



# Faculty of Health Sciences



**MONTHLY EVENTS AND NEWS BULLETIN**

**MAY 2023 | ISSUE 29 | VOLUME 3**









# MAY 2023

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1 May: International Workers' Day



1-7 May: Informatics weeks



5 May: Hidirellez



9 May: International Coeliac Disease Awareness Day



10-16 May: Disability Week



12-18 May: Nurses Week



19 May: Commemoration of Atatürk, Youth and Sports Day



29 May: Conquest of Constantinople







Faculty of  
Health Sciences



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**May 1**

*Happy*

**LABOR DAY**





# Technology Addiction Awareness in Informatics Week

\* **IGU Coordination of The Fight Against Addiction  
Coordinator Asst. Prof. Nurten ELKİN shared information  
about "Technology Addiction Awareness in Informatics  
Week".**

In Informatics Week, which is the first week of May; is aimed to focus on the conscious and beneficial use of technology that changes and develops people's lives and, as a result, greatly influences them. Encouraging the whole society, especially children and young people, to use information technologies safely and consciously, informing them about this issue, and planning awareness training are among the priorities. All the activities planned to be held this week constitute an important part of the "Action Plan for Combating Behavioral Addictions Awareness Studies".

"Conscious, Safe and Effective Use of Information Technologies"

The concept of addiction, which is defined as an excessive fondness for an object or behavior, is generally evaluated by the use of substances such as cigarettes, alcohol, and drugs. However, in recent years, it has been argued that some behaviors such as gambling, exercise, eating, and sleeping are also addictive. The same is true for technological devices and applications such as computers, the internet, online games, tablets, and mobile phones. Excessive use of these technologies can lead to technology addiction in people.

According to the 2016 data from the Turkish Statistical Institute, 61% of the population of Turkey uses the internet and social media ranks first among the purposes of internet use. In addition, 96% of households in Turkey have a mobile phone.

Risk-taking and sensation-seeking behaviors seen in adolescence increase the adolescent's susceptibility to addictions. The use of technologies such as the Internet and social media is more common among adolescents than adults. Adolescence is considered a critical period in terms of technological addictions such as internet addiction, social media addiction, digital game addiction, and smartphone addiction. It is reported that technology addiction in adolescence varies between 4.2% and 21% in studies conducted in the world and between 2.33% and 14% in studies conducted in our country.

Adolescence is an important period for identity and personality development. Adolescents need to be a member of a group, risk of loneliness, increased depressive tendencies, etc. Considering such situations, they may be at risk in terms of technology addiction.





# Technology Addiction Awareness in Informatics Week

**IGU Coordination of The Fight Against Addiction  
Coordinator Asst. Prof. Nurten ELKİN shared information  
about "Technology Addiction Awareness in Informatics  
Week".**



Technology addiction; Regarding the use of the internet and technological devices, 'excessive use, inability to satisfy the desire to use, neglecting activities due to excessive use, excessive use harming social relations, using it as an escape tool from negative emotions and life stress, experiencing problems in reducing and stopping use, It is defined as the state of being tense and irritable and lying about the duration and amount of use'.

Although technology is a digital power that makes our lives easier, When it comes to technology addiction, technology turns into a factor that makes life difficult. Digital devices such as phones, computers, smart devices, and game consoles have become an integral part of our lives. Especially when these devices are combined with the internet, it has become a normal habit for most people to use them for hours. And the normal process of perceiving this abnormal action causes many people to live their lives without even realizing that they are addicted to technology.

Spend hours saying only a few minutes; lying to those around him about his screen time; complaining about physical problems due to using the computer for a long time; preferring talking to people over the internet to face-to-face; sacrificing meals, classes or appointments to access the Internet; feeling tense and empty when away from the computer; Staying in front of the computer until late at night is one of the important symptoms of technology addiction.

In technology addiction; physical problems such as burning in the eyes, pain, and stiffness in the neck muscles, impaired body posture, numbness, and weakness in the hands; Social problems such as a decline in academic achievement, personal, family, and school problems, failure to manage time, sleep disorders, not eating, decreased activities and isolation from internet friends can be experienced.

To guide children to meet their friends in natural ways, to enable them to socialize in peer groups; directing children to sports branches suitable for their talents and interests; supporting children's friendship relations, planning activities that will bring them together; Controlling children's computer use, getting to know their friends in the virtual environment and taking care of having safe internet applications on computers are important things that parents can do, smartphone/tablet, etc. Never using tools such as these to console or silence children, and not allowing children to use the internet uncontrollably and for a long time are important behaviors they should not do.

[Click for the details of the news](#)





# 10-16 May Disabled Week Symposium



The slide features the Istanbul Gelisim University logo in the top left and right corners. The main title is "Dezavantajı Avantaja Çevirin: Ergoterapi Yaklaşımları" (Turn Disadvantage into Advantage: Occupational Therapy Approaches). Below the title, there are four small photographs showing occupational therapists working with clients. The author's name, "Arş. Gör. Beyza Aslı BİLSEL", is centered at the bottom.

Beyza Aslı BİLSEL, Research Assistant at Istanbul Gelisim University, Faculty of Health Sciences, Department of Occupational Therapy, talked about the professional role of Occupational Therapy in the Symposium on Occupational Therapy Approaches for Persons with Disabilities Week.

Beyza Aslı BİLSEL, Research Assistant at the Department of Occupational Therapy, Faculty of Health Sciences, Istanbul Gelisim University, and the students of the Faculty of Health Sciences came together via Google Meet on 11.05.2023.



One of the greatest contributions of occupational therapy to the health system is the holistic consideration of the effects of health factors or disorders that affect the individual, as stated in the definition of health by the World Health Organization. Occupational therapists work with people living with physical, sensory, and/or cognitive disabilities to manage daily functions, achieve independence and improve their quality of life. They evaluate activities that are important to the person and guide them every step of the way.

