



# 2nd International Nursing & Midwifery Conference 2026





### **Prof Nasim Chaudhry**

**Chief Executive Officer,  
Pakistan Institute of Living and Learning**

The theme of the 2nd International Nursing and Midwifery Conference, “Empowered Nurses Save Lives,” highlights the pivotal role of nurses in delivering high-quality healthcare. Empowerment in nursing extends beyond the enhancement of clinical competencies; it encompasses the development of leadership capacity, the promotion of research engagement, and the active involvement of nurses in driving innovation in healthcare practice. Strengthening research capacity within the nursing profession not only advances its scientific contributions but also enables nurses to influence policy, improve care delivery, and lead system-level change. This conference offers a valuable platform for knowledge exchange, skill development, and interdisciplinary collaboration, fostering strategies to build a resilient and empowered nursing workforce committed to improving patient outcomes.



### **Prof Pamela Marshal**

**Dean, Faculty of Midwifery and Nursing  
Ziauddin University**

It is a pleasure to collaborate on PILL’s 2nd International Nursing and Midwifery Conference 2026. I commend the Faculty of Nursing and & Midwifery, Ziauddin University, for hosting such a meaningful and research-driven event that brings together professionals dedicated to advancing nursing practice and improving patient care. We are particularly grateful to PILL for sponsoring one of the master’s students, reflecting a shared commitment to capacity building and academic excellence. Initiatives like this play a vital role in empowering nurses through knowledge, innovation, and collaboration. I look forward to continued partnership and future collaborative endeavors that strengthen nursing education and research globally.



### **Prof Nusrat Husain**

**Professor of Psychiatry and Director of  
Research for Global Mental Health at the  
University of Manchester**

It is my privilege to extend warm greetings to all attendees of the 2nd International Nursing & Midwifery Conference 2026, themed “Our Nurses, Our Future: Empowered Nurses Save Lives.” Nurses and midwives are the backbone of our health systems—providing compassionate care, leading change, and advocating for progress. To meet global health challenges, we must advance research capacity, invest in lifelong learning, and create leadership pathways.

True empowerment means enabling nurses to influence policy, improve outcomes, and build resilient systems. This conference offers an invaluable opportunity to strengthen research capacity and prepare nurses for leadership roles in shaping tomorrow’s healthcare. Wishing you an inspiring and impactful conference.



**Prof. Tina Lavender**



**Dr Tracey Mills**

**Centre for Childbirth,  
Women’s and Newborn  
Health  
Liverpool School of  
Tropical Medicine, UK**

We extend sincere congratulations to the organisers for the 2nd International Nursing and Midwifery Conference in Pakistan, a vital platform for advancing healthcare excellence. Strengthening evidence-based practice is essential to ensuring safe, effective, and relationship-based care. Investing in nursing and midwifery research capacity is of key importance in generating context and culturally grounded solutions, which can drive and sustain change in Pakistan. Collaboration, innovation, and continuous learning must remain at the heart of our efforts. We commend all participants for their commitment to advancing knowledge and practice. This conference will undoubtedly inspire meaningful and sustainable progress across Pakistan and motivate the next generation of midwife and nurse research leaders.



### **Prof Imran B. Chaudhry**

**Professor of Psychiatry and Chairman  
Psychiatry at Ziauddin University Hospital**

Empowered Nurses Save Lives is not just a theme; it is a call to action for the nursing profession to embrace leadership, innovation, and scientific advancement. By empowering nurses with the tools to conduct research, take leadership roles, and shape policy, we strengthen the healthcare system as a whole. Nurses equipped with research skills are better able to improve clinical practice and influence healthcare policies, ultimately leading to improved patient care. The nursing profession's scientific contributions are crucial for ensuring that healthcare systems are effective, compassionate, and patient-centered. This conference aims to enhance the research capacity of nurses, empowering them to take charge in improving both health outcomes and the overall healthcare experience.



### **Prof Shahla Naeem**

**Professor of Nursing,  
SIUT**

Empowering nurses is essential to the progress of healthcare, and research plays a crucial role in this empowerment. Nurses, as the backbone of healthcare systems, need the tools, training, and opportunities to contribute to both scientific research and clinical practice. The theme highlights the need for continued capacity-building in nursing research, leadership, and practice. When nurses are empowered through education, research, and leadership opportunities, they become key drivers in improving health outcomes and transforming care delivery. This conference offers an opportunity to enhance the research capacity of nurses, enabling them to take on leadership roles in shaping the future of healthcare.

# AGENDA

## Registration: 13:00-13:30

1	Welcome Notes	<b>Prof Pamela Marshal</b> <i>Dean, Faculty of Midwifery and Nursing Ziauddin University</i>	13:30-13:35
2	Recitation of Holy Versus	<i>Asad Saif Student, Faculty of Midwifery and Nursing Ziauddin University</i>	13:35-13:40

## Key Note Talk Session Moderator: Zaib un Nisa

3	The Importance of Relational Care	<b>Dame Tina Lavender</b> <i>Professor of Maternal and Newborn Health, International Public Health, Director center for childbirth, women's and Newborn Health, Liverpool School of Tropical Medicine</i>	13:40-14:10
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## 1st Scientific session Session Chair: Ms Shahla Naeem Zafar Session Moderator: Faryal Fayyaz

