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EVALUATION OF THE QUESTIONNAIRES DIRECTED AT THE DERMATOLOGIC KNOWLEDGE LEVEL OF STUDENTS AT TRAKYA UNIVESTITY KIRKLARELI AND EDIRNE HEALTH COLLEGE

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Summary. In this study, the knowledge and attitudes of intern nursing students (n=142) about the dermatologic diseases and their treatments were investigated. The informations were collected by the students who are included in the study through questionnaires. It was observed that the students had advanced knowledge about the management of dermatologic diseases. However, they had missing information about the spreading manner of the infection, findings and treatment of the disease, and the pharmacologic features of the drugs used in the disease. The expectations of the patients and the community of the nurses increases every day. Those needs may only be met by using the theoretical and practical knowledge together during the education of the nurses. It was concluded that giving more education about the dermatologic diseases may improve the success of the nurses on the practice management, since the skin is the first met and the largest organ of our body.

Key words: *dermatologic diseases, nursing students, knowledge*

INTRODUCTION

The role of nursing in patient care and diseases has been developed and widened parallel to the improvements in the health systems in the last 20 years. The rapid and fundamental improvements in health care necessitates the nursing to understand the principles about modern information and practice, to adapt to the lifetime education, to use the new ability and skills for individual, family and community use (Ok and Babacan, 1995). Education has an important role in carrying out the nursing service effectively (Bilen, 1990, Ertürk, 1991). Nursing education is a health discipline comprising theoretical and practical applications. Like all practice-based disciplines, the educational programmes of nursing should include both theoretical and practical applications (Uyer, 1992). Student educations should be performed actively for vision-based field like dermatology. The aim of active education is teaching the students the methods of gaining and using information (Özcan et al., 2003).

Skin is an organ of communication and has an important role in development and socializing throughout the lifetime. Skin disorders, distinct from most of the internal diseases, are seen by other people. Thus, people with skin disorders may be affected in their social and emotional performance (Bull and Rumsey, 1988). Skin, as the widest and visual organ of human body, is important in the aspect of physical and psychological benefit (Calikusu et al., 2003).

İtchiness, vitiligo, psoriasis in chronical urticaria and colour changes of the skin in Behchet's disease may adversely affect the patients with those diseases. They may cause psychiatrical problems (Devrimci-Özgüven et al., 2000, Çalıkoğlu et al., 2001, Mercan and Altunay, 2006). Although there are many therapies of skin disorders, the medical treatment should be personal, because the activities of drugs used in this area are under the desired level and necessitate a long-time participation and adaptation of the patient. True diagnosis, proper treatment and patient participation are important components of skin disease treatment (Kuenzli and Saurat, 2006). Patient participation may be achieved by the reliance on health workers (doctor, nurse) and by giving true information.

Patient education on hygiene and lesion care and psychological support to him are two other aims of nursing. In this point of view, a nurse should have enough knowledge on dermatological diseases. The education of nurses on that subject should start at the university. There is no specific investigation on the knowledge of nurses or student nurses on dermatological diseases in the literature.

OBJECTIVE

Nursing as a more multi-directional and privileged occupation compared to other professions makes this occupation mandatory to raise the studensts very carefully (Uyer, 1992). The aim of this study was to evaluate the dermatological knowledge of the student nurses and their manner towards the dermatological dis-

eases one week before they graduated from University of Trakya Edirne High School of Medicine, considering the knowledge, skills and attitudes that should be given throughout a nursing education.

MATERIALS AND METHOD

A total of 142 students who graduated from Kırklareli and Edirne High Schools of Medicine in June 2006 were included into this study. The questionnaires with 25 questions were filled as true (D), false (Y) or 'have no idea'. The identifications of the participants were not recorded to avoid any subjective answer and the data were collected immediately afte

Before the data collection, all the students were informed about the aim and content of the study, and their oral consents were taken for participation. The ethic commitee of Univerity of Trakya approved the study in order to perform the study and collect data. The questionnaire we performed is shown in Table 1.