Beyza Aslı BİLSEL stated that occupational therapists are health professionals who work with all individuals who are healthy or have a disability. He also emphasized that the need for Occupational Therapy will continue to increase in importance for following normal developmental steps, preserving the activity-role balance, preventing disability and continuation of life with disability, and healthy ageing.

The organizer of the symposium, Lecturer Seda KETEN, thanked guest speaker Beyza Aslı BİLSEL.



## “Our Nurses Our Future” Event Held Within the Scope of Nurses Day

The “Our Nurses Our Future” event organized by the Nursing (Turkish - English) Department, Nursing Club, Music Club and Dance Club as part of the Nurses Day, was held on 22.05.2023 in Mehmet Akif Ersoy Conference Hall with the participation of Istanbul Gelişim University Rector Prof. Dr. Bahri ŞAHİN, Vice-Chancellor Prof. Dr. Nuri KURLUOĞLU, Vice-Chancellor Prof. Dr. Necmettin MARAŞLI.

The program, which started with the stand of silence and then the national anthem, continued with the speech of Istanbul Gelişim University Faculty of Health Sciences Nursing Department Lecturer A. Mücella SOYDAN stating the meaning and importance of the event.

Lecturer A. Mücella SOYDAN said, “After the pandemic, an earthquake disaster affected 11 provinces on February 6, 2023. According to the latest data, more than 50 thousand of our people lost their lives at the end of this disaster. Many of our colleagues are still actively working in these regions within the scope of various organizations, especially THD.

We commemorate the living and the lost with respect and mercy.

The International Council of Nurses (ICN) determines a theme every year. The ICN 2023 theme is “Our nurses. Our future”

It is an important subject to consider that nurses have a large majority among health professionals and can play an effective role in planning the future of health services.”

Duygu KİYAK, who graduated from Istanbul Gelişim University School of Health Sciences Nursing Department, continued her postgraduate education and worked as an education nurse at Başakşehir Çam and Sakura City Hospital, shared about the duties of the training nurse in her speech; “As an education nurse, the aim is to plan the training of health personnel, coordinate these services and ensure that they are reported. Education nurses plan orientation training for all personnel who start the hospital, create and coordinate an annual training plan, provide training on adult education, presentation techniques, and evaluate the training and trainer at the end of the training.”

Sema NURKALEM, who works as an intensive care nurse at Istanbul Training and Research Hospital and continues her graduate education, conveyed the duties of an intensive care nurse to our students by saying, “The intensive care nurse is the nurse responsible for diagnosing patients with life-threatening problems, constantly observing patients, applying advanced intensive care and treatments, and implementing preventive, rehabilitating and rehabilitating interventions.”

IGU Music Club performed after the zelibek show which was performed by the Dance Club President Yağızhan GÖRÜCÜ.

Istanbul Gelişim University Rector Prof. Dr. Bahri ŞAHİN ended the event by saying in his speeches while he presenting their plaques to the participants. “I congratulate the Nurses Day and Nurses Week of our dear nurses, who are indispensable elements of our health system, and wish them success in their work.”

[Click for the details of the news](#)

# 19 MAY

## Commemoration of Atatürk, Youth and Sports Day

May 19, 1919, when our Great Leader Gazi Mustafa Kemal ATATÜRK started the liberation movement, is the milestone in our history and the greatest symbol of our struggle for independence. The Turkish War of Independence, which started in Samsun with the motto "Either independence or death!", has achieved success with the power of the Turkish Nation and left its mark on world history.

The distinctive difference that distinguishes Atatürk from other world leaders is his trust in children and youth. The youth, who formed the future of our nation, reached the highest value judgment in Atatürk's opinion. Veteran Mustafa Kemal ATATÜRK, who saw the future of the republic in youth and young ideas, believed that the generations which will grow up with modern mentalities will further develop his work in the future and keep it alive by protecting it from all kinds of dangers. In the 19th chapter of the Speech, where he describes how and on what conditions the modern Turkish Republic was founded, he concluded with "A speech to the Youth", which he wrote and vocalized under the title "The Trust I Left to the Turkish Youth". For this reason, while entrusting the Republic of Turkey to the youth, he presented the day it started the war of liberation to the Turkish Youth.

On the 103rd anniversary of our National Struggle, we commemorate our Great Leader Veteran Mustafa Kemal Atatürk and his comrades-in-arms with respect, gratitude and mercy, who gifted this day, when he lit the torch of independence and light, to the Turkish Youth as "Youth and Sports Day".

Happy "19 May Commemoration of Atatürk, Youth and Sports Day" to Turkish youth!



Msc. Occupational Therapist Hazal PURAL shared her field experiences with our students in our Seminar on Regulation Strategies in Occupational Therapy organized by the Occupational Therapy Department of the Faculty of Health Sciences (SBF) of Istanbul Gelisim University (IGU).



On 09.05.2023, Istanbul Gelisim University (IGU) Faculty of Health Sciences (SBF) Occupational Therapy Department Vice President Lecturer, Cağil ERTURK and with Res. Asst. Hülya YAMAN, the students of the department came together via Google Meet. Msc. Occupational Therapist Hazal PURAL, who continues her studies at Kids Academy, was invited to our online event. Assistant Head of Occupational Therapy Department Lecturer Cağil ERTURK started with our program's opening speech. Our event continued with the experiences shared by Msc. Occupational Therapist Hazal PURAL with our Occupational Therapy Department students in the field of children and adults.

Msc. Occupational Therapist Hazal PURAL explained the importance of regulation and the intervention methods necessary for us to stay regulated in all areas of our lives. He drew attention to the inseparable interrelationship of the sub-components of regulation and the effect of the skills formed according to the developmental age on our personality.

Regulation is one of the working areas of Occupational Therapists within the scope of Occupational Therapy sessions. Children or adults are in different environments in their daily lives and have different experiences. Therefore, individuals may experience emotional transitions in life and may encounter problems in providing regulation. Occupational therapists' imagination and talents touch the lives of their clients, making them independent and enabling them to spend quality time. Msc Occupational Therapist Hazal PURAL stated that she often recommends regulation strategies such as correct breathing techniques, accepting emotions, music therapy, yoga, and mindfulness to her clients.

