

3 GOOD HEALTH AND WELL-BEING



GOOD HEALTH AND WELL-BEING REPORT 2022



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GELISIM
UNIVERSITY

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SDG 3 Good Health and Wellbeing Report

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About the Report

Istanbul Gelisim University (IGU); carries out studies to contribute to the health and quality of life of its students, academic and administrative staff, as well as society in general, and to create creative educational opportunities and social project designs. The priority of IGU is to establish a healthy and safe campus that allows each member of the university to improve their performance, and to support society by providing educational opportunities that support health and quality of life for the general public. This report includes a summary of the social support programs offered to the local community, including academic and administrative staff and students, the educational services and course contents provided to academic and administrative staff and students, and literary studies aimed at improving the health and quality of life.



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Acknowledgment

We would like to thank our university's valuable academicians, administrative unit officers, and employees, as well as our dear students and other internal and external stakeholders, who contributed to the content of the Healthy and Quality Life Report with their studies and practices.

Istanbul Gelisim University



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Istanbul Gelisim University by Numbers

The list of programs in the field of health at Istanbul Gelisim University is as follows;

INSTITUTE OF GRADUATE STUDIES

- Addiction Psychology (Master) (Thesis)
- Nutrition and Dietetics (Master) (Non-Thesis)
- Child Development (Master) (Thesis/Non-Thesis)
- Physiotherapy and Rehabilitation (Master) (Thesis/ Non-Thesis)
- Gastronomy (Master) (Thesis/Non-Thesis)
- Gastronomy (PhD Program)
- Movement and Training Sciences (Master) (Thesis/Non-Thesis)
- Movement and Training Sciences (PhD Program)
- Occupational Health and Safety (Master) (Thesis/ Non-Thesis)
- Clinical Psychology (Master) (Thesis/Non-Thesis)
- Audiology (Master) (Thesis)
- Psychology (Master) (Thesis/Non-Thesis)
- Health Management (Master) (Thesis/Non-Thesis)
- Sociology (Master) (Thesis/Non-Thesis)
- Psychosocial Fields in Sports (Master) (Thesis/Non-Thesis)

FACULTY OF HEALTH SCIENCES

- Nutrition and Dietetics
- Nutrition and Dietetics (English)
- Child Development
- Child Development (English)
- Speech and Language Therapy
- Occupational Therapy
- Physical therapy and Rehabilitation
- Physiotherapy and Rehabilitation (English)
- Nursing
- Nursing (English)
- Audiology
- Perfusion
- Healthcare Management
- Social Service

FACULTY OF DENTISTRY

- Dentistry Department

FACULTY OF FINE ARTS

- Gastronomy and The Culinary Arts



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FACULTY OF ECONOMICS, ADMINISTRATIVE AND SOCIAL SCIENCES

- Psychology
- Psychology (English)
- Sociology

FACULTY OF APPLIED SCIENCES

- Gastronomy and Culinary Arts
- Gastronomy and Culinary Arts (English)

HIGH SCHOOL OF PHYSICAL EDUCATION AND SPORTS

- Coaching Training
- Coaching Training (English)
- Exercise and Sport Sciences
- Exercise and Sports for the Disabled

VOCATIONAL SCHOOL OF HEALTH SERVICES:

- Oral and Dental Health
- Operating Room Services
- Anesthesia
- Biomedical Device Technology
- Child Development
- Dental Prosthesis Technology
- Dialysis
- Electroneurophysiology
- Physiotherapy
- Food Quality Control and Analysis
- First and Emergency Aid
- Audiometry
- Opticianry
- Orthopedic Prosthesis and Orthotics
- Autopsy Assistant Training
- Pathology Laboratory Techniques
- Podology
- Radiotherapy
- Management of Health Institutions
- Medical Documentation and Secretarial
- Medical Imaging Techniques
- Medical Laboratory Techniques

VOCATIONAL SCHOOL

- Culinary



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- Food Technology
- Occupational Health and Safety
- Pastry and Bakery



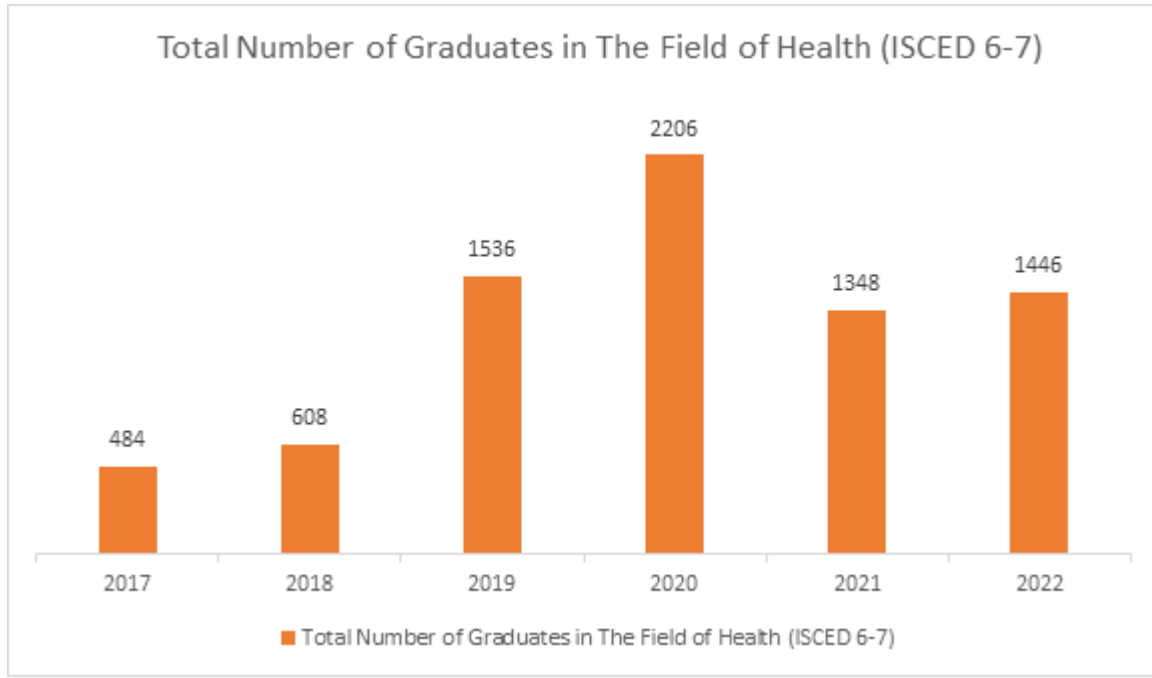
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All numbers below have been obtained from the data of IGU Registrar's Office.articles

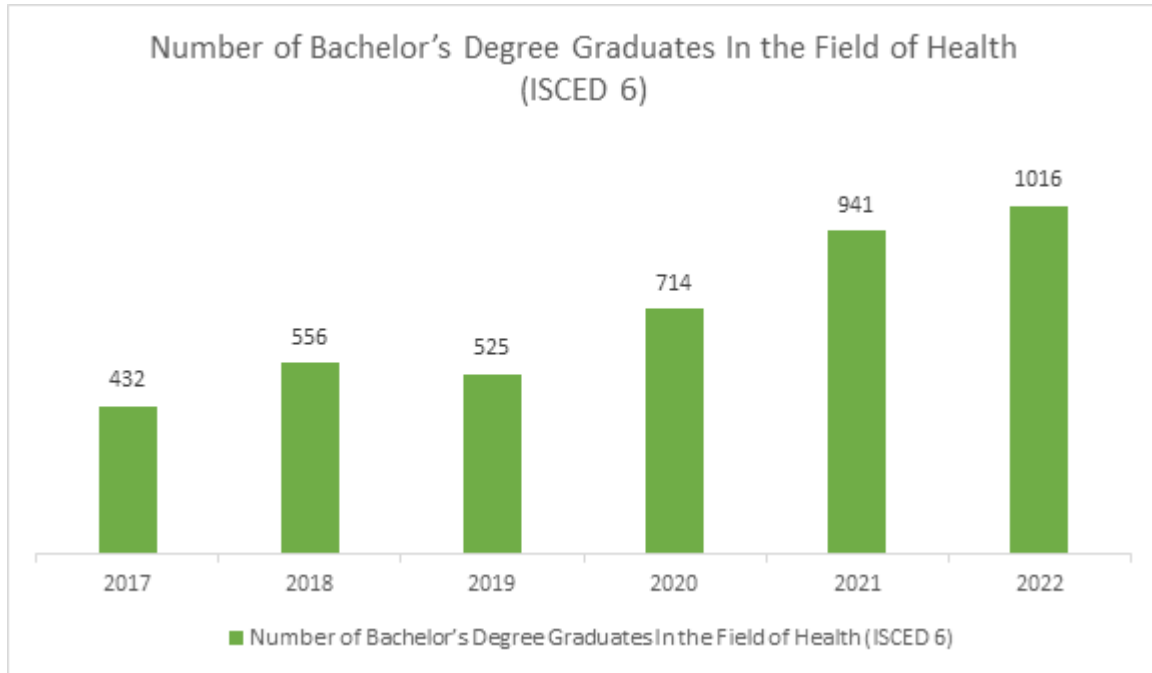
Graph 1 shows the total number of graduates in the field of health.



Graph 1: Total Number of Graduates in The Field of Health (ISCED 6-7)



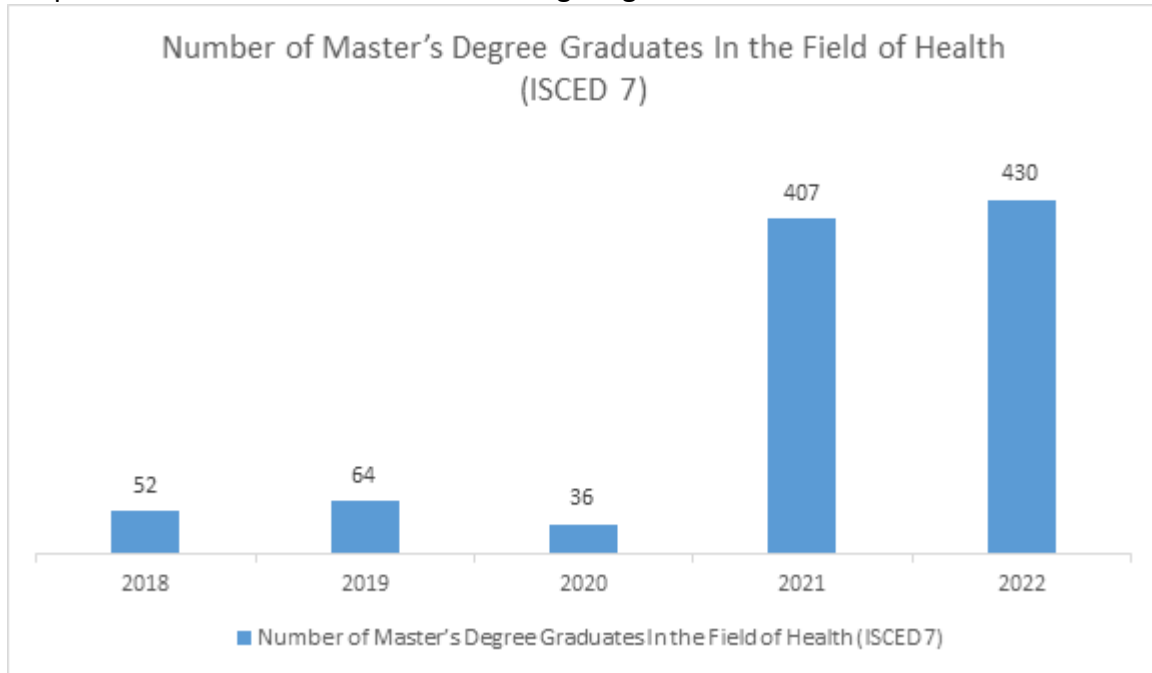
Graph 2 shows the number of Bachelor's Degree graduates in the field of health.



Graph 2: Number of Bachelor's Degree Graduates In the Field of Health (ISCED 6)



Graph 3 shows the number of Master's Degree graduates in the field of health.



Graph 3: Number of Master's Degree Graduates In the Field of Health (ISCED 7)

There are no doctoral graduates in the field of health (as of 31.12.2022).

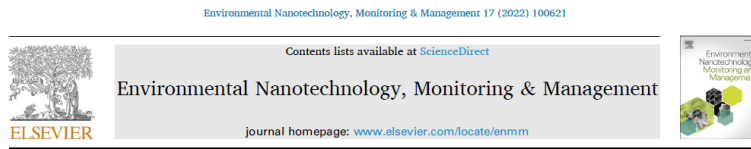




Research

1- In-Situ, Facile And Green Preparation of Nanoscale Silver Supported on Activated Carbon: Disinfection Properties And Removal of Inorganic Dbps From Drinking Water

Activated carbon(AC) prepared from palm leaves was decorated with silver nanoparticles (Ag NPs) by in situ reduction of adsorbed silver ion. Silver ions were introduced on the carbon surface by adsorption and ion exchange. The disinfection properties of Ag-loaded AC were tested for Escherichia Coli and Staphylococci bacteria. The removal of some inorganic disinfection by products (DBPs) including iodate, chlorate, chlorite, and bromate were tested. The results showed that the prepared AC-Ag is effective for antibacterial disinfection and inorganic anions removal applications.



In-situ, facile and green preparation of nanoscale silver supported on activated carbon: Disinfection properties and removal of inorganic DBPs from drinking water

Ahmed M. Soliman, Walid Elshorbagy, Munjed A. Maraqa, Laila M. Al-Issai, Ehab S. El Sheikh, Ismail A. Elhaty, Ahmad I. Ayesh, Tibor Pal

Keywords: Activated carbon, Silver nanoparticles, E-Coli, Staphylococci, DBPs

ARTICLE INFO

ABSTRACT

Activated carbon (AC) was prepared from date palm leaves by phosphoric acid activation. The factors affecting the carbon percentage yield such as phosphoric acid concentration, synthesis temperature, and heating time were studied. The prepared AC was studied by chemical analysis of the functional groups on its surface. The prepared AC was decorated with silver nanoparticles (Ag NPs) by in-situ reduction of adsorbed silver ion. Silver ions were introduced on carbon surface by adsorption and ion exchange. Characterization of the prepared AC was performed using scanning electron microscopy (SEM), energy dispersive X-ray spectroscopy (EDX), X-ray diffraction (XRD), infra-red spectroscopy (IR), and thermogravimetric analysis (TGA). Results showed that silver ions are impregnated and reduced to Ag0 NPs with sizes between 30 and 50 nm on the surface of AC. The disinfection properties of Ag-loaded AC were tested for Escherichia Coli and Staphylococci bacteria. The removal of some inorganic disinfection by products (DBPs) including iodate, chlorate, chlorite, and bromate were tested. The results showed that the prepared AC-Ag is effective for antibacterial disinfection and inorganic anions removal applications.



2- Synergy Between Pelargonium Endlicherianum Essential Oil and Conventional Antibiotics Against Neisseria Meningitidis and Haemophilus Influenzae





Synergy Between Pelargonium Endlicherianum Essential Oil and Conventional Antibiotics Against Neisseria Meningitidis and Haemophilus Influenzae

This study investigated the bactericidal effects of the essential oil of Pelargonium endlicherianum in combination with four antibiotics commonly used in the treatment of bacterial meningitis (penicillin, ampicillin, ciprofloxacin, and gentamicin) against the meningitis causative pathogens Neisseria meningitidis and Haemophilus influenzae. The phagocytic effects of these combinations were also tested against human leukocyte cells. The results of the study showed that the essential oil increases membrane permeability activity and also has phagocytic activity in human leukocyte cells.

South African Journal of Botany 146 (2022) 243–253



Synergy between *Pelargonium endlicherianum* essential oil and conventional antibiotics against *Neisseria meningitidis* and *Haemophilus influenzae*



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ARTICLE INFO

Article History:
Received 27 January 2021
Revised 6 October 2021
Accepted 7 October 2021
Available online 10 November 2021

Edited by Dr. S.V. Vuuren

Keywords:
Pelargonium endlicherianum
N. meningitidis
H. influenzae
Antibiotics
Antibacterial activity
Synergism

ABSTRACT

This study investigated the bactericidal effects of the essential oil of *Pelargonium endlicherianum* in combination with four antibiotics commonly used in the treatment of bacterial meningitis (penicillin, ampicillin, ciprofloxacin, and gentamicin) against the meningitis causative pathogens *Neisseria meningitidis* and *Haemophilus influenzae*. The phagocytic effects of these combinations were also tested against human leukocyte cells. The bactericidal effect of *P. endlicherianum* essential oil (PEO) and antibiotic combinations was dynamically detected by time-kill assay. The function of PEO and antibiotic in permeating outer membrane barriers, when used singly or in combination, was analyzed by UV spectrophotometer. The interactions between antibiotic and essential oil were calculated according to the fractional inhibitory concentration (FIC) index. While a synergistic effect of the ciprofloxacin + PEO combination was determined on *N. meningitidis* (FIC < 0.5), an additive effect was observed on *H. influenzae* (FIC = 1). Combined use of PEO with gentamicin showed a synergistic effect against *N. meningitidis* and *H. influenzae* (FIC < 0.5). The antimicrobial effect of the penicillin + PEO combination was higher than that of penicillin + PEO used alone. The ampicillin + PEO combination had a synergistic effect on *N. meningitidis* and an additive effect on *H. influenzae*. The results of our study showed that the essential oil increases membrane permeability activity and also has phagocytic activity in human leukocyte cells. Combining antibiotics with essential oils that target resistant bacteria may open up new options in combating microbial resistance.

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3- Turkish Version of The Preschool Children's Nutrition Screening Tool (Nutrstep®): A Validity and Reliability Study



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Turkish Version of The Preschool Children’s Nutrition Screening Tool (NutriSTEP®): A Validity and Reliability Study

In this study, it was aimed to evaluate the Turkish validity and reliability of the Preschool Children’s Nutrition Screening Tool (NutriSTEP®), which is used to determine the nutritional status of children in the preschool period. The Turkish NutriSTEP® questionnaire is both valid and reliable for the screening of nutrition risk in preschool children of the Turkish population.

European Journal of Clinical Nutrition

www.nature.com/ejcn

ARTICLE

Check for updates

The double burden of 'malnutrition': under-nutrition & obesity

Turkish version of the Preschool Children’s Nutrition Screening Tool (NutriSTEP®): a validity and reliability study

Halime Pulat Demir¹ and Simay Turgut²

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OBJECTIVE: In this study, it was aimed to evaluate the Turkish validity and reliability of the Preschool Children’s Nutrition Screening Tool (NutriSTEP®), which is used to determine the nutritional status of children in the preschool period.
SUBJECT/METHODS: The sample of the study consists of 333 parents with children aged 3–5 years old living in Turkey, who voluntarily agreed to participate in the study and answered the Turkish NutriSTEP® form online. The forward and backward translation method was applied for the language validity of the Turkish form. Expert opinion was sought for content validity. Factor analyzes were applied to determine the construct validity of the Turkish form. Original NutriSTEP® and Iran NutriSTEP® were evaluated to assess cut-points. To evaluate the reliability of the Turkish version, the test–retest method was used.
RESULTS: As a result of expert opinion, the Content Validity Index was found to be 0.97. According to exploratory factor analysis, unlike the original NutriSTEP®, five sub-dimensions were obtained and the 13th question with a factor load of less than 0.30 was removed. According to the confirmatory factor analysis, it was shown that the scale was suitable for Turkish society. There were positive, high and statistically significant correlations between the NutriSTEP® scale test–retest scores ($p < 0.01$).
CONCLUSION: The Turkish NutriSTEP® questionnaire is both valid and reliable for the screening of nutrition risk in preschool children of the Turkish population.

European Journal of Clinical Nutrition (2022) 76:1193–1199; <https://doi.org/10.1038/s41430-022-01092-8>



4- Factors Indicating Well-Being of Employees in Firework Industries

Factors Indicating Well-Being of Employees in Firework Industries

Present investigation trying to analyze factors indicating the well-being issued for the employees in firework industries. The firework industry is required to implement more safety measures as compared to others due to the high-risk nature of the work with fireworks. The study is referring to the main intention of discovering the safety measures in the fireworks industry.



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FACTORS INDICATING WELL-BEING OF EMPLOYEES IN FIREWORK INDUSTRIES

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Abstract- Present investigation trying to analyze factors indicating the well-being issued for the employees in firework industries. Fireworks industry is a very flourishing industries in Tamil Nadu, India especially in Sivakasi district. In fireworks the employees have lot of risk on their safety and well being. There has been lot of health afflictions due to air quality. The firework industry required to implement more safety measure as compared to others due to high-risk nature of the work with fireworks. But unfortunately, it is hardly find proper safety and welfare measures undertaken by the administration for the welfare of workers. Officials of the state and central government organisation should help in implementation of safety system in fireworks units in Sivakasi to ensure misfortune free fireworks industry. So the study is referring to the main intention of to discover the safety measures in the fireworks industry. According to the factories act the safety instrument should be very important because the safety of the employees is very essential. In fireworks industry lot of fire disaster is happening this is a time to identify the safety materials and well-being of the employees.

Key words: Safety , Risk, well being, sustainability



5- The Evaluation of Forgivingness, Patience, Positivity and Mental Well-Being in Fibromyalgia Patients

The Evaluation of Forgivingness, Patience, Positivity and Mental Well-Being in Fibromyalgia Patients

Highlighting the psychopathology of FMS, might enable us to choose more suitable treatments. From this perspective, the study planned to search for character strength and some personality traits such as Forgivingness, Patience, Positivity and Mental Well-Being, which were not searched before in FMS patients. The study provides useful insights into the domains of some personality traits of FMS patients. Although positivity and mental well being were found significantly low, there were no difference in patience and forgivingness.





Research article

Clin Ter 2022; 173 (2):174-179

doi: 10.7417/CT.2022.2412

The Evaluation of Forgivingness, Patience, Positivity and Mental Well-Being in Fibromyalgia Patients

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6- Orthorexia Nervosa: The Relationship With Obsessive-Compulsive Symptoms and Eating Attitudes Among Individuals with and without Healthcare Professionals

[Orthorexia Nervosa: The Relationship With Obsessive-Compulsive Symptoms and Eating Attitudes Among Individuals with and without Healthcare Professionals](#)

This study aimed to determine the association between orthorexia nervosa, eating attitudes, and obsessive-compulsive symptoms among healthcare and non-healthcare professionals. Further studies are required to understand the relationship between ON and eating disorders that are included in the Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5) criteria.



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Orthorexia nervosa: The relationship with obsessive-compulsive symptoms and eating attitudes among individuals with and without healthcare professionals

Cite

Article type: Research Article

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Abstract: BACKGROUND: Today, individuals with eating disorders or orthorexia nervosa (ON) are increasing. OBJECTIVE: This study aimed to determine the association between ON, eating attitudes, and obsessive-compulsive symptoms among healthcare and non-healthcare professionals. METHODS: The present study was cross-sectional, and conducted by 310 healthcare, and non-healthcare professionals. Data on demographic characteristics, the Orthorexia Nervosa Evaluation Scale (ORTO-15), the Eating Attitudes Test-40 (EAT-40), and the Maudsley Obsessive-Compulsive Inventory (MOCI) were obtained by a questionnaire form. Additionally, the body weight and height of participants were taken to calculate the body mass index (BMI). Data were analyzed with SPSS statistical package 24.0. RESULTS: The ORTO-15 score of 30.3% of healthcare professionals and 27.1% of non-healthcare professionals were ≤ 40 ($p: 0.616$). The EAT-40 scores were found to be ≥ 30 in 7.7% of healthcare professionals and 4.5% of non-healthcare professionals ($p: 0.081$). According to the MOCI scores, the possibility of obsessive-compulsive symptoms was high in 29.7% of healthcare professionals ($p < 0.001$). There was a weak negative correlation between ORTO-15 and EAT-40 ($r: -0.176, p: 0.002$) and MOCI ($r: -0.170, p: 0.003$); and EAT-40 and MOCI ($r: 0.166, p: 0.03$). CONCLUSION: Further studies are required to understand the relationship between ON and eating disorders that are included in the Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5) criteria.

Keywords: Orthorexia Nervosa, eating attitudes, obsessive-compulsive symptoms, healthcare professionals, Turkey

DOI: 10.3233/MNM-210015

Journal: *Mediterranean Journal of Nutrition and Metabolism*, vol. 15, no. 1, pp. 23-33, 2022



7- Well Being And Social Media: Analysis Among College Going Students In Turkey

[Well Being And Social Media: Analysis Among College Going Students In Turkey](#)

Worldwide, there are approximately 3.2 billion social network users, which corresponds to 42 percent of the world's population. In India, there are approximately 325 million users. Teens and young adults instead of having real relationships, prefer to communicate through social media. A study was conducted as a result to determine the impact of social networking on young people as a result of this. According to the researcher, "the effect or influence of social networking is defined by the use of these social networking sites by their respective members.





Well Being And Social Media: Analysis Among College Going Students In Turkey

DR. K.M.ASHIFA

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Abstract – There are numerous technological breakthroughs that are required in today's world. In this day and age, networking is an unavoidable part of everyday life. Social networks are a type of communication in which information, messages, images, news, and videos are exchanged and gathered. They are used for a variety of purposes, including information exchange and gathering. Worldwide, there are approximately 3.2 billion social network users, which corresponds to 42 percent of the world's population. Worldwide, people are able to maintain strong professional and personal connections through the use of social media platforms. In India, there are approximately 325 million users, with the highest concentration in Tamil Nadu. In addition, it has been determined that children are the primary consumers of social media platforms. The social networking services Facebook, Instagram, Twitter, Gmail, and YouTube are all extremely popular, and many people use them every day. Teens and young adults consider social networking to be an essential part of their daily routines. Instead of having real relationships, they prefer to communicate through social media. Both positive and negative consequences are associated with the use of social media. A study was conducted as a result to determine the impact of social networking on young people as a result of this. According to the researcher, "the effect or influence of social networking is defined by the use of these social networking sites by their respective members."



8- Exploring Fears About The Covid-19 Vaccines: The Impact of Misinformation on Willingness to Accept Vaccination

[Exploring Fears About The Covid-19 Vaccines: The Impact of Misinformation on Willingness to Accept Vaccination](#)

Many people believe in conspiracy theories related to COVID-19. In this work, the opinions of university educators and students were surveyed to find out participant sources of information about the COVID-19 vaccines and to ascertain the extent this information influences decisions concerning willingness to be vaccinated. This study raises the alarm that people's confidence in vaccines that can aid in the fight against the COVID-19 pandemic may be significantly inhibited by unfounded fears about COVID-19 and the vaccines against it.





Exploring Fears About The Covid-19 Vaccines: The Impact Of Misinformation On Willingness To Accept Vaccination

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Abstract

Many people believe in conspiracy theories related to COVID-19. An example of an unfounded belief is that the pandemic is part of a plan to impose global control over people through vaccinations. This belief increases distrust of vaccines although vaccines are an important tool against life-threatening and debilitating diseases. In this work, the opinions of university educators and students were surveyed to find out participant sources of information about the COVID-19 vaccines and to ascertain the extent this information influences decisions concerning willingness to be vaccinated. Basic information about the currently available vaccines were provided then participants were asked about their readiness to receive the vaccine.

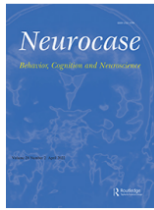


9- Efficacy of Transcranial Direct Current Stimulation (Tdcs) Combined With Intensive Speech Therapy for Language Production in Monozygotic Twins with Corpus Callosum Dysgenesis (CCD): A Sham-Controlled Single Subject Study

[Efficacy of Transcranial Direct Current Stimulation \(Tdcs\) Combined With Intensive Speech Therapy for Language Production in Monozygotic Twins with Corpus Callosum Dysgenesis \(CCD\): A Sham-Controlled Single Subject Study](#)

The purpose of this single subject study was to investigate whether transcranial direct current stimulation (tDCS) applied to both hemispheres combined with speech therapy can improve language learning in a pair of 5-year-old twins with corpus callosum dysgenesis (CCD). Study shows that T.D. improved in language production when treated with speech therapy in combination with tDCS. Other twin showed evidence for a relatively minor behavioral benefit from speech therapy.





Neurocase
Behavior, Cognition and Neuroscience



ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/nncs20>

Efficacy of transcranial Direct Current Stimulation (tDCS) combined with intensive speech therapy for language production in monozygotic twins with corpus callosum dysgenesis (CCD): A sham-controlled single subject study

Najva Mousavi, Michael A. Nitsche, Ali Jahan, Mohammad Ali Nazari & Hassan Hassanpour

To cite this article: Najva Mousavi, Michael A. Nitsche, Ali Jahan, Mohammad Ali Nazari & Hassan Hassanpour (2022) Efficacy of transcranial Direct Current Stimulation (tDCS) combined with intensive speech therapy for language production in monozygotic twins with corpus callosum dysgenesis (CCD): A sham-controlled single subject study, *Neurocase*, 28:2, 218-225, DOI: [10.1080/13554794.2022.2071626](https://doi.org/10.1080/13554794.2022.2071626)

To link to this article: <https://doi.org/10.1080/13554794.2022.2071626>



10- Effects Of Social Network On Life Satisfaction Among Elderly People: An Empirical Analysis

[Effects Of Social Network On Life Satisfaction Among Elderly People: An Empirical Analysis](#)

The current study examined the social networks of older people and their level of life satisfaction. This study evaluated the mediating effect of elderly well-being on relationships through connecting social networks. The study discovered that the elderly with the largest overall network had the highest mean score of life satisfaction.



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Effect Of Social Network on Life Satisfaction Among Elderly People: An Empirical Analysis

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ABSTRACT

In India, as the ageing populations, their difficulties exacerbate proportionately. Social assistance is especially critical for older persons, as regular life events may jeopardize this age group's support network. When a loved one dies, the elderly frequently encounter bereavement and the resulting loss of support; or when older persons transition from work to retirement, they often face solitude or unwanted social interaction; or when they relocate, their support structure is upended. These losses significantly increase the amount of stress that older persons will have to deal with. Changes in social interactions and the breakdown of cultural and traditional structures in various countries have resulted in a more individualistic culture, which has resulted in social isolation among the elderly. The current study examined the social networks of older people and their level of life satisfaction. This study evaluated the mediating effect of elderly well-being on relationships through connecting social networks. The study discovered that the elderly with the largest overall network had the highest mean score of life satisfaction.

Keywords: Elderly, Social Network, Life satisfaction, Social Support



11- A Study Psycho-Social Impact of Hydro-Carbaon Extraction

[A Study Psycho-Social Impact of Hydro-Carbaon Extraction](#)

Hydrocarbon extraction clean extraction method that leaves little or no hydrocarbon residue when properly utilized. The present study dealt with the critical analysis of the Environment Impact Assessment as if the report has given the explanation on the diverse effects of environment and precise mitigation process of the project in Neduvasal. The study is also trying to suggest by intervention strategy that the hydrocarbon extraction project must find some other alternate ways of doing it and also it is people's responsibility of reducing oil usage in whatever the way it is possible for example, trying to use mostly the public vehicles.





*Dr.K.M.Ashifa

Turkish Online Journal of Qualitative Inquiry (TOJQI)
Volume 12, Issue 7, July 2021:4273 - 4277

Research Article

A Study Psycho- Social Impact Of Hydro-Carbaon Exctraction

*Dr.K.M.Ashifa

Abstract

Hydrocarbon extraction clean extraction method that leaves little or no hydrocarbon residue when properly utilized. At the end of the hydrocarbon extraction process, the resulting extract is clean and contains very high levels of cannabinoids and terpenes. Before production wells developers sink a large number of appraisal wells to physically assess the extent and characteristics of the reservoir (Nityanan.J,2017). If the Neduvasal project takes off, these wells will be located within the 10-sq.-km lease area. The entire lease area will not be acquired; only areas around the proposed drill locations will be leased or acquired. The present study dealt with the critical analysis of the Environment Impact Assessment as if the report has given the explanation on the diverse effects of environment and precise mitigation process of the project in Neduvasal. Secondly the study dealt with the socio demography profile of the people in Neduvasal and its village system. The study is thirdly also dealing with the psycho socio impacts of the village people in Neduvasal as how far they have understood the project. The study has also analyzed the causes of the protest executed by the people movement. The study is also trying to suggest by intervention strategy that the hydrocarbon extraction project must find some other alternate ways of doing it and also it is people's responsibility of reducing oil usage in whatever the way it is possible for example, trying to use mostly the public vehicles .

