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Abstracts of the Third Faculty of Health Scientific Conference

Integrating Scientific Research Evidence into Improving Nursing Care

(9 June 2026, Vlorë, Albania)

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Abstracts of the Third Faculty of Health Scientific Conference

Integrating Scientific Research Evidence into Improving Nursing Care

(9 June 2026, Vlorë, Albania)

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Conference Abstract

Perception of Simulation-Based Methods Among Academic Staff and Students, and Barriers to Their Implementation

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Simulation is defined by McGaghie et al., 1999 as "a person, device, or set of conditions that attempt to present assessment problems authentically.[1] The student or intern is asked to answer the problems as they would under natural circumstances." Since learning takes place through the cognitive, psychomotor and affective domains, nursing education is developed in the lecture hall, the psychomotor laboratory and in the health care delivery environment. To enhance theoretical learning, simulation, in its various forms, has been added. Types of simulations used in nursing practice include anatomical models, task trainers, role playing, games, computer-assisted instruction (CAI), patients and standardized, virtual reality, low- fidelity and high-fidelity mannequins.

Objective: To evaluate the perceptions of the academic staff and students of Public Health, University of Vlora, about simulator methods and the obstacles encountered during their application.

Methods: Cross-sectional study conducted during April–June 2023 with 100 students and 10 lecturers. Two self-administered questionnaires were used (22 questions for lecturers and 26 for students). Data collected from the questionnaires were entered into a database using the statistical package, SPSS 25. Data were entered into the database by a single person. The data analysis consisted of a descriptive analysis carried out through the SPSS program.

Results: 63% of students had no prior knowledge of simulation. 80% rated its impact on

Conference Abstract

the nursing concept “very” high. 70% rated the practical environment created by the lecturer “very” high. 94% see simulation as key to professional development. All lecturers had relevant training.

Conclusions: From the data we see that there are obstacles during the application of simulator practices which are mainly related to the documentation in Albanian of the teaching materials, the adaptation of the students to these new literatures. Also, the students see as difficulties the short practice hours, the laboratories with many students at the same time they are practiced. The faculty should increase the hours and days of practice for students thus enabling more practice and more opportunities to develop skills.

Keywords: *simulator method, Vsim, standardized patient, anatomical models.*

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Conference Abstract

Evaluation of Nursing Care during Chemotherapy in Patients with Breast Cancer in Palliative Care at Fier Regional Hospital

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Nursing care for patients with breast cancer in the palliative phase during chemotherapy is a critical component of oncological service quality. Beyond technical procedures, psychological support, therapeutic communication, and health education areessential to ensure patient well-being and dignity. In the Albaniancontext, systematic evaluations of such care in regional hospital settings remain scarce.

Objective: To assess patients' perceptions of nursing care quality during palliativechemotherapy treatment, identify strengths and gaps in care, and analyze associations between demographic characteristics and patient-reported experiences.

Methods: This descriptive cross-sectional study was conducted in the chemotherapyunit of Fier Regional Hospital between March and June 2025. Data were collected usinga structured closed-ended questionnaire addressingcommunication, care delivery, education, and psychological support. A total of 45patients meeting inclusion criteria were enrolled. Data were analyzed using SPSS version27, applying descriptive statistics and Spearman/Pearson correlation tests.

Results: Overall, 84.4% of patients rated the nursing care as "very satisfactory," 100%reported consistently receivingclear information about procedures, and 88.9% rated nurse behavior as excellent.Psychological support was consistently provided in 77.8% of cases. Statistically ìsignificant correlations were observed between educational level and the need for written information ($r = -0.41$, $p = 0.011$), as well as between the number of chemotherapysessions and a more positive perception of care ($r = 0.42$, $p = 0.004$).

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Conclusions: Nursing care in this unit meets high professional and ethical standards,particularly in communication, availability, and technical competence. However, gapsremain in written health education, dietary counseling, and addressing sensitive topics such as sexuality.

Keywords: *breast cancer, chemotherapy, nursing care, palliative care, clinicalcommunication, patient education, service satisfaction*

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Conference Abstract

The Role and Impact of Nursing on the Quality of Life of Older Adults with Chronic Diseases

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Population aging is accompanied by an increase in the prevalence of chronic diseases, which significantly affect physical functioning, psychological well-being, and social life in older adults. Improving the quality of life in this age group is a priority in modern healthcare. Nurses play a key role in providing continuous, holistic, and personalized care for elderly patients with chronic conditions.

Objective: The aim of this paper is to evaluate the role and impact of nursing in improving the quality of life of older adults living with chronic diseases, emphasizing nursing interventions that contribute to effective disease management and the enhancement of overall well-being.

Methods: The study is based on a review of contemporary scientific literature, including scholarly articles, international guidelines, and strategic documents on nursing care for elderly patients with chronic diseases. Sources addressing symptom management, health education, psychological support, and the nurse's role in long-term and community care were analyzed.

Results: The review shows that nursing interventions have a direct and positive impact on the quality of life of older adults with chronic diseases.Symptom management and continuous clinical monitoring reduce complications and unnecessary hospitalizations. Patient-centered health education improves self-management skills and adherence to therapy. Psychological

Conference Abstract

support and empathetic communication help reduce anxiety, depression, and social isolation. Individualized care and collaboration with families contribute to maintaining autonomy, functionality, and dignity in elderly patients.

Conclusions: Nurses play a crucial and irreplaceable role in improving the quality of life for older adults with chronic diseases. Through holistic care, health education, emotional support, and continuous monitoring, nurses provide safer, more effective, and more humane care. Strengthening the nursing role and investing in specialized education are key elements in addressing the challenges of population aging.

Keywords: *elderly, chronic disease, nursing, quality of life, long-term care.*

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Conference Abstract

Sensory Processing Disorders in 3–6 Year Old Children with Autism Spectrum Disorder and Their Impact on Daily Functionality: Assessment with the Short Sensory Profile.

Armela Shkoza

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Children with Autism Spectrum Disorder (ASD), in addition to difficulties in communication and social interaction, often exhibit pronounced challenges in sensory processing. Atypical responses to sensory stimuli—such as hypersensitivity, hyposensitivity, and sensory seeking—represent an important component of the neurodevelopmental profile and significantly affect behavior, daily functioning, and social participation. Although these difficulties are well documented, studies analyzing specific sensory processing patterns in preschool-aged children remain limited.

