



MONTHLY NEWS AND EVENTS BULLETIN



Faculty of
Health Sciences



JUNE 2025|ISSUE 54| VOLUME 5



Faculty of
Health Sciences

J U N E

*Last year, too, I was a child in the hot days of
June, in love just like this. The winds used to
burn my ankles, and the sweetest loves had
wrapped around my soul.*

Edip Cansever

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

June 5: World Environment Day

June 6-9: Eid al-Adha

June 6: Dietitians' Day

June 14: World Blood Donor Day

June 15: Father's Day

June 21: Summer Solstice

CONTENTS



- 3 DEPARTMENT INTRODUCTIONS OF THE FACULTY OF HEALTH SCIENCES
- 14 ACADEMIC PERFORMANCE AWARDS FIND ITS OWNERS AT ISTANBUL GELISIM UNIVERSITY
- 16 IGU NUTRITION AND DIETETICS DEPARTMENT WHITE COAT WEARING CEREMONY HELD WITH HIGH ATTENDANCE!
- 18 GRATITUDE AND APPRECIATION FOR ZÜLBİYE DUYUM MUTLUKAN
- 19 GRADUATE EDUCATION INFORMATION SESSION HELD
- 20 HEAD OF NURSING DEPARTMENT RECEIVES ASSOCIATE PROFESSORSHIP
- 21 INDIVIDUAL INNOVATION OF HEALTHCARE WORKERS IN THE NEW BUSINESS WORLD
- 22 AN EVENT ON "PATIENT RIGHTS AND THE ROLE OF HEALTHCARE MANAGERS" WAS HELD
- 23 JUNE 12 - WORLD DAY AGAINST CHILD LABOUR: EVERY CHILD SHOULD GROW UP FREE AND SAFE
- 25 "ARTICLE WORKSHOP II" CONDUCTED WITH CHILD DEVELOPMENT STUDENTS
- 27 A FUTURE GROWING WITH THE FAMILY
- 29 OCCUPATIONAL THERAPY STUDENTS MEET ART IN THERAPEUTIC ACTIVITIES CLASS
- 31 A SEMINAR ON "PREVENTION OF INTIMATE PARTNER VIOLENCE (KADES)" HELD BY THE DEPARTMENTS OF CHILD DEVELOPMENT AND SOCIAL WORK
- 33 MEAT ALARM AT BAİRAM TABLES: DO NOT ENDANGER YOUR HEALTH!
- 35 A SCIENTIFIC EVENT ON "A ROADMAP FOR MULTIDISCIPLINARY TREATMENT IN CEREBRAL PALSY" HELD AT BAĞÇEŞEHİR UNIVERSITY
- 36 WITH CASE EXAMPLES CHILD NEGLECT AND ABUSE
- 38 ACADEMIC STUDIES
- 40 ASSOC. PROF. HATICE MERVE BAYRAM INVITED TO THE ADVISORY BOARD OF TÜRKİYE KLİNİKLERİ JOURNALS
- 41 UNDIAGNOSED, UNANSWERED, ALONE: THE PAINS IGNORED BY THE SYSTEM
- 42 WARNING FROM ANATOMIST ASST. PROF. MEHMET KARTAL: TICK-BORNE DISEASES REMAIN A SERIOUS PUBLIC HEALTH CONCERN
- 44 THE LIFE BEFORE US
- 45 OUR GUEST OF THIS MONTH



Faculty of
Health Sciences



DEPARTMENT INTRODUCTIONS OF THE FACULTY OF HEALTH SCIENCES

*Health
is the most precious treasure of life.*

The Faculty of Health Sciences at Istanbul Gelisim University brings together departments from different fields of expertise, all moving toward the same goal: to protect and enhance this most valuable treasure—health.

As IGU Faculty of Health Sciences, we educate future health professionals with an approach that centers on knowledge, science, and humanity.

On these pages, you will get to know our departments—each grounded in its own field—and explore the educational, practical, and developmental opportunities we offer our students.

**Welcome to our faculty, where we
shape the future together.**



NUTRITION AND DIETETICS

Science-Based and Community-Oriented Education

The Department of Nutrition and Dietetics is an interdisciplinary program that offers scientific, ethical, and practice-based education aimed at improving individual and public health.

Career Opportunities and Future Outlook

Graduates can be employed across a wide range of areas in both the public and private sectors, including clinical dietetics, mass catering services, corporate consultancy, research and development (R&D) activities, and academic positions.



Studying at IGU not only strengthened my theoretical knowledge but also allowed me to gain hands-on experience. Through laboratory courses, fieldwork, and internships, I was able to develop my professional skills. Participating in student club activities enhanced my communication and teamwork abilities. The academic support and international programs boosted my self-confidence. This department has contributed to my growth not only as a future dietitian but also in intellectual, ethical, and social dimensions

Canan Culha
Nutrition and Dietetics
2nd Year
(Sophomore)
Student

CHILD DEVELOPMENT



The Department of Child Development trains qualified child development specialists who will serve children, families, educators, and society in the developmental assessment, support, and guidance processes of all children aged 0-18. The Ministry of Health, the Ministry of Family and Social Services, the Ministry of National Education, universities, child and youth centers, public education centers, the General Directorate of Security, and relevant NGOs offer career opportunities for child development specialists.



WE ASKED OUR STUDENT

WHAT ARE THE BENEFITS OF STUDYING
CHILD DEVELOPMENT AT IGU?

The trust and dedicated working environment provided by our department's academic staff offer us valuable experience and benefits. They help us gain practical experience and make the most of our opportunities through internships in all fields of our profession. We also maintain an interactive learning process with our instructors during classes. The greatest advantage and support we have in our department is the uniqueness of our academic staff. Moreover, we enrich our department not only academically but also through the activities of our student club.

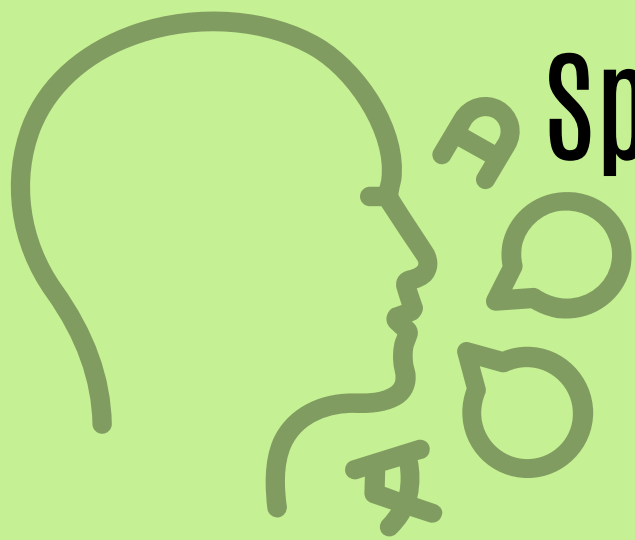
Kübra HÜRSEVER

Child Development, 3rd year (junior) student



igucocukgelisim





Speech and Language Therapy

The Speech and Language Therapy department offers a comprehensive, scientific, and practice-oriented education program focused on the assessment and treatment of speech, language, voice, swallowing, fluency, and communication disorders in individuals. The curriculum is supported by theoretical courses, laboratory work, and clinical practice. Students gain the skills to assess, plan, and implement therapy for speech and language disorders across various age groups.



Career Opportunities

- Public hospitals and healthcare institutions
- Private hospitals and clinics
- Special education and rehabilitation centers
- Schools and special education institutions
- Academic careers at universities
- Speech and language research centers

WHY IGU SPEECH AND LANGUAGE THERAPY?

Studying Speech and Language Therapy at IGU taught me more than just professional competence—it instilled in me a sense of leadership and responsibility. Receiving education from experienced and expert instructors allowed me to build a solid foundation of theoretical knowledge. I also embraced a multidisciplinary approach, learning the importance of communicating with professionals from different fields and adopting a patient-centered mindset. My self-confidence grew, my communication skills improved, and I took important steps toward becoming an empathetic therapist committed to ethical values. The education I received at IGU equipped me not only with professional knowledge but also with the perspective and presence of a true therapist.



Ergotherapy

Ergotherapy is a healthcare profession that assesses the limitations individuals face in participating in daily activities due to physical, mental, or sensory disabilities, illnesses, or other life challenges, and aims to increase their independence in these areas.

CAREER OPPORTUNITIES

Ergotherapists can work in hospitals, rehabilitation centers, special education institutions, mental health centers, nursing homes, schools, community-based projects, and private clinics. They can also pursue an academic career or open their own consultancy centers.



WHAT DID STUDYING ERGOTHERAPY AT IGU GIVE ME?