Our speaker ended his speech after answering the questions from the students who participated in the event. Assistant Head of Occupational Therapy Department Lecturer, Cağil ERTURK thanked our guest speaker, Msc Occupational Therapist Hazal PURAL.



## INTERVIEW



# SİN TECH

We interviewed Hamza SİNEN, a graduate of Istanbul Gelisim University, Faculty of Health Sciences, Department of Orthotics-Prosthetics, successful entrepreneur and founder of SİNTECH company, about his work, entrepreneurship and his work within TÜBİTAK.

**First of all, welcome Hamza! Can you tell us about yourself?**

Hello, I'm Hamza SİNEN. I graduated from Istanbul Gelisim University, Faculty of Health Sciences, with a degree in Orthotics-Prosthetics in 2021. I am the first graduate of the Prosthetics and Orthotics Department at Istanbul Gelisim University and one of the first graduates in this field in the industry. I am the founder of SİNTECH, the first research, innovation, project, and engineering company in the field of Orthotics-Prosthetics. SİNTECH is the first and only company supported by TÜBİTAK (The Scientific and Technological Research Council of Turkey) in the field of prosthetics and orthotics.

**What are Orthotics and Prosthetics, and what are the job opportunities for graduates in this field?**

Orthotics and Prosthetics graduates are healthcare professionals who design, produce, apply, and repair orthotic and prosthetic devices. Prosthetics are artificial limbs used when a part of the body is missing. Orthotics, on the other hand, are specially designed devices used to support or correct a part of the body. Orthotics and Prosthetics graduates specialize in the design, production, and application of prosthetic and orthotic devices used to improve people's physical functions and movements. These graduates typically work in the healthcare sector and provide services to patients in need of prosthetic and orthotic devices.

**What led you to become an entrepreneur?**

While I was a senior student, I started working concurrently with a private prosthetics and orthotics company, and my work continued for a few months after graduation. During this time, I had the opportunity to gain experience related to my profession. The biggest experience and accumulation actually led to the start of my TÜBİTAK (The Scientific and Technological Research Council of Turkey) process. Unfortunately, I saw that the main consumables used in the production of prosthetic and orthotic devices in Turkey were imported from abroad, resulting in high product prices in our country. My entrepreneurial process aimed to minimize dependence on foreign sources in the sector and to produce domestically manufactured orthotic and prosthetic devices that are affordable with high-quality features compared to competitors. I started conducting field research on orthotics and prosthetics and set three important criteria for my fieldwork:

- The orthotic or prosthetic product to be researched and developed should be a needed product in our country.
- The orthotic or prosthetic product to be researched and developed should have commercial sustainability.
- The researched and developed product should be feasible for domestic production, with lower prices and higher quality features compared to competitors.

After finding the products for which I decided to conduct research and development according to the above criteria, I determined my first R&D project, which is the Multifunctional Upright Positioning and Rehabilitation Device.



## How did your entrepreneurial journey begin?

For my R&D project, which I decided to undertake, I needed experienced team members from different professions who embraced a multidisciplinary approach, as well as financial support. To specialize in entrepreneurship and receive investment support from scientific project institutions related to the products I would develop within the R&D project, I started attending entrepreneurship training programs at Niğde Ömer Halis Demir University Technology Development Zone. Afterwards, I began conducting research at the Innopark Konya Technology Development Center's incubation offices. After completing my entrepreneurship training and research at the incubation offices, I successfully entered the selection process among thousands of entrepreneurs at Innopark, where only three projects are granted the opportunity to be submitted to TÜBİTAK (Scientific and Technological Research Council of Turkey) after passing through three stages of presentation. I was fortunate enough to be one of those three projects and earned the right to submit my project to TÜBİTAK 1512. Among tens of thousands of projects, the project I submitted to TÜBİTAK managed to enter the top 100 and qualified to participate in the TÜBİTAK 1512 process. Within the scope of the TÜBİTAK 1512 support program, I established SİNTECH PROSTHESIS ORTHOSIS R&D AND INNOVATION ENGINEERING TRADE LIMITED COMPANY in Düzce Teknopark. Our multipurpose upright positioning and rehabilitation device project lasted for 12 months and was successfully completed. During the reporting periods of the project, it received full marks from TÜBİTAK referees and won the TÜBİTAK BİGG World Award. On January 31, 2023, we launched the multipurpose upright positioning and rehabilitation device, which we completed as part of the R&D project, and achieved commercialization by realizing the one-year sales target within a short period of three months.



1



2



3



4

# AIR CAST







## Who is the ideal customer for your TÜBİTAK product?

Neuromuscular disorders are a group of diseases that cause progressive weakness and muscle mass loss (e.g., cerebral palsy, spina bifida). These disorders are generally caused by genetic mutations and often manifest early in life, with symptoms worsening in some cases. Typical symptoms include functional losses in joint mobility, scoliosis, hip dysplasia, muscle wasting, and more. As the disease progresses, the individual's mobility becomes greatly restricted, eventually leading to dependency on bed rest. According to research conducted by the Ministry of Health, Health Statistics, and the Turkish Spina Bifida Association, the incidence of cerebral palsy among newborns in our country is approximately 0.2-0.3%, while the incidence of spina bifida is around 0.1-0.2%. According to data from the Orthopedic Disabilities Federation in 2020, 12.29% of Turkey's population consists of disabled individuals, with 2.5 million of them being orthopedically disabled. The upright positioning device produced by our company can be used as a supportive, facilitating, and rehabilitative orthosis for individuals with insufficient physical functions (such as muscle movements, joint-bone connection problems, postural disorders, etc.).

## How do you add value to your customers?

In our company, established within the scope of our business idea, we provide not only product sales but also technical service and spare parts. Within this framework, in addition to generating revenue from service and spare parts, our customers do not experience the problem of spare parts like they would with imported devices.