4	Pakistan's Journey of Global Health Research on Prevention and management of Stillbirth and Neonatal Deaths	<b>Zaib un Nisa,</b> Research Associate Pakistan Institute of Living and Learning	14:10-14:18
5	Exploration of Perceive Social Support as a Predictive Factor with Postnatal Depression and mental wellbeing among New Mothers	<b>Ms. Rahat Jamil,</b> <i>Community Research Assistant, Pakistan Institute of Living and Learning</i> <b>Dr Saima Masoom,</b> <i>Associate Professor University of Karachi</i>	14:18-14:26
6	Adverse Childhood Experiences as Predictors of Depression and Anxiety Among Adults in Karachi	<b>Ms. Sumran Sadia, Aumsh Aftab</b> <i>Research Scholar, DHA Suffa, University &amp;</i> <b>Dr. Asbah Zia,</b> <i>Assistant Professor, Al-Kawthar University</i>	14:26-14:34
7	Effect of learning Anatomy & Physiology through Story Telling on Gibb's Reflective Scores of undergraduate nursing students	<b>Ms. Binish Mehbob Alam,</b> <i>Senior Lecturer, Ziauddin University</i>	14:34-14:42

# AGENDA

8	Mental Health Among University Students: A Scoping Review of Recent Evidence	<b>Ms. Muskan Nadeem,</b> <b>Ms. Faryal Fayyaz,</b> <i>Student Ziauddin University Faculty of Nursing And Midwifery</i>	14:42-14:50
<b>Concluding Remarks of Session Chair and Distribution of Shields 14:50 to 15:00</b>			
Tea Break & Poster Presentation (15:00-15:30) Poster Presentations			
<b>Key Note Talk</b> Session Moderator: Zaib un Nisa			
9	Key Note Talk: Improving Bereavement Support in High Burden Settings	<b>Dr. Tracey Mills</b> <i>Reader, International Public Health Center of Childbirth and women and Newborn Health Liverpool School of Tropical Medicine</i>	15:30-16:00
<b>2nd Scientific Session</b> Session Chair – Session Moderator: Muskan Nadeem			
10	Emotional Fatigue Among Mental Health Field Researchers in Pakistan	<b>Ms. Anila Sohail,</b> <i>Community Research Technologist, Pakistan Institute of Living and Learning</i> <b>Dr. Razi Sultan,</b> <i>Associate Dean Faculty of Humanities and Social Sciences, DHA Suffa University</i>	16:00 -16:08
11	The Impact of Group Art Therapy on Self-Esteem in Individuals with Substance Use Disorders	<b>Ms. Tayyaba Ashraf,</b> <i>Student</i> <b>Ms. Shumaila Rehman,</b> <i>faculty,</i> <b>Ms. Hiba Nawab,</b> <i>Student,</i> <b>Ms. Zainab Ieman Butt,</b> <i>Student,</i> <b>Ms. Syeda Fatima Mansoor,</b> <i>Student,</i> <b>Ms. Yousra Lodhi</b> <i>Student, Jinnah University for Women &amp; Ms. Bushra Faridi,</i> <i>Occupational therapist, DR A Q Khan Behavioral Sciences and Drug Center</i>	16:08 - 16:16

# AGENDA

12	Effects of Social Support on Depression, Anxiety and Stress Among Mothers of Neonatal Death Babies	<b>Ms. Faster Gill</b> , <i>Student &amp; Operational Manager</i> , <b>Dr Fozia Amir Siddiqui</b> , <i>Assistant Professor, University of Sindh Jamshoro</i>	16:16 - 16:24
13	Readiness to Adopt the Midwifery-Led continuity-of-care Model of Care in a Private Tertiary care Hospital in Karachi, Pakistan	<b>MS. Rubeka Mansha</b> <i>Instructor in Aga Khan University School of Nursing and Midwifery</i> & <b>Jonathan Johnson</b> <i>Assistant Professor Ziauddin University Faculty of Nursing and Midwifery</i>	16:24- 16:32
14	Multisector Analysis of Mobbing's Influence's on Emotional Exhaustion and Mental Health in Working Women	<b>Ms. Sahar Fatima</b> , <i>Community Research Assistant, MPhil Scholar University of Karachi</i> , <b>Dr. Saima Masoom Ali</b> , <i>Assistant Professor, University of Karachi</i>	16:32 -16:40
<b>Concluding Remarks of Session Chair and Distribution of Shields 16:40 - 16:50</b>			
15	Concluding Remarks of the Conference	Prof. Nasim Chaudhry, <i>Consultant Psychiatrist Chief Executive Officer; Pakistan Institute of Living and Learning</i>	16:50-17:00
<b>Tea and Networking</b>			

# AGENDA

## Poster Presentations

	Topics	Author
1	Epigenetics: How Maternal Environment Shapes Child's Future	<b>Atiqa Shaheen</b> , Nurse Intern, Ziauddin University Hospital, Karachi
2	Nurse-Led Clinics in the Prevention of Type 2 Diabetes Mellitus: A Systematic Review	<b>Binish Mehboob Alam</b> , Senior Lecturer Ziauddin College of Nursing & Shireen Arif, Associate Professor
3	Scars Beneath the Surface: The Hidden Legacy of Childhood Trauma in Adult Minds	<b>Misbah Kanjiyani</b> , School of Nursing and Midwifery,
4	Developing a Professional Leader: How Nurses Work as Master Trainers	<b>Shazia Rasool</b> , Ziauddin Faculty of Midwifery and Nursing
5	Prevalence and Impact of Lower Limb Discomfort Among Nurses	<b>Jonathan Johnson</b> , Rubeka Mansha , Amir Sarfaraz, Muhammad Zeeshan Aslam Ziauddin University Faculty of Nursing & Midwifery and School of Nursing & Midwifery AKU



