was conducted with SPSS 28.0, and findings were presented in tables, graphs, and narrative summaries.

Expected outcome

The study anticipates significant variations in life satisfaction, happiness, and resilience based on demographic and professional factors such as age, gender, marital status, years of experience, and work units. It is expected that nurses with higher resilience will report greater life satisfaction and happiness, emphasizing the interconnected nature of these well-being indicators



CONCLUSION

This study will contribute to understanding the well-being of nurses in a high-pressure healthcare environment. The findings will inform healthcare administrators and policymakers about the need for resilience-building programs, workplace support systems, and strategies to improve nurses' life satisfaction and happiness. Addressing these factors is crucial for enhancing nurse retention, job performance, and the overall quality of patient care in Saudi Arabia.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 8: Decent Work and Economic Growth** Sustainable Development Goals (SDGs).

**REFERENCES
CONTACT**







Nurses' Awareness Regarding Nursing Interventions for Patients Pre/ Post Laparoscopic Cholecystectomy

Maryam Al Othman RN, Dr. Sahar Elmetwally PhD, MSN, RN, Dr. Hend Elshnawie PhD, MSN, RN

BACKGROUND

Laparoscopic cholecystectomy is considered the standard treatment for managing gallbladder disorders, including cholelithiasis and cholecystitis. Currently, it is the preferred procedure for treating these conditions. Nurses play a critical role in the management of patients undergoing this surgery during both the preoperative and postoperative period. As a result, nurses should have sufficient knowledge and practice experience to improve patient outcomes and reduce postoperative complications.

OBJECTIVE

- To assess nurses' awareness regarding nursing interventions for patients pre/ post laparoscopic cholecystectomy.

Specific objectives:

- To assess the level of nurses' knowledge regarding nursing interventions for patients pre/ post laparoscopic cholecystectomy.
- To assess the nurses' practice regarding nursing interventions for patients pre/ post laparoscopic cholecystectomy.
- To investigate the association between nurses' demographic factors and their knowledge and practice regarding nursing interventions for patients pre/ post laparoscopic cholecystectomy.

METHODS

Study Design	Setting	Population	Variables	Outcome
A descriptive cross-sectional self-administrated questionnaire	King Fahad Hofuf Hospital(KFHH), Prince Saud Bin Jalwi Hospital (PSBJH), Almoosa Specialist Hospital, King Fahad University Hospital(KFUH) and Almana Hospital, Saudi Arabia.	Surgical nurses working in surgical wards	Dependent Variable: nursing interventions for patients pre/post laparoscopic cholecystectomy Variable Independent Variable: nurses' awareness.	Improve nurses' awareness (knowledge and practice) regarding nursing interventions pre/post for patients undergoing LO. Enhance the quality of patient care, prevent complications, and improve patient outcomes and safety.

ANALYSIS

- Statistical package for the social science(SPSS) version 26.

ETHICAL CONSIDERATIONS

- Approval has been obtained from the Institutional Review Board at IAU. A professional letter was sent and permission was by the previous hospital mentioned in the setting. Informed consent was obtained on the cover page of the questionnaire. Data confidentiality will be maintained, and participants have the right to withdraw at any time.

EXPECTED RESULTS

- This study is expected to provide valuable insights to identify knowledge gaps related to laparoscopic cholecystectomy practices among nurses. As a result, nurses will have sufficient knowledge and practice to enhance the quality of patient care, prevent complications, and improve patient outcomes and safety.

CONCLUSION

- Evaluating nurses' knowledge and practice is essential for enhancing patient outcomes and reducing complications related to the procedure.
- Future research should focus on investigating potential nursing interventions and barriers, such as inadequate staffing, limited resources, and insufficient training, which may affect patient outcomes and hinder the improvement of nurses' awareness.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, **SDG 9: Industry, Innovation and Infrastructure**

**Questionnaire
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The Effect of Intensive Care Unit Environmental Stressors on Sleep Disturbance and Anxiety in Critically Ill Patients

Maysam Abdulrahman Aldahoos BSN, RN, Rana Ali Alameri PhD, CNS, RN, Fayza Ahmed Komsan, PhD, RN

BACKGROUND

The intensive care unit (ICU) environment, characterized by noise, bright lighting, and frequent interruptions, poses significant challenges to patient well-being. These environmental stressors disrupt sleep, exacerbate anxiety, and hinder recovery, yet their full impact remains underexplored.

OBJECTIVES

- To examine the relationship between ICU environmental stressors and sleep disturbances in critically ill patients.
- To examine the association between ICU environmental stressors, anxiety, and depression.

METHODS



Design
A descriptive, cross-sectional, and correlational study.



Setting
Intensive care units at King Fahad Hospital of the University in Saudi Arabia.



Study Population
147 adult patients aged ≥ 18 years old, hospitalized in the Intensive Care Units ≥ 24 hrs., and with GCS 15/15.



Variables
Environmental Stressors (ICUESS), Sleep quality (RCSQ), and Anxiety and Depression (HADS).



Outcomes
Most rated ICUESS items. Correlation between ICUESS and other variables. Predictive value of ICUESS after accounting for patient characteristics.

ANALYSIS

- A heatmap was utilized to identify the environmental stressors in the ICU that received the highest ratings.
- Spearman's Test was used to determine the correlation between ICUESS, Sleep quality, Anxiety, and Depression.
- Quantile regression was used to examine ICUESS after accounting for patient characteristics.