Objective: This study aims to analyze sensory processing patterns in children with ASD aged 3–6 years using the Short Sensory Profile (SSP) instrument.

Methods: This quantitative study included 50 children with ASD. The SSP was completed by parents either in paper form or online. Data analysis included descriptive statistics, ANOVA to assess age-related differences, and correlation analysis to examine relationships between sensory dimensions.

Results: The most affected sensory dimensions were auditory filtering (M = 20.84), under-responsiveness/sensory seeking (M = 20.06), and tactile sensitivity (M = 17.9). Only 28% of

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children showed typical sensory processing, while 72% exhibited sensory differences. Strong correlations were found between tactile sensitivity and auditory filtering ($r > 0.52$, $p < 0.001$). No statistically significant differences were observed across age groups.

Conclusion: Sensory processing disorders appear as a consistent characteristic in preschool children with ASD, highlighting the importance of structured assessments and individualized interventions for this age group.

Keywords: *children, autism spectrum disorder, communication, sensory processing.*

Gjoni, E. DOI: 10.63871/unvl.jsuv2.1.47
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Conference Abstract

The Impact of Sugar Consumption and Nursing Care in the Pre-Menopause Period.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: The pre-menopausal period is characterized by gradual hormonal changes that affect women's metabolic, emotional, and cardiovascular health. High sugar consumption is identified as a risk factor for obesity, type 2 diabetes, metabolic syndrome, and cardiovascular diseases, which tend to increase during this phase. Nurses play a crucial role in prevention and management through health education, lifestyle promotion, and clinical monitoring.**Objective:** This review aims to explore the impact of sugar consumption on women's health during pre-menopause and to analyze the role of nursing care in reducing risk factors.

Methods: This is a literature rishikim based on research articles published between 2000–2025 in PubMed, Scopus, Web of Science, and Google Scholar. Studies in English and Albanian were included, focusing on: (1) hormonal changes in pre-menopause; (2) the impact of sugar consumption on metabolic health; (3) nursing interventions in this stage.

Results: Evidence shows that high sugar intake is associated with weight gain, worsened insulin sensitivity, increased fatigue and mood changes, and higher risk of cardiometabolic conditions. Conversely, nursing care, particularly through nutritional counseling and educational interventions, has shown effectiveness in reducing sugar consumption and improving overall health in pre-menopausal women.

Conclusion: Sugar consumption directly impacts the quality of life and health of women during pre-menopause. Nursing care plays a vital role in risk management and health promotion through education and continuous monitoring. A multidisciplinary approach is recommended to

Conference Abstract

reduce sugar intake and support women during this transitional phase.

Keywords: *pre-menopause, sugar, nursing care, metabolism, health education.*

UNIVLORA SCIENTIFIC JOURNAL

Sinanaj, G. DOI: 10.63871/unvl.jsuv2.1.48
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Conference Abstract

Nursing Role in Post-Operative Wound Care

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Post-operative wound care is the primary and most important aspect of the progress of the healing phases of surgical wounds. Effective wound management isbuilt on the fact that healthcare personnel understand the wound healing processes and areable to incorporate knowledge and theory into practice.
Objective: To assess the role of nurses and their care for post-operative wounds inpatients and also to assess nursing knowledge and practices related tothe management of these wounds.
Methods: This is a descriptive cross-sectional study with the purpose of assessing the role and nursing care in post-operative wounds and effective wound management using basic hygiene and safety rules. This study was conducted at the Vlora Regional Hospital, in collaboration with the nurses of the Surgery Department during the period April-June 2024.
Results: The study revealed the following results: the 55% of the nurses belonged to the 20-30 year age group, 35% of them had 6-10 years of work experience and 50% of them had received specialized training in wound care. A crosstabulation showed that nurses with more work experience had participated in professional training. The 60% of the nurses provided education to the patient and 65% of them provided emotional support.
Conclusions: The role and care of nurses for post-operative wounds remain a delicate topic due to the complications that ineffective wound treatment brings and their direct cause is the nursing care. In the Vlora Regional Hospital, it turned out that 50% of the nurses had received specialized training for wounds and had good nursing practices. 75% of them assessed post-operative wounds twice a day and 60% did the assessment of pain management as needed.

Keywords: *wound, surgical intervention, post-operative care, wound dressing, infection*.

UNIVLORA SCIENTIFIC JOURNAL

Bellaj, I. DOI: 10.63871/unvl.jsuv2.1.49
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Conference Abstract

Antibiotics Resistance in Pediatric Age and Assessment of Nursing Knowledge About It.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Antibiotic resistance is a serious threat to public health and a growing crisis both nationally and globally, especially in young children. The inappropriate and excessive use of antibiotics has significantly contributed to the spread of resistant bacteria, making it difficult to treat pediatric infections. This phenomenon requires international cooperation, well-coordinated strategies and a well-informed and trained health staff to ensure the rational use of antibiotics.

Objective: The purpose of this study was to analyze the phenomenon of antibiotic resistance in young children and to assess the level of knowledge of the nursing staff on this problem at the Vlora Regional Hospital, Pediatric Ward.

Methods:A cross-sectional descriptive study was conducted. Data were collected through structured instruments and analyzed with statistical methods to identify the relationship between demographic variables and the level of professional knowledge.

Results: International studies show that 1 in 4 children in pediatric hospitals receive antibiotics that are prescribed incorrectly [1]. In January 2024, a new highly infectious and resistant variant of E. coli ST410 CREC, B5/H24RxC, was identified [2]. The importance of global initiatives such as the World AMR Awareness Week (WAAW) [3] in raising awareness was also highlighted. Our data analysis showed a strong association between years of work experience and the level of nursing knowledge on antibiotic resistance.

Conclusions: The development of updated protocols for the rational use of antibiotics and the inclusion of specialized courses on antibiotic resistance in the nursing curriculum are recommended, in order to strengthen the clinical role of nurses in the management and prevention of this phenomenon.