# AGENDA

## Poster Presentations

	Topics	Author
6	Prevalence Of Health Problems Among Adolescents And Its Associated Factors In Lmic Secondary Data Analysts	<b>Jonathan Johnson</b> , Ziauddin Faculty of Midwifery and Nursing
7	Empowered Nurses Save Lives: Applying Roy's Adaptation Model in Clinical Nursing Practice	Surriaya shamsher, <b>Fowzia Bibi</b> , Gulshan, Yaseen Ahmad & Shumaila Hussain
8	Spouse Involvement for Postnatal Care Utilisation: A Community and Facility-Based Cross-Sectional Study	Sidra Qureshi, Student, Indus College of Nursing, <b>Iqra Akhtar Qureshi</b> Senior Lecturer, Ziauddin University Faculty of Nursing and Midwifery.
9	Application of Lydia E. Hall's Care, Core, and Cure Theory in Modern Clinical Practice	Faryal Fayaz, Shafaq Suleman, Akmal Hussain, Muhammad Ali, Fawad Amir, Student, Ziauddin University Faculty of Nursing and Midwifery, Karachi, Pakistan.

# ORAL PRESENTATION ABSTRACTS

## **1. Exploration of Perceive Social Support as a Predictive Factor with Postnatal Depression and mental wellbeing among New Mothers**

*Rahat Jamil & Dr Saima Masoom Ali, University of Karachi, taniaqureshi420@gmail.com*

The objective of this study is to investigate the impact of family systems (nuclear and arrange) and social support on postnatal depression scores, and it further focuses on investigation of potential interaction between family systems and social support to elucidate their combined influence on postnatal wellbeing. Becoming a mother for the first time is a major developmental transition of adulthood (Harwood et al. 2007) and change is an inevitable element of that process. Previous research indicates that social support facilitates the transition to motherhood. Women from joint families were significantly less depressed than women from nuclear families. Hence it seems that family setup and marital arrangements play a significant role in post-natal depression (Bloomfield et al. 2005). In the light of literature review following hypothesis were formulated: 1) There would be predictive relationship of perceived social support with postnatal depression among new mothers, 2) There would be a differentiation between nuclear and joint family system on scores of perceived social support among new mothers. Sample of present study would be comprised of 200 housewives who were resident of Karachi and who have given birth during last seven months. The sample would be recruited from different hospitals of Karachi, Pakistan. The age range of entire sample would be between 21 years to 40 years. The measures that will be used in this study are; Demographic Information Form and Edinburgh Postnatal Depression Scale (Cox, J. L., Holden, J. M., & Sagovsky, R., 1987), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988) and The Warwick-Edinburgh Mental Well-being Scale (NHS Health Scotland, University of Warwick and University of Edinburgh, 2006). In order to interpret the data following statistics would be used. Descriptive statistics (mean, standard deviations) would be used for getting a better statistical view of characteristics of sample of the data in a summarized way. Further, t- test for analyzing difference between family systems, Regression analysis for investigation of predictive relationship between social support, postnatal depression and mental wellbeing to combined influence on postnatal wellbeing, would be computed, by using Statistical Package for Social Sciences Amos-24 (SPSS, V-24.0).

*Keywords Social support, postnatal depression, family system.*

## **2. Adverse Childhood Experiences as Predictors of Depression and Anxiety Among Adults in Karachi**

*Ms. Sumran Sadia, Aumsh Aftab Research Scholar, DHA Suffa, University & Dr. Asbah Zia, Assistant Professor, Al-Kawthar University asbahzia@gmail.com*

Adverse childhood experiences (ACEs) have been extensively understood as a major risk factor of the emergence of mental health issues during adulthood, depression and anxiety. There is limited empirical evidence on this relationship in Pakistani context even though there is a lot of international evidence on the same. The purpose of the current study was to investigate the relationship between childhood adversity and the levels of depression and anxiety in adults among young adults living in Karachi, Pakistan. The quantitative correlational research design was adopted and 150 adults aged 18 to 35 years were used to collect the data through a

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convenience sampling technique. Adverse childhood experience was measured using Adverse Childhood Experiences (ACE) Questionnaire and anxiety and depression symptoms were measured using Generalized Anxiety Disorder scale (GAD-7) and Patient Health Questionnaire (PHQ-9) respectively. The descriptive statistics were made to summarize the characteristics and scales scores of the participants and Pearson correlation analysis done to evaluate the relationship between variables. The result obtained indicated that there was a moderate positive relationship between childhood adversity and adult depression whose value was statistically significant ( $r = .512, p = .01$ ), meaning that those with high ACE scores reported more depressive symptoms. Also, there was a weak yet strong positive relationship between childhood adversity and anxiety in adulthood ( $r = .379, p < .01$ ). Anxiety and depression also showed a positive relationship with one another and this was significant indicating that these psychological disorders occur commonly during adulthood. The findings demonstrate the psychological effects of negative childhood experiences in the long term and the significance of trauma-informed mental health assessment and intervention. This paper highlights the importance of preventive measures, early diagnosis, and cultural competent mental health care to discuss the long-term outcomes of childhood adversity among urban Pakistani communities.