Existing products in the market are sold as modular parts, requiring most patients to purchase all the modules separately in order to benefit from these products. This situation not only creates usability difficulties but also leads to high costs. The product we have developed is a single product that can offer different features together, providing significant advantages in terms of both ease of use and cost.

The device we will develop will have four different functions (standing in a fixed and upright position, inclined sitting, fixed and angular standing between 90-180 degrees, fixed standing in a lying position), which are not present in many equivalent products. Our products, which play an important role in meeting the needs of individuals with special needs and in their rehabilitation processes, can be controlled by caregivers/parents through a wired remote control, providing convenience to our customer groups.

When compared to competitor products, the device does not have both indoor and outdoor usage features. Users are required to purchase both indoor and outdoor devices separately from competing companies. This poses a cost problem for users. The system developed within our company is suitable for both indoor and outdoor use thanks to different design attachments.

By personalizing our products for users, our company achieves customer satisfaction and experiences rapid growth.

## How is your relationship with your employees? What practices do you have in terms of teamwork and collaboration?

Within the scope of our projects, we have employees from different professional groups. We have engineers working in the fields of biomedical, mechanical, mechatronics, electrical-electronics, and software engineering. We also have experts in Prosthetics & Orthotics and physiotherapists in the healthcare field. In fact, occasionally, our projects involve colleagues from sports sciences and physical education departments. I believe that the ability of such diverse professional groups to work together and perform their tasks in their respective fields is due to our multidisciplinary working approach and our happiness in working together.

## Do you have a mentor or advisors that you consult during the venture creation process?

I didn't have a specific mentor, but during this process, there are individuals with whom I constantly exchange ideas and who share their experiences without holding back. Currently, I work together with a team that includes Doç. Dr. Türker BIYIKLI, Specialized Physiotherapist Görkem AÇAR, founder of SNTech Health Technologies, and my team member Sedanur EKENTOK.

I would like to express my gratitude to Prof. Dr. Rifat MUTUŞ and Lecturer Celil İLGÜN, who have always valued their students and have made endless contributions to my professional and personal development, with whom I have been in constant communication during my student years and afterwards.





### Can you share your experiences regarding budget management and income-expense balance in your entrepreneurial journey?

Especially for young entrepreneurs like myself, there is often a lack of financial resources but plenty of ideas. Based on these ideas, investment and R&D support should be sought, and the investment funds obtained should be carefully planned and included in the project budget. Otherwise, if you exceed the planned expenses in your business plans, it will deplete the resources you need to complete that project. First and foremost, work plans should be made according to the targeted working period, and the income-expense statement in these plans should take into account the annual inflation rate and minimum wage increases.

Unfortunately, inexperienced entrepreneurs who do not calculate income and expenses based on these rates often fail to complete their projects during this period. For example, in a project that will last for 12 months, minimum wage and other personnel expenses at the beginning of the project can increase by 100% by the end of the 12th month. If this is not anticipated in the project packages, your personnel expenses for the 12 months will be at least 2 times higher. Entrepreneurs who have a clear budget generally create their income-expense tables with equal monthly amounts in projects. However, these expenses do not remain equal in proportion to inflation and minimum living wage rates. We give importance to preparing our income-expense plans based on this foresight.

### What do you think aspiring entrepreneurs should know?

In fact, I believe there are great opportunities for young and student entrepreneurs, especially organizations such as TÜBİTAK (The Scientific and Technological Research Council of Turkey) and KOSGEB (Small and Medium Enterprises Development Organization) that prioritize scientific projects and open indefinite call periods for students. Even as a student, you can benefit from KOSGEB's R&D innovation program, which offers large-scale grant support. I believe that this program will provide sufficient support for entrepreneurs to realize their projects. Through TÜBİTAK's 1512 program, you can establish a company within TÜBİTAK and develop your products with the grants and opportunities provided by TÜBİTAK. If you have ideas, I believe opportunities will always arise. I categorize aspiring entrepreneurs into two groups. If you are an investor, I suggest being an entrepreneur who invests in scientific ideas. Dreams cannot be formed without ideas, and dreams cannot come true without ideas. If you are going to be an entrepreneur seeking investment, you must be confident in yourself and your idea. If you have confidence in yourself, external setbacks will not wear you down, and you will move closer to your desired goals in this way.







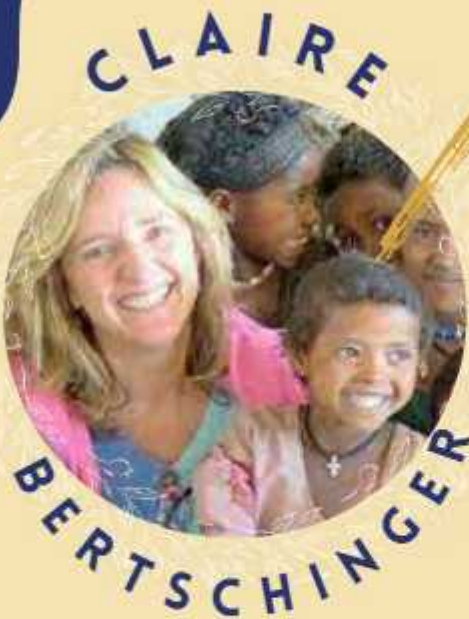
## 15th General Assembly Meeting of the Council of Deans of Health Sciences Faculties.

On May 19-20, 2023, Istanbul Gelişim University, Faculty of Health Sciences' Dean, **Prof. Dr. Rifat MUTUŞ**, and Vice Dean Assoc. Prof. Dr. Arda ÖZTÜRKCAN, participated in the 15th General Assembly Meeting of the Council of Deans of Health Sciences Faculties.