Key words : Hydrocarben, Environment, extraction



12- Hazards And Well-Being of Employees in Firework Industries

Hazards And Well-Being of Employees in Firework Industries

The current analysis is attempting to analyze the characteristics that indicate the well-being of personnel in the firework industries. Workers in the fireworks industry face a significant number of dangers to their health and safety. Numerous fire disasters are occurring in the fireworks industry; thus, now is the time to identify the safety materials and prioritize the employees'



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Hazards And Well-Being of Employees in Firework Industries

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ABSTRACT

The current analysis is attempting to analyze the characteristics that indicate the well-being of personnel in the firework industries. The fireworks industry is one that is particularly thriving in Tamil Nadu, India, and more specifically in the region of Sivakasi. Workers in the fireworks industry face a significant number of dangers to their health and safety. The poor quality of the air has been the cause of a significant number of health problems. Due to the high-risk nature of working with fireworks, the industry that produces fireworks was compelled to develop a greater number of safety measures than other industries. But, sadly, it is difficult to identify appropriate safety and welfare measures being taken by the government for the benefit of the workers. To ensure that the fireworks sector is free of accidents, officials from both the state and the federal government should assist in the establishment of safety systems in the facilities producing fireworks in Sivakasi. Therefore, the purpose of the study is linked to the primary aim, which is to identify the safety measures that are now utilized in the fireworks sector. Because the health and safety of factory workers is of the utmost importance, the factories act stipulates that safety equipment must be given a high priority. Numerous fire disasters are occurring in the fireworks industry; thus, now is the time to identify the safety materials and prioritize the employees' health and safety..



13- The Impact of Social Distancing on Working Professional's Daily Life Due To Covid-19

[The Impact of Social Distancing on Working Professional's Daily Life Due To Covid-19](#)

The paper attempts to discuss the negative effects of quarantine or social distancing and home lockdown on mental health. A questionnaire is administered among professionals to explore the impact of social distancing on their life.





THE IMPACT OF SOCIAL DISTANCING ON WORKING PROFESSIONALS'DAILY LIFE DUE TO COVID-19

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Abstract

To stop the spread of coronavirus, health and government officials have recommended staying indoors, avoiding large gatherings and even have forced people out of work. This reduces the chance of contact with those knowingly or unknowingly carrying the infection. The paper attempts to discuss the negative effects of quarantine or social distancing and home lockdown on mental health. Stay-at-home orders have their psychological pressures on everyone due to combination of factors including financial pressures, fear of business closing and the inability to practice many activities that represent an outlet for coping with crises such as family socializing, going to the gym or attending religious rituals. The paper attempts to investigate the psychological and physical risks of social distancing on people. Mental health professionals unanimously agree that the quarantine imposed on more than a billion people around the world



14- Substantial Role of Big Data in Global Outbreak: From Tracking and Diagnosing Virus to Vaccine Discovery

[Substantial Role of Big Data in Global Outbreak: From Tracking and Diagnosing Virus to Vaccine Discovery](#)

The recent pandemic is ramification of coronavirus SARS-CoV2. This outbreak has greatly affected every domain of individuals' lives. The purpose of the current review is to overview the potential applications of Big Data. Furthermore, issues and challenges associated with the solutions to the pandemic situations were highlighted and last, recommendations were provided for effective control of the pandemic situation.





Substantial Role of Big Data in Global Outbreak: From Tracking and Diagnosing Virus to Vaccine Discovery

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Cite this article as: Zahoor H, Mustafa N. Substantial role of big data in global outbreak: from tracking and diagnosing virus to vaccine discovery. *Arch Health Sci Res.* 2022;9(3):144-148.

ABSTRACT

The recent pandemic is ramification of coronavirus SARS-CoV2. This outbreak has greatly affected every domain of individuals' lives. It has spread over 214 countries and over 392 million positive cases were reported till February 6, 2022. Due to the latest breakthroughs in the sphere of digital divide, Big Data can aid in dealing with the enormous data of COVID-19 derived from state health surveillance, health monitoring, and daily briefing of government bodies. "Big data" is huge amounts of facts that work wonderfully. It has become a subject of particular interest for the last 2 decades due to its unseen significant potential in it. The purpose of the current review is to overview the potential applications of Big Data. Furthermore, issues and challenges associated with the solutions to the pandemic situations were highlighted and last, recommendations were provided for effective control of the pandemic situation. This review is an effort to provide a fresh insight into the way of big data in terms to stop the pandemic outbreak.

Keywords: Pandemic outbreak, public health, big data, COVID-19, deep learning



15- Effect of Thermosonication and Thermal Treatments on Antidiabetic, Antihypertensive, Mineral Elements and in Vitro Bioaccessibility of Bioactive Compounds in Freshly Squeezed Pomegranate Juice

[Effect of Thermosonication and Thermal Treatments on Antidiabetic, Antihypertensive, Mineral Elements and in Vitro Bioaccessibility of Bioactive Compounds in Freshly Squeezed Pomegranate Juice](#)

Pomegranate fruit and its products have been recognized as 'miracle fruit' due to their nutritional content, organoleptic properties and health benefits. As a result of thermosonication treatment, increases in Ca, Fe and Na elements were detected. For in vitro simulated gastrointestinal medium TS-PJ better preserved the bioavailability of bioactive compounds. The results obtained may be useful for the industrial production of thermosonication-treated pomegranate juice.





Effect of thermosonication and thermal treatments on antidiabetic, antihypertensive, mineral elements and in vitro bioaccessibility of bioactive compounds in freshly squeezed pomegranate juice

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Received: 20 February 2022 / Accepted: 1 April 2022 / Published online: 29 April 2022
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Abstract

Pomegranate fruit and its products have been recognized as 'miracle fruit' due to their nutritional content, organoleptic properties and health benefits. There is no detailed study about the optimization of thermosonication (TS) conditions for the popular drink, freshly squeezed pomegranate juice. Bioactive components in freshly squeezed pomegranate juice treated with thermosonication were increased using the response surface method (RSM) and artificial neural network (ANN). ANN had higher correlation than RSM and as a result of optimization, thermosonication treatment conditions of 49.50 °C, 10.5 min and 72.50% amplitude were determined. Thermosonication-treated pomegranate juice (TS-PJ) had higher antidiabetic and antihypertensive effects than thermal pasteurized pomegranate juice (P-PJ). TS did not affect physicochemical parameters ($p > 0.05$). Both treatments reduced the microbial load after treatment and TS-PJ was superior in terms of sensory attributes. As a result of thermosonication treatment, increases in Ca, Fe and Na elements were detected. For in vitro simulated gastrointestinal medium TS-PJ better preserved the bioavailability of bioactive compounds. The results obtained may be useful for the industrial production of thermosonication-treated pomegranate juice.



16-Added Sugars and Non-Nutritive Sweeteners in the Food Supply: Are They A Threat For Consumers?

[Added Sugars and Non-Nutritive Sweeteners in the Food Supply: Are They A Threat For Consumers?](#)

The aim of this study identified the added sugars and NNS in packaged foods and beverages that were available in supermarkets across Turkey. The use of added sugars and NNS in Turkey's food supply was found to be high, and white sugar being the most used sweetener in products available in the food supply. Therefore, it may be important to start monitoring the prevalence of products containing added sugars and NNS due to their negative health effects.





Clinical Nutrition ESPEN 49 (2022) 442–448



Contents lists available at ScienceDirect

Clinical Nutrition ESPEN

journal homepage: <http://www.clinicalnutritionespen.com>



Original article

Added sugars and non-nutritive sweeteners in the food supply: Are they a threat for consumers?



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ARTICLE INFO

Article history:
Received 20 April 2021
Accepted 7 March 2022

Keywords:
Added sugar
Non-nutritive sweetener
Sweetening agents
Food supply
Food environment
Public health

SUMMARY

Background & aims: Excess sugar intake can cause chronic diseases such as obesity, diabetes, and cardiovascular disease. Thus, limiting the intake of sugar in the diet is an important preventive measure. Food manufacturers have considered non-nutritive sweeteners (NNS) as an alternative to sugars. To date, there has been no systematic monitoring of the types of added sugars and NNS in Turkey's food supply. The aim of this study identified the added sugars and NNS in packaged foods and beverages that were available in supermarkets across Turkey.

Methods: A cross-sectional study was conducted from April to December 2020. Three supermarkets in Turkey were chosen for this study.

Results: Of the 2514 packaged foods and beverages analyzed, 1647 (65.5%) contained added sugars or NNS. Out of 1647 products, 9.7% contained both added sugars and NNS; 86.5% only added sugars whereas 3.8% had only NNS. The most used added sugar was white sugar in all food groups (50.6%–100%) while the most used NNS was sorbitol (28.4%).

Conclusion: The use of added sugars and NNS in Turkey's food supply was found to be high, and white sugar being the most used sweetener in products available in the food supply. Therefore, it may be important to start monitoring the prevalence of products containing added sugars and NNS due to their negative health effects.

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17- Nursing Students' Perceptions of Their Caring Behaviors and The Factors Affecting Their Perceptions

[Nursing Students' Perceptions of Their Caring Behaviors and The Factors Affecting Their Perceptions](#)

Study was aimed to determine nursing students' perceptions of caring behaviors and the factors affecting them. As a result, students' perceptions of care behaviors scored above the average. High care perceptions of students will lead to positive progress in their professional life and provide them to be qualified health professionals.



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





Original article

Nursing Students' Perceptions of Their Caring Behaviors and The Factors Affecting Their Perceptions

Funda KARAMAN¹, AyseNur YEREBAKAN², Sultan CAKMAK³,

Abstract

Aim:In this study, it was aimed to determine nursing students perceptions of caring behaviors and the factors affecting them. **Methods:**In the study, no sample was selected, 205 students who accepted to participate voluntarily were included in the study. Data were collected by using the personal information form and Caring Assessment Questionnaire. Data were analyzed by SPSS. **Results:**The mean total score of the Caring Assessment Questionnaire was found 270.65 ± 50.55 . The Cronbach alpha coefficient of the scale was found 0.96. When the total mean score of the scale was compared with the personal characteristics of the students, no statistically significant difference was found between gender, working experience, hospitalization experience, caregiving experience status and negative experiences during the care process. However, it was found that there was a statistically significant difference between the grades, care-taking experience and opinions that care is the primary duty of the nurse. Also a statistically significant difference was found between all subscales and the students who think that nursing care is the primary duty. **Conclusion:**As a result, students perceptions of care behaviors scored above the average. High care perceptions of students will lead to positive progress in their professional life and provide them to be qualified health professional.

Keywords:nursing students, care, behavior, perception

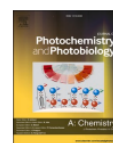


18- Photocatalytic Removal of Nitrate From Water Using Activated Carbon-Loaded With Bimetallic Pd-Ag Nanoparticles Under Natural Solar Radiation

[Photocatalytic Removal of Nitrate From Water Using Activated Carbon-Loaded With Bimetallic Pd-Ag Nanoparticles Under Natural Solar Radiation](#)

The increase of nitrate contamination of surface and groundwater has raised a concern, because of its impact on both environment and human health. In this study, photocatalysis for nitrate treatment in water was conducted using activated carbon prepared from date palm stone decorated with single and bimetal nanoparticles using solar radiation. The results showed that the prepared catalyst could be applied for the removal of nitrate from groundwater and river water samples.





Photocatalytic removal of nitrate from water using activated carbon-loaded with bimetallic Pd-Ag nanoparticles under natural solar radiation

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ARTICLE INFO

Keywords:
Nitrate
Photocatalytic
Solar radiation
Activated carbon
Ag-Pd nanoparticles

ABSTRACT

The increase of nitrate contamination of surface and groundwater has raised a concern, because of its impact on both environment and human health. In this study, photocatalysis for nitrate treatment in water was conducted using activated carbon prepared from date palm stone decorated with single and bimetal nanoparticles using solar radiation. The prepared catalyst was characterized by XPS, SEM, EDX, TGA, and surface area analyzer instruments. The photocatalytic effect of the prepared catalyst was studied using nitrate solution and acid scavengers with different concentrations. Significant photocatalytic activity was observed for activated carbon when modified with Pd-Ag. The obtained results showed that the conversion of nitrate takes place mainly through nitrogen gas (N₂) rather than nitrite (NO₂) or ammonium (NH₄⁺). Formic acid as a hole scavenger with 0.05 M shows the maximum conversion for nitrate. The prepared photocatalyst shows stability for five cycles of nitrate ion reduction. Moreover, the results showed that the prepared catalyst could be applied for the removal of nitrate from groundwater and river water samples.



19- Intake and Risk Assessment of Nine Priority Food Additives in Turkish Adults

Intake and Risk Assessment of Nine Priority Food Additives in Turkish Adults

This study aimed to assess the dietary exposure to nine priority food additives in Turkey. There is a growing concern about food additives in the food supply. Their exposure should be the responsibility of both the producer and the consumer. Therefore, it is necessary to monitor both the use of food additives and their consumption.





Contents lists available at ScienceDirect

Journal of Food Composition and Analysis

journal homepage: www.elsevier.com/locate/jfca



Intake and risk assessment of nine priority food additives in Turkish adults

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ARTICLE INFO

Keywords:

Food additives
Dietary intake
Exposure assessment
Acceptable daily intake (ADI)

ABSTRACT

Exposure to excess food additives is a potential health risk for humans. This study aimed to assess the dietary exposure to nine priority food additives in Turkey. The study took a conservative approach (based on individual consumption data combined with maximum permitted levels). The dietary exposure was estimated using a food frequency questionnaire and food additives maximum permitted levels in various foodstuffs. The study had 433 participants (72.3% female, 27.7% male) who completed the study. None of the food additives included in the study exceeded the acceptable daily intake (ADI) on average. Intake of nitrite and nitrate, especially in frozen meat/chicken/fish was higher compared to ADI by 215% and sulfites were higher than the ADI in some food groups ("pickled fruit and vegetables", "dried tomatoes", and "apricots, peaches, grapes, plums, and figs") at P95. There is a growing concern about food additives in the food supply. Their exposure should be the responsibility of both the producer and the consumer. Therefore, it is necessary to monitor both the use of food additives and their consumption.



20- A Situation Analysis of The Social Well-Being of Elderly During The COVID-19 Pandemic

[A Situation Analysis of The Social Well-Being of Elderly During The COVID-19 Pandemic](#)

During the COVID-19 pandemic, the social well-being of the population is threatened in a variety of ways. By examining factors of well-being such as interpersonal relationships, neighborhood and neighborhood cohesion, material deprivation, most important occupation, social isolation, societal institutions, and societal participation, the current study attempts to determine the social well-being of elderly people during the COVID-19 pandemic.





How to Cite:

Ashifa, K. M. (2022). A situation analysis of the social well-being of elderly during the COVID-19 pandemic. *International Journal of Health Sciences*, 6(S3), 10156–10163. <https://doi.org/10.53730/ijhs.v6nS3.8745>

A situation analysis of the social well-being of elderly during the COVID-19 pandemic

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Abstract---The consequences of the Covid-19 pandemic on the daily lives of human beings are incalculable. Business, economic, and social life are all disrupted in the field of health care, as are challenges in the diagnosis, isolation, and treatment of suspected cases. The medical system is also burdened, as are patients who are suffering from other diseases or health problems. One of the most important factors in mental health is one's sense of belonging to a community. During the COVID-19 pandemic, the social well-being of the population is threatened in a variety of ways. Various issues confront the elderly, and they have lost all of the pleasures that they had enjoyed before the COVID-19 pandemic hit them. Because they were unable to see even their closest relatives during the pandemic, the COVID-19 caused them to live a completely lonely life as older adults. By examining factors of well-being such as interpersonal relationships, neighbourhood and neighbourhood cohesion, material deprivation, most important occupation, social isolation, societal institutions, and societal participation, the current study attempts to determine the social well-being of elderly people during the COVID-19 pandemic.



21- Role of Drone Technology Helping in Alleviating the COVID-19 Pandemic

[Role of Drone Technology Helping in Alleviating the COVID-19 Pandemic](#)

This research examines a number of potential technologies, including unmanned aerial vehicles (UAVs), artificial intelligence (AI), blockchain, deep learning (DL), the Internet of Things (IoT), edge computing, and virtual reality (VR), in an effort to mitigate the danger of COVID-19. This article examines the use of drones in healthcare as well as the advantages and disadvantages of strict adoption. Finally, challenges, opportunities, and future work are discussed to assist in adopting drone technology to tackle COVID-19-like diseases.





Review

Role of Drone Technology Helping in Alleviating the COVID-19 Pandemic

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Abstract: The COVID-19 pandemic, caused by a new coronavirus, has affected economic and social standards as governments and healthcare regulatory agencies throughout the world expressed worry and explored harsh preventative measures to counteract the disease's spread and intensity. Several academics and experts are primarily concerned with halting the continuous spread of the unique virus. Social separation, the closing of borders, the avoidance of big gatherings, contactless transit, and quarantine are important methods. Multiple nations employ autonomous, digital, wireless, and other promising technologies to tackle this coronary pneumonia. This research examines a number of potential technologies, including unmanned aerial vehicles (UAVs), artificial intelligence (AI), blockchain, deep learning (DL), the Internet of Things (IoT), edge computing, and virtual reality (VR), in an effort to mitigate the danger of COVID-19. Due to their ability to transport food and medical supplies to a specific location, UAVs are currently being utilized as an innovative method to combat this illness. This research intends to examine the possibilities of UAVs in the context of



Citation: Mohsan, S.A.H.; Zahra, Q.u.A.; Khan, M.A.; Alsharif, M.H.; Elhaty, I.A.; Jahid, A. Role of Drone Technology Helping in Alleviating the COVID-19 Pandemic. *Micromachines* **2022**, *13*, 1593.



22- Diagnosis of Oral Squamous Cell Carcinoma Using Deep Neural Networks and Binary Particle Swarm Optimization on Histopathological Images: An AIoMT Approach

[Diagnosis of Oral Squamous Cell Carcinoma Using Deep Neural Networks and Binary Particle Swarm Optimization on Histopathological Images: An AIoMT Approach](#)

Overall prediction of oral cavity squamous cell carcinoma (OCSCC) remains inadequate, as more than half of patients with oral cavity cancer are detected at later stages. Diagnosis from biopsy tissue is a complex process, and it is slow, costly, and prone to human error. To overcome these problems, a computer-aided diagnosis (CAD) approach was proposed in this










work. This approach significantly contributes to improving the diagnostic efficiency of OCSCC patients using histopathological images while reducing diagnostic costs.

Hindawi
Computational Intelligence and Neuroscience
Volume 2022, Article ID 6364102, 13 pages
<https://doi.org/10.1155/2022/6364102>

Research Article

Diagnosis of Oral Squamous Cell Carcinoma Using Deep Neural Networks and Binary Particle Swarm Optimization on Histopathological Images: An AIoMT Approach

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Received 13 May 2022; Revised 4 July 2022; Accepted 17 August 2022; Published 30 September 2022

Academic Editor: Akshi Kumar

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Overall prediction of oral cavity squamous cell carcinoma (OCSCC) remains inadequate, as more than half of patients with oral cavity cancer are detected at later stages. It is generally accepted that the differential diagnosis of OCSCC is usually difficult and requires expertise and experience. Diagnosis from biopsy tissue is a complex process, and it is slow, costly, and prone to human error. To overcome these problems, a computer-aided diagnosis (CAD) approach was proposed in this work. A dataset comprising two categories, normal epithelium of the oral cavity (NEOR) and squamous cell carcinoma of the oral cavity (OSCC), was used. Feature extraction was performed from this dataset using four deep learning (DL) models (VGG16, AlexNet, ResNet50, and Inception V3) to realize artificial intelligence of medical things (AIoMT). Binary Particle Swarm Optimization (BPSO) was used to select the best features. The effects of Reinhard stain normalization on performance were also investigated. After the best features were extracted and selected, they were classified using the XGBoost. The best classification accuracy of 96.3% was obtained when using Inception V3 with BPSO. This approach significantly contributes to improving the diagnostic efficiency of OCSCC patients using histopathological images while reducing diagnostic costs.



23-Assessing The Social Conditions Of Elderly People Among Irula Tribal Communities In Tamil Nadu

[Assessing The Social Conditions Of Elderly People Among Irula Tribal Communities In Tamil Nadu](#)





The primary objectives of the study were to identify the socioeconomic, physical, and psychological problems that elderly Irula tribe members were experiencing; to assess the level of adjustment of elderly tribal members from the Irula community; and to make appropriate recommendations for the social security of senior tribal citizens. It is essential to emphasize the importance of awareness campaigns, gerontological counseling, and geriatric services, as well as the importance of providing welfare programs to aging tribes and their communities.

Webology (ISSN: 1735-188X)
Volume 19, Number 2, 2022

Assessing The Social Conditions Of Elderly People Among Irula Tribal Communities In Tamil Nadu

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Abstract

Specifically, the goal of this study is to address the social concerns of elderly tribes while also raising awareness of the difficulties faced by marginalized people. Tribal peoples are the natural children of the land, and they constitute a significant portion of the country's underdeveloped areas. This group of people has been marginalized and is the most vulnerable segment of India's population in terms of ecology, economy, and education. Specifically, the goal of this study is to address the social concerns of elderly tribes while also raising awareness of the difficulties faced by marginalized people. The primary objectives of the study were to identify the socioeconomic, physical, and psychological problems that elderly Irula tribe members were experiencing; to assess the level of adjustment of elderly tribal members from the Irula community; and to make appropriate recommendations for the social security of senior tribal citizens. People who fall into this vulnerable category are those who are subjected to inequitable treatment or care as a result of their age or socioeconomic status. Their dependence on others makes it more difficult for them to subsist independently and protect their rights as a result of this dependency. The social injustice and exploitation of Scheduled Tribes and other vulnerable sections of society continue to exist, despite the extensive provisions of the Indian Constitution and other legislative frameworks. It is essential to emphasize the importance of awareness campaigns, gerontological counseling, and geriatric services, as well as the importance of providing welfare programs to aging tribes and their communities. Governments, non-governmental organizations, and other service providers must work together to address this issue for the benefit of senior tribal residents in their communities.



24. Academic Activity from the Nutrition and Dietetics Turkish and English Departments

[Academic Activity from the Nutrition and Dietetics Turkish and English Departments](#)

Academic Activities from the Turkish and English Departments of Nutrition and Dietetics. The fifth Health Sciences Congress, organized online by Bandırma Onyedi Eylül University and





hosted by member universities of the Thrace Universities Union, took place. With a total of 303 presentations, including 288 oral presentations, 25 of which were in the field of Nutrition and Dietetics, and 15 poster presentations, Istanbul Gelişim University's faculty members from the Turkish and English Departments of Nutrition and Dietetics contributed with 2 oral presentations and 2 poster presentations.

Oral Presentations:

-Determination of Greenhouse Gas Emissions of Regional Dietary Patterns

According to Turkey Nutrition and Health Survey (Writers: Assistant Professor Hatice Merve Bayram, Associate Professor S.Arda Öztürkcan)

-Investigation of The Relationship Between Anthropometric Measurements and Body Fat Ratio and Reasons for Exercise Orientation: A Cross-Sectional Study (Writers: Lecturer Eda Merve Kurtuluş, Lecturer Münevver Başak Onat, Lecturer Zeynep Şeyda Bilim, Research Assistant Gizem Uzlu Dolanbay, Assistant Professor Ayşe Huri Özkarabulut)

Poster Presentations:

-Meal Frequency in Cardiovascular Diseases (Writer: Research Assistant Hande Nur Onur Öztürk)

-Health Impacts of Micro and Nano Plastics (Writers: Research Assistant Gizem Uzlu Dolanbay, Lecturer Eda Merve Kurtuluş, Assistant Professor Başak Gökçe Çöl)



Master's Theses

DEPARTMENT	NUMBER	THESIS NAME	SDG
ADDICTION PSYCHOLOGY	1	Examination of the Relationship Between Substance Addiction and Perceived Parental Attitudes Among Young Adults Aged 18-25	
	2	Investigation of the Relationship Between Social Media Addiction and Insomnia in University Students	





	3	Examination of the Relationship Between Social Media Addiction and Self-Esteem in University Students	
	4	The Impact of Smartphone Addiction on Quality of Life and Marital Satisfaction in Married Couples	
	5	Investigation of the Relationship Between Social Media Use and Depression in University Students	
	6	The Relationship Between Professional Burnout Level and Stress in Healthcare Workers (Case Study: Osmaniye State Hospital and Provincial Public Health Laboratory)	
	7	Examination of the Relationship Between Smoking Individuals' Susceptibility to Stress and Anger States: The Case of Çemişgezek District, Tunceli	
CHILD DEVELOPMENT	1	Investigation of the Impact of Distance Education Experienced by 7-9 Year-Old Children During the Pandemic on Their Social Developments Through Picture Analysis	
	2	Examination of Digital Game Addiction Tendencies and Aggression Orientations of Preschool Children Based on Game Types	
	3	Investigation of the Differentiation in the Relationship Between Parent and Child and the Social Problem-Solving Skills of 48-72-Month-Old Children	
	4	Examination of the Impact of the Postage Early Education Program on the Development of 2-6-Year-Old Children Requiring Special Education and Care	
	5	Investigation of the Effect of Adolescents' Digital Game Addiction and Social Media Attitudes on the Cyberbullying Risk Levels	
	6	Examination of the Relationship Between 7th and 8th Grade Students' Social Media Attitudes, Self-Esteem, and Academic Confidence	
GASTRONOMY	1	The Impact of Gastronomic Identity in Destination Marketing: The Case of Adana	
	2	Evaluation of Factors Influencing Restaurant Choice According to Customers' Demographic Characteristics	
	3	Prejudices and Gender Discrimination Towards Female Kitchen Staff	





	4	An Innovative Product Developed Within the Scope of Vegan Cuisine: Plant-Based Pastry Cream	
	5	Production of Plant-Based Artificial Meat and Determination of Some Physicochemical Properties of the Produced Artificial Meats	
	6	Examination of Independent Restaurants in Istanbul from the Perspective of Sustainable Gastronomy	
	7	Perspectives and Expectations of Students Studying in the Field of Gastronomy Towards the Profession	
	8	Evaluation of Spices in Terms of Gastronomic History and Culture	
	9	Adaptation of the Early Greek Cookbook Titled "Pişirme Kılavuzu (Odigos Mageirikis)" to the Present Day and Its Comparison with Turkish Cuisine	
	10	Production of Turkish Coffee Using Date and Carob Seed and Determination of the Sensory Properties of the Produced Coffees	
	11	Investigation of the Use of Locust (<i>Locusta migratoria</i>) in Different Drying Techniques at Five Basic Stages	
	12	Investigation of Some Physical, Chemical, and Sensory Properties in Dairy Products Enriched with Sumac (<i>Rhus Coriaria</i> L.)	
	13	Examination of Food and Beverage Establishments Featuring Vegan Products in Their Menus in Terms of Sustainability: A Study on Chefs in Istanbul	
	14	Identification and Sensory Evaluation of Ottoman Cuisine Desserts That Have Not Reached the Present Day	
	15	Investigation of the Physicochemical and Sensory Properties of Sponge Cake Enriched with Hibiscus (<i>Sabdariffa</i> L.)	
	16	A Research on Improving the Sensory Properties of Sourdough Bread Prepared from Einkorn Wheat Flour	
MOVEMENT AND TRAINING SCIENCES	1	For 10-14 Age Group Male Basketball Players; Examining the Relationship between Agility and Overhead Squat Test	
	2	The Effect of 8-Week Swiss Ball Training on 50-meter Breaststroke and Backstroke in Male Swimmers in the 10-12 Age Group	



















	3	Examining the Factors That Make Up Physical Fitness, Developing and Testing an Appropriate Training Protocol That Improves These Factors		
	4	Examination of the Effects of Plyometric Training on Strength, Speed, Balance and Agility Parameters in 12-14 Year Old Male Tennis Players		
	5	The Effect of Educational Games on Motoric Characteristics in Child Gymnasts Aged 4-7		
	6	Evaluation of Anxiety Levels of Students Taking BESYO Special Ability Exams		
	7	Examination of the Effects of Educational Games Applied in Football on Some Physical and Biomotoric Characteristics and Basic Skills		
	8	Comparison of Visual and Auditory Reaction Times in the Upper Extremities of Amateur E-Sports and Basketball Players		
	9	Investigation of the Effect of 8-Week Rhythmic Gymnastics-Based Training on Some Strength and Balance Parameters of 4-6 Year Old Children		
	10	Investigation of the Effects of Proprioception Training on Some Selected Motoric Characteristics of Professional Female Football Players		
	11	The Effect of Zeybek Studies on Some Motoric Features in Geriatric Individuals		
	12	The Effect of Life Kinetic Exercises on Motor Characteristics and Tennis Skills in 11-12 Year Old Tennis Players		
	13	Examination of the Effects of Unilateral Exercises Applied in the Lower Extremity on Core Parameters and Balance		
	14	Effect of 8-Week Different Fitness Exercises on Fms Score and Selected Motoric Features in Sedentary Women		
	OCCUPATIONAL HEALTH AND SAFETY	1	Occupational Health and Safety Risk Assessment Practices in the Metal Sector	
		2	Chemical and Physical Risk Factors in the Urban Transformation Process of Industrial Structures	
3		Measurement of the Performance of the Occupational Health and Safety Management System (ISO 45001) in Application at a Food Establishment		





	4	Evaluation of Occupational Health and Safety Climate in Healthcare Workers Serving in Units Involving Hospital Radiation Areas	
	5	Determination of Occupational Health and Safety Perceptions of Workers in Underground Coal Mines: A Case Study in Malatya Province	
	6	Identification of Metaphorical Perceptions of "Occupational Health and Safety" Concept by Civil Engineering Students	
	7	Examination of Working at Heights on Facade Scaffolds from the Perspective of Occupational Health and Safety	
	8	Risk Assessment in Lifting Equipment Using the Fine Kinney and L-Type Matrix Methods	
	9	The Importance of Risk Assessment in Superstructure Constructions and an Example of Fine Kinney Method	
CLINIC PSYCHOLOGY	1	Examining the Relationship between Temperament and Attachment Styles and Emotional Regulation in University Students	
	2	Examining the Relationship Between Parenting Attitudes and Psychological Mindedness	
	3	The Relationship Between Health Anxiety, Psychological Resilience and Psychological Symptoms of Adults During the COVID-19 Pandemic in Turkey	
	4	The Relationship between Nomophobia and Attention Deficit and Hyperactivity in Adolescents	
	5	"The Relationship between Depression, Anxiety and Burnout Levels and 5 Factor Personality Traits in Nurses During the Covid-19 Pandemic"	
	6	The Relationship Between Eating Disorders and Anxiety and Depression During Pregnancy	
	7	The Relationship between Alcohol and Cigarette Use and Depression in Patients Applying for Bariatric Surgery	
	8	Examining the Relationship Between Academic Procrastination Behavior and Self-Esteem in University Students	
	9	Examining the Relationship of Sexual Myths and Sexual Knowledge with Sexual Dysfunction and Anxiety Level in Women	





10	Examination of the Relationship Between Parental Attitudes and Continuity and State Anxiety Levels of Mothers and Fathers of Children with Specific Learning Disabilities	
11	Factors Associated with Depression, Anxiety, Somatization, and Prolonged Grief in Individuals Who Lost a Loved One During the Covid-19 Pandemic	
12	Investigating the Relationship Between Social Media Addiction, Perceived Social Support, and Marital Adjustment in Married Individuals	
13	Interpreting Pragmatic Language Skills and Social Adaptation Skills in Children Diagnosed with Autism Spectrum Disorder (ASD) Aged 7-12 According to Demographic Data	
14	Examining the Relationship Between Marital Harmony, Altruism, and Empathic Tendencies in Married Individuals	
15	Investigating the Relationship Between Emotional Intelligence and Grieving Process in Adults who Experienced Loss	
16	Examining the Relationships Between Attachment Styles, Personality Types, and Self-Efficacy Perceptions in Young Adults	
17	Investigation of Anxiety, Depression, and Sleep Quality in University Students During the Covid-19 Pandemic	
18	Examining the Relationship Between Mindfulness Skills and Automatic Thoughts and Depression in Young Adults	
19	Investigating the Relationship Between Cognitive Flexibility Levels and Social Competence in High School Students	
20	Examining the Relationship Between University Students' Perceived Parental Attitudes and their Levels of Expressing Emotions	
21	Examining the Relationship Between Self-Stigmatization, Perceived Emotional Abuse, and Anxiety and Depression Levels in Adult Obese Individuals	
22	Relationship Between Social Media Addiction and Romantic Relationship Satisfaction in Adults	
23	Investigating the Relationship Between Post-Traumatic Stress Disorder Developed in Women Experiencing Domestic Violence by Their Spouses During the Pandemic and Social Support: A Case-Control Study	





