



**ANNUAL  
MEDICAL STUDENTS  
RESEARCH PRESENTATION DAY  
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**Oral Presentations**



# Oral Presentations

## OP-1

### Evaluation of Anxiety Level of the Patients with Diabetic Foot Amputation

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**Objective:** Invasive procedures cause anxiety. This is an acute procedure anxiety, which is seen as an excessive fear from dental or surgical procedures, particularly in children and elderly patients, who have chronic diseases. Patients may experience several levels of anxiety in anticipation with many types of procedures, such as, screening, diagnostic procedures and surgery, even in minimally invasive procedures. The aim of this study is to determine the level and the impact role of the anxiety pre-operatively and post-operatively of patients, who are the candidates for various levels of diabetic foot amputation surgery, with the use of Beck Anxiety Inventory (BAI).

**Methods:** We conducted a one-year prospective study among 49 patients with diabetic foot ulcer. Patients have demarcated wet/dry gangrene at various levels on fingers and foot. Appropriate levels of amputation is the only inclusion criteria of this study, without any age or gender limitations. At first meeting, pre-operatively, we obtained personal demographics, diabetic disease - diabetic foot wound history, and applied BAI. At second meeting, 3 months post-operatively, we applied BAI again, this intervention was done via phone or face to face when they came for their routine control in hospital. After the second anxiety inventory we have used T-test statistical analysing method to compare pre-op and post-op scores.

**Results:** Totally 49 patients were included in this study. There were 38 male (77.5%), 11 female (22.5%), average age was 61 from Bezmalem Vakıf University School of Medicine, Department of Plastic and Reconstructive Surgery. 7 patient did not want to join second phase of our study. 2 patient had died before second BAI. At the end we obtained our main data from 40 patients that successfully joined both phase of our study. Mean (sd) Beck Anxiety Inventory score was 18.11 (13.20) for preop and 18.68 (12.80) for postop. 85% patient demonstrate same level anxiety. 5% patient demonstrated reduction on their anxiety level and 10% patient increased their anxiety level. Due to statistical analyses, amputation surgery has no significant role on patients pre-op and post-op anxiety level change. We have found that two patients post-op anxiety score has reduced and four patients post-op anxiety score has induced due to pre-op anxiety score evaluation.

**Conclusion:** In the survey that we applied, we have found that among the 49 patients only 6 (12%) of them state that they do extra exercise to elevate their diabetes mellitus treatment efficiency. Remaining 43 (88%) patients have not done any exercise before. This fact is important because diabetic treatment is like a trivet and every leg has its own importance on each patient. These are medical treatment, appropriate diet and life style changes and exercise as a part of the life style, the latter is a loose point though. This problem makes them disabled and eventually lead them to psychiatric disorders such as anxiety, depression etc. Besides proper regulation of blood sugar level with drugs, diet and exercise, we think that improved psychological situation also has significant role in total quality of life. Overcoming with this problem is not only a medical issue but also a public health care facility. In order to compete their anxiety patients may use different methods like religious rituals, meditation or simply use of anxiolytic drugs. As a conclusion, even we did not find any significant difference, but all of subjects have different levels of anxiety. Therefore psychology could not be eliminated the from healing process. For a successful surgical procedure, patients should be managed multidisciplinary and comprehensively in order to obtain realistic cure.

**Keywords:** Amputation, beck anxiety inventory, pre-op post-op comparison

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## OP-2

### Comparison of Day-Time and Night-Time Surgery Outcomes

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**Objective:** The data about the effects of surgical starting time (SST) on surgery outcomes are still not clear. Some suggest that night-time may have more negative outcome, because of short staffed, tired workers and less follow-up on patients. We investigate the effects of SST on surgery outcomes at BVU.

**Methods:** Randomly selected 88 out of 869 patient files were included to our research queries, who had appendectomy or hernia repair surgery at BVU Department of General Surgery between 01.01.2017-31.12.2017 and categorised them in 4 groups: 2 days time (08:00-16:00), 2 nights time (16:00-08:00). We investigated patient files and compared preoperative, intraoperative and postoperative parameters retrospectively for each group. Parameters were; elective or emergente, demographic data (age, gender, weight), preoperative diseases, American Society of Anesthesiologists (ASA) score, waiting time, qualification of the surgeon, intraoperative blood transfusion, the, operative duration, length of hospital stay, postoperative systemic complication, wound infection. Continuous variables are expressed as means and standard deviations and Mann-Whitney test was used to compare the two groups. Categorical variables are expressed as proportions and are compared between two groups using chi-square test. Data is analyzes were done using SPSS v 19.

**Results:** For day-time (group 1) and night-time (group 3) appendectomy surgeries, 36.36% of the patients were female and 63.64% were male, mean age was 34.61, mean body weight was 73.28 kg. 88.6% of the surgeries were emergent, 11.4% were elective. A statistically significant difference was found in both active surgery ( $p=0,012$ ) and preoperative-postoperative anesthetic care duration ( $p=0.0$ ) between group 1 and 3. However ASA score ( $p=0.27$ ), waiting time ( $p=0.681$ ), length of hospital stay ( $p=0.106$ ), number of preoperative diseases ( $p=0.378$ ), qualification of the surgeon ( $p=0.472$ ), intraoperative blood transfusion ( $p=0.312$ ) and wound infection ( $p=1.0$ ) did not differ when compared between the group 1 and 3. For day-time (group 2) and night-time (group 4) hernia repair surgeries, 27.73% of the patients were female, 72.27% were male, mean age was 52.92, mean body weight was 80.57 kg, 11.4% of the surgeries were elective, 88.6% were emergent. No statistically significant difference was found in the rates of ASA score ( $p=0.446$ ), waiting time ( $p=0.398$ ), length of hospital stay ( $p=0.917$ ), number of preoperative diseases ( $p=0.5$ ), qualification of the surgeon ( $p=0.304$ ), intraoperative blood transfusion ( $p=0.312$ ) and wound infection ( $p=0.961$ ) between group 2 and 4. Additionally both active surgery ( $p=0.638$ ) and preoperative-postoperative anesthetic care duration ( $p=0.542$ ) did not differ between group 2 and 4, not similar to appendectomy surgeries.

**Conclusion:** Among appendectomy and hernia repair patients, for surgery outcomes there was no statistically significant difference between day-time and night-time. Intensive surgery schedule is prone to create complications. Therefore, rearranging the time table can be a way to ease day-time workload and also avoid unnecessary complications.

**Keywords:** Surgery outcome, appendectomy, hernia repair

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## OP-3

# Program Evaluation in Medical Education

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**Objective:** Program development in education is a process which needs improvement. Education programs should be supervised regularly by feedbacks. Updates and changes must be useful and beneficial. The purpose of this study is to evaluate the effectiveness of the program.

**Methods:** To this end, a survey applied to 6<sup>th</sup> grade students at Bezmailem Vakif University in 2017-2018. Surveys were performed in July and in February. Students were asked with Intern Competency.

**Results:** According to the questionnaire in the month of July; the topics that students think they are competent are "Ability to communicate effectively", "Effective use of Information Technology", "Having and adequate level of knowledge of basic and clinical medical science" and "Having professional characteristics". The average score which of these subjects is 4.36. The topics with the lowest scores "Assessment of clinical symptoms and signs" "Able to provide emergency response" and "The ability to write prescriptions". The average score which of these subjects is 3.16. According to the questionnaire in the month of February there was a 20% increase. "Able to provide emergency response" gets 3.85 points, "Assessment of clinical symptoms and signs" gets 4,13 points and "The ability to write prescriptions" gets 3.9 points and the average score which of these subjects is 3.96.

**Conclusion:** Overall increase is observed in student proficiency. Subjects that students think their ability is inadequate should be evaluated and regulated.

**Keywords:** Medical education, program evaluation, medical students

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## OP-4

# Formate May Play a Key Role in Patients with Early Kidney Injury

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**Objective:** Glomerular filtration rate (GFR) is currently considered the best marker for evaluation of kidney function. Current parameters used for estimation of GFR, such as urea and creatinine, are measurably changed only after an important part of the nephrons are already lost. Therefore, new parameters for evaluation of kidney injury in earlier stages are needed. Formate ion (HCOO<sup>-</sup>) is a small molecule filtered and excreted in kidneys. Being a small molecule, small changes in kidney function could be reflected as formate ion concentration alterations in serum and urine. The present study examined the relationship of urinary and serum formate ion concentrations, a potential new parameter for early kidney injury, and currently used parameters for kidney injury and glycemic control in diabetes mellitus patients.

**Methods:** The study population consisted of 42 diabetes mellitus patients who were accepted to Bezmialem Vakıf University Nephrology Department outpatient clinic and 48 control subjects. We have evaluated formate ion, urea, creatinine, microalbumin, HbA1c (glycosylated hemoglobin) concentrations in serum and 24-hour urine samples. Formate ion was measured with modified enzymatic spectrophotometric method. Urea, creatinine, microalbumin and HbA1c levels were determined using commercially available assay kits with an auto-analyzer. Correlation of each routinely used parameter with formate concentrations was assessed.

**Results:** 24-hour urinary formate levels were significantly correlated with urea, microalbuminuria and creatinine levels in patient and control groups ( $n=90$ ,  $p<0.001$ ,  $p<0.03$ ,  $p<0.05$ , respectively) while serum HbA1c concentration and serum formate concentrations were negatively correlated ( $n=90$ ,  $p<0.024$ ).

**Conclusion:** Present study is the first study in the literature examining the correlation of parameters used for evaluation of kidney function and formate ion concentrations in serum and urine. Data obtained suggest that changes in urinary and serum formate concentration can be considered as a sign of altered renal function. Limitations of the study are small sample size and lack of kidney injury staging.

**Keywords:** Formate ion, kidney function, urea, creatinine, glomerular filtration rate (GFR), diabetic nephropathy

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## OP-5

# Association Between The Birth Methods and Nasolacrimal Duct Obstruction

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**Objective:** Congenital nasolacrimal duct obstruction (CNDO) is the most common cause of persistent epiphora. In this study we aimed to investigate the association between the methods of birth and CNDO rates.

**Methods:** We planned a retrospective descriptive study of 58 (33 female, 25 male) children who were admitted to Department of Ophthalmology in Bezmialem Hospital with the diagnosis of CNDO. The inclusion criteria for the study were non-syndromic, term birth (born after 37 completed weeks of gestation) and aged between 1-3 years old patients. Birth weights, birth methods and pregnancy weeks were recorded. Categorical variables were tested by using the chi-square test. Data were analyzed with the SPSS and MedCalc programs.

**Results:** Of the 58 patients evaluated in the study, 33 were girls and 25 were male. 34 children were one year old, 15 were two, and nine children were three years old. CNDO was present in 53.3% of the cases in the right eye, 35.6% in the left eye, and bilateral in 11.1%. Cesarean birth rate was found 55.2% in our patients. In the same period, the rate of cesarean section in the society was 53,1% and the two ratios were compared with the help of Medcalc program. The difference between the percentages was statistically insignificant ( $p=0.74$ ). No statistically significant relationship between gender and birth pattern of children and the location of CNDO was found ( $p>0.05$ ).

**Conclusion:** No statistically significant difference between birth methods and CNDO has been found.

**Keywords:** Persistent epiphora, birth methods, nasolacrimal duct obstruction

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## OP-6

# The Comparison of C-Reactive Protein, Procalcitonin and Blood Culture Test Results in Sepsis and the Research of the Affects of Antibiotic Usage to These Results

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**Objective:** Sepsis is a clinical syndrome which is highly mortal especially if the diagnosis and onset of proper treatment is delayed. In patients with sepsis, identifying potential causative agent as soon as possible is important to be able to start an appropriate treatment. The purpose of this study is to examine the efficacy of Procalcitonin (PCT), C-Reactive Protein (CRP) tests and blood culture results in the early diagnosis of sepsis and to identify the change in these results with the antibiotic usage

**Methods:** 18.000 samples which were submitted to Bezmialem Vakif University Medical School Hospital Microbiology Laboratory for the purpose of blood culture analysis on the dates between September 2015- June 2017 have been scanned. From these samples, 153 patients who were diagnosed with sepsis have been retrospectively analyzed. The data of all of the blood cultures which have PCT and CRP values simultaneously with the blood culture and which have PCT and CRP values in the 24. and 48.hours of the treatment had been compared. Kruskal-Wallis test has been used in the statistical analyses of the relationship between the blood culture result and PCT, and of the relationship between the blood culture result and CRP. Will-coxon test has been used in the evaluation of the change in PCT and CRP at the 24.and 48.hours of the antibiotic treatment.

**Results:** During the study, 116 episodes which were obtained from 43 patients met the inclusion criteria. Bacterial growth is observed among 60 out of 166 samples (51.7%). Causative agent had been identified as gram positive microorganism in 24 samples in which bacterial growth were observed, while the causative agent had been identified as gram negative microorganism in 36 samples in which bacterial growth was observed. In 52 (86.6%) of the patients' serum which were positive for the bacterial growth in the blood culture-had been positive for PCT test as well. Also CRP test had been positive in the 60 of the samples with positive blood culture. Therefore, it has been found that these two tests have similar sensitivity to the patients who has positive blood culture results. When the data that represents the change in PCT with the administration of an antibiotic treatment had been analyzed; it was found that the difference between 0 and 24.hours of the treatment was ( $p=0.82$ ) statistically insignificant while the difference between 24.and 48.hours was statistically significant with the value of  $p<0.001$ . When the change in CRP values with the antibiotic treatment were analyzed; it was found that the difference between 0. and 24. hours was statistically insignificant ( $p=0.05$ ) and the change between 24. and 48. hours was also statistically insignificant ( $p=0.13$ ).

**Conclusion:** PCT and CRP, commonly used tests in the diagnosis of sepsis, are accepted as the guide biomarker. The findings of this study demonstrate that PCT test results are more sensitive in the evaluation of the response to the antibiotic treatment.

**Keywords:** Procalcitonin, C-reactive protein, sepsis, blood culture, antibiotic treatment

## OP-7

# The Determination of Additional Predictive Findings for Amputation Risk in Diabetic Patients: A Retrospective Analysis

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**Objective:** Diabetes mellitus is a worldwide health problem causing endothelial dysfunction and impaired peripheral perfusion which are the major responsible factors of the delayed and poor wound healing. Diabetic foot ulcer (DFU) is the most common morbidity of diabetes and increases the mortality rate. The prediction of amputation risk and possible outcomes of DFU might be helpful for the management and therapy strategy. In this study, we aimed to find a predictive laboratory parameter for amputation indication of patients with DFU which is appropriate for daily routine.

**Methods:** Patients admitted to the outpatient clinic of the Plastic, Reconstructive and Aesthetic surgery of the Bezmialem Vakif University Hospital between February -July 2017 with DFU were enrolled. The data of patients including demographics, diabetic complications and laboratory parameters, indication of amputation, existence of new wound and post amputation story were collected retrospectively.

**Results:** One hundred thirty six patients with DFU were enrolled (97 males, 39 females; mean age: 61.1±11.4 vs 61.0±10.7, p=0.96). The comparison of the patients amputation indicated vs non-indicated showed significant difference for white blood cell count, red blood cell count, hemoglobin, HbA1c, and serum glucose level. There was no significant differences between groups for gender, age (year), duration of diabetes, platelets count, nephropathy, retinopathy, coronary artery disease, neuropathy, peripheral artery disease, new wound development, previous amputation and vitamin D levels.

**Conclusion:** In the literature, HbA1c levels are described as well-known predictive factors for amputation and further studies also showed that CRP, WBC and ESR as a predictor for amputation.

Patients' age, duration of diabetes mellitus, type of treatment, previous amputation, development of a new wound, and serum level of vitamin D are not helpful to estimate future amputation risk. Amputation indicated patients have higher WBC, HbA1c and serum glucose level because of the inflammatory activation and dysregulated diabetes, while their RBC, hemoglobin are lower because of the chronic disease anemia and effect of inflammation. The results of our study had similar findings with previous studies addressing predictors of amputation. Additionally, we have found that low RBC and hemoglobin levels indicate risk for amputation in our study. In conclusion, low RBC counts and hemoglobin levels could be accepted as supportive findings for amputation decision in diabetic patients.

**Keywords:** Diabetic foot ulcer, amputation, diabetes mellitus

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## OP-8

# Evaluation of Immunohistochemical Expression of Cyclin D1 (CCND1) and Galectin-3 in Endometrial Carcinoma Cases According to Histological Type, Prognostic Parameters and Interrelationships

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**Objective:** This study was designed to explore the possibility for Cyclin D1 and Galectin-3 immunohistochemical expression and their relationship between clinico-pathological variables in endometrial carcinoma. Our aim was to evaluate whether they

could be used as a potential diagnostic and prognostic marker for endometrial cancers. Cyclin D1 is a protein required for progression through the G1 phase of the cell cycle. Galectin-3 (Gal-3) is a member of the lectin family and plays an important role in, angiogenesis, metastasis and apoptosis.

**Methods:** Fixed, paraffin-embedded endometrial samples diagnosed as endometrioid, serous and clear cell carcinoma were included the study. We began this study with 60 endometrial carcinoma cases. Serous and clear cell carcinomas are excluded due to insufficient number of cases, the study has been performed with 57 endometrioid carcinoma cases. Prognostic parameters including; tumor grade (histologic and nuclear), depth of invasion, presence of cervical involvement, lymphovascular invasion, presence of lymph node involvement and stage. In the immunohistochemical analysis, Cyclin D1 and Galectin-3 expressions were classified according to the intensity and the extensity of staining.

**Results:** Cyclin D1 and Galectin-3 expression was observed in 48 (84%) and 28 (49%) of the cases respectively. Cyclin D1 expression was seen in more cases than Galectin-3. No statistically significant relationship was found between prognostic parameters and Cyclin D1 and Galectin-3 expression ( $p>0.05$ ) in endometrial carcinoma regarding to the staining features.

**Conclusion:** In previous studies Cyclin D1 overexpression was found to be a poor prognostic indicator in different cancer types included endometrial carcinoma. Results for Galectin-3 is heterogenous. In some studies, it has been shown as poor and in some cases as good prognostic parameter. In our study we did not find statistically significant relationship between Cyclin D1 and Galectin-3 expressions and prognostic parameters. This result could be related with the number of the studied cases. In order to make conclusion about their value as prognostic parameter larger series should be investigated.

**Keywords:** Endometrial carcinoma, cyclin D1, galectin-3

## OP-9

# Evaluating The Radiosensitizer Effect of Genistein on Glioma Cell Line

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**Objective:** Glioblastoma (GBM) patients have dismal median survival even with the most aggressive treatments. Radiotherapy is the standard treatment in patients with GBM after surgical resection. However, GBM has been found to be radioresistant and almost always recurs, even after a high dose of radiation. This can be attributed to the overexpression of Epidermal growth factor receptor (EGFR), which is a transmembrane glycoprotein with tyrosine kinase activity. We hypothesized that genistein, an EGFR inhibitor, enhances the effect of radiation therapy with Gamma Knife in U87 glioma cell line *in vitro*. We also investigated the mechanism of effect using different tests.

**Methods:** U87 human glioma cell line was irradiated using Gamma Knife with single doses of 0, 5, 10, 15, 20 and 40 Gy of  $\gamma$ -rays from a <sup>60</sup>Co source. Genistein was applied as a reagent at concentrations of 0, 0.5, 1, 2.5, 5, 10, 25, 50, 75 and 100  $\mu$ M (24 h and 48 h exposure). The cells were treated with Genistein, Gamma-Knife and combination of Genistein and Gamma Knife. The mechanisms of effect were investigated by MTT assay for cytotoxicity, Tunnel staining for apoptosis. Western blotting was performed to assess the expressions of STAT3/p-STAT3, caspase-3/Bcl-2 (apoptosis proteins), PARP (for DNA damage),  $\beta$ -tubuline/ $\beta$ -actine and HIF1- $\alpha$ .

**Results:** According to MTT experiment, Genistein results in the dose-dependent inhibition of U87 glioma cells. At 10  $\mu$ M, less than 50% of U87 cells survived. Cytotoxicity was enhanced when U87 glioma cells were treated with Genistein in addition of Gamma Knife. Tunnel staining showed that Genistein alone treatment enhanced apoptosis and also the apoptosis was increased in combination group compared to Genistein alone group. Western blotting showed that combination group enhanced expression of caspase 3 and inhibited p-STAT3, bcl-2, PARP and HIF1- $\alpha$ .

**Conclusion:** Our results suggested that Genistein enhanced the effect of radiation therapy and can be considered as a radiosensitizer in patients with GBM. Further *in vitro* and *in vivo* research is required for validation of this effect.

**Keywords:** Gamma-Knife, radiosensitizer, glioma, genistein, EGFR



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**Guest Editor**

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# Short Oral Presentations



# Short Oral Presentations

## SOP-1

### Turkish Chestnut and Pine Honeys as a Potential Chemotherapeutic Agent: Effects on Cell Culture Media

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**Objective:** Although modern medical methods such as chemotherapy and radiotherapy are widely used in the treatment of cancer, side effects and ineffectiveness of these treatments are directed researchers to investigate alternative therapies such as phytotherapy and apitherapy. The aim of this study was to investigate the cytotoxic, genotoxic and apoptotic effects of chestnut and pine honey on HT-29 colon cancer cells in vitro in order to show whether these honeys have chemotherapeutic potentials.

**Methods:** We analyzed 14 different honeys collected in Turkey to determine their total antioxidant capacity (TAC), pro-oxidant activity (POA), total phenol (TP) and total flavonoid (TF) levels. Then we chose Kastamonu's chestnut honey and Muğla's pine honey according to their high phenolic and flavonoid contents. Different concentrations of raw chestnut and pine honeys exposed to HT-29 colon carcinoma cells and WPMY-1 normal stromal cells from adult prostate for 24 hours. Cell proliferation levels were analyzed with ATP cell viability assay. IC50 values of these honeys were calculated. Genotoxic, apoptotic and reactive oxygen species (ROS) generating effects are analyzed under these IC50 values.

**Results:** It was found that TAC, POA, TP and TF levels were significantly higher in both Kastamonu's chestnut and Muğla's pine honeys than the other 12 honeys. Therefore we chose these two honeys to analyze their cell proliferation, genotoxic, apoptotic and ROS generating activity. Although lower doses of both honeys (0-10 mg/mL) increased cell proliferation and decreased ROS generation, higher doses (10-50 mg/mL) markedly inhibited the cell proliferation and ROS generation. Genotoxic and apoptotic effects of honeys were increased in a dose dependent manner above 10 mg/mL concentrations. Cytotoxic, genotoxic, apoptotic and ROS generating effects were significantly higher in cancer cells than those observed in normal cells.

**Conclusion:** Both chestnut and pine honeys have dose-dependent proliferative or anti-proliferative effects in cancer and normal cells. These results indicated that chestnut and pine honeys may have cancer protective effects in low doses and chemotherapeutic effects at high doses.

**Keywords:** Honey, cancer, apoptosis, cell culture

## SOP-2

### Costal Cartilage Calcification Types and Prevalance

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**Objective:** Rib cartilage from the sixth, seventh, and eighth ribs offers a long cartilaginous curvature, making the material reliable for grafting. Calcification of cartilage causes unexpected absorption, difficult manipulation, and donor site morbidity. Most studies of calcification were performed in Western countries. To investigate the incidence, degree, and pattern of rib cartilage calcification in Turkish patients.

**Methods:** Retrospective study of computed tomographic scans of the chest in 120 patients (60 male and 60 female). The incidence, degree, and pattern of cartilage calcification of the sixth through eighth ribs were noted. The patients were stratified into 6 age groups, and 20 patients (10 male and 10 female) were selected for each group. The degree of calcification was assessed as 0%, 1% to 25%, 26% to 50%, 51% to 75%, and 76% to 100%. Meaningful calcification was defined as 26% or greater. The pattern of calcification was classified as marginal, granular, and central.

**Results:** Overall, 384 of 720 rib cartilage was calcified. In both sexes, the eighth rib cartilage had the lowest rate of calcification, whereas the calcification rates of the sixth and seventh rib cartilages were similar. Calcification of the rib cartilage did not significantly increase with age in females. A meaningful calcification rate was low in males younger than 60 years, whereas the rate was relatively higher in females than males for all age groups. Males predominantly had the marginal type of calcification, whereas females predominantly had marginal and granular type. The rate and pattern of calcification had no relationship to age.

**Conclusion:** In Turkish patients, males younger than 60 years show a very low incidence of calcification, whereas females 20 years or older show a relatively high incidence of meaningful calcification. Turkish females also show a predominantly marginal or granular pattern of calcification that may hinder proper harvest and incision of the rib cartilage. These differences in the incidence and pattern of rib cartilage calcification need appropriate preoperative attention.

