

4th International **NURSING RESEARCH, GYNECOLOGY & WOMEN'S HEALTH**

JULY 14-15, 2025

SAN FRANCISCO, CA, USA

EXHIBITORS



**National
Multiple Sclerosis
Society**

mochi
HEALTH

**Venue: Hyatt Regency San Francisco Airport
1333 Old Bayshore Hwy, Burlingame, CA 94010, United States**

Day 1

Scientific Program

08:30–08:45: Registrations

08:45–09:00: Opening Ceremony

July 14, 2025 | San Francisco, CA, USA

Meeting Hall: Cypress A

Keynote Presentations



09:00–09:30

Title: Emerging sense of self: RN or team member?

Jen Mohaupt

McMaster University, Canada



09:30–10:00

Title: Unexplained Infertility, or Is It Just Endometriosis?

Karli Provost Goldstein

Esse Care and Wellness LLC, United States

Session Introduction

Session Chair: Jen Mohaupt, McMaster University, Canada

Session Co-Chair: Karli Provost Goldstein, Esse Care and Wellness LLC, USA

Tracks

Public Health Nursing | Advances in Nursing Education | Mental Health and Psychiatric Nursing Advances | Excellence in Clinical Nursing Practices | Translational Research in Cancer Care | New Frontiers in Oncology Nursing | Medical Complications in Pregnancy | Pregnancy and Childbirth | Women Health Related Issues | Infertility | Menopause

Oral Presentations

10:00 – 10:20

Title: Comprehensive analysis of immunization program efficacy in Bahir Dar city: A six-month retrospective study
Bihonegn Asmamaw Moges
Central South University, China

Group Photo | Coffee Break 10:20-10:40 @ Cypress B

10:40–11:00

Title: Review of Female Genital Mutilation Practices Worldwide and the Perception of Men and Women towards FGM in Australia
Sandhya Gupta
Central Gippsland Health, Australia

11:00–11:20

Title: Multidisciplinary team based care approach in improving patient experience among postnatal mothers
Vanitha Rajakumar Sudaliamani
Royale Hayat Hospital, Kuwait

Exhibitor Demo

11:20–11:40

Alisa Schwaneberg
National Multiple Sclerosis, United States

11:40–12:00

Title: Development of membrane-lytic Anticancer Peptides for the treatment of individual Cancer types
Oluebube Nwajiaku
King's College London, United Kingdom

12:00–12:20

Title: Evaluation of the ease of use and acceptability of an innovative Episometer in ensuring an accurate mediolateral Episometer
Sandhya Gupta
Central Gippsland Health, Australia

12:20–12:40

Title: Understanding pre-nursing students' academic needs among students with disabilities requiring accommodation within an HBCU
Abida Solomon
Prairie View A&M University, United States

12:40–13:00

Title: PRES Presenting with Syncope in the Setting of Eclampsia
Clara McMillan
William Carey University College of Osteopathic Medicine, United States

Lunch Break 13:00-14:00

14:00–14:20

Title: vNOTES vs Conventional Laparoscopic Ovarian Cystectomy for Dermoids – Cost Comparisons of Two Minimally Invasive Routes

Zachary Penny

North Middlesex University Hospital, United States

14:20–14:40

Title: Colposcopic diagnostics cervical glandular intra-epithelial neoplasia and new therapy

Igor Jeremic

HPV diagnostic center, Serbia

Exhibitor Demo

14:40–15:00

Mochi Health, United States

Coffee Break 15:00-15:20 @ Cypress B

15:20-16:20

Poster Presentations

P001

Title: A Pregnancy Management Checklist for Patients with Multiple Sclerosis: Human-Centered Development

Anuoluwa Ayeni

UCSF, United States

P002

Title: Experiences and care needs of male family caregivers of older adults with dementia: A qualitative study

Hung-Ru Lin

National Taipei University of Nursing and Health Sciences, Taiwan

P003

Title: Outbreak Investigation of Suspected Acute Watery Diarrhea (AWD), Wogera District, North Gondar Zone, Amhara, Ethiopia, October 2017

Girma Birhanu Nurie

Addis Ababa City Administration Health Bureau, Ethiopia

Panel Discussion & Certificate Falcitation
Day –1 Ends

Day 2

Scientific Program

**Virtual Mode Zoom Meeting
(UTC-7) Time in San Francisco, CA, USA**

July 15, 2025 | San Francisco, CA, USA

Oral Presentations

07:00-07:20

Title: Perception of cognitive load in Chinese epileptic nurses: A descriptive phenomenological study

Liu Xinmin

The First Hospital of Jilin University, China

07:20-07:40

Title: Clinical nurses' need for training in the clinical nutrition nursing wisdom course: A qualitative study

Hezi Zhang

Anhui Medical University, China

07:40-08:00

Title: Breast and cervical cancer awareness

Steve

Platica Medical consultation, Albert park, Melbourne, Australia

08:00-08:20

Title: Public perceptions of anti-inflammatory diets: A content analysis of social media comments

Xiaoman Wang

Anhui Medical University, China

08:20-08:40

Title: Compliance and performance benefits of the ISO 9001:2008 quality management system in Cotabato Regional and Medical Center

Rahma K. Andamen

Cotabato Regional And Medical Center, Philippines

08:40-09:00

Will be Updated Soon...

Young Ok Park

Korea

09:00-09:20

Title: Non-pharmacological home care dominates in covid-19 recovery: A propensity-matched analysis of self-care efficacy

Yueming Xu

Anhui Medical University, China

09:20-09:40

Title: Innovations in nursing research

Mary Anbarasi Johnson

CMC Vellore, India

09:40-10:00

Title: Health belief model and infection control practices

Afraa Talal Barzanji

Ministry of Health, Saudi Arabia

10:00–10:20	<p>Title: Evaluating the impact of nursing protocols on EVD infection control in adult neurosurgery patients with External Ventricular Drainage (EVD) at Directorate General of Khoula Hospital ICU (DGKH), Oman: A cluster-randomized trial</p> <p>Shamsa Abdullah Rashid Al Sharji Ministry of Health, Oman</p>
10:20–10:40	<p>Title: Effectiveness of venous embolization for pelvic pain</p> <p>Maciej Paszkowski Medical University of Lublin, Poland</p>
10:40–11:00	<p>Title: Breast Tuberculosis: The Importance of Early Diagnosis</p> <p>Maria Lemos Hospital Sao Vicente de Paulo, Brazil</p>
11:00–11:20	<p>Title: Uptake of Cervical Cancer screening and associated factors among women aged 21-65 years at the Bamenda regional hospital</p> <p>Ngoran Florence Catholic University of Cameroon, Cameroon</p>
11:20–11:40	<p>Title: IL-37 and IL-10 in women with gestational diabetes mellitus</p> <p>Kamila Gorczyca Medical University of Lublin, Poland</p>
11:40–12:00	<p>Title: Effectiveness of lifestyle modification and Iranian medicine on the treatment of infertility in a 28-year-old woman with tubal hydrosalpinx</p> <p>Rahil Roeintan Iran</p>
12:00–12:20	<p>Title: Managing endometriosis after reproductive age: clinical challenges during menopause</p> <p>Maria Lemos Hospital Sao Vicente de Paulo, Brazil</p>

Keynote Presentations



12:20–12:50

Title: Challenges and solutions for managing healthcare transformation to personalized, preventive, predictive, participative precision medicine ecosystems

Habil. Bernd Blobel
University of Regensburg, Germany



12:50–13:20

Title: Emerging trends in the treatment of endometriosis. What are we missing?

Mohamed Hosni
London North West University Hospitals, United Kingdom



13:20–13:50

Title: People's relations influence their health

Sofica C Bistriceanu

Academic Medical Unit - CMI, Romania

Speaker Sessions

13:50–14:10

Title: Communication in Healthcare-why digital innovation is not enough

Nonye Tochi Aghanya

Pace University, United States

14:10–14:30

Title: Fertility Starts with Feeling Supported

Jess Tims

Certified Fertility Doula, The Midwifery Institute, United States

14:30–14:50

Title: Gestational Management of a Patient with a History of Resected Pituitary Macroadenoma: A Case Report

Tori Thorkildsen

William Carey University College of Osteopathic Medicine, United States

14:50–15:10

Title: PRES Presenting with Syncope in the Setting of Eclampsia

Nagalakshmi N. Chimpudi

William Carey University College of Osteopathic Medicine, United States

15:10–15:30

Title: Investigating the Relationship between Salivary Estradiol to Progesterone Ratio and Onset of Labor: A Feasibility Study

Maren Beatrice Smith

University of California, United States

15:30–15:50

Title: Knowledge Assessment of Select Social Determinants of Health Topics: An Interview Study of Third-Year Medical Students During the OBGYN Clerkship

SanSophia Quesada

UC Irvine, United States

15:50–16:10

Title: Gestational Management of a Patient with a History of Resected Pituitary Macroadenoma: A Case Report

Nicole Waldman Forneris

William Carey University College of Osteopathic Medicine, United States

16:10–16:30

Title: Rare Presentation of Postoperative Small Bowel Obstruction through a Minute Peritoneal Defect: A Case Report

Swati Kumari

Bronxcare Hospital, United States

16:30–16:50

Title: From Surviving to Thriving: Reclaiming Health and Wholeness from the Inside Out

Stephanie Dunne

Stephanie Dunne Leadership, USA

Panel Discussion





4th International Congress on

Nursing Research, Gynecology & Women's Health

July 14-15, 2025 | San Francisco, CA, USA

HYBRID EVENT

EXHIBITORS

Our Mission

National Multiple Sclerosis Society

Leading the Movement to End MS Forever

Headquarters: 733 Third Avenue, 3rd Floor, New York, NY 10017, USA

Website: www.nationalmssociety.org

Toll-Free: 1-800-344-4867 | Email: contactus@nmss.org

Address: National MS Society, 733 Third Avenue, 3rd Floor, New York, NY 10017, USA



About the Organization

The National Multiple Sclerosis Society (NMSS) is the foremost nonprofit organization in the United States dedicated to improving the lives of people affected by Multiple Sclerosis (MS) a chronic, often disabling disease of the central nervous system. Established in 1946, the Society has played a transformative role in accelerating research, expanding access to care, and empowering individuals through education, advocacy, and community engagement.

The National Multiple Sclerosis Society exists because there are people living with MS. Our vision is a world free of MS. Our mission is: We will cure MS while empowering people affected by MS to live their best lives.

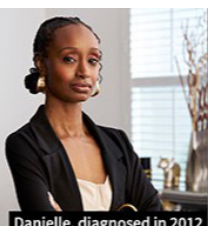
With headquarters in New York City and a national network of chapters and partners, NMSS drives progress by funding groundbreaking scientific research, supporting comprehensive healthcare services, and providing resources to help individuals with MS live full and productive lives.

Mission & Vision

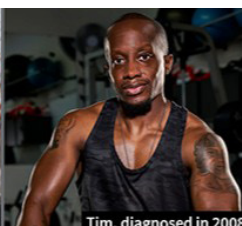
Mission: To cure MS while empowering people affected by MS to live their best lives.

Vision: A world free of multiple sclerosis.

The Society serves as a global leader in MS advocacy through a wide range of impactful programs and initiatives. From hosting awareness campaigns and nationwide events such as Walk MS and Bike MS, to advancing public policy that enhances patient care and access to insurance, the National Multiple Sclerosis Society is committed to creating a better world for everyone affected by MS.



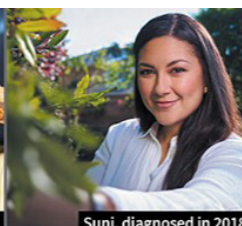
Danielle, diagnosed in 2012



Tim, diagnosed in 2008



Zakk, diagnosed in 2023



Suni, diagnosed in 2018

What We Do

- **Innovative Research:** Funding promising scientific breakthroughs to stop MS, restore function, and ultimately end the disease.
- **Support & Services:** Offering personalized assistance, helplines, local resources, and peer support groups.
- **Advocacy & Policy:** Championing policies that improve access to affordable healthcare, disability rights, and MS treatments.
- **Community Engagement:** Organizing nationwide events to raise awareness, connect people, and mobilize action.



Website: www.nationalmssociety.org

Our Mission

Mochi Health

Headquarters: San Francisco, CA, USA

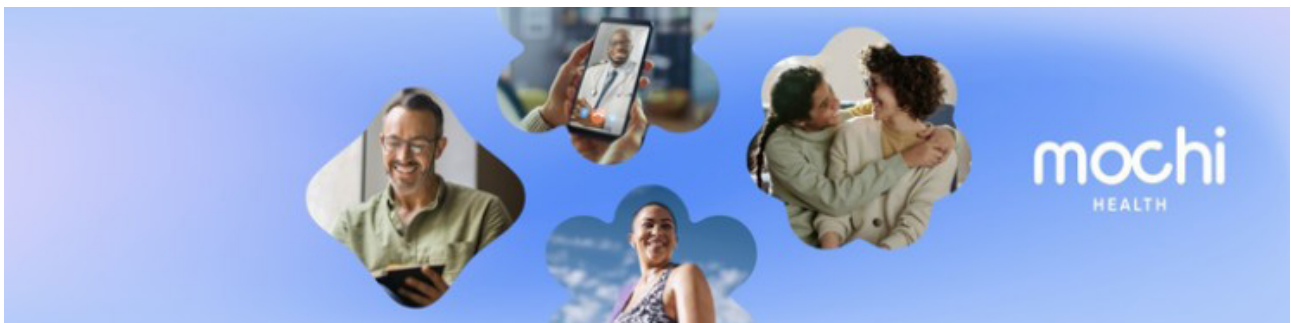
Website: www.joinmochi.com

Email: hello@joinmochi.com

About the Organization

Mochi Health is an innovative telehealth company focused on providing medical weight-loss care through a modern, accessible, and patient-centered model. Founded in 2022 by physician Dr. Myra Ahmad, Mochi Health aims to address the rising obesity epidemic with personalized treatment plans combining **clinically supported medications, registered dietitian coaching, and virtual care** available across the United States.