In my first two years, I received strong theoretical training, which I had the chance to experience in the field this year through clinical practice. My observations in pediatrics especially showed me how impactful and transformative ergotherapy is. As the President of the Ergotherapy Club, I contribute to my classmates' professional development and reach out to society through social responsibility projects. This role has improved my leadership skills and taught me the power of teamwork. IGU offers not only professional competence but also the chance to make a difference with an active student profile.

Senanur KIVANÇ
3rd Year (junior) Student

Physiotherapy and Rehabilitation



**Istanbul Gelisim University is
Training Future
Physiotherapists...**



**The Department of Physiotherapy and Rehabilitation aims to
train physiotherapists who can identify and manage
movement and functional disorders through preventive and
therapeutic approaches, supported by a strong academic staff,
and who are committed to ethics and teamwork.**



**Career
Opportunities**

Studying Physiotherapy and Rehabilitation at IGU....

**I didn't just gain a profession; I learned to see the human body, healing,
and the power of touch from an entirely new perspective.
Every course, every clinical experience offered me not just knowledge,
but a vision.**

**Meeting expert and inspiring instructors was one of the most
meaningful parts of this journey.**

**Now, I'm graduating not only as a physiotherapist, but as someone who
moves with science and aims to make a difference.**

– 4th Year (senior) Student, Elifnur AYKAÇ

**Hospitals
Special Education and
Rehabilitation Centers
Sports Clubs
Elderly Care Centers
...**



NURSING



What is Nursing?

Nursing is a science and an art that touches human life, protects and promotes health, and provides support and strength at every stage of life.

Career Opportunities

- Public Health Institutions
- Private Health Institutions
- Primary and Community Health Services
- Institutions for Special Groups
- National and International Organizations



Studying nursing at IGU has provided me with both knowledge and valuable experience. During our professional practice, I have learned how to care for patients, work as part of a team, and communicate effectively with people. I have started to feel more confident in myself and in my profession. Moreover, I feel very happy and proud to have had the opportunity to apply for the **Erasmus program**. The idea of learning new things in the field of nursing in a different country excites me, and I believe that this experience will contribute a lot to my personal and professional development.

4th- year (senior) Nursing Student
Shayan VASSIGHI



WHAT IS AUDIOLOGY?

The Department of Audiology is the health field that deals with the diagnosis, evaluation and rehabilitation of hearing and balance disorders. Audiologist candidates specialize in hearing tests, hearing aid and cochlear implant applications, balance tests and rehabilitation.

CAREER OPPORTUNITIES

- Public and Private Hospitals
- Hearing Aid and Cochlear Implant Centers
- Special Education and Rehabilitation Institutions
- Academic Staff of Universities



Studying Audiology at IGU helped us to have fun while learning and to expand our network. When I graduated, it created an area where I can do my profession even more fondly. I am glad that IGU Audiology has helped me develop myself in a very good way!

My education in this field has helped me develop empathy, patience and solution-oriented thinking skills to improve the lives of others.

Audiology Student Zühre Nur BALCI

PERFUSION

CAREER OPPORTUNITIES

- Public Hospitals
- Private Hospitals
- University Hospitals
- Medical Device Companies
- Academic Career at Universities

The Department of Perfusion trains perfusionists who operate the heart-lung machine, providing circulatory and respiratory support during cardiovascular surgeries. In addition, students receive training on other mechanical support devices, gaining comprehensive technical knowledge. Through both theoretical instruction and hands-on clinical practice, students become competent to work in operating rooms and assume vital roles within the healthcare sector.



WHY IGU PERFUSION? WE ASKED OUR STUDENT...

The Department of Perfusion at Istanbul Gelisim University offers students both theoretical knowledge and hands-on experience in clinical settings through its strong academic staff and practice-oriented education approach.

With voluntary summer internships, laboratory training, and mandatory clinical placements, the program aims to equip students with professional competence and a strong sense of responsibility.

A comprehensive educational model is provided to train skilled perfusionists with high practical ability and experience in the field of healthcare.

Mert AYGÜN

4th-Year (senior) Perfusion Student



Healthcare Management

The Rational Power of the Health System

Istanbul Gelisim University is Training the New Generation of Health Systems Managers

The Department of Healthcare Management trains leaders who will improve and manage health systems and make a difference. It prepares its students for the profession with its courses that bring theory and practice together, field trips, activities and strong academic staff.

It cares about and supports each student and aims to transform them into professionals who will add value to the field of health.



**Career Opportunities;
Your Path is Clear,
The Future is Yours!**

Public and Private Healthcare Institutions
Pharmaceutical Companies
Health Tourism Agencies
Health Insurance Companies
Academic Careers at Universities

My Door to the Health Sector: IGU Health Management

Studying Health Management at IGU was an inspiring journey where I discovered the dynamics of the health world. I received an education shaped not only by courses but also by projects, seminars and academics who are experts in their fields and have vision. My leadership skills were strengthened, and I took solid steps towards becoming someone who thinks strategically and makes a difference.

-4th Year (Senior) Student Elif KAYMAZ

SOCIAL WORK

The Department of Social Work aims to enhance the well-being of individuals, families, and communities, and to develop solutions that promote justice and equality. By integrating theory with practice, it trains competent social workers who are sensitive to social issues, committed to ethical principles, and capable of leading change.



CAREER OPPORTUNITIES

- **Public Institutions and Ministries**

Ministry of Family and Social Services, Ministry of Justice

- **Social Service Organizations**

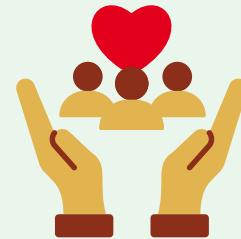
Nursing homes, children's shelters, care centers for people with disabilities

- **Health and Justice Institutions**

Hospitals, forensic medicine institutions, prisons

- **Civil Society and Private Sector**

Turkish Red Crescent, local governments, foundations, associations, and private counseling centers



OUR STUDENT SHARES



SENA NUR IKINCI, SOCIAL WORK STUDENT

Studying Social Work at Istanbul Gelisim University deepened my understanding of human rights and justice. Through interdisciplinary interactions, I gained diverse perspectives, which broadened my professional vision and enhanced my ability to think multidimensionally and develop effective solutions.



Academic Performance Awards Find Its Owners at Istanbul Gelisim University

Istanbul Gelisim University (IGU) held the Academic Performance Award Ceremony with great participation, which it made traditional in order to encourage academic productivity, make qualified studies visible and strengthen the corporate success culture. At the ceremony, success certificates were presented to faculty members who stood out with their academic contributions throughout 2024.



Academic Activities were Comprehensively Evaluated with the APSIS.

The Academic Performance Evaluation Process Management System (APSIS), which is the evaluation model developed by the university itself, was implemented much more extensively this year. Analyses made on 568 evaluation elements in 2023 were carried out with a total of 2,440 evaluation elements in 136 sub-activity areas in 2024. This change made it possible to monitor academic activities in a much more detailed way, not only in terms of quantity but also in terms of quality.

Six Key Assessment Titles

The evaluation process was shaped under six main headings:

- Overall Ranking
- Publications and Citations
- Project, Patent and Designs
- Awards, Memberships and Recognition
- Scientific and Professional Activities
- Educational Activities



**FOLLOWING SEPARATE ANALYSES OF EACH CATEGORY,
THE TOP 20 ACADEMICS OVERALL WERE RECOGNIZED
WITH THE 'INCENTIVE AWARD'**



IGU Faculty Members of the Faculty of Health Sciences Received Their Awards
Faculty members of the Faculty of Health Sciences (FHS) who ranked in the general evaluation are as follows:

Dr. Ashifa Kariveliparambil Mohammed ASHRAF,
Assoc. Prof. Dr. Hatice Merve BAYRAM,
Dr. Aslı KAYA,
Dr. Nurten ELKİN,
Dr. Ismail A. M. ELHATY,
Prof. Dr. Seyfettin Arda ÖZTÜRKAN,
Dr. Mehmet KARTAL,
Assoc. Prof. Dr. Neşe KISKAC,
Dr. Mahruk RASHIDI,
Dr. Hande Nur Onur ÖZTÜRK,
and Dr. Turgay KARALINÇ,

were presented with Certificates of Achievement.

Among them, the following academics who ranked in the top 20 overall received the Incentive Award as a sign of success:

Assoc. Prof. Dr. Hatice Merve Bayram, Dr. Nurten Elkin

Dr. Ashifa Kariveliparambil Mohammed Ashraf

In addition to the Certificates of Achievement presented based on the general ranking:

Dr. Ashifa Kariveliparambil Mohammed ASHRAF received a Certificate of Achievement in the category of Publications and Citations,

Assoc. Prof. Dr. Hatice Merve BAYRAM was awarded a Certificate of Achievement in the category of Awards, Memberships, and Recognition,

Dr. Nurten ELKİN received Certificates of Achievement in both the categories of Awards, Memberships, and Recognition and Educational Activities.