**Keywords:** Cartilage, calcification, rib, prevalence, calcinosis

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## SOP-3

# Comparison of Parent Anxiety Levels Before and After Diagnosis of Children with Rare Genetic Disorder

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**Objective:** Rare disease is defined as a condition that has less frequency than 1/2000-1/2500. 85% of the rare diseases are based on genetic origins. These are less known by physicians, which increase the level of anxiety in a family in terms of prolonging the diagnostic process. In spite of the modern-day advanced systems, it is not possible to diagnosis all the illnesses which are considered as genetic by using genetic tests. In spite of the advanced systems, the rate of diagnosis with genetic tests is still maximum 45% nowadays. Even though the genetic diseases can be diagnosed, the large proportion of these diseases does not have any treatments. The diagnosis of the disease has great importance in terms of the treatment of multi-systemic conditions or prevention of the illnesses for other members' of the family. In addition, it's taught that the diagnosis of the disease together with proper counseling can decrease the anxiety in a family. This study was aimed to qualitatively investigate the anxiety of pre-diagnosis and post-diagnosis adjustment process of parents whose children have rare diseases.

**Methods:** According to the Spielberger's Anxiety Inventory (STAI form), two different parameters which are status and continuity were used to determine the levels of anxiety. In addition, socio-demographic information about the parents was obtained by using an 8- question information form.

**Results:** Sample of the study was formed by parents who applied to the Medical Genetics Clinic in Bezmialem Vakıf University Hospital (n=27). At the end of the study on 27 patients, no significant anxiety changes were observed between pre-diagnosis and post-diagnosis (p=0.087). Although the result shows that there was no statically difference among anxiety levels, the parents indicated that their anxiety levels significantly decreased after the diagnosis.

**Conclusion:** Due to low participation ratio, it is planned that this study will be done on more families by using other scales of anxiety.

**Keywords:** Anxiety, rare disease, STAI test, patient parents

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## SOP-4

# Effect of N-Acetylcysteine and Organic Selenium Yeast on Noise Induced Hearing Loss in Rats

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**Objective:** This study aimed to evaluate the effect of Selenium(Se) and N-acetylcysteine(NAC) combination on noise-induced hearing loss (NIHL) by measuring audiological and biochemical parameters.

**Methods:** Thirty-two female sprague dawley rats were divided into four groups (Control, Se, NAC, Se+NAC) comprising eight rats each. All groups were exposed to white noise of a 100 dB sound pressure level (SPL) for 8 h. Rats in Se and NAC/Se groups were administered 8 ppm Selenium enriched yeast (Se-Plex®) for 21 days after NIHL. Rats in NAC and NAC/Se groups were administered 350 mg/kg/inj NAC immediately after noise exposure, 5h after noise exposure and then every 24h following 2 days (4 times). Distortion product otoacoustic emission (DPOAE) and auditory brainstem response (ABR) tests were performed in all groups before noise exposure and on days 1, 7, 14 and 21 after noise exposure. Intracardiac blood samples were taken on day 21 for assessment of biochemical parameters.

**Results:** In NAC/Se group, DPOAE thresholds at 11 khz significantly increased between the day 1 and day 21 during the treatment period. After the noise exposure DPOAE and ABR measurements are not equally effected in comparison with the basal tests in the all groups therefore audiological parameters could not be evaluated. The total antioxidant status (TAS) value was significantly lower in the control group than in the all groups. The total oxidant status (TOS) and Oxidative Stress Index (OSI) value was significantly higher in the control group than in the other groups. IL-1 $\beta$ , IL-6 and TNF-  $\alpha$  levels was significantly lower in NAC/Se group than in the other groups.

**Conclusion:** This data suggest that NAC/Se combination has synergistic effect on biochemical parameters however the audiological measurements could not be evaluated.

**Keywords:** Noise-induced hearing loss, acoustic trauma, cochlea, antioxidant, oxidative stress

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## SOP-5

# The Evaluation of Therapeutic Apheresis Practices in Bezmialem Vakif University in Terms of Indications

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**Objective:** Apheresis is a process which decomposes the components of blood that leads to pathological results. It is based on the cleaning of harmful substances of blood without giving external medication. This study aimed to analyze the ratio and categorical distributions of therapeutic apheresis practice how the types and the numbers of apheresis practice distributed across time in a span of 5 years and to make a projection of its future use.

**Methods:** In this study, we analyzed retrospectively therapeutic apheresis practices that are performed in Bezmialem Hospital between January 2013 and December 2017. This study involved apheresis practices implemented in 197 different patients for alternating reasons at various clinics. Descriptive methods and linear regression methods are used to identify the changes in its application across years in different clinics.

**Results:** In the center, there have been 955 sessions of apheresis implemented in 197 different patients between January 2013 and December 2017. 119 (60%) of the patients were male and 78 (40%) of the patients were female. 71 patients (36%) that are treated with apheresis was due to hematological illness, and 27 (14%) of them due to renal diseases, 16 (8%) of them due to gastrointestinal and 32 (16%) due to neurological diseases. Plasmapheresis process is applied to 122 patients (62%) and especially due to hematological illness. The distribution of other practices are as follows: lipid apheresis on 37 (19%), IgG apheresis on 7 (3.5%), erythrocytapheresis on 11 (5%), thrombopheresis on 8 (4%), hemoperfusion on 6 patients (3%). In the year 2013, 17; in 2004, 36; in 2015, 34; in 2016, 38 and in 2017, 72 patients have been applied with apheresis. The study has showed that hyperlipidemia, Guillain Barre Syndrome, hemolytic uremic syndrome, thrombolytic trombositopenic purpura, myasthenia gravis, sickle cell disease, systemic lupus erythematosus and kidney failure are the most common indications.

**Conclusion:** In the center, therapeutic apheresis practices are increased between 2013 and 2017 with the help of the increase in the experience of doctors and identification of new indications. Although most of the indications in the study came from hematological diseases, its use in gastrointestinal diseases and plastical surgery after the transplantation of the organs have increased in the course of time.

**Keywords:** Therapeutic apheresis, plasmapheresis, plasma exchange

## SOP-6

# Caregiver Burden in Parents of Children With Attention-Deficit Hiperactivity Disorder and Cystic Fibrosis: A Comparison Study

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**Objective:** Caregiver burden has been defined as a negative reaction to the impact of providing care on caregivers' social, occupational and personal roles. It is well established that the chronic childhood diseases as Cystic Fibrosis are important sources of caregiver burden and stress on parents. Attention-Deficit Hiperactivity Disorder (ADHD) is one of the most important childhood neurodevelopmental disease with increasing prevalence rates. But there aren't sufficient number of studies which compare ADHD and the other childhood diseases on the basis of caregiver burden. This research was performed as a comparative study in order to evaluate the caregiver burdens of children with ADHD and Cystic Fibrosis.

**Methods:** It was made a questionnaire study with seventy-seven parents whose children are examined at Child and Adolescent Psychiatry and Pediatric Pulmonology Outpatient Clinics between July, 1 2017 and January, 1 2018. A Socio-Demographic Information Form and Zarit Caregiver Burden Scale are used for collecting data. SPSS was used for statistical analysis.

**Results:** Average Zarit caregiver burden scores of parents were found to be  $40.28 \pm 11.38$  in Cystic Fibrosis and  $45.03 \pm 10.40$  in ADHD. The difference was found to be statistically significant ( $p < 0.05$ ).

**Conclusion:** ADHD generally continues at adolescence and adulthood stages and cause high burden of care. It can be recommended that health workers may more inform the parents about disorder, progression and treatment. Psychosocial interventions and psychoeducations will help to the psychologically resilience of caregivers.

**Keywords:** Zarit scale, caregiver burden, attention deficit, hiperactivity, cystic fibrosis

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## SOP-7

# Environmental Tobacco Smoking and Urinary Cotinine Level to Determine The Exposure Risk in Children, Turkish Single Center Experience

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**Objective:** Environmental tobacco smoke (ETS) has a significant side effects on children's health. It can lead to increase frequency of respiratory illnesses, sudden infant death syndrome, neurobehavioral problems, and decreased school performance. Exposure of children to tobacco smoke especially passive parental smoking at homes can leads to increase incidence of middle ear disease, asthma, bronchitis, bronchiolitis, pneumonia, and impairment of pulmonary function. The aim of this study was

to address the different parental smoking behaviors and to objectively evaluate the children exposure risk of these different smoking behaviors by measuring their urinary cotinine level.

**Methods:** The study was performed at bezmialemler vakif university hospital, pediatric department, İstanbul, Turkey. Caregivers of a 157 of children attending the pediatric pulmonology outpatient clinic were surveyed via a item questionnaire regarding demographics, socioeconomics, and smoking behaviours of the child's family and then a urine samples from children were collected and were sent to the biochemistry laboratory in order to measure the cotinine level.

**Results:** A total of 175 parents (81.2% mothers, 13.1% fathers, 5.7% other household members) had completed the survey. The mean age of the children was  $8.6 \pm 3.2$  (3-17) 40% of the children were girl, 60% of the children were boy. Most of the study group had basic education. The mean household member number was  $4.6 \pm 1.3$  (1-11). Among families fathers were the most frequent smoking household member (29.1%) followed by mothers (25.1%). In our study the children were divided into four groups according to the parental smoking behavior: Group 1 includes non-smoker (26.9%), Group 2 smoking inside home, out-room (25.1%), Group 3 were smoking inside home in-room (26.3%), Group 4 were smokers beside children (21.7%). Urine samples from children were collected and were sent to the biochemistry laboratory in order to measure the cotinine level. Urine was centrifuged and frozen at  $-80^{\circ}\text{C}$ . The color change is measured spectrophotometrically. The Kruskal-Wallis test was used to explore differences in urinary cotinine levels. Most of the caregivers in all the groups didn't want their child to smoke in future. There was no significant relationship between the environment smoking behavior and the age of children ( $p=0.296$ ). There were no significant relationship between caregivers smoking place and cotinine levels of the children ( $p=0.33$ ).

**Conclusion:** After finishing the first phase of our study we addressed the parent's future perspective in discouraging smoking in their own children. There were significant relationship between the mother smoking number increase and cotinine levels when mothers increase their smoking cigarettes cotinine levels are increasing too. The most important risk factor of Turkish childrens' ETS is mothers smoking amount. We will be able to inform the families and the society.

**Keywords:** ETS, cotinine, smoking behavior

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## SOP-8

# Turkish Medical Students' Approach and Insights to Scholarly Concentration Program

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**Objective:** Scholarly Concentration Program, is program adapted from USA to TURKEY. It aimed to advance healthcare by helping future physicians to learn how to be in a research while they are studying at collage by helping them be in a research of their own by the guidance of a mentor.

**Methods:** To evaluate the Turkish medical students' insights; a survey that shared online to student group was applied by 73 voluntary fifth term medical students of Bezmialem Vakif University who attend to Scholarly Concentration Program. Students evaluated the prepared survey according to five-points Likert Scale.

**Results:** When the survey were evaluated, it was demonstrated that the term fifth medical students of Bezmialem Vakif University gave average score of  $44,17 \pm 16,94$  out of 100. Highest score were given to "How would you evaluate the Scholarly Concentration Program's effects on your future academic carrier" ( $3,04 \pm 1,25$ ) and "How would you evaluate the aide and guidance that you receive from your mentors" ( $2,95 \pm 1,35$ ) however the fact that the "How would you evaluate that the Scholarly Concentration Program to be compulsory to be able to continue to sixth term of your study" ( $1,32 \pm 0,81$ ) and "How is it affecting to your general medical education" ( $1,71 \pm 1,02$ ) with the reliability of 92%.

**Conclusion:** It has been determined that students actually think that this program will be beneficial to their carriers and they appreciate the efforts of their mentors but they believe it should be an elective program rather than a compulsory program.

**Keywords:** Scholarly concentration program, medical education, research studies, students' opinion, students' preferences

## SOP-9

# Can Neoadjuvant Chemotherapy Help us to Spare Breast Cancer Patients from Axillary Lymph Node Dissection?

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**Objective:** In axillary metastatic breast cancer patients, lymph node dissection(ALND) has important short and long term morbidities such as lymphedema, shoulder mobility limitation, paresthesia and weakness decreasing the life quality. In about 70% of axillary metastatic patients, it has been shown that neoadjuvant chemotherapy(NAC) could provide complete pathologic response(cPR). The aim of this study is to determine the rate of our axillary metastatic breast cancer patients who had cPR after NAC and were saved from ALND.

**Methods:** Data of 75 female axillary metastatic breast cancer patients(August 2011-February 2018) were investigated retrospectively through BizMed (official medical record)database system. Patients were evaluated for age, mammography, ultrasonography and magnetic resonance imaging of the breast and positron emission tomography(before and after NAC), axillary biopsy, tumor type, chemotherapy regimen, receptor status (estrogen, progesterone and HER2) before and after neoadjuvant chemotherapy, TNM staging, operation (Breast Conserving Surgery/Mastectomy, Sentinel lymph node biopsy/ALND), tumor diameter and metastatic lymph node number after ALND.

**Results:** Among 73 patients, 21 patients (28.7%) (mean age: 51) who did not have any clinical regression in axillary metastasis after NAC underwent ALND, 27 patients (36.9%) (mean age: 51) who had regression but positive SLNB on frozen section were converted to ALND, and 25 patients (34.2%) (mean age: 46) who had complete clinical regression and had negative SLNB on frozen section were spared from ALND.

**Conclusion:** Our axillary preservation rate after NAC is lower than the rates reported in the literature but, this may be according to the histopathological subtypes of the tumors and further studies with more number of patients should be done.

**Keywords:** Breast cancer, axillary lymph node dissection, neoadjuvant chemotherapy, axillary metastasis, sentinel lymph node biopsy

## SOP-10

# The Reasons of Blood Donor Rejection

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**Objective:** Person who apply to blood bank have to fill in the inquiry form first. All evaluations are made by this form and may reject accordingly. By this work, we discovered the reasons and determined rates for our hospital as well. Although the reasons for blood donor rejection have been reported in the international literature since the 1960s, it is seen that this issue has not been studied sufficiently in Turkey. The purpose of this study is to discover rejection reasons of donors applied to blood center and determine whether there has been any change in years.

**Methods:** A retrospective study was done from 1stJanuary 2014 to 31stAugust 2017 in the blood bank of Bezmialem Vakif University, excel is used in order to analyse donor deferral rate and causes. A total of 21.537 donors were screened and 3860 donors were deferred. Donors, who are between 18-65 years investigated.

**Results:** The donor deferral rate was 1.8%. Regarding the whole group, deferral reasons were health problems (46.5%), anemia (26.5%), travel abroad (5.5%), iv drug use (2.2%), suspicious sexual intercourse (1.9%), age incompatibility (0.2%), and other causes (%19.8).

**Conclusion:** Analysis of blood donor deferral helps in identifying the rate and causes of deferrals. Deferred donors should be counseled, managed and followed up. Public awareness programs are needed to educate and motivate people for blood donation. While blood rejection was 3.7% percentage due to using intravenous drug in 2014, this rate dropped to 0.1 percentage in 2017. It may indicate that drug abuse is reduced or get difficult to obtain. Similarly, donor rejection because of anemia declined from 36.5% in 2014 to 23.2% in 2017. These ratios show that physicians are getting more sensitive to anemia.

**Keywords:** Blood transfusion, donor deferral, blood donor

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## SOP-11

# Determine The Level of Satisfaction of Patients Hospitalized in Bezmialem Vakif University

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**Objective:** Determine the level of satisfaction of patients hospitalized in Bezmialem Vakif University, determine the level of patients values and expectations are being met and thus it is aimed to the continuity and improvement of service provision.

**Methods:** Survey to determine the satisfaction level of inpatients including questions about doctors, nurses, hospital personnel, patient rooms, treatment and services about the patient receives and also patients age, gender and educational status. Ethics committee approval has been obtained (Decree number: 10/112, 16.05.2017).

**Results:** Bezmialem Vakif University Hospital in the study of hospitalized patients including 50 men and 50 women to determine of satisfaction was attended by over 100 people. According to results of the study; 80% of women and 75% of all men indicated that there is a quiet environment around the patients room. 77% of patients indicated positive opinion for the items in the room related to be in working condition. 98% of patients stated that dining personnel acted in accordance with the rules of hygiene. Doctors briefed 88% of the patients about their disease. 68% of women and 70% of men defined that nurses are briefed them about treatment and care. Patients 86% defined that their doctor is related about themselves. Those who indicated that the nurses were related about themselves to the rate of 79% was detected. 69% of men and women indicated that the cleaning personnel is related to them. 96% of women and 92% of men indicated that the personnel at the hospital are respected to their privacy. 85% of patients expressed the opinion that overall the hospital was clean. The rate of being able to meet doctor when patient needs, is detected 77% at women and 78% at men. 85% of patients in the hospital indicated that the service was generally good. 72% of patients briefed about the post-discharge process.

**Conclusion:** According to these results patients were generally satisfied about the service given at Bezmialem Vakif University Hospital. The participants who were indicated that patients rooms are not quiet, told about there was a noise because the patients relatives were came in to the service at outside of the visiting hours. Patients expounded that they were satisfied about doctors and the service they receive at hospital.

**Keywords:** Hospital, inpatients, satisfaction, doctor, treatment

## SOP-12

# Comparison of Emotion Recognition Scores of Engineering Students and Students From School of Fine Arts

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**Objective:** Facial emotion recognition is a factor that affects communication, social life and behaviors of a person. Many studies have been done on the factors that affect facial emotion recognition. However there have been no studies comparing the recognition scores of facial expressions of students from two different faculties or two different profession groups. We predicted that fine arts students who are studying on visual arts such as sculpture and painting will have higher scores than engineering students. This study has been done in order to determine if there has been any difference between the emotion recognition scores of engineering students and students from school of fine arts.

**Methods:** After applying the inclusion and exclusion criteria, 77 engineering students and 80 students from School of fine arts were selected to participate for this study. In total, 77 of the participants were male and 80 were female. Facial emotion recognition scores were compared between the groups. Facial emotion recognition test is a computer-based test that consists of four male and four female models that have expressions of happy, surprised, fearful, sad, angry, disgusted, and neutral images from the Ekman and Friesen's series.

**Results:** Average scores of facial emotion recognition on disgust, angry, happy, neutral, surprised faces of students from fine arts are higher from engineering students. But there is no statistically significant difference was found facial emotion recognition scores between the engineering students and the students from School of fine arts. When the females and males participated in the study were compared, average scores of females on angry and neutral faces were statistically significantly higher.

**Conclusion:** This study supports the female advantage on recognizing facial expressions that have been shown in many studies and is a first in the field in terms of comparing students from two different disciplines. The fine arts students achieved higher test scores in many of the emotions in the absence of statistically significant difference that indicates the engineering students are as good as the fine arts students in emotion recognition.

**Keywords:** Emotion, recognition, facial, expression

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## SOP-13

# The Turkish Validity and Reliability of “Toe Walking Scale” in Children with Toe Walking

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**Objective:** In clinics, many scales have been developed to examine daily living activities and function in children with toe walking. “Toe Walking Scale (TWS)” was developed in 2010 by Cylie M. Williams, contains 21 items which measure medical, birth & developmental history and assessment. The aim of our study was to investigate translating the TWS and using it in clinics reliably and valuably with a Turkish version of ITW in children with toe walking.

**Methods:** Demographic information was recorded which are included gender, age, using orthosis, botox/surgical history, use and duration of walkers/child-runner (WCR). The scale was translated into Turkish with the following translation steps. Thirty four children with idiopathic toe walking were included in the study. Internal structure consistency and test-retest reliability were measured for reliability analyses. For each item on the scale, Cronbach's alpha coefficient and item-total score correlations were calculated. The scale was administered for test-retest reliability at baseline and one week later by one rater. Test-retest reliability was assessed by Pearson's correlation test with observational gait analysis and 'co-validity' was investigated, statistically.

**Results:** Seventeen (50%) girls, 17 (50%) boys, in total 34 children, the mean age was  $5.38 \pm 2.045$  (min-max=4-11) years, 6 (17.7%) using orthosis, 7 (20.6%) had botox/surgical history, 29 (85.4%) of using WCR, the mean duration of using WCR  $3.17 \pm 1.986$  (min-max=0-7.5) months. Cronbach's alpha coefficient in the internal structure consistency analysis of lower and upper bound ranged from 0.476 to 0.823 and the whole scale was calculated as 0.674.

**Conclusion:** The TWS is a valid and reliable measurement for assessing functions in children with toe walking in Turkish population.

**Keywords:** Idiopathic toe walking, gait, pediatrics

## SOP-14

# Medical Consent Documents and Malpractices in the Ottoman State

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**Objective:** In the Ottoman State the liabilities in the relationship between patients and health care professionals depended on the sharia laws (Muslim canonical laws). The aim of this study is to examine the medical liability in the Ottoman State according to the fetwas and court records, dealing with the consent documents between patients and healthcare professionals, medical malpractice cases and the punishment of these malpractices.

**Methods:** In the study, the journals of fetwas Behcetül Fetava, Neticetül Fetava and Fetavayı Fevziyye, and the İstanbul Court Records (İstanbul Kadı Sicilleri Projesi-İSAM) were used as primary sources. In the primary sources 24 records and 30 fetwas were found related to the topic. Other studies which examine Bursa, Ayıntab, Kayseri, Konya and Crete court records and *Fetvalar Işığında Osmanlı Esnafı* (Özcan, T.) were used as secondary sources. Totally found 101 records and 36 fetwas were classified as malpractice cases and consent documents. Then these were categorized according to the healthcare professionals and the diseases and analyzed.

**Results:** In the Ottoman State, healthcare professionals were doctors, surgeons, ophthalmologists (kehhal), phlebotomists (fassad), haccams (who does the cupping), circumcisers (hattan), haircutters (berber) and midwives (kabile). The healthcare professionals had to take consent of patients before interventions for treatments, in order to decline responsibility for possible results of the intervention. Although in every medical intervention the consent of patient was necessary, only in some important interventions they needed to take the consent in front of the kadi and witnesses. In this study, 95 examples of these consent documents (known as *rıza senedi*) were analyzed. In these consents, patients commit in front of the kadi that they will not complain or ask for compensation if they are wounded or died due to the intervention, and the documents include name, address and job of the patient and the health care professional, name of the disease, and usually the charge of the treatment and the method used in the treatment. Mostly the surgeons applied these kinds of consent due to their invasive interventions. Hernia and urinary tract stones were the most frequent diseases seen in the consent documents. Other diseases appear in the consents were plague, eye pain, some orthopedic and mental diseases.

Among the findings, 30 fetwas and 6 records were about malpractice cases. In 14 malpractice cases the consent of the patient has taken, and the interventions was appropriate according to the contemporary medicine. Therefore, the healthcare professionals were not punished. However, in 22 malpractice cases, the interventions were not acceptable according to the contemporary medical knowledge. Therefore the healthcare professionals had to pay compensations for the injuries due to their wrong operations what is called malpractice today. Most common interventions seen in malpractice cases were circumcisions, tooth extractions and eye treatments. Some examples of the malpractices seen in the cases are giving wrong medicine, extraction of wrong teeth, over cutting frenulum, over cutting throat during extraction of tumor and over cutting penis during circumcision. The compensations depended on the damage and every organ had a different compensation.

**Conclusion:** The study shows that in the Ottoman State the medical liability mainly depended on the consent of patient and acceptability of the intervention according to the contemporary medical knowledge, which indeed are similar to today's medical law. These consent documents, the analogues of today's informed consents, were used prior to medical interventions since 16. Century which is particularly important in the development of the deontology.

**Keywords:** Ottoman medicine, medical consent document, malpractice, court records, fetwa

## SOP-15

# Invasive Carcinoma Rate in the Patients Who Had Breast Surgery for Ductal Carcinoma in Situ

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**Objective:** Ductal carcinoma in situ (DCIS) is a precursor of invasive breast carcinoma (1). Approximately 8% of core biopsies are initially diagnosed as DCIS, and this diagnosis is confirmed in 74% after excision (2). High grade tumor, palpable lump, and biopsy method were recognized as independent predictors of axillary evaluations (3). Herein, we aimed to investigate the incidence of invasive focus in final pathology reports of patients operated for DCIS and risk factors of the patients with invasive focus.

**Methods:** Data of 430 female patients (August 2012-July 2017) were investigated retrospectively through BizMed database system. 26 patients who had DCIS after biopsy were included in the study. Patients were evaluated for age, family history, microcalcification extent, estrogen (ER), progesterone and HER2 (Cerb B2) receptor status, Ki67 proliferation, TNM staging and histologic grade.

**Results:** Among 26 patients, 17 (65.3%) had invasive focus and 9 (34.6%) had DCIS in the final pathology. The number of patients with invasive disease and DCIS was 9 (53%) and 5 (55.5%) in 45 to 55 years and 8 (47%) and 4 (44.4%), over 55. Microcalcification extent in mammography was larger than 3 cm in 6 patients (35%) who had invasive focus in final pathology. Of the 14 patients who underwent SNLB for high grade DCIS, 4 (25%) were SLNB(+)(T1, N1, M0).