The platform was designed to deliver evidence-based obesity treatment while eliminating barriers to access such as travel, scheduling limitations, and affordability concerns.



Recent Developments

In **June 2025**, Mochi Health announced major upgrades to its platform, including:

- Streamlined onboarding and eligibility assessments
- Expanded access to care in all 50 states
- Enhanced video consultations and patient messaging
- Faster medication fulfillment timelines (within 24 hours of approval)

Challenges and Considerations

- **App Performance:** Some users report technical issues and navigation difficulties.
- **Customer Experience:** Complaints include delayed provider communication and strict refund policies.
- **Transparency:** Limited public details on provider credentials and fee structure.

- **Legal Attention:** Mochi Health is currently facing litigation by Eli Lilly over marketing practices involving compounded tirzepatide.



Summary & Recommendation

Mochi Health is a fast-growing digital health provider offering modern weight-loss care with a focus on convenience, affordability, and medical legitimacy. It is well-suited for individuals seeking at-home access to GLP 1 therapy under physician guidance.

Website: www.joinmochi.com



4th International Congress on

Nursing Research, Gynecology & Women's Health

July 14-15, 2025 | San Francisco, CA, USA

HYBRID EVENT

**KEYNOTE PRESENTATIONS
DAY 1**



Jen Mohaupt, RN, PhD*, Joanna Pierazzo, RN, PhD, Matt Sibbald, MD, PhD, Arden Azim, MD, Kate Demers, RM, MMiD, Margo Mountjoy, MD, PhD, Kirsten Burrows, CCPA, PhD

McMaster University, School of Nursing, Ontario, Canada

Emerging sense of self: RN or team member?

Background:

Interprofessional team competencies are essential in healthcare curricula. Undergraduate nursing students' participation in team resuscitation is typically limited in clinical practice, leaving gaps in their preparation for in-hospital emergencies. Strategies are needed to enhance students' self-efficacy and clinical competency to foster team cohesiveness and effective leadership, decision-making, and collaboration in emergencies.

Research Questions:

1. Can a single interprofessional code blue workshop enhance learners' knowledge, competence, self-efficacy, and interprofessional teamwork?
2. How does Bandura's four elements of agency influence learners' readiness to respond to in-hospital emergencies?
3. Will interprofessional simulation improve learners' readiness to respond collaboratively to in-hospital emergencies?

Workshop Description:

An interprofessional code blue workshop was developed, integrating students from four health professional programs. Each 3-hour learning session began with a pre-brief based on Brennan's self-efficacy model¹ to enhance confidence and competence. Participants rotated through four 20-minute stations: closed-loop communication, non-invasive oxygenation/ventilation, CPR, and defibrillation, followed by an integrative team-based scenario.

Methods:

Quantitative data were collected using surveys, including the Interprofessional Experiential Learning Scale² to assess readiness for interprofessional learning and the Resuscitation Self-Efficacy Scale³ to evaluate self-efficacy. The Emergency Response Performance Tool⁴ was used to assess team performance during simulations. Qualitative data were gathered through semi-structured focus groups, analyzed through the lens of Bandura's Theory of Human Agency^{5,6}.

Results:

Pre/post-interprofessional learning scores showed significant growth ($p < 0.01$), with the largest gains in "working together to develop a plan of care." Students felt most confident in CPR (4.32) and least confident in communication (3.65). Emerging themes aligned with the CIHC's Competency Framework⁷, but also included the emerging sense of self as RN vs. team member and tensions between skills and interprofessional communication.

Conclusion:

The interprofessional code blue workshop effectively enhances nursing students' self-efficacy in resuscitation and introduces them to interprofessional teams. Separating psychomotor skills from soft skills like communication may improve learning outcomes.

Biography:

Dr. Jen Mohaupt, RN, PhD, is an Assistant Professor at McMaster University's School of Nursing. With expertise in curriculum development, interprofessional education, crisis management, and simulation-based learning, she is dedicated to advancing nursing education. Dr. Mohaupt's research focuses on improving educational practices and fostering collaboration among healthcare professionals. Through her work, she aims to enhance the training and preparedness of future nurses, ensuring they are equipped to navigate complex clinical environments. Her contributions to the field support the integration of innovative teaching strategies in nursing education.



Dr Karli Provost Goldstein, DO, FACOG

CEO & FOUNDER Esse Care and Wellness LLC Minimally Invasive
Gynecologic Surgeon, USA

Unexplained Infertility, or Is It Just Endometriosis?

Unexplained infertility", a ubiquitous name for a vast possibility of causes, often leaves patients searching for answers. In up to 50% of these cases, pelvic diseases like endometriosis can be the cause. Fertility exploratory surgery was quickly tossed aside when rapid vitrification and IVF practices advanced in the last 20 years. It is time to re-examine the cost to the patient. IVF, often promoted as non-invasive and effortless for the patient, still is a high-cost commodity that may still not have success in many endometriosis patients. Exploratory fertility surgery with a step-by-step multi-system approach can provide valuable answers and therapeutic benefits to many patients. Operative hysteroscopy, coupled with robotic/laparoscopic examination of the entire abdomen with excision of endometriosis and restoration of the anatomy can be both diagnostic and therapeutic. Ovarian enhancement techniques can be offered for patients with premature ovarian aging. Pictures and video imaging of the anatomy after imaging studies prove unhelpful and can allow cross-collaboration between the teams to provide the best understanding of the case. A minimally invasive approach with general anesthesia and approximately a few hours provides long-term relief of symptoms as well as potential fertility benefits.

Biography:

Dr Karli Provost Goldstein completed her medical training at Touro College of Osteopathic Medicine in NY and her residency in Obstetrics and Gynecology at Lenox Hill Hospital in NY. She further completed a three-year fellowship in advanced laparoscopic endometriosis surgery. She has a practice focused on restorative surgery for endometriosis, complex pelvic conditions, and wellness. Her practice aims to offer a boutique experience for patients with cross-collaboration in hormone therapy, nutrition, acupuncture, pelvic PT, therapy, and multidisciplinary surgery as needed.



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SPEAKER PRESENTATIONS

DAY 1



Bihonegn Asmamaw Moges

Yin Pen Ling Jie Dao, Yuelu District, Changsha City, Hunan
Department of Public Health, Bahir Dar City Administrative Health
Department, Central South University, China

Comprehensive analysis of immunization program efficacy in Bahir Dar city: A six-month retrospective study

This presentation elucidates the findings of a rigorous six-month evaluation of the Expanded Program on Immunization (EPI) conducted by the Health Department of Bahir Darv City. Utilizing a robust dataset extracted from the District Health Information System 2 (DHIS2), this analysis provides a granular look at immunization coverage trends, encompassing critical vaccines such as Penta1, Penta3, MCV1, and MCV2. The report meticulously assesses vaccine coverage rates, the productivity of health facilities (HFs), and delineates the immunization coverage disparities across various facility levels.

Key performance indicators reveal significant challenges including the rotation of trained staff, recurrent vaccine stock shortages, notably of Rota and OPV antigens, and high dropout rates that collectively impede the efficacy of the immunization programs. Moreover, persistent issues in data quality and the operational hurdles posed by infrastructural limitations are highlighted. The presentation will propose a series of methodologically sound recommendations aimed at enhancing the integrity of immunization data and optimizing the distribution and utilization of vaccine resources.

Keywords: Immunization, Vaccine Coverage, Public Health, Resource Utilization, Health Administration

Biography:

Bihonegn Asmamaw Moges is an experienced nurse from Ethiopia currently pursuing a master's degree in Advanced Nursing Practice and Medical Technology at Central South University, China, on an international scholarship. With a strong commitment to healthcare improvement, he has served in various leadership roles, including as Head of Health Center (2008–2010), Head of District Health Office (2011–2018), and Head of Bahirdar City Zonal Health Department (2019– 2023). Bihonegn is dedicated to using his expertise to support healthcare advancement and provide essential knowledge and training to his community.



Dr. Sandhya Gupta

Central Gippsland Health, Victoria, Australia

Review of Female Genital Mutilation Practices Worldwide and the Perception of Men and Women towards FGM in Australia

Female genital mutilation (FGM) is an ancient practice, that involves cutting or altering female genitalia with no medical benefits. Though the prevalence is the most in African and Southeast Asian countries, the practice has spread into the western world through migration. Objective: To assess prevalence, epidemiology and perception of young men and women towards the practice of FGM in Australia and the ways by which this perception could be changed. Methods: Pubmed search on FGM along with data collected by WHO, UNICEF and UNFPSA websites. Two studies were conducted in Townsville, Australia through a questionnaire assessing the perception of young men and women towards the practice of FGM and also assessed the changes in perception after an interventional education program. Results: The studies done in Townsville, Australia showed that the level of education, knowledge and increasing awareness of FGM especially among the migratory population, can bring a change in perception towards FGM and may help to bring the practice to a halt. Conclusion: As FGM has been practiced for a long time with deep seated social and cultural misbeliefs, the practice needs to be abolished completely worldwide. This can happen only by increasing knowledge and awareness about the subject.

Biography:

Experienced Obstetrician and Gynaecologist with 30 years of clinical experience (Australia, India & Papua New Guinea) in public & private health care sectors. Sandhya is a Fellow of the Royal Australia and New Zealand College of Obstetrics & Gynecology and a Fellow of the RCOG, UK. Sandhya is a Senior Lecturer with Monash University, Australia.



Ms. Vanitha Rajakumar Sudaliamani
Royale Hayat Hospital, Kuwait

Multidisciplinary team based care approach in improving patient experience among postnatal mothers

Background: Patient expectation undergoes a rapid surge in healthcare sector, as in any other industry, and this needs to be managed well to increase outcome of care and minimize liability. Understanding the expectations of the patient and the family is vital and it requires engaging them in the entire process of care delivery and measure their experience from the point of first contact till the end. It involves a multidisciplinary team approach (Kipnis et al).

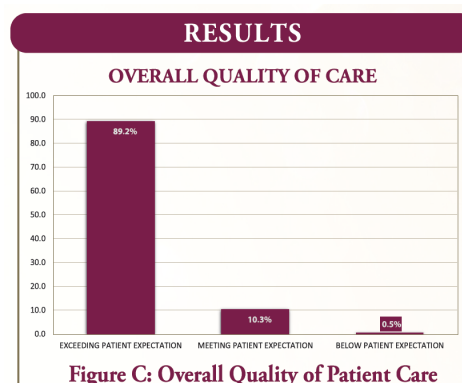
Objective: The purpose of this study is to measure the relevance of multidisciplinary team approach as an Indicator to assess the quality of care.

Inclusion Criteria: Obstetric inpatients admitted for labor.

Exclusion Criteria: All other patients - both inpatients and outpatients.

Methods: Data collection was done from Jan 2021 to Dec 2021. 5571 Participants were involved in this study. All of them are obstetric inpatients admitted for labor and between age group 19-39 years of age. Total enumerative sampling was done. Online survey was conducted on discharge using Five-point Likert scale to assess the quality of care received from Multidisciplinary team-based care approach.

Results: The majority of patients with 19-39 years of age who received Multidisciplinary team-based care, exceeding the expectation (89.2%) and few patients response was below expectation with score of 0.5%.



Conclusion: The quality of patient experience receiving Multidisciplinary team-based care is found to be more effective and conceptual framework used in our hospital for Multidisciplinary team-based approach has greater impact.

Biography:

Ms. Vanitha Rajakumar, a Registered Nurse by profession, gained her Master's in Nursing. She also holds a Diploma in Hospital Management and Nursing Administration. She is a doctorate in Nursing.

Upon completing her Nursing, she started her career as a Nurse in Operating Theatre in a reputed 300 bedded Christian Mission Hospital in India. Later realizing her passion for teaching Management appointed her as a Tutor in their School of Nursing. During this time she also served a volunteer for a non-profit organization dedicated for the caring of HIV infected children as a palliative care nurse.

Since 2010 she started serving Royale Hayat Hospital, a leading private luxury hospital in Kuwait. Royale Hayat has been awarded Best Hospital in Kuwait consecutively for the last 10 years. Presently she is working as the Chief Nurse Officer at Royale Hayat Hospital.