### **3. Effect of learning Anatomy & Physiology through Story Telling on Gibb's Reflective Scores of Undergraduate Nursing Students**

*Ms. Binish Mehbob Alam, Senior Lecturer, Ziauddin University binish.m@zu.edu.pk*

As an educator, I have observed that traditional teaching methods, such as PowerPoint presentations and the whiteboard approach, are commonly used to deliver lectures. However, these methods often limit students' ability to think critically and creatively, as they tend to passively absorb content. Anatomy and Physiology, in particular, is considered a complex subject due to its technical terminology and abstract concepts. To enhance student engagement, focus, and motivation, it is crucial to implement creative pedagogical strategies that facilitate conceptual understanding and learning satisfaction. One such strategy, storytelling, has recently emerged as an effective pedagogical tool. Storytelling transforms abstract concepts into engaging narratives, thereby enhancing students' understanding and promoting better concept retention. The objective of this study was to assess student satisfaction in learning technical concepts through the storytelling pedagogy. The topic of the Integumentary System was taught to 150 BSN I students enrolled in the Anatomy and Physiology course at ZUFONAM, with their consent. According to the sampling plan, data from 58 students were analyzed. The Principal Investigator (PI) narrated a script-based story creatively to engage students and enhance their focus.

For the descriptive statistics, mean and standard deviation were calculated. The inferential statistics included a one-sample t-test, which yielded a significant p-value. The findings highlight the effectiveness of storytelling as a teaching method for Anatomy and Physiology, suggesting its potential as an effective pedagogy to improve student engagement and learning satisfaction.

# ORAL PRESENTATION ABSTRACTS

## **4. Mental Health Among University Students: A Scoping Review Of Recent Evidence**

*Muskaan Nadeem, Faryal Fayyaz Student, Ziauddin University Faculty of Nursing and Midwifery, nmuskan409@gmail.com*

Mental health is the most common issue among university students and is significantly increasing, especially after the COVID-19 pandemic. Depression, anxiety, and stress are now major concerns affecting students' academic performance and their quality of life. Thus, the scoping review aims to analyse recent evidence (2022-2025) regarding the prevalence, contributing factors, and impacts of mental health issues among university students globally and in Pakistan. A structured literature search was conducted using the data bases including PubMed and Google Scholar. Keywords such as mental health, anxiety, depression, and university students were used with Boolean operators. The inclusion criteria were limited to peer-reviewed full-text articles between 2022 and 2025 in English. After screening for relevance and accessibility, 20 recent studies were included in this review. Depression rates of approximately 35%, anxiety 40%, and stress rates of around 36% among students globally. In Pakistan, prevalence rates vary widely, with depression reported between 2.5% and 85% depending on study settings and measurement tools. Key contributing factors include academic pressure, financial difficulties, social isolation, and post-pandemic psychological stress. Mental health problems were associated with poor academic performance, sleep disturbances, reduced concentration, and increased risk of suicidal infection. Recent evidence indicates a high prevalence of mental health problems among university students. Mental health disorders among university students remain a highly prevalent. There is an urgent need for institutions to initiate counseling services and early intervention strategies to improve student well-being and academic performance of the students.

*Keywords: Mental health, Depression, Anxiety, University students, Stress, Pakistan*

## **5. Impact of Patient-to-Nurse Ratios on Patient Safety and Nurse Burnout: Evidence from Medical-Surgical Care in Pakistan**

*Rozeena Khowaja Master of Science in Nursing (MScN) Scholar, The Aga Khan University School of Nursing and Midwifery, rozeena.khowaja@scholar.aku.edu*

Patient-to-nurse ratios are a critical determinant of healthcare quality and safety, particularly in medical-surgical (MedSurg) units where nurses manage high patient volumes and diverse clinical conditions. In Pakistan, ongoing nursing shortages, increasing patient inflow in public-sector hospitals, and limited staffing resources further exacerbate workload burden, contributing to compromised patient care and nurse burnout. This literature review aims to examine the impact of patient-to-nurse ratios on nurse workload, patient safety, and occupational challenges in Med-Surg settings, with implications for resource-constrained healthcare systems such as Pakistan.

A structured literature review was conducted using electronic databases including CINAHL and PubMed. Peer-reviewed studies were retrieved using keywords such as "patient-to-nurse ratios", "medical-surgical units", "quality of care", and "work environment". Six relevant studies were selected and analysed using PRISMA guidelines. Findings were synthesised into four key themes: high patient load, variety of patient conditions,

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physical toll, and emotional toll. High patient loads significantly increased workload, reduced time for patient-centred care, and heightened risks of errors and workplace violence. The diverse and unpredictable case mix in Med-Surg units intensified care complexity. Physical exhaustion due to prolonged shifts and inadequate staffing compromised patient safety, while emotional stress contributed to burnout, job dissatisfaction, and turnover intentions among nurses. Inadequate patient-to-nurse ratios adversely affect both patient outcomes and nurse well-being. In the Pakistani healthcare context, optimizing staffing levels and improving work environments are essential to enhance care quality, reduce adverse events, and retain the nursing workforce. Policymakers and healthcare leaders must prioritize evidence-based staffing strategies to strengthen healthcare delivery systems.