24	Examination of the Relationship Between Cognitive Distortions and Burnout Levels in Teachers	
25	Investigating Emotion Regulation, Smartphone Addiction, and Anxiety Levels in Individuals Preparing for University Entrance Exams	
26	Examining the Relationship Between Cyberbullying/Victimization Levels and Empathy in University Students Who Play Online Games	
27	Investigation of the Relationship Between Parents' Self-Efficacy Levels and Perceived Social Support Levels in 2 to 6-Year-Old Children Receiving Special Education for Speech Disorders	
28	Examining the Relationship Between University Students' Anger Expression Styles, Stress Levels, and Life Satisfaction	
29	Relationship Between Coping Styles of Individuals Coping with Stress During the Covid-19 Pandemic and Somatization Levels	
30	Investigating the Relationship Between Anxiety Levels and Emotional Eating Behavior During the Covid-19 Pandemic	
31	Examining the Relationship Between Psychological Resilience and Parenting Style in Adults	
32	Investigating the Relationship Between Loneliness, Depression, Anxiety, and Marital Satisfaction	
33	Relationship Between Sexual Satisfaction, Body Image, and Eating Attitudes in Women	
34	Examining the Relationship Between Relationship Satisfaction, Tendency to Cheat, and Psychological Mindfulness in Married Individuals	
35	Investigating the Relationship Between Cognitive Emotion Regulation Strategies, Hopelessness, and Anxiety Levels in Adults During the Covid-19 Pandemic	
36	The Relationship Between Levels of Acceptance-Rejection of Children with Autism Spectrum Disorder in Mothers and Depression	
37	Examining the Relationship Between Anger Control and Life Satisfaction, and Depression Levels in High School Students	
38	Relationship Between Adolescents' Childhood Psychological Traumas, Perceived Parenting Styles, and Self-Perceptions	





39	Investigating Peer Bullying and Cognitive Distortions in Young Adolescents with Substance Use	
40	Examining the Relationship Between Family Stress, Psychological Resilience, and Emotion Regulation Difficulties in Parents of Children with Autism: A Case Study in Avcilar	
41	The Relationship Between Digital Game Addiction, Early Maladaptive Schemas, and Self-Compassion in University Students	
42	Prediction of Coping Attitudes by Spouses' Emotional Expression Styles and Attachment Styles in Married Individuals	
43	Investigation of Attachment Styles, Relationship Building, and Psychological Needs in Athletes	
44	Examination of the Relationship Between Childhood Traumas in Individuals Aged 25-50 and Schemas in Adulthood	
45	Investigating the Relationship Between Intolerance of Uncertainty and Psychological Well-Being in University Students During the Covid-19 Pandemic	
46	Comparison of Attachment Styles and Marital Harmony in Women Undergoing Unexplained Infertility Treatment According to a Control Group	
47	Examining Self-Esteem and Anxiety Levels in University Students Based on Exposure to Dating Violence	
48	Investigating the Relationship Between Post-Traumatic Stress Disorder Development and Attachment Styles in Healthcare Workers	
49	Examination of the Relationship Between Problematic Social Media Use, Narcissistic Personality Traits, and Psychological Symptoms in Young Adults	
50	Fear of Missing Out on Smartphones in University Students	
51	Investigating the Relationship Between Sexual Satisfaction, Marital Harmony, and Self-Esteem in Married Individuals	
52	The Relationship Between Perceived Parenting Styles in Childhood and Perceived Emotional Abuse in Adulthood and Its Relation to Alexithymia	





53	Examining the Relationship Between Narcissistic Personality Traits and Body Image in Adult Individuals	
54	Investigation of the Relationship Between Marital Satisfaction, Depression, and Anxiety Levels in Women	
55	Examining the Relationship Between Increased Anxiety and Screen Addiction During the Pandemic in University Students	
56	Investigating the Relationship Between Quality of Life, Emotional Regulation Strategies, and Anxiety Levels in Individuals Aged 18-65	
57	Violent Tendencies in 12-18 Year-Old Boys Whose Parents are Law Enforcement Officers	
58	Exploring Traumatic Life Events and the Relationship Between Traumatic Experiences, Self-Esteem, and Psychological Resilience in University Students	
59	The Relationship Between Social Media Use and Nomophobia with Body Image and Self-Esteem in University Students	
60	The Relationship Between Social Anxiety Disorder and Psychological Symptoms in University Students	
61	Examination of the Relationship Between Beliefs in Sexual Myths According to the Gender of Married Individuals and Sexual Satisfaction	
62	The Relationship Between Emotional Eating Level in Women and the Relationship Between Childhood Traumas and Marital Satisfaction	
63	Investigating Depression, Anxiety, Hopelessness, and Coping Levels in Mothers of Children with Autism Spectrum Disorder	
64	Relationship Between Psychological Resilience Levels and Life Satisfaction in Parents of Children with Specific Learning Disabilities or Intellectual Disabilities	
65	Comparison of Health Anxiety, Psychological Well-Being, Psychological Resilience, and Hopelessness Levels in Healthcare Workers During the Covid-19 Pandemic with Non-Healthcare Adult Individuals	
66	Investigation of Couple Adaptation in Marriage in Terms of Early Maladaptive Schemas and Perceived Parenting Styles Toward the Mother	





67	Relationship Between Childhood Psychological Traumas in Married Individuals with Children and Parenting Attitude and Marital Adjustment	
68	Investigation of the Relationship Between Disgust Sensitivity and the Severity of Obsessive-Compulsive Symptoms	
69	Relationship Between Teachers' Sociotropy-Autonomy Personality Traits, Forgiveness Tendencies, and Job Satisfaction	
70	Examination of the Relationship Between Social Competence Levels and Behavior Problems in Children Aged 4-6 According to Demographic Data	
71	Relationship Between Relationship Satisfaction and Self-Esteem in Adult Women	
72	Examination of Depression, Attitudes Toward Psychological Help Seeking, and Coping Strategies in Mothers of Children Diagnosed with Autism Spectrum Disorder	
73	The Relationship between Parental Attitudes, Anxiety and Self-Compassion in Young Adults	
74	Relationship Between Unpredictability of the Past in 18-30-Year-Old Individuals and Substance Use Tendency	
75	Examination of Substance Use Risks, Meaning and Purpose in Life, and Childhood Maltreatment Experiences in University Students	
76	Relationship Between Online Gaming Addiction and Academic Procrastination in University Students	
77	Examination of the Relationship Between Childhood Trauma, Attachment, Aggression, and Mental Well-Being in University Students	
78	Relationships Between Attachment Styles, Cognitive Flexibility, and Self-Efficacy in Adult Individuals	
79	Investigation of the Relationship Between Attachment to Parents and Sexual Satisfaction in Adults with Romantic Relationships	
80	Examination of Childhood Trauma, Self-Esteem, and Identity Development in Young Adult Individuals	




















81	Relationship Between Social Anxiety and Early Maladaptive Schemas in Young Adult Individuals	
82	Examination of the Anxiety and Depression Levels of Security Forces During the Global Covid-19 Pandemic	
83	Examining the Relationship Between COVID-19 and Generalized Anxiety in Terms of Variables	
84	Examining the Relationship Between Relationship Satisfaction and Romantic Obsession in University Students	
85	The Relationship between Borderline Personality Traits and Dating Violence in Adult Individuals	
86	Examination of Alexithymia and Depression Levels in Smokers and Non-Smokers	
87	The Relationship Between Video Games Addiction and Violent Tendency and Impulsivity	
88	Examination of Stress Coping and Self-Confidence Levels in Adult Smokers and Non-Smokers	
89	Examining the Relationship Between Fear of COVID-19 and Psychological Symptoms	
90	Examining the Relationship Between Death Anxiety Levels and Quality of Life of Healthcare Personnel During Covid-19	
91	The Relationship Between Specific Phobia, Depression and Anxiety Levels and Sexual Functions in Married Women	
92	Examining the Relationship Between Traumatic Life Events and Coping Attitudes in University Students	
93	The Relationship Between Theory of Mind and Depression, Anxiety and Prenatal Attachment in Pregnant Women	
94	Examining the Relationship between Collectivist Coping Styles and Post-Traumatic Growth in Adult Individuals with a History of Childhood Trauma	
95	Examining the Relationship between University Students' Social Media Addictions and Depression and Self-Esteem	



















	96	The Relationship Between Childhood Traumas and Self-Compassion	
	97	Examining the Differences in Attitudes of Parents of Children Diagnosed with Attention Deficit-Hyperactivity Disorder and Autism Spectrum Disorder	
AUDIOLOGY	1	Comparison of Otolith Functions Before and After Repositioning Maneuvers in Patients with Benign Paroxysmal Positional Vertigo	
	2	Effect of Signal Processing Time Synchronization on Speech Discrimination in Noise in Bimodal Cochlear Implant Users	
	3	Problems Experienced by Children Using Hearing Aids in Distance Education (Eba etc.)	
	4	Video Head Impulse and Suppression Head Impulse Test in Chronic Otitis Media Patients	
	5	Observing Changes in Hearing Aid Fitting Settings in Hearing Loss Patients Suffering from Coronavirus (Covid-19)	
	6	The Effect of Auditory Deprivation on Sound Localization	
	7	Examining the Effects of COVID-19 on Hearing and Vestibular System	
	8	Describing the Phonological and Memory Conditions of Children with Hearing Loss Between the Ages of 5 and 12	
	9	Preoperative-Postoperative High Frequency Hearing in Patients Undergoing Mastoid Surgery	
	10	AUDIOLOGISTS IN THE COVID PANDEMIC: Evaluation of Working Conditions in Rehabilitation Center and Hearing Aid Center	
	11	Evaluation of Repetitive Therapy Maneuvers in Individuals with Benign Paroxysmal Positional Vertigo	
	12	Evaluation of Device Satisfaction and Quality of Life of Patients Using Hearing Aids	
	13	Investigation of Audiological Factors Affecting Hearing Aid Satisfaction in Individuals Using Hearing Aids	





	14	Evaluation of Device Satisfaction in Patients Using Hearing Aids Using the Aphab Survey	
PSYCHOLOGY	1	Investigation of the Effects of Parents' Covid-19 Fears on Their Children's Play Tendency	
	2	Examination of the Relationship Between Screen Addiction and Self-Care Skills in Preschool Children	
	3	Investigation of the Relationship Between Internalized Stigma and Quality of Life in Individuals with Mental Illness	
	4	Examination of the Perceived Stress Level and Quality of Life in Parents of Children with Autism Spectrum Disorder During the Covid-19 Pandemic in Terms of Sociodemographic Variables	
	5	Research on the Relationship Between Parenting Styles, Problem-Solving Skills, Social Anxiety Levels, and Academic Achievement in 4th-8th Grade Students Diagnosed with Specific Learning Disabilities: The Case of Tekirdağ	
	6	Examination of the Hope, Anxiety, and Happiness States of LGBT Individuals in Terms of Some Demographic Characteristics	
	7	Investigation of Perceived Stress, Self-Esteem, and Happiness Levels in Adolescents Engaged and Not Engaged in Performing Arts	
	8	Examination of the Self-Confidence Levels of Turkmenistanian Students Studying in Turkey in the University Environment	
	9	The Relationship Between Unhappiness in Adulthood and Childhood Experiences and Traumas	
	10	Determination, Comparison, and Examination of Stress Coping Methods and Anxiety Levels in Working and Non-Working Women Living in Beylikdüzü District, Considering Socio-Demographic Methods	
	11	The Relationship Between Mood and Academic Achievement on Exam Day	
	12	Predictive Relationships Between Gender Role Perceptions and Acceptance Levels of Rape Myths in Adult Individuals	
	13	Examination of the Relationship Between Parenting Styles and Social Anxiety in Adolescents	





	14	The Relationship Between State and Trait Anxiety and Sexual Functions in Women During the Covid-19 Pandemic	
	15	The Impact of Social Media and Social Media Influencers on Homophobia	
	16	Examination of the Relationship Between Play Behavior and Fatherhood Styles Based on Some Demographic Variables	
	17	The Relationship Between Depression, Anxiety, and Loneliness Levels of University Students During the Covid-19 Pandemic and Their Attitudes Towards Online Education	
	18	Investigation of the Relationship Between Self-Perception and Problem-Solving Skills in Women Experiencing Violence	
	19	Evaluation of Managers' Psychological Qualities in the Context of Mevlânâ Jalâl al-Dîn Muḥammad Rûmî and Muhyiddin Ibn Arabi Perspectives in the Context of Allah's Names	
	20	The Relationship Between Smoking Addiction and Eating Disorders During the Pandemic Period	
	21	The Relationship Between Perceived Stress Levels and Communication Anxiety of University Students During the COVID-19 Pandemic	
HEALTH MANAGEMENT	1	"Evaluation of the Performance of Relevant Public-Private Sector Hospitals During the Covid-19 Pandemic Process	
	2	Effects of Corona Virus on Medical Tourism: Descriptive Type Qualitative Systematic Review	
SOCIOLOGY	1	Views on Violence Against Women on the Axis of Social Learning Theory: The White Collar Example	
	2	The Concept of Peaceful Circulation of Authority: The Case of Iraq	
	3	Levirate Marriages in the Example of Hakkari Province	
	4	Sokaklarda Çalışan Çocukların Toplum Üzerindeki Etkileri ve Sorunlarının Determining the Effects and Problems of Children Working on the Streets on Society: Istanbul Fatih Example	
	5	The Relationship between Drug Addiction and Community Security: The Example of Iraqi Children	





PSYCHOSOCIAL FIELDS OF SPORTS	1	The Relationship Between Individual Competitive Behaviors and Emotional Intelligence Levels of High School Students	
	2	Examining the Relationship Between Football Fans' Feelings of Fanaticism and Cyberbullying Behaviors	
	3	Comparison of Organizational Commitment and Organizational Stress Levels of Elite Level Taekwondo and Muaythai Athletes	
	4	Examining the Relationship Between Career Awareness and Future Concerns of Candidates Preparing for Sports Sciences Exams	
	5	Examination of High School Students' Participation in Leisure Time Activities and Physical Exercise Status During the Pandemic Process	





Education

1. World Diabetes Day Activities

[World Diabetes Day Activities](#)

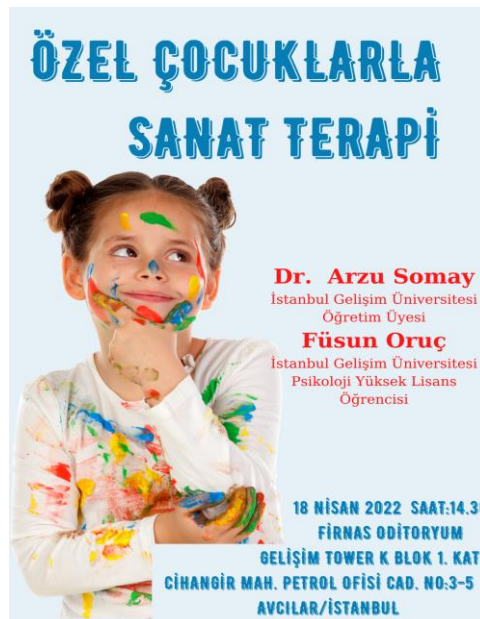
Activities lasting for two days were organized within the scope of World Diabetes Day on November 14th with the contributions of the Nutrition and Dietetics (TR and ENG) and Nursing (TR) departments. On the first day of the event, Monday, November 14, 2022, the materials prepared by department students to raise awareness about diabetes were exhibited at the booth set up on the 0th floor of Block B at the Faculty of Health Sciences. On November 15, 2022, Tuesday, the "World Diabetes Week Awareness Event" was held at Mehmet Akif Ersoy Hall with the participation of Prof. Dr. H. Şeyda Özcan and Specialist Dietitian Neslihan Koyunoğlu Bingöl.



2. Art Therapy with Special Children

[Art Therapy with Special Children](#)

"An Art Therapy Event with Special Needs Children" organized by Dr. Arzu Somay, a faculty member in our university's Psychology Department, and Füsün Oruç, a Psychology Master's student, took place on April 18th, Monday, at 14:30 in the Auditorium at Gelişim Tower Firmas.





3. "Get Your Mat and Come to Yoga" Event ["Get Your Mat and Come to Yoga" Event](#)

Istanbul Gelisim University Physiotherapy and Rehabilitation Club, in collaboration with the Physiotherapy and Rehabilitation Department, organized the event 'Get Your Mat and Come to Yoga' with the participation of Physiotherapist Gül Feride AKIN. AKIN and our students engaged in approximately one hour of yoga. After the yoga session, the thoughts of the participants were gathered. Subsequently, the event was concluded.



4. "Behind poor grades lie the ambitions or inadequacies of parents." ["Behind poor grades lie the ambitions or inadequacies of parents."](#)

Onur Okan Demirci, a faculty member in the Department of Psychology at Istanbul Gelişim University, stated that parents often base their children's futures on report card grades and may experience serious disappointments with low grades. He emphasized that regardless of their children's report card grades, parents should not impose the consequences on the child. He also pointed out that beneath poor grades often lie the ambitions of parents. With the ongoing pandemic limiting the socialization of children with their peers, especially during the semester break, Onur Okan Demirci from Istanbul Gelişim University highlighted that children might spend more time in the digital world. He advised, "Families should be able to see and respond to the needs and desires of their children accordingly".



5. Event on Music Therapy for Children with Special Needs [Event on Music Therapy for Children with Special Needs](#)

Music Therapy is the clinical and evidence-based use of music interventions in a therapeutic relationship by a competent professional who has completed an approved music therapy program to achieve personalized goals. It is a well-established allied health profession that





therapeutically uses music to address behavioral, social, psychological, communicative, physical, sensory-motor, and/or cognitive functions. Hakan SEZGİN, who works with differently developing children, shared his experiences with occupational therapy candidate students and provided an opportunity to assess the role of music in therapy.



6. Sustainability Meetings with Child Developmentalists

Sustainability Meetings with Child Developmentalists

In the event moderated by Lecturer Bedriye ÇELİK, guest speaker Child Development Specialist Bilge Nur PEMBEGÜL discussed her graduation and post-graduation experiences. She then elaborated on how a child development specialist can become a popular science writer, game designer, and children's book editor, emphasizing what it takes to be successful in these fields. She also provided insights on how our department students can develop themselves both during their academic terms and after graduation. Applying an interactive method during the event, she successfully engaged all participants and students actively. Post-event feedback from students indicated that Bilge Nur PEMBEGÜL was highly successful.





7. "Real Ear Measurement Applications (REM)" Event

["Real Ear Measurement Applications \(REM\)" Event](#)

The Audiology Club of Istanbul Gelisim University (IGU) Faculty of Health Sciences organized a seminar titled "Real Ear Measurement (REM)" featuring expert audiologist Mümine Görgülü as the speaker. Starting her presentation with the question "What is real ear measurement (REM)?," Görgülü explained that REM is conducted by audiologists and is not a hearing test per se. She emphasized that it involves measuring the sound pressure level in the patient's ear canal when a hearing aid is fitted and the sound is delivered from the speaker.



8. An event titled "Neurodevelopmental Yoga" was held

[An event titled "Neurodevelopmental Yoga" was held](#)

Occupational Therapist and Neurodevelopmental Yoga Instructor Ayşenur DEMİR ÖZAN, who participated as a speaker in the event organized by Istanbul Gelisim University Faculty of Health Sciences, Department of Occupational Therapy, shared general information with





students about the functioning of the human brain and body in neurodevelopmental yoga and its importance in occupational therapy.



9. An event titled "Therapeutic Use of Water: Aquatherapy" was held

[An event titled "Therapeutic Use of Water: Aquatherapy" was held](#)

At the online event organized by the Department of Occupational Therapy at Istanbul Gelişim University Faculty of Health Sciences, Occupational Therapist and Aquatherapist Ceren AYVALI, as a speaker, shared general information with students about the impact of aquatherapy on the human body and its importance in occupational therapy. In her presentation, Ceren AYVALI touched upon the following: 'Aquatherapy is a method of treating diseases and functional losses by utilizing the physical properties of water. It is one of the oldest methods used for therapeutic purposes in physical therapy. The temperature and hydrostatic properties of water are utilized. With the help of buoyancy, the load carried by the body decreases, making it possible to perform movements that are normally impossible or cause a lot of pain when performed.





10. "Creative Drama Workshop" took place

["Creative Drama Workshop" took place](#)

The Creative Drama Workshop was attended by the university's education support coordinator Assistant Professor Arzu YALIN, Lecturer Buse KERİGAN, Lecturer Mert AKYOL, Research Assistant Kevser Tuğba ÇINAR, Research Assistant Hatice Zelal BİNGÖL, and international students. During the Creative Drama Workshop, conducted by Lecturer Buse KERİGAN, who was the practitioner trainer, the history and features of creative drama, its impact on children's developmental areas, the areas in which creative drama is used, and the steps of implementing creative drama were discussed.



11. 1. "Occupational Therapy and Physiotherapy Farewell Day"

[1. "Occupational Therapy and Physiotherapy Farewell Day"](#)

Istanbul Gelisim University, Faculty of Health Sciences, organized the Academic Farewell Day for final-year students on May 10, 2022, Tuesday, under the leadership of the Departments of Occupational Therapy and Physiotherapy. The event featured presentations and exhibitions of posters prepared by final-year Occupational Therapy and Physiotherapy students about their respective fields in the foyer area. The posters were presented to the jury for evaluation with explanations from the students.



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





12. 12 May Nurses Day Event

[12 May Nurses Day Event](#)

The event, which began with the opening speech by Lecturer A. Mücella Soydan from the Nursing (Turkish) Department, continued with the speeches of Dr. Abdullah Yüksel Barut (Vice Dean of the Faculty of Health Sciences at Istanbul Gelisim University) and Assoc. Prof. Handan Alan. The event took place in both Turkish and English, with contributions from Nursing (English) Department students Oğuzhan Bilen and Arman Erdoğan, who provided English translations. In her presentation, Handan Alan discussed the various roles of nurses, including care provider roles, as well as their roles as educators, guides, advisors, decision-makers, managers, coordinators, and their contemporary roles such as understanding people, and skills in time and energy management. The theme set by the ICN (International Council of Nurses) for International Nurses Day, "Nurses: A Voice to Lead – Investing in Nursing for a Resilient Health System and Show Respect for Rights," was interactively discussed with the students.



3 GOOD HEALTH AND WELL-BEING



SUSTAINABLE DEVELOPMENT GOALS



Konferans

Hemşirelik (TR/İNG) Bölümü, Hemşirelik Kulübü, Müzik Kulübü

12 MAYIS
HEMŞİRELER GÜNÜ
ETKİNLİĞİ

Konuşmacılar

Dr. Dr. Handan ALAN
Dr. Öğr. Üyesi Abdullah Yükeci BARUT

PROGRAM

10:00 Müzik Dinletisi (İGU Müzik Kulübü)
10:15 Saygı Duruşu ve İstiklal Marşı Açılış Konuşmaları
10:30-11:45 Konferans
11:45-12:00 "Saklık Eğitimi Materyali Geliştirme Yarışması" Ödülü Töreni
12:00-12:30 Ara
12:30 Konser (Grup Agah)

12 Mayıs Perşembe 10.00-14.00 3 BLOK MEHMET AKIF ERSOY KONFERANS SALONU (580)

gelisim.edu.tr

3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



13. 2021-2022 Spring Semester Audiology Seminars

[2021-2022 Spring Semester Audiology Seminars](#)

This week in the seminar presentations of the Audiology Department, Research Assistant Çağla Türk gave a presentation on the topic "Acoustic Reflex." Türk began her presentation by discussing the definition of the acoustic reflex. She provided visuals and an example case presentation related to the topic of the acoustic reflex. Türk talked about the necessary conditions for observing acoustic reflexes. She explained how to record ipsilateral and contralateral reflexes, what needs to be done to obtain the recording, and the anatomy of the acoustic reflex.

3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



14. 24th Summer Olympic Games for the Deaf

[24th Summer Olympic Games for the Deaf](#)

Our men's and women's kumite national teams won Silver Medals in karate at the 24th Summer Olympic Games for the Deaf. We congratulate our IGU BESYO Recreation Department student Mehmet Şahin and our national athletes.



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





15. [6 March European Language and Speech Therapy Day Meeting](#)

It is celebrated as "6 March Language and Speech Therapy Day" every year in Europe and our country. Istanbul Gelisim University Language and Speech Therapy department students came together on March 6 and shared their ideas and opinions on increasing awareness of communication, language, speech, voice and swallowing disorders and the role of future Language and Speech Therapists in this context.



16. [The seminar on Alcohol Addiction and Treatment Approaches took place.](#)

In her speech, Assoc. Prof. Dr. Neslihan AKKİŞİ KUMSAR discussed the definition of addiction, risk factors in addiction, concepts of addiction and abuse, diagnostic criteria for addiction within the scope of DSM-5 substance use disorders, withdrawal, tolerance, impulsivity, stages





of addiction development, the addiction cycle, neurochemical characteristics of addiction, and those in whom addiction is observed. She emphasized that addiction is a biochemical disease and pointed out that anyone can become addicted.



17.Nutrition and Dietetics Poster Exhibition

Nutrition and Dietetics Poster Exhibition

The Faculty of Health Sciences, Department of Nutrition and Dietetics (Turkish) at Istanbul Gelisim University organized a poster exhibition in the foyer area of Block B at the Faculty of Health Sciences. Fourth-year students from the Nutrition and Dietetics (Turkish) Department had the opportunity to showcase posters created from their graduation theses. The 78 posters, prepared from the theses written by students throughout the year on topics determined in consultation with their advisors, were impressive in terms of the diversity of subjects. It was announced that, to reach a wider audience, the posters from the exhibition, which attracted a broad participant base from March 15 to 17, would be transferred to a digital platform.





18. Not having a sufficient and balanced diet affects mental development.
[Not having a sufficient and balanced diet affects mental development.](#)

Istanbul Gelisim University (IGU) brings its students together through various social, sports, cultural, and artistic activities, ensuring both their learning and socialization. As part of the Development Workshops, this week's IGU Coffee Talks event featured Assistant Professor Merve Bayram discussing the importance of nutrition with students. Bayram emphasized that insufficient and unbalanced nutrition in young people can lead to deficiencies in physical, mental, and social development, as well as disruptions in the immune system.





Gelişim Haber

Yeterli ve dengeli beslenmemek ruhsal gelişimi etkiliyor

Istanbul Gelişim Üniversitesi (İGÜ), öğrencilerini sosyal, sportif, kültürel ve sanatsal birçok etkinlikte buluşturarak hem öğrenmelerini hem de sosyalleşmelerini sağlıyor. Gelişim Atölyeleri kapsamında gerçekleştirilen İGÜ Coffee Talks etkinliğinde bu hafta öğrenciler Dr. Öğr. Üyesi Merve Bayram ile "Beslenmenin Önemi" konusunu ele aldılar. Bayram, yeterli ve dengeli beslenmeyen gençlerde fiziksel, ruhsal ve sosyal gelişim açısından gerilik ve bağımlılık sisteminde bozulmaların meydana geldiğini belirtti.

Istanbul Gelişim Üniversitesi (İGÜ), Sanatsal Gelişim, Sportif Gelişim, Kültürel Gelişim ve İGÜ Coffee Talks etkinlikleri ile yıl boyunca öğrencileri bir araya getiren farklı alanlarda hem eğitim almalarını hem de sosyalleşmelerine katkı sağlıyor. Öğrenciler bu hafta, İstanbul Gelişim Üniversitesi (İGÜ) Sağlık Bilimleri Fakültesi Beslenme ve Diyetetik Bölümü'nden Dr. Öğr. Üyesi Merve Bayram ile "Beslenmenin Önemi" konusunu ele aldılar.

DENGESİZ BESLENMENİN ÖNÜNE GEÇİLMELİ

Beslenme, sağlığın korunması ve yaşam kalitesinin yükseltilmesi için vücudun ihtiyaçları olan temel besin maddelerinin yeterli ve dengeli bir şekilde alınması anlamına geliyor. Yeterli ve dengeli bir besin tüketimi olmadığında; enerji eksikliği ve dokuların yenilenmesi nedeniyle yetersiz beslenme durumunun ortaya çıktığını ifade eden Dr. Öğr. Üyesi Merve Bayram, "Vücudun ihtiyaç duyduğundan daha fazla besin alınması durumunda ise fazla olarak alınan her besin yağ olarak depolandığından sağlık açısından tehlikeli hale gelir ki bu durum da dengersiz beslenme olarak tanımlanır. Dengersiz beslenme sonucunda insanların sağlıklarında bozulmalar meydana gelebilir." şeklinde konuştu.

EN KÖTÜ BESLENEN KESİM GENÇLER!

Tek tip beslenme ve özellikle basit karbonhidratların tüketimi günümüzde yaygın bir hale geldi. Bisküvi, şekerleme, çikolata, kek, meyruhatlar gibi rafine şeker içeren tüm besinler; mısır surubu, yüksek fruktoz surubu, makarna, pirinç, beyaz un ve beyaz undan yapılmış tüm besinler, hamur işleri ve meyve suları basit karbonhidratlara örnek. Basit karbonhidratlı besin tüketimi kan şekeri seviyesini hızla yükseltip, aniden düşürerek yorgunluk, huzursuzluk, zihin bulanıklığı ve sersemliğe neden oluyor. Yetersiz ve dengersiz beslenmenin bir diğer ve önemli nedeninin toplumda yaygınlaşan kolay hazırlanabilen özelliğine sahip endüstriyel besinlerin tüketimi olduğunu ifade eden Dr. Öğr. Üyesi Merve Bayram, "Bilimsel çalışmalar genellikle en kötü beslenen kesim olan gençlerimizin beslenmesine çok dikkat etmesi gerektiğini gösteriyor. Beyin gelişimi 25 yaşına kadar devam ettiği için sağlıklı beslenme özellikle gençlerin vücut ve beyin sağlığı açısından çok daha önemli. Yeterli ve dengeli beslenmeyen gençlerde fiziksel, ruhsal ve sosyal gelişim açısından gerilik ve bağımlılık sisteminde bozulmalar meydana geliyor. Ayrıca obezite yeterli ve dengeli beslenmenin en büyük sorunu olup beraberinde birçok hastalık riskini getiriyor." şeklinde konuştu.



19. The depressive mood can lead to addiction, and addictions can also cause depression! [The depressive mood can lead to addiction, and addictions can also cause depression!](#)

Istanbul Gelişim University's Addiction Combat Coordination organized a seminar on "Technology Addiction," bringing together the students with Associate Professor Dr. Nermin Gündüz, a specialist in Mental Health and Disorders. Dr. Gündüz highlighted the interconnected relationship between depression and addictions, emphasizing that a depressive mood can lead to addiction, and addictions can, in turn, contribute to depression. The Addiction Combat Coordination at Istanbul Gelişim University aimed to raise awareness about one of today's most significant issues, addiction, through the "Technology Addiction" seminar. The opening speech of the seminar was delivered by Prof. Dr. Nuri Kuruoğlu, the Vice Rector of Istanbul Gelisim University.



20. DIR®101: DIR® Floortime Introduction Training [DIR®101: DIR® Floortime Introduction Training](#)

The seminar was organized by Istanbul Gelişim University Faculty of Health Sciences, Department of Speech and Language Therapy, and its Club. The seminar featured the



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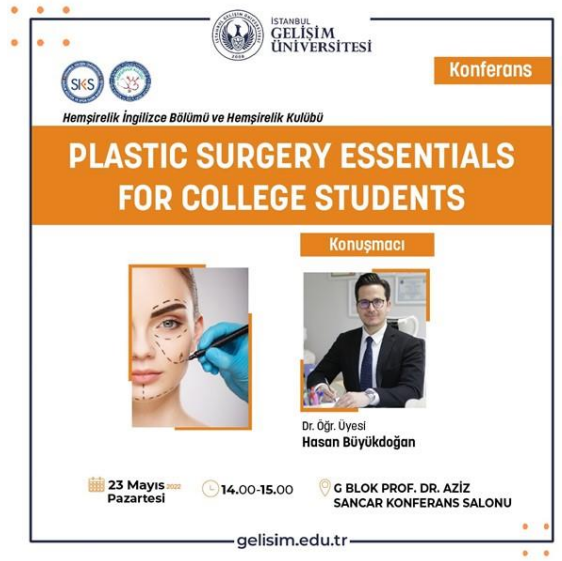


participation of Expert Speech and Language Therapist Kemal COLAY and Expert Psychologist Tuğçe TELCİOĞLU. The first day of the training covered the fundamental principles of the DIR Floortime approach with theoretical information and video presentations. On the second day, information was provided about Developmental, Individual, and Interaction-based approaches.