Table1. Questionnaires Directed at the Dematologic Knowledge Level

1- All of the skin disorders are constituted to internal organs with cause disorder . (T)
2- Acnes are relationship at close range with German diet. (F)
3- Anti-histaminical drugs are effects itch similar symptoms. (T)
4- Steroids may have side effects in locally using. (T)
5- Psoriasis may have infect with direct contact at approximately %20 rate. (F)
6- Topical steroids provide a speedy recover in the folliculitis. (F)
7- Angioedema in urticaria disease requires the emergent evaluation of the patient . (T)
8- The eggs of louse can easily leave the hair. (F)
9- The factor of vitiligo's disease is str. viridans. (F)
10- Scabies is caracterized by night itches. (T)
11- Urticaria constitutes as a reason of drug, infection or foods. (T)
12- Systemic steroids provide a speedy recover in the psoriasis. (F)
13- The river disorders are the most frequent cause acne. (F)
14- Powerfull topical steroids should be used for face and inguinal region because of the insuffiecient effect. (F)
15- Behchet' disease may cause in the genital ulcerations. (T)
16- U.V. are accused on the aetiology of skin cancer . (T)
17- To moisture the feet is as important as using drugs for prevention of tinea pedis. (F)
18- Fungal diseases of the foot are always itchy. (F)
19- Decubitus ulcerations for patients are given to at least one of the two times positional change. (T)
20- Air-circulated bed use are proposed for decubitus ulceration's patients. (T)
21- Behchet' disease is one of the cause in oral ulcerations. (T)
22- The most blood glucose following must to make because systemic steroids decrase blood glucose. (F)

23- The most freguent cause of male-type hair loss is vitamin insufficiency . (F)

24- Applying heat to the acute inflamatory region facilitates the recovery. (F)

25- Buls and scar tissue points out severe burn for burn patients. (T)

FINDINGS

The answers of 142 participants to the 25 different question groups and their percentages are shown in Table 2 as seperate titles.

Table 2. Questionnaires Results

	Number	%
1. All of the skin disorders are constituted to internal organs with cause disorder. (F)		
True	41	
Fals	82	57,74
Have no idea	19	
2. Acnes are relationship at close range with German diet. (F)		
True	123	
False	13	9,15
Have no idea	6	
3. Anti-histaminical drugs are effects itch similar symptoms. (T)		
True	104	73,23
False	16	
Have no idea	22	
4. Steroids may have side effects in locally using. (T)		
True	48	33,88
False	6	
Have no idea	88	
5. Psoriasis may have infect with direct contact at approximately %20 rate. (F)		
True	22	
False	54	38,02
Have no idea	66	
6. Topical steroids provide a speedy recover in the folliculitis. (F)		
True	41	
False	5	3,52
Have no idea	96	
7. Angioedema in urticaria disease requires the emergent evaluation of the patient . (T)		
True	75	52,81
False	4	
Have no idea	63	
8. The eggs of louse can easily leave the hair. (F)		
True	34	
False	94	66,19
Have no idea	14	
9. The factor of vitiligo's disease is str. viridans. (F)		
True	15	
False	3	2,11
Have no idea	124	

10. Scabies is caracterized by night itches. (T)		
True	77	54,22
False	26	
Have no idea	39	
11. Urticaria constitutes as a reason of drug, infection or foods. (T)		
True	64	45,07
False	20	
Have no idea	58	

Continuation table 2

12. Systemic steroids provide a speedy recover in the psoriasis. (F)		
True		
False	13	10,50
Have no idea	85	
13- The river disorders are the most frequent cause acne. (F)		
True	58	
False	49	34,5
Have no idea	35	
14. Powerfull topical steroids should be used for face and inguinal region because of the insuffiecient effect. (F)		
True	21	
False	9	6,33
Have no idea	112	
15. Behchet' disease may cause in the genital ulcerations. (T)		
True	57	40,14
False	8	
Have no idea	77	
16. U.V. are accused on the aetiology of skin cancer . (T)		
True	134	94,36
False	3	
Have no idea	5	
17. To moisture the feet is as important as using drugs for prevention of tinea pedis. (F)		
True	57	
False	60	42,25
Have no idea	25	
18. Fungal diseases of the foot are always itchy. (F)		
True	63	
False	57	40,14
Have no idea	22	
19. Decubitus ulcerations for patients are given to at least one of the two times positional change. (T)		
True	135	95,07
False	6	
Have no idea	1	
20. Air-circulated bed use are proposed for decubitus ulceration's patients. (T)		
True	141	99,29
False	1	
Have no idae	0	
21. Behchet' disease is one of the cause in oral ulcerations. (T)		
True	38	26,76
False	18	

Have no idea	86	
22. The most blood glucose following must to make because systemic steroids decrase blood glucose. (F)		
True	66	
False	8	5,63
Have no idea	68	
23. The most freguent cause of male-type hair loss is vitamin insufficiency . (F)		
True	35	
False	55	38,73
Have no idea	52	

Continuation table 2

24. Applying heat to the acute inflamatory region facilitates the recovery. (F)		
True	37	
False	48	33,8
Have no idea	57	
25. Buls and scar tissue points out severe burn for burn patients. (T)		
True	97	68,30
False	33	
Have no idea	12	
Total	142	100,0

DISCUSSION

We tried to determine the subjects on which the students were imperfect by discussing the questions one by one.