*Keywords: Medical-Surgical Units; Patient-to-Nurse Ratios; Patient Safety; Nurse Burnout; Pakistan Healthcare System*

## **6. Emotional Fatigue Among Mental Health Field Researchers in Pakistan**

*Anila Sohail, Community Research Technologist, Pakistan Institute of Living and Learning Dr. Razi Sultan, Associate Dean, Faculty of Humanities and Social Sciences, Suffa University*

Emotional fatigue is emotional exhaustion caused by the long-term contact with distressing events and is strongly related to compassion fatigue and secondary traumatic stress (Stamm, 2010). Even though the topic is highly researched among the healthcare professionals, there is a lack of research dedicated to the mental health field researchers who have recurrent exposure to traumatic narratives but are not sufficiently supported (Murray et al., 2020). The problem is especially prominent in Pakistan, where mental health services are limited, and the stigma is high (Saeed et al., 2020). Qualitative exploratory design that employed an interpretivist approach was applied. Twenty mental health field researchers were purposely sampled and interviewed in depth in semi-structured interviews. Reflexive thematic analysis was used to analyse data, which had been transcribed verbatim. Emotional fatigue proved to be a cumulative and progressive process that is associated with recurrent exposure to distress. It was discovered that there are five themes: 1) accumulative emotional fatigue, 2) workplace stress, 3) cultural influences on emotional expression, 4) impact on wellbeing and research practices, and 5) coping mechanism support needs. Inclusion of a high workload, absence of emotional training, institutional support and cultural norms, which discouraged emotional expression, were some of the key factors. Motivation, engagement, and personal life were adversely impacted by emotional exhaustion. The coping mechanisms were largely unofficial and little organisational support. Emotional fatigue is an important but under-identified work hazard among researchers in the mental health field in Pakistan. The need to incorporate researcher wellbeing in ethical and organisational practices by providing culturally appropriate support systems, supervision and emotional preparedness training.

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## **7. The Impact of Group Art Therapy on Self-Esteem in Individuals with Substance Use Disorders**

*Tayyaba Ashraf, Shumaila Rehman, Hiba Nawab, Zainab Ieman Butt, Syeda Fatima Mansoor, Yousra Lodhi Jinnah University for Women, Bushra Faridi, Occupational therapist, DR A Q Khan Behavioral Sciences and Drug Center*

Self-esteem is one of the major issues faced by individuals who suffer from substance use disorders. Self-esteem is a subjective reflection of perceived competence and personal value, which is further constructed because of one's negative and positive self-beliefs with corresponding emotional memories. A healthy level of self-esteem represents a balanced and realistic sense of self, largely influenced by individual experiences and personal belief systems. The purpose of this study was to investigate how art therapy affected the self-esteem of people with substance use disorders. Convenience sampling was used to select 15 individuals in total. A standardised self-esteem scale and a demographic information form were used to gather data to evaluate shifts in self-esteem. This study used a pretest-posttest design with a convenience sample of 15 participants undergoing treatment for substance use disorders. Data gathering was done using a demographic data sheet and the Rosenberg Self-Esteem Urdu Version Scale (RSES). Participants were subjected to group art therapy sessions, with a focus on creative visual arts projects that encouraged emotional expression and personal reflection. Descriptive statistics, reliability analysis, and paired sample t-tests were done using SPSS to analyse the data on self-esteem. The results showed a statistically significant increase in self-esteem scores from pre-test ( $M = 29.53$ ,  $SD = 4.58$ ) to post-test ( $M = 38.13$ ,  $SD = 4.93$ ),  $t(14) = -4.53$ ,  $p < .001$ . The results of the study provide evidence for the hypothesis that group art therapy can positively impact self-esteem in people with substance use disorders. The results indicate that group art therapy can be a useful supplement to drug-use treatment programmes, despite the study's limitations, which included a small sample size and dependence on self-report measures. All things considered, this study emphasises the value of innovative and culturally aware treatment strategies in fostering self-esteem and assisting with long-term healing. The study emphasises the possibility of culturally flexible, art-based treatments as helpful tactics in drug use rehabilitation programmes in Pakistan.

*Keywords: self-esteem, substance use disorder, group art therapy, rehabilitation, psychological well-being, creative therapy, Pakistan*

## **8. Effects Of Social Support On Depression, Anxiety And Stress Among Mothers Of Neonatal Death Babies**

*Faster Gill Operational manager, Pakistan Institute of Living and Learning Dr Fozia Amir Siddiqui, Assistant Professor, University of Sindh Jamshoro*

Neonatal death is one of the most challenging and emotionally overwhelming experiences for parents, particularly mothers, who are highly vulnerable to psychological difficulties such as depression, anxiety, and

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stress following such a loss. The present study aimed to examine the relationship between perceived social support and psychological distress among mothers who have experienced neonatal loss. A cross-sectional research design was employed, and data were collected from 200 bereaved mothers using purposive sampling at Civil Hospital, Hyderabad, Sindh. Participants completed the Depression Anxiety Stress Scale (DASS-42) and the Multidimensional Scale of Perceived Social Support (MSPSS). Data were analysed using descriptive statistics, Pearson correlation, simple linear regression, and independent samples t-tests. The findings revealed a strong and significant negative relationship between perceived social support and overall psychological distress. Mothers who reported higher levels of social support experienced lower levels of depression, anxiety, and stress. Regression analyses further indicated that perceived social support significantly predicted all three components of psychological distress, accounting for 36.2% of the variance in depression, 29.4% in anxiety, and 39.5% in stress. Additionally, age-related differences were observed, with younger mothers reporting higher perceived social support and lower psychological distress compared to older mothers. Overall, the findings highlight the critical protective role of perceived social support in helping mothers cope emotionally after neonatal loss. Strengthening family, partner, and community support systems, along with improving bereavement care services, may significantly enhance maternal psychological well-being. Future longitudinal research is recommended to better understand the long-term psychological impact of neonatal loss and the evolving role of social support over time.