21. Fundamentals of Plastic Surgery for University Students

Fundamentals of Plastic Surgery for University Students



During the conference organized by the Nursing (English) Department and the Nursing Club, Assistant Professor Hasan BÜYÜKDOĞAN shared his professional and clinical experiences, explaining the history and application areas of plastic surgery. The presentation touched on the distinction between aesthetic and reconstructive surgery, and examples of reconstructive surgery were shared with students, emphasizing its role in restoring the function of body parts that have lost their shape and function.



22. The "TARÇIN" Journal 2021-22 Issue Has Been Published!



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The "TARÇIN" Journal 2021-22 Issue Has Been Published!

Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics Student Journal 'TARÇIN' continues its publication with the release of the 2021-22 Issue. The magazine, operating as a 'non-peer-reviewed popular journal,' is published once a year.



Istanbul Gelisim Üniversitesi Sağlık Bilimleri Fakültesi
Beslenme ve Diyetetik Bölümü Öğrenci Dergisi



23. This week at Sportive Gelisim, students participated in Zumba!

[This week at Sportive Gelisim, students participated in Zumba!](#)

As part of the Gelisim Workshops, students participated in a Sportive Gelisim event where they did Zumba with Lecturer Duygu Koca. Lecturer Duygu Koca mentioned that IGU students really enjoyed the Zumba exercise, saying, 'The students' interest and positive energy were prominent. A healthy lifestyle begins with movement. Zumba positively affects both physical and mental health. If attention is also paid to balanced nutrition, Zumba helps with calorie burning, providing both weight control and enjoyable moments.



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3 GOOD HEALTH AND WELL-BEING



SUSTAINABLE DEVELOPMENT GOALS



3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



24. The Department of Child Development at the Faculty of Health Sciences has conducted a seminar on “Substance Addiction”.

[The Department of Child Development at the Faculty of Health Sciences has conducted a seminar on “Substance Addiction”.](#)

Assistant Professor Başak Ünübol delivered a seminar to the students of the Department of Child Development at Istanbul Gelisim University, addressing the significant mental health issue of substance addiction. The seminar, attended by the Dean of the Faculty of Health Sciences, Prof. Dr. Rifat MUTUŞ, and the Vice Dean, Dr. A. Yüksel BARUT, covered topics such as the definition of addiction, the neurophysiology of addiction, types of addiction, main stages of the addiction cycle, risk factors contributing to addiction, prevention methods for individuals and families, the treatment process for addiction, and finally, rehabilitation in addiction.



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3 GOOD HEALTH AND WELL-BEING



SUSTAINABLE DEVELOPMENT GOALS



İSTANBUL GELİŞİM ÜNİVERSİTESİ

Seminer

SBF Çocuk Gelişimi Türkçe Bölümü

MADDE BAĞIMLILIĞI

BAĞIMLILIKLARLA MÜCADELE VE FARKINDALIK OLUŞTURMA

 **PROF.DR. RABİA BİLİCİ**
Konuşmacı

 **DR.ÖĞR. ÜYESİ NURTEN ELKİN**
Moderatör

17 Mart 2022
Perşembe 14.30

zoom
<https://zoom.us/j/98267161862?pwd=K0MvQXVyU0dmUTBwQVNadk3QzIhwZ09>

gelisim.edu.tr

3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



25. Health Management Department Students' Technical Trip to Kanuni Sultan Süleyman Training and Research Hospital of Istanbul University-Cerrahpaşa

[Health Management Department Students' Technical Trip to Kanuni Sultan Süleyman Training and Research Hospital of Istanbul University-Cerrahpaşa](#)

Istanbul Gelişim University Faculty of Health Sciences, Health Management Department faculty member Assoc. Prof. Dr. Gülay Tamer organized a technical trip for first-year students. The purpose of the trip was to introduce students to the tertiary healthcare institutions, which are education and research hospitals, in the context of health service delivery. During the visit, students explored various departments of the hospital, learned about the organizational structures, and had Q&A sessions to evaluate employment and professional practice opportunities.



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17 Kasım 2022 Perşembe

Sağlık Yönetimi Bölümü Öğrencilerinden SBÜ Kanuni Sultan Süleyman Eğitim ve Araştırma Hastanesi'ne Teknik Gezi

Istanbul Gelisim Üniversitesi Sağlık Bilimleri Fakültesi, Sağlık Yönetimi Bölümü bölüm başkanı Doç. Dr. Gülay Tamer'in 1. sınıf öğrencileriyle planladığı, sağlık hizmeti sunumunda öncüsü basamak sağlık kurumlarından olan eğitim ve araştırma hastanelerinin tanıtılması, hastanelerin organizasyon yapılarının öğrenilmesi, istihdam olanaklarının ve mesleki uygulamaların değerlendirilmesi amacıyla SBÜ Kanuni Sultan Süleyman Eğitim ve Araştırma Hastanesine 08.11.2022 tarihinde teknik gezi gerçekleştirildi.

Teknik geziye, Sağlık Yönetimi Bölümü öğretim üyelerinden Dr. Öğr. Üyesi Emrah Tuncer, Arş. Gör. Semanur Oktay, Arş. Gör. Gözde Tetik ve bölüm öğrencileri katılım sağladı.

İlk olarak Başhekimlik biriminde İdari ve Mali İşler Yardımcısı Perihan Abay, öğrencilerimizi karşıladı. Sonrasında Başhekim Yardımcısı Uzm. Dr. Mete Burak Özdemir hastane işleyişinden bahsederken, mesleki deneyimlerini ve önerilerini öğrencilerle paylaştı. Sağlık Yönetimi bölümü mezunlarının hastane yönetim kademelerinde yer almaları gerektiği ifade eden Uzm. Dr. Özdemir, bayrağı genç sağlık yöneticilerine devretmenin gerekli olduğunu ve bundan mutluluk duyacağını belirtti.

Daha sonra kendisi de sağlık idaresi mezunu olan Hastane İdari ve Mali İşler Müdürü Mustafa Serbes, hastanelerin birçok iş alanını içinde barındıran karmaşık yapıları hakkında konuştu, bu nedenle geleceğin sağlık yöneticilerinin her alanda kendini geliştirmiş olmaları gerektiği üzerinde durdu. Sağlık sektöründe ekip çalışmasının önemli olduğunu, sağlık kurumlarının yönetiminde yer almanın sorumluluğunun büyük olduğunu ve Sağlık Yönetimi lisans mezunlarının sağlık kurumlarındaki idari birimlerde yer almalarının yönetimde profesyonelleşmeye katkı sağlayacağını söyledi.

Destek ve Kalite Müdürü Nesrin Aydemir, sağlık kurumlarında kalitenin öneminden bahsederek, kalite biriminin görev ve sorumlulukları hakkındaki tecrübelerini öğrencilerimizle paylaştı. Kalitenin hayatın her anında öncelik olması gerektiğini ifade eden Aydemir, sağlık kurumlarında kalitenin herkesin katılımıyla gerçekleştirilebileceğini ve bunun içinde profesyonel sağlık yöneticilerinin hastane yönetiminde söz sahibi olmaları gerektiğinden bahsetti. Kalite ve verimliliğin ayrılmaz bir bütün olduğunu ve sürekli iyileşmenin sağlık alanındaki önemini yadsınmaz olduğunu ifade etti.

Hastane Başhekimisi Doç. Dr. Ali Kocataş, her kurumda olduğu gibi sağlık kurumlarında da iyilikatın en önemli şey olduğunu ve ancak iyilikatle yönetilen kurumların başarılı olabileceğini ve hizmet ettikleri insanlara yararlı olabileceğini söyledi.

Soru-cevap şeklinde tamamlanan program sonrasında öğrenciler, İdari ve Mali İşler Yardımcısı Perihan ABAY eşliğinde hastanenin bazı birimlerini ziyaret ettikten sonra teknik gezi tamamlandı.



26. Health Talks Week

Health Talks Week

As part of the Health Talks Seminar Series organized by Lecturer Ebru CENGİZ and Assistant Professor Erdi BİLGİÇ, various health topics were covered: In the event on "Gynecological Emergencies," Obstetrician and Gynecologist Op. Dr. Yunus ÇAVUŞ participated as a speaker. Nephrology Specialist Assoc. Prof. Dr. Gökhan TEMİZ conducted a seminar on "Organ Transplantation and Ethical Values in Kidney Transplantation" on another day. In the "Oral and Dental Health Care" event organized on the third day, Dentist Dt. Ahmet Murat ARTUÇ participated as a speaker. The last two days featured joint events organized by the Health Institutions Management and Operating Room Services Programs. Professor Dr. Halil ALIŞ spoke on "Treatment Methods in the Fight Against Obesity," and Radiology Specialist Prof. Dr. H. Onur SILDİROĞLU covered "Covid Involvements in Medical Imaging."



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27. Health Talks: 'Covid and Joint Pain'

[Health Talks: 'Covid and Joint Pain'](#)

Orthopedics Specialist Assoc. Prof. Ersin ERÇİN provided information on the causes of joint pain during the Covid period and discussed current treatment methods for joint pain, answering students' questions.

Anasayfa

Genel Bilgiler

Kontenjanlar

Müfredat

Akademik Kadro

Program Başkanı Mesaj

Çift Ana Dal (ÇAP) - Yan Dal

Bölümler

Diğ. Protez Teknolojisi Laboratuvarı

Bölüm Tanıtımı

18 Mart 2022 Cuma

Sağlık Sohbetleri "Covid ve Eklem Ağrıları"

Sağlık sohbetleri "Covid ve Eklem Ağrıları, Ortopedi Güncel Tedaviler" semineri gerçekleştirildi.

Öğr. Gör. Ebru CENGİZ, Öğr. Gör. Emel ÇAKAR ve Öğr. Gör. Ortopedi ve Travmatoloji Uzmanı Doç. Ersin ERÇİN hocamız konuşmacı olarak katıldı.

Ortopedi Uzmanı Doç. Ersin ERÇİN, Covid döneminde eklem ağrılarının nedenleri ve eklem ağrılarında güncel tedavi yöntemleri hakkında bilgi vererek öğrencilerin sorularını yanıtladı.

K Blok Oditoryumu'nda gerçekleştirilen ve öğrencilerin kariyer planlamalarına ışık tutan seminer ilgiyle izlendi. Seminer sonunda konuşmacımızın "14 Mart Tıp Bayramı" akademisyen ve öğrenciler tarafından kullanıldı. Konuşmacımız Lecturer'e plaketi Ebru Cengiz takdim etti.





28. Pelvic Floor Seminar

[Pelvic Floor Seminar](#)

On March 8th, in celebration of International Women's Day, Istanbul Gelişim University's Physiotherapy and Rehabilitation Club, along with the Physiotherapy and Rehabilitation Department, organized an event featuring Physiotherapist and Osteopath Kübra ERKUT for a 'Pelvic Floor Seminar.' During the event, Erkut provided students with information about pelvic floor anatomy, pelvic floor health, and women's health. She also shared her professional journey and discussed the challenges she has encountered in her career.



29. Pediatric Pelvic Floor Rehabilitation

[Pediatric Pelvic Floor Rehabilitation](#)

Organized by Istanbul Gelişim University's Physiotherapy and Rehabilitation Club, along with the Physiotherapy and Rehabilitation Department, an event on 'Pediatric Pelvic Floor Rehabilitation' was conducted with the team from the Tuğtepe Pediatric Urology and Surgery Clinic, including Prof. Dr. Halil TUĞTEPE, Specialist Physiotherapist Aygül KÖSEOĞLU, and Physiotherapist Tuğçe ATALAY. The event covered topics such as pelvic floor physiotherapy, pediatric urology and surgery, and pelvic floor rehabilitation practices.



30. Pediatrics Rehabilitation

[Pediatrics Rehabilitation](#)

At an event organized by Istanbul Gelişim University's Physiotherapy and Rehabilitation Club, in collaboration with the Physiotherapy and Rehabilitation Department, Specialist Physiotherapist Gülcan AKSOY was invited to share her experiences with students regarding



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pediatric rehabilitation. AKSOY discussed the challenges of pediatric rehabilitation, highlighting both the enjoyable and challenging aspects of working with children.



31. World Food Crisis During Pandemic and War

World Food Crisis During Pandemic and War

At the online panel organized by the Food Engineers Association, speakers Prof. Dr. Nevzat Artık shared information on 'Sustainability in Agriculture, Food, and Nutrition,' Prof. Dr. Fahri Yavuz discussed 'Global and National Impacts of Recent Developments on Food Supply Security,' and Assoc. Prof. Dr. Türkan Keçeli Mutlu addressed 'Sustainability and Quality in Vegetable Oils.'



32.Seminar on Syntactic Processing Skills in Children with Specific Language Disorders

Seminar on Syntactic Processing Skills in Children with Specific Language Disorders

A seminar on Syntactic Processing Skills in Children with Specific Language Impairment was organized by Istanbul Gelişim University Faculty of Health Sciences, Department of Speech and Language Therapy, and its Club. The seminar featured the participation of Specialist Speech and Language Therapist Melih Tunga İŞLEYEN, who shared information with students about syntactic processing skills in children with specific language impairment.



33. "Basic Life Support in Children" Training for Academic Staff

"Basic Life Support in Children" Training for Academic Staff

The training provided by the Head of the First Aid and Emergency Assistance Program, Lecturer Emel Çakar, and Laboratory Technician Paramedic Onur Sayılkan, was conducted with the practical application of educators on models.





34. Assessment and Therapy in Preschool Language Disorders

Assessment and Therapy in Preschool Language Disorders

A seminar was organized by Istanbul Gelişim University Faculty of Health Sciences, Department of Speech and Language Therapy, and its club with the participation of Expert Speech and Language Therapist Beyza KİBAR. The seminar provided students with detailed information about language disorders and therapeutic approaches observed during the preschool period.



34. The topic of this week's presentation in the Audiology Department Seminars is "Hearing Loss Due to Noise."

The topic of this week's presentation in the Audiology Department Seminars is "Hearing Loss Due to Noise."





In the seminar, students were informed about noise scales, hearing loss due to noise, and the biological and psychological effects of exposure to noise through the presentation of Research Assistant Azize Köseoğlu.



35. World Diabetes Day

World Diabetes Day

On November 14th, 2022, within the scope of World Diabetes Day, a two-day event was organized with the contributions of the Nutrition and Dietetics (in Turkish and English) and Nursing (in Turkish) departments. On the first day of the event, Monday, November 14th, 2022, at the Health Sciences Faculty a stand was set up to showcase materials prepared by department students to raise awareness about diabetes. On November 15th, 2022, Tuesday, the "World Diabetes Week Awareness Event" took place at the Mehmet Akif Ersoy Hall with the participation of Prof. Dr. H. Şeyda ÖZCAN and Specialist Dietitian Neslihan KOYUNOĞLU BİNGÖL.



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ISTANBUL GELISIM UNIVERSITESI

Sağlık Bilimleri Fakültesi

Beslenme ve Diyetetik (TR-İNG) Bölümü, Hemşirelik (TR-İNG) Bölümü ve Hemşirelik Kulübü

Dünya Diyabet Haftası Farkındalık Etkinliği

KONUŞMACI
Uzm. Dyt. Neslihan KOYUNOĞLU BİNGÖL
Diyabet Diyetisyeni

KONUŞMACI
Prof. Dr. H. Şeyda ÖZCAN
Sağlık Bilimleri Fakültesi

15 Kasım 2022 Salı 09.30 12.00

J Blok Mehmet Akif Ersoy Konferans Salonu

gelisim.edu.tr



36. Seminar on Theory and Models in Occupational Therapy

Seminar on Theory and Models in Occupational Therapy

Gelisim University hosted Occupational Therapist Mine KETHÜDAOĞLU to discuss the fundamental philosophy, theories, and models of Occupational Therapy. In the seminar, students gained a general perspective on the basic elements of occupational therapy,





understanding what theory is, the concept of models, theoretical developments in the field of occupational therapy, and how to use models.



37. The Past, Present, and Future of Physiotherapy

The Past, Present, and Future of Physiotherapy

On March 28th, the İstanbul Gelişim University Physiotherapy and Rehabilitation Club, in collaboration with the Physiotherapy and Rehabilitation Department Directorates, organized an event titled "The Past, Present, and Future of Physiotherapy" with the participation of Specialist Physiotherapist Zafer AKSUNGUR. The event saw active participation from students of both the Turkish and English departments of Physiotherapy and Rehabilitation. Aksungur shared experiences from his professional life and later answered students' questions about their careers and aspirations.





38. Istanbul Gelişim University Addiction Combat Coordination organized a seminar on "Technology Addiction."

[Istanbul Gelişim University Addiction Combat Coordination organized a seminar on "Technology Addiction."](#)

Istanbul Gelişim University's Addiction Combat Coordination organized a seminar on "Technology Addiction." Dr. Associate Professor Nurten Elkin, Coordinator of the Addiction Combat Unit, emphasized that addictions are an increasingly significant public health issue in our country and worldwide. Associate Professor Nermin Gündüz, a specialist in Mental Health and Disorders, stated that addictions constitute a multidimensional health problem, and the solution can be achieved through a multidisciplinary approach. She discussed the definition of technology and internet addiction, highlighting that the entry of the internet into our lives is a relatively recent phenomenon, yet it has quickly become ubiquitous and almost indispensable. She pointed out that despite the positive necessities and developments, technology and internet use can bring many negatives, especially when not used correctly and carefully in children and adolescents (in terms of duration and content) and when not supervised. She mentioned the challenges in diagnosing autism in children and the various problems arising from social media use not only among children and adolescents but also among adults within families. Furthermore, she addressed the increasing issue of online gambling addiction in the virtual environment, which can lead to suicides. Additionally, she explained Maslow's hierarchy of needs, emphasizing that individuals sometimes try to replace these needs with technological platforms



39. Cancer Week Panel

[Cancer Week Panel](#)

The panel, titled "Multidisciplinary Approaches to Cancer," discussed different disciplines' approaches to cancer. Assistant Professor Turgay Dağtekin, Lecturer Mustafa Ferit Akkurt, Lecturer Çağıl Ertürk, Research Assistant Selen Aydöner, Lecturer Zeynep Şeyda Tut, and Research Assistant Buse Saygın presented their perspectives from their respective disciplines to the students.



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Courses

NUTRITION AND DIETETICS

1- BEY241 NUTRITION EDUCATION AND COUNSELING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
BEY241	NUTRITION EDUCATION AND COUNSELING	3	2	2	2

It aims to gain basic knowledge, skills, and attitudes about nutrition education and counseling. Course content; definition and importance of education; learning theories; teaching principles and methods; teaching strategies; nutrition education; factors affecting food choice; correcting the knowledge, attitudes, and behaviors of consumers; developing and evaluating nutrition education programs; preparing nutrition education materials and materials; nutrition education in children and adults; mobile in nutrition education/web-based technologies; and distance education communication and consultancy literacy and nutrition literacy to develop an exemplary education program on nutrition education.

[link to course content](#)



2-BEY 249 FOOD TOXICOLOGY (Elective course)

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY249	BESİN TOKSİKOLOJİSİ	3	3	3	6

It aims to provide information on toxic compounds that can be found in foods and the effects of these components on human health and legal regulations regarding toxic components. In the content of the course: Natural compounds and chemical pollutants that can be found in foods and may cause toxic effects, Effects of pollutants on human health; legal regulations on food toxicology.

[link to course content](#)





3-BEY253 TOPLUM BESLENMESİNE GİRİŞ (Elective course)

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY253	TOPLUM BESLENMESİNE GİRİŞ	3	3	3	6

To inform the students about the methods of determining their nutritional status, the problems encountered in society related to nutrition, and the solution methods. This course includes topics like: definition and content of community nutrition; nutrition epidemiology; institutions and organizations that carry out worldwide studies on community nutrition and their duties; methods of determining nutritional status; gold standards used in nutritional anthropometry; problems related to nutrition in the community; clinical signs of nutritional deficiency; biomarkers; biochemical methods, hematological methods, health statistics, age-specific mortality and morbidity rates; food consumption studies; ecological factors; and evaluation of homework.

[link to course content](#)



4-BEY 246 PUBLIC HEALTH NUTRITION

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
BEY246	PUBLIC HEALTH NUTRITION	4	2	2	3

It aims to evaluate nutritional principles by examining the epidemiology of nutritional problems in our country and in the world and to gain knowledge and attitudes about national food and nutrition plans and policies. The course includes the determination of the nutritional status of society and individuals; general nutrition principles; epidemiology; and policies on common nutritional problems in society.

[link to course content](#)





5-BEY343E NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES I

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY343E	NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES I	5	4	3	5

It is aimed at providing information on nutrition-related pediatric diseases, energy and nutrient requirements, and nutrition therapy planning for diseases. This course covers nutrition-related diseases in children, case follow-up in the clinic, methods of determining the nutritional status of children, nutritional principles, problems and recommendations, calculation of energy and nutrient requirements and appropriate diet therapy in premature babies, acute gastroenteritis, malnutrition, carbohydrate, protein, and fat malabsorption, some pediatric diseases, and includes planning applications.

[link to course content](#)

BEY343 ÇOCUK HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI I

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY343	ÇOCUK HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI I	5	4	3	5

[link to course content](#)



6-BEY346E NUTRITIONAL THERAPY AND PRACTICES IN ADULT DISEASES II

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY346E	NUTRITIONAL THERAPY AND PRACTICES IN ADULT DISEASES II	6	4	3	5

It aims to gain knowledge and skills about adapting personalized medical nutrition therapies by taking anamnesis information according to different clinical pathological conditions. This course covers nutrition-health relationships, dietitian duties and powers in clinical studies, nutritional status determination, diet planning principles, obesity, weakness, eating disorders, diabetes, cardiovascular diseases, hypertension, digestive system diseases, liver, gallbladder, and pancreatic diseases, inflammation, infectious diseases, and movement system diseases.

[link to course content](#)

BEY346 YETİŞKİN HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI II





Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY345	YETİŞKİN HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI I	5	4	3	5

[link to course content](#)



7-BEY347E COMMUNITY NUTRITIONAL ASSESSMENT

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY347E	COMMUNITY NUTRITIONAL ASSESSMENT	5	2	2	4

It aims to learn and explain the methods of determining community nutrition and nutritional status, and to gain knowledge about the application of these methods in determining the nutritional status of sick and healthy individuals. The content of this course includes national and international food and nutrition policies on community nutrition, methods for determining nutritional status, and screening tests for nutritional status.

[link to course content](#)

BEY347 TOPLUMDA BESLENME DURUMUNUN SAPTANMASI

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY347	TOPLUMDA BESLENME DURUMUNUN SAPTANMASI	5	2	2	4

[link to course content](#)



8-BEY344E NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES II

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY344E	NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES II	6	4	3	5

It is aimed at providing information on nutrition-related pediatric diseases, energy and nutrient requirements, and nutrition therapy planning for diseases. The content of this course includes enteral and parenteral nutrition in children, properties of formulas and products specific to diseases, oncological diseases, bone marrow transplantation, infectious diseases, neurological diseases, congenital protein, fat, carbohydrate metabolism disorders, liver and





pancreas diseases, children with attention deficit and hyperactivity disorder, disabled In children, nutritional anemia, burns and injuries, food allergies, nutritional principles, problems and suggestions for diseases, energy and nutrient requirements are calculated, and diet therapy planning is available.

[link to course content](#)

BEY344 ÇOCUK HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI II

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY344	ÇOCUK HASTALIKLARINDA BESLENME TEDAVİSİ VE UYGULAMALARI II	6	4	3	5

[link to course content](#)



9-BEY453E NUTRITION AND CANCER

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY453E	NUTRITION AND CANCER	7	3	3	6

It aims to gain knowledge about the formation and pathogenesis of cancer, how to alleviate these conditions with nutritional programs by knowing the side effects of various treatment methods and teaching the effectiveness of nutrition in preventing cancer, and to develop problem-solving skills, for example, and discovery skills by using information. The content of this course is cancer and the mechanism of cancer formation, its prevalence, treatment methods, nutritional practices in cancer patients, the effects of nutrients and nutritional components on the formation and process of cancer, appropriate nutritional support products used, and how nutritional carcinogens are processed.

[link to course content](#)

BEY453 BESLENME VE KANSER

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
BEY453	BESLENME VE KANSER	7	3	3	6

[link to course content](#)





CHILD DEVELOPMENT

1- CGY141E MATERNAL AND CHILD NUTRITION

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
CGY141E	MATERNAL AND CHILD NUTRITION	1	2	2	3

It aims to gain knowledge and attitudes about the physiological, metabolic, and endocrine changes during pregnancy and lactation, the principles of nutrition in this period, and the importance of nutrition in infancy, childhood, and adolescence. This course covers general nutrition concepts, the pregnancy-breastfeeding period, 0-1 year old, pre-school, school-age children, and adolescent nutrition problems, as well as adequate and balanced nutrition principles.

[link to course content](#)

CGY141 ANNE ÇOCUK BESLENMESİ

Kodu	Dersin Adı	Yanyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY141	ANNE ÇOCUK BESLENMESİ	1	2	2	3

[link to course content](#)



2- CGY250E PUBLIC HEALTH

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
CGY250E	CGY 250 E PUBLIC HEALTH	4	2	2	3

It aims to increase knowledge and attitudes about the health conditions affecting individuals in society and the importance of preventive health services. The content of this course includes: the concept of public health, public health service areas, the purpose of health services, preventive health services, maternal health, child health, family planning, and education, immunization, community nutrition, home care, school health, community mental health, infectious diseases.

[link to course content](#)





CGY250 HALK SAĞLIĞI

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY250	HALK SAĞLIĞI	4	2	2	3

[link to course content](#)



3-CGY311E FAMILY PLANNING EDUCATION

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY311E	FAMILY PLANNING EDUCATION	5	3	3	6

It aims to gain knowledge and attitudes about the basic concepts of family planning, the reasons for family planning, and effective methods used in family planning. The content of this course includes basic concepts about family planning, reasons for family planning, effective methods used in family planning, and the importance of counseling, family planning studies in Turkey, traditional methods in family planning, and sexually transmitted diseases.

[link to course content](#)

CGY311 AİLE PLANLAMASI EĞİTİMİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY311	AİLE PLANLAMASI EĞİTİMİ	5	3	3	6

[link to course content](#)



4-CGY244 GELİŞİM PSİKOLOJİSİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
CGY244	GELİŞİM PSİKOLOJİSİ	2	3	3	4

This course is aimed at gaining knowledge and skills related to the evaluation of different developmental areas and developmental progress in early childhood, within the framework of the basic principles, concepts, and theories of development. developmental periods, a lifelong perspective on human development and the nature of development, developmental





theories and research, the biological basis of development, prenatal development, birth, development in infancy, development in early childhood, development in middle and late childhood, young adulthood, middle adulthood, and advanced adult topics.

[link to course content](#)



SPEECH AND LANGUAGE THERAPY

1-DKT203 ÇOCUK SAĞLIĞI VE NÖROLOJİK GELİŞİM

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
DKT203	ÇOCUK SAĞLIĞI VE NÖROLOJİK GELİŞİM	3	3	3	6

This course aims at recognizing the developmental processes of childhood and raising awareness among students about childhood diseases and syndromes. In the course, normal brain development and developmental stages, risk factors causing disability, mental retardation in terms of pediatric neurology; causes and approach of hearing loss in children, diagnosis and follow-up of cerebral palsy, seizure, and epilepsy, definition of febrile seizure and first aid; language and speech delay in children and their causes, neurological problems with autistic symptoms and their effects on language development, teamwork in neurological diseases; and physical child abuse

[link to course content](#)



FİZYOTERAPİ VE REHABİLİTASYON

1- FTY454E PREVENTIVE PHYSIOTHERAPY AND REHABILITATION

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY454E	PREVENTIVE PHYSIOTHERAPY AND REHABILITATION	8	3	3	6

The course aims to define the conditions that affect health, plan the services for the protection of health and teach preventive physiotherapy services. The concept of health, health protection methods, health legislation, and the duties of the physiotherapist profession in the field of preventive health are covered in the subject.





[link to course content](#)

FTY454 KORUYUCU FİZYOTERAPİ VE REHABİLİTASYON

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY454	KORUYUCU FİZYOTERAPİ VE REHABİLİTASYON	8	3	3	6

[link to course content](#)



2- FTY448E EXERCISE AND PHYSICAL ACTIVITY FOR HEALTH

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY448E	EXERCISE AND PHYSICAL ACTIVITY FOR HEALTH	8	3	3	6

It aims to introduce the concepts of health and physical activity and to evaluate the importance of activities and exercises in a healthy and quality life. The definition of health, physical activity, sports and exercise, physical fitness parameters and evaluation, exercise indications, contraindications, and prescribing are included in the course content.

[link to course content](#)

FTY448 SAĞLIK İÇİN EGZERSİZ VE FİZİKSEL AKTİVİTE

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY448	SAĞLIK İÇİN EGZERSİZ VE FİZİKSEL AKTİVİTE	8	3	3	6

[link to course content](#)



3-FTY409E GERIATRIC REHABILITATION

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY409E	GERIATRIC REHABILITATION	7	3	3	6

It is aimed at understanding the physiological changes that occur with aging, comprehending the necessary evaluation and exercise programs for healthy and disabled elderly people, and





raising awareness about healthy aging and quality of life. It includes physiological changes that occur with aging, functional assessment methods, the application of clinical decision-making processes, projects, and case studies.

[link to course content](#)

FTY409 GERİATRİK REHABİLİTASYON

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY409	GERİATRİK REHABİLİTASYON	7	3	3	6

[link to course content](#)



4- FTY348E PHYSIOTHERAPY IN WOMEN AND MEN HEALTH

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY348E	PHYSIOTHERAPY IN WOMEN AND MEN HEALTH	6	3	3	6

It aims to inform students about evaluation and appropriate physiotherapy approaches in the subjects in which the physiotherapist plays a role in women's and men's health. It is a course that includes the definition, classification, and evaluation of the problems covered by Physiotherapy in Women's and Men's Health, preventive approaches, and the selection of different physiotherapy approaches that can be applied.

[link to course content](#)

FTY348 KADIN VE ERKEK SAĞLIĞINDA FİZYOTERAPİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
FTY348	KADIN VE ERKEK SAĞLIĞINDA FİZYOTERAPİ	6	3	3	6

[link to course content](#)



NURSING





1- HEY243E INFECTIOUS DISEASES NURSING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY243E	INFECTIOUS DISEASES NURSING	3	2	2	3

It aims to gain knowledge and skills to understand the responsibilities of nurses in infectious diseases. The content of this course; developmental stages, life-long perspective on human development and the nature of development, developmental theories and development research, biological basis of development, prenatal development, birth, development in infancy, development in early childhood, development in middle and late childhood, young adulthood, middle adulthood, and advanced adulthood.

[link to course content](#)

HEY243 ENFEKSİYON HASTALIKLARI HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY243	ENFEKSİYON HASTALIKLARI HEMŞİRELİĞİ	3	2	2	3

[link to course content](#)



2-HEY341E WOMENS HEALTH AND DISEASES NURSING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY341E	WOMENS HEALTH AND DISEASES NURSING	5	12	8	9

It is aimed at gaining knowledge and skills about the reproductive system in every woman's cycle. In the content of the course; basic concepts and indicators related to female reproductive health, roles and functions of female health nurse, female and male reproductive organ anatomy and physiology, human reproductive physiology and the formation of pregnancy, gender discrimination and its reflections on women's health, characteristics of female life stages and health needs, prenatal period and care, pregnancy follow-up and examination, education and counseling for the pregnant woman and her family, genetic counseling and preconceptional care, evaluation of fetal health, risky conditions and care during pregnancy, normal delivery and care, physiology of sexual act and lifelong sexual health, sexual orientation, sexual problems and myths, gynecological diseases, protection and care from benign and malignant formations.