The faculty members of the Faculty of Health Sciences have made a significant contribution to Istanbul Gelişim University's vision of becoming a Research University.

IGU NUTRITION AND DIETETICS DEPARTMENT WHITE COAT WEARING CEREMONY HELD WITH HIGH ATTENDANCE!

The White Coat Wearing Ceremony organized by the Nutrition and Dietetics Department of the Faculty of Health Sciences of Istanbul Gelisim University was held with the participation of approximately 700 people in the J Blok Mehmet Akif Ersoy Conference Hall. At the ceremony, the white coats, which symbolize the first step students will take in their professional life, were dressed by the instructors.

“The profession of nutrition and dietetics is one of the cornerstones of preventive health services”

The head of the Nutrition and Dietetics Department, Assoc. Prof. H. Merve BAYRAM gave the following statements in her speech in Turkish and English:

“Dear students, the profession of nutrition and dietetics is one of the cornerstones of preventive health services. Today, you are taking your first step into an important profession that will contribute to human health. Professional ethics, scientific competence and a people-oriented approach should always be your guide on this journey. With your graduation, you will become a member of this sacred profession, adding value to society. I sincerely believe that each of you will wear this white coat with honor and responsibility. ”



“The white coat you wear today represents the dignity of your profession”

Vice Dean of the Faculty of Health Sciences A. Yüksel BARUT drew attention to the symbolic meanings of the white coat in his speech. Asst. Prof. BARUT addressed the students with the following words:

“My young friends, today you are not only wearing a white coat; you are also embarking on a journey adorned with professional dignity, responsibility and ethical values. This white coat is not just a symbol; it is an expression of your respect for your patients, your belief in yourself, and your commitment to knowledge. The buttons of your white coat will be off, as this indicates that the secrets entrusted to you will be kept safely. While the white coat you wear today represents the dignity of your profession, it will also be passed on to your colleagues who come after you as a legacy. Wishing you to adopt lifelong learning as a principle and to be thoughtful and devoted individuals... I thank your families who raised you, wish you health and success in your life.”

“We offer a training that focuses on quality”

Speaking at the ceremony, Vice-Rector Prof. Arda OZTURKCAN emphasized the education vision of the university and the quality standards of the department, and said, "Our university continues to prepare a strong future for you with its student-centered education approach, academic structure open to development and vision of internationalization. At the same time, we offer a training that focuses on quality as a department with AHPGS international accreditation and YOKAK national accreditation. You are both our today and our tomorrow; our University is working hard to offer you a better future. As a faculty member of the Department of Nutrition and Dietetics, I am very happy to be with you at this special moment when you take your first steps into the profession by wearing a white coat."



After the speeches, the instructors were invited to the stage and the students were dressed in white coats. This meaningful moment, which was a symbol of their professional identity for students, turned into an emotional experience with their families and academics.

At the closing of the ceremony, "ÂGAH Band", which is within the body of Istanbul Gelisim University Music Club, took the stage. In the event, which ended with a music concert, the participants had a pleasant time. The program ended with Head of Nutrition and Dietetics Department Assoc. Prof. H. Merve BAYRAM's closing speech in Turkish and English. The Nutrition and Dietetics Department White Coat Wearing Ceremony was a special souvenir where students took the first step into the profession and wore their white coats responsibly.



Gratitude and Appreciation for Zülbiye Duyum Mutlukan



During her service journey spanning from August 19, 2010, to May 9, 2025, Zülbiye Duyum Mutlukan took on various roles within the Faculty of Health Sciences and the Directorate of Student Affairs, carrying out her duties with great dedication and responsibility. A meaningful and emotional farewell ceremony was held in her honor. The event was attended by the Dean of our Faculty, Prof. Dr. Rifat MUTUŞ, Vice Deans Dr. A. Yüksel BARUT and Assoc. Prof. Dr. Neşe KISKAÇ, along with numerous faculty members. At this heartfelt gathering, the years that left a lasting impression on the institutional memory were honored with deep appreciation.

Dr. A. Yüksel BARUT said the following about Zülbiye DUYUM MUTLUKAN: "Throughout her tenure, Zülbiye DUYUM MUTLUKAN was not only an employee who carried out her duties with great care and precision, but also a trustworthy companion and a quiet yet powerful carrier of our institutional culture. With her dedication to her work, the grace she showed in human relations, and the calmness of her demeanor, she left an unforgettable mark on the heart of our faculty. I sincerely thank her and wish her a life filled with health, peace, and happiness. May her path always be clear, and her heart always be at ease."



A FIRST STEP TOWARD AN ACADEMIC CAREER: Graduate Education Information Session Held

A graduate education information session titled “A First Step Toward an Academic Career” was held on Tuesday, May 27, 2025, by the Department of Nutrition and Dietetics at Istanbul Gelisim University (IGU), Faculty of Health Sciences. The event took place in Meeting Room No. B-026 and was organized in collaboration with the IGU Nutrition and Dietetics Student Club (IGUBES) and the IGU Graduate Education Institute.



Prof. Dr. İzzet GÜMÜŞ, Director of the Graduate Education Institute, and Asst. Prof. Dr. Anıl ÇETİN, Deputy Director, attended the event as guest speakers. During the session, students received detailed information about application requirements for graduate programs, admission procedures, thesis and non-thesis options, interview processes, and the academic calendar. In addition, the structure of the individual academic advising process was explained, emphasizing that students can access guidance support whenever needed.

The event also highlighted that in addition to academic development, areas such as **scientific writing, time management, communication skills, and personal growth** play a critical role throughout graduate education. Participants were also informed about Istanbul Gelisim University's physical infrastructure, library facilities, research laboratories, and departmental support for scientific projects.

Speaking at the event, Assoc. Prof. Dr. H. Merve BAYRAM, Head of the Department of Nutrition and Dietetics, emphasized that **graduate education is not only about earning an academic degree but also a process of intellectual depth and specialization**. She noted that pursuing a master's degree in Nutrition and Dietetics contributes significantly to professional development and a scientific perspective. She encouraged students to continuously enhance their knowledge and actively contribute to scientific production.

At the end of the event, students had the opportunity to engage directly with the speakers, asking questions about the application process and academic career planning. **Additionally, their academic goals and expectations were heard, and it was noted that future content and guidance activities would be shaped in line with this feedback.**

[Click here to access the news.](#)

Head of Nursing Department Receives Associate Professorship



Our Head of Nursing Department, Faculty of Health Sciences, Asst. Prof. Mahruk RASHIDI added another success to her academic journey by awarded the title of “Associate Professor”!

As Istanbul Gelisim University Department of Nursing, we wholeheartedly congratulate Assoc. Prof. Dr. Mahruk RASHIDI, who is an example in her field with her academic studies and scientific contributions.

We appreciate this meaningful achievement of our esteemed professor, who has made significant contributions to both nursing science and the academic community with her valuable researches and inspiring guidance to her students, and we wish her many more successful studies in her academic journey.

INDIVIDUAL INNOVATION OF HEALTHCARE WORKERS IN THE NEW BUSINESS WORLD

Event was Held Successfully

The Department of Health Management at Istanbul Gelisim University Faculty of Health Sciences hosted another insightful event shedding light on the evolving dynamics of the healthcare sector. The event, titled **“Individual Innovation of Healthcare Workers in the New Business World”**, was held online on May 27, 2025, at 11:00 a.m. and attracted significant interest from students of the Health Management Department.

The speaker of the event, Asst. Prof. Gülaçtı ŞEN, delivered a comprehensive presentation on the importance of individual innovation for healthcare professionals. Emphasizing how innate talents can be discovered and developed in professional life, Asst. Prof. Gülaçtı ŞEN highlighted that recognizing one's own potential is crucial for both personal and institutional growth.

Within the framework of the concept of **“talent innovation,”** the event explored how individuals' unique abilities can be integrated into innovative thinking processes, and how individual creativity can make a difference in the field of healthcare. It was underlined that in today's new business world, success is not only achieved through technical knowledge but also through innovative perspectives and creative solutions.

Enriched by Asst. Prof. Gülaçtı ŞEN's insights and professional experience, the event proved to be both inspiring and instructive for students. Participants actively engaged with the speaker through their questions and gained valuable perspectives for their own career planning.

Such events, which reflect the Department of Health Management's interdisciplinary approach, continue to contribute meaningfully to the professional and personal development of students. The event concluded successfully with the aim of raising awareness among future healthcare professionals about the significance of individual innovation.

[Click here to access the news.](#)



Talent
Innovation



Individual
Innovation



Time
Management



AN EVENT ON “PATIENT RIGHTS AND THE ROLE OF HEALTHCARE MANAGERS” WAS HELD

An online event titled “Patient Rights and the Role of Healthcare Managers” was organized by the Department of Healthcare Management at Istanbul Gelisim University (IGU), Faculty of Health Sciences, on Thursday, May 29, 2025. The event attracted significant interest from healthcare management students and academics.