The majority of dermatological diseases arise from external factors. However, this situation is usually misunderstood by the society and skin disorders are related to internal organ diseases. When we asked about the origin of dermatological diseases the student nurses in our study, the right answer rate was 57%. This case shows that the people who are given the education of health care, do not agree with the general thoughts of the society.

Acne is a chronic inflammatory disease of hair-adipose gland unit and affects many people many times throughout lifetime, especially in puberty (Brajac et al., 2004). Wrong beliefs about acne is one of the most important factors that worsen this disease (Gren and Sinclair, 2001). Many studies show that stress, insufficient hygiene and hormonal factors are responsible for the beginning of acne (Chan anf Rohr, 2000). One of the questions in the questionnaire was about the relationship of acne with diet. A considerable number of students gave wrong answers to that question. Only 9% of students answered correctly. Likewise, when we asked if the liver disorders can cause acne or not, 40% answered incorrectly. This situation shows that student nurses have insufficient information on this dermatological disorder.

Itching is a frequent symptom in dermatology. Its origin may be peripheral or central. Many mediators may have role in its beginning. It appears as lokalized, general, chronic and persistent in the clinics (Arıcan, 2005). Superficial fungal diseases caused by dermatophytes and candidae, and parasitic diseases like scabies

are some of the causes of rash (Weisshaar et al., 2003). The question of the questionnaire which proposes that “scabies is characterized by night itches” and that “fungal diseases of the foot are always itchy” were answered 54% and 40% correctly, respectively. Since it appears in different etiologies for different diseases, there are many treatment options. Anti-histaminical drugs are preferred for ithes because of their sedative effects (Yosipovitch, 2003). The question on the aim of anti-histaminical drug use was mostly answered correctly (73%) by the students.

The steroids were first named by Coollow and Young, first isolated by Kendall in 1936 and were locally used in dermatological disorders since 1950s (Kınacıgil, 1963). The question on the topical usage of steroids in dermatological diseases was answered as “have no idea” by most of the students (62%). Likewise, 79% marked the “have no idea” option for the question “Powerful topical steroids should be used for face and inguinal region because of the insufficient effect”. Steroids may sometimes have life-threatening side effects (Samancı and Balcı, 2001). Topical steroids are never used for any period of folliculitis (Tüzmen and Sarıkaya, 2004). It was determined that 63% of the students have marked “have no idea” for the question about tle effect of local usage of steroids in folliculitis.

Hyperglycemia is one of the complications of long-time systemic steroid use (Wojas-Pelc et al., 2002). Only 5% of the students gave the right answer to the question on “the effect of systemic steroids on blood glucose”.

Psoriasis is a chronic benign inflammatory skin disorder. Although it is not well defined which factors trigger this disease by which mechanisms, it was reported that trauma, stress, streptococcal infections and several environmental factors have impact on it. Genetical studies also show that it may be a hereditary disease (Oskay and Kundakçı, 2000, Aydemir et al., 2002). The students were asked if psoriasis is an infectious disease or not, and 46% marked the option of “have no idea”. Dermatologists always have problems in psoriasis treatment. Different drug groups are used up to today. But none of them prevents the recurrency (Özçelik and Akyol, 2005). Topical steroids are the most prescribed drugs for the treatment of psoriasis (Kaya, 2005). For the treatment of that disease, systemic steroids should be preferred in severe cases (Ermertcan and Öztürkcan, 2004). 60% of the students marked the “have no idea” option when they were asked about the effect of systemic steroids used for psoriasis treatment on the clinical view.