PRELIMINARY RESULTS

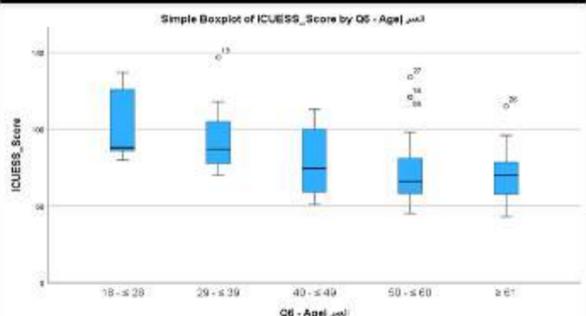


Figure 1: Boxplot of ICUESS Score by age group. Age 29–39 shows a higher median (111 vs. 80, *p*=0.008), aligning with quantile regression results. Boxes represent IQR; lines show medians.

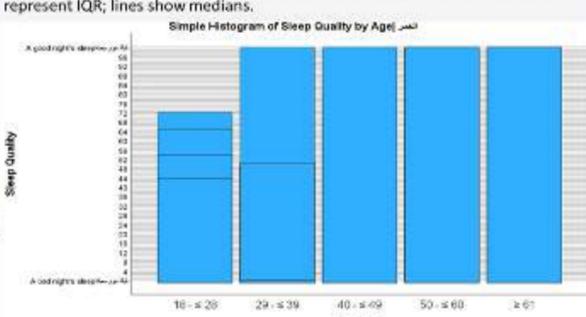


Figure 2: Histogram of sleep quality scores by age group. Dark bars represent the frequency of scores per age bin. Higher Y-values indicate better sleep quality.

ETHICAL CONSIDERATIONS

Approval from the Institutional Review Board at IAU and KFHU. Informed consent is obtained. Data confidentiality is maintained, and data is stored securely.

PRELIMINARY RESULTS

- Machinery noise, missing partner, and being bored are frequently rated as highly stressful.
- ICUESS, anxiety, and depression scores are interrelated and negatively associated with sleep quality [P-value < 0.001].
- Participants aged 29-39 Y/O (31.0, *p* = 0.008) significantly affected the median ICUESS Score.

CONCLUSION

This study emphasizes the need to address ICU environmental stressors for better patient-centered care. By improving the ICU environment, healthcare providers can enhance sleep quality, reduce anxiety and depression, and promote quicker recovery, ultimately leading to improved patient outcomes.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES CONTACT





Correlation Between Handover Practices and Stress Among Nurses in Acute Care Settings in Saudi Arabia

Ohoud Aljarad, BSN, RN; Fayza Komsan, PhD, MSc; Afnan Al Swyan, PhD, CCRN, MEd, MSc

BACKGROUND

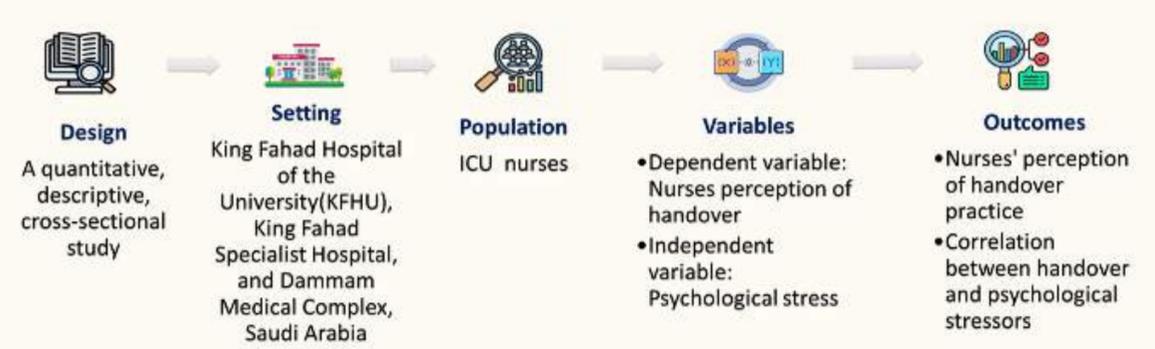
- Clinical handover is the process of transferring patient information, accountability, and responsibility between clinicians.
- Structured handover approaches, such as ISBAR, improve communication, reduce errors, and enhance patient safety, while unstructured methods often lead to adverse events.
- The impact of psychological stressors like time pressure, fatigue, and high cognitive workload on handover practices has been insufficiently addressed, especially in Saudi Arabia.

OBJECTIVE

The aims of this study are:

- To assess nurses' perceptions of handover practice in the acute care setting in Saudi Arabia's hospitals.
- To identify the effects of stress on the handover practice in the acute care setting in Saudi Arabia's hospitals.

METHODS



ANALYSIS

- Descriptive statistics (frequencies, percentages, mean ± SD) will summarize participants' characteristics.
- Pearson or Spearman correlation tests will evaluate relationships between variables based on data distribution.

ETHICAL CONSIDERATIONS

- Approval from the institutional review board at IAU and KFSH.
- Participation will be voluntary, anonymous, and confidential.
- Informed consent was obtained.
- Data will be securely stored and accessible to the research team.

EXPECTED RESULTS

- It is anticipated that ICU nurses will exhibit a high positive perception regarding handover practices.
- An inverse relationship is expected between psychological stress and handover practice.