## **9. Readiness to Adopt the midwifery-led continuity of care Model of Care in a Private Tertiary care Hospital in Karachi, Pakistan**

*Rubeka Mansha Instructor in Aga Khan University School of Nursing and Midwifery; Jonathan Johnson, Assistant Professor Ziauddin University Faculty of Nursing and Midwifery*

Globally, Maternal, Newborn and Child Health (MNCH) has different models of care. The obstetrician-led model of care (OLMC) and midwife-led continuity of care (MLCC) are two dominant models. In Pakistan, MLCC has been implemented at the small level of care with a limited scope of practice in different areas of the country. Evidence suggests that midwifery care has been favourably satisfactory, but access to this model is limited. The nurse-midwives (NMs) and obstetricians are found neglected from the cadre of skill birth attendants. This study aims to explore the perceptions of obstetricians and NMs towards adopting MLCC in a private tertiary care hospital in Karachi, Pakistan. The study also explored enabling and hindering factors towards the establishment of MLCC. A qualitative descriptive exploratory design was used. Participants enrolled by purposive sampling. Five obstetricians and five NMs participated in semi-structured, in-depth interviews either via video conferencing (Zoom) or in person. The analysis of the participants' interviews revealed two themes: In the theme 1: 'acknowledgement of the MLCC model', three categories were identified, including (1) appreciation of midwifery service, (2) shared model of care, (3) marketing of the model. In theme 2: 'hindrances to implementation of MLCC', three categories were identified: (1) non-acceptance of the model, (2) demand for policy establishment for MLCC, and (3) credentialing of the staff. The study finding revealed that midwives are

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struggling to be recognised as independent and autonomous professionals. The NMs and obstetrician desired MLCC services and acknowledged its low-cost services can benefit women if MLCC is effectively integrated in the current setup. This study recommended that NMs should have autonomy to practise full set of skills.

## **10. Multisector Analysis of Mobbing's Influence's on Emotional Exhaustion and Mental Health in Working Women**

*Sahar Fatima, Community Research Assistant, MPhil Scholar University of Karachi & Dr. Saima Masoom Ali, Assistant Professor, University of Karachi*

Mobbing (workplace abuse), characterised as persistent and targeted negative behavior known as workplace bullying and psychological or moral harassment, can significantly affect mental health and leading to increased emotional exhaustion and disrupting the daily lives of working women. The present study explores the complex connection between mobbing and its impact on emotional exhaustion and mental health among working women in different sectors. The 357 working women (aged 22 and above) were approached through convenient sampling. The Luxembourg Workplace Mobbing Scale (Steffgen et al., 2016), Oldenburg Burnout Inventory (Demerouti et al., 2003) and Mental Health Continuum-Short Form (Keyes et al., 2008) quantitative measures were used to understand the experiences of mobbing in the workplace and associated other factors. The statistical analysis includes regression, Hayes PROCESS Macro Model 4 for mediating analysis, and ANOVA, which were employed for data analysis. The result demonstrated mobbing significantly predicts increased emotional exhaustion and decrease mental health. Emotional exhaustion significantly served as a mediator in the relationship between mobbing and mental health. However, significant sectoral differences emerged, particularly between educational and healthcare sectors, in level of mobbing and mental health. The findings underscore the need for sector-sensitive anti-mobbing policies and intervention to foster a respectful, inclusive and healthier work environment for women.

*Keywords: Workplace Mobbing, Emotional Exhaustion, Mental Health, Working Women*



# POSTER PRESENTATION ABSTRACTS

## 1. Epigenetics: How Maternal Environment Shapes Child's Future

*Atiqa Shaheen, Nurse Intern, Ziauddin University Hospital, Karachi [ateeqashah123@gmail.com](mailto:ateeqashah123@gmail.com)*

Epigenetics refers to changes in gene expression without altering DNA structure. Emerging evidence highlights that the maternal environment during pregnancy, including nutrition, stress, exposure to toxins, and overall health, plays a vital role in influencing fetal development through epigenetic mechanisms. These changes can have long-term effects on a child's physical health, cognitive development and susceptibility to disease later in life. Objectives: To explore the role of maternal environmental factors in shaping fetal epigenetic modification; to identify key maternal exposures affecting child health; and to examine how these epigenetic changes influence child growth and development and long-term health outcomes. A systematic literature review was conducted using databases including PubMed, Google Scholar and ResearchGate. Inclusion: Studies between (2022 and 2026) focusing on maternal environment and foetal epigenetics. Epigenetic research shows that maternal nutrition and lifestyle during pregnancy can alter gene expression without changing DNA. These changes, through mechanisms like DNA methylation, influence fetal development and long-term health. Maternal factors such as BMI, diet, and weight gain are linked to pregnancy outcomes like birth weight and metabolic risk. Harmful exposures, including smoking, can cause adverse epigenetic modifications. Evidence suggests these effects may persist into later life and across generations. Though improved maternal nutrition and lifestyle can help modify these epigenetic patterns, offering potential for prevention. The maternal environment significantly influences the epigenetic programming of Fetus, leading to shaping the child's future health and development. Promoting maternal wellbeing through proper nutrition, mental health support and reduced exposure to harmful substances is essential. Understanding these mechanisms emphasises the need for preventive healthcare strategies targeting women before and during pregnancy.