[link to course content](#)





HEY341 KADIN SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY341	KADIN SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ	5	12	8	9

[link to course content](#)



3-HEY342E CHILDRENS HEALTH AND DISEASES NURSING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY342E	CHILDRENS HEALTH AND DISEASES NURSING	6	12	8	9

In line with family-centered care and holistic health care philosophy, it aims to develop, protect, and maintain the health of children, families, and society, and to gain knowledge and skills related to deviations from health. The content of this course includes: history of pediatric nursing, pediatric nursing, child health status, growth and development, neonatal diseases, nutrition in childhood, evaluation of nutrition, nutritional disorders, hygiene, sleep, play, communication with the child, approach to the sick child and his family, systems in childhood (respiratory, heart and circulation, digestion, nervous, musculoskeletal, genitourinary, endocrine, hematology, oncology), common problems and nursing care, frequent accidents in childhood, child abuse and neglect, child rights.

[link to course content](#)

HEY342 ÇOCUK SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY342	ÇOCUK SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ	6	12	8	9

[link to course content](#)



3- HEY442E PUBLIC HEALTH NURSING

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY442E	PUBLIC HEALTH NURSING	8	12	8	9





The aim of the course is to gain knowledge and skills about the basic principles and practices of public health nursing. Lesson; general concepts and health problems in public health, health protection levels, early diagnosis and screening methods, health promotion and health education to the community. It introduces the different branches of the nursing department, such as family health, school health, elderly health, occupational health, and environmental health.

[link to course content](#)

HEY442 HALK SAĞLIĞI HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY442	HALK SAĞLIĞI HEMŞİRELİĞİ	8	12	8	9

[link to course content](#)



4- HEY416E SEXUAL HEALTH

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY416E	SEXUAL HEALTH	8	3	3	6

[link to course content](#)

It aims to provide information about sexual health, the development of sexual health and sexual health care. The content of this course includes: introduction to sexual health, history of sexuality, view of sexual health in societies, theories about sexual health, psychosocial dimension of sexuality, sexual development according to life stages, physiology of sexual act, sexual dysfunctions, sexual rights, sexually transmitted infections and protection, contraception, nursing In this process, there are approaches to sexual problems and an evaluation of sexual health.

HEY416 CİNSEL SAĞLIK

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY416	CİNSEL SAĞLIK	8	3	3	6

[link to course content](#)





5- HEY419E NEWBORN NURSING

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY419E	NEWBORN NURSING	7	3	3	6

[link to course content](#)

It is aimed at giving the care characteristics of newborns and newborns at risk. Course content; It covers neonatal nursing, the neonatal period, evaluation of newborn health, and care of healthy and risky newborns.

HEY419 YENİDOĞAN HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY419	YENİDOĞAN HEMŞİRELİĞİ	7	3	3	6

[link to course content](#)



6- HEY441E MENTAL HEALTH AND DISEASES NURSING

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
HEY441E	MENTAL HEALTH AND DISEASES NURSING	7	12	8	9

It is aimed at protecting mental health and gaining knowledge, skills, and attitudes about care, education, and rehabilitation in case of illness. In the content of the course, basic concepts in mental health and diseases general symptoms of mental illnesses, mental disorders in childhood and adolescence and nursing approach, personality disorders and nursing approach, crisis, stress, anxiety, somatoform disorders, mood disorders, schizophrenia and psychotic disorders, alcohol-substance addiction There are special areas in nursing, eating disorders, sexual dysfunction, mental health, and diseases.

[link to course content](#)

HEY441 RUH SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ





Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY441	RUH SAĞLIĞI VE HASTALIKLARI HEMŞİRELİĞİ	7	12	8	9

<https://gbs.gelisim.edu.tr/ders-detay-17-318-13322-1>



7-HEY308E ONCOLOGY NURSING

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY308E	ONCOLOGY NURSING	6	3	3	6

It aims to gain knowledge and skills about the basic concepts of oncology nursing and evidence-based approaches in nursing care. This course covers the following topics: cancer definition and classification, epidemiology, carcinogenesis, risk factors, diagnostic methods, nurse role in early diagnosis and prevention, symptom management, treatment management, chemotherapy and nursing approach, radiotherapy and nursing approach, bone marrow depression and nursing approach, mucositis and nursing approach, nausea-vomiting and nursing approach, nutrition and nursing approach, and cancer rehabilitation.

[link to course content](#)

HEY308 ONKOLOJİ HEMŞİRELİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
HEY308	ONKOLOJİ HEMŞİRELİĞİ	6	3	3	6

[link to course content](#)



PERFUSION

1-PER108 HEART DISEASES

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
PER108	HEART DISEASES	2	2	2	4





It is aimed at gaining knowledge of the definition, physiopathology, diagnosis, and treatment methods of cardiovascular diseases, to the extent required by the profession. Heart diseases, physiopathology of coronary artery disease, diagnosis of coronary artery disease and accompanying pathologies of coronary artery disease, treatment methods of coronary artery disease are included in the course content.

[link to course content](#)



2-PER443 SAĞLIĞIN KORUNMASI VE GELİŞTİRİLMESİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
PER443	SAĞLIĞIN KORUNMASI VE GELİŞTİRİLMESİ	7	3	3	6

It is aimed at gaining knowledge about planning, applying, and evaluating behavior change strategies in gaining healthy lifestyle behaviors. Health protection and promotion concepts, social-cultural factors affecting health and disease, behavior change processes, health promotion programs, nutrition and weight control, the role of nutrition in protecting and improving health, factors affecting nutritional behaviors, positive nutritional behaviors, roles of health personnel, exercise management It includes topics such as coping with stress, smoking cessation, behavioral techniques that facilitate smoking cessation, and safe sex.

[link to course content](#)



3-PER444 DEONTOLOJİ- DEONTOLOGY

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
PER444	DEONTOLOJİ	8	2	2	6

Its goal is to explain the ethics, moral rules, and value system, as well as to learn about defining the virtues, values, and ethical codes that health workers should possess. It includes the concepts of ethics and the virtues and values that a health worker should have as a subject.

[link to course content](#)





4-PER447 SAĞLIK SOSYOLOJİSİ VE ANTROPOLOJİSİ-HEALTH SOCIOLOGY AND ANTHROPOLOGY

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
PER447	SAĞLIK SOSYOLOJİSİ VE ANTROPOLOJİSİ	7	3	3	6

It aims to gain knowledge and skills related to health, sociology, and anthropology. Sociology and health sociology, health and demographic characteristics, concepts of disease and illness, social factors affecting the health-disease phenomenon, socio-cultural structure and health-disease relationship, urbanization, industrialization and environmental health and health relationship, comparative health systems, traditional medicine, alternative medicine. It includes topics such as medicine and society, health personnel-patient relations.

[link to course content](#)



HEALTH MANAGEMENT

1- SYY243 COMPARATIVE HEALTH SYSTEMS AND HEALTH POLICIES

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY243	COMPARATIVE HEALTH SYSTEMS AND HEALTH POLICIES	3	3	3	6

It aims to evaluate and examine the health systems and health policies of countries with different socio-economic levels with a comparative perspective, and accordingly, to provide a perspective on health systems with new solution proposals. The course covers the evaluation of health systems from past to present, the examination of national health policies and the factors affecting them, the examination of health policies and practices in Turkey, the evaluation of general health insurance implementation, and the comparison of country models according to practices.

[link to course content](#)



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





2- SYY451 ULUSLARARASI SAĞLIK İŞLETMECİLİĞİ

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SYY451	ULUSLARARASI SAĞLIK İŞLETMECİLİĞİ	7	3	3	6

The course SYY451 International Health Management aims to investigate in depth the examples, functioning, and characteristics of health enterprises, health services, and systems around the world and in Turkey. The contributions of health systems to the country's health and quality of life are covered.

[link to course content](#)



3- SYY344 QUALITY MANAGEMENT IN HEALTH INSTITUTIONS

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY344	QUALITY MANAGEMENT IN HEALTH INSTITUTIONS	6	3	3	4

Understanding the basic theoretical knowledge and skills related to quality management in health institutions, understanding the basic concepts, principles, and techniques necessary for the effective management of quality in health institutions in today's changing conditions, and understanding quality processes and practices in Turkey's health care system in the light of patient and employee safety principles. It is intended to provide an understanding of the concept of quality. The content of the course includes the concept of quality, the historical development of quality, quality management, quality and leadership, self-esteem, ethics, quality management in health services, continuous quality improvement in health, patient rights, and accreditation.

[link to course content](#)





4- SYY346 EPIDEMIOLOGY

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY346	EPIDEMIOLOGY	6	2	2	3

The aim of this course is to enable students to apply their existing knowledge to improve the health of society, to use research methods to comprehend the determinants of health and disease states, and to develop competencies in analysis, synthesis, and planning by providing students with the necessary knowledge and skills to evaluate the health status of the community. It includes the basic concepts of epidemiology, the characteristics of epidemiological studies, the interaction of agents with the environment and humans; the application areas of epidemiology (infectious diseases, cardiovascular diseases, cancer epidemiology) and topics related to epidemiological research.

[link to course content](#)



5- SYY342 FINANCIAL MANAGEMENT IN HEALTH INSTITUTIONS

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY342	FINANCIAL MANAGEMENT IN HEALTH INSTITUTIONS	6	3	3	5

It aims to provide information about the concepts of working capital management and investment management, which are two areas that financial management basically covers in health enterprises. In the field of financial management, businesses make their financial decisions using the time value of money, the expected return of the business and the expected returns of financial assets. The course adopts the goal of taking the health system forward by supporting it financially. Financing models used in the health sector, financial statement types in health institutions, capital structure in health institutions, stocks in health institutions, budgeting and capital budgeting in health institutions, payment methods in health institutions, financial audit in health institutions.

[link to course content](#)





6-SYY347 PUBLIC HEALTH

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY347	PUBLIC HEALTH	5	2	2	3

It is aimed at providing students with the knowledge and skills to understand the basic concepts of public health, the role of public health in the prevention of important diseases affecting public health, and how to use public health systematically for the protection and development of individual, family, and community health. The course covers topics such as the concept of public health and its historical development, health protection and promotion, family planning, health education, immunization, environmental health, and occupational health.

[link to course content](#)



7-SYY341 SAĞLIK KURUMLARINDA İNSAN KAYNAKLARI YÖNETİMİ-HUMAN RESOURCES MANAGEMENT IN HEALTH INSTITUTIONS

Code	Name of the Course Unit	Semester	In-Class Hours (T+P)	Credit	ECTS Credit
SYY341	HUMAN RESOURCES MANAGEMENT IN HEALTH INSTITUTIONS	5	3	3	3

The course's goal is to educate students about Human Resources Management, which is an important aspect of health management, and to familiarize them with and use basic human resources practices such as performance evaluation, wage management, and education management. This course covers human resource planning and management, job application and personnel selection, training and development, performance appraisal, career planning, wage management, occupational health and safety, labor relations, motivation and quality of work life, management and union relations, and health. It includes topics such as sample applications related to the field.

[link to course content](#)





8-SYY349 SAĞLIK HİZMETLERİNDE SÜRDÜRÜLEBİLİRLİK

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SYY349	SAĞLIK HİZMETLERİNDE SÜRDÜRÜLEBİLİRLİK	5	3	3	6

It aims to give students the ability to develop new policies by bringing environmental and economic development practices to light with political and managerial approaches, giving students the ability to compare sustainability policies in health services. It covers the comparative evaluation of the applicability of sustainability policies in health services implemented in the world and in Turkey, and the analysis of the relationship between sustainability and health.

[link to course content](#)



9-SYY248 ÇOK KÜLTÜRLÜLÜK VE SOSYAL HİZMET

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SHY248	ÇOKKÜLTÜRLÜLÜK VE SOSYAL HİZMET	4	3	3	6

It aims to understand the right to benefit from health services and to receive information; to inform the patient about the protection of patient rights, and to distinguish between the authorities of the institutions and organizations that the patient belongs to according to the legislation. Patient safety; legal perspective and responsibilities for patient and employee safety; hospital hygiene plan and waste management; employee safety.

[link to course content](#)



SOCIAL WORK

1-SHY246 KENTLEŞME, KENTSEL SORUNLAR VE SOSYAL HİZMET

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SHY246	KENTLEŞME, KENTSEL SORUNLAR VE SOSYAL HİZMET	4	3	3	6

It is aimed at gaining knowledge about and developing solutions for the health and life-related problems brought about by the urbanization phenomenon. There is discussion of urbanization, urbanization problems, new strategies, traditional cities, contemporary cities,





sustainable urbanization strategies, population, social work policies, and social work models for cities.

[link to course content](#)



2-SHY348 TIBBİ VE PSİKİYATRİK SOSYAL HİZMET

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SHY348	TIBBİ VE PSİKİYATRİK SOSYAL HİZMET	6	3	3	6

In order to solve the psycho-social and socio-economic problems affecting the treatment process of patients receiving service from health institutions and organizations in a timely manner with the methods and techniques of the social work profession and discipline, by determining the procedures and principles regarding the planning, implementation, evaluation, and supervision of medical social work, aimed at gaining knowledge and attitudes. Within the scope of this course, the concepts of illness and health, the duties of the medical social worker, patient rights, social group work in medical care and treatment institutions, teamwork in medical care and treatment institutions, the importance of community mental health, psychiatric diseases, and the importance and responsibilities of the social worker in mental health topics are covered.

[link to course content](#)



3-SHY354 MADDE BAĞIMLILIĞI VE SOSYAL HİZMET

Kodu	Dersin Adı	Yarıyıl	Süresi(T+U)	Kredisi	AKTS Kredisi
SHY354	MADDE BAĞIMLILIĞI VE SOSYAL HİZMET	6	3	3	6

It is aimed at gaining information on preventive, therapeutic, and rehabilitative social work practices in substance abuse. Subjects such as addiction, substance abuse, recreational drugs, rehabilitation, social problems, environmental problems, substance abuse, social work, and preventive measures are covered within the scope of course topics.

[link to course content](#)





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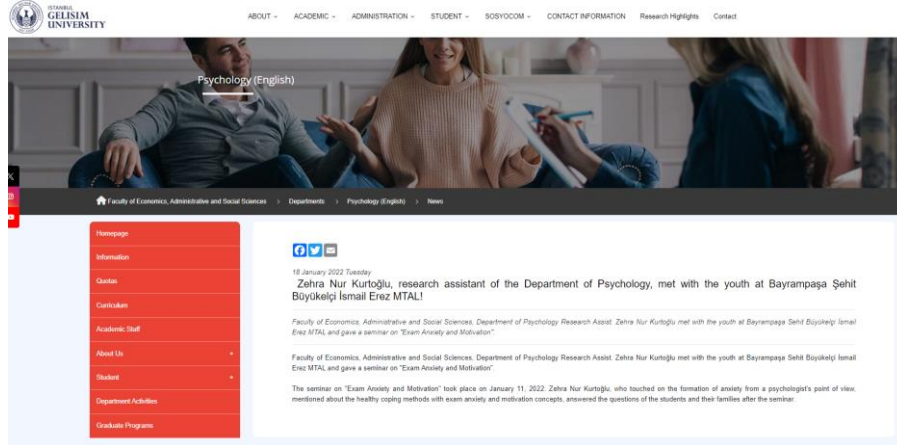




Community Service

1. Zehra Nur Kurtoğlu, a Research Assistant in the Psychology Department, met with young individuals at Bayrampaşa Şehit İsmail Erez Vocational and Technical High School.

[Zehra Nur Kurtoğlu, a Research Assistant in the Psychology Department, met with young individuals at Bayrampaşa Şehit İsmail Erez Vocational and Technical High School.](#)



Zehra Nur Kurtoğlu, a Research Assistant in the Faculty of Economics, Administrative, and Social Sciences, Department of Psychology, gave a seminar on "Exam Anxiety and Motivation" at Bayrampaşa Şehit İsmail Erez Vocational and Technical High School. Addressing the formation of anxiety from a psychologist's perspective and discussing healthy coping methods with exam anxiety and motivation concepts, Zehra Nur Kurtoğlu answered questions from students and parents after the seminar.



2. A seminar on "Child Protection System: Raising Awareness about Practices and Issues" was conducted.

[A seminar on "Child Protection System: Raising Awareness about Practices and Issues" was conducted.](#)

The seminar, moderated by Prof. Dr. Ebru Kolsal, featured Dr. Assistant Professor Figen Paslı as a speaker, with the participation of Istanbul Gelisim University Faculty of Economics, Administrative, and Social Sciences Deputy Dean Dr. Assistant Professor Abdullah Yüksel Barut. PASLI explained the process of exposing abuse within the scope of the approach to child abuse, stating that the process progresses when the child, parent, or relatives complain,



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when signs of abuse are seen by professionals, and when the child is reported to have been exposed to abuse. He emphasized that ensuring this process at the earliest stage is crucial for quickly seeking professional help, receiving support from their surroundings, minimizing mental health issues, and achieving positive treatment outcomes. It was emphasized that a comprehensive approach with a multidisciplinary team is necessary for children exposed to abuse, and the issue should be addressed with a team understanding that includes the health/medical, social service, and judicial dimensions. The main focus should be on protecting the child, supporting the child and the family together, and the need for long-term monitoring and rehabilitation was discussed. It was highlighted that there are specific components for effectively protecting a child from abuse, and these components include a protective environment, awareness and reporting, and intervention.



3. "Black Mulberry: Fruit or Medicine?" Book Takes Its Place on the Shelves!

["Black Mulberry: Fruit or Medicine?" Book Takes Its Place on the Shelves!](#)

Assistant Professor Murat Doğan has contributed as an author with the chapter titled "Black Mulberry: Reliable Dose, Potential Toxicity, and Side Effects" in the book "Black Mulberry: Fruit or Medicine?" edited by Hayrettin Mutlu and Elif Günalan. Apart from Dr. Assistant Professor Murat Doğan, a total of 16 other contributors have also authored chapters in the published book.



4. Attention Parents of Children Under 1 Year Old: This Bacterium Affects Children the Most!"

[Attention Parents of Children Under 1 Year Old: This Bacterium Affects Children the Most!](#)

The Salmonella (Salmonellosis) bacterium detected in packaged snacks frequently consumed by children causes thousands of deaths and economic losses every year. Emphasizing that this bacterium is more prevalent in children under the age of one, Istanbul Gelisim University Faculty Member Prof. Dr. Mustafa Nizamlioğlu issued warnings to parents.





5. **“Prominent ear” aesthetics should be done before starting primary school!** **“Prominent ear” aesthetics should be done before starting primary school!**

Istanbul Gelisim University Ear, Nose, and Throat Specialist Assistant Professor Başak Çaypınar Eser stated that the appearance of "bat ear" caused by the separation of the earlobe or developmental disorder in the ear cartilage can be corrected through surgery. She recommended that the operation be performed before starting primary school. The appearance of "bat ear," which does not create a problem in the general functioning of the body but causes aesthetic and psychological discomfort, can be addressed with the advancement of modern medicine, providing the possibility of surgery. Assistant Professor Başak Çaypınar Eser from Istanbul Gelisim University Faculty of Health Sciences, Department of Audiology, emphasized that this common problem can lead to psychological distress, especially in school-aged children, and highlighted that "bat ear" aesthetics is a surgery with a high satisfaction rate.



6. **18 Million children may be at risk!** **18 Million children may be at risk!**

The illegal processing of unused electronic devices (e-waste) poses a risk to the health of children, teenagers, and expectant mothers worldwide. Dr. Emre Gündoğdu, Assistant Professor at Istanbul Gelisim University, emphasized that the health of children and pregnant women is at risk due to exposure to e-waste. E-waste, creating a new business area due to its valuable metals and minerals, causes problems for both human health and environmental health due to inappropriate disposal methods. As World Electronic Waste Day approaches, Dr. Emre Gündoğdu, from the Department of Political Science and International Relations at Istanbul Gelisim University, evaluated the situations arising from digital waste recycling activities. According to a report published by the World Health Organization (WHO) on toxic threats arising from digital waste, Dr. Emre Gündoğdu pointed out a direct connection between e-waste recycling activities and health problems.



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7. Should wisdom teeth be extracted or kept?

Should wisdom teeth be extracted or kept?

Orthodontics Specialist Prof. Dr. Mehmet Oğuz Öztoprak from Istanbul Gelisim University stated that when wisdom teeth are not extracted, it can lead to serious joint problems. Öztoprak mentioned, "Research conducted by the famous Orthodontics Specialist Raymond Begg in the 1950s on ancient people and Australian aborigines who consumed coarse and fibrous foods shows that while chewing coarse and fibrous foods, teeth become more flexible, resulting in a gap between the teeth due to interdental wear. This allows the wisdom teeth at the back to emerge easily. However, the processed foods we consume today, soft bread, pressure-cooked meats, or cream cheeses, do not exercise our teeth. In other words, our teeth do not need shock absorbers. Therefore, teeth cannot be worn down by friction, and there is no space left behind for wisdom teeth.



8. Breast milk reduces the risk of developing obesity in babies later in life

Breast milk reduces the risk of developing obesity in babies later in life

To emphasize the importance of breast milk and breastfeeding, World Breastfeeding Week is celebrated every year from August 1st to 7th under the leadership of the World Health Organization (WHO) and UNICEF. Dr. Nurten Elkin, Public Health Specialist and Assistant Professor at Istanbul Gelisim University, stated that breastfeeding is beneficial for both the mother and reduces the risk of various diseases in infants, such as obesity in later years. She emphasized that nutrition plays a significant role in achieving and maintaining child health during the brain development process that starts in the mother's womb and continues until the age of two after birth, ensuring growth and development under ideal conditions.





9. Asthma is observed in 40% of patients with obesity.

[Asthma is observed in 40% of patients with obesity.](#)

Asthma, a serious public health issue affecting approximately 370 million people worldwide, is also prevalent in our country, with one in every 13 individuals being affected. Emphasizing that there is no medication that completely eliminates the disease, Dr. Nurten Elkin, Public Health Specialist at Istanbul Gelisim University, shared insights on common misconceptions about asthma on World Asthma Day, observed on May 5th. Asthma, which can affect people of all ages but can be controlled with the right treatment methods, is not just a childhood disease as commonly believed; it can develop later in life. Elkin, discussing the increasing number of cases each year, highlighted that without proper treatment methods, the daily life quality of asthma patients could decline.



10. Overprotective parental attitude creates social phobia

[Overprotective parental attitude creates social phobia](#)

Social phobia is defined as the reluctance to enter social situations due to fears and anxieties such as making a wrong move and being criticized, embarrassed, ashamed, failing, or being humiliated, especially in crowded environments with unfamiliar people. Dr. Yasin Genç, a psychiatrist and assistant professor, mentioned that the development of social phobia is associated with a genetic predisposition and the presence of protective parental attitudes. In some individuals, anxiety and fear behaviors in situations that require social interactions can hinder social life and lead to negative effects on both physical and mental health. Social phobia is the most prevalent among anxiety disorders and is a condition with the highest level of functional impairment. Physical effects such as palpitations, sweating, blushing, trembling, and difficulty breathing are observed when facing situations like speaking in front of others, giving presentations, eating in public, and attending events such as meetings.





11. The virtual version of addiction: FoMO!

The virtual version of addiction: FoMO!

The use of social media is increasingly becoming a factor that governs our lives. Professor Dr. Ekrem Cüneyt Evren, commenting on the virtual world syndrome FoMO (Fear of Missing Out), which stems from the concern that others may have more satisfying lives, stated that this condition generally reduces the overall level of life satisfaction and fulfillment. In today's world, individuals spend much of their time sharing information on social networks, following popular topics, updating their own "statuses," and interacting with their friends. This continuous updating and monitoring behavior, fueled by social networks, has given rise to a new concept called FoMO (Fear of Missing Out), which is driven by the fear of being left out or missing something important. Professor Evren highlighted that this behavior can have a negative impact on the overall sense of well-being and satisfaction in life.



12. Addictions are Important Public Health Issues.

Addictions are Important Public Health Issues.

The statement "Addictions are an Important Public Health Problem" said by Dr. Nurten ELKİN, Head of the Department of Child Development at İstanbul Gelisim University Faculty of Arts and Sciences, emphasizes that addiction is a significant public health issue. She highlighted that March 1-7 is celebrated as Green Crescent Week and provided information about the cycle of addiction formation.





ISTANBUL GELİŞİM ÜNİVERSİTESİ

HAKKIMIZDA YONETİM AKADEMİK ÖĞRENCİ FAKOLTE TANITIM VİDEOLARI RESEARCH HIGHLIGHTS ULAŞIM İletişim

Faydalı Linkler
İletişim

Bölüm Tanıtımı

AHPGS (Accreditation Agency in Health and Social Sciences)

AHPGS

BAGIMLILIK DÖNGÜSÜ

Bağımlılığı bağımlı kişilik ve bağımlı davranış olmak üzere ikiye ayırmak gerekir. Bağımlı kişilik başka bir nesneye, kişiye veya herhangi bir şeye bağlı olan ve onszu yaşayamadığını düşünen bir kişilik tipidir. Bağımlı davranış ise belli bir davranış tipine, belli bir eyleme bağımlı olan, yani onu sürekli yapmak isteyen ve gittikçe daha fazla yapmak isteyen kişilerin göstermiş olduğu davranıştır.

Bağımlılığın belirtileri nelerdir?

Sürekli olarak aynı davranışla bulunmayı istemek, bağımlılığın en büyük belirtilerinden birisidir. Bağımlı davranış olarak düşünülürse, sürekli olarak sigara içmeyi istemek bağımlılığın bir işaretidir. Bağımlı kişiler, gittikçe bu özellikleri geliştirir ve tolerans sınırlarını genişletirler. Dolayısıyla gittikçe daha fazla içme ihtiyacı duyarlar. Madde bağımlılığı veya sigara bağımlılığı konusunda genellikle yoksunluk belirtileri şunlardır: Kaygılanma, sinirlenme, hırçınlaşma, hızlı nefes alıp verme, ellerde terleme gibi.

Hangi ebeveyn tutumları madde/alkol/sigara kullanımına zemin hazırlar?

Sınır koyamayan, baskıcı ebeveyn tutumları, çocuğunun nerede ve kiminle ne yaptığını bilmeyen ebeveynler, gereğinden fazla sınır koyan ama gereğinden fazla baskı yapan ebeveynler. Yani iki uç da aslında bağımlılık açısından zararlıdır. Çocuğun sınırları bilmeye ihtiyacı vardır. Neyi, neden yaptığını bilmeye ihtiyacı vardır. Ama bazı durumlarda da sınırların esnemesi gerekir.

Bağımlılığın tedavisi mümkün müdür?



13. Frequent vomiting in babies could be a precursor to cow's milk allergy.

[Frequent vomiting in babies could be a precursor to cow's milk allergy.](#)

Child Health and Diseases Specialist Dr. Hatice Bulut, drawing attention to the increase in milk allergy in our country and the risks it poses, stated, "Cow's milk protein allergy (CMPA) is one of the most common food allergies in babies and children under the age of 3. It can be observed in 7 out of every 100 children in early childhood." Cow's milk allergy can occur in both children and adults due to various factors. Dr. Hatice Bulut, a specialist in Child Health and Diseases from the Department of Child Development at Istanbul Gelisim University, explained what should be done specifically against cow's milk allergy that emerges in the first 3 years of babies' lives, especially.





Üniversite Akademik Araştırma Öğrenci Uluslararası Uygulamalar



Gelişim Haber

Bebeklerde sık kusma, inek sütü alerjisi habercisi olabilir

Ülkemizde süt alerjisi artışı ve oluşturduğu risklere dikkat çeken Çocuk Sağlığı ve Hastalıkları Uzmanı Dr. Hatice Bulut, "İnek sütü proteini alerjisi (ISPA), 3 yaşından küçük bebek ve çocuklarda en sık görülen besin alerjilerindenir. Erken çocukluk döneminde her 100 çocuktan 7'sinde görülebilmektedir." dedi.

Ham çocuklarda hem de yetişkinlerde ortaya çıkan inek sütü alerjisi birçok faktöre bağlı olarak gelişebilmektedir. İstanbul Gelişim Üniversitesi Çocuk Gelişimi Bölümü'nden Çocuk Sağlığı ve Hastalıkları Uzmanı Dr. Öğr. Üyesi Hatice Bulut, özellikle bebeklerde yaşamlarının ilk 3 yılında ortaya çıkan inek sütü alerjisine karşı neler yapılması gerektiğini anlattı.

HAYATI TEHDİT EDİCİ REAKSİYONLARA SEBEP OLABİLİR

İnek sütü alerjisi, süt ya da sütte yapılmış gıdaların tüketildiği durumlarda bağışıklık sisteminin normal olmayan bir cevap vermesiyle kendini gösteriyor. Klinik olarak; ani, hayatı tehdit edici reaksiyonlardan, kronik uzun sürede gelişen durumlara kadar ciddi belirtileri olabilen, hastanın ve ailesinin yaşam kalitesini olumsuz yönde etkileyen reaksiyonların görüldüğü alerji türüyle ilgili değerlendirmelerde bulunan Dr. Öğr. Üyesi Hatice Bulut şunları ifade etti:



14. The food supplement holds promise for cancer and obesity.

[The food supplement holds promise for cancer and obesity.](#)

Probiotics, also known as beneficial bacteria in the digestive system, play an important role in protecting the immune system. Lecturer Münevver Başak Onat, stated that recent studies on probiotics suggest potential benefits for cancer, obesity, and nervous system diseases in the future. Probiotics, which are also used as food supplements, are essential for stomach and intestinal health. The amounts and methods of intake of these beneficial bacteria, which are produced in a controlled manner in laboratory conditions and found in fermented products, are crucial. Münevver Başak Onat, a Specialist Dietitian and Lecturer at Istanbul Gelisim University Faculty of Health Sciences, explained what to consider in the use of probiotics.



15. This type of cancer is most commonly observed in men.

[This type of cancer is most commonly observed in men.](#)

Unfortunately, deaths related to lung cancer rank first among cancer-related deaths both in our country and globally. Drawing attention to this issue during the "Lung Cancer Awareness



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Month" in which we find ourselves, Dr. Aygün Gür, a Chest Diseases Specialist and Lecturer at Istanbul Gelisim University (IGU), stated that 80% of lung cancer cases are related to smoking, and it is the most common cancer among men. Each year, 18 million people worldwide are diagnosed with cancer, and approximately 9.5 million people lose their lives due to it. On the occasion of "Lung Cancer Awareness Month," Dr. Aygün Gür, from the School of Health Services at Istanbul Gelişim University, emphasized that lung cancer ranks first among cancers in men worldwide and third in women.



16. Changes in intra-family relationships during the COVID-19 process

Changes in intra-family relationships during the COVID-19 process

Sümevra Bender, a lecturer in the Department of Child Development at Istanbul Gelişim University's Faculty of Health Sciences, discussed the changes in intra-family relationships during the COVID-19 process. She pointed out that spending more time at home due to the COVID-19 pandemic has brought to the forefront certain family dynamics that we may have avoided for a long time due to some unhelpful coping patterns as a family unit. She mentioned that, in fact, this situation could be an excellent opportunity for parents to examine their relationships with partners and children, as well as how other family members interact with each other.

ISTANBUL GELİŞİM ÜNİVERSİTESİ

HAKKIMIZDA YÖNETİM AKADEMİK ÖĞRENCİ FAKÜLTE TANITIM VİDEOLARI RESEARCH HIGHLIGHTS ULAŞIM İletişim

Anasayfa Genel Bilgiler Kontenjanlar Müfredat Akademik Kadro Hakkımızda Öğrenci Çift Anadal (ÇAP) - Yandal Erasmus Aday Öğrenci Bilimsel Araştırmalar

09 Mayıs 2022 Pazartesi
COVID-19 süreciyle değişen Aile içi ilişkiler

Istanbul Gelişim Üniversitesi Sağlık Bilimleri Fakültesi Çocuk Gelişimi Bölümü Öğretim Görevlisi Sümevra Bender COVID-19 sürecinde aile içi ilişkiler ile ilgili paylaşımında bulundu.