She has ample experience in OR, Infection Prevention and Control and Nursing Administration and in successfully leading the nursing team to achieve International Healthcare Accreditation. She consider nursing 'more than a job'. She is committed and it's her passion to serve the needy and ensure patient safety at all times. She has various articles published national and international conferences and journals.



Oluebube Nwajiaku* & Martin Ulmschneider

Department of Chemistry, King's College London, SE1 1DB, London,
United Kingdom

Development of membrane-lytic Anticancer Peptides for the treatment of individual Cancer types

Traditional cancer treatment is often hindered by significant challenges such as multi-drug resistance, lack of tumor selectivity, and severe side effects. In pursuing next-generation chemotherapeutics, membrane-perforating peptides have emerged as a promising solution. These anticancer peptides (ACPs) offer numerous advantages over conventional methods, including high activity, low immunogenicity, and excellent biocompatibility *in vivo*. EEK1, a recently developed 15-residue ACP, has broad-spectrum activity against different cancer types. In vitro EEK dose-response measurements on a range of patient-derived cancer and healthy cells have shown that EEK has some selectivity towards the cancerous cells. The mechanism of peptide activity is the selective formation of large aqueous pores in cancer cell plasma membranes. Building upon these results, a new peptide library with greater selectivity is designed using both *in silico* and *in vitro* methods.

Biography:

Oluebube Nwajiaku is a PhD researcher in the Department of Chemistry at King's College London. Her work focuses on developing new anticancer peptides to target specific types of cancer. She holds a BSc in Industrial Chemistry from Imo State University and an MSc in Chemistry from the University of Ilorin, Nigeria. Oluebube is passionate about science communication and education, leading outreach initiatives to inspire young scientists. In 2024, she was awarded the Associate Fellowship of the Higher Education Academy for her dedication to teaching and learning.



Igor Jeremic
HPV Diagnostic Center, Serbia

Colposcopic diagnostics cervical glandular intra-epithelial neoplasia and new therapy

Problem Statement: The strongest disagreement that exists between the Pap test and histopathological finding is in glandular intraepithelial neoplasia. The first reason is anatomic - histological position of endocervical glands. The second reason is the two-fold way of emergence (HPV and non HPV-mutation of p 53 gene).

Method: My study includes 100 patients between the ages of 18 and 45 years with a diagnosis of cervical intraepithelial neoplasia and adenocarcinoma in situ. In 70% of patients, the Pap test was normal. In 20%, the Pap test was ASCUS and in 15%, there was accompanying squamous intraepithelial neoplasia SIL). In 10% of cases, the Pap test was IIIa. HPV typing was positive in 80% and negative in 20%. Due to the anatomic position of cervical glands, the biopsy doesn't provide any diagnostic safety.

Result: The first step towards the exact diagnostics is colposcopy examination, not the Pap test. From the pathological colposcopy images, abnormal vascular pattern dominates within which areas with AW epithelium can be seen. In younger patients with HPV genesis, there are images of coarse mosaics and punctations. Radio wave LOOP excision gives absolute diagnostic therapeutic safety which I perform for 2 minutes in local anesthesia. The change is excised completely and the lumen of cervical glands is removed entirely.

Conclusion: The education of gynecologists that is directed towards colposcopy and not towards the Pap test and HPV typing, is necessary for diagnostics of glandular intraepithelial neoplasia. Relying on the biopsy as the safest diagnostic procedure, leads to a mistake in over 50%. The method which I invented (RF LOOP excision) involves, as the most significant part, a complete removal of the lumen of cervical glands. The most important thing is that the above-mentioned method doesn't lead to narrowing and shortening of the cervical canal in young girls that didn't give birth.



Dr. Abida Solomon

Prairie View A&M University College of Nursing, TX 77030, United States

Understanding Pre-Nursing students' academic needs among students with disabilities requiring accommodation within an HBCU

Across the nursing profession, Schools of Nursing are noticing a rise in the number of students requesting academic accommodation with increased numbers of students requesting and receiving accommodation later in the semester. A recent report cited the number of undergraduate students reporting a disability as 21% and 11% of graduate students with rates of disability at approximately 18% for African American students in 2020 (National Center for Education Statistics, 2023). Currently, there is a lack of comprehensive data on the representation of nursing students with disabilities in nursing programs. This project aimed at fostering a deeper understanding of the needs of this special population by assessing the number of students registered with disability services, specific disability categories, and types of academic accommodation requested by pre-nursing students within the university. We analyzed 4 years of de-identified aggregate data (2021-2024) on disability services at Prairie View A&M University, College of Nursing. A descriptive analysis was used to describe the data, frequencies, and percentages were calculated for each nominal variable, and summary statistics were calculated for each interval and ratio variable. Overall, the number of requests for accommodation almost doubled over the four-year period (37 to 67). The results of this project enhanced our understanding of the specific needs of this population at the program level, which will be used to tailor interventions, create educational resources, and enhance support structures within nursing education to reduce attrition rates among nursing students. This consequently improves their retention, progression, and graduation rates

Biography:

Dr. Solomon is a tenured Professor at Prairie View ACM University, College of Nursing. She is engaged in both teaching and research. Her educational background is in public health, and she received a Ph.D. in Epidemiology from the University Of Texas School Of Public Health in Houston. She has published a number of articles related to obesity, physical activity, asthma, and hypertension. I am a member of the American Public Health Association, Texas Society for Public Health Education, American College of Epidemiology, and Sigma Theta Tau International.



**Clara R. McMillan,
Nagalakshmi N. Chimpudi**
William Carey University College of Osteopathic
Medicine, United States



PRES Presenting with Syncope in the Setting of Eclampsia

Posterior reversible encephalopathy syndrome (PRES) is described as a clinical syndrome of headache, confusion or decreased level of consciousness, visual changes, and seizures, associated with characteristic neuroimaging findings of posterior cerebral white matter edema. A retrospective cohort study found that over 90% of eclamptic patients have neuroimaging findings consistent with PRES suggesting that PRES is relevant to the pathogenesis of eclampsia. Treatment for PRES is supportive and focused on treating the underlying medical condition. We present a case of a 21-year-old female who presents to the emergency department (ED) with a complaint of syncope, headaches, and dizziness. She had not been seen by a physician since a dilation and curettage was performed for a missed abortion 8 months prior and was lost to follow up. On evaluation in the ED, she appeared to be anxious and had a palpable abdominal mass on the physical exam. Vitals were concerning for tachycardia and hypertension with a diastolic of 110. Shortly after arrival at the ED, the patient began seizing. Differential diagnoses considered were molar pregnancy, eclampsia, Hemolysis Elevated Liver enzymes and Low Platelets (HELLP) syndrome, and PRES. Workup was significant for positive pregnancy test with a b-hCG of 36,566; Urine analysis showed 600 mg protein and a moderate amount of blood; Head CT showed nonspecific subtle bilateral occipital hypodensities. A late abdominal ultrasound was obtained which identified a roughly 25-week fetus with multiple anatomic abnormalities and severe oligohydramnios. The final diagnosis was Eclampsia with concomitant PRES considering her concerning head CT results. Management in the ED focused on seizure control and the patient was transferred to a tertiary center for a higher level of care given multitude of anatomic abnormalities and severe oligohydramnios. Thank you to Drs. Huffman and Graham for your assistance with this patient.

Keywords: PRES, eclampsia, syncope

Biography:

Clara R. McMillan and Nagalakshmi N. Chimpudi are in their third year of medical school at WCUCOM. They are currently completing clinical rotations at Magnolia Regional Health Center in Corinth, MS. Having completed a year as an OMT Scholar, Clara McMillan is now interested in pursuing a residency in OB/Gyn upon graduating from medical school where she hopes to integrate OMT into her practice. Nagalakshmi N. Chimpudi is interested in pursuing a residency in Internal Medicine. Clark is a fourth year medical student from VCOM Auburn who is currently applying for residencies in General Surgery.



Zachary Penny^{1*}, Ariyo O, Ho J, Akech D, Aubeeluck R, Yoong W²

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vNOTES vs Conventional Laparoscopic Ovarian Cystectomy for Dermoids – Cost Comparisons of Two Minimally Invasive Routes

Objective: While conventional laparoscopy (CL) is the benchmark for ovarian cystectomy, vaginal Natural Orifice Transluminal Endoscopic Surgery (vNOTES) is emerging as a viable alternative route with good optical visibility, avoidance of abdominal trocar incisions, better cosmesis, less pain and rapid recovery. The aim of this study was to compare expenditure of performing vNOTES vs CL cystectomy for an ovarian teratoma based on equipment, surgical assistants as well as theatre and recovery bed occupancy.

Study population: Outcome data from 13 cases of vNOTES and 13 cases of CL cystectomy for ovarian dermoid cysts

Methods: Data collected from the hospital electronic records and physical notes included age, body mass index (BMI), dermoid size, duration of surgery, estimated blood loss (EBL), length of stay, intra and postoperative complications. Expenditure for equipment, additional assistants, theatre time, bed occupancy and sick leave were calculated using unit costs data verified with NHS England Cost Collection website

Results: The median age (38 vs 37.5yrs), BMI (29.1 vs 26.9kg/m³), EBL (100 vs 100mls) and teratoma size (7.7 vs 7cm) were similar between the two groups (all $p > 0.05$) but vNOTES patients had significantly shorter median theatre duration (40 vs 67mins) and length of stay (3.5 vs 5.5hrs) with less patients requiring post-operative opioids (16 vs 39%) (all $p < 0.05$). There were no complications in either group. Adnexectomy performed via vNOTES cost 30% less than CL (\$2,322.89 vs. \$ 3,314.91) and the unit expenditures are listed in table 1. The higher estimate for CL is attributed to longer theatre utilization, the need for a second assistant and use of endoscopic bags to minimize intraperitoneal spillage.

Conclusion: Shorter theatre duration and length of stay, avoidance of abdominal trocar incisions, less pain and more rapid recovery, allied with 30% lower cost favor the adoption vNOTES as a preferred option for minimally invasive adnexectomy.

Table 1: Estimated expenditure of vNOTES vs CL Adnexectomy*

		Per unit cost (\$)	vNOTES	CL
Vaginal hysterectomy set	A	126.20	126.20	-
Laparoscope and light lead set	A	94.66	94.66	94.66
Endo-laparoscopic set	A	126.20	126.20	126.20
Dilatation & curettage set	A	94.66	-	94.66
Insufflation tubing	SU	10.10	10.10	10.10
Fentanyl**	SU	17.67	17.67	17.67
Gelpoint platform	SU	390.22	390.22	-
Irocars	SU	23.96	-	23.96
Holey catheter	SU	2.20	2.20	2.20
Camera sleeve	SU	2.70	2.70	2.70
Voyant Advanced Bipolar Device	SU	301	301	301
Spackman manipulator	SU	8.85	-	8.85
Veress needle	SU	13.38	-	13.38
Endoscopic bag	SU	75.72	-	75.72
Shielded blade	SU	24.36	-	24.36
Hypodermic syringe	SU	2.73	2.73	2.73
Local anaesthetic/ vasoconstrictor 20 ml 0.5% w/v (1: 200000) Bupivacaine and Adrenaline solution	SU	3.79	3.79	3.79
Laparoscopic suction catheter	SU	20.82	-	20.82
Yankauer suction catheter	SU	10.10	10.10	-

*Cost is based on United Kingdom NHS England cost collection and has been converted to USD.

** Fentanyl cost is based on

*** A = autoclave; SU = Single Use; figures verified from National Cost Collection Data publication at NHS England Cost Collection NHS England

Biography:

Zachary Penny is a dedicated medical student at St. George's University International Medical School, pursuing a career in healthcare with a passion for women's health. A recipient of the honorable Posse Foundation full-tuition scholarship, Penny graduated from Dickinson College, where they honed their skills in collaborative research. Committed to making a meaningful impact in medicine, Penny is enthusiastic about blending academic excellence with compassionate care.



Dr. Sandhya Gupta

Central Gippsland Health, Victoria, Australia

Evaluation of the ease of use and acceptability of an innovative Episimeter in ensuring an accurate mediolateral Episimeter

Objective: To evaluate the ease of use and acceptability of a perineal measuring device (Episimeter) to ensure the correct length and angle for a mediolateral episiotomy.

Methods: A non-randomized pilot study was conducted to assess the feasibility of the use of the episimeter in ensuring an accurate angle and length of episiotomy in fifty women. A feedback survey was collected from the accouchers to assess the perceived ease of use and acceptability of the device. Patient's feedback was assessed regarding the attitudes surrounding episiotomy and use of episimeter at the time of delivery and six weeks postpartum.

Results: The length and angle of episiotomy was found to be accurate in 84% with the episimeter. Forty-two out of fifty (84%) accouchers felt it was easy or very easy to use the episimeter. They also found it to be beneficial (92%). The attitude of the patients was positive (62% at the delivery) and (76% after 6 weeks).

Conclusion: Episimeter seems to be an easy to use and a feasible device, well accepted by accouchers and patients that can guide an episiotomy more accurately. The device is simple, inexpensive, safe and may aid in standardizing the length and angle of episiotomy.