**Conclusion:** If the microcalcification width is larger than 3 cm, it may be the evidence of an invasive focus and the SLNB positivity is more in high grade DCIS. So, the management of DCIS should be individualized according to the patient.

**Keywords:** Ductal carcinoma insitu, breast cancer, trucut biopsy, invasive, sentinel lymph node biopsy

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## SOP-16

# Alteration of Hospital Anxiety Depression Scale Results and Oxidative Stress Levels in Cancer Patients with Grade IV Who Undergone Spiritual Support

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**Objective:** Cancer is one of the most affecting diseases in terms of morale and motivation of the patient. Therefore, these patients require spiritual support because of excessive stress, sadness, depression and anxiety, which weakens the immune system. Spiritual support is to give solace to patients by explaining them the benefits and the good aspects of illnesses. Spiritual support aims to transform negative disease perception into a positive state in times of distress and pain. The aim of this study is to investigate the effects of religious spiritual support on anxiety level and serum oxidative stress level on advanced cancer patients.

**Methods:** 17 patients from Bezmialem Vakif University Hospital oncology service was chosen randomly. First, their informed consent were taken. Then 5 ml venous blood was taken from 12 patients. Other 5 were not able to give and it was requested to fill the Hospital Anxiety and Depression (HAD) scale from the patients. After one day, at the same time range, spiritual support was given to the patients and the book Message for the sick» (which contains Islam's view to the diseases and includes Prophet's statements about patients and his consolations) was read to each patient for 30 minutes. 3 hours later 5 ml venous blood was taken from 12 patients again and HAD scale was filled by each patient. From samples, serum total antioxidant capacity (TAC), total oxidant capacity (TOC), total thiol (TT), native thiol (NT) disulphide (DS) levels were analyzed via photometric methods. Oxidative stress index (OSI) levels were calculated. Besides, the alteration in anxiety level of the patients after spiritual support was recorded.

**Results:** Data demonstrated that post-intervention anxiety and depression scores significantly decreased according to pre-intervention scores. Serum NT levels increased, DS levels decreased significantly in post-intervention patients according to the pre-intervention.

**Conclusion:** These results indicated that spiritual support proved to be an effective strategy in reducing the anxiety and oxidative stress in cancer patients. Therefore, the spiritual support services at hospitals needs to be expanded.

**Keywords:** Spiritual support, cancer, oxidative stress, anxiety, depression

## SOP-17

# Comparison of Pre-Treatment and Post-Treatment Patients Who Used Ledipasvir+Sofosbuvir or Ombitasvir +Paritaprevir+Ritonavir

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**Objective:** Hepatitis C is a hepatotropic RNA virus which is potentially causing chronic liver disease, liver cirrhosis, liver cancer and end stage liver failure. Old Hepatitis C treatments had severe side effects and there were reasons that complicate patient compliance. Also treatments success was approximately %50. The newly discovered combinations of drugs changed everything. Ledipasvir+Sofosbuvir and Ombitasvir+Paritaprevir+Ritonavir, which is currently 2 different drug groups belonging to 2 different companies. Even if the side effects are not known, current studies are firm based studies on selected patients and there are limited data about these drugs because the treatment is novel. Therefore we conducted this study with the belief that general practice would reflect the reality of patients with community-based genetics.

**Methods:** We performed our study on 75 randomly selected patients who were treated between 01.06.2016-01.10.2017 in our gastroenterology clinic. 46 of these patients used the combination of Ledipasvir+Sofosbuvir and 29 of them used the combination of Ombitasvir+Paritaprevir+Ritonavir. We took blood, USG, MRI and anamnesis before and after treatment of our patients and we compared the HCV-RNA, hemoglobin, AST, ALT, creatinine, platelet, B12 levels of the patients. We also looked at whether arrhythmia pulmonary hypertension and liver malignancy developed.

**Results:** HCV-RNA levels were negative all 46 patients after the Ledipasvir+Sofosbuvir treatment ( $p<0.05$ ). HCV-RNA levels were negative 26 of 29 patients, after the Ombitasvir+Paritaprevir+Ritonavir treatment ( $p<0.05$ ). Normal level were reached in 19 of 20 patients with a high AST after the Ombitasvir+Paritaprevir+Ritonavir treatment ( $p<0.05$ ) and also same success achieved in 28 of 28 patients with a high AST after the Ledipasvir+Sofosbuvir treatment ( $p<0.05$ ). Normal level were reached in 11 of 11 patients with a high ALT after the Ombitasvir + Paritaprevir + Ritonavir treatment and also same success achieved in 16 of 16 patients with a high ALT after the Ledipasvir+ Sofosbuvir treatment ( $p<0.05$ ). None of the 43 patients that we were able to reach, diagnosed arrhythmia or pulmonary hypertension after the treatment. 53 of 61 patients which we had radiologic results, had no neoplastik or non-neoplastik mass, 4 patients had displastic noduls, 2 patients had hemanjiom, 1 patients had metastatic nodules and 1 patients had HCC.

**Conclusion:** The success of new treatment regimens proved in practice. Drugs have cured by destroying HCV-RNA in more than 97% of patients Also helped to decrease AST and ALT level. We could not find any significant results for anemia, B12 deficiency, kidney damage and trombocitopenia caused by treatments. However some patients of our group, diagnosed liver mass and one of them is HCC. This issue should be further investigated.

**Keywords:** Ledipasvir+Sofosbuvir+Sofosbuvir, Ombitasvir+Paritaprevir+Ritonavir, Hepatitis C

## SOP-18

# The Universal First Trimester Screening for Thyroid Dysfunction in Clinical Practice for Turkish Population

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**Objective:** The level of TSH plays a central role in screening for and diagnosis of many thyroid disorders. Therefore, the first-line screening test used to assess thyroid status in patients is measurement of the TSH level. The upper limit of accepted

TSH cutoff for each trimester is 2.5 mU/l at 1st trimester, 3 mU/l at 2<sup>nd</sup> trimester and 3.5 mU/l at 3<sup>rd</sup> trimester. The recommendation of universal screening for thyroid disease in pregnancy remains unclear. Universal screening for thyroid disease in pregnancy is not recommended because identification and treatment of maternal subclinical hypothyroidism has not been shown to result in improved neurocognitive function in offspring. But universal prenatal screening to identify subclinical hypothyroidism was previously recommended by some professional organizations because maternal subclinical hypothyroidism may be associated with adverse pregnancy outcomes. Pregnant women with TSH >2.5 mU/l at 1<sup>st</sup> trimester should be treated with adequate thyroid hormone replacement to minimize the risk of adverse pregnancy outcomes. Indicated universal prenatal screening of thyroid function may especially be performed in some countries with the high prevalence of trimester-specific elevated TSH and thyroid disease or symptoms of thyroid disease and pregnant women with TSH >2.5 mU/l at 1st trimester should be treated. The main purpose of our study is to determine the efficacy of universal first trimester screening for thyroid dysfunction in clinical practice for Turkish population and evaluate the importance of identifying and treatment of women with elevated TSH in terms of adverse obstetric outcomes.

**Methods:** A total of 1494 women aged 18-44 with singleton pregnancies applied for prenatal examination at the department of Obstetrics and Gynecology in Medical School of Bezmi Alem University between 2012 and 2017 were included in this study. TSH was measured at the first trimester in our hospital. TSH results of the patients included in this study were obtained from the hospital records and the patients were divided into two groups according to the results of TSH as <2.5 mU and >2.5 mU/l. Data collected included maternal age, gestational age at the birth, birth weight, first and fifth minute apgar score, percentage of C/S delivery and abortus. A sample size and power calculation determined that 1150 women were sufficient power (power of 0.80,  $\alpha$  of 0.05, and  $\beta$ =0.20).

**Results:** Of a total of 1494 women, 128 (8.5%) had TSH $\geq$ 2,5 (group I), 1366 (91,2%) had TSH $\leq$ 2,5 (group II). Two groups were similar to each other in terms of maternal age, gestational age at birth (weeks), birth weight and first and fifth minute Apgar scores. Mean maternal age were 32.28 $\pm$ 5.53 and 31.26 $\pm$ 5.6 years, respectively. Mean maternal age was higher in group I when compared with group II although not achieve statistically significant difference. If pregnant women with TSH>2.5 were treated, there were no significant differences with regard to adverse obstetric outcomes including small or large gestational age, percentage of cesarean section birth, premature birth and abortus between groups. The overall rate of small gestational age, percentage of cesarean section birth and premature birth were higher in group I when compared with group II although not achieve statistically significant difference.

**Conclusion:** The prevalence of trimester-specific elevated TSH is 8.5% in our population and thus universal thyroid testing appears the most reasonable approach in clinical practice for Turkish population. Moreover, when pregnant women with TSH>2.5 were treated, the risk of adverse pregnancy outcomes such as small or large gestational age, percentage of cesarean section birth, premature birth and abortus could be minimized.

**Keywords:** Thyroid, subclinical hypothyroidism, TSH, Turkish population, prevalence, first trimester, screening, pregnancy

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## SOP-19

# How Does Stigma Affect Social Isolation and Self-Esteem Levels of Patients with Mental Illness?

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**Objective:** Nowadays, the stigma started to become a big public health problem in psychiatry as it did in many different departments. Stigma is the mark of disgrace associated with a particular circumstance for personally or socially and the most tragic consequences of the stigma on mental illness are significant loss of social isolation and self-esteem. The aim of this study is to investigate the effect of stigma exposure in terms of social isolation and self-esteem in psychiatric patients and to make a study which can be a guide to the other studies that against stigma.

**Methods:** In Bezmi Alem University Hospital, 76 patients who are over 18 years of age and had received various psychiatric diagnoses were included. Demographic information such as age, gender, marital status, profession, graduation status of the patients were taken. The stigma levels of the patients were evaluated by the Internalized Stigmatization Scale of Mental Illness

(ISSMI), scale of self-esteem by the Rosenberg Self-Esteem Scale (RSES), social isolation levels U.C.L.A by the Loneliness Scale (UCLALS). RHIDS 1-4 (1: I certainly do not agree, 4: I certainly agree) it shows the levels of stigma exposure. RSES 1-4 (1:so true, 4:so wrong) it shows the levels of self-esteem. UCLALS 1-4 (1: I have never experienced this situation, 4: I often experience this situation) it shows the levels of the social isolation. High scores in RHIDS indicate that stigma exposure is severe, low scores in RSES indicate low self-esteem, high scores in UCLALS indicate an increase in isolation sensation.

**Results:** We included 53 female and 23 male patients to our study. The average age of these patients was 30. In our study, significant results were found between psychiatric patients' stigma exposure, increased social isolation and low self-esteem level. A strong negative correlation was found between stigma and self-esteem ( $p < 0.01$  rs: -0.657), strong positive correlation was found between stigma and social isolation level ( $p < 0.01$  rs: 0.635) and a moderate-weak positive correlation was found between stigma and age ( $p = 0.044$  rs; 0.231). Also a strong negative correlation was found between social isolation and self-esteem ( $p < 0.01$  rs: -0.678).

**Conclusion:** According to the results of our study, psychiatric patients' exposure to stigma leads them to be isolated from society and reduces their self-esteem levels. Also, as the age increases, the effect of the stigma exposure on psychiatric patients increases.

**Keywords:** Stigma, social isolation, self-esteem, psychiatry

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## SOP-20

# Awareness of Pelvic Floor Disorders in Adolescent and Young Women

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**Objective:** Pelvic floor disorders (PFDs) including urinary incontinence (UI), fecal incontinence (FI) and pelvic organ prolapse (POP), affect a large proportion of the population, represent an enormous burden on health care cost, and impact the quality of life of women psychologically, physically and socially. We hypothesized that knowledge of urinary incontinence and pelvic organ prolapse (POP) and patient information-seeking preferences are the same in educated and non educated women in a big hospital. In this study we try to determine the prevalence of pelvic floor disorders and compare awareness knowledge of women about pelvic floor disorders with and without health literacy.

**Methods:** This study was a cross-sectional study via direct face to face questionnaire which mainly concerned about women among occupational groups including Bezmailem University healthcare staff and students. Students were divided to 4 sub-group; medicine, dentistry, pharmacy and nursing students. Hospital staff composed of secretaries, anesthesia, research and cleaning staff. . All sub-groups consisted of 36. Enrolled participants completed a survey including demographics, history of incontinence and pelvic organ prolapse symptoms, Pelvic Organ Prolapse Distress Inventory (POPDI), Colorectal-anal Distress Inventory (CRADI), urinary distress inventory (UDI), Prolapse and Incontinence Knowledge Questionnaire (PIKQ).

**Results:** Totally 288 questionnaires are completed. Prevalence of urinary incontinence were similar in students and staff. There is no difference between symptoms of PFDs. Students have more awareness of POP than staff ( $p \geq 0.003$ ). Women who graduated from high school have more pelvic organ prolapse awareness and women who graduated from high school or university have more awareness of incontinence than the primary school's graduates.

**Conclusion:** Women had not enough awareness of PFDs, the collected data were analyzed accordingly. Although Incontinence and prolapse are common health problems in females, they have been ignored by the students and healthcare staff as well. It should be looked for carefully by doctors in all female patients as a whole. Women should keep informed about causes and results of PFDs to prevent pelvic floor damage and improve the quality of life with correctable measures.

**Keywords:** Incontinence, prolapse, awareness, pelvic floor disorders

## SOP-21

# Effects of Amblyopia on Quality of Life in Strabismic Patients

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**Objective:** Strabismus and amblyopia are visual disorders which affect the self-esteem and health-related quality of life. This study aims to determine the negative effects of amblyopia on strabismic patients' quality of life with Amblyopia and Strabismus Questionnaire (A&SQ).

**Methods:** This is a comparative cohort study which was performed with A&SQ. In A&SQ, there are questions about social contact and cosmetic problems, diplopia, visual orientation, fear of losing eyesight, far-near distance estimation. Questionnaires were administered to 109 adult patients between September 2017 and February 2018 in the Department of Ophthalmology at Bezmalem University. Patients with strabismic amblyopia (n=42) were compared with non amblyopic strabismic patients (n=31). Both patient groups were compared with healthy controls (n=36).

**Results:** Median score of the A&SQ in both strabismic patient groups were significantly lower compared to healthy controls (p<0.05) Compared to strabismic group without amblyopia, the patients with amblyopia had significantly lower score of the domains about diplopia, social contact and cosmetic problems (p=0.027, p=0.042 respectively). However, no significant difference was found for the other domains such as visual disorientation or near-far distance estimation.

**Conclusion:** Strabismic patients with amblyopia had lower scores about diplopia, social contact and cosmetic problems affecting the quality of life. Most of the adult strabismic patients have amblyopia from the earliest period of childhood; if it's not diagnosed early and treated well. Health practices for early diagnosis and treatment should be emphasized in order to prevent amblyopia.

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## SOP-22

# The Effect of Occupational Upper Extremity Injuries to Labor Force Loss

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**Objective:** The main problem about occupational upper extremity injuries is being so common and cause loss of labour therefore occupational injuries are social and economic burden for our society. Our purpose of doing this study is investigate the effect of occupational upper extremity injuries on labor force loss.

**Methods:** The list of patient who admitted to emergency service with occupational injuries in Bezmalem University Hospital between 01.01.2016 and 31.12.2017 was provided. Only those who isolated upper extremity injuries were selected and phoned. They were questioned of their occupations, time of injury, time off work, localization, type of injury etc.

**Results:** The median age of 165 patients was 36.0% 91.5 (n=121) of patients was male, 8.5% (n=14) was female. It was found that 76.4% (n=126) of patients had a occupational injury for the first time. The most frequent occupations are the service related 22.4% (n=37) and the second frequent are manufacturing-repair related 15% (n=25) occupations was found. The most frequent time of the injury 15% (n=25) around 11 o'clock was detected. According to the data we have obtained 17% (n=28) of patients were need physical therapy after injury. According to our results 55.8% (n=92) of patients had experience more than 5 year. We found that 29.7% (n=49) of patients had a more than 30 days time off work. Only 14.5% (n=24) of patients could continue their jobs the day after injury and 3.2% (n=6) of patients quit their jobs and they have not started working again. 63% (n=104) of those who had an injuries had a protective equipment such as gloves.

**Conclusion:** Upper extremity injuries are really important socio-economic burden. There are no significant relation between experience, time of injury and occupational injuries. Protective equipment is not enough to prevent occupational injuries.

**Keywords:** Occupational injuries, occupational accidents, upper extremity, labor loss, hand injuries

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## SOP-23

# The Effect of Severity of Idiopathic Parkinson on Mood and Personality Disorder

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**Objective:** Parkinson disease is a common disease in today's society. The idiopathic subtype, in particular, constitutes the majority of this disease scales. Psychiatric symptoms are high enough not to be underestimated in patients with Parkinson's disease. In our study, the correlation between the increase in the severity of Parkinson's disease and mood disorders was investigated.

**Methods:** Twenty patients with idiopathic Parkinson who applied to our Neurology clinic at Bezmialem Foundation University were included in our study. To measure the severity of Parkinson's disease in patients; HOEHN-YAHR Stage (Evolution), UPDRS, PH-MOB scales were used. Beck Depression Scale, Beck Anxiety Scale, TEMPS-A, SCL-90 inventories were used to detect emotional disturbances.

**Results:** When we look at the correlation between non-motor symptoms and psychological symptoms in our study, a statistically significant positive correlation was found between the ph-mob scale and all subscales of Scl-90 scale (somatization  $p<0.001$   $r=0.820$ , anxiety  $p<0.001$   $r=0.802$ , obsessive  $p<0.001$   $r=0.777$ , depression  $p<0.001$   $r=0.791$ , interpersonal sensitivity  $p<0.001$   $r=0.766$ , psychotic symptoms  $p<0.001$   $r=0.716$ , paranoid symptoms  $p<0.001$   $r=0.729$ , anger  $p<0.001$   $r=0.730$ , phobic symptom  $p=0.001$   $r=0.664$ ). A statistically significant relationship was found between the four subtypes of the patients (Ph-mob) and temperament scale (Temps-A) (depressive  $p=0,037$   $r=0,470$ , cyclothymic  $p<0,001$   $r=0,833$ ; irritable  $p<0.001$   $r=0.799$ ; anxious  $p<0.001$   $r=0.708$ ). When we look at the correlation between the stage of Parkinson's disease and psychological symptoms; A statistically significant relationship was found between Hoehn Yahr staging and two subgroups of scl-90 (anxiety  $p=0.23$   $r=0.548$ , anger  $p=0.23$   $r=0.549$ ). A statistically significant reasonable positive correlation was found between the stage of Parkinson's disease (Hoehn Yahr) and the irritable temperament (Temps-A) ( $p=0.008$   $r=0.616$ ). The statistically significant positive correlation between clinical severity of illness (UPDRS) and paranoid symptom (scl-90) that is type of psychological symptoms ( $p=0.03$   $r=0.676$ ) was detected.

**Conclusion:** In this study, it was determined that the symptom severity of Parkinson's disease adversely affected the psychiatric equilibrium condition and that temperament may be associated with the idiopathic Parkinsonian patients. Our study showed the necessity of a multidisciplinary approach in the treatment of idiopathic Parkinson's disease.

**Keywords:** The idiopathic parkinson, mood, personality disorder

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## SOP-24

# Effects of Sociodemographic Features on Treatment Compatibility of Cystic Fibrosis Patients

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**Objective:** Cystic fibrosis (CF) is an autosomal recessively inherited genetic disorder and a common problem in Turkey because of the prevalence of the intermarriage. CF is a multisystemic disease so it affects the quality of patients' life. Treatment compatibility is really important for CF patients because they need some different types of daily treatment such physiotherapy, digestive, nutritional and respiratory medication. The purpose of this study was to monitor medication adherence in CF patients and its correlation with the sociodemographic features of the patient.

**Methods:** Two different questionnaires were prepared for this study which were about the patients' sociodemographic features and their compliance with daily treatment. Sociodemographic features were included place of residence, parents' education and work, presence of intermarriage etc. In order to understand the compliance, questions were about five different topics, which were general compliance, physiotherapy, digestive, nutritional and respiratory medication. Patients were aged between 0-18 years old and were under control of University of Bezmialem Pediatric Pulmonology. The data were used to calculate a compliance score, the percentage of prescribed treatment taken, and to examine patient attitudes to each individual prescription and look through the effects of sociodemographic features of the families.

**Results:** Our survey study was applied to 55 children with CF. Their mean age was  $9,2 \pm 0,63$ . 49% of the patients were female, 51% were male. Intermarriage was seen 47% of the parents. Looking through the educations of the parents either mothers and fathers are mostly graduated from primary school respectively 60% and 49%. 78% of the mothers were housewives and were not studying. 45% of patients go to doctor four times every year in order to do check up for their disease. %81 of patients did not need any hospitalization last year. Treatment compliance were 73%, 73%, 53% and 82% respectively for physiotherapy, digestive, nutritional and respiratory medications.

**Conclusion:** Looking through the survey results children with CF use their respiratory medication regularly. Comparing with the literature and American datas it is seen that compliance to physiotherapy in CF patients in Turkey is really high. In my opinion explaining to the patients and parents how and why to use medications and rehabilitations is also important as sociodemographic features of the family.

**Keywords:** Cystic fibrosis, CF, pulmonology, pediatrics, treatment compliance

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## SOP-25

# The Evaluation of Anxiety, Depression and Quality of Life on Type 2 Diabetes Mellitus

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**Objective:** Depression is more common among the patients who have diabetes in comparing to healthy people. It affects the diabetic patients' compliance and prognosis adversely. The purpose of this study, to investigate the frequency of depression and anxiety among type two diabetes and to determine its relationship with the quality of life.

**Methods:** 86 patients with type 2 diabetes mellitus, who were enrolled in this study, referred to the Endocrine polyclinic of Bezmialem Vakıf University. All patients were surveyed to assess their socio-demographic characteristics. Hospital Anxiety and Depression Scale (HADS) was used to assess depression and anxiety, and Short Form 36-Item Health Survey (SF-36) was applied to assess the general quality of life.

**Results:** In our study, 43% of the patients had a HAD-Depression (HAD-D) subscale and 29.1% of them were above the HAD-Anxiety (HAD-A) subscale. When the correlation between depression and quality of life is examined; there was a statistically significant negative correlation between the HAD-D scores of the patients and all sub scores of the SF-36 scale (vitality  $p < 0.001$   $r = -0.661$ , physical function  $p < 0.001$   $r = -0.424$ , pain  $p < 0.001$   $r = -0.445$ , general health perception  $p < 0.001$   $r = -0.703$ , emotional function  $p < 0.001$   $r = -0,413$ , social function  $p = 0.014$   $r = -0.272$ , mental health  $p < 0.001$   $r = -0.821$ , physical role power  $p < 0.001$   $r = -0.404$ ). According to sex, anxiety scores were statistically higher in women than men ( $p = 0.001$ ). The mean HAD-D score was 5 (0-16) in patients without complications; and 9.5 (0-20) in patients with complication and this difference was statistically significant ( $p = 0.001$ ). It has been found that the quality of life declines in complicated patients.

**Conclusion:** In this study, it was found that diabetes severely affected the quality of life of patients and that a large number of psychiatric symptoms accompanied the clinical picture in patients with type 2 diabetes. Our study reveals the need for a multidisciplinary approach in the treatment of diabetes mellitus.

**Keywords:** Depression, type 2 diabetes mellitus, quality of life

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## SOP-26

# The Knowledge and Attitudes Towards Recent Regulations on Complementary and Alternative Medicine Among Students and School Members in Bezmialem Vakif University School of Medicine

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**Objective:** The Ministry of Health published a 'Regulation on Traditional and Complementary Medical Therapies' (CAM) in 2014. We aimed at assessing the knowledge and the thoughts of medical students and School members of Bezmialem Vakif University School of Medicine (BVUSOM) on this regulation of Ministry of Health. Additionally, increasing their awareness is another aim of this study.

**Methods:** The study was carried out in BVUSOM in 2017-2018 academic year. All the students and School members were included in the research. 37% of the medical School students and 29% of teaching School members were reached.

**Results:** 31.8% of the students and 58.7% of School members know the legal regulation. At least one of the treatment methods permitted in the regulation was applied to 18.4% of the students and 26.1% of the School members. 89.1% of the students and 56.5% of the School members want to be educated well enough so that they can treat their patients in any area of CAM. They want to be able to protect their patients from the possible abuse of nonmedical performers who have inadequate training in these techniques. Medical students were more likely to show interest in receiving a training in CAM techniques than School members ( $p=0.0013$ ) (Chi-square=10.22).

**Conclusion:** There is a widespread use of CAM therapies. Patients need good advice and safe practice. That's why, medical students and School members want to be educated in this area.