The meeting hosted by the Faculty of Health Sciences of Ondokuz Mayıs University, on the 100th anniversary of the establishment of our Republic, took place in Samsun. The first day of the meeting, which started with opening speeches on the morning of May 19th, included a comparative analysis of the current status of health science programs for the years 2021-2022. In the afternoon, after addressing legal regulations regarding healthcare professionals, their legal responsibilities, current practices, scientific publication ethics, and legal regulations related to scientific research and publications, the first day's session concluded. The second day of the meeting, which lasted until noon, included speeches on good practice examples by SABAK (Association for Evaluation and Accreditation of Health Sciences Education Programs), followed by an overview of the progress made in the Core Education Program (ÇEP), new opportunities, competencies, and topics related to the design process for blended learning. In the afternoon, social activities such as a city tour were organized with the participants.







## Ordinary People Can Make a Difference; Dame Claire Bertschinger

Prepared by: Res. Asst. Semanur OKTAY

**"We can and must overcome our differences, and we must make humanity, not the economy, our top priority in life."**

Claire Bertschinger was born in England. When she completed her university education, she took her first step into her childhood passion, nursing. Like many nurses, Claire chose this profession to change the world and make it a better place, and she started her career in England, where she was born. But she soon realized that her skills were more needed elsewhere in the world. That realization would make Claire one of those ordinary people who made a difference...

Claire's first overseas assignment was in Panama, and over the next few years, she traveled to such diverse regions as Papua New Guinea, Sulawesi, and later - working for the International Committee of the Red Cross - served in many war zones around the world.

She assumed an enormous responsibility in the summer of 1984 when she took a job as a Red Cross nurse at a feeding station in one of Ethiopia's worst-affected areas. At a time when the effects of civil war and famine are creating desperate conditions for the people, it fell to her to decide which children should be given limited food and which would be left to die... "It was terrible deciding who lived and who died," Claire's challenge was reflected in a news broadcast that had a global impact. Her interview with the BBC news correspondent told UK audiences the dire situation of the situation and inspired her to launch Live Aid, which raised £ 150m. This meant that many people continued to cling to life...

Described as "one of the true heroines of her time", Claire has worked in more than a dozen war-torn areas after Ethiopia, including caring for children who lost their limbs due to landmines.

Claire's work has been crowned with many awards. Florence Nightingale Medal, Woman of the Year through Window to the World Award, Dame title by Her Majesty the Queen, Staffordshire University Honorary Doctor Award...

Although Claire no longer works in the field today, she continues her work as the Course Director for the Diploma in Tropical Nursing at the London School of Hygiene and Tropical Medicine, training nurses from around the world.

Claire Bertschinger was an ordinary nurse and showed us that ordinary people can make a big difference....



# NEWS FROM THE FACULTY OF HEALTH SCIENCES



## BOOK CHAPTER AUTHOR



PROF. DR. BESİM ÖMER AKALIN PAŞA VE  
HEMŞİRELİK

Ayşe Mücella SOYDAN<sup>1</sup>, Canan ÖRÜKLÜ<sup>2</sup>, Sultan ÇAKMAK<sup>3</sup>

Öz: Sağlık profesyonellerinin büyük bir çoğunluğunu oluşturan ve sağlık hizmetlerinin geleceğinin planlanmasında önemli rol oynayan hemşirelerin, ülkemizdeki eğitiminin nasıl ve hangi koşullarda başladığına dikkati çekmek ve de Prof. Dr. Besim Ömer Akalın'ın hasta bakımı ve eğitimi ile ilgili çalışmalarını hakkında farkındalık oluşturmak amacıyla yapılmıştır. Dr. Besim Ömer, Osmanlı Devleti'nin son ve Türkiye Cumhuriyeti'nin ilk döneminde yaşamış önemli bir bilim insanıdır. Hasta bakımını, konusu ile ilgili eğitim almış kişilerin yapması gerektiğini ilk savunanlardandır. Kadınlarımızın hasta bakımına katılmasını sağlamak için yoğun uğraşlar vermiştir. Kadın Hastalıkları ve Doğum, Çocuk Hastalıkları uzmanlık alanlarıdır. Halkın anlayabileceği dille, kadın ve çocuk hastalıkları ile evlilik konularında yazdığı kitaplarla topluma büyük hizmetlerde bulunmuştur. Veremle Mücadele-i Osmanî Cemiyetinin başkanlığına getirilmiştir, ilk dispanserin İstanbul'da açılmasında ve veremle savaşta rolü önemlidir. Türk Tıp Tarihi Kurumunun kuruluşunda görev almıştır. Birinci Dünya ve İstiklal Savaşlarında Hilâl-i Ahmer Cemiyeti İkinci Başkanı seçilmiştir. 1913- 1914 yıllarında Üniversite Konferansı Salomunda hanımlara açılan kurslarda koruyucu hekimlik ve hasta bakımı konularına yer vermiştir. Bu kurslara İstanbul'un en kültürlü çevrelerinin ilgisini sağlamıştır. Burada yetißen ve çoğu birkaç dil bilen kadınlarımız Trab- luscarp, Balkan, Birinci Dünya Savaşı ve Millî Mücadelede harp hasta-

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"One of the faculty members of Nursing Department of our faculty, Lecturer Ayşe Mücella SOYDAN, Asst. Prof. Canan ÖRÜKLÜ and Research Assistant Sultan ÇAKMAK published "Dr Besim Ömer Akalın Pasha and Nursing" book chapter in Innovative Approaches in Medicine and Health Sciences book. They drew attention for nurses who make up the majority of health professionals and play an important role in the planning of the future of health services and nursing education how and what conditions they start in our country. And also they created awareness about Prof. Besim Ömer Akalın's work on patient care and education."

## EXHIBITION

The research and digitization works of Reşad Ekrem Koçu and the Istanbul Encyclopedia Archive have turned into an exhibition. Organized since 2018 within the scope of Reşad Ekrem Koçu and the Istanbul Encyclopedia Archive, No Other Records: Reşad Ekrem Koçu and the Istanbul Encyclopedia Archive sheds light on the unpublished sections of the Istanbul Encyclopedia, to which historian and novelist Reşad Ekrem Koçu (1905-1975) dedicated most of his life. The exhibition, to which Yonca Güneş Yücel ATALAY, a faculty member of the Department of Social Work, contributed to the research and digitization process, opened at Salt- Galata. The exhibition will be open to visitors at Salt - Galata between May 27 and October 29, 2023.