Keywords*: antibiotics, antibiotic resistance, young children, nursing staff, knowledge.*

UNIVLORA SCIENTIFIC JOURNAL

Gjonaj, Xh. DOI: 10.63871/unvl.jsuv2.1.50
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Conference Abstract

The Impact of Physical Activity on the Prevention and Treatment of Mental Disorders

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Adolescents' mental health is one of the most significant challenges for both the educational and healthcare systems. In this context, physical activity is increasingly being recognized as a protective and therapeutic factor in reducing disorders such as stress, anxiety, and depression.
Objective: The aim of this study is to assess and analyze the impact of physical activity participation on the mental well-being of students in the city of Berat. The study seeks to determine whether physical activity helps prevent and reduce symptoms of mental disorders such as anxiety, depression, and stress among school-aged youth.
Methods: This is a quantitative, descriptive-correlational, cross-sectional study. It was conducted at the "Riza Mulita" school in the city of Berat, during the period February–June 2025. The study included 77 students aged 12–18 years. Data were collected through a structured questionnaire that included variables related to physical activity, stress, anxiety, and depression. Statistical analysis was performed using the Excel , applying descriptive and inferential statistics.
Results: The study results showed that students who regularly engaged in physical activity (3–4 times a week for 30–60 minutes) had significantly better mental health, with lower levels of stress, anxiety, and depression. Physical activity also had a positive effect on sleep quality, concentration, and mood during the day.
Conclusions: Physical activity has a positive and significant impact on the mental health of adolescents. It contributes to reducing symptoms of stress, anxiety, and depression, and to improving mood, focus, and sleep quality.

Keywords: *physical activity, mental health, students, stress, anxiety, depression, nurse, health education*.

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Conference Abstract

Nursing Assessment of Cataract Patients at the Vlora Regional Hospital

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Cataract is one of the most common eye diseases. There are several types of cataracts and the most common are the types such as senile, diabetic, traumatic cataracts, etc. The main cause of this disease is the deterioration of the transparency of the lens.
Objective: The purpose of this study is to identify and assess cataract cases in relation to variables such as age, gender, residence, hospital stays and hospital emergencies throughout the year 2023.
Methods: This is a descriptive analytical study, with the goal of assessing and identifying the number of cataract cases and the factors related to them. The study was conducted in the ophthalmology department of the Vlora Regional Hospital during the one-year period of 2023. The data collection method was based on the evaluation of the registry of the same year in the ophthalmology department.
Results: 293 patients with cataracts were analyzed, who were treated at the Vlora hospital. Of these, 151 patients belong to the age group of 70 to 80 years. 135 cases were females and 158 males. Of the 293 patients with cataracts, 234 were residents of Vlora. The total number of cases with eye diseases was 396 individuals.
Conclusions: The study showed that cataracts were the most frequent surgical intervention in the ophthalmology department during 2023 in the city of Vlora. Based on the evaluation of the ophthalmology registry data, the number of patients treated for cataract was higher compared to patients treated for other eye diseases. From 293 cases of cataract, the higher concentration was found among the age group 70-80 years.

Keywords: *cataract, crystalline, eye disease, nursing care, surgical treatment.*

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Conference Abstract

Measuring the Level of Nurses' Communication Skills with Angry Patients: Assessing the Reliability and Validity of the NCAAPS Instrument

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Nurses' knowledge, skills, and attitudes are essential for effective communication and for building a strong nurse–patient relationship. Appropriate communication helps in the early identification of patient anger, understanding its causes, and managing it professionally. The lack of specific instruments to measure this ability makes NCAAPS a valuable assessment tool.

Aim: To measure the level of communication skills of nurses at Vlora Regional Hospital when interacting with angry patients.

Methodology: A cross-sectional study was conducted from September to January 2023–2024 using a test–retest method. Fifty nurses from different hospital wards were randomly selected. They completed the anonymous NCAAPS questionnaire, translated and adapted into Albanian, and the same test was repeated after two weeks.

Results: The study included 50 nurses (60% female, 40% male); 60% worked in surgery, 22% in emergency, and 18% in pathology wards. The content validity index was satisfactory. Confirmatory factor analysis supported the seven-factor structure. Cronbach's alpha coefficient and test–retest reliability were both 0.702, within acceptable limits.

Conclusions: NCAAPS proved to be a reliable and valid instrument (83% validity according to KMO and Bartlett tests). The findings highlight the need for immediate training to improve communication with angry patients and support both study hypotheses.

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Keywords: *communication, workplace violence, factor analysis, validity, reliability, NCAAPS.*

UNIVLORA SCIENTIFIC JOURNAL

Nikolli, F. DOI: 10.63871/unvl.jsuv2.1.53
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Conference Abstract

Alcohol Use Disorders and Nursing Care

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Alcohol Use Disorders (AUD) represent a major global public health concern, associated with chronic diseases, increased mortality, and a substantial burden on healthcare systems. Harmful alcohol consumption affects not only physical and mental health but also social and economic functioning. Nurses play a crucial role in the early identification, initial intervention, and long-term management of patients with AUD, particularly in acute and primary care settings. However, evidence indicates that nurses' knowledge and training in this field are often insufficient, negatively affecting the quality and effectiveness of care provided.

Objective: The aim of this study is to analyze the role of nurses in the management of alcohol use disorders, to identify gaps in professional knowledge and training, and to emphasize the importance of structured education and non-stigmatizing approaches in nursing care.

Methods: This study is based on a narrative review of contemporary scientific literature on AUD, including empirical studies, systematic reviews, and international reports addressing nurses' knowledge, attitudes, and practices toward patients with AUD, as well as psychosocial factors influencing alcohol use among nurses themselves.

Results: The findings indicate that a lack of specialized training in AUD negatively impacts nurses' motivation, clinical competencies, and ability to deliver effective and safe care. In addition, factors such as workplace stress, emotional burden, and professional trauma have been identified as contributors to alcohol use among nurses, highlighting the need for preventive and supportive interventions within the work environment.

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Conclusions: The implementation of nursing education programs focused on AUD, alongside the promotion of a supportive and non-stigmatizing professional culture, is essential for improving clinical outcomes and the well-being of healthcare workers. The integration of evidence-based practices into healthcare delivery represents a critical step toward the effective management of alcohol use disorders.