Biography:

Experienced Obstetrician and Gynaecologist with 30 years of clinical experience (Australia, India & Papua New Guinea) in public & private health care sectors. Sandhya is a Fellow of the Royal Australia and New Zealand College of Obstetrics & Gynecology and a Fellow of the RCOG, UK. Sandhya is a Senior Lecturer with Monash University, Australia.



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HYBRID EVENT

**POSTER PRESENTATIONS
DAY 1**



**Anuoluwa Ayeni,^a, Reihm, J. b, Balan, A. ^b,
Yeager, J.^c, Okai, A.^d, Singh, S. K.^e, Tesfalul,
M.^f, Williams, M. ^g, Yeaton-Massey, A. ^h,
Bove, R.b**

- A. UCSF School of Medicine, University of California, San Francisco, San Francisco, CA, USA.
B. UCSF Weill Institute for Neurosciences, University of California, San Francisco, San Francisco, CA, USA.
C. UCSF Clinical Innovation Center, University of California, San Francisco, San Francisco, CA, USA.
D. North Texas Institute of Neurology and Headache, Plano, TX, USA.
E. Department of Neurology, Medical University of South Carolina, Charleston SC, USA.
F. Department of Obstetrics, Gynecology and Reproductive Sciences, University of California San Francisco School of Medicine, San Francisco, CA, USA.
G. Joi Life Wellness Group, Atlanta, GA, USA. H. Palo Alto Medical Foundation Department of Maternal-Fetal Medicine, Mountain View, CA, USA.

A Pregnancy Management Checklist for Patients with Multiple Sclerosis: Human-Centered Development

Background: During the pregnancy and postpartum periods, the convergence of neurological disease (multiple sclerosis, MS), socioeconomic factors, and minoritized race/ethnicity (Black, Hispanic) can result in reduced pregnancy screening, increased risk of emergency deliveries, shorter breastfeeding duration, and worse peripartum mental health.

Objective: To identify barriers and facilitators to accessible, quality care for minoritized pregnant women with MS and develop a tool for managing both MS and pregnancy.

Methods: Human-centered design was used to develop and refine the pregnancy management checklist with input from patients and experts in MS care, maternal fetal medicine, and pregnancy care for minoritized populations. This process has four stages: discover, define, develop, and deliver. The discover stage included one-on-one interviews with seven patients and six stakeholder experts, who identified a checklist as a likely intervention. In the define and develop stages, the checklist was refined based on interview findings. In the deliver stage, five patients completed an electronic survey to assess satisfaction, efficacy, and usability of the checklist.

Results: Factors that facilitate MS and pregnancy-related care access and quality were social and clinical support, neurology and obstetric care collaboration, and physician knowledge of updated MS treatment guidelines. Key barriers were socioeconomic factors and a lack of knowledge of MS course. The checklist was designed to target these gaps, and survey results indicated a strong consensus about the checklist's efficacy and ease-of-use.

Conclusion: Having ensured that this checklist was perceived as usable and efficacious, next steps will focus on dissemination of the checklist to patients and clinicians.

Biography:

Anuluwa Ayeni is a fourth-year medical student at University of California, San Francisco. She is passionate about patient education and increasing health literacy, with the goal of empowering patients to choose what is best for them.



Hung-Ru Lin

National Taipei University of Nursing and Health Sciences, College of Nursing, Taiwan

Experiences and care needs of male family Caregivers of older adults with Dementia: A qualitative study

As social dynamics evolve, men are increasingly assuming caregiving roles. However, most research on caregiving has focused primarily on women, with limited attention given to the needs of male family caregivers of older adults with dementia. This study aimed to explore the experiences and care needs of male caregivers in this context. A qualitative design, featuring in-depth interviews and purposive sampling, was employed. Content analysis of interviews with 12 participants revealed five key themes: (1) difficulties in providing care, (2) challenges in seeking help, (3) experiencing multiple sources of distress, (4) struggling with treatment decisions, and (5) a loss of autonomy in life. Many participants noted that older adults with dementia often have additional complex medical conditions, which increase the likelihood of requiring medical treatment or hospitalization, thereby further exhausting caregivers. Participants also described experiencing care-related distress, particularly when the caregiver's gender differed from that of the care recipient. Male caregivers, in particular, faced challenges with personal care tasks such as body cleaning and toileting assistance. These challenges were even more difficult to navigate when the person being cared for was their mother, as psychological barriers added to the strain. Male caregivers expressed difficulty in seeking help and accessing long-term care resources. Under significant emotional and physical pressure, caregivers often found it challenging to maintain control of their emotions. Additionally, participants indicated feeling considerable pressure when making medical decisions for individuals with dementia. Furthermore, the caregiving process severely restricted participants' ability to manage their personal time. Despite these many challenges, participants also expressed clear expectations for care support. These needs included (1) access to health information, (2) emotional support, (3) caregiving tips, and (4) assistance with accessing resources.

Keywords: Care needs; Male family caregivers; Dementia; Qualitative study

Biography:

Hung-Ru Lin completed her Ph.D. at the University of Massachusetts Amherst in the USA. She is currently a distinguished professor and the Dean of the College of Nursing at the National Taipei University of Nursing and Health Sciences (NTUNHS). Dr. Lin has served as the Director of the School of Nursing, the Dean of Academic Affairs, and the Director of the Institutional Research Office at NTUNHS. She has published more than 60 articles in esteemed journals, particularly focusing on elderly care, oncology care, and palliative care. Additionally, she serves on the editorial board of several scholarly journals.



Mr. Girma Birhanu Nurie

Master of Public Health-Field Epidemiology, Cohort VIII, AAU, SPH, EFELTP 2018, Public Health Emergency Management Officer, Addis Ababa City Administration Health Bureau, Addis Ababa University, Ethiopia

Outbreak Investigation of Suspected Acute Watery Diarrhea (AWD), Wogera District, North Gondar Zone, Amhara, Ethiopia, October 2017

Introduction: Acute Watery Diarrhea (AWD), caused by *Vibrio cholera* sero-groups, is a significant public health issue primarily affecting populations in developing countries with limited access to clean water and sanitation. Globally, cholera burdens estimate 1.4 to 4.0 million cases and 21,000 to 143,000 deaths annually, with outbreaks occurring in Africa, Asia, and the Americas. In Ethiopia, AWD outbreaks have been recurrent, with cases reported in various regions, including Amhara. A study conducted in Wogera District aimed to investigate an AWD outbreak in 2017, where 84 suspected cases were reported with no fatalities. The attack rate was 3% with females and adults being more affected, mainly due to using hand pump water as a primary source.

Methods: The outbreak investigation utilized a descriptive cross-sectional study design from August 15 to August 27, 2017. Data analysis using SPSS identified factors contributing to the outbreak, such as contaminated water sources and limited sanitation facilities. The study population included individuals over 5 years presenting with profuse AWD symptoms. The investigation highlighted the importance of maintaining water quality, providing health education on sanitation, and ensuring continuous surveillance to prevent AWD transmission.

Results: Results showed a distribution of cases across different age groups, with a higher prevalence among adults. Ambagiorgis town had the highest number of cases, mostly among farmers. Clinical manifestations included watery diarrhea and vomiting, with some cases exhibiting dehydration. Analysis of the water sources revealed that 71% used hand pump water, indicating a potential source of contamination.

Recommendations and Outbreak Response: Recommendations included promoting hygiene practices, improving water supply infrastructure, and increasing awareness about food safety. The outbreak response involved a multi-sectorial committee comprising various health organizations to coordinate control measures. Overall, the study emphasized the importance of early intervention, effective outbreak control, and community engagement in reducing the impact of AWD outbreaks.

Conclusion: In conclusion, the investigation in Wogera District shed light on the factors contributing to AWD outbreaks, emphasizing the need for sustained efforts in water and sanitation management, health education, and community involvement to prevent future outbreaks and reduce the burden of AWD in affected regions like Amhara, Ethiopia.

Biography:

Mr. Girma Birhanu Nurie is an experienced Public Health professional, with 10+ years of expertise in field epidemiology, disease prevention, environmental health, and health program coordination. He has been recognized for leadership in outbreak investigation, surveillance, and emergency preparedness, with a strong background in community health initiatives and clinical research.

Education:

- Master of Public Health (MPH) in Field Epidemiology, Addis Ababa University
- BSc & Diploma in Environmental Health, University of Gondar & Jimma University

Mr. Girma Birhanu Nurie also holds Certifications & Training in TB control, STI management, leadership development, field epidemiology, and survey coordination. He has interfaced with critical stakeholders and partners, including CDC, WHO, USAID, and Ethiopian health institutions.

Key skills:

- Epidemiology, public health emergency preparedness, outbreak response
- Health program planning, evaluation, and staff training
- Disease surveillance, research, and data analysis
- Extensive reporting, stakeholder engagement, and NGO collaboration

Hobbies: Volunteering, community service, team sports, including playing basketball.



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Zoom Meeting (UTC-7) Time San Francisco, CA, USA

VIRTUAL PRESENTATIONS

DAY 2



Liu Xinmin

Department of Neurology, The First Hospital of Jilin University, Chang Chun, Jilin Province, China

Perception of cognitive load in Chinese epileptic nurses: A descriptive phenomenological study

Background: At present, there is a shortage of epilepsy nurses in China, so it is necessary to train epilepsy nurses. The specialized knowledge of epilepsy is complex, and the standardized curriculum and training mode are very important in the training of specialized nursing personnel.

Objective: To explore the characteristics of cognitive load of Chinese nurses attending the training of domestic epilepsy nurses.

Design: A phenomenological approach.

Methods: The study used a content analysis method, with qualitative criteria to establish trustworthiness. Interviews were conducted with a purposive sample of 10 participants who participated in the theoretical training of epileptic nurses in Jilin Province of China.

Results: The abstraction process generated three main categories and six sub-categories. The knowledge of epilepsy discipline is complex, which leads to greater difficulty in learning tasks. The combination of multiple teaching methods can reduce the external load. Increasing associated cognitive load can improve students' learning efficiency, and stable career belief is the motivation of students' learning. Timely feedback and guidance during the training will help students to reflect on themselves and adjust their learning status.

Conclusion: The theoretical level of epilepsy nurses in China needs to be improved. Reducing the internal and external load and increasing the associated load can improve the training effect. In the future, we can consider applying Bloom's taxonomy model of educational objectives in cognitive field to the training curriculum of epileptic nurses to reduce the internal load, and combine Bandura's social learning theory and a variety of teaching methods to reduce the external load. This study provides reference for standardizing the training curriculum of epilepsy nurses. Nursing managers have the responsibility to provide a good practice environment for nurses, and nursing educators have the responsibility to guide nurses to make career planning and establish a solid career belief.

Biography:

Master Liu Xinmin graduated from the First Clinical Medical School of Jilin University in 2016 and obtained a master's degree in medicine. In 2020, she was employed as the associate professor of nursing of the First Hospital of Jilin University in China. Currently, she is the tutor of postgraduate students in the School of Nursing of Jilin University and has published 1 articles in SCI and 5 articles in national core journals.



Hezi Zhang

School of Nursing, Anhui Medical University, P.C. 230032, China

Clinical nurses' need for training in the clinical nutrition nursing wisdom course: A qualitative study

Objective: To explore the needs of clinical nurses for training in the clinical nutrition care wisdom course and identify their specific requirements and expectations.

Methods: A descriptive qualitative research design was used. In September-October 2024, 16 nursing managers and nurses from three tertiary care hospitals in a provincial capital city of China were selected for the study through purposive sampling. Face-to-face semi-structured interviews were conducted. Data were analyzed using Colaizzi's seven-step method for thematic analysis.

Results: Five themes and 11 sub-themes were refined by summarizing the results of the interviews: the need to build a knowledge system for clinical nutrition care (knowledge of nutrition care for basic diseases, the latest advances in nutrition care, and the ability to integrate interdisciplinary knowledge); the need to improve practice skills (nutrition assessment and monitoring skills, and nutrition care practice skills); the need for nurse-patient communication and health education (optimization of health education content, improvement of communication skills and methods); the need for intelligent training functions (design of personalized learning paths, real-time feedback and data tracking functions); and the need for training forms and evaluation design (blended training mode, process evaluation mechanism).

Conclusion: Clinical nurses have high expectations for the educational needs of the wisdom course. The development of a focused, practical, and innovative clinical nutrition wisdom course is of great importance in improving clinical nurses' nutrition care skills and promoting patient recovery.

Keywords: Clinical nurses; Nutritional care; Wisdom course; Training needs; Qualitative research.

Biography:

Hezi Zhang is currently a second-year master's student at Anhui Medical University in China, with research interests in clinical nutrition nursing and nursing education. During her studies, she has co-authored one paper in a Chinese science and technology core journal, and she will continue to dedicate herself to research in the field of clinical nutrition nursing.



Xiaoman Wang

School of Nursing, Anhui Medical University, P.C. 230032, China

Public perceptions of Anti-Inflammatory diets: A content analysis of social media comments

Background: Anti-inflammatory diets are gaining attention as an emerging dietary concept. The anti-inflammatory diet helps to reduce the level of inflammation in the body by optimizing the diet, but public awareness of it is not yet clear.