**Keywords:** Complementary medicine, alternative medicine, acupuncture, leech therapy, phytotherapy

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## SOP-27

# Influence of Habits Related to Urological Disease In Bezmialem Vakif University Medical Students According to Urology Internship

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**Objective:** Urology Internship in Bezmialem Vakif University (BVU) might have effects on future doctors behaviours. When urology internship taken, we expect that the habits of BVU students related to urologic disease will be affected in the positive direction. The effect of given education will be revealed. The importance of research is it will be a pioneering work for its area. The measured values are mostly related to urology

**Methods:** For demonstrate whether there is a relationship between taking urology internship and changing the habits related to Urological Disease, a questionnaire was applied to Medical student class (first to sixth) in BVU. Students evaluated according to prepared 12 questions. We aimed 230 students for questionnaire. The outcome data analyzed with IBM SPSS Statistics 19.0 pocket program. Mann Whitney-U test, Chi-squared ve correlation coefficient were analyzed. Benchmarked was done.

**Results:** Number of urology internship took students is 60. Students who hadn't take urology internship number is 81. When the results are evaluated, there are meaningful percentages. Male students who hadn't take urology internship are drink more water than male students who take urology internship statistacally signifacant ( $p < 0.05$ ). Urology internship took Woman students are smoke cigarattes less than female students who hasn't take urology internship statistically significant ( $p < 0.05$ ). There is negative correlation between drinking more water and frequency of drinking fizzy drinks, in students who took urology internship ( $p < 0.001$ ) ( $r = -0,499$ )

**Conclusion:** The Urology internship in BVU is very important education to changing habits related to urologic disease in Bezmalem Vakif University. We applied questionnaire to two independent groups and only smoking number per day changed significantly in woman students positively according to urology internship taking. If we do questionnaire two times to same students, both before taking urology internship and after taking urology internship, there would be more significant change on students habits.

**Keywords:** Urology, internship, Bezmalem Vakif University, student's habits

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## SOP-28

# Comparison of the Mean Platelet Volume in Euthyroid and Hypothyroid Patients

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**Objective:** Increased platelet activity has been found associated with the cardiovascular diseases. The activity of the platelets can be measured by using MPV values therefore Mpv is an important biomarker representing the risk factor for the cardiovascular disease. The aim of this study is to investigate the difference of MPV levels between euthyroid patients and hypothyroid patients.

**Methods:** The data of the patients who have visited Bezmalem Vakif University Endocrinology policlinic on the dates between January 2012 and December 2017 have been scanned retrospectively. 123 out of 500 the patients who have TSH test results met the inclusion criteria. 63 hypothyroidism patients and 60 healthy control group were enrolled into the study. Abbott Cell Dyn 3700 Hematology Analyzer device was used in the laboratory's results.

**Results:** The mean TSH levels were  $37.74 \pm 59.26$  in the patients and  $1.58 \pm 0.80$  in the control group ( $p < 0.001$ ). The mean FT4 levels were  $10.69 \pm 3.48$  in in the patients and  $13.12 \pm 1.44$  in the control group ( $p < 0,001$ ). The mean MPV levels were  $9.13 \pm 1.46$  in the patients and  $8.44 \pm 1.65$  in the control group ( $p < 0.014$ ). The mean PDW levels were  $15.59 \pm 3.80$  in the patients and  $17.78 \pm 2.88$  in the control group ( $p < 0.001$ ). The mean platelet levels  $263.17 \pm 63.19$  in the patients and  $257.72 \pm 52.92$  in the control group ( $p < 0.001$ ). In patient group the mean TSH levels were  $37.74 \pm 59.26$  before the treatment and  $2.65 \pm 2.93$  after the treatment ( $p < 0.001$ ). The mean FT4 levels were  $10.69 \pm 3.48$  in before the treatment and  $15,24 \pm 2,79$  after the treatment ( $p < 0.001$ ). The mean MPV levels were  $9.13 \pm 1.46$  before the treatment and  $9,02 \pm 1,49$  after the treatment ( $p < 0.455$ ). The mean PDW levels were  $15.59 \pm 3.80$  before the treatment and  $16.42 \pm 3.50$  in after the treatment ( $p < 0.077$ ). The mean platelet levels were  $263.17 \pm 63.19$  before the treatment and  $262.78 \pm 62.41$  after the treatment ( $p < 0.958$ ).

**Conclusion:** In this study, there was no significant difference between MPV volumes before and after the treatment. MPV values were significantly higher in the patients compared to healthy group.

**Keywords:** Euthyroid, hypothyroid, mean platelet volume

## SOP-29

# To Compare Weight Differences Between Adults Who Underwent Tonsillectomy and Do Not

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**Objective:** To analyze and determine of adults' weight differences in over one year who had operation of tonsillectomy

**Methods:** A retrospective study was performed using a BizMED system search of all adult tonsillectomies at Bezmialem Vakif University Medicine School Hospital, Otorhinolaryngology Department. In study group, 60 adults (aged 18-60 years) receiving tonsillectomy at Bezmialem Vakif University Medicine School Hospital-Otorhinolaryngology Department between 2011 and 2016. In control group, who chosen randomly 60 adults (aged 18-60 years) have not undergo operation of tonsillectomy.

All study patients' contacts numbers were found and were called. Each of patients' preoperative and postoperative weights (over one year) were recorded. All control patients' actual and average weights before one year were recorded.

**Results:** Data analysis revealed a significant difference found between preoperative and postoperative weight across all ages in study group as 3.05 kg. However in control group, difference was 0.55 kg loss. The results have been significant in comparing between two groups ( $p < 0.001$ ).

**Conclusion:** The cause of result is not clear however these findings are significant since this could lead to further research into changes in obesity-associated disease.

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## SOP-30

# The Reasons for Wastage of Blood and Destroyed Blood Products by Years in Bezmialem Vakif University

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**Objective:** The blood has an important role to transport of waste substances that are formed in the body to the necessary organs. We intend to reveal which causes are leading to the wastage of blood. The aim of this research was to find the reasons for the wastage of blood and to raise awareness on this issue in the blood banks. We aim to prevent unnecessary bloodshed so that a material as valuable as blood will be prevented.

**Methods:** A retrospective study was done to determine the number of destroyed blood products and to report destroyed causes from 1st January 2014 to 31<sup>st</sup> August 2017 in the blood bank of Bezmialem Vakif University. Spss version 15.0 is used in this research. A total of 1779 blood specimens were screened. After finding the reason for unnecessary blood imputation, the blood bank was informed about this topic.

**Results:** When 1779 blood samples are examined, 744 of them were destroyed due to the expiry date (41.8%). 342 (19.2%) of them were destroyed due to the outbreak of the bag, 257 of them were destroyed due to the test positivity (anti-HIV, anti-HCV, HBs-Ag, syphilis, blood group test) (14.4%). 166 (9.3%) were destroyed because they were not melted. 37 of them were destroyed due to clotting (2.07%). 33 of them were destroyed because they were not used (1.8%). 32 of them were destroyed by lipemic reasons (1.7%). (1.6%) due to the repetitive reactivity of 30 of them. 17 of them were destroyed due to storage conditions (0.7%). 6 of them were destroyed due to fibrillation (0.3%) and 6.93% of them were destroyed by other reasons. 1779 Of the blood preparations, 402 were suspected to be erythrocyte suspensions (22.5%), 176 were full blood (9.8%), 566 were fresh frozen plasma (31.8%), 172 of them were apheresis thrombocyte suspension (9.6%), 503 random thrombocytes (26.3%).

**Conclusion:** The most reasons of destroyed blood preparation are expiration dates, damaged bag and test positivity. In the light of these results, care should be taken to ensure that blood samples are used before their expiration date. The storage conditions of the bags should be improved. Medical assistants should be informed about the use of blood products. The blood bank conditions should be updated and employees should be informed annual.

**Keywords:** Blood, blood product, transfusion, blood bank, wastage of blood

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## SOP-31

# Comparison Between Female Physicians and The Female General Population of Breast Self-Examination (BSE)

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**Objective:** Breast self-examination (BSE) is recommended to prevent breast cancer. There are lots of surveys evolution of BSE among females. The female physicians are the role models to encourage to general female population but no much information we have, how do the physicians perform on themselves? In this study, we examine how to do physicians perform BSE and compare to general female population.

**Methods:** We administered paper-based questionnaires to 134 women. We separated two equal group as 67 doctors, 67 volunteers in Bezmalem Vakif University. The participants, evaluated for age, BSE correct performing time, regularity performance of BSE.

**Results:** 92.5% of doctors (n=62) and 71.6% volunteers (n=48) performed BSE at least one time in their life (p=0.002). 43.3% of doctors (n=29) and 32.8% of volunteers (n=22) perform BSE regularly (p=0.213). 86.6% of doctors (n=58) and 53.7% of volunteers (n=36) know every women should perform BSE regularly after 20 age (p<0.001). %73.1 doctors (n=49) and 28.4% of volunteer (n=19) know applying BSE after 7-10 days after mense if women have a period (p<0.001). 50.7% of doctors (n=34) and 16.4% (n=11) know applying BSE same day of every month if women does not have a period (p<0.001). 38.8% of doctors (n=26) and %17.9 of volunteers (n=12) know the correct time of BSE performing is after milk discharge if women breastfeed (p<0.001). 38.8% of doctors (n=26) and 17.9% of volunteers (n=12) know women should perform BSE before they start a new contraceptive pillbox if they use this drugs (p<0.01). 61.2% of volunteers (n=41) know nipple retraction is a symptom of breast cancer. 79.1% of volunteers (n=53) know deformity of breast is a breast cancer symptom. 52.2% of volunteers (n=35) breast wrinkle is a breast cancer symptom. 76.1% of volunteers (n=51) bloody discharge is a symptom of breast cancer.

**Conclusion:** Even though medical education include breast cancer is detectable with BSE, women psicians do not perform regularly. And general female population do not perform regularly BSE though. And applying BSE on correct time is not adequately.

**Keywords:** Breast self examination, performance, knowledge, physicians, general female population

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## SOP-32

# Evaluation of Early and Midterm Results of Abdominal Aortic Aneurysms Treated by Endovascular Graft Stent

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**Objective:** The aim of this study is to evaluate all aspects of the early and mid-term results of changes in aneurysm size of patients with abdominal aortic aneurysms who were treated electively with endovascular graft stent. In according to the data obtained in this evaluation, it is aimed to shed light the long term prospects of the EVAR techniques.

**Methods:** Between February 2013 - April 2017, 186 patients diagnosed with abdominal aortic aneurysm were treated in elective conditions with endovascular methods in Cardiovascular Surgery Department of Bezmialem University Medical School Hospital. This study included 68 patients who can be taken on a regular postoperative follow-up. All patients included in the study were reached of the pre-operative and post-operative 3.month, 6.month, 12.month and annual the control datas from the archive records. Radiological data of patients, physical examination and laboratory results were analyzed retrospectively from archive records. The main parameters used for the treatment efficacy were obtained by CT-angiography. Aneurysm sac axial diameter measured and recorded.

**Results:** The rate of change in the axial diameter of the aneurysm sac, it was found that showed statistically significant reduction in the postoperative follow-up period sequentially. (Preoperative period and third month  $p < 0.001$ , the third month and the sixth month  $p < 0.001$ , the sixth month and the twelfth month  $p < 0.001$ , twelfth month and twenty-fourth month  $p < 0.04$ , the twenty-fourth month and the thirty-sixth month  $p < 0.001$ , the thirty-sixth months and the forty eighth month  $p < 0.005$ , the forty- eighth months and fifty- fourth months  $p < 0.008$ ).

**Conclusion:** After the treatment of abdominal aortic aneurysms with the EVAR system, significant changes in aneurysm morphology arises in the postoperative period. These changes have been particularly toward reduction the axial diameter of the aneurysm sac. The contraction in the axial diameter of the aneurysm sac was seen starting from postoperative the 3rd month follow up of the 54<sup>th</sup> month follow up still on going. Changes towards the reduction in the axial diameter of the aneurysm sac at the postoperative early and mid period was clearly demonstrated the effectiveness of EVAR treatment. That is to say the most important complication of AAA is rupture, so the most influential factor on which the aneurysm sac diameter regularly decreasing after EVAR treatment in the early and medium term. As a result of this, after the EVSG treatment of patients were higher survival rates in the early and middle periods. Obtained in our study by looking at the early and mid-term results, it can be said may be expected to be high rate of treatment efficacy in the long term EVAR technique. However, many different centers should be made of a new comprehensive study for to obtain data abo that could shed light on long-term results of EVAR technique.

**Keywords:** Abdominal aortic aneurysms, endovascular graft stent

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## SOP-33

# The Relationship Between Lower Urinary Tract Disease with Hematuria

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**Objective:** Hematuria is a symptom that may be indicative of many diseases, from cystitis to urinary cancers. For this reason, diagnosis and follow-up of patients with hematuria are of great importance. In this study, the diagnosis of patients admitted to Urology outpatient clinic with hematuria complaint was classified in terms of guiding physicians.

**Methods:** This study was conducted retrospectively from Bismedi data system of 50 patients who applied to bezmialemler Vakif University Hospital Urology outpatient clinic with a complaint of hematuria.

**Results:** The data of 24 (48%) women and 26 (52%) men were analyzed. The mean age of the female patients was 42.58 years and the mean age of male patients was 48.7 years. There were 24 (48%) unidentified hematuria, 5 (10%) cystitis, 3 (6%) benign prostate hyperplasia, 3 (6%) urinary tract infection, 3 (6%) bladder malign neoplasms and 2 (4%) prostate cancer, 2 (4%) kidney malign neoplasms also one of them (2%) was diagnosed with Nutcracker's syndrome.

**Conclusion:** In the present study, 48% of patients with hematuria complaints were diagnosed as unidentified hematuria.

## SOP-34

# The Relationship Between Lifestyle Habits and Implantation Rates of Infertility Patients Receiving Assisted Reproductive Techniques (ART)

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**Objective:** Infertility is an important problem among families and requires a lot of patience, energy and money for the treatment. The factors that affect the success rates of ART (Assisted Reproductive Techniques) is a topic of interest by both patients and researchers. In this study, we aim to show if there is a relationship between the implantation rates after receiving ART and the patients' lifestyle habits.

**Methods:** The study was performed among 80 patients in Bezmiâlem Vakıf University Hospital ART department. They were asked to fill in a survey which is consisted of 15 questions related to lifestyle habits. We included questions for smoking, alcohol, daily amount of water, milk, tea and coffee they consume, the total times of consuming meat, vegetables and fruits weekly, and their breakfast routine. After the treatment, their pregnancy situation was noted. "Statistical Social Science Package (SPSS)" Version 19.0 was used in the data analysis. Chi-squared test was performed for the categorical data and Mann Whitney test was performed for the ordinal data.

**Results:** The study was performed among 80 patients between age 23 and 45. Pregnancy test after applying the treatment was positive for 21 of these patients and negative for 59 of them. The average age of all subjects was 31.1 while the average age of the group with positive pregnancy test result was 30.7. Women who had a positive pregnancy test result after treatment had lower BMI with an average of 24 compared to women who had negative test result with an average BMI of 25 ( $p=0.263$ ). 25 (31.3%) patients were smokers and 7 of them (28%) became pregnant after treatment ( $p=0.810$ ). 47.5% of patients' partners were smokers and only 23.7% had a positive result after the treatment among this group ( $p=0.620$ ). Only 4 patients were consuming alcohol and their pregnancy test results were positive. 76.2% of women within the pregnancy positive group had breakfast every day and 23.8% did not have breakfast regularly ( $p=0.199$ ). We could not find a correlation between the treatment results and nutrition, such as the amount of meat, vegetables, fruits, milk, water and coffee consumption.  $p$  values were between 0.779 and 0.976.

**Conclusion:** Due to limited number of subjects, providing a reliable result was unfortunately not possible. The factors that affect the success rates of ART are a topic of interest by both patients and researchers. Further studies are needed to confirm the role of nutritional habits in results of treatment with ART.

**Keywords:** Assisted reproductive techniques, ART, infertility, implantation, lifestyle habits



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**Poster Presentations**



# Poster Presentations

## PP-1

### Are The Health Workers in Our Hospital Aware of Their Kidney Health?

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**Objective:** Chronic kidney disease (CKD) is a growing public health problem worldwide so we chose this topic to draw attention this issue and consider the awareness of people about CKD. We aimed to determine the awareness about CKD on health workers in Bezmialem University.

**Methods:** We conducted a cross-sectional study. We reached 200 voluntary health workers in our hospital and we chose this number with statistic methods and fill a questionnaire about the risk factors for CKD (age, family history, diabetes mellitus, hypertension, obesity, smoking) urinary symptomatology (nocturia, pollakiuria, polyuria, dysuria, hematuria) and to perform a urine and blood analysis to detect subtle findings. The parameters that we plan to analyse are serum creatinine level and urinalysis. We used CKD-EPI to calculate eGFR. We used search proteinuria, hematuria and etc. with use of urinalysis.

**Results:** We studied 116 voluntary health workers in Bezmialem University. 81 of the participants are women. (69.8%) and 35 of the participants are men (30.2%). We separated the participants as their jobs in hospital. 7 of them are doctor (6%) 40 of them are nurse (34.5%), 37 of them are cleaning staff (31.9%), 16 of them are secretary (13.8%), 12 of them are health technician (10.3%). We determined as 3 of the participants have (2.6%) hypertension, 3 of them have (2.6%) diabetes mellitus, 8 of them have (6.9%) chronic lung disease, 1 of them has epilepsy (0.9%), 1 of them has ischemic heart disease (0.9%), 2 of them have (1.7%) gastrointestinal disease, 1 of them has (0.9%) gastritis, 2 of them have (1.7%) rheumatologic disease. Also 37.1% of the participants are smoker (n=43) 14 of the participants described dysuria (12.1%), 6 of them described (5.2%) incontinence, 7 of them described (6%) foamy urine, 7 of them described macroscopic hematuria in past (6%), 28 of them described nocturia (24.1%), 21 of them described (18.1%) pollakiuria. We determined %39.7 of the participants (n=46) have never done urinary analysis until now. We confirmed 15 of this participants have 1 symptom at least. Participants indicated the reason of performing urinalysis as 34 for urinary infection, 30 for routine, 1 for renal calculus. In the study 6 of the participants have yeast cell, 2 of them have crystals, 13 of them have microscopic hematuria, 21 of them have leukocyturia. The mean creatinine of the participants was  $0.75 \pm 0.11$  mg/dL and the eGFR level was  $107.49 \pm 14.01$  ml/dL. There is no individual with eGFR level below 60 ml/dL.

**Conclusion:** Our findings show that urinary symptoms are common and pathological findings on urine examination are not rare. It is striking that a considerable number of participants did not have a urine examination in spite of the symptoms although they work in a hospital where they can easily have a control examination.

**Keywords:** Chronic kidney disease, kidney health, awareness, health workers

## PP-2

### Evaluating Breast Cancer Risk Factors of The Patients and Their Opinion for Mammography

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**Objective:** Breast cancer is the most common type of cancer in women. Some of the breast cancer risk factors are; family history, BRCA1-2 gene mutations, radiation therapy to the chest, diet and exercise, hormone therapies, tobacco smoke and drinking alcohol. Mammograms are gold standard at screening. Our aims are to evaluate the patients about breast cancer risk factors and question them about their opinion on behalf of mammography for early diagnosis and treatment.

**Methods:** Female patients over 40 years old who admitted to Bezmialem Vakif University Breast Clinic from December 2017 to February 2018 without any diagnosis for breast cancer took a survey including questions about their life style, demographic features, genetic properties and opinion about mammography.

**Results:** 48 patients included had mean age of 51.17 years. 88.6% did not have any genetic disease and 71.1% did not have family history, 64.6% were non-smokers, 93.8% were not drinking alcohol, 6.3% were using oral contraceptives, 2.1% had hormone replacement therapy, 97.7% did not have any radiation therapy before, 77.8% had mammography before, 12.8% do not think that mammography is useful and 50% do not want mammography because of radiation exposure and 20.8% because of pain.

**Conclusion:** According to the survey results, our patients were not found at high risk for early screening (age before 40) with mammograms and most of them did not prefer mammography because of high radiation exposure. Even so, the patients especially over 40, should be encouraged for routine screening for early detection of breast cancer.

**Keywords:** Breast cancer, risk factors, mammography, pain, genetic

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## PP-3

# Heart Sound Recognition by Wavelet Analysis

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**Objective:** Wavelet transform is an application based on the time-frequency and multi resolution function. It has ability to analyze rapidly changing transient signals. Most common application of sound or image analysis is Fourier transform as know. The recent studies show that wavelet analysis is more efficient for recognition of ECG (electrocardiography) signals. There are many superior abilities in many signal or image processing area. This paper is focused on the medical applications and decided to study on that.

**Methods:** Heart sounds recorded from auscultation ares of heart: Aortic area, Pulmonic area, Tricuspid area, Mitral Area (Apex). All recorded sounds obtained from patients of Bezmialem Vakif University Cardiology Outpatient Clinic by The 3M Littmann Electronic Stethoscope Model 3200. All records for data exported from 3M Littmann Steth Assist heart and lung sound visualization software as microsoft wave format.

**Results:** Records labeled as normal and abnormal by the two specialist cardiology. And then, they proceed the wavelet transform to 212 heart sound records from 53 patients as 44 abnormal and 168 normal heart sound records. And also, data examined for all sound records by using Fourier transform with wavelet analysis. In the results that found more efficient representations with wavelet transform.

**Conclusion:** This study aimed to provide a more efficient and successful process of heart sound recognition by the application of the wavelet analysis. This project presents an efficient and effective method for extracting features for heart sound recognition process. On the other hand, results of this study explained that better understand to superiority of wavelet transform to the Fourier transform for analyzing heart beat sounds.

**Keywords:** Heart sound recognition, medical applications, signal processing, wavelet transform

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## PP-4

# Integration of International Students to Health Education in Turkey

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**Objective:** The common problem of our world is all of the immigrant and refugee people are not graduated and there is a require for continue his/her education. The main problem is about the adaptation issue. There is a increase of problem ratio in adaptation period. In that particular time, many foreign students have problems with adaptation on language and a new culture effect. Many students have lower degree on their lectures and studies in that period. In the other hand, it is effect social and private life in personal. The aim of this study is better understanding of foreign students problem in adaptation period and try to make solution to facilitate period.

**Methods:** To evaluate foreign students of Bezmi Alem Vakif University, a survey that created with 5 points Likert scale 12 question. 28 foreign students of Bezmi Alem Vakif University applied to the survey for evaluate the adaptation period.

**Results:** Students gave the highest score of 3.89 to how much reading speed has effected your integration and the students gave the lowest score of 2.57 to you have got informed about the Turkish Health Education, how much effected to you in your integration period with the reliability 83.2%.

**Conclusion:** Foreign health care students language skills have at most importance at their integration process rather than their information about Turkish health education.

**Keywords:** Education, foreign, student, health, immigrants, adaptation

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## PP-5

# Premature Ejaculation Treatment: Effects of Consult a Doctor with Partner

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**Objective:** Premature ejaculation (PE) is the most prevalent male sexual dysfunction. Premature ejaculation is a problem that influences especially not only the patients but also their couples. Although PE multifaceted effects most of the patients prefer to go to examination as single rather than to go with their partners. The main goal of this study is to help to determine, whether a relationship between success of therapy and examination situation (as single or as a couple).

**Methods:** Patients are classified as 2 groups: 1. Single examination 2. Couple examination (partners also have in communication the doctor). For this aim a paper-based questionnaire applied to older than age of 18, 90 male patients who came to Bezmi Alem Vakif University Urology Policlinics including PEDT (Premature Ejaculation Diagnostic Tool), HADS (Hospital Anxiety and Depression Scale) and IELT (Intravaginal Ejaculation Latency Time) IELT (Intravaginal Ejaculation Latency Time), PEDT (Premature Ejaculation Diagnostic Tool) ve HADS (Hospital Anxiety and Depression Scale) scores noted. Same therapy was applied to both 2 groups: Dapoxetine 30mg as medication and the method explanation: the “stop-start” technique. Patients were called up for check-up six weeks later after the first examination and IELT, PEDT and HADS score changes were investigated.

**Results:** After the six-week therapy, partner consulted group has more significant rising of IELT score and has more significant decrease of PEDT and HADS scores than the single consulted group. Partners satisfaction asked for both 2 groups to at the beginning and at the end of the therapy (as 0 to 10 points). Women of couple consulted group graded more points than women of single consulted group at the end of therapy although the beginning points were almost equal.

**Conclusion:** There is a significant relation between doctor consultation with partner and success of therapy. The study also showed that partners of Premature Ejaculation patients feel more satisfied when they attend to examine process ,they also listen what the doctor advice them to do, so awareness of both the patient and the partner about the therapy goes up and as the result of all mentioned above: consulting with partner makes Premature Ejaculation simpler to get through.