RESULTS

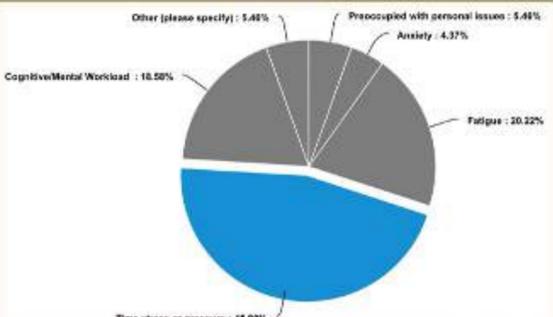


FIGURE 1. PSYCHOLOGICAL STRESSORS IMPACT HANDOVER PRACTICE

CONCLUSION

- Implementing handover protocols can improve communication, reduce errors, and enhance patient safety in critical care settings.
- Recognizing and managing psychological factors to maintain effective handover practices and ensure nurses' cognitive performance.
- Targeted interventions, including communication skills training, stress management programs, and balanced staffing, are crucial for improving handover practice and nurse well-being in ICUs.



This research supports and aligns with SDG 3: Good Health and Well-being, SDG 8: Decent Work and Economic Growth Sustainable Development Goals (SDGs).

SURVEY QR CODE





Research Day



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College of Nursing | كلية التمريض

The Perceived Barriers of Early Mobility Among Healthcare Providers in an Acute Care Hospital Setting in Saudi Arabia: A Multi-Site Cross-sectional Study

Reem Alghadhban RN, Afnan Alsowyan PhD, MSN, RN, Fayza Komsan PhD, MSN, RN

BACKGROUND

- Early mobility (EM) is a structured and evidence-based systematic approach to initiating physical activity early in critically ill patients within the intensive care unit (ICU).
- Despite its well-documented benefits (shorter hospital stays), its implementation continues to face significant barriers.
- Little is known about their knowledge, attitudes, and behaviors regarding this practice in Saudi Arabia (SA).

OBJECTIVE

- The aim of the study:
- To explore healthcare providers' knowledge, attitudes, and behaviors about the EM of critically ill patients in the ICU in Saudi Arabia.
- To evaluate potential differences in perceived barriers between ICU types and healthcare providers' clinical roles and assess the association between years of experience and perceived barriers.

METHODS

Study Design	Setting	Population	Variables	Outcome
 A cross sectional survey based study.	 King Fahad Hospital of the University (KFUH) and King Fahad Specialist Hospital Dammam (KFSH-D), Saudi Arabia.	 ICU nurses, physicians, respiratory therapists, physiotherapists, and occupational therapists.	 Dependent variables: perceived barriers (knowledge, attitude, and behavior), independent variables: ICU type, clinical role, and years of experience.	 Level of knowledge, attitudes, and behaviors toward EM. Differences in perceived barriers by ICU type and clinical role. Association between years of experience and perceived barriers.

ANALYSIS

- Descriptive statistics (frequencies, %, mean ± SD) will summarize participants' characteristics and PMABS-ICU scores. One-way ANOVA to assess differences in perceived barriers across ICU types, clinical roles, and experience. If normality is violated, Kruskal-Wallis.

PRELIMINARY RESULTS

- The total sample is 400, with a majority of participants being Nurses (60%).

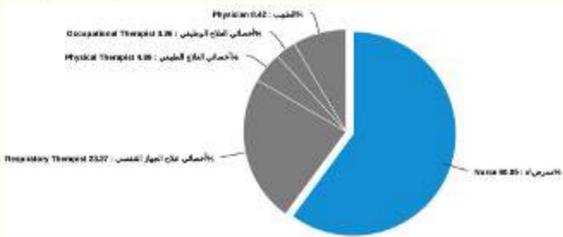


Figure 1. Percentage of Participating Healthcare Providers

ETHICAL CONSIDERATIONS

Approval from the institutional review board at IAU, KFHU, and KFSH-D. Informed consent was obtained. Data confidentiality will be maintained.

CONCLUSION

- Understanding healthcare providers' perceived barriers can help improve EM practices in ICU settings, ultimately enhancing patient outcomes. Future research should evaluate strategies to overcome perceived barriers to EM and examine their impact on ICU practices and patient outcomes.

EXPECTED RESULTS

- It is anticipated that variations in knowledge, attitudes, and behaviors toward EM will be observed among healthcare providers.

CONCLUSION

- Understanding healthcare providers' perceived barriers can help improve EM practices in ICU settings, ultimately enhancing patient outcomes. Future research should evaluate strategies to overcome perceived barriers to EM and examine their impact on ICU practices and patient outcomes.



This research supports and aligns with **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

Survey Barcode





Research Day



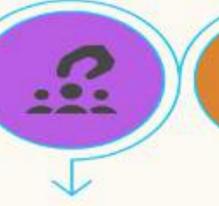
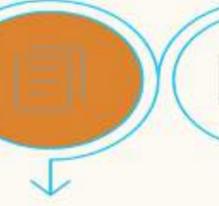
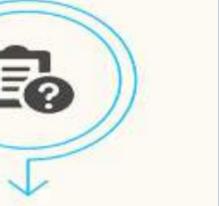
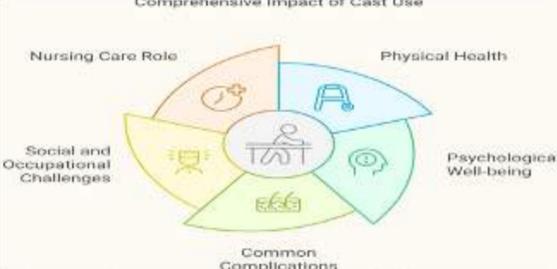
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Health-Related Quality of Life Among Patient with Cast