The guest speaker, Asst. Prof. Ramazan DURGUT, delivered a presentation emphasizing the importance of patient rights and addressed a wide range of topics, from the historical development of these rights to the ethical principles and responsibilities that healthcare managers uphold in today’s patient-centered healthcare delivery.

Drawing upon Asst. Prof. DURGUT’s expertise in health law, the event highlighted the necessity for healthcare managers to be knowledgeable about patient rights legislation and to integrate this awareness into institutional culture. It was also emphasized that healthcare managers play a critical role in enhancing patient satisfaction, improving communication processes, and implementing practices that ensure patient safety.

Through such events, the Department of Healthcare Management aims to equip students not only with theoretical knowledge but also with practical insights, thereby contributing meaningfully to their professional competencies.

JUNE 12 – WORLD DAY AGAINST CHILD LABOUR: EVERY CHILD SHOULD GROW UP FREE AND SAFE

Research Assistant Dilara CENGİZLİ from Istanbul Gelisim University, Faculty of Health Sciences, Department of Nursing, shared information about the World Day Against Child Labour.

Celebrated every year on June 12, the World Day Against Child Labour aims to raise global awareness against the exploitation of children and their employment under poor conditions. This special day emphasizes the need for collective action by individuals, institutions, and society to end child labour.

What is Child Labour?

Child labour is a fundamental violation of children's rights and poses a serious threat to their health, education, development, and well-being. According to UNICEF's 2024 data, millions of children worldwide are forced to work under harsh conditions. Official data from the Turkish Statistical Institute (TURKSTAT) shows that in Türkiye, at least 720,000 children – or 4.4% of the child population – are working.

The Situation of Working Children in Türkiye

About half (45.5%) of working children in Turkey are employed in the service sector, 30.8% in agriculture, and 23.7% in industrial manufacturing, especially in small and medium-sized enterprises. The main causes of child labour in Türkiye include child poverty, lack of social protection, and the informal economy. With approximately 30% of employment being unregistered, ensuring full compliance with children's rights becomes increasingly difficult.



A Global Perspective

According to data, approximately 168 million children were part of the global workforce as of 2012. Although this number has been slowly decreasing, child labour remains a significant issue, particularly in Sub-Saharan Africa, Asia, and the Pacific regions. In Turkey, the number of working children was recorded at 893,000 in 2012, with the majority employed in the agricultural sector.

Consequences of Child Labour

- Disruption of education
- Physical and psychological health problems
- Social isolation and anxiety about the future
- Obligation to work in risky and dangerous jobs

Why Should We Fight Against It?

Child labour is not only an individual issue but also a societal problem. Children who cannot access quality education and proper development lose the chance to become productive individuals of the future. This, in turn, negatively affects economic growth and social welfare. Preventing child labour means ensuring that every child has access to education and a healthy life.

What Can We Do Today?

- Be a responsible consumer by avoiding products from sectors known for child labour.
- Support awareness activities about children's rights in society.
- Participate in local and national projects to increase access to education and healthcare services.
- Support non-governmental organizations working to combat child labour.
- Pediatric nurses can conduct health screenings for working children to assess their physical and psychosocial conditions and detect neglect or abuse for early intervention.
- Nurses can organize educational programs for families and children to raise awareness about the harms of child labour and the importance of children's rights.
- As health professionals, we can contribute to an effective multidisciplinary approach by ensuring coordination between health and social services in the prevention of child labour.

Every child should play, receive education, and grow up with love. On the World Day Against Child Labour, let us act together with this awareness to protect the future of our children.



"Article Workshop II" Conducted with Child Development Students

On May 21, 2025, an "Article Workshop II" was conducted by Research Assistant Rabia Ceren ATEŞ for students of the Child Development Department.

The facilitator, Research Assistant Rabia Ceren ATEŞ, discussed the importance of the websites to use while searching for articles, the significance of keywords, and the process of reviewing articles in the workshop with Child Development students. The workshop then moved on to the topics "What are research methods? How to review an article? What are summarizing techniques?". The title, keywords, abstract, and introduction of a selected article were discussed. The definitions of quantitative and qualitative research methods, as well as the research method of the selected article, were explained. Article review is a critical evaluation of the content, method, findings, and conclusions of an academic or scientific article. In this process, the article's purpose, methods, data obtained, and how the author reached the conclusions are analyzed in detail. At the same time, the strengths and weaknesses of the study are identified, and any shortcomings or controversial points are highlighted.

When reviewing an article, the primary focus should be on understanding the main purpose of the study and its research question. To achieve this, the introduction section should be carefully read to determine what problem the author addresses and why this topic was chosen to solve it. Then, by reviewing the literature, the theoretical framework the author applied and the previous studies they relied on should be evaluated. Selecting the right article is critical for the quality and success of academic studies. The article should be relevant to your research topic and question. Focusing on a topic that interests you both increases motivation and simplifies the analysis process. When selecting an article, attention should be paid to the journal in which it was published. Articles published in peer-reviewed, respected, and indexed (e.g., Scopus, Web of Science) journals are generally scientifically reliable. Also, the publication date of the article is important; if you are interested in current topics, studies published within the last 5-10 years should be preferred. Finally, the article should be accessible and understandable.



The methodology section is crucial for the scientific validity of the study. In this section, elements such as the data collection methods, sample size, and analysis techniques used by the author should be examined. It should be questioned whether the methods used are suitable for the research question and whether they are presented clearly. While reviewing the findings section, attention should be paid to whether the data obtained answers the research questions and whether the data is presented clearly.

Research methods are generally divided into quantitative, qualitative, and mixed methods. Quantitative research methods rely on numerical data and aim to reach conclusions through statistical analysis. In this context, experimental methods investigate cause-and-effect relationships between variables through controlled experiments. Surveys and scales measure participants' views, attitudes, and behaviors using standardized questions, and the data is analyzed with statistical methods. Qualitative research methods, on the other hand, rely more on interpretation and a deep understanding of phenomena within their context. Interviews, conducted with semi-structured or open-ended questions, gather in-depth information, while observational methods allow the study of behaviors in their natural environment. Document analysis is conducted using written documents and archives, and focus group discussions gather data through discussions among multiple participants. Mixed methods combine both quantitative and qualitative data collection and analysis techniques to provide a broader, multidimensional perspective on the research.



In the results and discussion sections, the alignment of the conclusions reached by the author with the study's purpose and the contribution of these results to the literature should be evaluated. Additionally, it is important to determine whether the author's comments are objective and based on the obtained findings. The study's limitations should be stated, and recommendations for future research should be considered.

When summarizing the article, the key points obtained from this review process should be conveyed briefly and concisely. The article's purpose, method, findings, and main results should be summarized, followed by a short evaluation of the overall success of the study. During this process, it is important to use an objective and critical tone.

At the end of the workshop, the students' questions were answered, and positive feedback was received from the students.



İGÜ Faculty of Health Sciences, Department of Child Development Participated in Esenyurt Municipality's Event "A Future Growing with the Family"

The Istanbul Gelisim University (IGU), Faculty of Health Sciences, Department of Child Development participated in the event titled "A Future Growing with the Family", organized by the Esenyurt Municipality Directorate of Women and Family Services on May 6, 2025, between 09:00 and 16:30.

The event commenced with an opening speech delivered by the Mayor of Esenyurt. Following the speech, a seminar titled "Maintaining Traditional Family Roles in the 21st Century: Changing Roles and Expectations" was presented. This was followed by a panel discussion titled "The Foundation of Society: The Power of Being a Family". The program continued with various workshops and concluded with the seminar "The ABC of Education (Mother-Father-Child)". At the end of the event, participation certificates were distributed to all attendees.

The year 2025 has been declared as the "Year of the Family" in Türkiye. The initiative aims to strengthen family bonds, preserve cultural values, and enhance intergenerational communication. Through educational programs, events, and projects, the significance of the family institution is being emphasized. Social solidarity and love-based relationships are placed at the forefront.

The family is the primary social unit where an individual is born, grows, and lays the foundation of their personality. It provides support, love, trust, and guidance throughout all stages of life and constitutes the cornerstone of society. The values gained within the family play a crucial role in an individual's adaptation to society and the establishment of healthy relationships. Core values such as love, respect, responsibility, and sharing are primarily learned in the family. Therefore, the development of strong individuals depends on the presence of strong family structures.

Family structures vary according to cultural, economic, and social factors. The nuclear family, consisting of parents and children, is the most common family type in modern urban settings. While it allows for greater independence and autonomy, it may offer limited social support compared to the extended family. Extended families, including grandparents, uncles, and aunts living under the same roof, facilitate intense intergenerational interaction and are more prevalent in rural or traditional communities. This structure encourages solidarity, sharing, and mutual aid.