**Key Words:** Maternal Health, epigenetics, fetal programming, transgenerational effects, child development.

## 2. Nurse-Led Clinics in the Prevention of Type 2 Diabetes Mellitus: A Systematic Review

*Binish Alam (Senior Lecturer ZUFONAM) Shireen Arif (Associate Professor ZUFONAM)*

Type 2 diabetes mellitus represents a significant global health burden, necessitating a shift from reactive treatment to proactive, community-based prevention. Nurse-led clinics (NLCs) have emerged as a promising model to address this, particularly in low- and middle-income countries where task-shifting and cost-effective primary healthcare solutions are critical. This systematic review examines the role of nurse-led clinics in the prevention of Type 2 diabetes. Specifically, it evaluates preventive interventions delivered by nurses—such as lifestyle modification, education, and early screening—and assesses clinical outcomes, including glycemic control, weight reduction, and risk mitigation, while exploring the applicability of these models in low-resource settings. This review performed a comprehensive literature review across PubMed, Scopus, Web of Science, and Google Scholar. The search targeted studies published between January 2010 and December 2024 using free-

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text combinations related to nurse-managed care and diabetes prevention. Eligible studies included original research on adult populations ( $\geq 18$  years) receiving preventive interventions in nurse-led settings. Articles focusing exclusively on treatment, type 1 or gestational diabetes, as well as editorials, were excluded. Preliminary evidence suggests that nurse-led clinics effectively facilitate lifestyle modification, weight management, and patient self-management, leading to improved clinical outcomes and potential prediabetes reversal. Furthermore, NLCs demonstrate high value in resource-constrained environments by enhancing continuity of care and patient adherence. Nurse-led clinics are an essential component of integrated primary healthcare. Addressing challenges related to training, regulatory policy, and resource constraints is vital for their scalability. This review underscores the necessity for policy support and nurse empowerment to optimise the delivery of preventive diabetes care, particularly in regions like Pakistan, to reduce the rising incidence of non-communicable diseases.

*Keywords: Nurse-led clinics; Type 2 diabetes mellitus; Diabetes prevention; Lifestyle modification, primary healthcare, and non-communicable diseases.*

## **3. Scars Beneath the Surface: The Hidden Legacy of Childhood Trauma in Adult Minds**

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This paper brings together the complex psychological impacts of childhood trauma, namely the research question of how neurodevelopmental pathways, genetic vulnerabilities, and epigenetic changes mediate long-term psychopathology in adulthood. It attempts to explain the particular processes by which different types of traumas, including abuse and neglect, led to different psychopathological profiles. The mental health of adults is broadly and pervasively impacted by childhood trauma. Although the association between childhood adversity and adult vulnerability is confirmed, we need a more comprehensive neurobiological definition and interplay of environmental stressors and genetic factors to enhance personalized clinical treatments. This research makes use of a review and synthesis of the available empirical studies and literature. It is a critical evaluation of pharmacological and psychotherapeutic interventions in the context of developmental psychopathology, which compares data and establishes cause-effect associations between complex trauma and particular disorders. The results show that early adverse experiences cause severe changes in the system of stress responses and neural mechanisms that regulate emotions and cognitive functions. The studies have identified that various forms of trauma have specific developmental courses; in the case of complex trauma, the progression of dissociative and personality disorders is closely linked to it. The review emphasizes the importance of incorporating molecular, neural and behavioral studies in defining childhood trauma. These observations imply that it is important to get beyond the generalized notion of adversity to specific, individualized treatment models in an effort to effectively address the long-term psychological effects of early life stress.

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## 4. Developing a Professional Leader: How Nurses Work as Master Trainers

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To identify key leadership skills and explore the role of nurses as master trainers in enhancing clinical practice, education, and patient care quality. Leadership in nursing is essential for ensuring safe, effective, and high-quality patient care. Nurses as master trainers play a vital role in mentoring staff, improving clinical competencies, and promoting a culture of continuous learning within healthcare settings. A conceptual and descriptive approach was used, based on leadership theories, nursing education principles, and training content. Key themes were categorised into leadership qualities, roles, and development strategies. Results: Nurse leaders exhibit integrity, accountability, adaptability, and strong communication. Master trainers enhance staff knowledge, clinical skills, and confidence. Improved teamwork, collaboration, and professional development, Positive impact on patient safety and quality of care. Developing professional leadership among nurses is crucial for strengthening healthcare systems. Master trainers play a key role in capacity building, leading to improved patient outcomes and sustainable professional growth.