Saleh Yousef Althikerallah, MSN, RN, Main Hend Alshnawie PHD, MSN, RN, Fhaied Almobarak, PHD, MSN, RN

BACKGROUND	OBJECTIVE
<p>Casts are commonly used to treat fractures and musculoskeletal injuries, but extended use may negatively affect a patient's physical, mental, and social well-being, impacting their overall Health-Related Quality of Life (HRQoL). Despite their frequent use, research on their impact on HRQoL remains limited.</p>	<p>To assess HRQoL in patients with casts by examining physical, psychological, and occupational effects, identifying common complications, and providing nursing care recommendations.</p>
METHODS	
 Design Cross-Sectional Descriptive Study	 Setting Orthopedic Ward/Clinic, King Fahad Hospital of University
 Population Adults (≥18 years) with orthopedic casts	 Sample 100 adults, (Convenience Sampling)
 Data Collection Short Form Health Survey (SF-36 items) to assess HRQoL	
ANALYSIS	EXPECTED RESULTS
<p>Data will be analyzed using SPSS with descriptive statistics and inferential tests (t-tests, Pearson correlation) to explore relationships between patient characteristics and HRQoL.</p>	<p style="text-align: center;">Comprehensive Impact of Cast Use</p>  <p>The study is expected to reveal the impact of cast use on physical health (mobility limitations, pain, muscle weakness), psychological well-being (anxiety, frustration, dependency), and common complications (skin irritation, joint stiffness, muscle atrophy). It will also highlight social and occupational challenges and assess the role of nursing care in improving comfort and overall HRQoL.</p>
EXPECTED CONCLUSION	
<p>This study will assess how casts affect patients' physical, psychological, and social well-being, and identify common complications such as mobility issues and skin problems. It will also evaluate the role of nursing care in improving HRQoL. The findings will guide strategies to enhance orthopedic patient care and support recovery.</p>	



This research supports and amplifies research related to SDG 3: Good Health and Well-being, Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





The Effectiveness Of Burn Care Practice In The Emergency Room At KFUH

Abeer Ghashish, Fajer Alothman, Fatima Al-Mousa, Fatima Al-Obaid, Fatimah Rabiah, Jenan Alhajji, Kholoud Al-Rashidi, Noor Al Shehab, Raghad Alkaboob, Raghad Alzuraiqi, Shouq Helal, Zainab Almatrook

BACKGROUND

Burns are acute, traumatic injuries that cause significant damage to the skin and tissues, making them a leading cause of trauma globally. They can result from various factors like heat, chemicals, or electricity. In Saudi Arabia, chemical burns from substances such as alkali drain cleaners and sulfuric acid are more prevalent than in other countries. Each year, around 180,000 people die from burn injuries, with millions more requiring medical care (Aljohani ,et al 2022). Given the high prevalence of burns, especially in Saudi Arabia, effective management is crucial. Burns are categorized by depth—epidermal, superficial dermal, deep dermal, and full thickness—and each type requires specific treatment. Given the high prevalence of burns, especially in Saudi Arabia, effective management is crucial. Burns are categorized by depth—epidermal, superficial dermal, deep dermal, and full thickness—and each type requires specific treatment. Early assessment and intervention within the first 48-72 hours are vital to prevent complications, particularly in the emergency department (ED), where most burn patients first receive care (Aljohani ,et al 2022).

PROBLEM STATEMENT

Effective burn care in emergency settings is critical for minimizing complications and improving patient outcomes. However, there is limited research on burn care practices at King Fahd University Hospital (KFUH). This study evaluates current burn care protocols in KFUH's emergency room to assess their impact and identify areas for improvement.

IMPORTANCE OF THE RESEARCH

This study will provide insights into the effectiveness of burn care at KFUH, guiding improvements in protocol adherence, training, and resource allocation to enhance patient outcomes.

RESEARCH QUESTION / HYPOTHESIS / OBJECTIVES

Research Question: How effective are the burn care practices in the emergency room at KFUH in ensuring optimal patient outcomes?

Hypothesis: Burn care practices in the emergency room at KFUH are effective in promoting optimal patient outcomes.

Objectives: To evaluate the effectiveness of burn care practices in the emergency room at KFUH concerning the quality of patient outcomes.

METHODS

Design: Quantitative, cross-sectional study.

Population: Burn patients admitted to KFUH's emergency department.

Sampling: Purposive sampling.

Setting: KFUH Emergency Room, Al-Khobar, Saudi Arabia.

Data Collection & Analysis

Tools: structured questionnaires to measure patient outcome.

Data Collection: Patient records and standardized assessment tools.

Analysis: Descriptive and inferential statistics using SPSS.

Ethical Consideration

Ethical approval will be obtained from the IRB. Participation will be voluntary, with confidentiality and data security ensured.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Family Involvement and Emotional Well-being in Terminal Cancer Patients: A Qualitative Study

Abdulaziz Alshawi, Abdullah Alkhars, Mohammed Alasmakh, Hassan AL-Mohammed Ali, Abdulhameed Abu Ali, Alhassan Al Jubaily

BACKGROUND

Palliative care aims to enhance the quality of life for individuals facing severe health challenges, as well as their caregivers, and it is relevant for people of all ages, not just the elderly. Key components of palliative care involve effective symptom management and coordinated care. In 2014, it was estimated that over 4 million individuals in Europe required palliative care (Arias-Casais, Garralda, & Rhee, 2019). The primary objective of palliative care is to improve the health-related quality of life for patients with advanced diseases (Davis & Hui, 2017).