## EXHIBITION No Further Records: Reşad Ekrem Koçu and Istanbul Encyclopedia Archive

Salt Galata

May 24 - October 29, 2023

<https://saltonline.org/tr/2546/gelecek-serg-baka-kayda-rastlanmad-read-ekrem-kou-ve-istanbul-ansiklopedisi-arivi?agenda>





In *Tropical Health and Medical Research*, a peer-reviewed journal scanned in international field indexes, Assist. Prof. Dr. Neşe KISKAÇ's article "Evaluation of the Relationship Between Internet Addiction and Communication Competence Levels of Nurses" has been published. In her article, she emphasized that internet addiction forms the basis of nursing care.

#### Tropical Health and Medical Research

Vol. 5, No. 1, March 2023, pp. 46-53

ISSN (Online) : 2684-740X

Journal homepage: <https://tropicalhealthandmedicalresearch.com>

#### Evaluation of the Relationship Between Internet Addiction and Communication Competence Levels of Nurses

Sevgi Kizilci Oz<sup>1</sup>, \*Neşe Kiskac<sup>2</sup>, Muharrem Kiskac<sup>3</sup>

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**Abstract:** The purpose is to determine the evaluation of the relationship between internet addiction and the communication competence levels of nurses. This descriptive study was conducted with 347 nurses in a Training and Research Hospital in Turkey. Data were collected with the Communication Competence Scale and the Internet Addiction Scale. In the evaluation of the data, the IBM SPSS statistics 22.0 program was used for statistical analysis in the study. At the same time, they were evaluating the study data in addition to descriptive statistical methods. Pearson correlation analysis was used to evaluate the correlation between variables. Internet addiction and communication competence are, respectively, found to be  $45.22 \pm 14.16$  and  $98.64 \pm 18.98$ . A negative and weak significant relationship ( $r = -.270$ ;  $p < .05$ ) was found between internet addiction and communication competence levels. The study determined that as the level of internet addiction among nurses increased, their communication competence decreased. Therefore, awareness of the effect of internet addiction on occupational functions is essential.

**Keywords:** Communication; internet addiction; nursing

In *BMC Nursing*, an international SCI-E journal, one of the faculty members of our Faculty Nursing Department, Asst. Prof. Dr. Funda KARAMAN, Asst. Prof. Dr. Mahruk RASHIDI, Asst. Prof. Dr. Gülşah ÜNSAL JAFAROV and Asst. Prof. Dr. Neşe KISKAÇ's article "Development of the educational leadership scale for nursing students: a methodological study" has been published. In their article, they developed the educational leadership scale for nursing students, which is needed in the field.

#### RESEARCH

#### Open Access

### Development of the educational leadership scale for nursing students: a methodological study

Funda Karaman<sup>1\*</sup>, Derya Kavgaoglu<sup>2</sup>, Gulay YILDIRIM<sup>3</sup>, Mahruk RASHIDI<sup>4</sup>, Gulşah ÜNSAL JAFAROV<sup>5</sup>, Hina ZAHDOOR<sup>6</sup> and Neşe KISKAÇ<sup>7</sup>

#### Abstract

**Background:** Educational leadership is one of the most demanding skills for healthcare staff to enhance the quality of health care. There is a need for a scale to evaluate the educational leadership levels of nurses. The objective of this study was to develop and examine the validity and reliability of the Education Leadership Scale for Nursing Students.

**Methods:** Data were collected from 280 Turkish nursing students. The validity and reliability of the tool were confirmed with exploratory and confirmatory factor analysis, Cronbach's alpha and Pearson correlation. The scale was developed in five stages (reviewing the literature, developing items, sending scale items to the experts for content validity index, piloting test with students, performing the validity and reliability analysis of the tool).

**Results:** The Educational Leadership Scale for Nursing Students consisted of 19 items and a three factor structure. Confirmatory factor analysis results showed that there was a sufficient model fit. Construct validity was verified, and Cronbach's  $\alpha$  level of all factors was found to be greater than 0.70.

**Conclusions:** The currently developed scale can measure the educational leadership characteristics of nursing students.

**Keywords:** Nursing student, Educational leadership scale, Healthcare, Validity, Reliability





# ACTIVITIES



## Body Satisfaction in Dietitians

The conversation titled "Body Satisfaction in Dietitians" was held by the Nutrition and Dietetics Turkish and English Departments of Faculty of Health Sciences Istanbul Gelişim University.

In the conversation held for the students of the Nutrition and Dietetics Turkish and English Departments, Department Lecturer Münevver Başak ONAT and Department Research Assistant Tuğba TÜRKCAN talked about body satisfaction in dietitians.

The conversation started with the definition of body perception by Research Assistant Tuğba Türkcan and continued with the titles of body satisfaction, the effect of our body satisfaction on our daily lives, gender differences observed on our body satisfaction, the effect of peer and parent attitudes on our body perception and satisfaction.

In the continuation of the conversation, Lecturer Münevver Başak Onat made a presentation about the preliminary findings of a study she conducted with her students in the students English Department of Nutrition and Dietetics at Istanbul Gelişim University, and talked about the ethnic and cultural differences in body satisfaction in dietitians and how this affects young dietitians' outlook on the future.

The conversation ended with listening to the contributions and questions of the participants and the closing speech of the Head of the Department of Nutrition and Dietetics Assistant Professor Ayşe Huri ÖZKARABULUT.



## Occupational Therapy and Rehabilitation Symposium with Cases

Istanbul Gelisim University, Faculty of Health Sciences, Occupational Therapy Department, Research Assistant Beyza Ash BİLSEL and Occupational Therapy Department students attended the Symposium on Occupational Therapy and Rehabilitation with Cases organized by Bezmi Alem Vakıf University, Occupational Therapy Department.

