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**HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW**  
**KARYA ILMIAH : JURNAL ILMIAH**

Judul Jurnal Ilmiah (Artikel) : Application of ASIR and Windowing to Image Anatomical Information of CT Scan Stonography  
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 Status Pengusul : Hermina Sukmaningtyas (sebagai penulis ke-2)

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## International Journal of Allied Medical Sciences and Clinical Research (IJAMSCR)

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Research article

Medical research

### Evaluation of the influence of Orem's self-care model application on quality of life (QOL) of patients with hypothyroid goiter referred to health and therapeutic clinics in Yasouj city 2010

Azar Rahimi<sup>1</sup>, Raziye Elonkashkoli<sup>2</sup>, Farzaneh Farahi<sup>3</sup>, Marzieh Azadian<sup>1</sup>

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#### ABSTRACT

##### Purpose

This study was conducted to evaluate the influence of Orem's self-care Model application on Quality of Life (QoL) of patients with hypothyroid goiter.

##### Materials and methods

In this case-control clinical trial, 70 patients including 9 males and 61 females with hypothyroid goiter referred to health and therapeutic clinics in Yasouj city were randomly divided into two groups: 35 patients in experimental group and 35 patients in control group. Data collection tools were demographic questionnaire, Orem cognition questionnaire, Short Form 36 questionnaire (SF-36) and self-care checklist. Experimental group received a self-care program consisted of eight 45 minutes training sessions according to self-care requirements. Patients' life quality was assessed at baseline and three months following the intervention by using QoL measure (SF-36). The QoL was compared between two groups. Data were analyzed by using SPSS 18.

##### Results

At baseline, QoL was comparable between experimental group ( $43.28 \pm 17.26$ ) and control ( $47.19 \pm 14.26$ ). QoL in experimental group, generally and eight domains, significantly improved following intervention ( $P=0.001$ ). However, control group showed no considerable difference in QoL along study time; ( $P=0.73$ ). After intervention, QoL in experimental group ( $79.64 \pm 11.86$ ) was significantly higher than that in control group ( $46.29 \pm 17.56$ ); ( $P=0.001$ ).

##### Conclusion

Applying self-care according to Orem's Model could improve health-related QoL in patients with hypothyroid goiter.

**Keywords:** Self-care, Quality of Life, Goiter.



## International Journal of Allied Medical Sciences and Clinical Research (IJAMSCR)

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Research article

Medical research

### Attitude towards pulmonary hygiene and socio-demographic factors affecting it among health workers in two government hospitals East Amhara, Ethiopia

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#### ABSTRACT

##### Introduction

Pulmonary hygiene is formerly referred to as pulmonary toilet which is a set of methods used to clear mucus and secretions from the airways and it depends on consistent clearance of airway secretions. Pulmonary hygiene is a technique designed to help clear mucus and secretions from your lungs. It can be used for people who have chronic obstructive pulmonary disease (COPD), pneumonia, cystic fibrosis, or bronchiectasis and others.

##### Objective

To determine level of attitude towards pulmonary hygiene and socio-demographic factors affecting it among health workers in two government hospitals East Amhara, Ethiopia

##### Methodology

Institution based cross sectional study design was employed among one hundred twelve health professionals using systematic random sampling technique. The collected data were analyzed using descriptive and inferential statistics.

##### Results

A total of 112 participants were included in this study. Out of total participants, 69 (61.6%) were females and their mean age was 26.10 ( $\pm 3.47$ SD) years. Of 51.8% of respondents were aged greater than 25 years old. The majority of the respondents were Orthodox 53 (47.3%) followed by Muslims 47 (42%). Fifty-five (49.1%) of the participants were single. In this study the majority of participants 91 (81.3%) had work experience less than five years. Majority of the respondents (52%) had no recent training on pulmonary hygiene. Around sixty-three percent of participants were nurses. Attitude was computed using 10 questions related to pulmonary hygiene. The mean attitude score of the total sample was 6.53 ( $\pm 3.47$  SD). Subjects who scored above the mean value were categorized as having good level of attitude. Forty-five (45%) study participants had poor attitude about pulmonary hygiene.