Other common family types include single-parent families, which emerge due to divorce, death, or other circumstances, where only one parent assumes the caregiving role. In such families, the burden on the caregiver is greater, and strong social support systems are essential for the healthy development of children. Another increasing model is blended families formed through remarriage, involving step-parents and step-siblings, which require unique adjustment processes.





A healthy family is characterized by mutual love, respect, trust, and open communication, where the physical, emotional, and social needs of its members are met. In such environments, individuals feel valued, are able to express themselves freely, and are accepted. In healthy families, issues are resolved through communication, decisions are made collectively, and each member's opinion is respected. Children raised in such environments develop into self-confident, responsible, and socially competent individuals.

Roles and boundaries in healthy families are clearly defined. Parents guide their children while supporting their individual development. Empathy, emotional expression, and spending quality time together are foundational elements. Additionally, healthy families act in unity when facing challenges and demonstrate resilience and solidarity. As the basic unit of society, the strength and health of families are critical to the development of balanced and well-functioning communities. Strengthening intra-family relationships, fostering mutual understanding, and giving the family institution the attention it deserves are essential for societal well-being.

Each family type has its own dynamics. What matters most is establishing unity based on love, respect, and communication. The family is an individual's first social environment, and the foundations laid within it have a lasting impact throughout life.



Occupational Therapy Students Meet Art in Therapeutic Activities Class

First-year students of the Occupational Therapy Department at Istanbul Gelisim University, Faculty of Health Sciences, experienced an applied art therapy activity as part of their Therapeutic Activities course. The class was conducted under the supervision of Lecturer Büşra SAYIR. During the session, students had the opportunity to explore different aspects of art therapy and express themselves through various artistic activities, such as clay modeling, face painting, tattoo drawing, and painting. While showcasing their creativity, students also gained hands-on experience with methods that can be utilized in therapeutic processes. The activity contributed to students' deeper understanding of the therapeutic effects of art and its significance within the field of occupational therapy. At the end of the session, students described the experience as both educational and enjoyable.

First-year students of the Occupational Therapy Department at Istanbul Gelisim University, Faculty of Health Sciences, experienced an applied art therapy activity as part of their Therapeutic Activities course. The class was conducted under the supervision of Lecturer Büşra SAYIR. During the session, students had the opportunity to explore different aspects of art therapy and express themselves through various artistic activities, such as clay modeling, face painting, tattoo drawing, and painting. While showcasing their creativity, students also gained hands-on experience with methods that can be utilized in therapeutic processes. The activity contributed to students' deeper understanding of the therapeutic effects of art and its significance within the field of occupational therapy. At the end of the session, students described the experience as both educational and enjoyable.





On Thursday, May 22, Istanbul Gelisim University hosted another meaningful and inspiring event titled “Healing Through Activity: A Therapeutic Journey with Occupational Therapy.”

Starting at 11:30 a.m., the event was attended by students, faculty members, and university administrators. The event began with a heartfelt and meaningful speech by Lecturer Büşra SAYIR, who emphasized the importance of occupational therapy and the powerful role of activity in the healing process. One of the highlights of the event was the variety of homemade food brought by the students themselves. These treats not only strengthened the spirit of sharing but also added a warm and sincere atmosphere to the event. Conversations enjoyed over delicious offerings served as a powerful example that occupational therapy is not just a treatment method but also a lifestyle that fosters social bonds.

The commemorative photos taken at the end of the day stood as lasting evidence of the event’s academic and emotional success.



A Seminar on “Prevention of Intimate Partner Violence (KADES)” Held by the Departments of Child Development and Social Work

On May 14, 2025, a seminar titled "Prevention of Intimate Partner Violence (KADES)" was organized by the Department of Child Development and the Department of Social Work of the Faculty of Health Sciences at Istanbul Gelisim University. The event took place between 10:00 a.m. and 12:00 p.m. in the E Block Conference Hall.

The seminar was conducted by Psychological Counselor Derya YARDIMCI AYDIN. The session began by outlining its main purpose: to provide information on the definition, forms, effects, and solutions regarding intimate partner violence; to promote awareness about recognizing abuse; and to raise consciousness about not remaining silent and the use of the KADES application.

“Intimate Partner Violence (IPV)” is defined as physical, sexual, or psychological harm—or the threat of such harm—inflicted by a current or former partner. Today, the term “partner” is not limited to marital relationships; it encompasses romantic relationships, engagements, and cohabiting individuals. The seminar emphasized that violence is not solely physical but multidimensional in nature. A comprehensive explanation of the various types of violence was provided: Physical violence includes acts such as hitting, pushing, slapping, burning, or using sharp objects to inflict bodily harm. Psychological (emotional) violence targets mental well-being and includes constant criticism, belittlement, threats, blame, and humiliation. Though it leaves no visible wounds, it can cause deep psychological trauma. Sexual violence involves non-consensual sexual acts and includes harassment, forced marriage, or coercion related to sexual activity





Economic violence entails restricting access to financial resources, such as controlling income, prohibiting employment, or creating economic dependency. Social violence isolates individuals by limiting their social interactions, such as preventing contact with friends, ostracizing, or defamation. It was emphasized that all forms of violence have severe consequences, and societal awareness and education are key to prevention. The seminar continued with a discussion on gaslighting, described as a form of systematic psychological manipulation aimed at making a person question their memory, perception, or sanity. This is often part of emotional or psychological abuse. Key characteristics of gaslighting include: Distortion of reality: The perpetrator denies or twists facts (e.g., "That never happened, you're imagining things").



Undermining perception: Comments like "You're overreacting" or "You always misunderstand things" are used to erode trust in one's own judgment. Inducing guilt: The abuser shifts blame to the victim (e.g., "I only did that because of you"). Isolation: Reducing the victim's contact with their support system to increase dependency. Victims of gaslighting may lose self-confidence, constantly question themselves, and may require psychological support. It can occur in romantic, familial, or professional relationships. Though often difficult to detect, identifying it is crucial for establishing boundaries and seeking help. The session also covered the KADES (Women's Support Application). Developed by the Turkish Ministry of Interior, KADES is a mobile safety application designed to help women and children reach law enforcement quickly in cases of violence, harassment, or threats. Functionality of KADES: Download: Available for free on Android and iOS platforms. Login: Users verify their identity through Turkey's e-Government system (e-Devlet). Emergency Alert: In emergencies, pressing the in-app "Emergency Button" sends an alert with GPS location to the 112 Emergency Call Center. Immediate Response: Law enforcement units are promptly dispatched to the reported location. Importance of KADES: It reassures women that they are not alone. It ensures a rapid response in potentially dangerous situations. It demonstrates how technology can be effectively used in preventing violence. While KADES is a vital tool for women's safety, long-term solutions require increased societal awareness and education regarding gender-based violence.



At the conclusion of the event, Asst. Prof. Nurten ELKİN, Head of the Department of Child Development, highlighted the significance of intimate partner violence as a public health issue. She provided insightful information aimed at raising awareness and emphasized the necessity of preventive measures to combat such violence. Following her remarks, Asst. Prof. Elkin presented a plaque of appreciation to Psychological Counselor Derya YARDIMCI AYDIN, officially marking the end of the seminar.

A Seminar on "Prevention of Intimate Partner Violence (KADES)" Held by the Departments of Child Development and Social Work
A Seminar on "Prevention of Intimate Partner Violence (KADES)" Held by the Departments of Child Development and Social Work
10.11.2023

MEAT ALARM AT BAIRAM TABLES: DO NOT ENDANGER YOUR HEALTH!

Eid al-Adha is a feast of sharing, solidarity and crowded tables. However, according to experts, red meat, which plays a leading role in the tables, can bring health problems when consumed unconsciously. Istanbul Gelisim University (IGU) Faculty of Health Sciences, Head of Nutrition and Dietetics Department Assoc. Prof. H. Merve BAYRAM warned that increased meat consumption during the Eid al-Adha may lead to serious health problems, especially in individuals with chronic diseases.

"Newly cut meat should not be consumed immediately"

Stating that red meat is a nutritious food with high quality protein, iron, zinc, phosphorus and vitamin B12 content, Bayram said, "However, red meat should be consumed in moderation due to its saturated fat and cholesterol content. Immediate consumption of newly slaughtered meat can make digestion difficult due to 'stiffness of death'. For this reason, it is recommended to consume meat by resting for at least 12 to 24 hours."

Grilled or roasted? What's the healthiest?

Assoc. Prof. BAYRAM emphasized that the daily consumption of red meat should not exceed 90-120 grams of portions 2-3 times a week for healthy individuals, while the method of cooking meat is also decisive for health:

"When cooking meat, boiling, baking or grilling methods should be preferred instead of frying or roasting. Especially the distance between the meat cooked on the grill and the fire should be at least 15-20 cm. Otherwise, high heat will cause the outer surface to burn before it reaches the inside of the meat. While this leads to the loss of protein and B group vitamins, it can also lead to the formation of carcinogenic compounds."