Objective: The aim of this study was to assess public awareness, needs analysis and attitudes towards anti-inflammatory diets using social media platforms to provide ideas for future research and promotion strategies.

Method: The Octopus collector was used to search for texts posted on Xiaohongshu and Douyin with the keyword "anti-inflammatory diet" to collect first-level comment data about the anti-inflammatory diet.

Results: Based on the collection of 1,661 valid first-level comments for text analysis, we identified three themes (1) public awareness of anti-inflammatory diet (47.3%, n=785), (2) public needs and expectations of anti-inflammatory diet information (45.1%, n=750), and (3) public suggestions for anti-inflammatory diet practices (7.6%, n=126). Of the 896 public comments expressing attitudes 29.1% (n=261), 55.9% (n=501), and 15.0% (n=134) expressed positive, neutral, and negative attitudes, respectively, with a lack of knowledge about anti-inflammatory diets (65/134, 48.5%) and a high cost of anti-inflammatory diets (28/134, 20.9%) being the main reasons.

Conclusion: The results indicate that the public has a low level of awareness and expects information about anti-inflammatory diets, and that those with positive attitudes believe that anti-inflammatory diets are significant in combating disease and promoting health. Therefore, it is recommended that innovative technologies and media platforms be used to improve knowledge about anti-inflammatory diets, meet the public's information needs, and develop personalized dietary patterns.

Biography:

Xiaoman Wang, 24, is currently in her second year of postgraduate nursing studies at Anhui Medical University in Anhui, China. She assisted her advisor in completing the National Natural Science Foundation of China project application.



Rahma K. Andamen, MAN, RN, MPA, CNM-III, FPCHA, PHD*, Saidamin P. Bagolong, DPA, Adviser
Cotabato Regional and Medical Center, Cotabato City, Philippines

Compliance and performance benefits of The ISO 9001:2008 Quality Management System in Cotabato regional and medical center

Quality in healthcare is a concept that has only recently gained significant attention in the public health sector in our country. The importance of maintaining high standards of care and operational efficiency in healthcare organizations has led to the widespread adoption of quality management frameworks, such as the ISO 9001:2008 Quality Management System (QMS). This study was conducted with the goal of examining the relationship between the extent of compliance with the ISO 9001:2008 QMS and the performance benefits it generates across various areas of the Cotabato Regional and Medical Center. Specifically, the study focused on key components of the QMS, including process management, documentation and control, quality policies and objectives, customer orientation, feedback mechanisms, and continuous improvement. The study aimed to assess how these QMS elements contribute to improvements in operations, employee performance, and customer satisfaction within the hospital.

To achieve this, a descriptive-survey research design was employed. The data collection process involved using a survey questionnaire, which was developed by the researcher and distributed to 100 participants. These participants included members of the Quality Management Council (QMC), such as the Quality Management Representative (QMR), Document Control Custodian (DCC), and Internal Quality Auditors (IQA). Additionally, the remaining respondents were medical and non-medical personnel employed by the Cotabato Regional and Medical Center. The data gathered from these respondents were analyzed using statistical tools, including mean scores and Pearson's correlation coefficient, to explore the relationships between ISO 9001:2008 QMS compliance and the performance outcomes in terms of operations, employee engagement, and customer service quality. This research aims to provide insights into how the implementation of a structured quality management system can lead to measurable improvements in healthcare service delivery.

Keywords: Compliance, Quality Management System, Performance benefits, ISO 9001:2008



Yueming Xu

School of Nursing, Anhui Medical University, P.C. 230032, China

Non-Pharmacological home care dominates in Covid-19 recovery: A propensity-matched analysis of self-care efficacy

Background: Home self-care has become a cornerstone of health system resilience during infectious disease outbreaks, especially for mild to moderate respiratory infections. However, the effectiveness of different home-based self-care needs to be further explored.

Methods: A cross-sectional survey (October 2022 to February 2023) recruited 2,119 COVID-19 patients undergoing home isolation. Participants self-reported care interventions (pharmacological/non-pharmacological) via an online questionnaire. Chi-square tests were used to analyze the relationship between different care interventions and recovery outcomes. To further explore the efficacy of pharmacological care for influenza, propensity score matching was used to analyze the course of the fever and prognosis of patients with or without antipyretics.

Results: A total of 2119 patients were included, of which 1084 patients chose medication care (51.15%), 859 hot compresses (40.54%), 275 cold compresses (12.98%), 1331 had sufficient sleep (62.81%), 1107 had sufficient water intake (52.24%), and 784 lived in a suitable environment (37.00%). The chi-square test showed that adequate sleep ($P < 0.001$) and adequate hydration ($P = 0.003$) were effective in reducing recovery time. To further analyze the efficacy of medication care, 1740 patients were successfully matched in a 1:1 ratio. The results showed that the group taking antipyretics had a higher maximum post-infection temperature ($P < 0.001$), longer duration of fever ($P < 0.001$), greater likelihood of recurrent fever ($P < 0.001$), more post-febrile malaise, more diagnoses of pneumonia ($P = 0.017$), more hospitalizations ($P = 0.006$), more admissions to the intensive care unit ($P < 0.001$), and longer course of the fever ($P < 0.001$).

Conclusion: Home care measures of adequate sleep and sufficient water intake were effective in Chinese patients with mild to moderate infections during the COVID-19 period, but the effectiveness of pharmacological care needs to be further explored.

Keywords: Home-based care; Influenza management; Non-pharmacological interventions; Pharmacological intervention; Propensity score matching.

Biography:

Yueming Xu is currently a second-year Master's degree candidate in Nursing at the School of Nursing, Anhui Medical University, China. Her research focuses on maternal and child health and nutritional nursing. During her academic tenure, she has published one paper as the first author in a Chinese Science Citation Database (CSCD) core journal. Additionally, she has co-authored one paper in a CSCD core journal and two papers indexed by the Science Citation Index (SCI), contributing to advancements in her field of study.



**Dr. Mary Anbarasi Johnson, PhD (N), MBA, M.A (Pub.adm),
FSASS, FRAEL, FMERC, FMERU, FIOASD, M.PW (U.S)**

Professor and Hewad, Pediatric Nursing Department, College of Nursing, CMC
Vellore, India

Innovations in Nursing Research

Nursing research is undergoing significant transformation due to the integration of innovative technologies and patient-centred care models. This paper explores key innovations such as precision health, genomics, artificial intelligence (AI), telehealth, gamification, simulation in nursing education, wearable technologies, and 3D printing. These advancements are revolutionizing healthcare by enabling personalized treatment plans, improving access to care, and enhancing patient engagement. Additionally, the increasing focus on environmental sustainability and alternative therapies for pain management reflects the evolving role of nursing in promoting holistic, eco-conscious care. While challenges such as technological adaptation and ethical concerns around data privacy remain, the trajectory of nursing research is moving towards more efficient, inclusive, and patient-driven healthcare. The innovations discussed in this paper not only improve clinical outcomes but also empower nurses and patients, paving the way for a more responsive and accessible healthcare system.

Biography:

I am Mary Anbarasi Johnson working as a professor and Head in paediatric nursing department, CMC Vellore. I worked as Clinical Nurse Specialist in PICU for a year and as Assist Professor in USA for two years. US faculty & friends went out of their ways to help me. I also worked as Assit. Director of Nursing, in Saudi Arabia Defence Sector, (Kamis Mushayt Armed Forces Hospitals for the Southern Saudi Arabia Region). I have learnt much about military from the excellent and amicable team there. I have served in CMC Vellore as Deputy Nursing Superintendent for staff training and quality assurance, NABH Co-ordination, HICC -coordination etc. I have been CMC Institutional research board member for more than 4 years. CMC gave me opportunity to be secretary for the HICC (Hospital Infection Control Committee) secretary for a term. CMC gave me opportunity to be Master trainer for International Projects like GFATM, IMNCI at national level as well national projects like ICMR Infection control, Child Sexual Abuse Protection, OSCE by Dr. MGR Medical University as well Diabetic of Educators programme etc. It also gave me opportunity to be examiner or paper setter for various levels of nursing students for 6 universities and inspector for Dr. MGR Medical University. I am very much interested in reviewing articles. I have published in 70 national, international journals and presented in around 30 national and international conferences. I have also contributed for 5 book chapters and published a book. I have completed "Lean Six Sigma -Academy Europe, green, yellow and black belt in Saudi. NGO "INSO" had awarded me as well, I am thankful to them as well thankful to SAS society for giving me the fellow membership with them(FSASS). I am given opportunity to be the chief editor for a book on "Trends in Engineering, Management and Arts" and editor for two "Management books". I recently received "Life Achievement Award "by the SAHEI, The Best Faculty award and Best Administrative Officer Award was also bestowed this year by Coimbatore academy, India. My alma mater helped me to get "Presidents Gold Medal for standing first in the university for BSc (N) programme. CMC research guidance has given me opportunity to be speaker at many international conferences as well to be advisory member or editorial member or executive editor or reviewer in more than 80 international journals and Chief Editor for two Indexed International Journal. I am also conferred with the European Annexes Global Excellence Award and Rami cento International – "Icon of the Year Award "very recently. Asia Pacific Award as "Educationist and Nurse Specialist" was also bestowed recently.

I give all thanks to Lord Jesus Christ who is the reason for my living. I am indebted to my family, teachers and friends for their encouragement and support particularly to CMC Vellore," my alma mater" I am also thankful to Kamis Mushayt Armed Forces Hospital, Saudi & US institutions (St. Joseph Regional Medical Centre, Rhode Island Hospital, TPC, CON) which have mentored me, helped me to grow from nowhere, a disadvantaged beginning to contribute my best possible to my people around. God bless all those who sacrificially helped me.

ALL GLORY to OUR LORD JESUS CHRIST ALONE

Afraa Talal Barzanji

Community Medicine Consultant, Ministry of Health, Madinah, Saudi Arabia

Health belief model and Infection control practices

Health belief model (HBM) describes several attitudes and their effect on the practicing of related behaviors. Perceived susceptibility depends on the risk factors the person has that increases the potential of having a health condition. The perceived barriers can be financial, or personal. The perceived benefit indicate the effect of adherence to the recommended practices, respectively. In a research, health education was given about infection control based on HBM responses of participants in the intervention group; and it was found that the difference in hand hygiene practice between before and after, was found to be statistically significant; although the mean was used for frequency question, while the median or mode would be the appropriate. This statistical test was also used for likert scale responses in different studies and again the median would be the right one.

What will audience learn from your presentation?

- Health belief model
- How motivation and self-efficacy are related
- Findings from studies about health belief model and infection control practices; and how to interpret the results while taking into account the suitability of the statistical test used.
- Explaining why it is not suggested to focus mainly on perceived threats

Biography:

Dr. Afraa is a community consultant doctor. She is a holder of bachelor degree of medicine and surgery from Taibah University. Then she had her specialization through Saudi Board in community medicine in Riyadh and she was recognized as the best resident among her batch. In 2016, she became a certified professional in healthcare quality which is earned from the National association for Healthcare quality in United States. Many researches and reviews were done by her; and among the domains she is focusing on is prevention and risk factors. She is also a certified peer reviewed by publons academy.



**Shamsa Abdullah Rashid Al Sharji*, Athar Al Jabri,
Haitham Al Dughaishi, Mirfat Al Barwani, Raja Al Rawahi,
Raiya Al Rajhi, Shurooq Al Ruqaishi, Thamreen Al Zadjali,
Iman Al Humaidi**

Ministry of Health/ Directorate General of Khoula Hospital, Oman

Evaluating the impact of nursing protocols on EVD Infection control in Adult Neurosurgery Patients with External Ventricular Drainage (EVD) at Directorate General of Khoula Hospital ICU (DGKH), Oman: A cluster-randomized trial

Background: External Ventricular Drains (EVDs) are critical in managing traumatic brain injuries and hydrocephalus by controlling intracranial pressure, but they carry a high risk of infection. Infection rates vary globally, ranging from 5% to 45%, leading to increased morbidity, prolonged hospital stays, and higher healthcare costs. Nursing protocols play a pivotal role in reducing these infection rates. This study investigates the impact of a structured nursing protocol on EVD-associated infections in adult neurosurgery patients at the Directorate General of Khoula Hospital, Oman, from January to September 2024.

Methods: A cluster-randomized trial was conducted across neurosurgery wards and the ICU. The intervention group followed a comprehensive nursing protocol, including strict sterile insertion, standardized dressing changes, infection control training, and regular clinical audits. The control group received standard care. The primary outcome was the incidence of EVD-associated infections, with secondary outcomes including protocol compliance, infection severity, recovery times, length of stay, and 30-day mortality. Statistical analysis was conducted using Chi-square tests, paired t-tests, and logistic regression to assess the differences between groups.

Results: The study involved 75 patients, with an overall infection rate of 13.3%. The intervention group showed a reduced infection rate of 8.9% compared to 20% in the control group. Compliance rates for key nursing actions were high, with 89.7% for hand hygiene and 86.2% for wound dressing. The relative risk of infection was 0.44 in the intervention group, reflecting a 55.6% reduction. Logistic regression identified obesity as a significant predictor of EVD infections. Although mortality rates were slightly higher in the intervention group, the number needed to treat (NNT) of 9 suggests that the nursing protocol may improve survival outcomes.