Keywords*: AUD, patient, nurses.*

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Conference Abstract

Nursing Care for Patients Undergoing Dialysis: The Current Situation

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Patients undergoing dialysis face multiple physical, psychological, and social challenges that significantly affect their quality of life. Nursing care represents a fundamental component of the therapeutic process, encompassing clinical monitoring, complication management, health education, and emotional support. The quality of nursing care has a direct impact on the prevention of intra- and post-dialytic complications and on the overall well-being of patients. This study is based on the need to understand and analyze the current situation of nursing care provided to patients undergoing dialysis in a regional hospital setting.

Objective: The aim of this study was to evaluate the level of nursing care in the Dialysis Unit of the Regional Hospital of Vlora and to document the current care practices.

Methods: A descriptive study with analytical elements was conducted during the period June–July 2025. The study included 33 patients (20 males and 13 females), aged 21–72 years, selected through simple random sampling. Data were collected using a structured questionnaire designed to assess quality of life, patient satisfaction with nursing care, and the level of information received regarding treatment and self-care.

Results: All participants underwent hemodialysis three times per week. Approximately 91.2% of patients reported high satisfaction with nursing care and stated that they received sufficient information regarding medications, nutrition, treatment procedures, and potential complications. The most prominent needs identified were emotional support and a sense of safety during treatment. Furthermore,

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the majority of patients expressed a strong willingness to participate in educational sessions and training activities organized by nursing staff. **Conclusions:** The findings indicate that nursing care in the dialysis unit is provided at a very good level, reflecting strong professional commitment and continuous support for patients. However, maintaining and further improving this standard requires ongoing professional training, increased resources, and the implementation of a structured interdisciplinary approach to enhance patient experience and outcomes.

Keywords: *dialysis, nursing care, hemodialysis, chronic patients, health education, emotional support.*

UNIVLORA SCIENTIFIC JOURNAL

Pelari, N. DOI: 10.63871/unvl.jsuv2.1.55
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Conference Abstract

Professional and Ethical Values in Nursing Practice - Study in Hospital Service - Hospital

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Nursing represents an essential profession in the health system, which is based not only on scientific knowledge and practical skills, but also on strong professional and ethical values. These values constitute the foundation of nursing practice and guide professional behavior, clinical decision-making and the nurse-patient relationship. This study is important because it assesses the level of respect for professional and ethical values in nursing practice at the Vlora Regional Hospital. It shows that ethics plays a key role in improving the quality of patient care, in strengthening the nurse-patient relationship and in the professional development of nurses. The study also identifies factors that influence nursing ethics (age, education, experience), as well as the main challenges of practice, providing a concrete basis for recommendations aimed at improving health services and strengthening professional ethics.

Objective: The purpose of this study was to analyze and evaluate the importance of professional and ethical values in nursing practice, emphasizing their impact on the quality of patient care, strengthening nurse-patient relationships and the professional development of nurses, as well as to identify challenges in their implementation in daily practice.

Methods: The study is of a quantitative type and was conducted at the Vlora Regional Hospital. The study included 100 nurses, who were surveyed through a structured questionnaire that assessed ethical aspects towards the patient, professional practice, the profession and colleagues.

Results: The results showed a very high level of respect for ethical and professional values by

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nurses. Most of the respondents reported maximum respect for the dignity, rights and safety of the patient, as well as high commitment to professional development and interdisciplinary cooperation.

Conclusions: The study concludes that professional and ethical values are strongly integrated into nursing practice and constitute a key factor for the provision of quality health care.

Strengthening continuing education and institutional support are essential for the maintenance and development of professional ethics.

Keywords: *nursing practice, ethics, nurse-patient relationship.*

UNIVLORA SCIENTIFIC JOURNAL

Xhaferaj, E. DOI: 10.63871/unvl.jsuv2.1.56
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Conference Abstract

The Impact of Emergency Situations on the Management of Chronic Diseases in Rural Areas. (The Role of Home-Based Care)

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Emergency situations, such as natural disasters and pandemics, pose significant challenges for managing chronic diseases among older adults in rural areas. Understanding the impact of these crises and the role of home-based care is essential for improving health outcomes.
Objective: To assess the impact of emergency situations on the management of chronic diseases among elderly rural patients and to explore the role of home-based care in supporting them.
Methods: A cross-sectional study was conducted at Brataj Health Center, Vlorë (January–March 2025) with 120 patients aged ≥65 years with chronic conditions (diabetes, hypertension, asthma, COPD). Data were collected via a structured questionnaire covering the impact of emergencies, use of home-based care, community support, and medication adherence.Statistical analysis was performed using SPSS 26, with significance set at p<0.05.
Results: Emergency situations significantly complicate chronic disease management due to limited access and healthcare infrastructure. Significant associations were found between economic status and disease management, age and use of home-based care, and living situation and community support. Patients over 75 used home-based care more frequently, while those living alone had lower community support. Female patients reported higher community support than males. Home-based care was generally well received but highlighted areas for improvement, including service quality and duration.
Conclusion: Managing chronic diseases in rural older adults requires personalized emergency

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plans, trained staff, telemonitoring, medication access, and strengthened community support. Patient education and addressing economic inequalities are essential to enhance resilience and the quality of care.

Keywords: *health emergency, chronic disease, home-based care, rural areas, disease management.*

UNIVLORA SCIENTIFIC JOURNAL

Stroni, I. DOI: 10.63871/unvl.jsuv2.1.57
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Conference Abstract

Barriers to Effective Communication between Nursing Students and Patients in Clinical Care Settings. Recommendations for Practice

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Communication skills are essential for healthcare quality, equally important as technical nursing knowledge. Assessing these skills in clinical settings identifies areas needing improvement and helps provide recommendations for more effective student–patient communication.

Objective: To evaluate the level of communication skills among nursing students and the factors influencing their interaction with patients.

Methods: A cross-sectional study was conducted at the Faculty of Health, "Ismail Qemali" University, Vlorë, from April to May 2025, including 157 nursing students. Communication skills were assessed using the CSAS questionnaire (26 items, PAS and NAS), along with socio-demographic questions and questions on factors that facilitate or hinder communication. Data were processed using SPSS 22 and analyzed with Spearman correlation.