Heart patients should be especially careful: Lean meat is a must!

BAYRAM, who made special warnings for individuals with chronic diseases such as cardiovascular disease, hypertension and diabetes, said, "These individuals should stay away from saturated fat sources such as internal fat and tail fat, cook the meat with their own fat if possible, and not add additional fat. Lean or low-fat meat should be preferred and portion control should be ensured. "

Stating that eating meat on an empty stomach on the morning of the feast may trigger stomach disorders, Nutrition and Dietetics Specialist Assoc. Prof. H. Merve BAYRAM said, "It is important to start the day with a balanced breakfast. Foods such as low-fat cheese, whole-grain bread, seasonal greens facilitate digestion."

How to store meat?

Stating that not only consumption but also the storage conditions of the meat are of vital importance during the feast process, Assoc. Prof. BAYRAM emphasized that the meat should be divided into portions and stored in the freezer, and the thawing process should be carried out on the bottom shelf of the refrigerator. She also reminded that raw meat and vegetable-fruit contact should be prevented.

"With healthy choices, festive tables became meaningful"

Stating that it is possible to establish healthy and safe tables during the feast, Istanbul Gelisim University Faculty of Health Sciences Head of Nutrition and Dietetics Department Assoc. Prof. H. Merve BAYRAM emphasized that balanced, hygienic and conscious eating habits will strengthen not only physical health but also the meaning of the bairam.

Reminding that the Feast of Sacrifice should be remembered with health as well as pleasure and sharing, she pointed out that making the right choices at the feast tables is a critical step for both individual and social health.



A SCIENTIFIC EVENT ON “A ROADMAP FOR MULTIDISCIPLINARY TREATMENT IN CEREBRAL PALSY” HELD AT BAHÇEŞEHİR UNIVERSITY

On May 29, 2025, a scientific event titled “Looking to the Future: A Roadmap for Multidisciplinary Treatment in Cerebral Palsy” was held at Bahçeşehir University with the collaboration of the Faculty of Health Sciences and the Faculty of Medicine, and with the support of the Bobath Association. The program took place in the Fazıl Say Hall, located in Block B of the BAU South Campus, and welcomed the participation of academics, physiotherapists, and occupational therapists.

The event presented perspectives from different disciplines on the diagnosis, treatment, and rehabilitation processes of individuals with cerebral palsy. A variety of current topics were discussed, ranging from Developmental Kinesiology to surgical approaches, from the Bobath concept to artificial intelligence applications in gait analysis. Participants had the opportunity to attend scientific presentations and engage with experts through Q&A sessions.

Some of the speakers featured in the program included:

- Asst. Prof. Pelin PİŞİRİCİ: “In the Light of Developmental Kinesiology: Deviations from Typical Development in Cerebral Palsy”
- Specialist Physiotherapist Feride BİLİR: “Early Diagnosis, Effective Intervention”
- Prof. Dr. Mintaze Kerem GÜNEL: “Holistic Assessment Methods”
- Physiotherapist Josse de CAT: “Clinical Reasoning Based on the Bobath Concept”
- Prof. Dr. Guy MOLENAERS: “Botox and Scoliosis Approaches”
- Prof. Dr. Kubilay BENG: “Current Approaches in Hip Surgery”
- Prof. Dr. Raşit ESKİCİOĞLU: “AI-Assisted Gait Analysis”

Lecturer Hande Besna GÖÇEN and Lecturer Suzan AYDIN from Istanbul Gelisim University also attended the event and followed the sessions enriched with the latest scientific insights.

Highly appreciated by attendees, this scientific gathering once again highlighted the importance of interdisciplinary collaboration in the field of cerebral palsy.



WITH CASE EXAMPLES

CHILD NEGLECT AND ABUSE

A training titled "Working with Child Neglect and Abuse Through Case Studies" was delivered by Social Worker Hıdır YILDIZ from the Provincial Directorate of Family and Social Services to the academic staff and students of Istanbul Gelisim University.

Child neglect refers to the failure to meet a child's basic needs—such as nutrition, shelter, health care, education, love, and safety. This deficiency may be intentional, but it can also occur due to ignorance or oversight. For example, consistently leaving a child hungry, preventing access to medical care, or depriving them of education all fall under child neglect. Child abuse, on the other hand, involves any behavior that causes physical, emotional, sexual, or economic harm to a child. Physical abuse includes actions that directly harm the child, such as hitting, pushing, or burning. Emotional abuse includes behaviors that damage a child's psychological well-being, such as humiliation, threats, or emotional neglect. Sexual abuse refers to exposing a child—who is not capable of giving consent due to their age—to sexual acts. Economic abuse includes forcing a child to work or exploiting them for financial gain.

Neglect and abuse are often difficult to detect and have long-term consequences. Therefore, it was emphasized that raising awareness across all segments of society and ensuring the effective enforcement of laws that protect children are crucial for their safety and development.

Hıdır YILDIZ stated that neglect can lead children toward criminal behavior when their basic needs are not met or they are deprived of sufficient care and supervision. This tendency often arises from a combination of factors, such as growing up in an unhealthy environment, lack of guidance, and social exclusion. When children are deprived of family and community support that meets their basic needs—like love, safety, education, and guidance—they are forced to survive on their own. This, he noted, particularly increases the likelihood of criminal involvement among children living in high-risk environments. For this reason, Hıdır YILDIZ emphasized the critical importance of protective family environments, access to education, psychological support services, and the effective implementation of social policies in preventing juvenile delinquency.





As part of the event, Hıdır YILDIZ invited eight volunteer students to the stage. Seven students linked arms to form a circle, while one student stood in the center. YILDIZ asked the student inside the circle to try to get out, and instructed the students forming the circle to prevent them from doing so. After a strong effort, the student in the center managed to break free from the circle. This time, Hıdır asked the student who had exited the circle to join the others in forming the circle, and invited another student to move to the center. After repeating the experience, Hıdır asked both students who had been in the center how they felt. The students expressed that they felt lonely and anxious. When asked how they felt while being outside the circle, they said they felt strong. YILDIZ also asked the remaining students in the circle about their feelings. Through this psychodrama activity, he encouraged both the volunteer participants on stage and the audience to engage in deep reflection.

At the end of the event, the Head of the Child Development Department, Asst. Prof. Nurten ELKİN, emphasized the public health significance of child neglect and abuse, and shared informative points to raise awareness and help prevent such issues. Asst. Prof. Nurten ELKİN concluded the event by presenting a plaque of appreciation to Social Worker Hıdır YILDIZ.



ACADEMIC STUDIES



Faculty of
Health Sciences

Research, Development

PRESENTATION



The oral presentation titled “Sustainable Nutrition and Food Management with Digital Solutions” prepared by Merve PEKTAŞ, a student of our faculty’s Department of Nutrition and Dietetics, under the supervision of Lecturer Münevver Gaye AYBEY, was successfully presented at the 1st International, 2nd National Health Sciences Congress held in Istanbul on May 6–7, 2025.

We sincerely congratulate our student Merve PEKTAŞ and her advisor Lecturer Münevver Gaye AYBEY for their successful presentations and academic contributions.

Asst.Prof. Beyza Aslı BİLSEL, one of the lecturers of the Department of Occupational Therapy of our faculty. Asst. Prof. Beyza Aslı BİLSEL presented the paper titled “Metacognitive Experiments and Neurocognitive Network Based Interventions in Occupational Therapy” as an oral presentation at the International Occupational Therapy Interdisciplinary Approach congress held on the occasion of the 12th anniversary of the Department of Occupational Therapy at Üsküdar University on 25–26 May 2025.



CONGRESS PARTICIPATION



Asst.Prof.Aslı KAYA, one of the lecturers of the Department of Health Management of our faculty, participated in the congress named “I. International Arapgir Endemic Plants and Aromatherapy” held in Malatya Arapgir on 26–28 June 2025. She took part in the congress organising committee at the congress.

PRESENTATION



The paper titled “The Role of Emotional Intelligence in Nursing”, which was prepared by Helin Şeyda Düz, Cafer Sadık GÖKALP, Buğra GENÇ and Berke YALÇIN under the supervision of Asst.Prof. Deniz Kaya MERAL, one of the lecturers of the Nursing Department of our faculty, was presented as an oral presentation by Helin Şeyda Düz at the 7th International Scientific Research Congress held on 13-15 June 2025.