Istanbul Gelişim Üniversitesi Sağlık Bilimleri Fakültesi Çocuk Gelişimi Bölümü Öğretim Görevlisi Sümevra Bender, "COVID-19 pandemisi nedeniyle evde daha fazla zaman geçirmek, uzun zamandır bir aile birimi olarak bazı yararsız başa çıkma kalıpları nedeniyle kaçırdığımız aile dinamiklerimizin ön plana çıkmasına sebebiyet verdi. Bu aslında ebeveynler için, partnerleri ve çocuk veya çocukları ile olan ilişkilerini ve diğer aile üyelerinin birbirleriyle nasıl etkileşime girdiğini incelemeleri için mükemmel bir fırsata dönüştürülebilir" dedi.

Bender, "Anne babanın kendi aralarında ve çocukları ile olan ilişkisinin doğası, ailenin kaç çocuğu olduğu, diğer aile üyeleri, aile multijenerasyonel yani çok kuşaklı bir aile olabilir ve diğer birçok faktörün aile dinamikleri üzerinde gerçekten büyük bir etkisi olabilir. Örneğin, bir ebeveyn, çocuğu veya çocukları ile diğer partnerden daha yakın bir ilişkiye sahip olabilir veya çocuğuna veya çocuklarına partnerinden daha yakın olabilir ve bu da sonunda çocuklar arasında kıskançlığa neden olabilir. Bir çocuk her zaman karakoyun veya işlevsiz bir ailenin 'Günah Keçisi' dedğimiz çocuğu olarak görülmüş ve sorun çıkaran rolünü üstlenmiş olabilir. Aile içindeki bu etkileşimler, pandemi nedeniyle birçok ebeveyn evden çalıştığı için ve çocuklar da artık evden eğitim görebildiklerinden dolayı, aileleri ile birlikte daha fazla zaman geçirmeleri nedeniyle daha net bir şekilde ortaya çıkabilir."





17. While mitigating the impact of Covid-19, it left behind mental disorders.

[While mitigating the impact of Covid-19, it left behind mental disorders.](#)

Dr. Arzu Somay, Associate Professor in the Psychology Department of Istanbul Gelişim University's Faculty of Economics, Administrative, and Social Sciences, stated that immediately after the emergence of the global pandemic, there has been a significant increase in mental disorders worldwide. She mentioned, "Covid-19 has led to an increase in global mortality rates and has brought about numerous psychological and economic impacts. Mass fear of Covid-19, known as 'Corona Phobia,' has heightened anxiety, hoarding behaviors, and levels of Post-Traumatic Stress Disorder (PTSD) in the general population, especially with mandatory quarantine. Mental health disorders have become more prevalent," expressing that difficulties have arisen in managing life during quarantine, such as isolation from friends and family, increased internet and social media consumption, seeking security, experiencing doubts about the illness, and coping with the challenges of quarantine days.



18. Disorders that occur in teeth during childhood can lead to a lack of self-confidence in later years.

[Disorders that occur in teeth during childhood can lead to a lack of self-confidence in later years.](#)

Experts emphasize the importance of maintaining oral and dental health at every age. Dental health, which can expose an individual to many sociological and physiological drawbacks, especially during childhood, may lead to undesirable outcomes in later years. Dr. Ufuk Ok, an Orthodontics Specialist and Assistant Professor at Istanbul Gelişim University, highlights the significance of correct orthodontic treatment. He mentioned that disorders occurring in teeth during childhood can even result in a lack of self-confidence in later years.





19. Language and Speech are Different Concepts!

Language and Speech are Different Concepts

Tuğba KARATOY, a lecturer in the Department of Speech and Language Therapy at Istanbul Gelisim University Faculty of Health Sciences, provided explanations about language and speech concepts. She stated, "Language is a system consisting of codes that symbolize our emotions and thoughts about the universe to achieve a communication purpose. Although we convey these emotions and thoughts formed in our minds through language, for spoken language, it transforms into speech, an action that includes the sounds created for a purpose by using organs such as the tongue, lips, and jaw, along with the air and tissue vibrations shaped by the lower and upper respiratory pathways."



20. Hearing Loss in the Elderly Period

Hearing Loss in the Elderly Period

Kontenjanlar	Yaşlılık Döneminde İşitme Kaybı
Mühürler	
Akademik Kadro	
Hakkımızda	
Öğrenci	
Çift Anadil (ÇAP) ve Yan Dil Programları	
Erasmus+	
Bilimsel Araştırmalar	
Laboratuvarlar ve Araştırma Alanları	
Kültürel Kaynaklar	
Uluslararası Akreditasyon	
Uzmanlı Programlar	
Öğrenci Kulübü	
Aday Öğrenci	
İletişim	

Yaşlılık Döneminde İşitme Kaybı

Dünya Sağlık Örgütü (DSO) yaş gruplarını kronolojik olarak sınıflandırmıştır. Buna göre 65-75 yaş arası erken yaşlılık; 75-85 yaş arası orta yaşlılık; 85 yaş ve üstü ise ileri yaşlılık evresi olarak kabul edilmektedir.

Türkiye'de 65 yaş ve üstü nüfus, 2015 yılında 6 milyon 495 bin 239 kişi iken sonraki beş yılda bu sayı %22,5 oranında artarak 2020 yılında 7 milyon 963 bin 555 kişi seviyesine ulaşmıştır. Yaşlı nüfusun toplam nüfus içindeki oranının ise 2015 yılında %8,2 iken, 2020 yılında %9,5'e yükseldiği görülmektedir. DSO 2015 ve 2050 arasında, 60 yaş üstü dünya nüfusunun neredeyse iki katına çıkacağına bildirmektedir.

Yaşlı nüfusun karşı karşıya kaldığı sorunlardan birisi de işitme kaybıdır. Dış, orta, iç kulak yapıları, işitme yolları ve işitme korteksindeki patolojiler işitme kaybına neden olmaktadır. İnsanlar yaş ilerledikçe kronik hastalıkların ortaya çıkma olasılığı artmakta ve ilerleyen yaşla beraber işitme sistemi değişime uğramaktadır. Dış kulak kepçesinde büyüme, kulak kanalında atrofi, elastikiyet kaybı, dış kulak yolunda katılaşmış kulak kiri, özellikle erkeklerde kullanılan ağır giysi yapısı ve fonksiyonel değişiklikler, orta kulakta kulak zarının daha sert, daha ince ve daha az darımsız hale gelmesi, orta kulak kemikçiklerinin eklem yaptığı bölgelerde kalsifikasyon, orta kulak kaslarında dejenerasyon bu değişimlere örnek gösterilebilir. Tüylü hücre harabiyeti ile karakterize olan presbaküzi genetik popülasyonda sıklıkla görülmektedir.

Presbaküzi veya yaşa bağlı işitme kaybı, ilerleyen yaşla ilişkili fizyolojik ve patolojik değişikliklerin bir sonucudur. Yaşa bağlı işitme kaybı tipik olarak yüksek frekanslı işitme kaybı ile kendini gösterir ve bu da sözcüklerdeki ünsüzleri duymakta daha büyük sorunlara neden olur. Ünsüzler bir kelimedeki anlamın büyük bir kısmını sağlar ve bu dil bilgisi kaybı yaşa bağlı işitme kaybı ile ilgili şikayetlere neden olur. İşitme cihazları ve koklear implantlar, özellikle depresyon ve demansı önlemek üzere, işitme kaybı olan yaşlı yetişkinlerin yaşamlarını önemli ölçüde iyileştirir. Gen terapisi, farmakoterapi ve kök hücrelerle başarılı gıncel araştırmalar, doğal koklear fonksiyonunu geri kazanma vaadini taşımaktadır.

Kişide çok hafif derecede bir işitme kaybı varlığında sessiz ortamlarda konuşmayı anlamada becerisinde anlamlı bir etkilendirme gözlemlenmez. Ancak gürültülü ortamlarda anlamada becerisi oldukça etkilendir. Hafif ve orta derecede işitme kaybı varlığında, özellikle yüksek frekanslı etkilendiği durumlarda, sessiz ortamlarda olduğu gibi gürültülü ortamlarda da konuşulanları anlamada ciddi oranda bir düşüş gözlenir. Hafif ve orta derecede işitme kaybı olan birey gürültülü ortamlarda söylenilenleri yaklaşık %50-70'ini kavrayabilmektedir. Orta derecede işitme kaybında konuşulanların birçokunu anlamama sorunu yaşar ve daha yüksek sesle konuşur. Çok ileri derecede işitme kaybında ise işitme cihazı olmadan çevredeki yüksek pitchedteki sesleri bile duymada sorun yaşar.

İlerleyen yaşla birlikte işitme kaybının günlük hayata yansımaları olumsuz etkileri, televizyon ve radyonun sesini açını açma, konuşmayı duyumada güçlük çekme, insanlara söylediklerini tekrarlatma ve dinlemek için efor sarf etme, kulakta enfeksiyon, ağrı ve çınlama, telefonla konuşurken bir kulağın daha iyi duyması şeklinde örneklerdir. İleri yaşlarda, işitme duyularının azalması ile birlikte özellikle gürültülü ortam içinde konuşmayı ayırt etme sorunlarında artış görülmektedir.

Arş. Gör. Çağla TÜRK
Arş. Gör. Azize KÖSEÖĞÜ

Azize Köseoğlu and Çağla Türk, Research Assistants in the Audiology Department of Istanbul Gelisim University's Faculty of Health Sciences, informed the public about hearing loss in the elderly period and its effects on daily life through their writings.





21. World Cancer Day

World Cancer Day

Assoc. Prof. Nurten ELKİN, a faculty member in the Department of Child Development at Istanbul Gelisim University's Faculty of Health Sciences, shared information about cancer and emphasized the importance of awareness regarding cancer. Nurten Elkin highlighted that for a cancer screening program to be successful, it should be community-based and cover 70% of the target population. She mentioned that some of the "Cancer Early Diagnosis, Screening, and Education Centers (KETEM)" established under our Ministry of Health provide mobile services. Nurten Elkin added that through screenings at KETEM and Family Health Centers, cancer can be prevented, and with early diagnosis, the mortality rates in advanced-stage cancer cases can be reduced.



22. Vestibular Evoked Myogenic Potentials

Vestibular Evoked Myogenic Potentials

Assistant Professor Nebi Mustafa GÜMÜŞ from the Audiology Department of Istanbul Gelisim University's Faculty of Health Sciences provided detailed information about Vestibular Evoked Myogenic Potentials (VEMP), which is a standard test in the assessment of the vestibular system.



17 Mayıs 2022 Salı

Vestibüler uyarılmış miyojenik potansiyeller

Istanbul Gelisim Üniversitesi (IGU) Sağlık Bilimleri Fakültesi Odyoloji Bölümü Dr. Öğr. Üyesi Nebi Mustafa GÜMÜŞ "Vestibüler Uyarılmış Miyojenik Potansiyeller" hakkında bilgi verdi.

Gümüş sözlerine "İlk kez 1992 yılında Colebatch ve Halmagyi tarafından klinik kullanıma sunulan test günümüzde ise vestibüler sistem değerlendirilmesinde standart bir test haline almıştır. VEMP'ler ses uyarımına cevap olarak kaslarda oluşan kısa latanslı elektromyografik cevaplardır. Tanımlandıktan sonra vestibüler afferentlerin vestibüler nükleus yoluyla birkaç kas grubunu etkilediği saptanmıştır. Ancak klinikte en çok uygulanan ve ölçülen VEMP'ler göz altındaki kaslardan ve boyundaki sternokleidomastoid (SKM) kasanın elde edilmektedir. Her iki yönlere uyarı şekillenir benzer olsa da elde edilen yanıtlar farklı karakterdedir." diyerek başladı. Ardından Servikal VEMP (c-VEMP) ve Oküler VEMP (o-VEMP) testlerinden bahsetti.

"Servikal VEMP (c-VEMP), vestibüler fonksiyon değerlendirmesi gereken herkese rutin bir test olarak yapılabilir. Ancak bir takım zorlukları mevcuttur. Teste yeterince kooperasyon sağlayamayan ve yeterince SKM kasılmasını sağlayamayan hastalarda yanıt elde etmek zor olabilir. Özellikle hava yolu iletimi ile uyarı sağlanıyorsa hava-kemik aralığı olan hastalarda yanıt elde etmenin zor olabileceği akılda tutulmalıdır."

"Oküler VEMP (o-VEMP) ise ilk kez 500 Hz kemik yolu uyarı ile 2003 yılında ve hava yolu uyarı ile 2007 tanımlanmıştır. c-VEMP'den farklı olarak kısa latanslı negatif dalga n10 ve ardından gelen pozitif bir n15 olarak adlandırılmıştır. İlk negatif pik yanıt c-VEMP'in aksine kas eksitasyonuna bağlıdır. Elde edilen yanıt inferior oblik kas ve inferior rektus kasi kaynaklıdır. En iyi o-VEMP yanıtı uyarılan kulak karşı tarafındaki göz altından ve gözün yukarı bakiş pozisyonunda elde edilir. Bunun nedeni bu potansiyellerin vestibulo-oküler refleks sonucu olmasıdır. Refleks, uyarı ile aktive olan vestibüler sinir ve vestibüler nükleus kompleksinden başlar, medial longitudinal faskikülden çaprazlaşarak okülomotor çekirdeğe, okülomotor sinire ve ekstraoküler kaslara ulaşır." dedi.

"Sağlıklı kişilerde karşı taraf ile kıyaslandığında daha düşük oranda elde edilmesine ve düşük amplitüdü olmasına rağmen uyarılan kulak tarafındaki göz altından da o-VEMP'ler kayıtlı edilebilir. Saklılık oküler sistem üzerindeki etkisi azdır. Güçlü sakkülolojik bağlantılardan dolayı c-VEMP'lerin sakkül orijini, o-VEMP'lerin utrikül orijini olduğu düşünülmektedir." diyerek sözlerini sonlandırdı.





23. Phantom pain after limb amputation

Phantom pain after limb amputation

In the text, it is mentioned that Ayşem Ecem ÖZDEMİR, a Research Assistant in the Department of Physiotherapy and Rehabilitation at Istanbul Gelişim University (IGU) Faculty of Health Sciences, addresses the pathophysiological mechanisms of phantom pain commonly observed after amputation. The article explains assessment and treatment methods, emphasizing the need for detailed studies on the subject.



24 Mart 2022 Perşembe

Uzuv amputasyonu sonrası fantom ağrısı

Fantom uzuv ağrısı, vücudun artık var olmayan bir bölümünde yer alan kalıcı bir hisdir. Fantom uzuv duyularını ilk olarak 1551 yılında, savaş alanlarında meydana gelen kazalar nedeniyle amputasyon geçiren askerlerle birlikte asker kuvvetlerinde çalışan Fransız bir cerrah olan Ambrose Pare tarafından tanımlanmıştır. Günümüzde fantom uzuv ağrısının etyolojisi, diğer hastalıkların enfeksiyonları, kanser ve travma gibi çoklu çözümlüdür. Bazı mekanizmaları neden fantom ağrılarına sahip olduğuna dair kesin mekanizma henüz bile, buna neden olabilecek patofizyolojik faktörler hakkında sadece birkaç çalışma bulunmaktadır. Bunlar nörolojik ve psikolojik faktörleri içerebilir.

Ağrı bilgisi üst merkezlere lateral spinaltanlık yol tarafından taşınır. Periferik reseptörlerden gelen duyu, medulla oblongataya gider ve ardından talamusaya yükselir. Sonunda postcentral gyrus'taki birinci duyu korteksine ulaşır. Dolayısıyla ekstremiteler amputasyonu ile periferik siniflerde ve bu yolun sinir uçlarında meydana gelen hasar, duyu entegrasyonunun değişmesine neden olabilmektedir. Bir sinir tamamen kesildikten sonra aralıklarla dorsal kök ganglion hücrelerinin mekanik ve kimyasal değişikliklere göre aktivite ve duyulan ağrıların keşfetmeleridir. Dolayısıyla omurluğun hassaslaşması, alodini veya hiperaljeji ile sonuçlanabilir. Ayrıca siniflerin kesildiği bölgede nöroma oluşması muhtemeldir. Böylece nöromadaki duzensiz A ve C sinir lifleri (ağrı taşıyan) sorumlu lifler) sonunda spontan potansiyel aktiviteyi artmasına neden olmaktadır. Tüm bu mekanizmalara ek olarak, araştırmacılar, göçük ağrısı olan hastaların fantom ağrıya sahip olma olasılığının daha yüksek olduğu sonucuna varmışlardır. Tüm kalıcı ağrı türleri gibi psikolojik etkenlere bağlıdır; stres, depresyon ve başka çözümlerle etkileşimli fantom ağrıya etkileşimindedir.

Tedavi öncesi fantom uzuv ağrısının değerlendirilmesi önemlidir. Önce ayrıntılı öykü alınmalıdır. Daha sonra fizik muayene yapılmalıdır. Şu anda fantom ağrısını tedavi etmek için çeşitli tedavi yöntemleri kullanılmaktadır. Steroid olmayan anti-inflamatuar ilaçlar, opioidler ve antidepressanlar olan farmakolojik tedaviler yaygın olarak kullanılmaktadır. Ayrıca bazı invaziv tedaviler de vardır. Hastalarda kullanılan non-invaziv tedavi yöntemlerine bakıldığında, nörolojik ekstremitelerde periferik siniflere transkutanöz elektriksel sinir stimülasyonu (TENS) uygulamasının fantom ağrı semptomlarını azaltabileceğini gösteren çalışmalar mevcuttur. Mekanizma, göçük üzerindeki duysal afferentleri uyarak hayalî hayalî duyma olmaktadır.

Başka bir tedavi yöntemi olan "ayna tedavisi", etkili kanıtlanmış olup, yaygın olarak tedavi kullanılmaktadır. Masaya dikerek bir ayna yerleştirilir ve hastanın sağlıklı elinin aynanın önüne, ampute uzuv aynanın arkasına yerleştirilir. Kişi sağ elin uzun aynadaki yansımasını görür ve ampute uzuvunu sağlamış gibi algılar. Bu terapi ile hasta görsel geri bildirim alabilir ve ampute uzuvu propriozeptif temsillerini anlayabilir. Kontralateral hemisferde bulunan ayna nöronlarının aktivasyonu nedeniyle ağrı rahatlama görülür. Bu nöronlar ya bir eylem gerçekleştirecek ya da o eylemi yapan bir kişiye görsel aktive edilebilir. Yararı olduğu kanıtlanmış başka non-invaziv tedaviler de vardır; biofeedback, akupunktur, hipnoz ve çevreye teknikleri bunlardan bazılarıdır.

Sonuç olarak, fantom ağrının altında yatan kesin bir mekanizma hala yoktur. Tedavi yöntemlerinden bazılarının ağrı semptomlarını azaltmada etkili olduğu görülmüştür. Fantom ağrıya daha net anlayabilmemiz için daha detaylı çalışmalara ihtiyaç vardır.

Ayşem Ecem ÖZDEMİR



24. Warning from the expert: There is no fat-free diet!

Warning from the expert: There is no fat-free diet!

Ayşe Huri Özkarabulut, the Head of the Department of Nutrition and Dietetics at Istanbul Gelişim University, emphasized the importance of consuming valuable oils rich in omega, such as olive oil, sunflower oil, soybean oil, and corn oil. She stated that it is essential to obtain these oils externally. According to her, taking 10-25% of polyunsaturated fats, such as sunflower oil, corn oil, and soybean oil, as omega-3 helps prevent heart diseases. She also





highlighted that incorporating these plant-based oils into a healthy diet plays a crucial role in reducing the risk of cancer.

Gelişim Haber

Uzmanından uyarı: Yağsız diyet olmaz!

İstanbul Gelişim Üniversitesi Beslenme ve Diyetetik Bölüm Başkanı Dr. Öğr. Üyesi Ayşe Huri Özkarakulut, "Günlük tüketeceğimiz 10-15 fındık, çiğ badem veya 5-6 cevizle de vücudun yağ ihtiyacı karşılanabilir." dedi.

Beslenme düzeninde oldukça önemli bir konumda bulunan yağ tüketimi, özellikle son günlerde artan yağ fiyatları ile birlikte yerini alternatif besinlere bırakmaya başladı. İstanbul Gelişim Üniversitesi Beslenme ve Diyetetik Bölümü Dr. Öğr. Üyesi Ayşe Huri Özkarakulut, "Yağda eriyen vitaminleri vücudumuza alabilmemiz için az da olsa yağ tüketmemiz gerekir. Bitkisel yağlara alternatif olarak balık tüketimini artırabilir, yağlı tohumlarla da yağ ihtiyacımızın bir kısmını karşılayabiliriz. Aynı zamanda günlük tüketeceğimiz 10-15 fındık, çiğ badem veya 5-6 cevizle de vücudun yağ ihtiyacı karşılanabilir." dedi.

"BİTKİSEL YAĞLAR, KOLESTEROLÜ KONTROL ALTINDA TUTUYOR"

Zeytinyağı, ayçiçeği yağı, soya ve mısır özü yağı gibi omega açısından oldukça değerli olan yağların mutlaka dışardan alınması gerektiğine vurgu yapan İstanbul Gelişim Üniversitesi, Sağlık Bilimleri Fakültesi, Beslenme ve Diyetetik Bölümü Dr. Öğr. Üyesi Ayşe Huri Özkarakulut, "Eğer vegan değilseniz, doymuş yağları hayvansal gıdalardan alabilir, ekstra katkı yağ tüketiminin önüne geçebilirsiniz. Ancak doymamış yağ dediğimiz omega-3 ve omega-6 yağ asitlerinden zeytinyağı kolesterolü kontrol altında tutarken, ayçiçeği yağı gibi bitkisel yağların da kolesterolü düşürücü etkisi bulunuyor. Bu yüzden bu yağ çeşitlerinin mutlaka dengeli olacak şekilde dışardan alınması gereklidir." dedi.

Günlük yaşamda ise salatalara sıvı yağ yerine ceviz koyarak veya kahvaltılarda 10-15 adet zeytin tüketerek sağlıklı yağ alımı sağlanabiliyor.

FAZLA YAĞ TÜKETİMİ KANSER YAPIYOR

Ayçiçeği yağı, mısır özü ve soya yağı gibi çoklu doymamış yağların %10-25'inin omega-3 olarak alınmasının kalp hastalıklarını önüyor. Aynı zamanda kanser riskinin de azalmasında önemli rol oynayan bu bitkisel yağlara sağlıklı beslenme düzeninde mutlaka yer verilmeli. Fazla yağ tüketimi, kolesterol düzeyini artırarak damar çeperlerinde kolesterol birikimine, damarın daralmasına neden oluyor. Bu daralma kalbe giden kan miktarını azaltacağından kalp krizine neden olabilir. Aynı zamanda yapılan araştırmalarda özellikle meme kanseri ile yağ tüketimi arasında ilişki bulunduğunu belirten Özkarakulut, çok fazla kızarmış yağ tüketimi kanser (mide) oluşma riskini artırdığını da altını çizdi.



25. Expert's Warning: Soaking vegetables and fruits in vinegar water is not sufficient to kill bacteria!

[Expert's Warning: Soaking vegetables and fruits in vinegar water is not sufficient to kill bacteria!](#)

Dr. Başak Gökçe Çöl, an Associate Professor in the Department of Nutrition and Dietetics at Istanbul Gelişim University's Faculty of Health Sciences, brought attention to the World Health Organization's (WHO) recommendation of consuming at least 5 portions (400g) of various fruits and vegetables daily. She mentioned that the best method to rid fruits and vegetables of pesticides is to soak them in water with baking soda.



26. Warnings from the expert about salmonella bacteria

[Warnings from the expert about salmonella bacteria](#)





Professor Dr. Mustafa Nizamlioğlu, a faculty member in the Department of Food Hygiene and Technology at Istanbul Gelişim University, emphasized the importance of ensuring the hygiene of consumed foods to protect against bacteria. He issued a warning about the Salmonella bacterium, highlighting that the death rate due to Salmonella is below 1%. Nizamlioğlu underscored that among risky foods, red meat, poultry, and egg products are most commonly associated with the bacterium. He also discussed preventive measures for food hygiene.

22 Eylül 2022 Perşembe

Uzmandan salmonella bakterisi ile ilgili uyarılar

Istanbul Gelişim Üniversitesi Gıda Hijyeni ve Teknolojisi Bölümü Öğretim Üyesi Prof. Dr. Mustafa Nizamlioğlu, "Bakterilerden korunmak için öncelikle tükettiğiniz gıdaların hijyeninden emin olun" dedi.

Istanbul Gelişim Üniversitesi Öğretim Üyesi Prof. Dr. Mustafa Nizamlioğlu, velileri salmonella (salmonelloz) bakterisine karşı uyardı.

Gelişim Üniversitesi'nden yapılan açıklamaya göre, çocukların sıklıkla tükettiği paketlenmiş ürünlerde tespit edilen salmonella bakterisi her yıl binlerce can kaybına ve ekonomik kayba neden oluyor. Çikolata ürünleriyle bağlantılı 151 gıdada salmonella tespit edilmesinin ardından dünya hareketle geçti. İnsanlara genellikle hayvansal gıdalardan bulaşan bakteriler kusma, karın ağrısı, ishal ve ateş gibi belirtilerle kendini gösterir. Açıklamada görüşlerine yer veren Nizamlioğlu, bu bakterinin bir yaşından küçük çocuklarda daha fazla görüldüğünü, semptomların 1-7 gün arasında sürdüğünü ve alınan bakteri sayısına ve dirence bağlı olarak hastalığın şiddetinin değiştiğini belirtti. Kişinin.

- 'Nedenini bil, kendini bakterilerden koru'

Halk sağlığı açısından ciddi risk oluşturan Salmonella, gıda kaynaklı enfeksiyonlar arasında ilk sırada yer almaktadır. Son dönemde dünyaca ünlü markaların paketlenmiş ürünlerinde tespit edilen bakteri, bu ürünleri tüketenlerin 'Acaba bu bakteriye ben de mi yakalandım?' sorusunu getirdi. Salmonella'nın doğada ve çevrede yaygın olarak bulunmasının insanlara bulaşmasını kolaylaştırdığını belirten Nizamlioğlu, etkeni tanımanın, enfeksiyonun özelliklerini ve risk faktörlerini bilmenin öneme ve kontrolde çok önemli olduğunu vurguladı. Her 3 gıda kaynaklı salgından biri Salmonella kaynaklıdır.



27. The smoke from tobacco products claims one million lives every year.

[The smoke from tobacco products claims one million lives every year.](#)

Dr. Nurten Elkin, a Public Health Specialist and Assistant Professor at Istanbul Gelişim University, emphasized that addictions are significant public health issues that concern every segment of society. Pointing out that around 700 million children worldwide are exposed to cigarette smoke, Elkin also added that attention should be given to parental attitudes that pave the way for addictions.



GOOD HEALTH AND WELL-BEING

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Ana Sayfa Hakkımızda Basında İGU Çalışma Alanları Basın Kiti Paydaş Katılımı



Tütün ürünleri dumanı, her yıl 1 milyon can alıyor

Bağımlılığa karşı toplumsal duyarlılığı artırmak için her yıl 1-7 Mart tarihleri arasında Yeşilay Haftası kutlanıyor. İstanbul Gelişim Üniversitesi Halk Sağlığı Uzmanı Dr. Öğr. Üyesi Nurten Elkin, bağımlılıkların toplumun her kesimini ilgilendiren önemli halk sağlığı sorunlarından biri olduğunu belirtti.

BAĞIMLILIKLARDA BİRÇOK ETKEN ÖNEM ARZ EDİYOR

Dr. Öğr. Üyesi Nurten Elkin, "Bağımlılık, birçok etkenin bir araya gelerek oluşturduğu bir tablo olup, çocukların yetişmesi sırasında sergilenen olumsuz ebeveyn tutumları, aile üyelerinin herhangi birinde bağımlılık öyküsünün olması, yanlış arkadaş seçimleri, düşük akademik başarı ve yaşadığı toplumun bağımlılığa bakış açısı risk oluşturabilecek etkenlerden sadece birkaçı olarak sayılabilir. Özellikle çocuk ve ergen sağlığında bu konudaki koruyucu sağlık hizmetlerinin sunulması önceliğimiz olup, gençlerin bu alışkanlıklara hiç başlamamaları temel hedefimiz olmalıdır. Bu kapsamda aile, okul ve halk eğitimleri önemsenmeli ve özellikle birinci basamak sağlık hizmetlerinin sunulduğu Aile Sağlığı Merkezlerinde ailelere gerekli danışmanlıklar da eksiksiz bir şekilde yapılmalıdır." dedi.



28. The Role of the Audiologist in Verbal-Auditory Therapy

The Role of the Audiologist in Verbal-Auditory Therapy

The text, discussed by Fadime Aybüke KILIÇ, a lecturer in the Audiology Program at Istanbul Gelişim University's School of Health Services, introduces the Verbal-Auditory Therapy approach for children with hearing loss and their families, emphasizing the importance of an effective and collaborative relationship between parents, audiologists, and therapy practitioners in the effectiveness of therapy.



29. Voice Disorders

Voice Disorders

Istanbul Gelişim University Faculty of Health Sciences, Department of Speech and Language Therapy, Lecturer Seda KETEN provided information on "Voice Disorders." Keten mentioned that patients seeking clinics for voice disorders undergo diagnosis and treatment processes in collaboration between ear, nose, and throat (ENT) physicians and speech and language



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therapists. She highlighted that while surgical and medical interventions during the treatment of voice disorders are applied by ENT physicians, the appropriate voice therapy method determined through a comprehensive evaluation of the voice is implemented by speech and language therapists.



08 Temmuz 2022 Cuma

Ses Bozuklukları

İstanbul Gelişim Üniversitesi (İGÜ) Sağlık Bilimleri Fakültesi (SBF) Dil ve Konuşma Terapisi Bölümü Öğr. Gör. Seda KETEN "Ses Bozuklukları" hakkında bilgiler aktardı.

İletişim; bireyin sosyal etkileşim gereksiniminden ortaya çıkan bir olgu olup, duyu, düşünce, bilgi ve ihtiyaçların insan ve insan toplulukları arasında karşılıklı olarak aktarılmasıdır. İletişim dil, konuşma, jest, hareket gibi sözel ve sözel olmayan bileşenler aracılığıyla gerçekleşir. Sözel iletişimde konuşma önemli bir faktördür. Konuşma davranışının gerçekleşebilmesi için; respirasyon (solunum) , fonasyon, tınlama ve artikülasyon basamaklarının art arda ve uyumlu olarak çalışması gerekir. Fonasyon basamağında üretilen sesin sağlıklı ses olarak değerlendirilebilmesi için, bireyin ses kalitesinin, şiddetinin, perdesinin yaşına ve cinsiyetine uygun, duyu durumlarını yansıtabilen, kulağa hoş gelen, iletişimi devam ettirmeye yardımcı nitelikte olması gerekir. Ses sağlığı kişinin iletişim becerilerini doğrudan etkiler.

Ses bozuklukları, bireyin yaşına ve cinsiyetine uygun olmayan şekilde anormal ses üretimidir. Ses bozukluğu sonucunda bireyin sesinde anormal bulgular olarak nefeslilik, boğukluk, kabalık duyulabilir. Ses bozukluklarının nedenleri organik, fonksiyonel ve nörojenik olarak sınıflandırılmaktadır. Organik ses bozuklukları gırtlak (arenks) anatomisindeki bozukluklar sonucunda, fonksiyonel ses bozuklukları sesin yanlış ve kötü kullanımı, ses sağlığını koruyucu davranışların uygulanmaması nedeniyle, nörojenik ses bozuklukları ise çevresel ve merkezi sinir sistemindeki bozukluklara bağlı olarak gelişebilmektedir.

Ses bozuklukları ile kliniklere başvuran hastaların tanı ve tedavi sürecince kulak burun boğaz hekimleri ve dil ve konuşma terapistleri birlikte çalışmaktadır. Ses bozukluklarının tedavi sürecindeki kullanılan cerrahi ve tıbbi müdahaleler kulak burun boğaz hekimleri tarafından uygulanırken, sesin çok yönlü değerlendirilmesi sonucunda belirlenen uygun ses terapisi yöntemi dil ve konuşma terapistleri tarafından uygulanır.

Ses Terapisi

Ses terapisi hastanın duygusal, mesleki ve sosyal gereksinimlerine göre hastanın üretebileceği en iyi sese ulaşmasını sağlayan davranışsal tekniklerdir. Ses terapisi tedavi sürecinde tek bir seçenek olabileceği gibi, cerrahi ve tıbbi müdahalelere ek olarak da uygulanabilir. Dolaylı ses terapisi yöntemleri, sese direkt olarak müdahale etmeden, sesi olumsuz etkileyen faktörleri belirlemeye ve bu faktörlerin değiştirilmesine odaklı yöntemlerdir. Doğrudan ses terapisi yöntemleri, hastanın daha iyi ses üretimini hedefleyen teknikleri kapsayan yöntemlerdir.