Beyza Aslı BİLSEL, Research Assistant at Istanbul Gelisim University Faculty of Health Sciences, Department of Occupational Therapy, attended the Occupational Therapy and Rehabilitation Symposium held on 17.05.2023 as an invited speaker with her speech on "Metacognitive Experimental Designs".

In the session on "Metacognitive Experimental Designs", one of the Applied Occupational Therapy Workshops of the Symposium, the links of metacognition to planning strategies for upcoming tasks, taking necessary steps to solve problems, taking action, evaluating results and changing approaches as needed were explained. Then, by giving examples of cognitive experiment designs, the participant students were given the opportunity to practice practically. In this context, important information was shared about the technological approaches that occupational therapists can use to support the therapeutic activities and rehabilitation process.





# ACTIVITIES



Faculty of  
Health Sciences

## May 10-16 Disability Week Symposium

Istanbul Gelisim University (IGU) Faculty of Health Sciences, Department of Speech and Language Therapy held an event on May 11, 2023, between 20.00 and 23:30. Prof. Dr. A. Sanem ŞAHLI, Assist. Dr. Çiğdem ERYILMAZ CANLI, Lecturer Seda KETEN, Lecturer Büşra SAYIR, Res. Asst. Beyza Aslı BİLSEL and Aysun ÇALKAYA took part as speakers at the Disability Week Symposium.

Moderated by Res. Asst. Azize KÖSEOĞLU, the program started with a high number of student participants. Approaches to individuals with disabilities from the perspectives of speech and language therapists, audiologists, physiotherapists, and occupational therapists were shared.

Our first guest, Prof. Dr. A. Sanem ŞAHLI shared her presentation titled "Understanding Individuals with Disabilities" with us. Then asst. Prof. Çiğdem ERYILMAZ CANLI, "Language and Speech Therapy Approaches in Individuals with Disabilities", Lecturer Seda KETEN, "Audiology Approaches in Individuals with Disabilities", Lecturer Büşra SAYIR, "Physiotherapy and Rehabilitation Approaches in Individuals with Disabilities" and Res. Asst. Beyza Aslı BİLSEL presented "Occupational Therapy Approaches in Individuals with Disabilities" and then we got to know our valuable guest Aysun ÇALKAYA with hearing loss and listened to her success story.

Our event, which aims to raise awareness, ended with answering the questions of our Speech and Language Therapy department students. We would like to thank our esteemed professors for their presentations, our guest, Aysun ÇALKAYA, and our dear students for their participation.

İstanbul Gelisim Üniversitesi  
10-16 MAYIS ENGELLİLER HAFTASI SEMPOZYUMU

**KONUŞMACILAR**

- Prof. Dr. A. Sanem Şahli: İstanbul Gelişim Üniversitesi / Engelli Bireyler Sorunları
- Dr. Çiğdem Eryılmaz Canlı: İstanbul Gelişim Üniversitesi / Engelli Bireylerde Dil ve Konuşma Sorunları
- Öğr. Gör. Seda Ketten: İstanbul Gelişim Üniversitesi / Engelli Bireylerde Fiziksel Rehabilitasyon
- Öğr. Gör. Büşra Sayır: İstanbul Gelişim Üniversitesi / Engelli Bireylerde Dil Sorunları ve Rehabilitasyon Yaklaşımları
- Angüloşeyza Aşlı Bilşel: İstanbul Gelişim Üniversitesi / Engelli Bireylerde Ergoterapi Yaklaşımları
- Aysun Çalkaya: Engelli Bireyler Sorunları

11 Mayıs, 2023 Perşembe 20:00

meet.google.com/jq-zwiy-dam

getlinktr.com

## Career Planning in Audiology 2

An interview titled "Career Planning in Audiology 2" was organized by the Istanbul Gelisim University Health Sciences Audiology Department.

Fikret TEZAL, Sales Director of the leading cochlear implant company in our country, and Serkan DURMAZ, Clinical Technical Specialist, participated in the panel organized for audiology students.

The panel started with Fikret TEZAL's introduction of the company. He explained Cochlear's foundation, objectives, mission, and functioning in Turkey and ended his speech by talking about his career.

Following the panel, Serkan DURMAZ presented "Being an Audiologist at Cochlear" and talked about implant types, processes, clinical studies they manage, and his career.

Katılımcıların katkılarının dinlenmesi, sorularının cevaplanması ve Odyoloji Bölüm Başkanı Dr. Öğr. Üyesi Gülşah ÜNSAL JAFAROV'un kapanış konuşmasıyla panel son buldu.

İstanbul Gelisim Üniversitesi  
ODYOLOJİDE KARIYER PLANLAMASI 2

**KATILIMCI**

- Fikret Tezal: Satış Direktörü
- Serkan Durmaz: Klinik Teknik Uzman

16 Mayıs, 2023 Salı 15:00

https://www.google.com/jq-ktv-eyo

getlinktr.com



# EDUCATION AND TRAINING, R&D ACTIVITIES AND FUTURE PLANNING MEETING



The Faculty of Health Sciences (FHS) at Istanbul Gelisim University and the Rectorate held an evaluation meeting for the 2022-2023 academic year.

The meeting was led by Rector Prof. Dr. Bahri SAHİN; Vice Rector Prof. Dr. Nuri KURUOGLU, Vice Rector Prof. Dr. Necmettin MARASLI and Dean of the Faculty of Health Sciences Prof. Dr. Rifat MUTUS, Vice Dean Asst. Prof. Dr. A. Yuksel BARUT, Vice Dean Assoc. Prof. S Arda OZTURKCAN and the heads of 14 departments in the FHS participated.

## More applications and work for projects

Rector Prof. Bahri ŞAHİN offered comments about the advantages of the AVESIS and BAPSIS programs, which were implemented mainly in the field of Research-Development and Projects when discussing the future objectives of Istanbul Gelisim University and the new practices and activities. Sahin noted the value of fostering more cooperation between academics and industrialists by pointing out the advantages of the region's industrial districts, where the institution is situated. In order to increase the number of graduating students who belong to IGU, Rector Prof. Bahri Sahin said that improving communication with graduates and turning on the graduate tracking system would be effective. He also made information about increasing the number of national and international research by highlighting the need to improve project applications and project work and motivate students for project work.