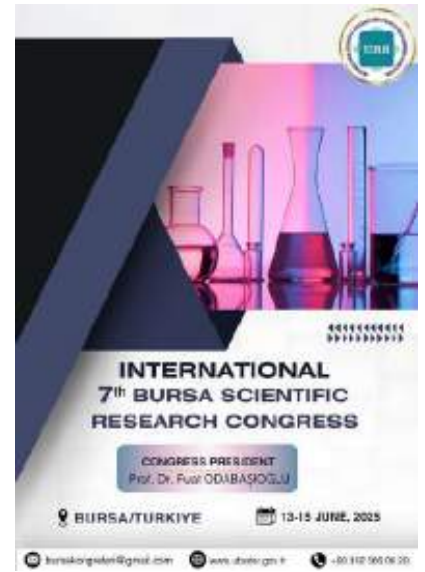


Asst.Prof. Deniz Kaya MERAL, one of the lecturers of the Nursing Department of our faculty, prepared together with her students Yunus ERDOĞAN, Yasemin ACAR and Tufan GÜDÜK under the supervision of Asst. Prof. Deniz Kaya MERAL, 'Therapeutic Communication in the Age of Artificial Intelligence: New Horizons in Nursing Care' was presented as an oral presentation by Yunus ERDOĞAN at the 7th International Scientific Research Congress held on 13-15 June 2025.

PRESENTATION

The paper titled “An Important Concept in the Digital Transformation of SMEs: Digital Maturity” prepared by Asst.Prof. Aslı KAYA and Dr. Hikmet Emir ÖNBIÇAK, one of the academic staff of the Department of Health Management of our faculty, was presented as an oral presentation at the 7th International Scientific Research Congress held on 13-15 June 2025.

Asst. Prof Aslı KAYA, one of the lecturers of the Department of Health Management of our faculty, presented the paper titled “The Impact of Strategic Leadership in Health Institutions on Quality Improvement” as an oral presentation at the 7th International Scientific Research Congress held on 13-15 June 2025.





UNDIAGNOSED, UNANSWERED, ALONE: THE PAINS IGNORED BY THE SYSTEM



Faculty of
Health Sciences

Chronic illnesses are long-term health conditions that significantly affect a person's quality of life. They are not entirely curable but can be managed and often progress slowly. This group includes cardiovascular diseases, diabetes, asthma, rheumatic conditions, and, more recently, syndromes like long COVID, dysautonomia, and ME/CFS. These illnesses are usually triggered by a complex interplay of infections, genetic predisposition, environmental influences, lifestyle factors, and chronic stress.

However, in Türkiye's healthcare system—focused on speed and quantity—such complex conditions are frequently overlooked. The limited consultation time for each patient, heavy workloads of physicians, and the lack of clear biomarkers make it easier for healthcare professionals to attribute patients' intense suffering to psychological causes. Consequently, patients are often dismissed with phrases like “there's nothing wrong with you,” leading them to withdraw from healthcare services.

According to Asst. Prof. Emrah TUNCER, a faculty member in the Social Work Department, this is not merely a gap in health service provision—it is a serious issue of social justice:

“People with chronic illnesses are not only physically but also emotionally and socially made invisible. Since they don't receive formal diagnoses, they are excluded from social assistance and rehabilitation services. This is exactly where the social work profession must step in: to make the invisible visible, and to bring the marginalized to the center.”

Asst. Prof. TUNCER emphasizes the need for social workers to take more active roles in hospitals, family health centers, and community-based health services.

“Social workers can pick up on the social and emotional signals that physicians might miss due to time constraints. They can assess patients' living conditions, support systems, and care needs, and provide necessary referrals.”

In countries with strong social welfare systems like Austria, a more holistic approach is taken. For example, in Vienna, rehabilitation centers for individuals with long COVID, rheumatic conditions, or fatigue syndromes not only provide physical treatment but also offer access to pools, exercise, psychological support, and social activities. These services are designed to care for the individual's entire life—not just the illness.

In contrast, Türkiye still lags far behind this model. According to data from the Ministry of Health, 60% of family physicians and 77% of family health staff in Türkiye are working under high workloads. This limits the time available not only for chronic illness patients but for all patient groups. Furthermore, as of June 15, 2025, a new policy has introduced fees for some health reports issued by family physicians (e.g., driver's licenses, sports certificates, pilgrimage reports). However, this move has created a false public perception that the fees go directly to physicians, further isolating and devaluing the efforts of healthcare workers.

Asst. Prof. TUNCER argues that the solution lies not only in hiring more staff but also in building a patient-centered, interdisciplinary, and socially just healthcare model:

“Managing such illnesses requires a system in which physicians, social workers, psychologists, physiotherapists, and nurses collaborate. Education and health policies need to be reconsidered within a more holistic framework. The goal should not be to blame physicians, but to create structures that support them.”



Warning from Anatomist Asst. Prof. Mehmet KARTAL: Tick-Borne Diseases Remain a Serious Public Health Concern

In the first half of 2025, the number of tick bite cases reported in Türkiye once again brought the significance of zoonotic diseases to the forefront of public health discussions. In addition to the 7,801 cases reported in the media, 13 of these incidents tragically resulted in death—clearly highlighting the serious risks posed by tick-borne infections. These cases, which tend to increase during the spring and summer months, have a direct impact not only on individual health but also on agricultural production, livestock activities, and rural life.

Ticks are arthropods that are highly sensitive to environmental stimuli. Although they are incapable of flying or jumping, they can easily attach to hosts via clothing, skin, or fur by detecting body heat, humidity, and vibrations. These characteristics make them efficient vectors not only in individual settings but also in animal shelters, grazing lands, and rural environments.

Diseases such as Crimean-Congo Hemorrhagic Fever (CCHF) often progress asymptotically in animals, but in humans, they can cause severe symptoms such as high fever, muscle pain, coagulation disorders, and internal bleeding. First reported in Türkiye in 2002, this disease has become endemic particularly in the provinces of Giresun, Sivas, Tokat, Amasya, and Çorum. In recent years, the number of cases has once again shown a worrying increase. The fact that *Hyalomma marginatum*—the tick species responsible for transmitting the disease—has been detected across all regions of the country indicates that the associated risks must be assessed on a national rather than a regional scale.





Scientifically Grounded Prevention Methods

Based on field data and practical experience, the following essential practices are recommended to protect both animal and public health in the fight against ticks:

- Regular acaricide applications should be conducted on domestic animals approximately every 25 days, using residue-free products that do not compromise food safety.
- Environmental management practices such as plowing pastures and removing wild vegetation help reduce tick habitats.
- Random or indiscriminate chemical applications should be avoided in order to preserve ecological balance.
- Government-supported disinfection and medication policies should be developed for small-scale livestock enterprises.
- Although scientific studies on tick vaccines have yet to be translated into practical use, they represent promising developments for the future.

Personal Protection Measures

Individuals living in or visiting rural and high-risk areas should take the following basic precautions:

- Wear light-colored, long-sleeved clothing that covers the body.
- Tuck pant legs into socks to prevent ticks from crawling underneath.
- Use tick repellents that contain DEET, icaridin, or permethrin.
- After outdoor activities or animal contact, conduct thorough body checks—especially behind the ears, on the neck, groin, and behind the knees.