PROBLEM STATEMENT

Despite significant advancements in palliative care research, a notable gap persists in comprehending its impact on the families of terminally ill patients, particularly in integrated health and social care settings (Wang et al, 2024). Much of the existing research tends to concentrate on physical outcomes or general emotional support, often overlooking the crucial influence that family presence can exert on the mental health of patients.

RESEARCH QUESTION / HYPOTHESIS / OBJECTIVES

Research Question: How does family involvement affect the emotional well-being of terminal cancer patients receiving palliative care?

Objectives:

1. To investigate the perceptions of terminal cancer patients regarding the involvement of family members in palliative care.
2. To examine the impact of family support on the emotional well-being of these patients.

METHODS

Research Design

This project will be used a qualitative phenomenological approach.

Population and Sample

The study will include two participant groups:

- Patients: 15 terminally ill oncology patients in palliative care.
- Family Members: 10 family of oncology patients in palliative care

Data Collection

Semi-structured interviews.

Ethical Considerations

Approval from the institutional review board at IAU and KFHU. Informed consent will be obtained. Data confidentiality will be maintained

Data Analysis

Thematic analysis will be conducted to interpret the interview findings.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Effect of ginger in relieving vomiting and nausea in cancer patients treated with chemotherapy in Saudi Arabia: randomize control trail

Abdulaziz Alhirz, Ali Ajarash, Haidar Al Aseel, Hassan Mohammed Al Khudhair, Hussain Mohammed Marar, Mohammed Almazeni, Mohammed Shaker Alfandi

BACKGROUND

Chemotherapy-induced nausea and vomiting (CINV) is common side effect among patient with cancer, affecting up to 70% of patients undergoing chemotherapy. Even if antiemetic drugs have good effect, many patients keep getting these symptoms, which have crucial effect of their quality of life and treatment adherence. Even though pharmacological interventions are the standard, they usually come with other side effects like fatigue and constipation.

Ginger has long been long called as killer of nausea and used many times gastrointestinal disorders as complementary therapy. The bioactive compounds of ginger exhibit antiemetic and anti-inflammatory effects, but their role in CINV remain unknown because of insufficient studies. The research aims to evaluate the effect of ginger supplementation in reducing the severity of side effects among adult patients in Saudi Arabia

PROBLEM STATEMENT

Today's antiemetic treatments not fully relieve CINV and may give undesirable side effect. This study will explore if ginger supplementation can serve as a safe and effective complementary therapy for CINV.

IMPORTANCE OF THE RESEARCH

This study will offer potential natural, less cost intervention to improve cancer patient well-being

RESEARCH QUESTION / HYPOTHESIS / OBJECTIVES

Research Question: Does ginger supplementation reduce the severity of CINV in adult cancer patients?

Hypothesis: Ginger supplementation can effectively reduce CINV symptoms.

Objectives: To evaluate the effectiveness of ginger supplementation in reducing the severity of CINV among cancer patients.

METHODS

Research Design

A randomized controlled trial involving 60 cancer patients undergoing chemotherapy.

Sampling

Cancer patients undergoing chemotherapy who meet the study criteria will be invited to participate in the research. Participants will be randomly assigned to one of two groups: the intervention group, which will receive ginger treatment, or the control group, which will not receive ginger. Each group will consist of 30 participants. Group assignments will remain concealed, ensuring that both researchers and participants are unaware of group allocations until after enrollment in the study, thereby enhancing the integrity and validity of the results.

Data Collection & Analysis

Will be divided into two groups, experimental (ginger supplementation) and control group (standard routine). Nausea and vomiting severity will be assessed using MASCC Antiemesis Tool (MAT) compared with other tools such as Rhodes Index of Nausea, Vomiting, and Retching (RINVR). Data will be analysed using t-test and ANOVA.

Ethical Considerations

Informed consent will be obtained confidentiality maintained, and the study approved by the Institutional Review Board



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





The relationship between job satisfaction and burnout among nurses in oncology unit

Abdulaziz Alzahrani, Abdullah Hutrom, Ammar Alkhonaizi, Khalid Al-Fehaid, Mohammed Alahmadi, Sajjad Khamis

BACKGROUND

Oncology nurses play a vital role in cancer treatment, providing therapeutic management and emotional support to patients and families (Roberts, Brown, & Davis, 2019). However, they frequently encounter stress and burnout, which negatively affect job satisfaction and work performance (Maslach, Jackson, & Leiter, 1996). The highly demanding oncology environment exacerbates these challenges (White & Green, 2021).

PROBLEM STATEMENT

Over 40% of oncology nurses report low job satisfaction, primarily due to staffing shortages and witnessing patient suffering (Association of Community Cancer Centers, 2023). Burnout not only affects nurses' mental health but also increases turnover rates, ultimately impacting patient care (White & Green, 2021). Factors such as workplace stressors and nurse-patient ratios significantly influence burnout and job satisfaction (Lake, 2002).

IMPORTANCE OF THE RESEARCH

This study aims to provide insights that inform hospital policies and support systems to reduce burnout and improve job satisfaction. These improvements could enhance nurse retention, ensure sustainable oncology nursing, and improve patient care quality.