Conclusion: This study demonstrates that structured nursing protocols can reduce EVD-related infections and improve patient outcomes in neurosurgery. While the findings are promising, further research with larger sample sizes is needed to confirm these results and optimize infection control strategies in neurosurgical care.

Biography:

Ms. Shamsa Abdullah Al Sharji studied Adult Critical Care at Oman Specialized Nursing Institute, Muscat in 2014. Advanced Healthcare Practice program at the Cardiff University, and graduated as MSc in 2019. I then obtained the position of Director of Nursing Affairs in 2024. I have written three research articles. I have published one research article in Journal of Nursing Education and Practice. And the other two in the processes of publication.

Dr. n. med. Maciej Paszkowski¹, lek. Kamila Gorczyca²¹ Third Department of Gynecology, Medical University of Lublin, 20-954 Lublin, Poland² Department of Obstetrics and Perinatology, Medical University of Lublin, 20-090 Lublin, Poland**Effectiveness of venous embolization for pelvic pain**

Introduction: It is estimated that chronic pelvic pain (CPP) affects up to one in four women on a global scale. This condition is characterised by the presence of lower abdominal pain that is either cyclic or non-cyclic and persists for a period exceeding six months. One treatment option for this condition is endovascular embolization, a procedure that involves occluding the ovarian or pelvic veins that show the greatest dilatation or retrograde flow, starting with the most distal vessels. Despite the advent of increasingly sophisticated diagnostic techniques, the aetiology of CPP remains enigmatic. Conventional treatment options, including surgical interventions and drug therapy, are employed in the management of CPP. However, endovascular embolization offers several advantages over these methods, including reduced complications and reported success rates ranging from 80% to 95%, as supported by the existing literature.

Aim: The present study sets out to demonstrate the efficacy of intravascular venous embolization in the treatment of pelvic pain in women. The study demonstrates that effective management of patients with CPP necessitates close collaboration between a gynaecologist and an interventional radiologist.

Material and methods: The present study comprised 247 patients who underwent intravascular embolization of veins treated in the Third Department of Gynecology, Medical University of Lublin, 20-954 Lublin, Poland, between April 2022 and December 2024.

Conclusion: The efficacy of embolisation was demonstrated in over 85% of patients undergoing the procedure. Greater effectiveness was demonstrated in women who were not overweight or obese. Furthermore, the number of pregnancies and how they were terminated were found to be statistically significant factors in determining the effectiveness of embolization. A survey conducted 6 and 12 months after treatment revealed that 95% of patients reported either alleviation or complete resolution of their symptoms. The findings of this study suggest that embolization, a collaborative effort between gynaecologists and interventional radiologists, has the potential to supplant conventional treatment methods shortly.



Maria Lemos MD, Alessandra Peloggia, MD

Hospital Sao Vicente de Paulo, Brazil

Managing endometriosis after reproductive age: clinical challenges during menopause

Objective: Discuss the therapeutic challenges in managing endometriosis in postmenopausal women, emphasizing the need for estrogen therapy accompanied by the careful selection of an appropriate progestin, even in hysterectomized patients.

Methods: A narrative literature review was conducted using medical databases and open-access articles, focusing on clinical studies addressing hormonal therapy in postmenopausal women with a history of endometriosis, as well as the implications of lacking hormonal opposition.

Discussion: Although there is a persistent concern regarding the use of estrogen in women with a history of endometriosis, current evidence does not conclusively contraindicate its administration after menopause. On the contrary, estrogen therapy may be safe and beneficial when paired with an effective progestin. Progestins such as the levonorgestrel-releasing intrauterine system (LNG-IUS) or oral formulations represent important options for controlling residual endometriotic foci. Clinical observations indicate a higher recurrence of endometriosis in postmenopausal women who underwent hysterectomy due to conditions like abnormal uterine bleeding (AUB) without receiving progestin therapy. This reinforces the importance of hormonal opposition, even in the absence of a uterus.

Conclusion: Managing endometriosis after menopause requires an individualized approach that includes hormone replacement therapy with estrogen alongside a suitable progestin. Adopting this strategy may reduce the risk of reactivation of endometriotic lesions and improve patient quality of life. Raising awareness of the rational and safe use of HRT is essential to better guide healthcare professionals and patients when addressing this often-overlooked clinical scenario.

Keywords: endometriosis, hormone therapy replacement, progestins

Biography:

Maria Julia Lemos is a Brazilian physician specialized in primary care with a focus on gynecologic endocrinology. She is dedicated to women's health, providing comprehensive care that integrates hormonal health, preventive medicine, and patient-centered approaches. Her work aims to improve quality of life for women across all life stages through evidence-based care and empathetic clinical practice.



Dr. Ngoran Florence *, Manka Precious Ndanga
Catholic University of Cameroon, (CATUC), Bamenda, North West Region,
Cameroon

Uptake of Cervical Cancer screening and associated factors among women aged 21-65 years at the Bamenda regional hospital

Cervical cancer is a disease characterized by the abnormal growth of cells in the cervix. It is ranked the seventh most common cancer in the world and the third leading cause of cancer deaths among females in the developing countries including Cameroon. This study was to assess the uptake of cervical cancer screening and associated factors among women aged 21-65 years at the Bamenda Regional Hospital. It was a hospital based descriptive cross-sectional study. Convenient sampling technique was used to select 246 respondents. Semi-structured questionnaires were used to collect data on a face-to-face basis. Data was analysed using the statistical package for social sciences version 21 (SPSS). Out of the 246 participants, 137 (55.7%) had done cervical cancer screening or Pap test while 109 (44.3%) had not done the cervical cancer screening. Also, 150 (61.0%) were between 21-30 years. A p-value (<0.001) of age associated with cervical cancer screening indicated a significant association. The importance of cervical cancer screening cannot be overemphasised as this exercise rules out the presence of precancerous cells at the early stages of the disease and thus can prevent, reduce or delay its occurrence. Overall, majority of the participants said motivational factors like more information on cervical cancer screening and interactive attitudes of health personnel encourages them to go for screening. There is therefore a need for government agencies and other stake holders to intensify and prioritize cervical cancer screening.

Keywords: Uptake, Cervical, Cancer, Screening women, Associated factors

Biography:

Dr Ngoran Florence is currently a lecturer in the Catholic & University of Cameroon, (CATUC) Bamenda, Cameroon. She has worked as a clinical nurse supervisor and has taught nursing for many years. She has undergone training in short courses such as paediatric cancer care, essential emergency critical care and including basic and advanced life support. She has published few articles on the nursing process and paediatric critical care. She has a master's degree in nursing education and a PhD in nursing science.



Kamila Gorczyca lek., dr hab. n. med. Żaneta Kimber-Trojnar¹, dr n. med. Małgorzata Kozioł², prof. dr hab. n. med. Bożena Leszczyńska-Gorzelak¹

¹ Chair and Department of Obstetrics and Perinatology, Medical University of Lublin, Jaczewskiego 8 Street, 20-090 Lublin, Poland;

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IL-37 and IL-10 in women with gestational diabetes mellitus

Introduction: Gestational diabetes mellitus (GDM) is usually defined as hyperglycemia that is diagnosed or develops during pregnancy. GDM is associated with an increased risk of complications during pregnancy. A variety of cells secrete IL-10, which is a pleiotropic regulator of immune tolerance during pregnancy. IL-37, on the other hand, exerts anti-inflammatory effects by suppressing innate and adaptive immunity through inhibition of dendritic cell growth.

Aim: Differences in interleukin levels may be a consequence of the meta-inflammation associated with the diagnosis of GDM and may also be a marker of later metabolic consequences for the mother.

Material and methods: We studied 80 patients, including 30 with GDM, who gave birth at the Department of Obstetrics and Perinatology in Lublin, and correlated IL-1F10 and IL-37 levels with gestational weight gain, physical activity, addictions, family and environmental history, body composition, and hydration levels.

Conclusion: Levels of IL-37 were low in postpartum women with GDM in the first days after delivery compared with the control group. There were no statistically significant changes in IL-1F10 levels in postpartum women with GDM. A study conducted in maternity wards in the early postnatal period, before discharge home, a key time for maternal programming, may help to establish recommendations for the postnatal period and subsequent years of life that counteract the development of lifestyle diseases.



Rahil Roeintan
Iran

Effectiveness of lifestyle modification and Iranian medicine on the treatment of infertility in a 28-year-old woman with tubal hydrosalpinx

Infertility and hydrosalpinx are two important issues in the field of infertility health.

Infertility refers to the inability of a couple to conceive after one year of unprotected sex. This problem can be due to various reasons, including hormonal problems, ovulation disorders, blockage of the fallopian tubes, or abnormalities in sperm.

Hydrosalpinx Hydrosalpinx refers to the buildup of water in the fallopian tubes. This condition is usually caused by infection, inflammation, or structural problems in the tubes. Hydrosalpinx can affect fertility because it can block the passage of eggs and sperm, providing an environment that is not suitable for fertilization.

Relationship between infertility and hydrosalpinx:

The presence of hydrosalpinx can directly lead to infertility. If the fallopian tubes are blocked or damaged by inflammatory substances, the possibility of pregnancy is reduced. In some cases, treatments such as surgery or assisted reproductive techniques may be recommended to increase the chances of pregnancy.

Goal of treatment: One of the goals of hydrosalpinx treatment is to achieve pregnancy without surgery or removal of the tubes. By modifying lifestyle and using Iranian herbal medicines, you can help improve blood flow and reduce inflammation. These methods are able to repair and improve the function of the tubes and ultimately not only increase the chances of pregnancy, but also minimize the complications caused by invasive methods.

Method: A 28-year-old woman with an 8-year history of infertility

who, after undergoing fertility counseling and reviewing medical records, was diagnosed with hydrosalpinx of the left uterine tube, a history of molar pregnancy, uterine hyperplasia, and the presence of endometrial polyps. Who had not experienced a successful pregnancy during these 8 years of trying to become a mother.

With a stressed and anxious spirit, who planned to undergo laparoscopy and then start the IVF process, I started lifestyle modification treatment + Iranian medicine measures for her on September 24, 2023. In terms of nutrition: eliminating gluten, sugar, etc.

Recommendation to consume organic foods and...

Sleep: Special attention to early sleep and early morning awakening

Stress reduction: walking, yoga, abdominal breathing, spirituality, and...Specialized massage, balloon and exercise Along with Iranian medicine solutions and herbal therapeutic tampons

After 8 months, they sent me the results of a positive pregnancy test and fetal heart ultrasound.

Conclusion: This article clarifies that lifestyle modification treatments and the principles of Iranian medicine can be the solution to many of the problems of women in the field of infertility.

Considering the infertility statistics and low IVF success rates, this method gives families new hope. In fact, Iranian medicine with its therapeutic approach not only helps in physical recovery, but also strengthens the spirit and psyche of patients.

Also, these methods can directly lead to reducing costs and increasing hope among families. By supporting this type of treatment, a brighter future will be created for women and families.

Dear Ms. Flora Tajik and Maryam Khazaei Sani,

I am extremely grateful to you for helping to treat patients with your knowledge and love. Your presence has not only been a source of comfort to patients, but has also been a strong support for me. I hope you are successful in every step and continue to help others.

Biography:

Rahil Roeintan is a skilled midwife with seven years of experience in consulting and treating women's health And infertility ditional medicine, learning from renowned experts Flora Tajik and Maryam Khazaei Sani. Committed to advancing the field of midwifery, she has contributed valuable research, publishing two articles On ovarian reissues. At just 29 years old, she has dedicated the past four years to utilizing lifestyle modification training and traserve treatment and two additional studies focusing on the treatment of adhesions, fallopian tube inflammation, and endometriosis. Her work reflects a deep commitment to providing effective, natural treatment options for her patients. As a dedicated practitioner, she takes pride in treating women without the use of chemical and hormonal medications, instead focusing on holistic and natural healing methods. Her Passion for improving women's health through non-invasive approaches continues to shape her career, making her a respected figure in the field of midwifery and reproductive health.



Maria Lemos MD, Gabriela Coutinho, MD
Hospital Sao Vicente de Paulo, Brazil

Breast Tuberculosis: The Importance of Early Diagnosis

Objective: Breast tuberculosis (BT) is an uncommon form of extrapulmonary tuberculosis, often misdiagnosed due to its rarity and nonspecific presentation. This case report aims to highlight the diagnostic challenges and consequences of delayed recognition of BT.

Case Presentation: A 41-year-old female presented with recurrent breast lesions and underwent multiple surgical resections without a definitive diagnosis. Despite persistent symptoms and progressive tissue involvement, a correct diagnosis was not initially considered. The lack of proper diagnostic guidance and referral to a specialized service resulted in disease progression, leading to extensive cellular damage and a significant decline in the patient's quality of life.

Discussion: The diagnostic complexity of BT arises from its clinical resemblance to breast malignancies and inflammatory conditions. This case underscores the critical importance of early suspicion, microbiological confirmation, and multidisciplinary management to prevent unnecessary surgical interventions and disease progression. Timely referral to infectious disease specialists and targeted anti-tubercular therapy are essential for optimal patient outcomes.