**Keywords:** Urology, premature ejaculation, partner consultation, PEDT, HADS, IELT

## PP-6

# Health Status and Needs Assessment of Romani Community Living in Büyükçekmece İstanbul

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**Objective:** The aim of this pilot study was to determine the health status, the factors affecting health and access to preventive health services of Romani community living in Büyükçekmece, İstanbul.

**Methods:** In this cross-sectional household study the data were collected face to face through a questionnaire that was developed based on the literature. Participants were asked questions on sociodemographic status, health status and utilisation of the health services.

**Results:** The desired sample size (n=312) could not be reached as the members of the community were not willing to participate. The data were obtained from 18 households corresponding to 72 individuals in total. The participants were aged between 30 and 70 years and 77.8% (n=14) of them were primary school graduates. The majority of the households 88.9% (n=16) were led by married couples and 44.4% (n=8) consisted of four people. The monthly income was less than 2000TL in 77.8% (n=14) of the households and 11.8% (n=2) of the children under the age of 18 were in paid jobs. Humanitarian aid was provided to 44.4% (n=8) of these families. All individuals involved in the study were registered with a family health centre and all children were up to date with vaccination. Of the deliveries, 22.2% (n=4) took place at home and in 38.9% (n=7) of the last pregnancies antenatal care was not received. Contraception was not used by 38.9% (n=7) of the interviewees, 50% (n=9) did not know anything about contraception and 38.9% (n=7) were not planning to use any of the methods. Chronic diseases was common (72.2%, n=13) and 83.3% (n=15) of the interviewees were smokers.

**Conclusion:** The results indicate that the Romani community living in Büyükçekmece suffer from problems related to determinants of health, such as low-level education and income, as well as from risk factors such as smoking, home births and reduced access to antenatal care. The findings from the pilot study could inform the planning of a larger study. Involvement of the Romani community in the design and the conduct of the study should increase the sample size.

**Keywords:** Assessment of health care needs, romani, health status

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## PP-7

# Evaluation of Expression Estrogen Receptor, Progesterone Receptor, HER2 (Cerb2) Receptor in Papillary Thyroid Carcinoma and Thyroid Diseases

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**Objective:** The present study aimed to determine the protein expression, in addition to the clinical value of the expression, of estrogen receptor  $\alpha$  (ER $\alpha$ ), progesterone receptor (PR) and epidermal HER2 receptor in papillary thyroid carcinoma and nodular thyroid goitre.

**Methods:** Estrogen receptor, progesterone receptor and HER2 receptor immunohistochemical evaluation performed for tissue blocks for paraffin-embedded 60 papillary thyroid carcinoma 60 thyroid adenoma and 60 healthy thyroid tissue.

**Results:** It is expected that expression of estrogen, progesterone and HER2 receptor will be correlated with higher incidence on women population, according to analysis results that have not yet been completed.

**Conclusion:** The previous studies support that the expression levels of ER $\alpha$ , PR and HER2 were elevated in PTC tissues compared with NTG tissues. In addition, the expression of ER $\alpha$  was found to correlate with the size of PTC tumors. Therefore, the results of this study indicate that immunohistochemical analyses of ER $\alpha$ , PR and EGFR expression in patients with PTC may present a potential prognostic marker.

**Keywords:** Papillary thyroid carcinoma, estrogen reseptor, progesterone reseptor, HER2 reseptor

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## PP-8

# The Role of Chronotype and Cognitive Function in Academic Achievement of Medical Students

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**Objective:** Individuals differ along a continuum of preference for diurnal activity level, known as Morningness-Intermediate-Eveningness. Previous findings have demonstrated that individual's cognitive ability is one of the best single predictors of academic attainment. Researchers found a relationship between the morningness and better academic performance at school. In this study, we investigated the affect of chronotype and cognitive functions in academic achievement of medical students.

**Methods:** This study involves 85 students of the 4th to the 6th year of the graduation course of Medicine at the Bezmialem Vakif University. Participants were assessed via the morningness– eveningness questionnaire, Stroop test to evaluate cognitive functions and sociodemographic information form that includes Grade Point Average (GPA) as academic achievement indicator for first three years. Differences of chronotype and GPA or stroop test between genders are assessed. Correlation tests were performed to evaluate relationship of GPA and chronotype or stroop test.

**Results:** Study was completed in 85 students (55 male, 30 female). Morningness students had better GPA when they were compared to eveningness ( $p=0,005$ ). No significant relationship was found in chronotype and Stroop test results. There was no statistical difference between genders within chronotype, GPA and Stroop test.

**Conclusion:** As a consequence of this study even though morningness type was not statistically different in terms of cognitive functions, it had more academic achievement than eveningness type. Unlike previous research, there was no significant correlation between cognitive functions and academic achievement or chronotype. The reason for this situation could be that the participants were limited to medical School students. Therefore future researchs can be done in larger and heterogeneous groups.

**Keywords:** Academic achievement, chronotype, stroop test, gender

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## PP-9

# Relationship Between Premature Ejaculation and Masturbation

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**Objective:** Premature ejaculation (PE) is the most prevalent male sexual dysfunction. Masturbaion is a very common sexual behavior, even among people who have a sex partner. Most males first sexual act is masturbation. To investigate the relationship between premature ejaculation and masturbaion.

**Methods:** A self-administered survey applied to 82 heterosexual male. 64 participants have PE which named as the “study group”. 18 participants does not have PE which named as “control group”. 40 of the study group have always had PE and 24 of them have accuired PE. Both groups age, length, weight, BMI and Premature Ejaculation Diagnostic Tool (PEDT) scores recorded. Both groups attended the same survey. 22 questions asked attendants about their sexual life, ejaculation and mas-

turbation. The outcome data analyzed with IBM SPSS Statistics 22.0 pocket program. Frequency and percentage values of these data were given and the distribution of some categorical data according to each other was examined by Chi-squared test.

**Results:** Mean age of study group was  $38.55 \pm 7.6$  (23-53) years and the mean age of control group was  $35.56 \pm 6.81$  (23-54) years. The men with PE had higher BMI ( $p=0.008$ ). The men with PE had less sexual satisfaction. There was no significant relationship between PE and masturbation.

**Conclusion:** Our findings show that men with PE had masturbated less (mean 3-5 years) when compared to men with no PE (mean 5-10 years). Also men with no PE had less frequently masturbated (mean 1-2 days in a month) when compared to men with no PE (mean 1-2 days in a week). However these findings were not statistically significant ( $p=0.06$ ,  $p=0.46$  respectively).

**Keywords:** Urology, premature ejaculation, masturbation, sexual function disorders

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## PP-10

# Investigation of Chronic Disease Frequency in Physicians over 30 Years of Age in Bezmialem Vakif University School of Medicine Hospital

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**Objective:** Physicians have various risk factors for chronic diseases such as hypertension, diabetes and migraine. These risk factors; stressful life, chronic fatigue, anxiety, workload, irregular life, sleep disorder and malnutrition. In this context, we investigated chronic diseases by conducting surveys on surgical unit and internal unit physicians over 30 years old whose work in Bezmialem Vakif University School of Medicine Hospital.

**Methods:** This study is performed on 146 physicians who were worked at the Bezmialem Vakif University Hospital. 83 male and 63 female physicians participated in the survey. We categorized the ages of participants as 30-39, 40-49, 50-59 and 60+. The questionnaires applied by the face-to-face interview method were dropped in a closed box. The questionnaire forms include questions of gender, age, height, weight, surgical or internal field, known chronic disease. SPSS 20.0 was used to perform statistical analysis of questionnaire results.

**Results:** 55 physicians from 146 physicians (37.7%) have chronic diseases. 12 of all patients (8.2%) have migraine, 8 patients (5.5%) have diabetes mellitus, 6 patients (4%) have hypertension, 6 patients (4%) have Hashimoto's thyroiditis and other diseases in 23 (15.75%) patients. Physicians with chronic illnesses are 39.7% female and 36.1% male. Among the participants, 54.54% of those aged 30-39 years, 25.45% of 40-49 years, 16.36% of 50-59 years, 3.63% of 60+ years had chronic diseases. 35.7% in the surgical department and 38.9% in the internal department have chronic disease. Body mass index (BMI) values were significantly higher in physicians with chronic illnesses (BMI  $26.92 \pm 4.38$ ) than those without chronic illnesses (BMI  $25.59 \pm 3.43$ ) ( $p < 0.05$ ). Although it did not reach statistical significant, migraine was the most common chronic disease in the survey results.

**Conclusion:** Our study has shown that the chronic diseases are also common in physician; with increasing age and body mass index. The frequency of migraine which is a disease previously associated with stress. The frequent occurrence of migraine in physicians may be related to working conditions, stress and sleep disorders. Further studies in larger groups are needed to better understanding of the chronic disease frequency and their underlying occupational reasons in physicians.

**Keywords:** Chronic disease, medical doctor, working area

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## PP-11

# Continuing Medical Education: Expectations and Needs

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**Objective:** Continuing Medical Education (CME) activities has become a very important issue in today's world for medical professions. Even though its importance is well known, CME activities are still not standardized. Therefore drug companies, associations, media and internet have huge impact on it. At that point; medical doctor's needs, requests and expectations are still not clear. With this survey study we examined medical doctors point of view on CME.

**Methods:** Academicians and medical doctors in Bezmialem Vakif University were involved to the study. Participants answered 27 questions which also includes age, gender, academic title.

**Results:** 74 participants were included to study. Variance of departments was; 20 basic sciences, 30 medical sciences, 24 surgical sciences. Average of age was 37. Participants choose internet (93.4%) most but seminars (13%) and in-service training (8%) least for CME. 45 participants attended to an out of town meeting, 15 of participants attended to an abroad meeting but only 2 of them were in charge of an abroad meeting. 81% of participants declined that their clinical approach changes after attending CME activities. Participants, preferred meetings with social programmes over meetings with not social programmes.

**Conclusion:** We see that our habits, like seminars and in-service trainings, are not as useful as we think for CME. Further investigations needed for planning CME activities towards medical professionals expectations and needs.

**Keywords:** Medical education, continuing medical education, post-graduate education

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## PP-12

# Oral Contraceptives and Their Psychological Side Effects on Turkish Women

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**Objective:** Hormonal contraceptives are drugs, broadly used by millions of women around the world for various medical reasons. These medications continue to be prescribed by physicians without any consensus on their psychological side effects, on which there are many contradictory researches. Taking this into account, this topic is not well researched in Turkey and thus this is what this research intends to find.

**Methods:** In this cross-sectional study, a total of 181 women, aged between 18-54, 43 using Combined Oral Contraceptive (COC) pills or have used in last six months and 138 not using (COC), were included in the study. They were given a questionnaire to fill. The associations between age, sex, marital status, educational level and Beck Depression Inventory for Primary Physicians (BDI-PP) scores were examined by statistical correlation analysis.

**Results:** Of the 181 women who participated in the study 23.3% were current COC users, and 43.3 % were married. No statistically significant association between the current use of COC and Beck Depression Inventory-PP score (BDI-PP) ( $p=0.826$ ) were found. On the other hand, only a slight positive correlation between marital status and BDI-PP score were found ( $p=0.001$ ). No remarkable association has been found between current use of COC, age, marital status and level of education.

**Conclusion:** According to the results of our study, there was no statistically significant difference of depressive symptoms between women who are using oral contraceptives and women who are/did not use COCs.

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## PP-13

# Therapeutic Potential of Exogenous Cannabinoids on Autistic Symptoms of BTBR T+Itpr3tf/J Mice

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**Objective:** Autism spectrum disorders (ASDs) are a group of neurodevelopmental disorders characterized by impaired social communication, abnormal language development, restricted interests, and repetitive and stereotyped behaviors. These disorders show a high degree of clinical and genetic heterogeneity. Studies suggest that there is the functional convergence among autism-linked genes on common pathways that are involved in synaptic development, plasticity and signaling, raising the hope that similar therapeutic strategy may be effective for different forms of autistic disorders. Investigation of cellular and synaptic deficits in ASDs will provide further insights into the pathogenesis of autism and may eventually lead to potential treatment for autism and other neurodevelopmental disorder.

**Methods:** In this research, we observe and investigate effects of exogenous cannabinoids on BTBR T+Itpr3tf/J Mice. Currently, we are still working on this research and believe that we will get useful results.

**Conclusion:** Endocannabinoid system (ECS) is a biological system composed of endocannabinoids, which are endogenous lipid-based retrograde neurotransmitters that bind to cannabinoid receptors, and cannabinoid receptor proteins that are expressed throughout the mammalian central nervous system (including the brain) and peripheral nervous system. The endocannabinoid system is involved in regulating a variety of physiological and cognitive processes including fertility, pregnancy, during pre- and postnatal development, appetite, pain-sensation, mood, and memory. Some of recent studies shown, there are strong relations between endocannabinoid system and ASD's.

**Keywords:** ASD, endocannabinoid

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## PP-14

# Complementary and Alternative Medicine: Attitudes, Knowledge and Use Among Health Professionals in Turkey

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**Objective:** Usage and popularity of complementary and alternative medical practices is increasing worldwide and in Turkey. This study examines the opinions, knowledge and the degree of practices among the doctors in Turkey.

**Methods:** For this purpose, a survey of 20 questions has been prepared. The questions aim to evaluate the doctors' trust, knowledge, practice level and tendency to apply these practices. The survey was requested to be filled via an online platform.

**Results:** The survey was participated by 138 doctors from 27 different counties. 55.1% woman, 44.9% man; 23.4% surgical branches, 36.4% internal branches, 23.4% general practitioner, 10.9% intern, 5.5% basic science. Average age of the participants is 39.8. The 3 most known complementary and alternative medical practices were in the order of most known to least known as following: acupuncture (87.9%), warm water therapy (85%) and cupping therapy (84.3%). The 3 most well-founded practices according to the doctors' opinions were in the order of the most to the least: hypnosis (37.9%), phytotherapy (36.4%), acupuncture (34.3%). The 2 not well-founded practices were in the order from the most to the least: cupping therapy (32.1%), hirudotherapy (medicinal leech therapy) (31.4%). 70% of the doctors stated that complementary and alternative medical practices are not hazardous to the patients' health and 78.6% of the doctors stated that these practices are beneficial but they encounter problems to apply in Turkey. Doctors who believe that the complications occur due to the doctors having not enough knowledge on these issues are 70% and who believe that complications occur due to patients applying the methods in a wrong way are 87.9%. Furthermore 76.5% of the doctors stated that complementary and alternative medical practices should be taught during university education and 51.4% of the doctors stated that doctors should be able to prescribe the practices.

**Conclusion:** The doctors involved in this study have mainly the opinion that there is lack of knowledge on the complementary and alternative medical practices and necessary trainings should be given during medical education.

**Keywords:** Complementary medicine, alternative medicine, medical education

## PP-15

# Effect of Preoperative Anxiety and Intraoperative Hemodynamics on Postoperative Recovery

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**Objective:** For many years, surgical operations have been performed with general anesthesia. Every year millions of patients recover after operations. There is still no clear classification of this issue in the knowledge that there are many factors affecting recovery. In this study, we worked on parameters that we thought could affect recovery and tried to establish a relationship between them.

**Methods:** Twenty-four patients with ASA 1-2 class operations were included in the study. All patients were required to fill in preoperative Spielberger continuity and state anxiety scales and the social support scale. Anxiety and Information Scale (APAIS) was applied before surgery. After all premedication in the operating room was applied, general anesthesia were applied to all the patients. The patients were observed at least 30 minutes, receiving on the postoperative care unit (PACU). In the PACU, nausea and vomiting assessed by the Numerical Rank Score (NRS). Ramsay sedation score (RSS) recorded. The visual pain score (VAS) used for pain.

**Results:** Twenty-four patients (15 males) with a median [IQR] age of 36.2 years with ASA 1-2 class were operated. We didn't find significant correlations between preoperative anxiety and post-operative recovery because of inadequate data.

**Conclusion:** There could not find a significant relationship between preoperative anxiety and postoperative recovery because of inadequate patient participation. Therefore, we suggest there is a need for studies involving a high number of patients whose restriction criteria are less limited.

**Keywords:** Postoperatif recovery, preoperative anxiety, hemodynamic stability

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## PP-16

# The Risk of Epilepsy in Children With Febrile Seizures

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**Objective:** Febrile seizures are the most common convulsions in the childhood. Febrile convulsion patients usually have good prognosis but some of these patients may develop epilepsy in their further life. The aim of this study is to identify the factors which are effective on the development of epilepsy in children with febrile seizures.

**Methods:** The medical records of the epilepsy patients who have history of febrile seizure, between the dates of November 2016-2017, have been scanned. In total 69 of the patients, 26 female and 43 male, met the inclusion criteria. The mean age of the 69 patients included to the study was 5.98±3.96. The data obtained from patients' records included demographic variables, seizure semiology, family history, birth history, EEG findings and brain imaging. Mann-Whitney test has been used in the analysis of the correlation between family history and seizure semiology. Chi-square test has been used in the analyses of the relationship between the risk factors.

**Results:** The data of 69 epilepsy patients with the history of febrile seizures were analyzed in the study. 26 out of 69 patients were girl (37.7%) and 43 out of 69 patients were boy (62.3%). The average number of seizures patients experienced was 4.26±3.31. The mean age at onset of seizures was 1.83±1.41. Only 7 patients' information of the fever temperature have been accessible and 5 of them (71.5%) had fever temperature greater than 39°C. The duration of the seizure of the 7 out of 17 patients who had defined seizure duration, were longer than five minutes. Generalized tonic clonic type seizures were detected in 16 out of 33 patients (23.2%) with known seizure type and 7 of them had family history of febrile seizures while 5 of them had family history of epilepsy. Postnatal intensive care history was seen in 13 patients (23.2%). 20 patients (32.8%) had development delay and 8 of them (34.8%) had family history of epilepsy, 5 of them (25%) had family history of febrile seizures. MR was performed on 30 patients and 11 of them (36.7%) had abnormal results. Abnormal EEG findings were seen in 26 patients (37.7%). 27 (39.1%) patients had a family history of epilepsy, while 24 (34.7%) had a family history of febrile seizure. 10

patients (16.4%) had both family history of febrile seizures and epilepsy. Any significant relationship was not detected between the family history and the seizure number, the duration and the age onset

**Conclusion:** In our study, there was no significant relationship between the risk factors and epilepsy development in children with febrile seizures history. Significant risk factors can be identified by increasing the number of patients in future studies.

**Keywords:** Epilepsy, febrile seizure, risk factors of epilepsy, epilepsy development

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## PP-17

# The Evaluation of The Relationship Between YGS-LYS Success and Academic Achievement at The Medical School

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**Objective:** We aimed to find the relationship between YGS-LYS succes and academic achievement at the medical School.

**Methods:** We administered 249 students from 2, 3, 4 and 5. grades a survey of 8 questions. We evaluated the associations of YGS-LYS rank, summative and OSCE exam averages and transcript with class succes rank.

**Results:** 18.9% of the participants were second grade, 15.3% were third, 32.1% were fourth and 33.7% were fifth. We evaluated that 81% of students with a high YGS-LYS score have more than 3.00 points. Secondly, 61% of students with a low YGS-LYS score have more than 3.00 points. We compared YGS-LYS rank and transcript, thus we find significant correlation in measure  $p < 0.001$ .

**Conclusion:** These results provide evidence that there is relationship between YGS-LYS success and academic achievement. Furthermore, students with a low YGS-LYS score have significant transcript scores as well. Although there is a significant relationship between the YGS-LYS success and transcript, more accurate results can be obtained with advanced research.

**Keywords:** YGS-LYS, success, transcript, academic achievement, medical school

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## PP-18

# Turkish Male Patients Attending Urology Outpatient Clinic Talk About Sexual Function Disorders to Their Physicians

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**Objective:** Patients don't communicate with doctors in confidential topics. The lack of communication arises problems in the treatment of those issues. In addition, this problem causes contradictory data regarding this topic. With this study I examined the miscommunication in Turkish population.

**Methods:** For this purpose, a questionnaire was applied to patients older than the age of 18, 96 male patients who came to the Bezmialem Vakif University Urology Policlinics. The outcome data was analyzed with IBM SPSS Statistics 22.0 pocket program. Frequency and percentage values of these data were given and the distribution of some categorical data according to each other was examined by Chi-squared test.

**Results:** When the results are evaluated, there are meaningful percentages between patients satisfied with their doctors and to talk about their problems. While 20% of the 96 patients were relieved by talking about their problems, 33% patients wasn't

relieved and 47% of patients didn't mention about their problems ( $p < 0.01$ ,  $n = 96$ ). Of the 19 patients who were relieved by talking to their doctor, 94.7% mentioned their problems due to their doctors questioning about it.

**Conclusion:** The communication is very important step to reach to treatment for patients. There are multiple factors improve communication to getting better such as doctors, patients and society. Giving trust to patients with both genderly and in ethical lines will provide better communication due to patients relieved. Not only the process of examination, also patients got through until entered the examination room (traffic, family situation, process of getting appointment) affect the communication. For the right communication patient's education level has serious effect; understanding each other provides correct diagnosis and treatment.

**Keywords:** Urology, miscommunication, sexual function disorders, patients' trust, patient-physician relationship, Bezmialem Vakif University

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## PP-19

# Relationship Between C-Reactive Protein and Age in Patients with Kidney Stone Disease

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**Objective:** Kidney stones are very common by observed in different age groups. The risk factors and etiology of renal stone formation are still unclear. C- reactive protein is a marker which increase in response to inflammation and it has also been accepted that inflammation is an effective mechanism for kidney stone formation. In this research we aim to find which decade of patients with kidney stone reveals a significant relationship with increasing C-reactive protein quintile.

**Methods:** This study included Bezmialem University Hospital patients older than 20 years with data available on kidney stone history and in whom C- reactive protein, fasting blood sugar and systolic and diastolic blood pressure was measured. Patients were required to complete a questionnaire about their history of hypertension, diabetes, smoking, weigh and height. Groups were quantitatively classified by the analysis of variance, categorical variables compared by Chi-square test. p values of 0.05 considered statistically significant. IBM SPSS 19.0 used for all statistical analysis.

**Results:** Data were available on 77 men and 49 women. Notably, 34.12% of this population were thirty to forty years old. It was determined that participants who have hypertension are more than who have diabetes. While diabetes is 16.6%, hypertension is 23.8%. Body mass index greater than  $>30 \text{ kg/m}^2$  was defined as obesity. Obesity was found in 27.7% of the participants. When smoking was assessed it was found that 51.59% had never smoked during their lifetime. When the possible risk factors were separately examined, there was no significant correlation between C-reactive protein and a specific age group ( $p = 0.257$ ). After all parameters were fully adjusted none of them showed significant association with kidney stone formation in age groups.

**Conclusion:** Our study shows that there is no significant relationship between serum C- reactive protein level and kidney stone formation in spesific age group. To understand the mechanisms and possible risk factors for age groups, further studies involving greater number of patients are needed.

**Keywords:** Kidney, C-reactive protein, kidney stone, obesity, nephrolithiasis, age groups

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## PP-20

# Influences of Pharmacology Lessons on The Self Medication Among Medical Students

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**Objective:** Self-medication in Turkey is getting more common problem day by day. With this study we aimed to evaluate how pharmacology lessons influence the self-medication among medical students.

**Methods:** Questionnaire were administered to 225 students, 74 of them completed the pharmacology course, 76 of them didn't started to take the classes and rest was still taking the course.

**Results:** Results are shown that participants who completed and still taking the course have higher attention to indications and side effects of medications. For the question that is about seeing a healthcare provider before using medication, 32% of participants who finished the course and 60% of participants were still learning pharmacology scored 4 and 5, on the other hand 92% of participants who didn't started to take the classes scored 4 and 5 (1: never / 5: always). Except the participants that didn't started to take the classes were asked a special question about the awareness of using medications. 77% of participants who finished the course and %81 of participants were still learning pharmacology stated that they are more careful about how to use medications after taking the courses. No participants indicated that there is a decrease of awareness. Among all participants, pain killers and vitamin supplements are the most common medications that everyone prefer to take by themselves.

**Conclusion:** In the final analysis, results are shown that there is a clear increase of awareness after taking pharmacology lessons and also a decrease of being in need of see a healthcare provider for using medications.

**Keywords:** Self-medication, pharmacology

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## PP-21

# Hearing Status of Children Between 5 and 18 Years of Age Who Applied to Our Clinic

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**Objective:** Hearing loss may lead to poorer learning capacities in the afflicted children. Deafness and hearing impairment do have profound effects on individuals and in particular, they damage the development of speech, language and cognitive skills in children. The aim of the project is to determine the type of hearing loss and the degree of hearing loss for children between 5 and 18 years of age who have applied Bezmialem University Otorhinolaryngology Clinics from 2016 to 2017.