RESEARCH QUESTION / HYPOTHESIS / OBJECTIVES

Research Question: What is the relationship between job satisfaction and burnout among oncology nurses?

Hypothesis: There is a relationship between burnout and job satisfaction among oncology nurses.

Objective: To determine the relationship between job satisfaction and burnout among oncology nurses.

METHODS

Design and Setting

A cross-sectional study will be conducted in four tertiary hospitals in the Eastern region (Dr. Sulaiman Alhabib Hospital, King Fahad Specialist Hospital, Alsalam Hospital, Almana Hospital).

Sampling

Seventy oncology nurses with at least one year of experience will be selected using stratified random sampling.

Instruments: The Nurse Job Satisfaction Scale (NJSS) (Smith & Taylor, 2005) and the Maslach Burnout Inventory (MBI) (Maslach, 1981) will be used. Data will be analyzed using descriptive and regression analysis to identify key predictors of burnout and job satisfaction.

Ethical Considerations

IRB approval and informed consent will be obtained, ensuring anonymity and confidentiality throughout the research process.

Data analysis

We will use SPSS to analyze the data. First, we will examine basic information such as age, gender, job satisfaction, and burnout levels. Subsequently, we will employ a correlation test to determine whether a relationship exists between job satisfaction and burnout.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES
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The Effect of Nano-Medicine on the Healing of Diabetic Foot Ulcers

Fatima Alobaidi, Fatima Almuqabqab, Fatemah Almusabbeh, Fatimah Al Sweed, Ghufuran Al-Juraldan, Kawthar Almutawah, Lulwah Alsafrani, Noor Almuraydhif, Sara Al Fardan, Sarah Al Frhan, Zainab Ibadi

BACKGROUND

Diabetic foot ulcers (DFUs) affect up to 25% of people with diabetes and can lead to amputations due to poor circulation, nerve damage, and weakened immunity, increasing infection risk (Frykberg et al. 2020). Nanotechnology aids healing by using nanoparticles (1–100 nm) to deliver drugs, promote blood vessel growth, and support tissue repair through controlled antibiotic and growth factor release. Silver nanoparticles fight bacteria, lipid-based carriers enhance drug effectiveness, and chitosan nanoparticles allow gradual drug release. Polymeric nanofibers mimic natural tissue, encouraging cell growth (Raghav et al. 2022). By targeting infection and inflammation, nanotechnology offers a promising way to treat DFUs and prevent complications.

PROBLEM STATEMENT

Diabetic foot ulcers are a serious complication of diabetes, leading to infections and amputations (Frykberg et al., 2020). Current treatments often fail, resulting in high costs and suffering. Nanomedicine may improve healing, but more clinical data on its efficacy and safety are needed (Raghav et al., 2022).

IMPORTANCE OF THE RESEARCH

The purpose of this research is to investigate the effectiveness of Nanomedicine in the management of diabetic foot ulcers.

RESEARCH QUESTION / HYPOTHESIS / OBJECTIVES

Research Question: What is the impact of nanomedicine on the healing outcomes of diabetic foot ulcers in comparison to conventional wound care?

Hypothesis: Patients with diabetic foot ulcers who are treated with nanomedicine will demonstrate significantly improved wound healing outcomes compared to those receiving standard wound care.

Objectives: To compare the effectiveness of nanomedicine therapies and standard wound care in promoting the healing of diabetic foot ulcers through a retrospective review of patient records and nurses' shift reports.

METHODS

Design: Retrospective observational study that analyze nano-medicine effects on diabetic foot ulcers.

Sample: Diabetic patients (clinics and inpatient wards), aged 18 years and older.

Data Collection:

Patient records from diabetic clinics and inpatient wards will be reviewed to compare nano-medicine therapies with standard wound care. Nurses' shift reports will provide insights into wound progress and challenges.

Statistical Analysis:

Data will be coded, formatted, and analyzed using SPSS v26. Verification will ensure accuracy, with frequency distribution, percentage, mean, and standard deviation used for analysis.

Ethical Considerations

IRB approval will be obtained from Imam Abdulrahman Bin Faisal University and KFHU. Participants' anonymity and data confidentiality will be ensured. Informed consent will be waived and official permission will be secured from the Diabetic Department at KFHU.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Nursing Management for Schizophrenia Patients: A Literature Review

Ahmad Alqusair, Abdulmalek Alzahrani, Abdullah Alturaifi, Haider Alduhaylib, Hashim Alshubber, Hussain Alghazwi, Mahdi Aljaroudy, Mohammed Alhashim, Mohammed Alruhaish, Salman Algobara

BACKGROUND

The prevalence of schizophrenia in the Middle East, particularly in Saudi Arabia, is approximately 0.7% (Hickey & Waterman, 2016). Effective nursing management is essential for addressing the holistic needs of individuals diagnosed with this complex disorder, which significantly impacts cognition, emotions, and behavior (Umaimkome, E.K. 2022). This literature review aims to provide an understanding of current nursing practices in managing schizophrenia patients.

GAPS IN THE LITERATURE

Despite the existing research, several gaps remain. There is a lack of longitudinal studies on the long-term effects of nursing interventions. Additionally, cultural considerations in the management of schizophrenia require further exploration. The integration of technology in nursing care and the influence of family dynamics on recovery also merit investigation (Boyd MA, 2017).