Results: The majority of students were 20–21 years old. A strong positive correlation was found between age and the recognition of the importance of communication (rho = 0.755, p = 0.001). Correlation analysis revealed a moderate-to-strong negative relationship between the frequency of patient contact and perceived communication barriers (rho = –0.579, p = 0.000), suggesting that real clinical experience increases confidence and communication skills.

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Conclusion: Nursing students recognize communication as a fundamental element for personalized and safe care. The findings highlight the need for active clinical practice to develop communication skills, build trust, and improve student–patient interactions.

Keywords: *communication, clinical care, patient, nursing students, recommendations, nursing practice.*

UNIVLORA SCIENTIFIC JOURNAL

Qemali, A. DOI: 10.63871/unvl.jsuv2.1.58
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Conference Abstract

The Impact of Cultural Knowledge and Beliefs on Attitudes toward HPV Vaccination among Students of the University of Vlora

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Human papillomavirus (HPV) is one of the most common sexually transmitted infections in the world and a known cause of several types of cancer, including cervical, anal, throat and genital cancers. Despite the availability of the HPV vaccine, the level of vaccination coverage in Albania remains low, especially among young people.

Objective: This study aims to assess how the level of knowledge, sources of information and cultural beliefs influence the attitudes and behavior of students of the University of Vlora regarding vaccination against the HPV virus.

Methods: This is a cross-sectional epidemiological study, which includes 213 students of the Faculty of Health, at the 'Ismail Qemali' University, Vlora, surveyed during the time period April-June 2025.

Results: Of the 213 students, only 13% were vaccinated against HPV. About 39% of students were well-informed about HPV and the vaccine, information obtained mainly from digital and academic sources. Students' attitudes towards the vaccine are generally positive, influenced mainly by gender, age, study cycle and information sources. Acceptability of the vaccine application is referred to by 50.2% of students, if recommended by a doctor and is directly affected by socio-cultural barriers, which are encountered at a moderate level in the population.

Conclusions: The level of knowledge and vaccination is at low levels among students of the Faculty of Health, therefore it is necessary to undertake integrated multidisciplinary awareness campaigns to improve the current situation.

Keywords: *HPV, cancer, public health, vaccine, knowledge, attitudes, barriers.*

UNIVLORA SCIENTIFIC JOURNAL

Voli, M. DOI: 10.63871/unvl.jsuv2.1.59
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Conference Abstract

Evaluating the Role of the Nurse in Healthy Aging

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Population aging constitutes a global challenge that requires sustainable interventions to guarantee physical, psychological and social well-being for elderly. Aging process is accompanied by biological, functional and social changes, which significantly affect the quality of life.

Objective: The purpose of this study was to evaluate the role of nurses in promoting healthy aging and to identify effective practices, professional challenges they face.

Methods: The study was cross-sectional and was conducted between January 24 and May 30, 2025. Data were collected through a structured questionnaire with 22 questions, administered online on Google Forms and distributed to various health institutions. Data analysis was performed using SPSS and Microsoft Excel.

Results: Data analysis from 100 nurses showed that 63% reported good skills in educating patients on healthy aging, while 71% considered their role important or very important. Only 19% had access to updated materials and 44–49% reported a lack of institutional support. Ongoing training was assessed as useful by 52% of participants.

Conclusions: In conclusion, nurses have a key role in promoting healthy aging, but increased institutional support, training is needed to improve the effectiveness of interventions.

Keywords: *healthy aging, nursing, holistic care, health education.*

UNIVLORA SCIENTIFIC JOURNAL

Demaj, V. DOI: 10.63871/unvl.jsuv2.1.60
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Conference Abstract

Peptic Ulcer, Identification of Factors Affecting the Provision of Quality Healthcare and Techniques for Improving Care.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Peptic ulcer is a common disease of the gastrointestinal system, characterized by damage to the gastric or small intestinal mucosa as a result of the action of gastric acids. Factors such as Helicobacter pylori infection, the use of non-steroidal anti-inflammatory drugs (NSAIDs) and lifestyle play an important role in the development of this pathology. In recent years, attention has been paid to the early identification of risk factors and the improvement of healthcare.
Objective: The purpose of the study was to identify factors that affect the provision of quality healthcare and to define techniques for improving care for patients with peptic ulcer.
Methods: The study was quantitative and cross-sectional, conducted at the Gastroenterology and Hepatology Clinic at the University Clinical Center of Kosovo (UCCK). The study included 200 patients. Data were collected through a translated,adapted and validated questionnaire, while statistical analysis was performed using the SPSS program.
Results: Gender participation was balanced (51% female and 49% male), while the most represented age group was 41–65 years (48%). Epigastric pain was identified as the most frequent symptom, followed by nausea, bloating and gastric reflux. Factors such as age, gender, educational level, employment status, and tobacco and alcohol consumption showed significant impact on the incidence of peptic ulcer.
Conclusions: The study emphasizes the importance of managing risk factors and applying an integrated approach to improve care for patients with peptic ulcer.

Keywords*:* peptic ulcer, patient, Helicobacter pylori, pain, risk factors.

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Habilaj, L. DOI: 10.63871/unvl.jsuv2.1.61
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Conference Abstract

Health Promotion for a Healthier Life

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Health promotion is the highest degree of empowering people to increase control and improve their health.
Objective: Literature review regarding health promotion for a healthier life.
Methods: This paper is a literature review, where the materials that were used to carry out this study were found through a systematic electronic search for articles published in the last five years, namely 2022-2026, including PubMed online libraries. 10 articles were identified, but the review included the original results of 4 studies that were related to the topic of interest, including literature reviews.
Results:The first study includes knowledge on health inequalities and health literacy (highly covered in 34% and 41% respectively were not included at all in 10% of educational programs, while social inequalities are a major risk factor for poor health, the second study shows that 68% of the participants who had a medical diagnosis were interested in health promotion, the third study shows about digital health promotion and prevention. The corresponding analogue settings were schools 19.5%, neighborhoods and municipalities 12% and social media 31.5% The most focused areas of health promotion were physical activity 15%, nutrition 22.5% and sexual health 40.5%, in the fourth study, 583 parents engaged in health promotion are presented and as a result, the preparation of food at home increased by 11% .
Conclusions: Based on the analysis of the studies, we come to the conclusion that health promotion has a deep impact on healthy life, regardless of the way it is promoted.