Urticaria is a vascular reaction that occurs against several stimulations by the mediation of several different mechanisms (immunological or non-immunological). It is charcterized by itchy, pale erythema, oedematous papules and plaques. There are many triggers of urticaria. Drugs, foods, infections and some physical reasons are the most widespread triggers. When we questionned the etiology of urticaria, 45% of the student answered correctly. This has been related to the fact that 15-25% of the society have at least one urticaria attack throughout the lifetime

(İşçimen and Göksügür, 2002). The urgent problems usually met in dermatology may sometimes be as serious as necessitating to stay at an emercency unit up to 24 hours (Ünal, 2002). Urticaria and angioedema are the most frequent seen dermatological emergencies (İşçimen and Göksügür, 2002). 52% of the students answered the question angioedema in urticaria requires the emergent evaluation of the patient" correctly.

Male-type, or in other words, androgenical hair loss is related to hormonal changes. Besides the genetical predisposition, some types of drugs, goiter disease, skin diseases or vitamin insufficiency may cause hair loss (Karaman et al., 2006). 38% of the participants in the questionnaire answered the question "the most frequent cause of male-type hair loss is vitamin insufficiency" correctly.

The diagnosis of "lousiness" and louse eggs is about their location on the roots of hair as an attached harm. In contrast to the dandruff, they do not fall when the hair is combed (Mumcuoğlu et al., 2006). The students answered the question "the eggs of louse can easily leave the hair" 66% correctly. It was related to the fact that infection of head louse is seen frequently in our community, especially in childhood.

Vitiligo is a chronic pigmentation disorder characterized by unpigmented macules which develops as a disorder of melanin pigment and functional melanocyte loss in the skin. The etiopathogenesis is still not fully understood (Njoo and Westerhof , 2001). 87% of the students marked the option "have no idea" for the question on the cause of vitiligo .

Skin and mucosal symptoms are the most important findings that charcterize Behchet's disease. The most frequent symptoms of the disease in different countries are oral and genital ulcerations, changes in the skin, changes in the eye and articular findings (Alpsoy, 2005). The question on the oral and genital ulcerations in the Behchet's disease was answered as "have no idea" by 54% and 60%, respectively.

The effect of UV on the health of human is commonly by the skin. It was reported that the long time effects of UV are degeneration-based skin ageing and skin cancers (Tekbaş et al., 2005). The increasing knowledge of our community on cancer was reflected in our questionnaire. The question on the etiology of skin cancer was answered correctly by 94% of the students.

Thermal applications are performed for the treatment of inflammatory regions. Cold applications are mainly preferred for its beneficial effects on removing the ache, swelling and inflammation of the acute inflammatory region (Tüzün, 2002). The wrong proposition of "applying heat to the acute inflammatory region facilitates the recovery" was answered correctly by 33% of the questionnaire participants.

The burns that cover more than 20% of the skin are considered as serious. First degree burns are seen with superficial epidermal damage. Second and third degree burns (i.e. severe burns) are characterized by bullaes and scar tissue for-

mation (Gemalmaz et al., 2000). The question on the classification of burn degrees was answered correctly by 68% of the students.

Tinea pedis is seen frequently among teenagers who do not pay enough attention to foot care. For protection, they are suggested to use air-circulated shoes, to prefer non-synthetic cotton socks, and to dry their foot, especially the areas between toes, carefully (Kaymak and Bakır, 2005). The wrong proposition of "to moisten the feet is as important as using drugs for prevention of tinea pedis" was answered correctly by only 48% of the student nurses.

The most frequent complication in patients who are bedridden and are not treated well for skin care is decubitus ulce

changes and air-circulated bed are proposed to prevent the pressure (Yurtarslan et al., 2005). These applications take place in basic nursing services. The question about the positional change and air-circulated bed use were answered correctly by the srudents as high as 95% and 99%, respectively.

The role of nurses in preventing and treating services is very important in Turkey and in other countries. Besides, the expectations of the patients of the nurses are increasing together with the increasing health knowledge. In order to meet those expectations, theoretical and practical lessons should complete each other which takes place as a base of nursing education.

RESULTS AND SUGGESTIONS

As a result, our questionnaire showed that the student nurses have advanced knowledge on care and applications in dermatological diseases. However, it was determined that their knowledge about spreading routes, findings, treatments of dermatological diseases, and the pharmacological properties of the drugs used in dermatological diseases was not enough.

It was concluded that, since skin is the first organ to be seen in every patient, and dermatological diseases are very frequent in the community, the nurses should be better informed about those subjects in order to increase their performance on patient care.

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