Conclusion: Breast tuberculosis remains a diagnostic challenge due to its rarity and overlapping clinical features with other breast pathologies. Increased awareness among clinicians is crucial for early detection and appropriate management, ultimately preventing disease progression and improving patient prognosis.

Keywords: Breast tuberculosis, extrapulmonary tuberculosis, delayed diagnosis, surgical interventions, infectious diseases

Biography:

Maria Julia Lemos is a Brazilian physician specialized in primary care with a focus on gynecologic endocrinology. She is dedicated to women's health, providing comprehensive care that integrates hormonal health, preventive medicine, and patient-centered approaches. Her work aims to improve quality of life for women across all life stages through evidence-based care and empathetic clinical practice.



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HYBRID EVENT

**KEYNOTE PRESENTATIONS
DAY 2**



Prof. Dr. Habil. Bernd Blobel, FACMI, FACHI, FHL7, FEFMI, FIAHSI

¹University of Regensburg, Medical Faculty, Regensburg, Germany

²Charles University Prague, First Medical Faculty, Prague, Czech Republic

³University of Genoa, DIBRIS, Genoa, Italy

⁴Faculty European Campus Rottal-Inn, Deggendorf Institute of Technology, Deggendorf, Germany

Challenges and solutions for managing healthcare transformation to personalized, preventive, predictive, participative precision medicine ecosystems

For realizing pervasive and ubiquitous as well as individualized and efficient health and social care services, health and social care system have to undergo an organizational, methodological and technological transformation towards personalized, participative, preventive, predictive precision medicine. Thereby, they have to advance from data to knowledge focus. For designing and managing the resulting highly complex, interdisciplinary, distributed and dynamic ecosystem, we must consistently and formally represent the system and its components at the required level of granularity from the perspective of all actors from different domains including the subject of care, using different methodologies, knowledge, language and experiences. This must be done, using a system-theoretical, architecture-centered, ontology-based and policy-driven approach. Over the last 30 years, the author developed the necessary model and framework, which is meanwhile standardized as ISO 23903 Interoperability and Integration Reference Architecture. The approach has been defined as mandatory for any specification or project at ISO, CEN, IEEE, etc. addressing more than one domain. The presented approach enables design, implementation and management of any health and social care systems as well as knowledge-based communication and cooperation of all actors involved. The Keynote introduces necessary standards and methodologies for designing and managing 5P medicine ecosystems as well as practical examples.

Biography:

Dr. Bernd Blobel received a multi-disciplinary education, covering mathematics, physics, systems engineering, electronics, medicine, informatics and medical informatics, including habilitations in medicine and informatics. He was Head of the Institute for Biometrics and Medical Informatics at the University of Magdeburg, and thereafter Head of the Health Telematics Project Group at the Fraunhofer IIS in Erlangen. Thereafter, he acted until his retirement as Head of the German National eHealth Competence Center at the University of Regensburg. He was leadingly involved in many countries health digitalization as well as electronic health record strategy. He was and is still engaged in international standardization at ISO, CEN, HL7, OMG, IEEE etc. Furthermore, he still engaged in international higher education. He is Fellow of several international academies.



Mohamed M Hosni

London North West University Hospitals, United Kingdom

Emerging trends in the treatment of Endometriosis. What are we missing?. A prospective Cohort Pilot multisite study

Endometriosis is one of the most complex gynaecological conditions that primarily affects women of childbearing age. The management of endometriosis mainly focus on alleviating pain and improving the quality of life. Nevertheless, for 20-40% of women, symptoms persist following surgical and/or pharmacological treatment. Alternative ways of managing pain are needed, which need to consider contemporary pain science and all biopsychosocial aspects of the persistent pain experience. Physiotherapists use a holistic approach to treat patients with persistent pain conditions through pain education, manual therapy, pelvic floor exercises and promotion of healthy bladder and bowel practices. At London North West University Endometriosis Centre, a prospective cohort pilot study was conducted across our three sites. Thirty patients were included in the study. From four to six sessions of physiotherapy were provided over the course of six months. British Society for Gynaecologic Endoscopy Pelvic Pain Questionnaire was conducted at the initial consultation and at the end of their physiotherapy sessions. At the end of six month of the study, 66% demonstrated improvements in Patient Reported Outcome Measures. Two patients declined further medical management including surgery. 69 % of patients recruited in the study reported improvement in symptoms and benefits from physiotherapy. Only 31% found it not very helpful. The results were encouraging to prove the underestimated role of physiotherapy in the treatment of such a challenging condition. A process is in place for commencing the first randomised controlled trial to evaluate the effect of physiotherapy treatment on endometriosis agony.

Keywords: endometriosis, physiotherapy, pelvic pains

Biography:

Mr Mohamed Hosni is a Gynaecology Consultant at London North west University Hospitals, specialised in Advanced Gynaecological Endoscopic Surgery and endometriosis, with over 25 years of experience. His interest in gynaecology is in fertility enhancing minimal access surgery. He is a recognised trainer of British Society for Gynaecological Endoscopy Registrars in Gynaecological Surgery. Mr Hosni has a broad clinical research background and has collaborated with numerous doctors and scientists on different projects in Gynaecological research. He has presented both Nationally and Internationally, with several peer-reviewed publications in scientific journals. He has completed MD in Advanced Gynaecological Endoscopy, with degree of Merit.



Dr. Sofica Bistriceanu, MD, PhD
Academic Medical Unit - CMI, Romania

People's relations influence their health

People interact in person or virtually to exchange goods and services of interest, as no one can possess or know everything. How they do that significantly impacts their personal, professional, or social lives.

Attaining expertise in a specific domain, sharing the products' quality, adjusting prices to the customers' needs and financial capacity, building trustworthy relationships with collaborators, partners, and end users, providing compassionate care, sharing the presence well, and adhering to social norms contribute to a successful existence.

People's interactions play a crucial role in shaping individual life trajectories. Both verbal and nonverbal communication skills significantly influence health outcomes. Inappropriate words and attitudes can lead to disappointment among partners, reducing their willingness to continue collaborating. Consequently, they may seek alternative contributors, which can diminish the return on the provider's investment, finally affecting their practice standing. Clinical evidence indicates that people's exposure to unsafe words energy can disturb their inner life, potentially leading to a range of disorders, including arterial hypertension, type 2 diabetes, sleep disturbances, depression, and even brain haemorrhage or tumours in vulnerable individuals. Additionally, deceptive people's interactions can affect their loved ones and other community members, negatively impacting their health, the production process, and societal advancement.

Promoting respectful and trustworthy relationships, using friendly attitudes, kind words, and compassion enhances well-being in both professional and social life.

In contrast, cool-hearted work reduces patient adherence to the therapy plans, resulting in poor clinical outcomes and a negative reputation for the provider, which alters their financial capacity, business prospects, and career advancement.

Burnout frequently leads to errors in practice that affect both the end users and the creators of errors.

At the end of this presentation, the audience will be able to recognize the relevance of communication skills for individual health, understand how improper communication negatively impacts personal inner life and the functioning of vulnerable bodily systems.

Learn how effectively / professionally sharing and selling products can enhance professional and social life.

Biography:

Dr. Sofica Bistriceanu studied in Romania at the 'Gr. T. Popa' Iasi University, and graduated as MD in 1984, research in family medicine, Maastricht University, 2000, Ph.D. in 2009, Iasi, at the same institution. She joined the European, American, Asian Primary Care Research Group, American Academy on Communication in Healthcare, APTR, IHI, NICHQ, EPCCS, EURACT, WONCA Meetings. Dr Sofica Bistriceanu is the author of more than 80 research studies shared abroad and received awards for some of them. She is a member of Academy for Professionalism in Health Care, a member of The Journal of Patient Experience (JPX) Editorial Review Board, and an Associate Editor of PriMera Scientific Publication. Dr. Sofica Bistriceanu is the representative of the Academic Medical Unit located in NT, ROU. She is the author of seven volumes of poems published by Chronica Iasi Publishing House, and Time, Iasi Publishing House.



Nonye Tochi Aghanya, MSc, RN, FNP-C
Pace University, United States

Communication in Healthcare-why digital innovation is not enough

In the twilight of the twenty-first century, as singularity draws near, we have witnessed the rise of digitization and digitalization in the healthcare sector. However, the recent global pandemic and ensuing social distancing, coupled with fear of the virus resulted in an increased utilization of the virtual healthcare system. A type of digital innovation, it has shown to be a much-needed manner of care delivery in the pandemic era and from 11% in 2019 to 76% in 2020, the use of virtual healthcare technology has increasingly surged and continues to surge with each ensuing year till date. The expanded use of audio, video, and other electronic communications to allow patients to connect with their doctors has offered much-needed relief from the stress of pandemic care demands on healthcare practitioners with a wider reach for digital health innovations including the use of wearable devices, mobile health apps, health information systems etc.

However, while these technological advancements are impressive, they are insufficient to address the unique exploratory holistic approach to care delivery that is required to build and maintain fruitful clinician-patient relationships. Interactions via the use of digital devices lack the transdisciplinary approach which explore the application of such disciplines as psychology and the observation of patient behavioral traits, cognitive biases, and the philosophy of language and its attempt to assist the patient to achieve healthy mental and physical balance.

Patient's distinct personalities affect their outlook and mental status. Tailoring an individual care approach is a necessity for optimal care delivery and complete reliance on digital devices may limit the practitioner's chance of achieving the full scope of engagement for optimal care delivery.

Focusing on patients' and clinicians' relationships, this presentation seeks to avail a systemic use of effective communication to complement digital inventions and innovations in the healthcare system for healing.

Presenting material is derived from the presenter's clinical practice experiences in diverse healthcare settings for over 30 years. This also includes her review of studies on human psychological traits, the analysis of influence of such traits on patient behaviors and applying effective communication styles to improve clinician-patient interactions and trust development in healthcare settings.

Keywords: Patient personality traits, Communication, Digital innovation, Virtual healthcare, Trust development

Biography:

Nonye Tochi Aghanya obtained a Master of Science degree as a Family Nurse Practitioner from Pace University, New York and has worked in various outpatient/inpatient/retail clinic and home care settings. She co-owned a private practice in New Jersey for some years before joining the retail clinic healthcare setting as a Family Nurse Practitioner, a position she held for over 17 years, she currently works in the home care health setting. She's had contact with patients of diverse groups in various healthcare settings for the past 30 years and has published many books such as "Tips for Effective Communication: A vital tool for Trust Development in Healthcare" and "Principles for Overcoming Communication Anxiety and Improving Trust". Her most recent publication is the book THINK, COMMUNICATE & HEAL".

Her book and course contents are based on collaborative efforts with psychologists, past and current health research reports and on her numerous interactions with diverse groups of individuals in the healthcare settings for the past 30 years. She has written articles for various journals and health publications over the years and remains quite active on social media. A member of the Virginia Council of Nurse Practitioners and Certification with American Nurses Credentialing Center, Nonye is married and has 4 daughters.



Jess Tims

Certified Fertility Doula, The Midwifery Institute, United States

Fertility Starts with Feeling Supported

The path to fertility can be emotionally taxing and physically demanding, often leaving women feeling overwhelmed, isolated, and disconnected from their bodies. In this presentation, Jess Tims, a leading fertility doula, will explore the emerging role that fertility doulas provide to complement traditional medical approaches. Attendees will learn about the importance of emotional and mental well-being during the fertility process and how being supported with holistic practices such as nutrition, mindfulness, energy healing, and stress reduction can positively impact fertility outcomes.

This presentation will also provide practical strategies for fertility professionals to support their clients on a deeper, more emotional level. Through case studies, personal experiences, and scientific research, Jess Tims will demonstrate how individualized, compassionate care can reduce stress, build resilience, and empower women to navigate the often-complex fertility journey. Attendees will leave with actionable insights to incorporate holistic fertility support into their practices and help clients thrive both physically and emotionally as they pursue their fertility goals.

Biography:

Jess Tims is a certified Fertility Doula who is dedicated to supporting women on their fertility journeys. Her work focuses on providing personalized care and holding space for a fertility support group, to give women emotional support as they navigate infertility. As a certified Fertility Doula, she is at the forefront of an emerging field that recognizes the importance of mental and emotional well-being alongside medical fertility treatments. Jess Tims is passionate about helping women to reclaim their bodies, create balance in their lives, and reduce the anxiety and overwhelm that can accompany fertility struggles.



Tori Thorkildsen

William Carey University College of Osteopathic Medicine, United States

Gestational Management of a Patient with a History of Resected Pituitary Macroadenoma: A Case Report

Statement of Ethics: Ethics approval was not required for this case report. Written consent was obtained from the participant for publication of the details of their medical case and any accompanying images.

Conflicts of Interest: The authors have no conflicts of interest to declare.

Funding Resources: William Carey University College of Osteopathic Medicine – the funder had no role in the design, data collection, data analysis, and reporting of this study.

Author Contributions

Nicole Forneris, M.S: conceptualization, data curation and analysis, investigation, writing – original draft, discussion, conclusions, review, and editing.