Ses Hijyeni

Ses hijyeni, ses sistemini koruyarak ses sağlığımızın sürekliliğini sağlamak amacıyla uyulması gereken davranışlar bütünüdür. Bu davranışlar sesin kötü kullanımını önleyerek, ses ile ilgili problemlerin azalmasına ve önlenmesine yardımcı olmaktadır.



30. Healthy Nutrition and an Active Life Happy People!

[Healthy Nutrition and an Active Life Happy People!](#)

The article of Assistant Professor Murat Doğan, the Vice Dean of the Faculty of Fine Arts and faculty member in the Department of Gastronomy and Culinary Arts at Istanbul Gelişim University, has been published in the Yemek Zevki magazine. In this month's article, Doğan discusses the impact of physical activity and healthy eating on a happy life.



31. Head of Psychology Department Dr. Esra Savaş Performed Psychological First Aid Training

[Head of Psychology Department Dr. Esra Savaş Performed Psychological First Aid Training](#)





Dr. Esra Savaş, the Head of the Psychology Department at Istanbul Gelişim University's Faculty of Economics, Administrative, and Social Sciences, provided Psychological First Aid training. Savaş met with high school guidance counselors at Istanbul Gelişim University's Mehmet Akif Ersoy Hall, where she delivered psychological first aid training to the teachers. The training covered how to apply psychological first aid to individuals facing trauma, crisis, disaster, or loss.



32. What Should Be Considered When Choosing Probiotics?

What Should Be Considered When Choosing Probiotics?

Münevver Başak ONAT, a lecturer in the Department of Nutrition and Dietetics (English) at Istanbul Gelişim University's Faculty of Health Sciences, discussed what to consider when selecting probiotics. She highlighted the importance of choosing probiotic products that consist of strains and auxiliary substances approved by authorities, contain strains that impact the target problem, have a production technology suitable for probiotics to safely reach the target tissue or system, and undergo appropriate conditions during production and storage. Additionally, she emphasized the significance of storing the product in suitable conditions and temperatures after purchase, following the recommended quantity and frequency of use, and adhering to guidelines such as whether the probiotic should be taken on an empty stomach or with food.



33. Presenteeism: 'Choosing' to Work While Ill

Presenteeism: 'Choosing' to Work While Ill

Semanur Oktay, a Research Assistant in the Department of Health Management at Istanbul Gelişim University's Faculty of Health Sciences, explained the concept of presenteeism in her article. She conveyed that the most fundamental way to reduce presenteeism is not to push employees towards working while they are unwell. Oktay emphasized the need for employers to create a supportive organizational culture toward their most valuable assets—the people working in their institutions—and to align leave policies accordingly. It is crucial to remember





that both mental and physical health have a positive impact on human productivity, and healthy employees contribute to the creation of healthy organizations.



10 Şubat 2022 Perşembe

Presenteizm: Hastayken Çalışmayı 'Seçmek'

Bir insanın sağlığı onun en değerli varlığıdır ve yaşamının tüm temel gereksinimlerini etkiler. Bu temel gereksinimlerden biri de iştir. Şüphesiz insanın çalışma kapasitesi de sağlığından oldukça etkilenmektedir. Çalışanlar işe gelmekten başka seçeneklerinin olmadığını hissettiklerinde, yalnızca verimlilikleri düşmekte kalmaz, hem mevcut sağlık durumları daha kötüye gidebilir hem de hasta çalışan başkalarını da aynı hastalığa yakalanma riskine atabilir.

Hepimizin başına gelmiştir. Sabah uyanığımızda kendimizi iyi hissetmediğimiz olmuştur. Bu yaşadığımız belki bir baş ağrısı belki bir grip başlangıcı belki de mevsimsel bir alerjidir. Böyle hissettiğimizde evde kalmamız bizim için daha iyi olacaktır. Ancak diğer yandan iş yerinde onlarca iş bizi beklemektedir, işlerin birikmesini istemeyiz ya da kurum küçülmeye gidiyoruz ve çıkarılan çalışanlardan biri olmaktan korkarız. Bu ve benzeri nedenlerle işe gideriz ancak şimdi de başka bir sorun vardır. İş yerindeyizdir ancak kendimizi halsiz ve tembel hissediyoruz. Bir işe yoğunlaşmakta zorlanırsanız, verimlilik düşer ve yöneticiniz bu durumu sorun olarak not eder.

Hopper (2012) presenteizmi hepimize oldukça tanıdık gelebilecek bir senaryo ile yukarıdaki gibi betimlemiştir. Ancak yine de bir tanıma ihtiyacı duyarsak presenteizmi kısaca bir çalışanın kendini iyi hissetmediği zamanlarda bireysel ya da örgütsel sebeplerle iş yerinde bulunması ancak verimli olarak çalışmaması olarak ifade edebiliriz.

Bir insanın sağlığı onun en değerli varlığıdır ve yaşamının tüm temel gereksinimlerini etkiler. Bu temel gereksinimlerden biri de iştir. Şüphesiz insanın çalışma kapasitesi de sağlığından oldukça etkilenmektedir. Çalışanlar işe gelmekten başka seçeneklerinin olmadığını hissettiklerinde, yalnızca verimlilikleri düşmekte kalmaz, hem mevcut sağlık durumları daha kötüye gidebilir hem de hasta çalışan başkalarını da aynı hastalığa yakalanma riskine atabilir.

Öyleyse çalışanlara şu soruyu sorabiliriz "Kendinizi iyi hissetmiyorsanız neden hala işe geliyorsunuz?": Bu soruya verilebilecek birden çok cevap vardır. Bunlardan bazıları işveren beklentileri, izinlerin az olması veya hiç olmaması, iş güvencesizliği, yetersiz personel, yeri doldurulamaz, zaman baskısı, izinden tasarruf etme isteği, işten çıkarılma korkusu... Görüldüğü gibi çalışanları hastayken işe gitmeye zorlayan çokça sebep mevcuttur.

Peki, presenteizmi azaltmak için neler yapılabilir? Bu soruya verilebilecek en kısa cevap çalışanları hastayken çalışma yoluna itmektir. Bugün bilinmektedir ki sağlık, performans üzerinde ilici bir güçtür ve çalışanlar işe gittiklerinde kişisel sağlık durumlarını kapı eşliğine bırakamazlar. Bu nedenle işverenler, en önemli varlıklarına yani kurumlarında çalışmakta olan insanlara karşı ilimli bir örgüt kültürü yaratmalı ve izin politikalarını buna göre düzenlemelidir. Çünkü başarılı bir örgüt için en önemli kaynak insan kaynağıdır. Hem ruhsal hem de fiziksel sağlığını insan üretkenliği üzerinde pozitif bir etkisi olduğu ve sağlıklı çalışanların sağlıklı örgütlere neden olacağı unutulmamalıdır.

Arş. Gör. Semanur OKTAY

Kaynak: Hooper, P.D. (2012). Presenteeism. Cid Management, www.cidmcorp.com, 1-8.



34. Preconception Period: The Importance of Nutrition

Preconception Period: The Importance of Nutrition

Dilara SERARSLAN, a lecturer in the Department of Nutrition and Dietetics (English) at Istanbul Gelisim University's Faculty of Health Sciences, discussed the significance of nutrition in the preconception period. In her article, Serarslan emphasized the importance of Weight Control, Adequate Intake of Nutrients, and Alcohol Consumption.



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29 Ağustos 2022 Pazartesi

Prekonsepsiyonel Dönem: Beslenmenin Önemi

Istanbul Gelisim Üniversitesi Sağlık Bilimleri Fakültesi Beslenme ve Diyetetik (İngilizce) Bölümü Öğr. Gör. Dilara SERARSLAN prekonsepsiyonel dönemde beslenmenin öneminden bahsetti.

Ulusal ve uluslararası sağlık hedeflerinin ana amaçlarından biri anne ve çocuk sağlığını geliştirmektir. Bu amaç doğrultusunda izlenen politikalar ise gebelik, emzilik dönemi ve çocuğun tüm gelişim sürecini kapsamaktadır. Fakat yapılan çalışmalarda gebelik öncesi dönemde de anne ve çocuğun sağlığı üzerine olumlu veya olumsuz etkilerinin olduğunu göstermektedir. Dolayısıyla sağlık uygulamalarının gebelik başlangıcı ile değil gebelik öncesi dönemde başlaması gerekmektedir. Yani sıra sadece annenin değil babanın da sağlık uygulamalarına dahil edilmesi önemlidir.

Gebelik öncesi dönem prekonsepsiyonel dönem olarak ifade edilmektedir. Hastalık Kontrol ve Önleme Merkezi prekonsepsiyonel dönemi gebe kalma ihtimalinden önceki herhangi bir zamanda anne ve baba adayının sağlığını kapsayan genel bir süreç olarak tanımlamaktadır.

Türkiye'deki Farkındalık Durumu

Türkiye Nüfus ve Sağlık Araştırması-2018 verilerine göre son beş yılda canlı doğum yapan kadınların %65'i doğum öncesi bakım almıştır. Kadınların %50'i ilk trimesterde bakım almaya başlamıştır. Bu sonuçlar Türkiye'de gebelik sırasında alınan bakım oranını yüksek olduğunu gösterse de gebelik öncesi için yeterli değildir. Gebelik ile başlayan müdahalelerin faydaları olsa da sağlığa etkileri yeterli olmayabilir. Örneğin gebelik sırasında mikro besin ögesi yetersizlikleri giderilebilir ama çocuğun sağlığını iyileştirmek için geç kalınmış olabilir veya maternal obezite kontrol altına alınsa da etkileri yetersiz olabilir.

Prekonsepsiyonel dönemde beslenme durumu, gebe kalabilmeyi, gebelikli sürdürülebilirliği, çocuğun büyüme-gelişme sürecini ve gelecekteki sağlığını etkilemektedir. Bu dönemde beslenme ile ilgili dikkat çeken konular, ağırlık kontrolü, besin ögesi alımları ve alkol tüketimi olmak üzere üç ana başlık altında incelenebilir.

Ağırlık Kontrolü

Prekonsepsiyonel dönemde hem anne hem de baba adayının düşük kilolu olmaktan veya şişmanlıktan kaçınması gerekir. Çünkü her iki durumda da doğurganlık azalır. Olanı bir gebelikte ise düşük kilo bireylerde maternal komplikasyon, düşük doğum ağırlığı ve preterm doğum risklerinde artışlar gözlemlenir. Şişmanlık söz konusu ise, gebelikte komplikasyon riski, çocuğun nöral tüp defektine, yüksek vücut yağına veya olumsuz spektrum bozukluğuna sahip olma riskleri artmaktadır.

Besin Öğelerinin Yeterli Alımı

Prekonsepsiyonel dönemde besin öğelerinin yeterli alınması hem annenin hem de çocuğun sağlığı için önemlidir. Yapılan çalışmalarda makro ve mikro besin öğelerinin hem fiziksel hem de bilişsel büyüme-gelişme üzerine etkileri saptanmıştır. Örneğin, tüm makro besin öğelerinden yetersiz beslenen annelerin çocuklarında orofaryngeal yanıkların görülme sıklığının daha fazla olduğu saptanırken, ağır A vitamini almayan çocuğun yüz ve kulp anomallileri gelişime riskini artırdığı saptanmıştır. Yine gebeliğin erken döneminde iyot eksikliğinin, bebeğin mental ve fiziksel gelişimini olumsuz etkileyebileceği belirtilmiştir. Ayrıca demir eksikliğinin de preterm doğum riskini ve bebeğin yaşamının ilk yılında demir eksikliği gelişime riskini artırdığı çalışmalarda gösterilmiştir.



35. The most effective way to facilitate social integration for individuals with autism: Peer support

The most effective way to facilitate social integration for individuals with autism: Peer support

From Istanbul Gelisim University, Prof. Dr. Makbule Meziyet Ari emphasized that a teacher's supportive and positive approach to a child diagnosed with autism in a classroom setting would facilitate the child's adaptation to school. Additionally, she highlighted that peer support is the most effective way to facilitate social integration for individuals with autism.

19 Nisan 2022 Salı

Otizimli bireylerin sosyal uyumunu kolaylaştırmada en etkili yol: Akran desteği

Son 20 yılda yapılan çalışmalar, dünya üzerinde otizmin görülme sıklığının 240 kat arttığını ortaya koydu. Erken çocukluk döneminde başlayan ve yaşam boyu devam eden otizmde erken tanı ise oldukça önemlidir. İstanbul Gelisim Üniversitesi'nden Prof. Dr. Makbule Meziyet Ari, otizmin bireyin doğduğu andan itibaren özellikle ilk 36 ayda kendini bazı temel sorunlarla gösterdiğini belirtti.

SOYUT KAVRAMLARI ANLAYAMAZLAR, HAYALI OYUN OYNAYAMAZLAR!

Genel anlamda karşılıklı sosyal etkileşimde bozulma, iletişimde bozulma, yineleyici ilgi ve davranışlar olmak üzere 3 temel alanda sorunlar yaşayan otizmli bireyler aynı zamanda farklı yaş aralıklarında farklı belirtiler de gösterebiliyor. Özellikle 1-3 yaş grubu aralığındaki çocukların çevreye olan ilgisizliğinin daha da arttığını belirten İstanbul Gelisim Üniversitesi, Sağlık Bilimleri Fakültesi Çocuk Gelişimi Bölümü Prof. Dr. Makbule Meziyet Ari,

"Ülkemizde otizm tanısı koyabilecek uzmanlar çocuk ruh hastalıkları uzmanları ve çocuk nörologlardır. Otizmin tanısı 12 aylıktan itibaren konabilir. Erken yaşta tanı konması, bir an önce eğitimin başlaması açısından önemlidir. Otizm tanılı çocukların yaklaşık olarak üçte ikisinde hafif, orta ve ağır derecede olmak üzere zihinsel gerilik, üçte birinde ise oluşan dışı üstün yetenekler özellikle de, ezber, aritmetik (çok basamaklı sayıları zihinden çarpma), müzik ve resim becerisi görülebilmektedir. Ancak çocuklar, öğrenilen bilgi ve becerileri farklı alanlara transfer etmede ve algılar arasında bağlantı kurmada güçlük çekerler. Bu yüzden soyut ifadeleri çoğu zaman anlayamazlar, hayali oyunlar oynayamazlar," dedi.

ANNE-BABA VE EĞİTİMCİ İŞ BİRLİĞİ İÇİNDE ÇALIŞMALI

Aile öncelikle otizmi her açıdan tanımaya çalışmalı ve çocuğa yardım edebilmenin en önemli unsuru otizmi tanımak ve kabullenmekten geçiyor. Bunun yanı sıra otizmlilerin sosyal uyumunu artırabilmenin en etkili yollarından biri de eğitim almalarını sağlamak. Bu süreçte anne-baba ve eğitimcilerin iş birliği içinde çalışmaları gerektiğini belirten Prof. Dr. Makbule Meziyet Ari, sınıf ortamında öğretmenin otizm tanılı çocuğa destekleyici ve olumlu yaklaşımı çocuğun okula uyumunu kolaylaştıracağını ve aynı zamanda akran desteğinin otizmli bireylerin sosyal uyumunu kolaylaştırmada en etkili yol olduğunu vurguladı.



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36. Is the frequency of autism increasing?
[Is the frequency of autism increasing?](#)

Dr. Deniz Yıldız, a faculty member at Istanbul Gelisim University's Faculty of Health Sciences, shared information about the frequency of autism. Yıldız, who defines autism, has noted that changes in diagnostic criteria and increased awareness may have an impact on the rising prevalence.



37. Do not make these mistakes while fasting!
[Do not make these mistakes while fasting!](#)

Professor Dr. Züleyha Akkan Çetinkaya from the Faculty of Health Sciences, Department of Nutrition and Dietetics at Istanbul Gelisim University, emphasized the importance of appropriate nutrition during suhoor (pre-dawn meal) and avoiding oily, overly complex, and creamy dishes during iftar (meal to break the fast) in the month of Ramadan. Çetinkaya also highlighted the significance of chewing food thoroughly and not neglecting to drink water.



38. If you are unhappy, pay attention! It may be due to a lack of vitamin D.
[If you are unhappy, pay attention! It may be due to a lack of vitamin D.](#)

Dr. Ayşe Huri Özkarabulut, from the Istanbul Gelişim University Faculty of Health Sciences, Department of Nutrition and Dietetics, stated that a deficiency in vitamin D increases the risk of many diseases. Dr. Özkarabulut mentioned that in the case of a deficiency in vitamin D, symptoms such as muscle and bone pain, fatigue, weakness, and depression may occur. She





also emphasized that excessive intake of vitamin D can lead to poisoning and prolonged exposure to the sun can increase the risk of skin cancer.

Mutsuzsanız dikkat! Sebebi D vitamini eksikliği olabilir

Havalarm soğumasıyla birlikte güneşli günlere artık veda ediyoruz. En büyük D vitamini kaynağı olan güneş ışıklarının kişileri depresyondan korumaya yardımcı olduğunu ifade eden Dr. Öğr. Üyesi Ayşe Huri Özkarakulut, D vitamini eksikliğinin birçok hastalık riskini artırdığını belirtti.

Gıdalarla alınan D vitamini, vücutta bulunan toplam D vitamini'nin yüzde 10'unu teşkil ediyor. Yumurta sarısı, dana karaciğeri ve balık yağı'nın bilinen en iyi D vitamini kaynakları olduğunu belirten İstanbul Gelişim Üniversitesi (IGU) Sağlık Bilimleri Fakültesi Beslenme ve Diyetetik Bölümü'nden Dr. Öğr. Üyesi Ayşe Huri Özkarakulut, vücutta bulunan D vitamini'nin yüzde 90'ının güneş ışınları etkisiyle ciltte sentezlendiğini ifade etti.

D VİTAMİNİ EKSİKLİĞİ BİRÇOK HASTALIK RİSKİNİ ARTIRIYOR

Vücudun ihtiyacı olan D vitamini'nin büyük çoğunluğu güneş ışınlarından alınıyor. Kış aylarının yaklaşmasıyla güneşli havalara veda edilen şu günlerde, kanda bulunan D vitamini düzeyine dikkat edilmesi gerektiğini vurgulayan Dr. Öğr. Üyesi Ayşe Huri Özkarakulut, "D vitamini yetersizliği ile birçok hastalık riski artış arasında bağlantı bulunuyor. Örneğin; kanser, kardiyovasküler hastalıklar, osteoartrit ve oto immün hastalıklar hatta tip-2 diyabet ve depresyon D vitamini eksikliği ile bağlantılıdır. Güneş ışıklarının kişiyi depresyondan koruduğu araştırmalarla belirlenmiştir. Güneş ışınları beyin tarafından salgılanan melatonini azaltıcı, mutluluk hormonu diye bilinen serotonin artıracı etki yapmaktadır." diyerek D vitamini konusunda önemle uyardı.

YAŞLILAR, YÜZDE 75 DAHA AZ ÜRETİYOR

D vitamini düzeyi; güneş ışına maruziyet, yaşanılan bölgenin deniz seviyesinden yüksekliği, derideki pigmentasyon yoğunluğu, yaş ve beslenme ile alınan D vitamini miktarına göre değişim gösteriyor. Yaşam şekli, yaş, renk ve diğer faktörler D vitamini için risk oluşturunuyor. Yapılan bir araştırmaya göre Amerika ve Avrupa'da 65 yaş üzeri kişilerin yüzde 40-100'ü arasında D vitamini yetersizliği olduğunu tahmin edildiğini belirten Dr. Öğr. Üyesi Ayşe Huri Özkarakulut, "Düşük D vitamini seviyesi ile demans ve diğer bilişsel hastalıklar birlikte bulunmuştur. Yapılan klinik çalışmalarda, yaşlılar düzenli olarak güneşe maruz kalsalar da onların derilerinin D vitamini gençlerden yüzde 75 daha az ürettiği saptanmıştır. Ayrıca, sayısız çalışma vitamin D eksikliği ile obezite arasında bağlantı olduğunu göstermektedir." şeklinde konuştu.

YORGUNLUK VE HALSİZLİK VARSA DİKKAT!

Sindirim sistemi hastalığı olanlarda, örneğin; Crohn's, çölyak ve diğer bağırsak hastalıklarında düşük D vitamini seviyeleri ile karşılaşıyor. Bu hastalıklar, besin kaynaklarından alınan D vitamini'nin zor emilmesine neden oluyor. Eğer D vitamini eksikliği varsa kas, kemik ağrısı, yorgunluk, halsizlik ve depresyon görülebileceğini belirten Dr. Özkarakulut, "Çocuklarda en bilinen belirtisi bacak eğriliği şeklinde ortaya çıkan rahatsız hastalığıdır. Yetişkinlerde ise kolay kemik kırılması ile ortaya çıkan osteomalasi'dir. Standart D vitamini eksikliğinin tedavisi takviye verilmesi şeklindedir. Doğru yiyeceklerin verilmesine rağmen, çoğu bilim insanı gıdalarla eksikliğin giderilemeyeceğini düşünmekte." diyerek, D vitamini'nin fazla alındığı takdirde zehirlenmeye yol açabileceğini; uzun süre güneşte kalmanın da deri kanseri riskini artırdığını ifade etti.



39. Motor Speech Disorders

Motor Speech Disorders

In Istanbul Gelisim University (IGU), Faculty of Health Sciences Najva MOUSAVI, Associate Professor in the Department of Speech and Language Therapy, shared information about 'Motor Speech Disorders'.



40. Don't fight against migraines, maintain good relations!

Don't fight against migraines, maintain good relations!

During the Migraine Awareness Week from September 5th to 11th, Istanbul Gelisim University (IGU), Faculty of Health Sciences, Child Development Department's Pediatric Neurology Specialist Prof. Dr. Ebru Kolsal stated that migraines are a lifelong and episodic disease. She emphasized that individuals diagnosed with migraines can eliminate the need for continuous medication by identifying and avoiding trigger foods that cause attacks. Kolsal





highlighted the importance of maintaining good relationships and staying away from undesirable behaviors by living with migraines like a friend rather than fighting against them.

Migrenle savaşmayın, aranızı iyi tutun!

En sık görülen baş ağrısı tipi olan migren, birçok kişinin günlük hayatını ve yaşam kalitesini etkiliyor. İçinde bulunduğumuz 5-11 Eylül Migren Farkındalık Haftası'nda açıklamalarda bulunan Çocuk Nöroloji Uzmanı Prof. Dr. Ebru Kolsal, çocukluk çağında yaşanan baş ağrıların sık görülen şikâyetlerden biri olduğunu belirterek, "Migrenle savaşmayın, aranızı iyi tutun" dedi.

Migren ve gerilim tipi baş ağrısı, baş ağrıların en çok görülen iki sebebi arasında yer alıyor. Değişen yoğunlukta ve şiddette sıklıkla zonklayıcı şekilde baş ağrısının görüldüğü migrende; ışıktan, gürültüden sakınma ve bulantı, kusma gibi durumlar da hastaların şikâyetleri arasında yer alıyor. Ailesinde migren öyküsü bulunan bireylerde migren tansısına daha çok rastlanıyor.

ANİ BAŞLAYAN BAŞ AĞRILARI ÖNEMSENMEİ

Baş ağrıları, hem çocuklarda hem de yetişkinlerde günlük hayatı, yaşam kalitesini ve okul başarısını yüksek dozda etkiliyor. 5-11 Eylül Migren Farkındalık Haftası'nda açıklamalarda bulunan İstanbul Gelisim Üniversitesi (İGÜ), Sağlık Bilimleri Fakültesi Çocuk Gelişimi Bölümü'nden Çocuk Nöroloji Uzmanı Prof. Dr. Ebru Kolsal, "Çocukluk çağında baş ağrısı sık görülen şikâyetlerden biridir. Baş ağrıları; 7 yaş civarında yüzde 40, ergenlikte ise yüzde 70-80'lere ulaşır. Baş ağrısının süregelen olması tanısal yaklaşım için önemlidir. Ani başlayan baş ağrıların mutlaka önemsenmesi gerekiyor. Ağrıya eşlik eden bir enfeksiyonun varlığı söz konusu olabilir. Geceleri uykudan uyandıran, özellikle sabahları kusmaların eşlik ettiği baş ağrılarında kafa içi basınç artışına sebep olabilecek tümör gibi oluşumlar düşünülebilir." diyerek, baş ağrısı ile ortaya çıkan bilinç kaybı, nöbet ya da motor fonksiyon kayıplarının kanama ve inme gibi durumları akla getirebileceğini ifade etti.



41. Breathing exercises to strengthen lungs weakened by coronavirus

[Breathing exercises to strengthen lungs weakened by coronavirus](#)

Çağıl Ertürk, Lecturer in the Department of Physiotherapy and Rehabilitation at Istanbul Gelisim University Faculty of Health Sciences, reminded that the lung capacity decreases in individuals who have had a virus. She explained exercises that strengthen both the lungs and the immune system.

Gelişim Haber

Koronavirüsten yıpranan akciğerleri güçlendirici nefes egzersizleri

Covid-19 virüsü dolayısıyla en çok yıpranan akciğerler için güçlendirici nefes egzersizlerini aktaran Fizyoterapist Çağıl Ertürk, "Doğru nefes egzersizleri sonrasında güçlenen ciğerlerimizle covid virüsüne karşı daha hazırlıklı hale geliriz. Ayrıca güçlü ciğerler sizin muhtemel hastalık sürecinizi daha rahat atlamanızı sağlar" dedi.

Sağlıklı ciğerlere ve bağışıklık sistemine sahip olan insanların virüs karşısında daha şanslı olduğu uzun zamandır bilinen bir gerçek. Bu anlamda Covid-19 virüsünün tutunduğu, yayıldığı ve en çok yıpratıldığı akciğerlerin önemi pandemi süreci sonrası sağlık açısından daha da arttı. Kendisi de covid atlatan ve bu süreci yapmış olduğu nefes egzersizleri ile daha da rahat atlattığını ifade eden Fizyoterapist Çağıl Ertürk, doğru nefes alımının sadece ciğerleri değil aynı zamanda bağışıklık sistemini de güçlendirdiğinin altını çizdi.





42. Fearless dental treatment is possible!

[Fearless dental treatment is possible!](#)

Prof. Dr. Şeref Ezirganlı from the Faculty of Dentistry at Istanbul Gelisim University (IGU) emphasized that patients who avoid dental treatments due to fear can easily undergo procedures with sedation, where sedative relaxing drugs are administered by an anesthetist. He also added that sedation and general anesthesia are frequently applied in many patient groups, especially in jaw and joint surgery, oral cancer surgery, implant applications, and buried tooth operations.

Gelişim Haber

Korkusuz diş tedavisi mümkün!

Toplumdaki en yaygın korkulardan biri olan diş hekimi korkusu, çoğu kişi için bir kâbus haline gelebiliyor. Diş tedavisinde uygulanan birçok işlemin sedasyon ya da genel anesteziyle yapılabileceğine dair açıklamalarda bulunan Prof. Dr. Şeref Ezirganlı, hastanın hiçbir ağrı ve korku hissetmeden tedavisini tamamlamasının mümkün olduğunu belirtti.

Çevremizdeki birçok kişiden diş hekimi korkusuna dair yorumlar duymuşuzdur. Bazı hastalarda bulunan iğne korkusu, kimi hastalarda öğürme refleksiyle oluşan mide bulantısı gibi nedenler yıllarca diş hekiminden kaçan hasta sayısını azımsanamayacak hale getirmiştir. Diş hekimi korkusuna sahip olan bu tarz hastalar ve özellikle çocuklarda sedasyon ya da genel anestezi yöntemiyle birçok işlem yapılabilir. Bu yöntemle uygulanan işlemler hem hasta için hem de hekim için daha güvenilir ve sağlıklı bir tedavi ortamı sağlar.

BİRÇOK HASTA DIŞLERİNİ KAYBEDİYOR

Birçok hasta yaşadığı korkudan dolayı dişlerini kaybetme raddesine geliyor. Maalesef her zaman işlem yapmak mümkün olmayabiliyor. Bu hastaların büyük çoğunluğunu çocukların oluşturduğunu söyleyen İstanbul Gelisim Üniversitesi (IGÜ) Diş Hekimliği Fakültesi'nden Prof. Dr. Şeref Ezirganlı, "Hastalarımıza, yapılacak işlemin zor olmadığı konusunda telkinde bulunsak da, her zaman ikna edemeyebiliyoruz. Özellikle de çocukları ikna etmek oldukça zor. Yapılacak işleme ve kişiye bağlı olarak hastalarımıza sedasyon ya da genel anestezi öneriyoruz." diyerek bazı durumlarda da hastaların sistemik ya da mental durumundan kaynaklı olarak diş tedavilerini normal klinik şartlarda yapmanın mümkün olmadığını, ameliyathane şartlarının gerektiğini belirtti.



43. Speech Sound Disorders

[Speech Sound Disorders](#)

Istanbul Gelisim University Faculty of Health Sciences Language and Speech Therapy Department Lecturer Tuğba KARATOY, in her article explaining the definitions and emergence of speech disorders, stated that support should be received from speech and language therapists in the treatment of speech disorders.



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25 Temmuz 2022 Pazartesi

Konuşma Sesi Bozuklukları

İstanbul Gelisim Üniversitesi (İGÜ) Sağlık Bilimleri Fakültesi (SBF) Dil ve Konuşma Terapisi Bölümü Öğr. Gör. Tuğba KARATOY "Konuşma Sesi Bozuklukları" hakkında bilgiler aktardı.

Konuşma bozuklukları DSM-5'in Tanı Ölçütleri Başvuru El Kitabı'nın gelmesi neticesinde iletişim bozuklukları olarak adlandırılmış ve nörogelişimsel bozukluklar içinde yerini bulmuştur. İletişim bozuklukları; dil bozukluğu, konuşma sesi bozukluğu, çocukluk çağı akıcılık bozukluğu (kekemelik), sosyal pragmatik iletişim bozukluğu ve özgül olmayan iletişim bozukluğu klinik tanıları kapsamaktadır.

Konuşmayı sağlayan sesleri tanıyabilmek için konuşma eyleminin meydana gelmesini sağlayan çeşitli organların yapısının ve işleyişinin bilinmesi gerekmektedir. Konuşma tek yönlü bir fiziksel durumu kapsamamakla birlikte aynı zamanda anlatıma dayalı bir dil becerisidir. Anlatımın olabilmesi için öncelikle anlamın gerçekleşmesi, belli bir dil mekanizmasına sahip olunması, ana dilin dilbilgisi yapısına sahip olunması, bilgi birikimi ve kelime hazinesi gibi zihinde anlam kurusunu sağlayan öğelere gereksinim duyulmaktadır. Bütün bu karmaşık süreçler bir anlatım aracı olan sözlü anlatımı oluşturmaktadır. Sonuç olarak konuşma, zihinde oluşan ve konuşma organları aracılığıyla dışa vurumu gerçekleşen bir beceridir. Konuşma zihinde tasarlanan bir sürecin son evresidir.



44. Winter Academy 22 - Infectious Diseases and Vaccines

[Winter Academy 22 - Infectious Diseases and Vaccines](#)

As part of the WINTER ACADEMY program, Nurten ELKİN, Associate Professor and Head of the Department of Child Development at Istanbul Development University Faculty of Health Sciences, gave an online lecture on "Infectious Diseases and Vaccines" to high school students. The lecture covered the definition of infectious diseases, the infection chain, concepts of infectious disease and carriership, measures to break the infection chain, the adverse effects of infectious diseases on public health, precautions to be taken before and after the emergence of infectious diseases, concepts of contact tracing and quarantine, the relationship between nutrition and infectious diseases, the relationship between hand hygiene and infectious diseases, types of vaccines, the importance of immunization against childhood diseases through infant and childhood vaccination, and the concept of the cold chain, as well as discussing unwanted side effects after vaccination.