**Methods:** The screening model was used in this study. The study included patients between the ages of 5 and 18 who applied to the Bezmialem Vakif University Otorhinolaryngology Clinics from 2016 to 2017. Audiograms which gives a detailed description of hearing ability were examined from 2016 to 2017. SPSS 21.0 was used in the analysis of the data.

**Results:** The study was included 861 children (430 girls, 431 boys) aged 5 to 18 years. The mean age was  $11.81 \pm 4.18$  years. 65.7% of children had normal hearing, 25% of children had transmission hearing loss, 6.7% of children had sensorineural hearing loss and 2.6% of children had mixed hearing loss. Also, 34.7% participant have hearing loss from mild to severe. A statistically significant difference was found between the distribution of hearing loss types in boys and girls ( $p=0.009$ ). It is understood from the percentage statistics that SNHL and CHL types are seen more frequently in boys. There were statistically significant difference in the distribution of right ear low/high variable ( $p=0.01$ ) and hearing loss degree in boys ( $p=0.02$ ).

**Conclusion:** As a result of the study it revealed that the prevalence varies according to gender. Hearing loss in boys is more common than in girls. The study will shed light on the research to be conducted. It can be attempted again in the future to a wider population. It is thought to contribute to the literature.

**Keywords:** Hearing loss, children, age, clinic

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## PP-22

# Health Literacy in Patients Over 18 Years Old and Their Companions in Bezmialem Vakif University

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**Objective:** Health literacy is a big problem in the worldwide. Despite the fact that research has been carried out since 1970, it can be seen that sufficient data are not obtained yet. Our purpose is to consider the factors related to health literacy such as age, gender, marital status, education status, economic status and career. Thus to assess to Turkish public about health literacy and providing a information to national and international health literacy.

**Methods:** We administered a questionnaire to 110 patients and their companions 18 years and older at Bezmailem University. We excluded people who were not able to answer questions due to mental or psychological ability. We created a survey using questions from ASOY-TR and TSOY-32. The data obtained with the study results were analyzed with descriptive statistical method in the ms-excell program.

**Results:** A significant minority of respondents reported that they never or rarely would read newspaper, books and magazines related to health (45.4++%), be careful to have adequate and balanced nutrition (79.7++%), try to obtain information about prescription drugs, including side effects (42.6++%) answered always. We asked when you have a complaint about your health, you can find out if it is a symptom of an illness 78.8% answered always and often. In the second chart 65% and over of the patients choose very easy and easy.

**Conclusion:** Patients at Bezmailem Hospital have significant issues with health literacy. This suggests that we must develop better educational materials for this population. In the questionnaire survey compared to other data patient said it was difficult to understand the information given about diseases and it was difficult to evaluate the advantages and disadvantages of different treatment options recommended by doctors.

**Keywords:** Health literacy, public health care, survey, patients and companion

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## PP-23

# Relationship Between Depression and Sleep Parameters in OSAS Diseases

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**Objective:** Sleep apnea syndrome (OSAS) is a syndrome commonly seen in the community, which often leads to medical and psychological problems, with a recurrent respiratory arrest during sleep. OSAS patients are deprived of restful sleep due to apnea and hypopnea occurring during sleep. They can not awaken as they are rested on their wake, which leads to sleepiness during the day, lack of attention, poor perception of concentration disorder, and fatigue. These conditions are thought to greatly affect the psychological state of the patient. In this study, we planned to determine the relationship between sleep parameters and depression in patients with OSAS.

**Methods:** We performed our study on 100 patients with OSAS who accepted our questionnaire to sleep laboratory from August 2017 to November 2017. Our study included patients without a history of neurocognitive dysfunction, a known psychiatric disorder, no psychiatric drug use, and no chronic disease over 18 years of age. We assessed the psychological status according to the Beck depression scale scoring. Patient demographic data (age, sex), body measurements (BMI, neck circumference, waist circumference), and Polysomnography records (apnea index, hypopneus index, REM apnea index, central apnea index, PSGRDI (polynomial respiratory index) parameters. We determined the quantitative relation of Beck D score and parameters by Pearson correlation coefficient. We performed the one-way ANOVA test to differentiate the mean of these groups according to the Beck D scores (0-9 points: 1st group, 10-18: 2nd group, 18-40: 3rd group). After the one-way ANOVA test, the Tukey HSD method was used to determine the differences between groups (post Hoc test).

**Results:** The average age of the participants was 46.04. 63.7% were male and 36.3% were female patients. There was no significant relationship between Beck D score and age, EPWORTH, neck circumference, BMI, Rem apnea index, apnea index, central apnea index. Beck D score with waist circumference ( $r=0.302$   $p=0.003$   $n=95$ ), PSGRDI ( $r=0.206$   $p=0.039$   $n=101$ ), hypopneus

index ( $r=0.268$   $p=0.008$   $n=98$ ) and the desat index ( $r=0.230$   $p=0.023$   $p=98$ ). When we divided 3 groups according to Beck D scores (0-9 points: 1st group, 10-18: 2nd group, 18-40: 3rd group), 54.9% of the participants were in group 1, 30.4% in group 2, 14.7% ( $p=0.032$ ), waist circumference ( $p=0.009$ ) and Lowestat ( $p=0.016$ ). When the differences between the groups were compared between the groups, EPWORT ( $p=0.042$ ), waist circumference ( $p=0.017$ ) and the lowestat ( $p=0.025$ ) were found between the first and second groups

**Conclusion:** As a result of our study, it was found that scores of depression scale in OSAS patients showed positive correlation with PSGRDI, Hypopne index, desat index, and negative correlation with Lowestat.

**Keywords:** Apnea, OSAS, sleep apnea, depression

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## PP-24

# Excision Rates and Reasons of Fibroadenomas

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**Objective:** Fibroadenomas are the most common benign tumors of the breast. They are usually asymptomatic, but related to some predisposing factors, they may expand and become symptomatic. In this study, we investigated the rate and reasons of excisional biopsies in our patients who had the diagnosis of fibroadenoma in core needle biopsy (CNB).

**Methods:** Data of patients diagnosed with fibroadenoma by CNB were investigated retrospectively through Bezmialem Vakıf University Medical School Hospital BizMed database system. We examined fibroadenoma characteristics including diameter, margins, indications for excisional biopsy, final pathology results and patient characteristics of age.

**Results:** Mean age of 63 female patients was 35,3 years (range:15-68). Final histopathologic evaluations of the 29 patients (46.03%) who had excisional biopsy of the lesions resulted as malignant in 2 (3.1%), phylloid tumor in 6 (9.5%) and simple fibroadenoma in 21(33.3%) patients, with the mean ages of 29.5, 18.28 and 38.57, respectively. The mean diameters of 2 malignant tumors, 6 phylloid tumors and 21 fibroadenomas were 9 mm (8 and 10 mm), 46 mm (range:22-80 mm) and 30.04 mm (range:18-60 mm), respectively. The reason of lesion excision was suspicious results in CNB in 10, aggressive expansion in 17 and anxiety for cancer in 2 patients.

**Conclusion:** Although fibroadenomas are benign lesions, they should be managed individually according to the CNB and follow up results. Change in the shape of the lesion, enlargement in the diameters, suspicious pathology results, patients family history of cancer and the anxiety of the patients are the major factors for excisional biopsy.

**Keywords:** Fibroadenoma, core needle biopsy, excision, malignancy, diameter

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## PP-25

# Relationship Between Night Shift Frequency in Doctors and Rate of Depression

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**Objective:** There are many research that frequency of depression and how to overcome these problems. According to research depression is very big problem among doctors. Doctors are exposed to many stress factors (f.e night shift, too many patients) mostly doctors keep watch 36 hours at hospital ten days of every month. So frequency of depression is increasing among doctors. I want to show relation between the level of depression and frequency of night shifting.

**Methods:** In my research, I prepare a survey that measures level of depression for doctors. This survey called Beck Depression scale. The highest point 63 and least point 0. According to Beck Depression test people who score between 0-9 are normal, 10-18 are probably in depression, 19-29 are most likely in depression, 30-63 are certain on depression. There are two groups. Every group has 17 people. First group includes physicians who have 0-5 night shifts every month and the second group has 6-12 night shifts every month. Both groups answered the same survey

**Results:** Physicians from the departments of physiotherapy, surgery, internal medicine, pediatrics, family practice, basic science and psychiatry took part in the study. In total 34 subjects answered the survey. The collected data isn't biostatistically analyzed yet, but the general view shows that there is no difference between the two groups. The data is listed below

**Conclusion:** We couldn't find any relation between the frequency of night shifts and depression. In addition we saw that physicians from the same department can have very different results. Depression isn't only affected by night shift number but also affected by many factors.

**Keywords:** Physicians, night shift, depression

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## PP-26

# Are Sitting Position and Time Risk Factors for Low Back Pain in Office Workers?

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**Objective:** Low back pain (LBP) is an important occupational health problem in Turkey and in most industrialized countries. With the rapid development of modern technology, sitting is the most common posture in today's workplace. Three-quarters of all workers in industrialized countries have sedentary jobs that require sitting for long periods. Previous researches have indicated that prolonged sitting may be a risk factor for developing LBP. In Europe, the prevalence of LBP is significantly higher in the workers who are sitting in the work most of the day than general population. For many years, the sitting position has been identified as one of the major risk factors for developing LBP. Sitting for periods exceeding half the work day in combination with awkward postures or frequently working in a forward bent position increases the likelihood of LBP. The aim of the study is to understand and evaluate whether prolonged sitting time and sitting position at work are risk factors for back pain in office workers.

**Methods:** For this research, we prepared a questionnaire (the questionnaire consists of 3 main parts to be informed by personal, occupational and pain information with total 18 questions) by examining the questionnaires related to LBP. The study about this subject and this questionnaire were used in Üsküdar, Ataşehir and Şile municipalities' workers who had complaints of LBP. It had been applied to the office workers between the ages of 18-65. A minimum of 125 persons had been required for our research.

**Results:** 131 sitting workers (71 men, 60 women) participated in our research. Median age was 34.76 years (range, 19-64 years); height was 170.95 cm; weight was 74 kg; BMI was 25.17. On average, the participating office workers had 3.73 (SD 1.3) pain severity according to numeric pain scale. Also a significant amount of office workers were sitting in forward bent position (49.6%) followed by upright position (31.3%) and leaning back position (19.1%) at work. We found that there was a significant positive association between sitting time at work and LBP severity ( $p=0.001$ ;  $RS=0.298$ ). We observed similar results for percentage of sitting at work and LBP severity ( $p=0.008$ ;  $RS=0.23$ ). According to statistical analysis, working in a forward bent position increased severity of LBP compared with who sitting upright position ( $p=0.049$ ). On the other hand the study showed that, female sex is a significant risk factor for LBP ( $p=0.001$ ).

**Conclusion:** The main findings of this study is that sitting time at work is positively associated with LBP intensity among office workers also forward bent position is a significant risk factor for LBP. On the other hand, female sex is a significant risk factor for LBP in this study.

**Keywords:** low back pain, sitting, sitting time, sitting position, office worker

## PP-27

# Effects of Sociodemographic Characteristics on Treatment Compliance in Reactive Airway Disease

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**Objective:** Reactive airway disease defines a group of diseases in which a tremendous sound is heard including asthma, bronchitis, pneumonia, bronchiolitis. Asthma prevalence appears to be increasing worldwide. Air pollutants may play a role in the prevalence of increasing. Higher prevalence occurs in poverty stricken urban areas where children are less likely to have routine doctor visits and access to the availability of medications. The aim of this study is to show the relationship between sociodemographic characteristics of the family and the treatment compliance of reactive airway disease in children.

**Methods:** Since there is no validated questionnaire about the subject, the questionnaire that we use in our study was created by us. We prepared two different questionnaires which were about the sociodemographic features of the family (income level, smoking status, education level of the parents etc.) and treatment compliance of the children. This survey was done to patients with reactive airway disease which were using inhaler medication and they were outpatients in Bezmialem University Pediatric Pulmonology. The patients were 0-18 years old and did not have any other medical problems. 390 patients for a 3% error with a 95% confidence level will be included in our survey. Our study is being continued.

**Results:** The average age of the respondents is  $6.39 \pm 0.86$  (median value is 5). 41.9% of the patients are female and 58.1% are male. The rate of the university graduated mothers is 16.1% while the rate of the fathers' is 25.8%. 64.5% of the mothers does not work while 6.5% of the fathers does not. According to our data treatment compliance is 77% in children with reactive airway disease.

**Conclusion:** The level of the education was observed to be favorable for treatment compliance but we have not reached the target number of the patients. In my opinion at the end of our study 'income level of the family has a correlation on treatment compliance' will be reached. In order to understand the real results we will continue to get information about our research.

**Keywords:** Asthma, compliance, reactive airway disease

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## PP-28

# Clinical Medical Students' Attitudes and Knowledge on Genetic Diseases: A Preliminary Survey Study

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**Objective:** According to recent researches, it is shown that many diseases are affected by genetic hereditary. To understand importance of genetic diseases is very important for medical students to manage any genetic case for students' future career. This study aims to examine medical students' knowledge and attitude on genetic diseases and to improve their awareness of genetic diseases.

**Methods:** A web-based survey was conducted among 300 clinical medical students. Data was taken using a self-administered questionnaire and then written on excel. In this questionnaire, we asked 19 questions and some of them are five-point likert scale and others are multiple choice questions.

**Results:** 70 clinical medical students responded the survey (Participation rate: 23.3%). Ten percent of students believe that they strongly have enough knowledge about genetic diseases and seven of them are male, 3 of them are female students (70% and 30%, respectively). Meanwhile 51 participants could spontaneously cite three genetic diseases, 19 could not (72.8% and 27.1%, respectively). Twenty eight of these 51 participants are female, other twenty three are male (54,9% and 45%, respectively;  $p=0.54$ ). Only 9 students (12.8%) sometimes or rarely take patients' family history and other 61 (86.2%) often or always take patients' family history. There is nobody choosed the choice 'none'. Accordingly comparison between first part of the survey and the second part, only 9 participants did not change their mind that they still believe they have enough knowledge about genetic diseases (34.2% and 12.8%, relatively;  $p= 0.038$ ). Among the students who rated their genetic disease

knowledge level 1 or 2 (n=24), seventeen students think to increase their genetics knowledge level and twelve students think medical genetics should be lectured more.

**Conclusion:** The results showed among clinical medical students there is poor knowledge level of medical genetic diseases, however their awareness of genetic hereditary is so high. To improve this level medical genetics lessons should be lectured more.

**Keywords:** Genetic disease, attitude, knowledge, medical student, survey

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## PP-29

# Medicine Use Regularity and Awareness of Type 2 Diabetes Patients

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**Objective:** Patients, who have chronic diseases like DM have to use their drugs regularly. Doctor gives the medicines for treatment but if patients do not use them regularly, the treatment cannot succeed. We can find the patients who do not know importance of drugs and give informations about the treatment with this research. Determine the patients who do not know complications of this disease and do not use the medicines regularly. We can find and discipline them about regularity of medicine use.

**Methods:** For this purpose, a questionnaire applied with patients who have type 2 diabetes mellitus, 104 patients who came to the Bezmalem Vakif University Endocrinology Policlinics. In a questionnaire of 17 questions, we analyzed patients' medicine use regularity and their awareness.

**Results:** In our study, as the years of age and diabetes increased, the use of medications at appropriate times decreased (p=0.03). It was observed that drugs were used more regularly as education level increased (p=0.03). As the years of age and diabetes increased it was observed that drug abstinence increased without consulting the doctor (p=0.045). It was seen that as education level increased, patients were more knowledgeable about diabetic complications (p=0.006). 59.6% of the patients were forgotten to take drugs, 56.7% were not using it for travel reasons and 34.6% of the patients were using drugs irregularly because of side effects.

**Conclusion:** Glucose regulation is very important in type2 diabetes mellitus. Medical treatment must be used regularly by the patient so that glucose regulation can be achieved. Although it is difficult to use lifelong medication, the prevention of complications of type 2 diabetes mellitus depends on the treatment regularity. Age, years of diabetes and level of education were found to have effects on drug use regularity and awareness.

**Keywords:** Type2 diabetes mellitus, medicine use regularity, complication, side effects, chronic diseases

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## PP-30

# Shift in Oral Microbiome Composition and Pancreatic Cancer

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**Objective:** Pancreatic cancer is a highly mortal disease which is mostly diagnosed in end stage. Latest research shows that there could be a relationship between the change of relative abundance ratio of oral bacteria and pancreatic cancer, even though results of individual studies are controversial. In this study we examined the quantity of *Leptotrichia*, *Porphyromonas*, *Fusobacterium*, *S.mitis*, *G.adiens* and *Nelongata* in the saliva of pancreatic cancer patients diseased and healthy controls. Our aim is to show that there is a relevant relationship between the ratio of these bacteria and pancreatic cancer

**Method:** 30 pancreatic cancer patients, 30 diseased controls with any kind of gastrointestinal disease and 30 healthy controls were included to this study. Subjects who take chemotherapy or radiotherapy or used antibiotics 2 weeks prior to sample collection were excluded. The saliva samples were collected into standard urine sample containers with the passive drop method and stored at -20C until analysis. Bacterial DNA was extracted and analysed by quantitative real time PCR.

**Result:** The samples aren't analysed yet.

**Keywords:** Pancreatic cancer, oral microbiome, saliva

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## PP-31

# Surgical Method Choice of Parents of Children Undergoing Tonsillectomy: A Survey Study

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**Objective:** Tonsillectomy is one of the most common head and neck operation. Various surgical methods have been described to decrease complications and improvement in surgical outcome. With gradual technological advances, alternative methods such as electrocautery, laser, thermal welding and coblation etc. were added, all of which claim favorable results in terms of less intraoperative bleeding, postoperative bleeding risks and pain after surgery. In the clinical practice, term of laser has an attractive choice of surgical method for the patients. The patients want to choose laser as for their own operation without having sound information, but as a prejudice, our purpose is to conduct a study to discover initial parental choice of surgical method for their children undergoing tonsillectomy. These findings will be compared with the results after giving information regarding operative techniques and, finally giving information about additional cost of each technique.

**Methods:** We administered paper based 15 questionnaires. We classified parents of the patients into groups such as educational status, income level, working status, age and gender in survey sheet. Firstly, we implemented the study by asking parents their first choice of the surgical method among five different surgical techniques. Secondly, we gave them sufficient information by words and pictures about five surgical techniques (laser, electrocautery, thermal welding, coblation and cold dissection) and related issues such as, intraoperative bleeding, postoperative bleeding risks and postoperative pain. Then, informed parents were asked again regarding their first choice of the surgical method. Thirdly, after giving information about additional cost, if so, for each surgical technique, their first choice was asked again. Statistical Social Science Package (SPSS) Version 19.0 was utilized for statistical evaluations.

**Results:** The study population included 99 patients. The average age of the participant parents was; 34.45. Percentage of parents who preferred surgical method in the first blind elections; cold knife (49.5%), laser (38.4%), coblation (2%) and cautery (8.1%) were found to be thermal welding (2%). After giving information to the parents about the surgical methods, 51.5% of the parents chose cold knife dissection. There was no significant difference in determining parents' educational and age preference for surgical method. Fourty seven% of the parents who chose other operating methods than cold knife indicated that they preferred it for fear of knife. Fourty five% of the parents stated that they chose the surgical method because of intraoperative bleeding rate. The majority of parents found it valuable to have the amount of bleeding is low and blade fear( $p=0.001$ ) After informing the parents about the additional fee for each surgical method, this rates increased to 64.6% for the cold knife and decreased to 29.3% for the laser method.

**Conclusion:** In this study we have found that parents have prejudice in favor of the laser method and think that this surgical technique is advantageous. Because after presenting information about the amount and rate of bleeding and postoperative pain related to the each operative method, more parents changed their preferences for the cold knife method. When the parents are given further information about the cost of each surgical method, their preferences were even more towards cold knife method. This study also emphasizes the importance of the informed patients.

**Keywords:** Tonsillectomy, intraoperative bleeding, postoperative bleeding risk, postoperative pain, pediatric, coblation, cold dissection, electrocautery, thermal welding, laser

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## PP-32

# The Association of Attention Deficit Hyperactivity Disorder (ADHD) with Bullying Victimization Among School Children

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**Objective:** Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized with problems paying attention, hyperactivity and impulsivity. Additionally, social difficulties and peer rejection may be a part of presentation. Children diagnosed with ADHD may involve in bullying behavior (bully and/or victim) more than typically developing peers. Aim of the study is to compare ADHD scores in children involved in bullying behavior and others.

**Methods:** For this purpose, 69 students, older than age of 8 were recruited in the study. A short form of Olweus Bully/Victim Questionnaire was used to determine bullying behavior. Turgay ADHD rating scale was used to identify parent and teacher rated ADHD symptoms

**Results:** The mean age of the sample was  $8.66 \pm 0.66$  years. 56.7% of the sample were female students. Victimization rates according to children was 19.4 % (n=13) and bullying rates was 13.9% (n=9). Hyperactivity/impulsivity scores were significantly higher in those involved in bullying according to the teacher ( $p=0.013$ ,  $z=2.49$ ) and parents ( $p=0.030$ ,  $z=2.17$ ). In attention and total ADHD symptom scores were significantly higher in those involved in bullying according to the teacher ratings ( $p=0.015$ ,  $z=2.44$ ;  $p=0.008$ ,  $z=2.65$ , respectively) but not parental ratings ( $p=0.123$ ,  $z=1.54$ ;  $p=0.069$ ,  $z=1.82$ ) respectively.

**Conclusion:** ADHD and bullying are both important and common problems for school aged children which may cause serious problems including low self-esteem and low educational attainment. Children with ADHD may be a risk group about bullying. And involvement in bullying behavior may further deteriorate prognosis. Bullying should be screened in children with ADHD and precautions should be taken to prevent bullying in those children.

**Keywords:** ADHD, children, bullying, hyperactivity

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## PP-33

# Daytime Sleepiness in Patients with Heavy Sleep Apnea Syndrome

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**Objective:** Excessive daytime sleepiness is the only major symptom that can be taken directly from the patient in obstructive sleep apnea syndrome. However, in some patients, excessive sleep is not observed during the daytime. In our study, we have examined the relationship of Epworth sleepiness scale (ESS) and other effective parameters in patients with severe obstructive sleep apnea syndrome (OSAS).

**Methods:** During the 2015 - 2016 years, 1670 patients of files were screened retrospectively that performed night sleep polysomnography in sleep laboratory Bezmi Alem Foundation University Hospital patients who diagnosed as severe OSAS constitute 614 of cases. 30 of these patients are polygraphy patients. 71 of these patients have missing file information. 62 patients files as 31 patients but processed twice. Therefore, these patients were excluded from the working context. The remaining 482 patients were examined with some criteria including age, gender, ESS, necks circumference, waist circumference, body mass index (BMI), respiratory distress index (RDI), lowest saturation, desaturation index (DI), apnea index (AI), hypopnea index (HI), REM apnea and additional disease parameters. Total of 482 patients who have severe OSAS were evaluated. 364 of the cases were male patients and 114 were female patients. The mean age of the patients was 50,58, and the mean BMI was 33,69, the mean RDI value was 57,53. ESS was over 8 in 60.6% of cases and over 10 in 47.5%. When patients were grouped as ESS>8 and ESS<8 significant (Mann-Whitney U test,  $p<0,005$ ) difference was detected in RDI, AI, DI and lowest saturation. If the threshold value of ESS was taken as 10, only a significant difference was detected in the DI.

**Results:** Although a large part of the patients were diagnosed with severe OSAS, substantially ESS rate was viewed low. This difference requires advanced phenotypic studies, whether the disease is caused by individual differences or personal awareness of the destructive effect on people.

**Keywords:** Daytime sleepiness, epworth, severe OSAS, obstructive sleep apnea syndrome, (RDI) respiratory distress index, (DI) desaturation index

## PP-34

# The Effects of Chemotherapy on Nutrition in Children with Cancer

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**Objective:** Chemotherapy affects the diet and feeding habits, physical activities of children with cancer. They experience side effects such as vomiting, diarrhea and constipation. Feeding disorders occur during treatment period of chronic illnesses such as during the chemotherapy and radiotherapy. The purpose of this study was to determine their feeding habits of the children with cancer.

**Methods:** We applied a questionnaire concerning the feeding habits of 21 patients with cancer who received chemotherapy at the Bezmialem Vakif University Pediatric Hematology and Oncology Division of the Pediatrics Department. The questionnaire included where, how, how often and how much children were fed.