Keywords: *promotion, education, health, healthy life, activity.*

UNIVLORA SCIENTIFIC JOURNAL

Alushi, L. DOI: 10.63871/unvl.jsuv2.1.62
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Conference Abstract

Cardiovascular Disease Risk in Obese Individuals and Nursing Care in Primary Health Services

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Cardiovascular diseases represent one of the leading causes of morbidity and mortality in public health, while obesity is considered a significant risk factor for their development. In this context, nursing services in primary health care play a key role in the early identification of risk factors, health education, and long-term management of obese patients.

Objective: The study aimed to assess the relationship between obesity and the risk of cardiovascular diseases through the analysis of blood biochemical indicators (total cholesterol, triglycerides, and glycemia), and to highlight the role of nursing care in primary health services.

Methods: A cross-sectional study was conducted with 199 patients followed at Primary Health Center No.4 in Vlora. Data were analyzed according to age, gender, weight, height, smoking and alcohol consumption, as well as laboratory indicators. SPSS version 21 was used. Qualitative variables were presented as frequencies, while quantitative variables were expressed as mean and standard deviation. The Chi-square test and logistic regression were applied with a significance level of $p < 0.05$.

Results: The mean age was 53.7±12.8 years. The average BMI was 27.2±3.16 kg/m^2; 48.2% had normal weight, 37.7% were overweight, and 13.1% were obese. A statistically significant association was found between obesity and increased levels of cholesterol, triglycerides, and glycemia. Obese patients showed a higher probability of pathological triglyceride values (OR=266), glycemia (OR=19.9), and cholesterol. Higher values were also observed among patients over 60 years old, smokers, and alcohol users.

Conclusions: Obesity is strongly associated with cardiovascular risk. Increased BMI significantly raises the probability of metabolic disorders. These findings emphasize the important role of nurses in assessment, education, and prevention within primary health care.

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Keywords: *obesity, glycemia, hypercholesterolemia, hypertriglyceridemia, cardiovascular diseases, nursing care.*

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Conference Abstract

Ethics in Evaluation: Evaluating Ethical Behaviors of Nurses through the EBSN Scale

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Ethical behavior constitutes an essential component of nursing practice, directly influencing the quality of care and patients' trust in health professionals. In an increasingly complex healthcare environment, where ethical dilemmas are present every day, the ability of nurses to act in accordance with ethical principles takes on particular importance.
Objective: This study aims to assess the ethical behaviors of nurses and nursing students in health institutions through the use of the EBSN scale as a standardized measuring instrument, analyzing perceptions, attitudes, ethical practices and differences between the two groups.
Methods: This is a cross-sectional descriptive and comparative study with a quantitative character, carried out in the city of Vlora during the period April-June 2025, which aims to assess the ethical behaviors of nurses and nursing students in practice, using a standardized instrument. 200 individuals participated in this study.
Results: The results of this study indicate a high level of ethical behavior of nurses, reflecting commitment and sensitivity to patients in daily clinical practice. Over 84% of nurses report that they spend sufficient time with patients and listen carefully to them, which indicates respect for the principles of autonomy, dignity and ethical communication.
Conclusions: The results of this study showed that nurses demonstrate a good level of ethical behavior compared to the level of ethical behavior of students, showing commitment to providing quality care, respect for patient autonomy and emotional involvement in treatment.

Keywords: *ethics, nurse, nursing student, general ethics*

UNIVLORA SCIENTIFIC JOURNAL

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Conference Abstract

The Impact of Eating Habits and Physical Activity on the Health of Students at the University of Vlora.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Student health is an essential aspect of their academic and personal development. Factors such as eating habits and the level of physical activity play an important role in determining their physical and psychological well-being.

Objective: The aim of this study is to assess the impact of eating habits and the level of physical activity on the health of students at the University of Vlora. This study aims to identify the connections between nutrition, physical exercise.

Methods: This is a cross-sectional study of explanatory and descriptive type, conducted during the period April–June 2025. In this study, 500 students from the University. Among them: 346 were students in the FSH, 66 in the FE, 47 in the FSHTN, and 41 in the FSHH.

Results: The results of this study show that there are statistically significant differences in students' eating habits depending on gender. 5.8% of male students had eating patterns categorized as "unhealthy," while this % was lower among female students (3.1%). 36.2% of students consume sweets and carbonated drinks several times a week.

Conclusions: This study presents a clear picture of the impact that eating habits and physical activity have on the health of students at the University of Vlora. The data show that the majority of students maintain a Body Mass Index (BMI) within the normal range.However, the presence of a not-insignificant percentage of students with overweight and obesity suggests that weight alone is not sufficient to evaluate well-being, as other factors such as food quality and level of physical activity.

***Keywords**: BMI, eating habits, physical activity.*

UNIVLORA SCIENTIFIC JOURNAL

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Conference Abstract

Wearing Sterile Gloves and a Mask During Procedures Protects the Health of Nursing Personnel.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: In contemporary healthcare, the safety of nursing staff is a key component in ensuring a functional and sustainable system. Nurses, as an essential part of the front line of contact with patients, are exposed every day to a number of risks.
Objective: To identify current practices, challenges in the use of sterile gloves and masks and to draw recommendations for improving working conditions and professional safety.
Methods: This is a cross-sectional study that aims to identify the way in which nursing staff use sterile gloves and masks during nursing manipulations. This study was conducted at the "Omer Nishani" Regional Hospital in Gjirokastra, and in 2 Health Centers during the period April - June 2025.
Results: 70 nurses were included, 58 females and 12 males who had at least 6 months of work experience. 42 nurses (60%) in hospital and 28 nurses (40%) in QSH.
The average age of participants was 36.2 years, 54% Bachelor's degree, 37% M.P, 9% Scientific Master. 21% have 0–5 years of work, 30%
(6–10 years), 27% (11–16 years), 22% (more than 15 years). Mask: 31% think they need to be used *regularly*, 40% *sometimes*, and 29% *rarely*. Gloves: 63% think they need to be used *regularly*, 24% *sometimes*, and only 13% *rarely*. 62% report using masks and gloves *often*, 14% *a little*, and 24% *rarely*. 70% said *Yes*, 6% *Do not use them*, 24% use them *rarely*. The reasons are: 98% *mention personal safety*, 90% *for infection prevention*, 81% *mention institution policies*, 76% *official guidelines*, 9% *other reasons*.
Conclusions: The results show that gloves are used more often than masks, and mask use remains a concern. The training of nursing staff is not unified and complete.