45. Freezing eggs is important for women undergoing cancer treatment

[Freezing eggs is important for women undergoing cancer treatment](#)

Dr. Ayşe Konaç, Associate Professor and Women's Health Specialist from the Department of Nursing at Istanbul Gelisim University Faculty of Health Sciences, stated that as women age, the egg reserve, including the number, quality, and competence of follicles (egg candidates),



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decreases. She added that women's increased involvement in the workforce, the rise in the age of marriage, and the busy work pace contribute to delayed pregnancy. Emphasizing the importance of freezing eggs, especially for patients undergoing ovarian and uterine cancer treatment, Dr. Konaç pointed out that otherwise, young patients face the risk of early menopause, and freezing eggs becomes crucial to avoid the possibility of infertility and the inability to have children due to issues like infertility.

Kanser tedavisi gören kadınlarda yumurta dondurma işlemi önem taşıyor

Çocuk sahibi olmak isteyen kadınların yumurta rezervlerinin önemini sık duyuyoruz. Yumurta rezervindeki azalmaların tespitinin kanda bazı hormonlara bakılarak öğrenildiğini belirten Kadın Hastalıkları Uzmanı Dr. Öğr. Üyesi Ayşe Konaç, günümüzde gebelik yaşının ilerlemesiyle kadınların yumurtalarını dondurma işlemlerine yöneldiğini ifade etti.

Kız bebekler doğduklarında yumurtalarında ortalama 1 milyon kadar yumurta adayı (follikül) bulunuyor. Ergenlik dönemine girdiğinde bu yumurta adayları teker teker her ay biri seçilerek, hormonların belirli bir arada sistemli ve koordineli çalışması sonucu düzenli olarak adet kanamaları görülüyor. Bu döngü, hormonların salınmalarında bir aksama olmazsa yumurtalardaki follikül rezervleri bitene kadar devam edip, rezervler bitince de menepoz başlayarak döngü bitiyor. Eğer çeşitli nedenlerle bu rezervler doğurganlık yaşlarında azalır ve adet düzensizliği başlarsa o zaman kısırılık söz konusu oluyor.

YAŞ İLERLEDİKÇE YUMURTA REZERVİ AZALYOR

Yumurta rezervi yani yumurtalardaki follikül (yumurta adayı) sayısı, kalitesi ve yeterliliği anlamına geliyor. Kadının yaşı ilerledikçe bu rezervlerin doğal olarak yaşla birlikte azalmaya başladığını ifade eden İstanbul Gelişim Üniversitesi Sağlık Bilimleri Fakültesi Hemşirelik Bölümü'nden Kadın Hastalıkları Uzmanı Dr. Öğr. Üyesi Ayşe Konaç, "Yumurta rezervindeki azalmaların tespitinde kanda bazı hormonlara bakılıyor. Ultrasonografide yumurtalardaki yumurta adayı sayısı tespit ediliyor. Hastanın genel sağlık durumu da önemli, elbette bu konuda da değerlendirmeler yapıyoruz." şeklinde konuştu. Günümüzde, kadınların iş hayatında daha yoğun yer alması; evlilik yaşının artması ve yoğun iş tempoları nedeni ile gebelik yaşının ilerlediğini de sözlerine ekledi.

YUMURTA DONDURMA İŞLEMLERİNE TALEP ARTTI

Tıptaki gelişmeler ve yenilikler yumurta rezervlerinin azalması tehdidi ile karşı karşıya olan kadınların büyük tam teşekküllü hastanelerde yumurta dokusunu ve folliküllerinin dondurularak saklanması işlemlerine talebini artırıyor. Ayrıca yumurtalık ve rahim kanseri tedavisi gören hastalarda yumurtaların dondurulma işleminin önemine dikkat çeken Dr. Konaç, aksi takdirde özellikle de genç hastaların erken menepoz yaşamaya karşı karşıya kaldıklarını, kısırılık gibi sorunlar nedeni ile çocuk sahibi olamama ihtimallerinden dolayı yumurtaların dondurulma işleminin büyük önem taşıdığını vurguladı. Dr. Konaç:

"Yumurta dondurma işlemlerinin de belirli bir süresi bulunuyor. Bekleme uzadıkça, yumurta ya da folliküllerin kaliteleri azalıp başarı şansı düşüyor. Saklanması bu dokuların uygun koşullarda ve uygun şekilde alınması büyük önem taşıyor." dedi.



46. Dysphonia (hoarseness): What is it?

Dysphonia (hoarseness): What is it?

Research Assistant Rumeysa Nur Akbaş from the Department of Speech and Language Therapy at Istanbul Gelişim University (IGU) Faculty of Health Sciences shared valuable information about "Dysphonia (Hoarseness)." She emphasized that dysphonia is the most important symptom of laryngeal diseases. While the Turkish equivalent is "ses kısıklığı" (hoarseness), she conveyed that it is a more inclusive term that refers not only to hoarseness but to all types of voice disorders.



47. Are Your Teeth Ready for Winter





Are Your Teeth Ready for Winter

Lecturer Sibel Canitez, Head of the Oral and Dental Health Program at Istanbul Gelişim University Vocational School of Health Services, stated in her news that cold drinks consumed to cool off in the summer months cause tooth sensitivity, adding that the air we breathe and the hot and cold foods consumed cause many oral and dental diseases and only affect our lives. She mentioned that unfortunately, not enough importance is given to dental diseases that are not thought to be directly threatening.



48. Don't Fall into This Trap in Fillers and Botox Applications!

Don't Fall into This Trap in Fillers and Botox Applications!

Many people resort to different skincare products and medical aesthetic procedures to look well-groomed and young. Dr. Pelin Özgünay, Associate Professor, addressed these procedures done out of beauty and aesthetic concerns, emphasizing the importance of using licensed products and ensuring that the procedures are performed by qualified doctors, especially when getting Botox and fillers.

The screenshot shows a news article on the Istanbul Gelişim University website. The article is dated 12 Eylül 2022 Pazartesi and is titled "Dolgu ve botoks uygulamalarında bu tuzağa düşmeyin!". The article discusses the importance of using licensed products and qualified doctors for aesthetic procedures. It mentions that many people resort to different skincare products and medical aesthetic procedures to look well-groomed and young. Dr. Pelin Özgünay, Associate Professor, addressed these procedures done out of beauty and aesthetic concerns, emphasizing the importance of using licensed products and ensuring that the procedures are performed by qualified doctors, especially when getting Botox and fillers. The article also mentions that the market is flooded with unlicensed products and that consumers should be cautious.





49. People with hidden diabetes have a high risk of developing diabetes!

People with hidden diabetes have a high risk of developing diabetes!

Pre-diabetes, also known as "hidden diabetes," is a rapidly increasing public health problem worldwide. It is known that the likelihood of developing diabetes increases if precautions are not taken in the early stages of pre-diabetes, and awareness is not raised. Diabetes can lead to various complications such as neuropathy, retinopathy, nephropathy, and cardiovascular diseases. The prevalence of diabetes, one of the most common diseases, is increasing day by day. Dr. Mahruk Rashidi, Associate Professor, emphasized the need to increase awareness of pre-diabetes, also known as "hidden diabetes," which signifies a pre-diabetic condition, in statements made during World Diabetes Day on November 14th.



50. Early Onset of Flu Outbreak Raises Concerns

Early Onset of Flu Outbreak Raises Concerns

As the seasonal transitions rapidly take effect, contagious diseases related to colds, such as the flu, have also begun to emerge. Istanbul Gelisim University Nutrition Specialist Research Assistant Tuğba Türkcan explained ways to protect against flu-like illnesses, which have shown a significant increase in recent days. With the rapid changes in temperature and seasonal transitions becoming more pronounced in recent times, the risk of contracting diseases such as the common cold has increased. Emphasizing that strengthening the immune system is the key to protecting against contagious diseases, Türkcan provided a recipe for immune-boosting soup and discussed how often vitamins should be used.



51. Don't Do This to Your Pets!





Don't Do This to Your Pets!

The craze for dyeing the fur of cats and dogs has become a trend worldwide in recent years. Professor Dr. Rifat Mutuş, commenting on the matter, stated that using dye products on animals can cause serious health problems and even lead to death.



52. Every year, 1.5 million people lose their lives

Every year, 1.5 million people lose their lives

Vaccination is among the most crucial public health interventions. Associate Professor Bahar Nur Kanbur, stated that vaccination prevents 2-3 million infant deaths annually. She emphasized that vaccination services are the right of every child, and every parent should be aware of this responsibility. Kanbur mentioned that the vaccination schedule implemented in our country is created based on the recommendations of the Immunization Scientific Advisory Board and follows scientific developments. However, despite all this, some parents have doubts about its usefulness and reliability. She highlighted the importance of monitoring children's vaccination and providing education to increase the knowledge level of families to maintain the success of vaccination.



53. Let's See Our Blood Cells Under the Light Microscope

Let's See Our Blood Cells Under the Light Microscope

Medical Laboratory Techniques Program Head Dr. Lecturer Within the scope of the event called "Let's See Our Blood Cells in the Light Microscope" held by member Arzu Özgen in B Block Laboratory on January 5, blood cells were examined practically by students and participants.



3 GOOD HEALTH AND WELL-BEING



SUSTAINABLE DEVELOPMENT GOALS



3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



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Operation

1. **One of the five projects to be supported within the scope of 'Susfood2-Fosc 2021' is from IGU!**

[One of the five projects to be supported within the scope of 'Susfood2-Fosc 2021' is from IGU!](#)

The results of the SUSFOOD2 – FOSCH 2021 joint call have been announced. In this call, which includes a total of 195 researchers from 13 countries and 31 transnational projects, a project proposal titled 'IPSUS - Climate-friendly innovative foods using recycled resources and plant and seaweed proteins,' with Dr. Murat Doğan, Deputy Dean of the Faculty of Fine Arts at Istanbul Gelisim University, as the advisor, was found eligible for support. In addition to Turkey, the project consortium includes universities from the UK, Morocco, and Romania. The project, with a total budget of 1.5 million euros, will last for 3 years.



2. **December 3 is World Disability Awareness Week**

[December 3 is World Disability Awareness Week](#)

On this important day aimed at increasing awareness and involving individuals with disabilities in various activities, Istanbul Gelisim University, School of Physical Education and Sports, Department of Exercise and Sports Sciences for Individuals with Disabilities students have planned several events throughout Istanbul.

1. Sports and Entertainment Festival (December 1, 2022)

In collaboration with Istanbul Youth and Sports Provincial Directorate, Fatih Youth and Sports District Directorate, Fatih Municipality, Golden Horn Water Sports Club, and the Special Olympics Federation, Istanbul Gelisim University organized an event with the participation of 400 individuals with disabilities and their families.

2. Swimming Competition (December 2, 2022)

In collaboration with the Istanbul Youth and Sports Provincial Directorate, Beylikdüzü Youth and Sports District Directorate, and LC Waikiki, Istanbul Gelisim University organized a swimming competition with the participation of 100 individuals with disabilities and their families.





3. Together for a Better World (December 3, 2022)

In collaboration with Gaziosmanpaşa Municipality, Istanbul Gelisim University organized an event with the participation of 250 individuals with disabilities and their families. Starting with a morning breakfast program, the event continued with entertaining sports activities.



3. Let's Live Healthy, Protect Ourselves from Obesity Event **[Let's Live Healthy, Protect Ourselves from Obesity Event](#)**

Under the supervision of the Head of the Department of Nutrition and Dietetics, Dr. Ayşe Huri Özkarabulut, and led by department lecturer Eda Merve Kurtuluş, lecturer Münevver Başak Onat, and lecturer Zeynep Şeyda Tut, an event was organized with the participation of students from the Turkish and English departments of the Nutrition and Dietetics program. The event took place at Beylikdüzü Municipality. Faculty members from the Turkish and English Nutrition and Dietetics departments, along with dietitian candidate students, conducted detailed body composition analysis, nutritional status assessment, and physical activity evaluation for the participants. Our university, in collaboration with Beylikdüzü Municipality, took its place in the field to bring together the future health professionals with clients and spread awareness about obesity to a broader audience in the community. The event received significant demand throughout the day. In addition to the measurements, brochures prepared by our students, sharing information about obesity and athlete nutrition, were distributed to the participating public.



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3 GOOD HEALTH AND WELL-BEING



SUSTAINABLE DEVELOPMENT GOALS



3 GOOD HEALTH AND WELL-BEING



17 PARTNERSHIPS FOR THE GOALS



4. Our Students Met with Individuals with Disabilities During Disability Week

[Our Students Met with Individuals with Disabilities During Disability Week](#)

Under the organization of Dr. Taner Atasoy, Head of the Department of Exercise and Sports Sciences for Individuals with Disabilities at Istanbul Gelisim University, in collaboration with the Fatih Youth and Sports District Directorate, and with the support of Fatih Municipality and the Special Olympics Federation, our students volunteered to participate in activities and spent time with individuals with disabilities during Disability Week.

3 GOOD HEALTH AND WELL-BEING



10 REDUCED INEQUALITIES



17 PARTNERSHIPS FOR THE GOALS



5. Lecturer Buse Kerigan Met with LÖSEV Volunteer Youth at the 'Benefit Community for Children with Leukemia' Event

[Lecturer Buse Kerigan Met with LÖSEV Volunteer Youth at the 'Benefit Community for Children with Leukemia' Event](#)

A Creative Drama workshop was held with the participation of 300 students who are part of the LÖSEV 'Benefit Community for Children with Leukemia' at universities in the Marmara region. Starting with warm-up activities for students to get to know each other better within the group, the workshop concluded with a large group activity using the "LÖSEV" themed



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Station Technique, where students shared their thoughts on how they are involved in the 'Benefit Community for Children with Leukemia' and what activities they participate in.

04 Kasım 2022 Cuma

Öğr. Gör. Buse Kerigan, Lösev Gönüllüsü Gençler İle "Lösemili Çocuklara Fayda Topluluğu" etkinliğinde bulundu

İstanbul Gelişim Üniversitesi Sağlık Bilimleri Fakültesi Çocuk Gelişimi Bölümü öğretim elemanlarından Öğr. Gör. Buse Kerigan, Lösev Gönüllüsü Gençler İle "Lösemili Çocuklara Fayda Topluluğu" etkinliğinde bulundu.

24 Ekim 2022 tarihinde Marmara bölgesinde yer alan üniversiteler içerisinde Lösev "Lösemili Çocuklara Fayda Topluluğu" nda yer alan öğrencilerle Müze Gazhane'de Yaratıcı Drama atölyesi gerçekleştirildi. Atölye içerisine 300 kişinin katılım sağlanmasıyla farklı üniversitelerden gelen öğrenciler ile Lösev paydasında çalışmalar düzenlendi. Grup içerisindeki öğrencilerin birbirlerini daha iyi tanımaları adına ısındırma çalışmaları ile atölyeye başlanmıştır. Sonrasında Lösemili Çocuklara Fayda Topluluğu'nda nasıl yer aldıkları, neler yaptıkları hakkında görüşleri dinlenmiştir. Çalışmanın tamamlanmasında "Lösev" temalı İstasyon Tekniği kullanılarak büyük grup çalışması yapılmıştır. Marmara Bölgesi "Lösemili Çocuklara Fayda Topluluğu" kapsamında İstanbul Gelişim Üniversitesi Lösev Fayda Kulübü de kulüp üyeleri ile katılım sağlamıştır.

Galeri



6. Faculty of Dentistry 1st Symposium: Oral Microbiota

Faculty of Dentistry 1st Symposium: Oral Microbiota

After a long period of pandemic, the importance of "Oral Microbiota" has increased, and the Istanbul Gelisim University Faculty of Dentistry organized its 1st Symposium on Oral Microbiota with the valuable contributions of distinguished speakers. The symposium covered topics such as microbiota, oral microbiota, dysbiosis, and nutrition. Expert professors, dentists, dental students, relevant researchers, and PhD and master's students gathered to create a scientific platform.



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PROGRAM AKIŞI

09:30 - 10:00 Kayıt (Çay-Kahve İkrarı)

10:00-10:00 Açılış Oturumu

10:00 - 10:05 Sağlı Duruşu ve İstiklal Marşı

10:05 - 10:15 Mutevelli Heyet Başkanı - Abdulkadir Gayretli

10:15 - 10:25 Doktor Y. Prof. Dr. Barış Şahin

10:25 - 10:30 Diş Hekimliği Fakültesi Dekanı - Prof. Dr. Mahir Günday

10:30 - 11:00 O'na mı Aşım, Mikrobiyotasına mı? - Akın Blyokimyası - Prof. Dr. Derya Özşakı (Marmara Üniversitesi - Eczacılık Fakültesi, Biyokimya/Temel Bilimler Bölüm Başkanı)

11:00-12:00 1. Oturum "Mikrobiyotaya Genel Bakış"
Oturum Başkanı: Dr. Savaş Vural (İstanbul Gelisim Üniversitesi - Diş Hekimliği Fakültesi, Temel Bilimler Bölümü, Mikrobiyoloji)

11:00-12:00 Mikrobiyotaya ve Hastalık İlişkisi - Dr. Semra Tamer Levent (Biruni Laboratuvarı, Klinik Biyokimya Uzmanı)

11:30-12:00 Mikrobiyota Analizi - Dr. Sürüyya Şahinoglu (Biruni Laboratuvarı, Klinik Biyokimya Uzmanı)

12:00 - 13:00 Öğle Arası

13:00-14:00 2. Oturum "Oral Mikrobiyota"
Oturum Başkanı: Prof. Dr. Aygen Yarat (Marmara Üniversitesi- Diş Hekimliği Fakültesi, Temel Bilimler Bölümü, Biyokimya)

13:00-13:30 Ağız Mikrobiyotası - Prof. Dr. Mine Ang Küçükler (İstanbul Yeni Yüzyıl Üniversitesi- Tıp Fakültesi, Tıbbi Mikrobiyoloji ABD)

13:30-14:00 Ağız Boşluğunda Savunma Faktörleri - Prof. Dr. Tanju Kadir (Marmara Üniversitesi- Diş Hekimliği Fakültesi, Temel Tıp Bilimleri Bölüm Başkanı)

14:00-14:15 Kahve Arası

14:15-15:15 3. Oturum "Oral Mikrobiyota Disbiyozisi"
Oturum Başkanı: Prof. Dr. Ufuk Sezer (İstanbul Gelisim Üniversitesi - Diş Hekimliği Fakültesi, Klinik Bilimler Bölümü, Periodontoloji ABD)

14:15-14:45 - Ağız Kokusu ve Oral Mikrobiyotanın Rolü - Doç. Dr. Duygu Yaman (İstanbul Üniversitesi - Diş Hekimliği Fakültesi, Periodontoloji ABG)

14:45- 15:15 Oral Mikrobiyota ve Sistemik Hastalık İlişkisi - Dr. Öğr. Üyesi Hasan Değirmenci (İstanbul Gelisim Üniversitesi - Diş Hekimliği Fakültesi, Temel Bilimler Bölümü, Mikrobiyoloji)

15:15- 15:30 Kahve Arası

15:30-16:30 4. Oturum "Oral Mikrobiyota ve Beslenme"
Oturum Başkanı: Prof. Dr. Ali Kemal Özdemir (İstanbul Gelisim Üniversitesi - Diş Hekimliği Fakültesi, Klinik Bilimler, Restoratif ABD)

15:30-16:00 Oral Mikrobiyota ve Beslenme İlişkisi - Doç. Dr. Özlem Bingöl Özakpınar (Marmara Üniversitesi - Eczacılık Fakültesi, Biyokimya ABD)

16:00-16:30 Fonksiyonel Beslenme ve Mikrobiyota - Gülsevrim Kurt Yazıcı (Diyetisyen)

16:30-16:45 Kapanış

**DIŞ HEKİMLİĞİ FAKÜLTESİ
1. SEMPOZYUMU
"ORAL MIKROBIYOTA"**

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4 QUALITY EDUCATION



17 PARTNERSHIPS FOR THE GOALS



7. Assoc. Prof. Dr. Gülgün ÇİĞDEM at BAIBU with the Crisis-Cancer Cycle (CCC)

[Assoc. Prof. Dr. Gülgün ÇİĞDEM at BAIBU with the Crisis-Cancer Cycle \(CCC\)](#)

Assoc. Prof. Dr. Gülgün ÇİĞDEM, a faculty member of the International Trade and Business Administration Department at IGU, was invited as a speaker to Bolu Abant İzzet Baysal University to present her multidisciplinary studies named the Crisis-Cancer Cycle (CCC-Crisis Cancer Cycle). In her research, she added unemployment as a new risk factor for cancer, questioning the relationship between poverty and cancer incidence, extending her multidisciplinary work from the United States to Turkey.

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1 NO POVERTY



8 DECENT WORK AND ECONOMIC GROWTH



17 PARTNERSHIPS FOR THE GOALS



8. "Eat Right, Live Happy" Project

["Eat Right, Live Happy" Project](#)



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"Eat Right, Live Happy" Project

As part of the project initiated by Muratbey cheese, Prof. Dr. Muazzez Garipoğlu provided tips for a healthy and happy life for several months. Every 21st of the month at 21:00, she shared insights on Muratbey's YouTube channel.



9. Clothes will be produced for children with Down Syndrome!

Clothes will be produced for children with Down Syndrome!

Sultan Çetinkaya, a lecturer at Istanbul Gelisim University's School of Applied Sciences, Fashion Design Program, is actively engaged in a scientific research project aiming to address the dressing difficulties experienced by children with Down Syndrome (DS) through the production of functionally designed garments. According to Çetinkaya, a pilot application was carried out by creating sample garments for two girls and two boys with Down Syndrome. The designed garments include accessories that allow children with DS to easily put on and take off their clothes without the need for assistance. The color selection for the garments is based on the warm colors most preferred by children with DS. The produced sample garments were showcased at the Istanbul Gelisim University's "9th Media Awards Ceremony Art Exhibition" and the "Harmony Exhibition," receiving appreciation from art enthusiasts. During the 2022-2023 academic term in the "Customized Clothing Design" course for second-year students, Çetinkaya, along with her students, plans to create a collection for 10 children with DS aged between 12-18 at the Gülseren Özdemir Special Education School. She mentioned that they





will collaborate with the children's parents to develop functions that address dressing problems learned through inquiries, and they will design and produce garments in colors and styles preferred by children with DS. The completion of the project is envisioned to culminate in a fashion show featuring children with Down Syndrome.



10. Towards a Barrier-Free Tomorrow during Disabled People's Week Towards a Barrier-Free Tomorrow during Disabled People's Week

Istanbul Gelisim University's School of Physical Education and Sports, in collaboration with the Youth and Sports Provincial Directorate, Fatih Youth and Sports District Directorate, Turkey Special Athletes Federation, and Fatih Municipality, came together for the event "Towards a Barrier-Free Tomorrow" during the Disabilities Week on May 11, 2022.



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3 GOOD HEALTH AND WELL-BEING



10 REDUCED INEQUALITIES



17 PARTNERSHIPS FOR THE GOALS



11. "Orange Flag" award to IGU at the Barrier-Free University Awards ["Orange Flag" award to IGU at the Barrier-Free University Awards](#)

In the Barrier-Free University Awards, aimed at raising awareness about the access of individuals with disabilities to spaces, educational opportunities, and socio-cultural activities, Istanbul Gelisim University Faculty of Applied Sciences has earned the nomination for the "Orange Flag" due to its arrangements in the "Access in Space" category.



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17 PARTNERSHIPS FOR THE GOALS



12. Occupational Therapy Department Department is at the Barrier-Free Life Fair 2022

The Occupational Therapy Department at Istanbul Gelisim University participated in the 12th edition of the Barrier-Free Life Fair 2022, which holds the distinction of being the world's 6th largest fair and the only one in its field. The department's purpose was to contribute to minimizing barriers to access health, rehabilitation, and professional care for individuals with disabilities and the elderly. They aimed to support the integration of these individuals into all aspects of social life by developing commercial solutions and connections in an international platform where new technologies are shared. During the fair, attendees had the opportunity to try adaptive devices and software specifically designed for each disabled individual. They also had the chance to listen to expected projects from the Ministry of Family and Social



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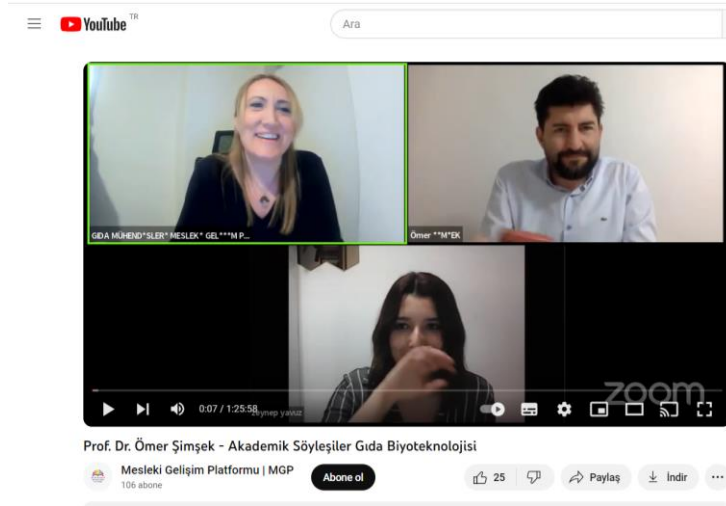
Services and special speakers. Istanbul Gelişim University students actively participated in the fair, serving roles at the Occupational Therapy Association stand throughout the event.



13. April 25 World DNA Day

[April 25 World DNA Day](#)

On April 25, an academic discussion was held on World DNA Day on the Professional Development Platform for Food Engineers. The academic discussion, featuring the participation of Prof. Dr. Ömer ŞİMŞEK, a faculty member at Yıldız Technical University, focused on Food Biotechnology and New Trends in Food.



14. IGU Audiology Department Met with Kahramanmaraş Dulkadiroğlu Anatolian High School

[IGU Audiology Department Met with Kahramanmaraş Dulkadiroğlu Anatolian High School](#)

As part of the collaboration protocol between Istanbul Gelişim University and Kahramanmaraş Dulkadiroğlu Anatolian High School, a remote discussion was held on May 11, 2022, with Dr. Assistant Professor Selva ZEREN, the Head of the Audiology Department.





Zeren answered the question "What is Audiology?" by stating, "Audiology is the science of hearing and balance. The main tasks of audiologists include diagnosing hearing loss, selecting suitable hearing aids for individuals of all ages, and implementing hearing aid applications. Audiologists also play a role in resolving issues that may arise during this process. In addition, they are involved in rehabilitation.



15. Istanbul Gelisim University Meets with Büyükçekmece Guidance and Research Center

[Istanbul Gelisim University Meets with Büyükçekmece Guidance and Research Center](#)

A seminar was conducted by Psychological Counselor Elif Macit during a breakfast event organized in collaboration between Istanbul Gelişim University and Beylikdüzü Guidance and Research Center. The breakfast event, held at the Beylikdüzü Teachers' House in collaboration with Istanbul Gelişim University, featured the participation of Prof. Dr. Nail Öztaş, Vice Rector of Istanbul Gelisim University, Vedat Yoldaş, Director of Beylikdüzü Guidance and Research Center, and was organized by the Public Relations and Promotion Directorate of Istanbul Gelisim University. The successful organization concluded with the seminar on "School Adjustment in the Post-Pandemic Process" presented by Psychological Counselor Elif Macit, attended by guidance teachers



16. Istanbul Gelişim University Faculty of Fine Arts brought "Special Students" together with cinema

[Istanbul Gelişim University Faculty of Fine Arts brought "Special Students" together with cinema](#)

A new social responsibility project has begun, organized by the Faculty of Fine Arts, Department of Radio Television and Cinema at Istanbul Gelişim University. This project, in collaboration with Samyeli Private Education Institutions, aims to provide special education



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students with a cinema experience and facilitate their participation in socially interactive environments. The first session of the Special Education Cinema Days project took place on July 26, 2022, at the Cep Cinema of the Faculty of Fine Arts, Department of Radio Television and Cinema at Istanbul Gelisim University. Teachers from Samyeli Private Education Institution, a group of special education students with Down syndrome, and parents participated in the event. Dr. Assistant Professor Sezgin Savaş, the Vice Dean of the Faculty of Fine Arts, served as the project advisor, while Prof. Dr. Şükran Güzin Ilıcak Aydınalp, the Dean of the Faculty of Fine Arts, and Dr. Assistant Professor Rabiya Saltik from the Department of Radio Television and Cinema led the project. The event began with an opening speech by Aydınalp, followed by a discussion moderated by Saltik. The discussion featured Ali Atlı, a teacher from Samyeli Private Education Institutions, and Kadriye Yıldız, a lecturer from the Department of Special Education at Istanbul Sabahattin Zaim University. The conversation revolved around the importance and necessities of social responsibility projects for special education students, as well as potential future projects.



17. Child abuse awareness training from Istanbul Gelisim University

[Child abuse awareness training from Istanbul Gelisim University](#)

The event titled "Hear My Voice, My Teacher" organized in collaboration with Istanbul Gelisim University, Avclar Guidance and Research Center, and Beylikdüzü Guidance and Research Center has concluded. The two-day event featured training sessions by Dr. Bülent Tansel on the topic of "Child Sexual Abuse and Psycho-Social Approaches." Istanbul Gelisim University has added another training to its collaboration with Guidance and Research Centers. The event, aimed at psychological counselors working in schools in the Avclar and Beylikdüzü districts, took place on March 30-31 within the organization of the university.



18. Two more new trainings from Istanbul Gelisim University!

[Two more new trainings from Istanbul Gelisim University!](#)



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A training titled 'Improving the Professional Competencies of School Guidance Counselors' was organized in collaboration between Istanbul Gelisim University and Amasya Provincial Directorate of National Education. The training, held on Monday, March 28, was attended by 90 educators. During the event in Amasya, Clinical Psychologist Dr. Cansu Selin Yurtseven provided training on "Overcoming Anxiety," and Clinical Psychologist Dr. Kahraman Güler covered the topics of "Healing Emotions with Imagination and Chair Techniques." The event was also attended by Amasya Provincial Director of National Education, Mehmet Türkmen. Another part of the training, aimed at enhancing the professional competencies of School Guidance Counselors, will take place on March 30 in collaboration between Istanbul Gelisim University and Tokat Provincial Directorate of National Education. In the training to be held in Tokat, Clinical Psychologist Dr. Volkan Demir and Clinical Psychologist Dr. Cansu Selin Yurtseven will provide sessions on "Art Therapy" and "Techniques Used in Psychotherapy" to the participants.



19. Exchanging Good Practices For The Professional Integration Of Adults With Chronic Kidney Disease

<https://prockd.eu/>

[Exchanging Good Practices For The Professional Integration Of Adults With Chronic Kidney Disease](https://prockd.eu/)



The project addresses the needs and problems of patients in Spain, Turkey, Greece and the Netherlands, specifically how employed patients can continue their jobs after starting dialysis, how to encourage them to continue education and training, and how to help unemployed patients find meaningful employment. focuses on.

Partnerships: Greek Carers Network EPIONI, Saronic Nephrological Center Greece, Stichting Dutch Foundation of Innovation WELFARE 2 Work Netherlands, Universidad Autonoma De Madrid Spain.



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20. From Institutionalization To Comprehensive Support For An Independent Life Of People With Disabilities in Rural Areas

<https://www.ruralinlife.eu/tr/anasayfa/>

EU Projects



Co-funded by
the European Union



The main purpose of the project is; professionals (social workers, adult educators, professionals working in municipal services) to promote social inclusion and independent living for disabled people living in rural areas. The independent living in rural areas project will be implemented with a collaboration that determines the role of the personal assistant for independent living and innovative mentoring methods for professionals who will mentor disabled people in their independent living processes. 6 targets were determined. These; social inclusion, identifying information needs, transnational workshops, training courses, mentoring processes of disabled people and disseminating the results.

Partnerships: Seville Provincial Federation of Associations of Physically and Organically Disabled Persons, Bizkaia Coordination Federation of Physically Disabled Persons, Madrid Community Federation of Physically and Organically Disabled Associations (FAMMA – Cocemfe Madrid), Ozara Storitveno in Invalidsko Podjetje d.o.o., Torino Deaf Foundation ONLUS Institute, European Quality in Family Medicine And Security Association.



21. Special Education Cinema Days

[Special Education Cinema Days Project 1st Stage](#)

[Special Education Cinema Days Project 2nd Stage](#)



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Special Education Cinema Days Project 3rd Stage



The social responsibility project, which started with the first session in July 2022 and was implemented in cooperation with Istanbul Gelisim University and Samyeli Private Educational Institutions, aimed for special education students to experience cinema and enter socially interactive environments. In the project, the message "Cinema is Against Barriers" was given in three different sessions with three different special education groups.

Partnerships: Samyeli Special Educational Institutions





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