**Results:** Nine (42.9%) female patients and 12 (57.1%) male patients participated in the survey. Six (28.6%) lymphomas, five (23.8%) sarcomas, three (14.3%) kidney tumors, three (14.3%) neuroblastomas, two (9.5%) brain tumors, one (4.8%) acute leukemia and one (4.8%) bone tumor were diagnosed. There was a positive statistically significant relationship between regular vegetable eating and the measurement of body mass indexes ( $r=-0.601$ ;  $p<0.05$ ). Fast food eating at least once a week was inversely correlated with the measurements of weight and height of the patients ( $r=0.683$ ;  $p<0.05$ ). Body mass index was found to decrease during the acute gastroenteritis periods ( $r=-0.470$ ;  $p<0.05$ ). There was a positive statistically significant relation between constipation periods and the skinfold thickness measurements ( $r=0.714$ ;  $p<0.05$ ).

**Conclusion:** Healthy feeding is necessary for every child in this patient group as well as for every child. Fast food consumption is one of the factors that negatively affects the health, which adversely affects the patients in the treatment process even more adversely. In the literature, there is no protocol established for the feeding of children with cancer and no guideline has been developed as a result of these studies. Our study is planned to determine this need and it might shed light on the literature with the results.

**Keywords:** Chemotherapy, nutrition, children, acute gastroenteritis, constipation, body mass index, feeding disorder

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## PP-35

# Are The Health Workers in Our Hospital Aware of Their Kidney Health?

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**Objective:** Chronic kidney disease (CKD) is a growing public health problem worldwide so we chose this topic to draw attention this issue and consider the awareness of people about CKD. We aimed to determine the awareness about CKD on health workers in Bezmialem University.

**Methods:** We conducted a cross-sectional study. We reached 200 voluntary health workers in our hospital and we chose this number with statistic methods and fill a questionnaire about the risk factors for CKD (age, family history, diabetes mellitus, hypertension, obesity, smoking) urinary symptomatology (nocturia, pollakiuria, polyuria, dysuria, hematuria) and to perform a urine and blood analysis to detect subtle findings. The parameters that we plan to analyse are serum creatinine level and urinalysis. We used CKD-EPI to calculate eGFR. We used search proteinuria, hematuria and etc. with use of urinalysis.

**Results:** We studied 116 voluntary health workers in Bezmialem University. 81 of the participants are women. (69.8%) and 35 of the participants are men (30.2%). We separated the participants as their jobs in hospital. 7 of them are doctor (6%) 40

of them are nurse (34.5%), 37 of them are cleaning staff (31.9%), 16 of them are secretary (13.8%), 12 of them are health technician (10.3%). We determined as 3 of the participants have (2.6%) hypertension, 3 of them have (2.6%) diabetes mellitus, 8 of them have (6.9%) chronic lung disease, 1 of them has epilepsy (0.9%), 1 of them has ischemic heart disease (0.9%), 2 of them have (1.7%) gastrointestinal disease, 1 of them has (0.9%) gastr, 2 of them have (1.7%) rheumatologic disease Also 37.1% of the participants are smoker (n=43) 14 of the participants described dysuria (12.1%), 6 of them described (5.2%) incontinence, 7 of them described (6%) foamy urine, 7 of them described macroscopic hematuria in past (6%), 28 of them described nocturia (24.1%), 21 of them described (18.1%) pollakuria. We determined 39.7% of the participants (n=46) have never done urinary analysis until now. We confirmed 15 of this participants have 1 symptom at least. Participants indicated the reason of performing urinalysis as 34 for urinary infection, 30 for routine, 1 for renal calculus. In the study 6 of the participants have yeast cell, 2 of them have crystals, 13 of them have microscopic hematuria, 21 of them have leukocyturia The mean creatinine of the participants was  $0.75 \pm 0.11$  mg/dL and the eGFR level was  $107.49 \pm 14.01$  mL. There is no individual with egfr level below 60 ml/dL.

**Conclusion:** Our findings show that urinary symptoms are common and pathological findings on urine examination are not rare. It is striking that a considerable number of participants did not have a urine examination in spite of the symptoms although they work in a hospital where they can easily have a control examination.

**Keywords:** Chronic kidney disease, kidney health, awareness, health workers

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## PP-36

# Investigation of Herbal Remedy Usage in Patients who Applied to Başakşehir Primary Healthcare Center

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**Objective:** Nonrational medicine use is a major issue for conventional drugs and herbal remedies as well (1,2). Without any professional recommendation, patients are eager to use herbal remedies in regards to their experience, rumors and commercials on TV, internet etc. This manner has been threatening their health in one hand. On the other hand, stiff prices put them into compelling situations (3). Even though evidence-based medicine has been applied in our country, herbal medicine use may not depend on any scientific background. Herbal medicines used without consulting any doctor is a growing problem (3). In our study, we aimed to reveal that the reasons for this manner which is not proper according to radical drug use.

**Methods:** A cross-sectional descriptive study has been constructed. Data collected by face to face interviews with the individuals in the research sample group. The universe of the study was patient applied Basakşehir primary healthcare center. An informed consent will be taken from the patient who accepted to take place. Data collection period was 4 months.

**Results:** Participant who took place in our study, was 66% were women and 34% men. Almost 85% of patient were university graduated, 13% were high school graduated and the rest was elementary school graduated. Majority of the participant were used herbal remedies before and unfortunately, most of the herbal remedies used were recommended by herbalist who is seller of herbal medicines or on TV, internet. Dosage was also not recommended by any healthcare professional. The age difference was assessed according to the use of herbal medicine. There was a significant difference between the two groups ( $p=0.021$ ). The mean age of participants were ( $33.12 \pm 12.32$ ) Those who do not use it are higher than the average age ( $27.02 \pm 9.23$ ).

**Conclusion:** The of our study showed that many of the herbal medicine used by participant were recommended by different individuals but physicians. Herbal medicines were also not provided by the pharmacist. Standardization of herbal products may not be recorded. Side effect profile was not known by the participant either. Contrary the trust on herbal medicines was somehow obtained in our results and recommended together. This result shows us that perception to medical remedies is an important tissue and to be focused on.

**Keywords:** Herbal medicine, rational drug use, herbal medical perception, health literacy

## PP-37

# Assessment of Premenstrual Syndrome in Turkish Medical Students

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**Objective:** The purpose of this study is to identify the prevalence of Premenstrual Syndrome (PMS) in female medical students and to determine the influencing factors of PMS.

**Methods:** The study was conducted with 120 female students studying at Bezmialem Vakif University. The students who accepted to participate in the research were in the study group on the day of the questionnaire. The Premenstrual Syndrome Scale was used to assess Premenstrual Syndrome and the 11-item sociodemographic form was used to assess personal factors. Chi-square test, mean, standard deviation, number and percentage were used in the evaluation of the data.

**Results:** Prevalence of Premenstrual Syndrome in medical school students was 50%. Students who participated in the study had an average of 114.3±31.46 points in Premenstrual Syndrome Scale. The mean depressive affect subscale of the scale was 19.6±5.93; The anxiety dimension was 14.05±5.53; 16.25±4.97 in the fatigue subscale, 13.65±5.27 in the irritability subscale; The subscale of depressive thoughts was 17±7.20; Pain sub-dimension was 7.4±2.09; 7.4±2.50 in the appetite change subscale; 9.5±3.41 in the subscale of sleep change; It was determined that they received 9.45±3.61 points in the bulge sub-dimension. Students think that premenstrual symptoms affect psychological health, physical health and social life the most. Premenstrual Syndrome was found to have negative effects on the quality of life of the students.

**Conclusion:** Premenstrual Syndrome was detected in one of the two students, and the quality of life of the students was adversely affected. It is suggested that health professionals should support students as educators and counselors in order to reduce the negative effects of PMS. Because of the high prevalence of PMS in medical School students and the high level of depression in PMS students, more psychological support can be provided to the students to help them cope with the problems they are experiencing more easily.

**Keywords:** Premenstrual syndrome, medical students

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## PP-38

# Determination of Students' Opinions About CEP (Core Education Program)

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**Objective:** Parallel to the increase in the number of medical faculties in our country, studies have been initiated to improve medical education and to establish basic standards. In this context, an important step was taken in the field of medical education in 2001 and the 'National Core Education Program' (National CEP) was started. The goals and objectives of the pre-graduate education in the medical School are determined on this page; the core curriculum content was established in accordance with the goals and objectives. The National CEP was approved by the Medical and Health Sciences Education Council on February 2, 2002 and implemented with the 2003-2004 academic year. In the course of time, with the improvements over time, it is expected that '... faculties are expected to prepare their own CEPs ...' and 'National CEP-2015-2016 we decided to apply it in all medical faculties together with the academic year. "In our research, we have discussed whether the medical students have sufficient level of knowledge about the CEP, which is the basis of the creation of all the medical curricula that are being applied in our School.

**Methods:** To determine the thoughts and knowledge of the School of Medicine Students' Core Education Program (CEP), we conducted the questionnaire with all the students who were trained at Bezmialem University Medical School and voluntarily accepted the questionnaire (300 Students). No causality, relationship, connection is required in the study. For this reason percentages will be given as a descriptive study.

**Results:** Of the 300 Student who participated in the study 24.7% have no idea about CEP, 13.4% were not well-informed about our education information system (Keyps), 57.8% have not any information on how the NCEP (National Core Education Program) was created and 41.9% think it is necessary to inform about the EAP and to raise awareness.

**Conclusion:** According to the results of the study more seminars and information studies should be done to increase awareness and know which curriculum is being taught.

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## PP-39

# Evaluation of The Opinions of The First, Second and Third Year Medical Students' About Problem Based Learning Sessions in Bezmialem Vakif University

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**Objective:** Problem-based learning (PBL) is an instructional method that puts students into the center of active learning, investigation of real-world problems with doing observations, promotes students to do and see at the same time, and orients students to work in groups to find appropriate solution for open-ended problems. This technique is used at medical departments of the universities around the World. The aim of this study is to examine medical students' perception and opinions about the PBL technique and its all processes.

**Methods:** To this end, a survey prepared and applied for the first, second and third year medical students in Bezmialem University. In this questionnaire, perception and opinions of the students were asked with five-point likert scale.

**Results:** According to survey results, overall satisfaction is 3.67. Survey results showed that the second term satisfaction is 3.54, the third term satisfaction is 3.66 and the first term satisfaction is 3.85, respectively. As a result of the survey, it can be seen strength and weakness of the PBL sessions. "The PBL participants are always respectful to the group." is one of the strengths of the PBL sessions with 4.19 satisfaction score which is scored by first term (n=33), second term (n=38) and third term (n=89) participants as 4.46, 3.84 and 4.25, respectively. "PBL instructors help to discuss issues in all aspects." is one of the weaknesses in the results as expected. Deficiencies are generally seen on the instructor from students' point of view. One of the other weaknesses is "Everyone was prepared for the 2<sup>nd</sup> session in the PBL sessions" with 3.59 satisfaction score which is scored by 33 first term students, 38 second term students and 89 third term students with 3.70, 3.82 and 3.46, respectively. Especially 3<sup>rd</sup> term students are not satisfied with this situation of coming unprepared. With these strengths and weaknesses, it can be decided which aspects of this technique should be improved.

**Conclusion:** All in all, expectedly there can be some aspects that students are not totally satisfied with, however, it is obvious that PBL sessions contributed on students' learning. Even unsatisfactory scores of 3.5 out of 5 shows the satisfaction of students. According to results, PBL sessions make difference on students nevertheless the strengths of PBL sessions should be continued to be improved further. On the other hand, this kind of studies, such as satisfaction surveys should be conducted more to get students perception, because there are still ways to go in this area especially before the PBL and during the PBL time periods.

**Keywords:** Problem-based Learning, PBL, Problem-based, learning, medical education, likert scale

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## PP-40

# Relationship Between Pathological Lymph Node Status and Distant Metastasis in Breast Cancer Patients

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**Objective:** Aim of this study learning relationship between pathological lymph node status and distant metastasis in breast cancer patients. There is a linear relationship with nodal disease burden and breast-cancer specific survival independent of tumor size. Higher nodal disease is also associated with poor overall survival and an increased risk of locoregional recurrence.

**Methods:** A retrospective study of the pathological node status of patients diagnosed with breast cancer at the Bezmialem University Hospital in 2013-2017. Relevant data (tumor staging, operation history and number of metastatic regional lymph nodes) were collected of each group and analysed.

**Results:** In this study, we analysed 224 medical records of breast cancer patients who had been diagnosed and treated for breast cancer from 2013-2017 at Bezmialem University Hospital. 53 patients were excluded cause of the distant metastasis at the time of diagnosis. Among the remaining 171 patients, 64 patients were followed with distant metastasis, while 107 patients had no metastasis. For both group paramaters like mean age, follow up period and tumor diameters are close to each other. The mean age is 51 for both groups. The mean follow-up period is 3.5 years. The mean tumor diameters is about 3 cm on average. Of the 64 patients who with distant metastasis, 17.2% N0, 37.5% N1, 25% N2, 20.3 % N3 and T stage are 1.6% T0, 35.9% T1, 51.6% T2, and 7.8% T3 and 3.1% T4, respectively. In 107 patients who without distant metastasis since the diagnosis, the nod status are 9.3% N0, 23.4% N1, 35.5% N2, 31.7% N3 and the T status are 29.9% T1, 58.9% T2, 9.3% T3 and 1,9% T4.

**Conclusion:** According to statistical results, unexpectedly, there is an inverse relationship between nodal status and distant metastasis. It was thought that the number of subjects was inadequate and considering other factors such as receptor status (estrogen, progesterone and cerbB2), grade, lymphovascular invasion and perineural invasion which is affecting distant metastasis, re-analysis should be performed.

**Keywords:** Breast cancer, lymph node, distant metastasis

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## PP-41

# The Relationship Between Sudden Hearing Loss and Diet

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**Objective:** Sudden hearing loss (SHL) is defined as greater than 30 dB hearing reduction, over at least three contiguous frequencies, occurring over a period of 72 hours or less. The reason of the sudden hearing loss is unknown. The aim of this study is to search the relationship between the sudden hearing loss and the person's diet.

**Methods:** From Bizmed data, 228 patients who have sudden hearing loss complaint have been accessed via phone. In the phone call 65 out of 228 patients have accepted coming to the hospital in the purpose of control. However only 28 of these patients have come to the hospital. 28 sudden hearing loss patients answered the questionnaire after audiogram. Chi-squared test and Mann-Whitney U test are used in the statistical analysis.

**Results:** 12 (42%) out of 28 sudden hearing loss patients have chronic comorbid disease. The mean meal number of the patient's was  $3 \pm 1$ . When the amount of oil in the frying was questioned, 9 (32%) of the patients said that they consume deep fried food, while 14 (58%) of the patients said that they prefer shallow fried food. When the consumption of the salt is investigated, 18 (64%) of the patients said that they add extra salt to their food on the table. In the analysis of the daily sugar consumption, we have obtained that they consumed daily  $3, 43 \pm 2$  tea spoon sugar

**Conclusion:** In this study, between sudden hearing loss and diet there was no significant relationship. Statistically significant results may be obtained in the future studies, by increasing the number of the sudden hearing loss patients and adding blood parameters such as LDL, HDL, and triacylglyceride.

**Keywords:** Sudden hearing loss, Diet, audiogram, sensorinoural

## PP-42

# Possible Adverse Effects of Resistance Training and Whey Protein Supplementation

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**Objective:** Whey protein usage is becoming wide spread in a fundamentally worry-free environment. To induce on such levels of protein is expected to have consequences healthwise. The lack of long term research and the lack of research that looks into possible problems helps people turn a blind eye to the possible adverse effects of whey protein powder.

**Methods:** To achieve our aims, 48 albino wistar rats living in a 12 hour reverse day night cycle and fed “ad libitum” for 30 days. They exercised following the standard method and had three different levels of protein in their diet. The three levels of nutrition is further divided in two as a group exercises and a group that does not. Different biochemical blood markers examined by elisa and blood tests.

**Results:** Our data strongly suggest that there is definitive nephron damage in the 45% and the 70% protein group in the form of microalbuminuria. The microalbuminuria was a lower level with the groups that exercised, however microalbuminuria was still present in groups that exercised but still existed.

**Conclusion:** Whey protein also negative impact liver and it was observed with negative impact on HDL and LDL cholesterol.

**Keywords:** Whey, protein, resistance training, adverse, long, term

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## PP-43

# The Satisfaction Levels of the Patients Admitted to a University Hospital

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**Objective:** We aimed to investigate the satisfaction levels of outpatients and socio-demographic variables may be related to satisfaction in a university hospital.

**Methods:** This study was conducted from October 2017 to the November 2017 at the Bezmalem Vakif University Hospital including 100 patients. Verbal consent was obtained from the patients to participate in the study and then a face-to-face questionnaire was administered to those who agreed to participate. The questionnaire consisted of two parts containing 10 and 14 items. The questionnaire used in the study was prepared based on the out patient satisfaction survey in the Satisfaction Surveys practice guide published by the Ministry of Health General Directorate

**Results:** In the majority (83%), patients were satisfied with the health care services. Eighty-two percent of the patients stated that the doctor informed them about their illness and spared sufficient time. Seventy-five percent of the patient stated that they had chosen the doctor to be examined and 65% had the examination within the specified time. Of the patient's 83% stated that nurses and health technicians were interested with them, Seventy-four percent of the patients were satisfied with counseling services. Majority of the patient's (92%) stated that they would prefer this hospital in case of a future illness, and 97% told they would recommend the hospital to the relatives in any case of disease. Thirty-eight percent of patients expressed they had an appointment over the phone and 62% via internet.

**Conclusion:** In the study, it was determined that the majority of patients admitted to the hospital were satisfied. Gender and educational level were not effective on patients' satisfaction status.

**Keywords:** Patients satisfaction, outpatient, hospital, quality in the health care

## PP-44

# Clinical Outcomes of Atypical Leiomyomas

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**Objective:** Leiomyomas are frequently seen smooth muscle tumors in the uterus and gastrointestinal tract. Definitive diagnosis and classification of uterine smooth muscle tumors are made according to pathological features. Morphologically, uterine smooth muscle tumors constitute a broad spectrum. One end of this spectrum forms leiomyomas and the other end forms leiomyosarcomas. Atypical leiomyoma has used to be describe the histopathologically recognized moderate to severe pleomorphic atypical tumor cells showing low mitotic counts without coagulative tumor cell necrosis.

In this study we aim to calculate the incidence of the atypical and recurrence and need of further surgery or treatment modalities. leiomyomas these intermediate group tumors after myomectomy and hysterectomy retrospectively.

**Methods:** This retrospective study was based on an analysis of the medical records of all patients that consecutively underwent myomectomy and hysterectomy for leiomyoma between 2011 and December 2016 at Bezmialem Vakif University, İstanbul, Turkey. The surgical pathology archives were searched for cases of atypical leiomyoma. The slides were reviewed for coagulative tumor cell necrosis, hyaline necrosis/ infarction type necrosis, presence and degree of cytological atypia, mitotic activity, epithelioid morphology and myxoid features.

**Results:** The mean age was 45.7 years (median 46; range 24-67 yrs). Incidence of atypical leiomyoma was 5.1%. A total of 24 cases were retrieved from records, labeled as smooth muscle tumors of uncertain malignant potential (STUMP) (12), vascular leiomyoma (7), and symplastic leiomyoma (5). In the study period 2 cases of (0.4%) leiomyosarcoma detected in myomectomy material. Follow up was available in 42.1% of cases. the follow-up ranged from 4 to 56 months. Leiomyoma recurrence was seen in 7 (29.1%) cases. One hysterectomy (4.1%) and one myomectomy (4.1%) operation were performed for recurrence. No cases with extrauterine spread or leiomyosarcoma or death related to disease was reported.

**Conclusion:** A typical leiomyoma has a low rate of extrauterine, intra-abdominal recurrence with a negligible risk for distant metastasis. A designation of atypical leiomyoma does convey a category of borderline malignancy to the gynecological surgeons. Most behave in a benign fashion. Follow-up remains a challenge in our setting.

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## PP-45

# The Study of Physicians' Approach to Phytotherapy

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**Objective:** Nowadays, herbal medicine is increasingly being used by health professionals and patients. Easy access to herbal products and using them without physician's offer cause some health problems. Eventually, an important step was taken with the new legislation in 2014 which enables to physicians prescribing herbal medicine. Our aim in this study is to investigate physicians' approach to phytotherapy and find out how it changes with the legislation.

**Methods:** Physicians who work at Bezmialem Vakif University were included in the study. The questionnaire consisting of 25 questions including age, gender, specialties, academic titles and active working years in medicine was conducted to the participants.

**Results:** 49 male and 36 female were included in the study (44 medical, 33 surgical, 8 basic). The academic titles of the participants were as; 15 professors, 20 associate professors, 9 assistant professors, 28 specialists and 13 general practitioners. 72 participants stated that they used simple herbal treatments in their own lives (84.7%). There was a statistically significant relationship between the use of herbal therapy in the physician's own life and the suggestion to the patients ( $p=0.008$ ). In addition, there was a positive correlation between the age of physician and the suggestion of herbal medicine to the patients were established ( $p=0.027$ ,  $r=0.246$ ). The relationship between the physician's gender and asking whether using herbal products on the anamnesis was sig-

nificant. A difference that female physicians ask herbal product consumption of the patient more than male physicians was established ( $p=0.017$ ). Additionally, comparing to male physicians, female physicians get more demands on phytotherapy ( $p=0.008$ ). Likewise, the relationship between the physician's specialty and herbal medicine demands of the patients was significant. Comparing to the surgical medicine specialties, medical medicine specialties get more demands of herbal treatments ( $p=0.043$ ). Participants were asked about the opinion on the new legislation, 80 participants approve this legislation (94.1%), 5 participants stated that they already had a phytotherapy certificate and 53 participants reported to think of getting certificate (68.2%). 88% of the participating physicians remarked that herbal medicine would be used more consciously with the new legislation.

**Conclusion:** Large amounts of physicians lean towards the standardization and the prescription of herbal medicine with the legal regulations of the Ministry of Health. A considerable amount of physicians want to get a phytotherapy certificate. Physicians who think that phytotherapy is evidence-based and can be used more effectively in the future are more likely to want to get a certificate. Based on this, if the studies on phytotherapy is cared, number of physicians who want to prescribe herbal medicine can increase.

**Keywords:** Herbal medicine and prescription, herbal treatment, phytotherapy, standardization of the herbal products

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## PP-46

# 25-OH Vitamin D and Bladder Cancer Relationship

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**Objective:** Vitamin D is not only regulates the regulation of calcium and phosphate, but also regulates differentiation and proliferation on normal and malignant cells (1). Studies suggest that the active form of vitamin D may help to promote cell differentiation and support apoptosis (programmed cell death), as well as help to prevent reduce tumor metastases and angiogenesis (2). The purpose of this study is to help determine the relationship between levels of vitamin D and bladder cancer (3).

**Methods:** Data of 50 patient's (who are not have renal disease or urologic cancer diseases ) 25-OH dvit levels (agust 2017-february 2018) were investigated retrospectively trough BizMed database system for control group. Also 21 preoperative bladder cancer patient's 25-OH dvit levels were investigated retrospectively trough BizMed database system.

**Results:** The control group consisted of 31 (62%) female and 19 (38%) male patients. The mean D vitamin levels of the control group patients, it is  $22.70 \pm 12.15$  ng/mL. In bladder cancer patients 21 patients (18 male and 3 female). The mean D vitamin concentration of patients was  $9.28 \pm 7.9$  ng/mL (23.2 nmol/L).

**Conclusion:** No significant difference was found between the d vitamin levels of the control group and the bladder cancer patients; As a result of this study, no significant correlation could be shown between bladder cancer and vitamine D levels.

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## PP-47

# Prognosis of The Patients Diagnosed with Intraductal Papilloma

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**Objective:** Intraductal papillomas (IP) arise in the major ducts of the breast and are generally <5 mm in diameter. Variable appearances may make radiological imaging harder to distinguish between malignant and benign lesions, so tissue sampling is usually warranted. The purpose of our study was to investigate the characteristics of our patients with IPs and to see whether there was any potential for malignancy in later periods.

**Methods:** We retrospectively searched Bezmialem University Medical School Hospital Bizmed database for all of our patients with IPs from October 2010 to June 2017. The data about the patients' age, symptoms, trucut biopsy results, indications for excision, malignancy type in excisional biopsies and tumor sizes were recorded.

**Results:** The mean age of 71 patients included in the study, and of the ones with malignant excisional biopsy results were 54 (range: 28-85) and 60 years, respectively. Surgical excision was required in 42 patients. The reasons of excision were irritating nipple discharge in 3, tumor size increase in 1, risk of malignancy in 20, biopsy proven malignancy in 16, and suspicious trucut biopsy results in 2 patients. Final pathology results revealed invasive carcinoma in 20 (28%) and in situ ductal carcinoma in 5 (7%) patients. The mean sizes of benign and malignant tumors were 14.68 mm and 19.03 mm, respectively.

**Conclusion:** Our study suggests that, the risk of in situ and invasive malignancy in intraductal papillomas should not be underestimated and tumors of 15 mm and larger should be excised.