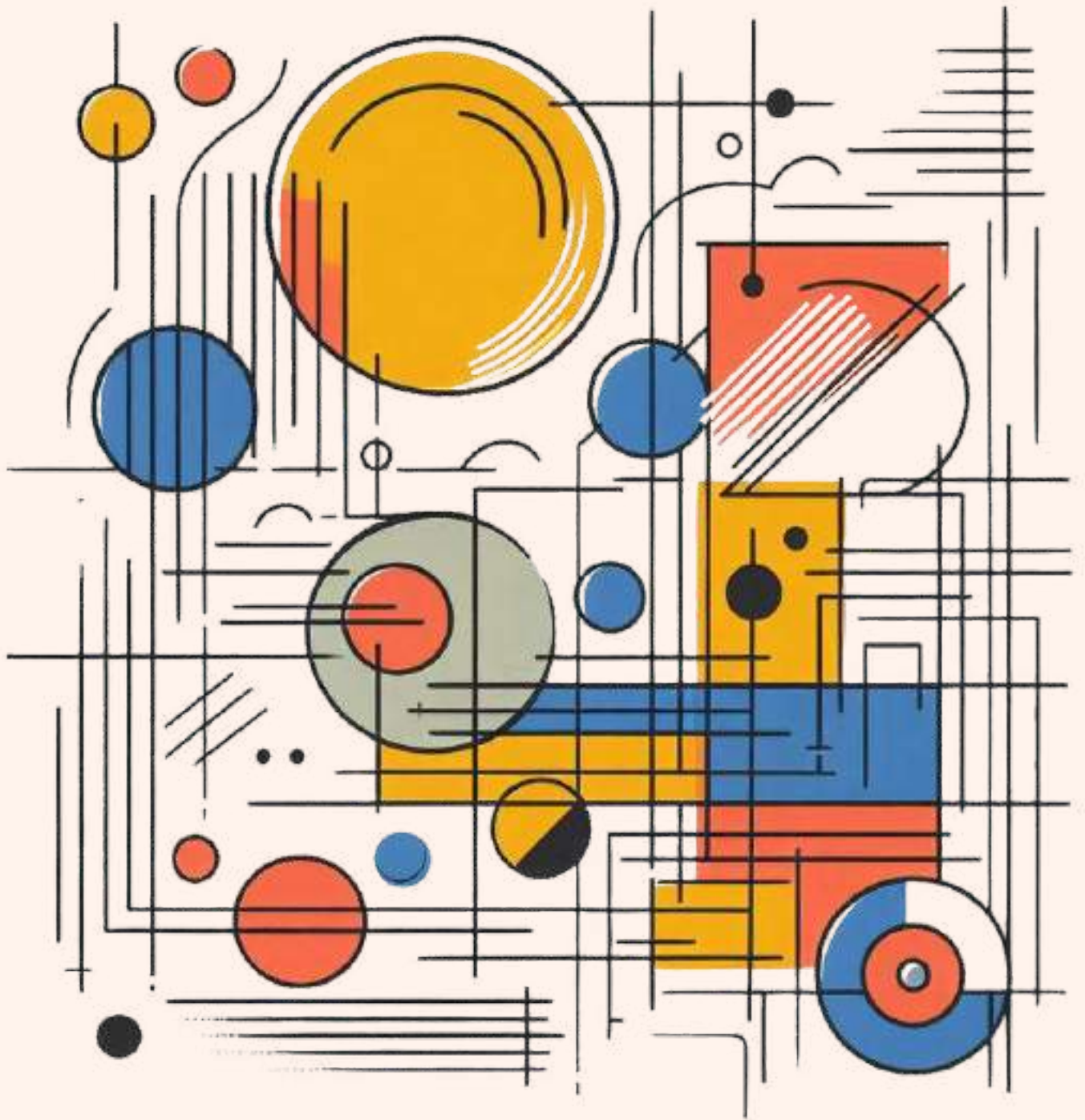
If a tick is found attached to the skin, it should be removed without direct hand contact, using tweezers or a cloth, by grasping as close to the skin as possible and pulling it out without twisting. Afterwards, the individual should immediately consult the nearest healthcare facility. In case of systemic symptoms such as fever, muscle pain, or fatigue, medical attention should be sought without delay.

Asst. Prof. Mehmet KARTAL

Anatomist – Istanbul Gelisim University

Head of the Department of Perfusion, Faculty of Health Sciences





CULTURE ART
LITERATURE

THE LIFE BEFORE US

Prepared by; Res. Asst. Semanur OKTAY



“...There’s no such thing as miracles, but still, you never know.”

— Romain Gary (*Émile Ajar*)

Written under the pseudonym *Émile Ajar*, Romain Gary’s *The Life Before Us* is a striking novel about loneliness, love, identity, and human dignity. From the very first page, it grips the heart with sorrow, and by the last, it leaves the reader alone with that sorrow. As we see the world through the eyes of little Momo, an Arab boy growing up in the backstreets of Paris, we find ourselves not just witnessing the story of a child, but confronting the very society we live in.

Momo’s plain yet piercing voice conveys harsh realities with such honesty and sincerity that throughout the novel, our hearts ache—and our minds fill with new questions about love.

His story begins with the question, “Can one live without loving anyone?” and ends with the answer, “One must know how to love.” And between those two lines lies an entire human tragedy. Along the way, we come to know, understand, and even love a cast of unforgettable characters: Madame Rosa, a Holocaust survivor; Monsieur Hamil, who confuses the holy book with *Les Misérables*; the neighbor, once a boxer, now a woman; the elderly doctor who can no longer climb stairs but still arrives when called, even if carried; and the faceless umbrella born from Momo’s dreams. And most importantly, through each of them, we learn something about the many forms of being human.

Momo, each of them he loves with a heart even larger than his own. Throughout the book, he repeats it again and again: “*I’ll visit him someday too,*” as if, through a child’s sense of endless time, he could always keep those he loves close by.

Yet his bond with Madame Rosa stands apart from all others. The connection between them is one of **life-long solidarity** — two people who are **nothing alike**, yet both cast out by the same world. Rosa’s growing fears as Momo gets older, her refusal to face death, and Momo’s quiet struggle not to leave her behind form the novel’s most heart-wrenching moments.

The Life Before Us is not only Momo’s story — it also carries a weight of collective memory. From the Holocaust to immigration, from gender identity to aging and poverty, it weaves together many complex layers. The novel also offers a subtle critique of modern medicine’s tendency to remove death from the intimacy of home and transfer it into hospital corridors. Madame Rosa’s plea not to die in a hospital is not just a personal fear — it becomes a longing for a familiar, dignified, and human farewell.

Some books end once they are read; *The Life Before Us* begins the moment it ends — with questions, emotions, and a lingering ache that echoes within us long after the final page. Much can be said about this novel, but whatever is said always feels incomplete. **That is precisely why *The Life Before Us* is a book that must be read — read, reflected upon, and perhaps... quietly sat with for a while.**

OUR GUEST OF THIS MONTH

Hatice GÜL
Floor Attendant

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?

Everyone must respect one another. No matter what happens, hurting hearts is not allowed. Love comes first, then order.

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

I wish I had invented the internet. Because the internet not only provides access to information, but also enables people to connect, share ideas, and form a collective consciousness beyond borders.

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

I wish I could see my mother in her youth. Sometimes I wonder if she was like me.

4-If you were to write a book, what would it be named?

I would call it "Lives Touched by Love." Because every story should have a bit of heart in it.

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

Hazal Kaya. Because in her presence, I see both the strength of a woman and a deep sense of emotion.

6-What are the 5 words that best describe you?

Strong, protective, patient, resilient, sincere.

7-What kind of talent would you like to have?

I'd like to be invisible and teleport to any moment in time I wish.

8-Who is your hero?

My father. Because whenever I lose my way in life, he has always quietly stood like a compass, guiding me with unwavering strength.

9-Who is your favorite author?

Gülseren Budayıcıoğlu

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

"Labor." Everything I do holds my sweat, my prayers, and my love.



French writer Marcel Proust is said to have chatted with the characters he created and asked them questions. It is thought that he wrote these questions, known as the 'Proust Questionnaire', at the age of 13 and answered them himself at the age of 20. Inspired by his questions, we ask these questions to the employees of our faculty for each issue.



Faculty of
Health Sciences

ISTANBUL GELISIM UNIVERSITY ALUMNI 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 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.



SCAN ME

Instagram -
igu_mezunlarkoordinatorlugu



SCAN ME

LinkedIn -
IGU ALUMNI AND
MEMBERS COORDINATOR



GRADUATE 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.





Faculty of
Health Sciences

OFFICIAL SOCIAL MEDIA ACCOUNTS



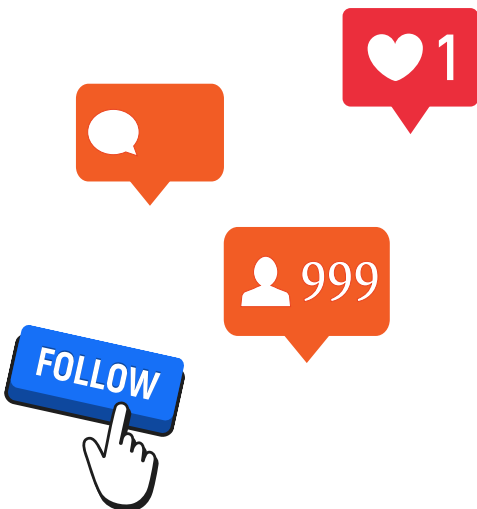
[igu_sbf](#)



[igu_sbf](#)



[İGÜ Sağlık Bilimleri Fakültesi](#)



New Update!

Now, you can share your
opinions, suggestions, news, or
articles with us at:

sfbulten@gelisim.edu.tr



Faculty of Health Sciences

FACULTY OF HEALTH SCIENCES

Prof. Dr. Rifat MUTUŞ

Dean of Faculty of Health Sciences

Asst. Prof. A. Yüksel BARUT

Vice Dean of Faculty of Health Sciences

Assoc. Prof. Neşe KISKAÇ

Vice Dean of Faculty of Health Sciences



BULLETIN TEAM

Asst. Prof. Emrah TÜNCER

Asst. Prof. Aslı KAYA

Lect. Hande Besna GÖÇEN

Lect. Berk Efe ALTINAL

Res. Asst. Tuğba TÜRKCAN

Res. Asst. Semanur OKTAY

Res. Asst. Onur Zeki ANILGAN

Res. Asst. Aişe Büşra CİĞER

Res. Asst. Sıdika ADIYAMAN

Res. Asst. Dilara CENGİZLİ

MASTHEAD



[igu_sbf](#)



[igu_sbf](#)



[İGÜ Sağlık Bilimleri Fakültesi](#)



sbfulten@gelisim.edu.tr