Tori Thorkildsen, B.S: writing- subsequent drafts, discussion, conclusion, review, and editing.

Keywords: Pregnancy, Pituitary Tumor, Panhypopituitarism, Adrenal Insufficiency, In-Vitro Fertilization

Biography:

Tori is a Washington-state native from a small town north of Seattle, hailing from a family of educators. Her passion for OB/GYN began in college while shadowing an obstetrician in Gulfport, MS, where she witnessed the profound impact of patient care. Volunteering at a women's shelter in Spokane, WA further deepened her interest in women's health. After college, she moved to Rochester, NY, working as a dietetic technician on an L&D floor, where she empowered others through education. Tori's extended family in Gulfport led her to William Carey University College of Osteopathic Medicine in the Deep South. She thrives in new environments, and this cross-country move aligns with her goal of becoming a well-rounded OB/GYN. Tori's diverse experiences allow her to provide compassionate, inclusive care to individuals from all backgrounds.



Nagalakshmi N. Chimpudi

William Carey University College of Osteopathic Medicine, United States

PRES Presenting with Syncope in the Setting of Eclampsia

Posterior reversible encephalopathy syndrome (PRES) is described as a clinical syndrome of headache, confusion or decreased level of consciousness, visual changes, and seizures, associated with characteristic neuroimaging findings of posterior cerebral white matter edema. A retrospective cohort study found that over 90% of eclamptic patients have neuroimaging findings consistent with PRES suggesting that PRES is relevant to the pathogenesis of eclampsia. Treatment for PRES is supportive and focused on treating the underlying medical condition. We present a case of a 21-year-old female who presents to the emergency department (ED) with a complaint of syncope, headaches, and dizziness. She had not been seen by a physician since a dilation and curettage was performed for a missed abortion 8 months prior and was lost to follow up. On evaluation in the ED, she appeared to be anxious and had a palpable abdominal mass on the physical exam. Vitals were concerning for tachycardia and hypertension with a diastolic of 110. Shortly after arrival at the ED, the patient began seizing. Differential diagnoses considered were molar pregnancy, eclampsia, Hemolysis Elevated Liver enzymes and Low Platelets (HELLP) syndrome, and PRES. Workup was significant for positive pregnancy test with a b-hCG of 36,566; Urine analysis showed 600 mg protein and a moderate amount of blood; Head CT showed nonspecific subtle bilateral occipital hypodensities. A late abdominal ultrasound was obtained which identified a roughly 25-week fetus with multiple anatomic abnormalities and severe oligohydramnios. The final diagnosis was Eclampsia with concomitant PRES considering her concerning head CT results. Management in the ED focused on seizure control and the patient was transferred to a tertiary center for a higher level of care given multitude of anatomic abnormalities and severe oligohydramnios. Thank you to Drs. Huffman and Graham for your assistance with this patient.

Keywords: PRES, eclampsia, syncope

Biography:

Nagalakshmi N. Chimpudi is a third-year medical student at WCUCOM, currently completing clinical rotations at Magnolia Regional Health Center in Corinth, MS. After serving as an OMT Scholar for a year, Nagalakshmi has developed a keen interest in pursuing a residency in Internal Medicine.



Maren Beatrice Smith, Caroline Given BS, Elena Rhodes MD, Afshan Hameed MD, Ninh Nguyen MD, Robert Bristow MD, Lourdes Swentek MD
University of California, United States

Investigating the Relationship between Salivary Estriol to Progesterone Ratio and Onset of Labor. A Feasibility Study

Serum hormone levels have been extensively studied as potential biomarkers for preterm, term, and late-term labor. In a pilot study by Darne et al., researchers found that the median salivary estriol (E3) to progesterone (P) ratios in pregnant females (PF) rose acutely to >1.65 (pg/ml) 24 hours before the onset of labor. Our study aimed to examine daily salivary estriol (E3) to progesterone (P) ratios to determine the relationship between salivary hormone levels and labor onset. This was a single-center prospective pilot study. Eight PF were recruited to collect passive drool saliva samples daily from 38 weeks gestation until labor onset. PF with a history of preterm labor, age < 18 , multi-fetal gestation, tobacco or substance use disorder, use of corticosteroids, or a planned induction were excluded. Saliva was tested in duplicate using a commercially available enzyme-linked immunosorbent assay kit (ELISA). Estriol values between PF varied widely with a range of 671-5438 (pg/ml), a median value of 2496 pg/mL, and a standard deviation (SD) of 1145.17. Conversely, E3:P ratios between PF varied less with a range of 0.32-2.51 (pg/ml), a median value of 0.99, and a SD of 0.50. Higher peak E3:P values (1.22-2.51 (pg/ml)) were noted in five of the eight (62%) PF who went into spontaneous labor.

Three of the eight PF (37.5%) were induced with lower peak E3:P values in comparison (0.69-

1.2 (pg/ml)). Our study observed wide variations in salivary estriol levels between PF while E3:P ratios were more consistent and deserve further investigation. While this study had limited power, a relationship may exist between lower E3:P ratios and the need for induction of labor, suggesting the need for further investigation with a larger study.

Key Words: Obstetrics and/or gynecology; endocrinology; salivary immunoassay

Biography:

Dr. Lourdes Swentek is a trauma, critical care, and emergency general surgeon with a wide range of research interests. She has numerous publications in basic science, clinical, and translational research that cover various topics, including inflammatory conditions, trauma, and residency recruitment. Additionally, she has a strong focus on innovation and medical devices, particularly in relation to maternal health and labor. She is particularly interested in the use of salivary hormones to predict pre-term and term labor, exploring their applicability and accuracy.



Sophia Quesada BS *, Eliana Garcia MD, Bianca Batista BS, Elena Rhoads-Baeza MD; UC Irvine School of Medicine, Irvine, CA 92617, USA
UC Irvine, United States

Knowledge Assessment of Select Social Determinants of Health Topics: An Interview Study of Third-Year Medical Students During the OBGYN Clerkship

This study aimed to evaluate whether a Social Determinants of Health (SDH) curriculum implemented during the OB/GYN core clerkship improves students' knowledge of SDH affecting obstetric and gynecologic care, and to assess student attitudes toward the curriculum. While significant racial disparities persist in OB/GYN care, this research offers insight into the effectiveness and reception of SDH training at the medical school level. A convenience sample of third-year medical students participating in the OB/GYN clerkship at UCI was invited via email to complete an optional, anonymous two-part survey. Fifty-one students across four rotations were invited; 36 completed the pre-survey during their first week, and 22 completed the post-survey following a lecture titled "Social Determinants of Health in OB/GYN." Data were collected and analyzed using RedCap. When comparing pre- and post-survey responses to questions on intimate partner violence and Black maternal health disparities, accuracy improved across all four SDH knowledge questions (+10.33% to +24.97%).

Post-survey responses revealed that:

- 72.7% of students strongly agreed the lecture helped them better identify non-medical factors impacting care.
- 77.3% strongly agreed it provided information they will use to improve future patient care.
- 90.9% felt the lecture introduced new concepts and/or statistics.

These findings suggest that students begin with some awareness of racial disparities in OB/GYN but show measurable improvement after just one SDH-focused lecture. The curriculum was positively received, with most students affirming its relevance and utility. We recommend that other medical schools adopt similar SDH instruction within clinical clerkships to better equip future physicians to address persistent racial disparities in care.

Biography:

Sophia Quesada is a 3rd year medical student at UC Irvine School of Medicine with interests in women's health and reproductive justice. She completed her undergraduate studies at Rhodes College in Memphis, TN in 2020.



Nicole Waldman Forneris

William Carey University College of Osteopathic Medicine, United States

Gestational Management of a Patient with a History of Resected Pituitary Macroadenoma: A Case Report

Statement of Ethics: Ethics approval was not required for this case report. Written consent was obtained from the participant for publication of the details of their medical case and any accompanying images.

Conflicts of Interest: The authors have no conflicts of interest to declare.

Funding Resources: William Carey University College of Osteopathic Medicine – the funder had no role in the design, data collection, data analysis, and reporting of this study.

Author Contributions

Nicole Forneris, M.S: conceptualization, data curation and analysis, investigation, writing – original draft, discussion, conclusions, review, and editing.

Tori Thorkildsen, B.S: writing- subsequent drafts, discussion, conclusion, review, and editing.

Keywords: Pregnancy, Pituitary Tumor, Panhypopituitarism, Adrenal Insufficiency, In-Vitro Fertilization

Biography:

Nicole Waldman Forneris is a current OMS4 Student at William Carey University College of Osteopathic Medicine, graduating this year and will be entering into an Internal Medicine Residency with Gundersen Health System in Lacrosse, WI in July 2025. Prior postgraduate educational experience includes a Master's of Science in Biotechnology from Johns Hopkins University. Prior to entry into medical school, Nicole's work experience includes long term care, bench research and several years of work in the business sector. Her professional interests include Hematology and Oncology.



Swati Kumari, Hughes N, DiFrancesco L, Valmiki Vijay S
Bronxcare Hospital, United States

Rare Presentation of Postoperative Small Bowel Obstruction through a Minute Peritoneal Defect: A Case Report

Postoperative small bowel obstruction (SBO) resulting from herniation through a diminutive peritoneal defect is an exceedingly rare phenomenon, presenting unique diagnostic and management challenges. This case involves a 28-year-old female who underwent elective open myomectomy and developed progressive nausea, vomiting, and abdominal distension by postoperative day two. Initial imaging suggested a mechanical obstruction, and exploratory laparotomy confirmed internal herniation of a segment of small bowel through a tiny peritoneal defect, approximately 1 cm in diameter. Remarkably, the bowel was viable, obviating the need for resection. The hernia was reduced, and the defect closed.

This case exemplifies the critical importance of distinguishing between postoperative ileus and mechanical SBO, particularly when symptoms persist beyond the expected recovery timeline. The rarity of internal herniation through such a small defect highlights the need for high clinical suspicion and timely surgical intervention to prevent complications like bowel ischemia or necrosis.

The report contributes to the limited literature on this rare etiology, underscoring the need for meticulous surgical technique, including thorough peritoneal closure, to prevent such complications. This case emphasizes the value of early diagnosis and intervention, offering insights into managing rare postoperative SBO presentations effectively.

Keywords: Small Bowel Obstruction, Internal Hernia, Peritoneal Defect, Rare Surgical Complications, Postoperative Care

Biography:

Dr. Swati Kumari is a dedicated OB/GYN resident at BronxCare Hospital, with a focus on reproductive endocrinology and infertility. She has presented at multiple national conferences and is actively involved in quality improvement projects aimed at enhancing patient care in underserved communities.

Stephanie Dunne

Stephanie Dunne Leadership, USA

From Surviving to Thriving: Reclaiming Health and Wholeness from the Inside Out

Despite advancements in care, many women still feel exhausted, unseen, and misaligned—not because they lack resilience, but because the systems around them often reward burnout and suppress authenticity. As women's health professionals, you witness this daily: patients presenting with symptoms rooted not only in biology but in the chronic strain of invisible expectations.

Externally, our culture glorifies hustle and self-sacrifice, convincing women that health means checking boxes—appointments, workouts, nutrition plans—while neglecting the deeper, internal disconnect. Internally, this creates friction between who women are and who they believe they have to be. They begin to normalize depletion, silence their needs, and slowly disconnect from their sense of identity and purpose.

This talk introduces the Care Compass™—a framework that empowers women to realign their physical, emotional, and mental well-being by addressing both systemic barriers and internalized beliefs. Through coaching, workshops, and collaborative tools, I help professionals like you support clients beyond prescriptions and protocols—guiding them toward self-trust, sustainable self-care, and purpose-driven living.

If your goal is to help women not just function but truly flourish, this session will offer language, strategies, and insight to bridge the gap between external care and internal alignment. Together, we can move women from surviving to thriving.

Index

Exhibitor 1	12
Exhibitor 2	14
Jen Mohaupt	17
Karli Provost Goldstein	19
Bihonegn Asmamaw Moges	21
Sandhya Gupta	22, 31
Vanitha Rajakumar Sudaliamani	23
Oluebube Nwajiaku	25
Igor Jeremic	26
Abida Solomon	27
Clara R. McMillan	28
Zachary Penny	29
Anuoluwa Ayeni	34
Hung-Ru Lin	36
Girma Birhanu Nurie	37
Liu Xinmin	41
Hezi Zhang	42
Xiaoman Wang	43
Rahma K. Andamen	44
Yueming Xu	45
Mary Anbarasi Johnson	46
Afraa Talal Barzanji	48
Shamsa Abdullah Rashid Al Sharji	49
Maciej Paszkowski	50

Maria Lemos	51, 56
Ngoran Florence	52
Kamila Gorczyca	53
Rahil Roeintan	54
Habil. Bernd Blobel	58
Mohamed M Hosni	59
Sofica Bistriceanu	60
Nonye Tochi Aghanya	62
Jess Tims	64
Tori Thorkildsen	65
Nagalakshmi N. Chimpudi	66
Maren Beatrice Smith	67
Sophia Quesada BS	68
Nicole Waldman Forneris	69
Swati Kumari	70
Stephanie Dunne	71



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