Keywords: *gloves, masks, nursing staff, education.*

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Conference Abstract

Ethical Dilemmas of Nursing Staff in Healthcare

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: The code of ethics can be defined as "a set of agreed rules and expectations created for a specific purpose". In fact, it has several functions, including promoting and maintaining ethical standards of professional behavior, nurturing the moral profile of the care expert and encouraging him to ask himself questions of a moral nature.

Purpose: To become familiar with the ethical dilemmas of the nursing staff at the Vlora Regional Hospital on the legal and ethical aspects of nursing in healthcare.

Methodology: The code may also describe ethical behavior that is not legally present, for example, voluntary engagement in ethical behavior involving patient care. A further function is to regulate the ethical behavior of the profession, identifying parameters for acceptable ethical practice and clarifying to the community what is required of nurses. It also emphasizes standards of ethical practice that all nurses should adhere to.

A descriptive, cross-sectional design was adopted to explore knowledge among 120 nurses at the Vlora Regional Hospital. Non-probability purposive sampling technique was used.

Results: The study included 120 nurses at the Vlora Regional Hospital, who were surveyed regarding ethical dilemmas in healthcare. A semi-structured questionnaire was self-administered to collect data. The data were analyzed using SPSS software, descriptive analysis, and chi-square test.

Conclusion: The majority of nurses, about 95%, declare that they know the basic principles of the Code of Ethics, about 3% do not know them and 2% abstain.

Keywords*: code of Ethics, nursing staff, care, education, patient.*

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Conference Abstract

The Impact of Stress During the Exam Period on Nursing Students' Eating Attitudes.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: The exam period represents a challenging and stressful time in students' lives. Under the continuous pressure of preparation and academic performance, many students tend to neglect important aspects of their well-being, such as adequate sleep, physical activity, and healthy eating behaviors. These factors, which directly affect both physical and psychological health, often diminish in priority under exam-related stress.

Objective: The aim of this study is to explore and analyze the relationship between the level of stress experienced by nursing students during the exam period and their attitudes toward eating.

Methods: The study focused on assessing students' stress levels during the exam period and identifying problematic eating attitudes. The hypothesis proposed that high levels of stress during exams contribute to the emergence of unhealthy eating behaviors. Data were collected through assessment instruments measuring perceived stress and eating attitudes, allowing analysis of the relationship between these two variables.

Results: The findings revealed a positive correlation between stress levels and problematic eating attitudes. It was observed that the higher the level of stress experienced by students, the more pronounced the unhealthy eating behaviors.

Conclusions: The study findings confirm the hypothesis that high stress during the exam period negatively affects nursing students' eating attitudes. This highlights the need for supportive interventions aimed at promoting psychological well-being and healthy habits during periods of high academic pressure.

Keywords: *stress level, students, eating attitudes, exams.*

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Conference Abstract

The Role of Nurse in the Management of Fear in Patients in the Preoperative Phase.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Preoperative care should not be limited to the physical preparation of the patient for the surgical procedure, but should also include special attention to their emotional and psychological aspects.
Objective: The purpose of this is to investigate and evaluate the essential role that nurses play in managing patients' fear during the preoperative phase.
Methods: This literature review was conducted based on a systematic electronic search, which includes current publications. Full articles were searched and summarized due to similarity in several criteria.
Results: Studies were selected that highlighted the role of nurses in treating patients' fear.
Conclusions: According to these studies, by taking care of the emotional and psychological aspects of patients before surgery, we can ensure a better preparation to face the surgical procedure and improve their chances of a successful recovery.

Keywords*: patient, nurse, preoperative care, anxiety, fear.*

UNIVLORA SCIENTIFIC JOURNAL

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Conference Abstract

Nursing Role in Preventing Physical Injuries During Hospitalization of Geriatric Patients.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: A fall is defined as "an event that results in a person unintentionally falling to the ground or other lower surface". Falls constitute one of the most frequent and serious public health problems in the elderly, being a significant cause of physical injury, loss of independence, increased length of hospital stay and mortality. They often occur during routine daily activities, but also during hospital stays, where factors such as functional impairment, chronic diseases and the hospital environment increase the risk. Preventing falls in geriatric patients is an essential component of patient safety and requires coordinated interventions. In this context, the role of nurses is essential for identifying risk, implementing preventive measures and continuously monitoring patients.

Objective: The purpose of this study is to assess the role of nurses in preventing physical injuries during hospitalization of geriatric patients, by analyzing knowledge, attitudes and practices of nursing care, with the aim of identifying the needs for improvement interventions.

Methods: The study is cross-sectional and was conducted during the period April–June 2025. The study included nurses employed at the Vlora Regional Hospital. Data collection was carried out through the electronic platform Google Forms. The instrument used was a self-administered questionnaire, consisting of five sections: socio-demographic data, knowledge, attitudes, nursing practices for injury prevention and knowledge of fall risk assessment tools.

Results: 72 nurses participated in the study, of which 77.8% were female and 22.2% male. The majority belonged to the age group 30–39 years (47.2%). 69.4% of nurses had not attended specific training on falls prevention. Although 75% declared that they are familiar with fall risk assessment tools, 47.2% had never used them in practice. The most used tools were Tinetti Balance & Gait Assessment and Morse Fall Scale. The

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vast majority (91.7%) considered these tools to be very effective in preventing falls.

Conclusions: The results show that the use of fall risk assessment tools is influenced by gender and educational level, with nurses with higher education showing a greater tendency to implement them. The lack of continuous training constitutes a significant obstacle in nursing practice, highlighting the need for structured educational programs to increase the safety of geriatric patients.