KEY FINDING

Research indicates that comprehensive nursing assessments and interventions can lead to substantial improvements in patient outcomes. Studies show that structured nursing care can reduce symptom severity by around 30% over six months (Mahone & McGowan, 2016). Medications, particularly antipsychotics, are crucial, with long-acting injectables improving adherence and reducing hospital readmissions by 60% (Umaimkome, E.K. 2022). Psychological support strategies, including establishing trust, crisis intervention, and rehabilitation services, have proven effective (Boyd MA, 2017). Furthermore, psychoeducation enhances treatment adherence, with one study reporting an increase from 42% to 80% post-intervention (Lu J, 2024).

RELEVANCE TO NURSING

The findings emphasize the critical role of nurses in schizophrenia management. Effective nursing strategies that include assessment, medication adherence, psychological support, and psychoeducation can significantly enhance patient quality of life and recovery (Umaimkome, E.K. 2022).

CONCLUSION

In conclusion, this literature review highlights the need for a holistic approach to nursing management for schizophrenia patients. Future research should focus on culturally sensitive practices, long-term intervention effects, and innovative training programs for nurses to improve care quality.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES
CONTACT





Suicidal behavior Among Students: How to Overcome it - literature review

Ahmed Alshantqi, Moamal Alhajr, Ali Swef, Mohammad Alabouliabbar, Ali Alshmrani, Saud Alburaiq, Omar Alyami, Mohammed Balharith, Muhannad Algarni, Emad Alrashiedi, Abdulmajeed Alqahtani, Abdullah Alzahrani

BACKGROUND

Suicidal behavior among students is a significant public health issue, with research indicating that up to 30% of students experience suicidal ideation and 15% of medical students attempt suicide (Tsegay et al., 2020). The COVID-19 pandemic has exacerbated mental health challenges, further increasing suicide risk (Pillay, 2021). Notably, over 50% of students contemplating suicide report feelings of hopelessness (Javed & Munawar, 2021).

GAPS IN THE LITERATURE

Despite existing studies, gaps remain, particularly in longitudinal research assessing suicide prevention strategies and cultural influences on risk (Flórez et al., 2022). The effectiveness of digital mental health tools and peer support programs also requires further evaluation (Javed & Munawar, 2021; Pillay, 2021).

KEY FINDING

- Suicidal ideation is prevalent among university students, with alarming statistics reflecting global concerns (Tsegay et al., 2020).
- The pandemic intensified mental health issues, escalating suicidal thoughts and behaviors (Pillay, 2021).
- Hopelessness is a critical predictor of suicidal ideation, with over 50% of contemplators expressing such feelings (Javed & Munawar, 2021).
- The repercussions of suicide extend beyond the individual, impacting peers and families and increasing community anxiety and depression (Tsegay et al., 2020).
- Survivors of suicide attempts often encounter long-lasting mental health challenges that can impede academic and career success (Pillay, 2021; Javed & Munawar, 2021).

RELEVANCE TO NURSING

The findings underscore the necessity for enhanced mental health support in nursing practice, education, and policy. Nurses should be equipped to identify and intervene in suicidal crises, and nursing curricula should include suicide prevention training. Universities must bolster mental health resources and peer support initiatives to promote student well-being (Owusu-Ansah et al., 2020; Flórez et al., 2022).

CONCLUSION

Suicidal behaviour among college students is a serious public health issue that has been made worse by the COVID-19 pandemic. Effective interventions include mental health services, policy changes, and peer support. Future research should assess digital solutions, cultural factors, and interventions to enhance prevention efforts.



This research supports and amplifies research related to **SDG 3: Good Health and Well-being**, Sustainable Development Goals (SDGs).

REFERENCES
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WORKSHOPS CONDUCTED DURING THE 2024-2025 ACADEMIC YEAR

1. Webinar titled “Umbrella reviews made simple”, the speaker was Dr. Faisal Aldhafeeri.
2. A Webinar titled “commitment to ethics: navigating the responsibilities of conducting research”, the guest speaker was Dr. Sulaiman Bah.
3. A webinar titled “Sample size determination: ensuring statistical power and validity”, the speaker was Ms. Mehwish Hussain Mohammed Hussian.
4. A workshop was held by the TRI team, titled “the mega project journey” where Dr. Emad Shdifat was the speaker