**Keywords:** Intraductal papilloma, breast cancer, in situ ductal carcinoma, invasive ductal carcinoma, core needle biopsy

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## PP-48

# Prevalance of the Functional Dyspepsia and Its Relationship with Psychological Stress and Sleep Disorders in Medical Students in Bezmialem Vakif University

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**Objective:** Psychosocial and physical stress factors are influential in the development of Functional Gastrointestinal Disorders and in increasing the severity of symptoms. It has been shown that medical School students around the world have more psychosocial morbidity than students in other faculties and the general population. The purpose of this study to determine the prevalence of functional dyspepsia (FD) and the relationship of functional dyspepsia with stress and sleep disorders in medical students.

**Methods:** We administered paper-based questionnaires to 151 medical students in Bezmialem Vakif University including the Rome 3 Questionnaire, Beck Anxiety and Depression Inventories and Pittsburgh Sleep Quality Index. We used the "Statistical Social Science Package" (SPSS) Version 19.0 in the data analysis of the study.

**Results:** In total, 115 of the 151 students in the trial met the selected criteria. 63.5% (n=73) of the participants were female, 36.5% (n=42) were male. The prevalence of functional dyspepsia was 28.7% according to the Rome III criteria, with a prevalence of 32.8% in female patients and 21.4% in male patients. 58.3% of medical students has poor sleep quality (57.3% without FD, 60.6% with FD). 50.4% of the medical students had anxiety and 18.2% had depression. We compared the depression, anxiety and sleep quality scores between FD and non FD groups. No difference was found between depression and sleep quality scores (p=0.215, p=0.746, respectively). On the other hand, the anxiety scores significantly higher in non FD group (p=0.0439).

**Conclusion:** We found that the functional dyspepsia prevalence is 28.7% in Bezmialem Vakif University medical students. Although the sleep disturbance and psychosocial stress rates are high in medical students, also as the anxiety score of the students increases, the risk of functional dyspepsia increases.

**Keywords:** Functional dyspepsia, medical students, functional gastrointestinal disorders, beck anxiety inventory, beck depression inventory, Rome III, Pittsburgh sleep quality index

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## PP-49

# Hepatocellular Carcinoma (HCC) in Patients with Hepatitis B

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**Objective:** Is time interval 6 months enough to detect primary liver cancer (HCC) in patients with Hepatitis B infected? Current literature and guidance (EASL and AASLD) recommend to screen patients with Hep C every 4-6 months due to Hep B is one of the causes of HCC. In our clinical practice: Recently, we found HCC in pts with Hep B size such as 8 or 9 cm in diameter despite regular 4 or 6 months follow-up. Sometimes, transabdominal ultrasound missed HCC in these cases.

**Methods:** A retrospective study was performed using a BizMED system search of all patients with Hepatitis B at Bezmialem Vakif University Medicine School Hospital - gastroenterology Department. The patients admitted with Hepatitis B Monitoring hepatocellular carcinoma (HCC) development with USG assistance at gastroenterology clinics between of Bezmialem Vakif University Medicine School Hospital in 2011 and 2016. Gastroenterology outpatient clinic and followed by hepatitis B patients based on 6 months transabdominal ultrasound is performed. Gastroenterology outpatient clinic and followed by hepatitis B and hepatitis C patients based on clinical and laboratory findings to 3 months, blood tests whether an invitation 4 months and 6 months and transabdominal ultrasound is performed. USG: Acid, HCC and Portal Ven Thrombosis are controlled. Ultrasound-visible mass: MRI, Upper Blood and Dynamic liver examination is desirable. Even if the USG is normal, if there is clinical suspicion and there is a deviation in blood values such as weight loss etc, Upper Blood MRI and computed tomographic examination of the liver are required.

**Results:** Identification of risk factors for the development of hepatocellular carcinoma (HCC) is important for hepatocellular carcinoma (HCC) surveillance in chronic hepatitis B virus (HBV) infection. Data from 164 hepatocellular carcinoma (HCC) patients were extracted. Only 4 patients from 164 hepatocellular carcinoma (HCC) patients studied, were observed in the 6-month period. These 4 patients are not sufficient for a meaningful outcome. It was determined that hepatitis B patients who were followed up with USG at 6 months intervals had 6 months more hepatocellular carcinoma (HCC) development.

**Conclusion:** The patients whom hepatocellular carcinoma (HCC) has been emerged within the 6 months with no known health problem may have been associated with the wrong screening technique.

**Keywords:** Hepatitis B, HCC, HCC in patients with hepatitis B, monitoring of HCC

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## PP-50

# Can Ultrasound be a New Treatment Method for Depression?

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**Objective:** There are side effects of current Major Depressive Disorder (MDD) treatments and patients have 30% resistance to treatment. Low Intensity Focused Ultrasound (LIFU) is a new and noninvasive brain stimulation technique that increases the Brain Derived Neurotrophic Factor (BDNF) known to be reduced in MDD. The aim of our research is to detect the effect of LIFU on depression behavior model in rats, by stimulating the prefrontal infralimbic cortex (PFILC).

**Methods:** We divided 16 rats into 2 groups; ultrasound vs control and subjected both groups to a Forced Swimming Test (FST) for 2 days. PFILC of the ultrasound group was stimulated by LIFU after the swimming session on the first day and before the swimming session on the second day.

We recorded 5 minutes on the second day of the swimming session. Rats were sacrificed at the end of the second day. Their blood was taken and hippocampal cortices were dissected.

We measured corticosteron levels in the blood by ELISA method and BDNF levels in the hippocampal cortices by Western-Blot. We analyzed all data by Mann Whitney U statistical method.

**Results:** Overall significant differences in immobility, swimming and climbing were recorded in the animals receiving stimulation at 690 kHz 130mW/cm<sup>2</sup> for 30 minutes(n=8) and controls(n=8). We also investigated the effects of LIFU on BDNF and corticosterone levels.

**Conclusion:** Our study suggests that stimulation of ILPFC by LIFU may have antidepressant like effects. In order to evaluate whether this is a suitable treatment for depression more preclinical studies should be performed.

**Keywords:** Focused ultrasound, depression, brain stimulation, BDNF, infralimbic cortex

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## PP-51

# Fabrication of Protoporphyrin IX-loaded Liposomes by using Erythrocyte Ghosts

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**Objective:** Photodynamic therapy (PDT) involves the use of a phototoxic drug which is activated by light to destroy cells. Multiple photosensitizers have been studied over the last 30 years. Protoporphyrin IX (PpIX) is a well-known photosensitizer that has great potential for use in photodynamic therapy. However, aggregation behavior of PpIX in neutral solution makes it inappropriate for physiological studies. Erythrocyte ghosts are the cells without hemoglobin. Our purpose is to fabricate PpIX loaded liposomes from erythrocyte ghosts which may help to move PpIX molecules to tumor sites without triggering immune system.

**Methods:** Ghost cells were prepared from human erythrocyte and added to mixture of 4 mg DPPC + variety of PpIX concentration. It extruded through membrane with 200 nm pore size. Then Hydrodynamic size and zeta potentials were measured. Final PpIX concentration were calculated by using spectrophotometric measurement. 100, 200, 300, 500 and 1000 nM PpIX loaded liposomes were added to the MCF7 cell lines. After irradiation with white led light 10 min, MTT test was applied to determine cell viability.

**Results:** Hydrodynamic diameter of PpIX loaded liposomes were 206.6±3.8 nm for sample-1 and 169.8±8.2 nm for sample-2 and 550.4±26.3 nm for liposomes without PpIX (Mean±SD). Zeta potential for liposomes without PpIX was -0.039±0.058, for sample-1 -0,055±0,036 and for sample -2- 0.016±0.02 mV. The PpIX content of sample-1 and sample-2 were 63 µM and 75 µM consecutively. Sample-2 was chosen for toxicity tests because of having small size and high PpIX concentration. MTT based cell viability test indicated that the viability of cells which contain 1000 nM PpIX and exposed to 10 min white led light was significantly lower than the cells without white led light exposure but containing 1000 nM PpIX (p<0.05).

**Conclusion:** PpIX loaded liposomes can be produced by using erythrocyte ghosts with approximately 170 nm size. PpIX indicated significant toxicity on MCF7 breast cancer cell lines when activated by using white LED light.

**Keywords:** Photodynamic therapy, erythrocyte ghost, liposome, protoporphyrin IX; MCF-7 cells

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## PP-52

# Analysis of Posterior Tibial Slope in Turkish Population

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**Objective:** The posterior tibial slope (PTS) has a great importance on the balance and the stability of the knee. Also the PTS has to be considered during the surgical treatments of the knee such as osteotomies and arthroplasty of the knee. However the anthropometric measurements are not universal and show racial variations. The purpose of this study is to find features of PTS in Turkish population in regards to the medial vs lateral compartment, gender and age.

**Methods:** Posterior slope of the medial and lateral tibial plateaus were measured in 232 non-pathologic patients with an age range of 25-45 years. All Magnetic Resonance Images (MRIs) obtained from Bezmalem Vakif University Hospital Picture Archiving and Communication System(PACS) between July, 2015-July, 2017 and measurements made according to described method by Hashemi et al. retrospectively. MRIs of the distal femur and proximal tibia included in T1-weighted coronal and sagittal planes with a slice thickness of 3 and 4 mm. We excluded MRIs that included recent or healed fractures, previous knee surgery, osteoarthritis, chondral and meniscus (>grade II) lesions, deformity in lower extremity. Differences of medial and lateral PTS between genders and age groups were assessed. Correlation tests were performed to determine whether there was a relationship between medial-lateral PTS and ages.

**Results:** Knee measurements were done in 232 subjects (122 female, 110 male). The mean medial PTS was  $7.7^{\circ} \pm 1.3^{\circ}$  and mean lateral PTS was  $7.5^{\circ} \pm 1.3^{\circ}$ , however the medial and lateral slopes were found to be changed correlated in subjects. No significant difference was found in medial PTS ( $p=0.45$ ) and lateral PTS ( $p=0.73$ ) between genders. There was no statistical difference between age groups within same genders.

**Conclusion:** Our study shows that the mean medial and lateral PTS and variations between genders without statistical significance. On the other hand, the measurements in Turkish population were found different than similar studies those were done in different populations. Although we do not compare our findings with the available implants, the differences in PTS among different populations should be taken into account in selection of knee prosthesis designs

**Keywords:** Posterior tibial slope, MRI, knee, morphology, anthropometric dimentions, total knee arthroplasty

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## PP-53

# Relationship Between Polycystic Ovary Syndrome and Sleep Disorders

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**Objective:** Polycystic ovary syndrome (PCOS) is a multisystemic disease which is the most common endocrine disorder among women at reproductive age. Multiple morbidities are associated with PCOS including psychiatric disorders such as depression, anxiety and sleep disorders. The purpose of this study is to investigate whether there is an excess of sleep disturbances in women with PCOS comparison to control group.

**Methods:** This prospective case control study consists of 50 PCOS patients and 50 age and body mass index (BMI) matched healthy women. PCOS patients were diagnosed at clinics of Department of Bezmalem Vakif University, with using Rotterdam criteria. Comparisons were made using two sleep scales, Epworth Sleepiness Scale (ESS) and Pittsburgh Sleep Quality Index (PSQI). Mann-Whitney U test was used for comparisons between means of two groups, and Chi-square test was used for categorical variables.  $p$  values  $<0.05$  were considered statistically significant. Statistical analysis was performed using IBM SPSS Statistics 22.0.

**Results:** There was no significant difference in terms of mean age, age at menarche, BMI, educational attainment, marital status, physical activity patterns, smoking habits and alcohol consumption between two groups. The mean PSQI score of PCOS group ( $5.86 \pm 2.62$ ) was significantly higher than in control group ( $4.76 \pm 3.03$ ;  $p=0.013$ ). ESS scores were higher for PCOS group ( $8.28 \pm 5.23$ ) when compared to those without PCOS ( $5.80 \pm 3.77$ ;  $p=0.02$ ). The ESS scores showed that 36% of PCOS patients and 18% of control people experienced excessive daytime sleepiness ( $ESS \geq 10$ ). Poor sleep quality ( $PSQI \geq 5$ ) was present in 68% of patients with PCOS and 46% of control group.

**Conclusion:** This study shows that sleep disorders are more common in women with PCOS compared with women without PCOS. Poor sleep quality and excessive daytime sleepiness occurs more frequently in women with PCOS. Assessment of sleep disorders in patients with PCOS should be part of medical diagnoses and treatment.

**Keywords:** Polycystic ovary syndrome, sleep disorders, sleep quality

## PP-54

# Assessment of Anxiety, Depression and Hopelessness of the Mothers of Children with Cancer

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**Objective:** The impact of cancer on psychology of the patients with cancer and their relatives is very significant during the whole treatment process. Cancer not only affects the daily lives of the individuals but also their roles and relationships to each other. The development of negative feelings and thoughts is almost inevitable in patients who are likely to have cancer or who are diagnosed with cancer. The aim of this study is to evaluate the anxiety, depression, hopelessness situations of the mothers of the children with cancer.

**Methods:** We have included the families of children with cancer at the age of 0-18 who have been diagnosed at Bezmialem Vakıf University Medical School Hospital Department of Pediatrics, Department of Pediatric Hematology/Oncology. The files of the patients containing clinical information were reviewed. The "Parental Stress Scale (PSS)" scale was used to evaluate the stress states of the mothers. PSS is developed to evaluate the parental stresses of the parents with or without a chronic disorder. The Beck Depression Inventory (BDI) was used to assess the level of depression of the mothers, and the Beck Hopelessness Scale (BHS) was used to assess the hopelessness of the mothers. BDI was formed by combining the symptoms seen in depressive patients and the attitudes and the behaviours specific to depression. BDI points out the scores between 0 and 3 for each of the 21 depression symptom categories. The mothers were asked to mark by selecting the statement that best describes how they feel in the last week. BHS is a measure that assesses the future expectations and the level of hopelessness of the mothers with 20 items.

**Results:** A total of 12 (8 male and 4 female) children with a mean age of  $9.18 \pm 6.32$  years were enrolled in the study. There were three (25%) neuroblastoma, three (25%) lymphoma, two (16.7%) brain tumors, two (16.7%) sarcomas, one leukemia (8.3%) and one (8.3%) Wilms tumor patients. Four mothers (33.3%) were found to not attend to school, four mothers (33.3%) were primary school graduates, two mothers (16.7%) were middle school graduates, one mother (8.3%) was a high school graduate and one (8.3%) was a university graduate. The mothers had a PSS score of  $40.41 \pm 8.6$ ; a BDI score of  $14.83 \pm 6.32$  and a BHS score of  $29.58 \pm 1.67$ . There was a statistically significant correlation between PSS and BHS levels ( $r = -0.615$ ;  $p < 0.05$ ).

**Conclusion:** The stress of the mothers is associated with the levels of hopelessness of the mother. Psychiatric counseling is strongly recommended for the mothers.

**Keywords:** Stress, family, children, depression, hopelessness

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## PP-55

# The Study of Factors Influencing Patients' Choice of a Medical Doctor

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**Objective:** Being healthy is one of the main providers of human happiness. People with health problems are in some way in need of support from health care workers. If the physician is thought to be at the center of the diagnosis and treatment relationship, the patients often come up with doctors. All patients want to find 'the best doctor' and having a right to choose and change a doctor is really important for patients. Nowadays, by means of the right to choose the physician, people have the opportunity to choose a health institution and a physician. Investigating the factors that influence patients' behavior of physician selection may be helpful in determining the steps to be taken in order to meet patient expectations. Our purpose in this

study is to see which factors are the most important for patients to choose their doctors and how these factors vary according to the patient's age, gender, educational background and the department they admit to. In this way, it might be helpful to get an idea about how the hospital's online appointment system is adequately regulated and how it can be regenerated to meet the expectations of the patients.

**Methods:** Participants were selected from patients who admit to the outpatient clinics of Bezmialem Vakif University and were over 18 years of age. Patients filled in questionnaire consisting of two parts. In the first part of the questionnaire, patients answered questions about simple demographic information and the department they admitted to. In the second part of the questionnaire, patients answered five-point likert scale type questions about the factors that affected physician choice. Comments written on the internet about the doctor, recommendations from friends/family, college where the doctor graduated, doctor's title, appearance of doctor, cost of the care, doctor's gender and doctor's age were factors that patients score from one to five. In the analysis, the results based on variables such as age, gender and educational background, and the answers given to the questionnaire were compared. The relationship between the factors and the patient's gender and also the department that patient admitted to was investigated by non-parametric Mann-Whitney U test. The correlation between the factors and the patient's age and also the patient's educational background was investigated by Spearman correlation analysis.

**Results:** 67 female and 33 male patients were included in the study. 50 of them are patients who admitted to medical sciences departments and 50 of them are patients who admitted to surgical sciences departments. The mean age of the patients was 37.7. Recommendations from friends/family (3.54) and doctor's title (3.41) are factors that patients respond with the highest mean. In the power analysis conducted to investigate the correlation between the ages of the patients and the factors, a negative correlation between the age of patient and comments written on the internet about the doctor ( $p=0.00$   $r_s=-0.438$ ) and also a negative correlation between the age of the patient and appearance of doctor ( $p=0.014$   $r_s=-0.244$ ) was found. As the age of the patient increases, the effect of these factors on the patient's physician choice decreases. In the power analysis conducted to investigate the correlation between the education levels of the patients and the factors, a positive correlation between the education level of the patient and comments written on the internet about the doctor ( $p=0.00$   $r_s=0.45$ ) was found. As the education level of the patient increases, the effect of this factor on the patient's physician choice increases. The relationship between the patient's gender and cost of the care factor was significant with non-parametric Mann-Whitney U test ( $p=0.040$ ). The effect of cost of the care on the patient's physician choice is more in female patients than in male patients. The relationship between the department patients admit to and collage where the doctor graduated factor was significant with non-parametric Mann-Whitney U test ( $p=0.022$ ). The effect of college where the doctor graduated on the patient's physician choice is more in patients who admit to surgical sciences departments than in patients who admit to medical sciences departments .

**Conclusion:** The effect of the factors on the patient's physician choice varies according to the age, the gender, the education level of the patient and the department the patient admits to. Recommendations from friends/family and doctor's title are the most important factors for patients. According to this, when patients have a good communication with their doctors or rely on the knowledge of their doctors, they recommend their doctors to their friends. So these recommendations have an important effect on these friends' physician choice.

**Keywords:** Patient, doctor, patient's physician choice, doctor's title, recommendations

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## PP-56

# Relationship Between the Cigarette Use and Distress Tolerance in Bezmialem Vakif University Medical School Students

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**Objective:** The most successful countries in reducing smoking habits among people are the countries having physicians with the lowest smoking incidence. For this reason, it is very important to know the smoking habits of the medical school students who are the doctors of future. Distress tolerance and cigarette addiction may be related in medical School students who are exposed to different distresses during their educational process. Therefore, it is important to investigate the relationship between

cigarette addiction and distress tolerance. This study was carried out to investigate the relationship between cigarette use habits and distress tolerance in the medical school students of Bezmialem Vakif University.

**Methods:** The study was conducted between 01 September and 30 November 2017. Students were selected according to their daily smoking rates from School of Medicine, Bezmialem Vakif University. The mean age of the students was  $21.6 \pm 1.57$ . Eighty six men were involved in the study. The grouping was done as follows; no-use ( $n=12$ ), less than 10 cigarette/day ( $n=17$ ), 11-20cigarette/day ( $n=14$ ), 21-30cigarette/day ( $n=23$ ), 31 and above cigarette/day ( $n=20$ ). A questionnaire consisting of 2 sections and 18 questions was applied to the students. In the first part of the questionnaire; age, smoking status and mean number of cigarettes per day were asked. In the second part, the students answered the questions of "Distress Tolerance Scale". This scale contains 15 questions and has international reliability. The relationship between participants' distress tolerance scale and smoking status was investigated by independent sample t test. The difference between groups was investigated by Tamhane multiple comparison test. Distress tolerance scale and number of cigarettes smoked per day were investigated by non-parametric Kruskal-Wallis test. The correlation between distress tolerance scale and daily number of cigarettes was investigated by Spearman correlation analysis.

**Results:** There was no significant difference ( $p>0.05$ ) between the non-smoker and smoker participants regarding to distress tolerance scale score. When the differences among the groups were investigated, it was found that the score of distress tolerance scale of 10 cigarette/day or less smokers was statistically higher ( $p<0.05$ ) than all other smoking groups (11-20, 21-30, 31 and above cigarette/day). In addition, the score of distress tolerance scale of 11-20 cigarette/day group was higher than 31 and above cigarette/day smoker group ( $p<0.05$ ). When the correlation between the distress tolerance scale and the mean number of cigarettes smoked per day was investigated, the  $r_s$  value was  $-0.561$ . It was found that the score of the students' distress tolerance scale decreased due to the increase of daily smoking cigarettes.

**Conclusion:** A comparison was made between smokers, it was observed that as the number of cigarettes used increased, the distress tolerance scale score decreased.

**Keywords:** Distress tolerance scale, daily cigarette consumption, medical students

## PP-57

# The Relationship Between Hospitalization and Mortality with Renal Functions Among Patients Over 80 Years of Age

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**Objective:** Elderly patient comprise a greater portion of patients admitting to the emergency clinics in recent years with the increased life expectancy. These patients have many comorbidities that may be associated with increased mortality. Besides, the time period that they are hospitalized is generally longer than their younger counterparts. So, an important proportion of beds are occupied by elderly patients in recent years. This is thought to be true also for the emergency clinics. We aimed in this study to evaluate the rate of hospitalization among patients aged 80 or more and compared the subgroups with normal and abnormal renal functions and electrolyte levels.

**Methods:** This study protocol was approved by the Bezmialem Vakif University Hospital ethics committee. All elderly patients ( $\geq 80$  years) who were admitted to the Bezmialem Vakif University Hospital Emergency Clinic between October 2017 and January 2018 were retrospectively enrolled. Patients age, gender, the site of evaluation (red field, yellow field, green field), diagnosis at admission (classified broadly as cardiovascular and pulmonary disorders, neurological disorders, renal disorders, urological disorders, bleeding diathesis, infections, gastrointestinal disorders, fractures, soft tissue disorders and others) were recorded from the files of the patients. Serum creatinine, sodium and glomerular filtration rate (eGFR) levels estimated by CKD-EPI formula were recorded. Statistical analysis was conducted by SPSS program. Patients with eGFR value below and above 60 ml/min; and patients with serum sodium level below and above 135 mmol/L were compared regarding hospitalization rate.

**Results:** During the study period, 1719 elderly patients (1024 female; 695 male) admitted to the Emergency Clinic. 658 patients with no laboratory data were excluded with the remaining 1061 patients analyzed. The mean age was  $84.58 \pm 3.56$  years. 621 (58.5%) of the patients were female while 440 (41.5) were male. 131 patients (12.3%) were examined in green field, 913 patients (86.5%) in yellow field and 17 patients (1.6%) in red field. Cardiovascular and respiratory disorders were the most common reasons for admission according to the registered diagnoses. The distribution of the diagnoses that the patients had at their admission are presented in. Mean creatinine level was  $1.33 \pm 0.93$  mg/dL, eGFR level was  $52.47 \pm 20.73$  mL/min, and sodium level was  $137.7 \pm 4.2$  mmol / L. The eGFR level was 60 mL/min in 423 patients (39.9%) and less than 60 mL/min in 638 patients (60.1%). Serum Na level was below 135 mmol/L in 163 patients (15.4%) and higher than 145 mmol/L in 13 patients (1.2%) while it was normal in 877 patients (82.7%). 284 patients (26.8%) were hospitalized (189 in emergency clinic, 44 in internal clinics, 16 in surgical clinics, 35 in intensive care units). Among the 423 patients with eGFR value less than 60 mL/min, 186 patients (29.15%) were hospitalized. On the other hand, 98 of 638 patients (23.17%) with eGFR value greater than 60 ml/min were hospitalized. The hospitalization ratio was significantly higher in patients with decreased GFR ( $p=0.031$ ). The hospitalization rates were 30.06% ( $n=49$ ) in hyponatremic patients, 26.22% ( $n=877$ ) in normonatremic patients and 38.46% ( $n=5$ ) in hypernatremic patients ( $p=0.077$ ). In terms of hospitalization rate, the difference between hyponatremic and normonatremic patients was statistically significant ( $p=0.05$ ) when the chi-square test was repeated excluding hypernatremic patients.

**Conclusion:** We report with our study that decreased renal function and sodium imbalance is associated with higher hospitalization rate among elderly patients who were admitted the emergency clinic. This data has importance as the duration of hospitalization and mortality rate is more than these values in younger patients.

**Keywords:** Acute kidney injury (AKI), age, chronic kidney disease (CKD), critical illness, elderly, intensive care unit (ICU)