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# PSYCHOSOCIAL WORK FACTORS AND TRAIT-ANXIETY AS PREDICTIVE FACTORS FOR SELF-RATED HEALTH OF NURSES SURVIVORS OF HOSPITAL RESTRUCTURING

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**Keywords:** self-rated health, nurses, restructuring, social support from managers, trait-anxiety

## **Summary**

Health of nurses who have experienced structural changes at work is the key factor for a high quality of health care services.

**The aim** was to analyze how do psychosocial work factors and trait-anxiety predict self-rated health of nurses working.

**Material and methods.** Research was conducted at 13 randomly selected Lithuanian hospitals that underwent restructuring. The study sample consisted of 775 nurses who had not less than a year of work experience. Self-rated health was measured using a single-item Likert scale; the survey included State-Trait Anxiety Inventory for Adults Y-2 form (Spielberger et al., 1968, 1977), several scales developed for this research to assess psychosocial work factors and restructuring-related changes of psychosocial work factors. Descriptive statistics and binary logistic regression were used to analyze the data.

**Results.** About 46 percent of nurses rated their health negatively. In a fully adjusted model high social support from managers (OR=0.74; 95 %, PI 0.55-0.98) showed a preventive effect for poor self-rated health, while age (OR=1.07; 95 %, PI 1.03-1.13) and trait-anxiety (OR=1.12; 95 %, PI 1.08-1.17) appeared as risk factors.

**Conclusions.** About a half of nurses working at Lithuanian hospitals that underwent restructuring rated their health negatively. Social support from managers showed a preventive effect on nurses' health. Nurses' age and high trait-anxiety appeared to be the risk factors for nurses' health.

# EVALUATION OF PARENTS OF CHILDREN WITH EPILEPSY KNOWLEDGE AND TRAINING

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**Key words:** role of the nurse, family history, epilepsy, education

## Summary

The treatment and care of a child suffering from epilepsy strongly affects the whole family. The sufferers have to take medication from epilepsy for many years. Relatives often experience the lack of information and knowledge on how to help a child suffering from epilepsy. It is significant to form a correct attitude of the sufferer and his/her family members towards the disease, teach how to control it, encourage active participation in the process of treatment and care already from the start of the disease. We seek that parents were able to recognize the symptoms of the disease, side effects of medications, knew how to provide first aid for a child during the epileptic seizure. Participation of the whole family is relevant; therefore, education of those suffering from epilepsy and their parents is an integral part of the aid.

The goal of this research was to evaluate the knowledge and the need for training of parents of children with epilepsy.

The research was carried out in the Children Neurology Department of PI VUHSK. The survey involved 100 parents of children with epilepsy. Parents had to fill in a survey before the training, when they participated in the training course, and, finally, parents had to fill in another survey of the author after the training. After the analysis of knowledge on the nature of this disease, origins and types of seizures, known by parents of children with epilepsy, the research results showed that knowledge on epilepsy differed depending on parents' education: parents, who had a university degree, knew more about this disease. The research showed that the majority knew the concept of epilepsy, knew the origins and types of seizures. Usually, parents do not know when to call paramedics or the doctor, when and which medication to administer in case of seizure. The training course significantly increased parents' knowledge about the disease, types of seizures, and the first-aid algorithm in case of seizure. The majority of information on epilepsy is provided by a neurologist; therefore, nurses should participate more in teaching parents. More than a half would like to learn in a group.