SCHOLARLY PUBLICATIONS BY FACULTY AND STUDENTS DURING 2025

- Almobarak, F. (2025). Assessing the quality, reliability, and transparency of YouTube videos on spiritual palliative care: A content analysis. *Frontiers in Public Health*, Q2.
- Dong, H., Liu, L., Ma, S., Han, H., Zhang, J., Salvador, J. T., & Liu, X. (2025). Development and validation of a nomogram prediction model for key symptoms of post-intensive care syndrome-family in family members of critically-ill patients: Focusing on sleep disturbance, fatigue, anxiety, and depression. *Risk Management and Healthcare Policy*, Q3.
- Shdaifat, E., Abu-Sneineh, F., Alsaleh, N., & Ibrahim, A. (2025). Economic burden of sickle cell disease in Saudi Arabia. *Value in Health Regional Issues*, Q2.
- Alkhunaizi, A. N., Alhamidi, S. A., Al-Otaibi, A. G., Alabdullah, A. A., Alosaif, K. S., & Al Zayer, M. J. (2025). Exploring healthcare providers' perspectives of childbirth education classes for quality of care and positive childbirth experience: An interpretative phenomenological analysis study. *BMC Pregnancy and Childbirth*, Q1.
- Albaqawi, H., Alamri, M., Al-Dossary, R., Al Hosis, K., Alharbi, J., Aljohani, M., Aljohani, K., Almadani, N., Alrasheadi, B., Falatah, R., Khalil, A., Pasay-an, E., & Mostoles, R., Jr. (2025). Exploring the impact of self-efficacy, social support, and learning environment on clinical performance anxiety in student nurses. *Scientific Reports*, Q1.
- Zhao, M., Wang, X., Zhuo, Y., Dai, S., Zhao, W., Salvador, J. T., & Feng, S. (2025). Family care intervention effect on the family support needs of residents in nursing homes: A cluster randomized trial. *Journal of Gerontological Nursing*, Q2.
- Wang, K., Liu, M., Yang, L., Li, H., Chang, Y., Diao, M., Salvador, J. T., & Yang, Z. (2025). Heterogeneity of depression trajectories and associated risk factors during radiotherapy in patients with gastrointestinal cancer: A longitudinal study. *European Journal of Oncology Nursing*, Q2.
- Wang, K., Diao, M., Yang, Z., Salvador, J. T., & Zhang, Y. (2025). Identification of core symptom cluster in patients with digestive cancer: A network analysis. *Cancer Nursing*, Q1.
- Shdaifat, E. (2025). Insights into the caregiver experience for pediatric patients with sickle cell disease in Saudi Arabia: Demographic profiles, care recipient characteristics, and subjective well-being. *Pediatric Blood & Cancer*, Q2.

SCHOLARLY PUBLICATIONS BY FACULTY AND STUDENTS DURING 2025

- Mansour, M., Abdulmohdi, N., Hasan, A. A., Abu-Snieneh, H., Shatnawi, R., Abu-Sneineh, F. T., & Badawi, S. E. A. (2025). Nursing faculty readiness to teach online: A survey of nursing educators from Saudi Arabia and the UK. *BMC Nursing*, Q2.
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EXCELLENCE IN RESEARCH AND SCHOLARLY CONTRIBUTION



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

تهنئة

The Vice Deanship for Scientific Research and Innovation extends its heartfelt congratulations to the Chairman of Student Academic Advising Unit

Dr Neema Mohamed Fouad Kamel

For her recent publication in Q2 BMC Women's Health Journal Entitled:

تتقدم وكالة البحث العلمي والابتكار في كلية التمريض بهنئة سعادة رئيسة وحدة الإرشاد الأكاديمي الطلابي

دكتورة نعمة محمد فواد كامل

لنشرها ورقة بحثية في مجلة BMC Women's Health ضمن تصنيف Q2 بعنوان:

Empowering Mind-body Wellness: Effect of Bundling Seated Exercises and Psychoeducational Rehabilitation Using the Teach-back Approach on Fatigue and Coping of Women Postmastectomy

May Allah Grant You Success In Every Step
Vice Dean for Scientific Research and Innovation
Dr. Afnan Hamad Alswyan



سائلين المولى عز وجل له التوفيق والسداد
وكليلة البحث العلمي والابتكار
الدكتورة/ أفنان بنت حمد الضوئان



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

تهنئة

The Vice Deanship for Scientific Research and Innovation extends its heartfelt congratulations to the Chairman of the Research Unit

Dr Emad Shdaifat

For his recent publication in Q1 Pediatric Blood & Cancer Journal Entitled:

تتقدم وكالة البحث العلمي والابتكار في كلية التمريض بهنئة سعادة رئيس وحدة البحث العلمي

دكتور عماد شديفات

لنشره ورقة بحثية في مجلة Pediatric Blood & Cancer Journal ضمن تصنيف Q1 بعنوان:

Insight Into The Caregiver Experience For Pediatric Patients With Sickle Cell Disease In Saudi Arabia: Demographic Profiles, Care Recipient Characteristics, and Subjective Well-Being

May Allah Grant You Success In Every Step
Vice Dean for Scientific Research and Innovation
Dr. Afnan Hamad Alswyan



سائلين المولى عز وجل له التوفيق والسداد
وكليلة البحث العلمي والابتكار
الدكتورة/ أفنان بنت حمد الضوئان

The family of the Vice Deanship for Scientific Research and Innovation Congratulate **Dr. Emad Shdaifat** for being selected to join the editorial board of a prestigious Q1 journal, "BMC Nursing," covering all aspects of nursing research, training, education, and practice.



تبارك أسرة وكالة البحث العلمي والابتكار بكلية التمريض لمساعدة الدكتور/ عماد شديفات اختياره عضواً في هيئة تحرير مجلة "BMC Nursing" ضمن تصنيف Q1 وهي تعتبر مجلة محكمة دولية متخصصة في أبحاث التمريض، والتدريب، والتعليم والممارسة.

::: Congratulation :::

May Allah Grant You Success In Every Step
Vice Dean for Scientific Research and Innovation
Dr. Afnan Hamad Alswyan



سائلين المولى عز وجل له التوفيق والسداد
وكليلة البحث العلمي والابتكار
الدكتورة/ أفنان بنت حمد الضوئان

TWO College of nursing teams have been selected among the top 15 innovative ideas out of 40 competing teams to advance to the final stage of the iau innovation nexus hackathon!



The editorial team expresses profound gratitude to all individuals who contributed to the preparation of this bulletin. Special acknowledgment is extended to the following members for their significant efforts:

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