## National and international studies

The Vice Rector, Prof. Dr. Necmettin Maraşlı, provided information about İstanbul Gelisim University Technology Transfer Office (TTO) and İstanbul Gelisim University Technology and Entrepreneurship Center (İGÜTEKMER), emphasizing the importance of directing students to these centers for practical applications and research. Following the remarks and explanations given by Vice Rector Prof. Dr. Nuri Kuruoğlu regarding the 2022-2023 academic activities, Prof. Dr. Rifat Mutuş, the Dean of the Faculty of Health Sciences, delivered a presentation and discussed the agenda topics of the meeting. Dean Mutuş mentioned that there were a total of 3,932 students in the Faculty of Health Sciences during the mentioned academic term and provided information about the number and qualifications of the academic staff in various departments. Mutuş stated that there were 9 projects, 68 national and 159 international articles since 2021, 12 international and national books/book chapters, as well as 22 international and 12 national conference participations.

Continuing the meeting, each department head was given the floor by Rector Prof. Dr. Bahri Şahin to summarize their respective department's work, goals, education and research activities, and outlined them under three headings: education and teaching activities, R&D studies, and the 2023-2024 academic year.



### Istanbul Gelişim Üniversitesi - FHS announced the research conducted in bot...

FHS announced the research conducted in both national and international domains during the conference on education, R&D activities, and future...  
[Double Click for interaction](#)





# OUR GUEST OF THIS MONTH

Asst. Prof. Gülşah Ünsal JAFAROV



It is said that the French writer Marcel Proust chatted with the characters he created and asked them some questions.

It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered them himself when he was 20.

Using these questions prepared by him, we ask these questions to an experienced faculty member for each issue.

**1-Let's say you decided to start a new society and you discovered a beautiful island. What would be the first rule you put in place?**  
Respect with Tolerance.

**2-Which of the inventions would you like to be the inventor of?**  
Vaccine

**3-If you could witness any event in the past or future, which event would you choose?**  
Gallipoli Victory

**4-If you were to write a book, what would it be named?**  
We Will See Beautiful Days, Children

**5-If they made a movie about your life, which actor/actress would you like to play you?**  
Türkan Şoray

**6-What are the 5 words that best describe you?**  
Idealist, Meticulous, Dreamer, Animal Lovers, Exciting

**7-What kind of talent would you like to have?teleport**  
I would like to have all the possibilities to make the world a better place.

**8-Who is your hero?**  
Mustafa Kemal ATATÜRK

**9-Who is your favorite author?**  
There are so many, Sabahattin Ali, Reşat Nuri Güntekin, Halit Ziya Uşaklıgil, Zülfü Livaneli, Oğuz Atay...

**10-What word would be the summary of the years you lived?**  
Infinite Gratitude





Faculty of  
Health Sciences

## ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

The Alumni Tracking System (METSIS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSIS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSIS can sign up for free after graduating. Our graduates can become a member of METSIS free of charge. Our graduates who are members of METSIS can update their personal profiles and follow our job postings.

### What Are the Steps to Join METSIS?

1. Use the web interface at [metsis.gelisim.edu.tr](https://metsis.gelisim.edu.tr) to log in
2. You can follow the postings in the open positions box.
3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.



Instagram -  
[igu\\_mezunlarkoordinatorlugu](https://www.instagram.com/igu_mezunlarkoordinatorlugu)



LinkedIn -  
**IGU ALUMNI AND  
MEMBERS COORDINATOR**

MC

MEZUN CARD

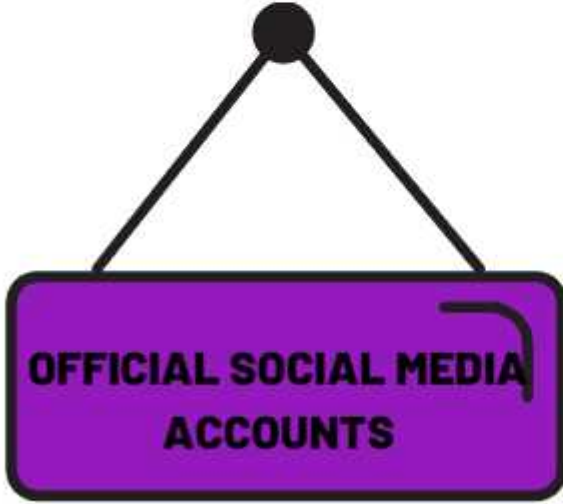
Dear IGU Alumni,  
Alumni who want to benefit from the opportunities of our university and the discount rates we provide from the companies we have contracted with will be sufficient to fill out the form. When your card is ready, you can pick it up from the Alumni and Membership Coordinator's Office on the 3rd floor of Block K.



SCAN ME







igu\_sbf



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İGÜ Sağlık Bilimleri Fakültesi



**New  
News**

Now you can send all your  
opinions, suggestions, news or  
articles to us at  
[sbfbulten@gelisim.edu.tr](mailto:sbfbulten@gelisim.edu.tr)





# Faculty of Health Sciences

**MASTHEAD**

## FACULTY OF HEALTH SCIENCES

Prof. Dr. Rifat MUTUŞ

Dean of Faculty of Health Sciences

Assoc. Prof. S. Arda ÖZTÜRKCAN

Vice Dean of Faculty of Health Sciences

Asst. Prof. A. Yüksel BARUT

Vice Dean of Faculty of Health Sciences

## BULLETIN TEAM

Asst. Prof. Emrah TÜNCER

Res. Asst. Engin ÇAĞLAR

Res. Asst. Tuğba TÜRKCAN

Res. Asst. Hülya YAMAN

Res. Asst. Simge Sude GERÇEKER



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