Keywords*: geriatric patients, nurses, hospitalization, physical injury, prevention.*

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Conference Abstract

Patient Education as a Dimension of Nursing Care in Increasing the Level of Knowledge About Self-Management of Hypertension.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Hypertension is a pathology that can lead to serious complications. Healthy eating and physical activity are effective treatments for lowering blood pressure. Other lifestyle changes that can help include quitting smoking, reducing stress, and reducing alcohol consumption. The role of the nurse takes on great importance in the management of hypertension, including all aspects of care, early detection of the disease, referral and treatment, diagnosis and medication management, patient education, counseling, and patient involvement in the entire process.

Objective:This study aims to identify the role of primary care nurses in advising patients during the hypertension management process.

Methodology: To measure the knowledge of care in patients with hypertension, the study included 80 patients in the Vlora district who were diagnosed with hypertension. They were distributed a questionnaire in order to assess if they follow the advice of the nurses and if these advice affects their adherence to medication, diet change, smoking etc. The patients were randomly selected in health care centers of Vlore city and were assured the anonymity of their data.

Results: The age group that is most regularly shown in taking medications is over 55 years old. 51.2% of patients walk 30-60 minutes a day. 38.8% say that although they have been smokers, they have quit after finding out about their disease. 41.3% of the sample claims that after being diagnosed with hypertension, they have quit drinking alcohol.

Conclusions: This study confirmed the importance of health education and its impact on the effective management of hypertensive diseases.

Keywords: *hypertension, management, nursing role, prevention.*

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Conference Abstract

Identifying Problems in the Nursing Service to Avoid the Emigration of Qualified Health Workers.

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: The nursing profession in Albania continues to face professional undervaluation and a weak public image. Alongside challenging working conditions and low financial compensation, many young people perceive nursing as a profession with limited prospects, which contributes to the tendency to emigrate. This study aims to understand the factors influencing young people's perceptions and to identify measures to increase interest and retain the nursing workforce in the country.

Objective: To identify the perceptions of young people aged 15–21 regarding the nursing profession and the factors influencing their career choices in health care, including working conditions, professional development,opportunities for specialization abroad and key motivational factors.

Methods: A descriptive study using a structured questionnaire was conducted with 132 young participants in Vlora and surrounding areas. A combined voluntary and random sampling method was applied. Data were analyzed using descriptive statistics and qualitative interpretation.

Results: 65.1% of participants emphasized salary increase as the main factor that would raise interest in nursing, 59% highlighted improved working conditions, and 36.1% pointed to professional development opportunities. 61.4% would be motivated by the opportunity to specialize abroad. Additionally, 53.8% do not consider nursing a profession with a positive social image.

Conclusions: Nursing is perceived as a secondary career option, largely influenced by economic factors and lack of appreciation. The strong preference for specialization abroad signals a real risk of future nursing workforce loss.

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Keywords: *nursing, perception, youth, motivation, emigration, working conditions, professional development, social image.*

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Conference Abstract

Substance Use Disorder

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Illicit drug use disorders represent a major public health challenge worldwide, with profound health, social, and economic consequences. The use of illicit substances such as opioids, cocaine, amphetamines, cannabis, and synthetic drugs is associated with substance dependence, psychiatric comorbidities, increased risk of infectious diseases, and significant social and occupational impairment. These disorders place a substantial burden on healthcare systems and require comprehensive, evidence-based interventions.

Purpose: The aim of this study is to describe the main characteristics of illicit drug use disorders, identify key risk factors, and highlight the role of healthcare services in the prevention, early identification, and management of these conditions.

Methods: A narrative review of recent scientific literature was conducted, focusing on studies addressing the epidemiology, health consequences, and therapeutic interventions related to illicit drug use disorders.

Results: The literature indicates that illicit drug use disorders are frequently associated with psychiatric
comorbidities, high relapse rates, and social marginalization. Effective management strategies include psychosocial interventions, pharmacological treatment, harm reduction approaches, and multidisciplinary care. Early screening and integrated healthcare services have been shown to improve treatment adherence and patient outcomes.

Conclusion: Effective management of illicit drug use disorders requires integrated, evidence-based approaches that combine prevention, treatment, and rehabilitation. Strengthening the role of healthcare professionals and expanding access to comprehensive care are essential for reducing the individual and societal burden of illicit drug use disorders.

Keywords: *substance, disorder, comorbidity*

UNIVLORA SCIENTIFIC JOURNAL

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Conference Abstract

The Use of Biosafety Measures by Nursing Staff at Vlora Regional Hospital

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Abstracts of the Third Faculty of Health Scientific Conference

Abstract

Introduction: Biosecurity measures in nursing are important for several reasons, primarily to prevent healthcare-associated infections (HAIs) and to protect both healthcare workers and patients from infectious diseases. These measures include a wide range of protocols, such as hand hygiene, the use of personal protective equipment (PPE), safe injection practices, and proper handling and disposal of potentially infectious materials.

Purpose: The objective of this research was to observe/study the implementation of biosafety standards by the nursing staff in the regional hospital of Vlorë.

Methodology: This is across-sectional descriptive study conducted on the nursing staff of the regional hospital of Vlorë during April-June 2024, using the applied instrument "Questionnaire on knowledge of biosafety measures in nursing".

Conclusions and Discussions: According to the data presented in the table, we obtain the information that 87.1% of nurses are aware of the proper method of disposing of hospital waste compared to 80% of nurses in Spain. The most commonly used method of handwashing is antiseptic, with 60% of nurses using it. 67.1% have chosen to wash their hands in all cases, both before and after using gloves, and also when having contact with the patient. 52.6% of nurses have reported that they use personal protective equipment more than 6 times per shift compared to 37.7% of staff in Peru, and compared to 11% in Spain who never use them. Work experience in-

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fluences the knowledge that nurses have regarding biosafety measures, according to the Chi-Square table analysis. 52.9% of nurses have participated in training related to biological safety, while 47.1% have stated they have not but see it as important to participate in such training.

Keywords: *biosecurity measures, nursing personnel, nosocomial infections, regional hospital*



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