*Key words: Nursing Leadership, Master Trainer, Capacity Building, Mentorship*

## 5. Prevalence and Impact of Lower Limb Discomfort Among Nurses

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Lower limb discomfort, including pain and swelling, was often brought about by prolonged standing in the Nursing profession. Musculoskeletal issues like lower extremity pain and edema, indicative of varicose veins, were frequently reported by nurses. To determine the prevalence of leg pain and edema among nurses working extended shifts, and to address the gap in research-based data on these conditions in Pakistan. Reliable studies covering the period from June 2005 to June 2023 were considered, encompassing research-based data such as Google Scholar, Google Search, PubMed, ScienceDirect, Scopus, and other databases including IranMedex and SID. After undergoing quality control, these studies were incorporated into the literature review, resulting in only 24 papers being evaluated between 2005 to 2023. It was found by various studies that such symptoms were experienced by over 95% of nurses after extended shifts, with risk factors including prolonged periods of standing, poor posture, heavy lifting, and the presence of varicose veins. Chronic venous insufficiency, characterized by venous blood flow obstruction and ambulatory venous hypertension, could lead to depression, sleep disruption, and a reduced quality of life. A high prevalence of this condition among occupations necessitating prolonged standing was predicted by international studies. Severe health problems such as lower leg pain, cardiac issues, discomfort, and fatigue were also contributed to by this prolonged standing. Approximately one-third of nurses in Pakistan experienced lower limb edema and pain, thus highlighting the challenges of their profession. Despite the significant challenges faced by nurses, there was a lack of research-based data on the occurrence of these conditions in Pakistan. The study was to ascertain the prevalence of leg

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pain and edema among nurses working in shift duties, thereby bridging a critical gap in the existing literature. This research will serve as a foundation for future studies and will contribute to an additional inclusive comprehension of the prevalence of leg pain and edema among Pakistani nurses.

## **6. Prevalence Of Health Problems Among Adolescents And Its Associated Factors In Lmic Secondary Data Analysts**

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Adolescents are at higher risk of incurring health problems, and the emergency department serves as a primary point of care. There is an increasing trend in the number of admissions for the management of long-term illness and traumatic and behavioral issues among young adults globally. However, there is a lack of contextual published data available to assess the intensity and pattern of the most prevalent health conditions among young people in Karachi, Pakistan. The study aims to identify the most prevalent presentation to the emergency department among Adolescents aged 10 to 19 years with respect to age, setting, gender, health conditions and comorbid. This cross-sectional study examines the health status of adolescents aged 10 to 19 years in Karachi, utilizing secondary data from a nationally representative survey conducted by the CETE department. Data on age, gender, urban/rural setting, and various health conditions, including comorbidities, were collected from self-reported data or medical records. Health conditions were categorized into trauma, mental health, chronic, and acute conditions. Descriptive statistics were used to analyze the prevalence of these health conditions and comorbidities across different age groups, settings, and genders. Additionally, multivariable logistic regression models were employed to investigate associations between demographic factors and specific health conditions, while adjusting for potential confounders. The findings of this study provide valuable insights into the health status of adolescents in Karachi. These insights can inform targeted interventions and healthcare policies to address the unique needs of this population, ultimately contributing to improved adolescent health outcomes.

## **7. Empowered Nurses Save Lives: Applying Roy's Adaptation Model in Clinical Nursing Practice**

*Surriaya shamsher, Fowzia Bibi, Gulshan, Yaseen Ahmad & Shumaila Hussain [fowzia.19404@zu.edu.pk](mailto:fowzia.19404@zu.edu.pk)*

The Sister Callista Roy Adaptation Model is a widely recognized nursing theory that views individuals as adaptive systems responding to environmental and health related changes. This paper aims to explain how nurses can use this model to enhance patient coping and promote health outcomes, aligning with the principle that empowered nurses save lives. A theoretical analysis of Roy's model was conducted focusing on its key concepts: stimuli (input), coping processes (control), adaptive responses (effector), and outcomes (adaptation). The four adaptive modes are physiological, self-concept, role function, and interdependence were examined for clinical relevance. The metaparadigm concepts of person, health, environment, and nursing were reviewed to

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assess the model's holistic approach. The model provides a comprehensive framework for nursing assessment and intervention. It demonstrates that effective adaptation leads to positive health outcomes, while ineffective adaptation may result in illness. In clinical practice, such as with a interventions guided by the four modes improve adaptation. The model directly supports patient centered care and enhances coping abilities. Roy's Adaptation Model empowers nurses with a structured approach to assess stimuli and support patient adaptation across all dimensions of functioning. Its application promotes overall wellbeing and validates the conference theme that empowered nurses save lives. While comprehensive, implementation may be complex and time-consuming, requiring focused nursing education and support.

Keywords: Roy Adaptation Model, Nurse Empowerment, Patient Adaptation, Holistic Care, Clinical Outcom.

## **7. Spouse Involvement for Postnatal Care Utilization; Community and Facility Based Cross Sectional Study**

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Spouse involvement for postnatal utilisation, providing emotional assistance, may benefit the women by decreasing stress, encouraging positive behaviours and maintenance of emotional security during this crucial life event. The aim of the study was to examine the role of spouse involvement in accessing postnatal care utilisation among married women. The study was conducted among 306 postnatal women recruited from community and health facilities belonging to low- and middle-income families in Karachi. The study was conducted at Kausar Niazi Colony and People's Primary Health Care Initiative (PPHI) in Karachi, and the study duration was four months. This was a community- and facility-based cross-sectional study, and purposive sampling techniques were used for the data collection through a structured questionnaire. The study respondents were married women, out of whom 48.3% were in the age bracket of 26-34 years old. The education level of 51% of women is matriculation or intermediate level, similar to that of their spouses. The association of PNC utilisation with spouse's level of education and spouse income was significant. Women (95.8%) who deliver their child at a hospital, as compared to the ones who deliver at home, utilised more PNC services, similar to women who had C-section deliveries. The majority of women utilised health facility-based PNC services as compared to community outreach PNC services, which was also highly significant. PNC utilisation increased with the increase in spouses accompanying women for PNC visits. Thus, 97.2% of women utilised more PNC services as their husbands accompanied the women. However, the spouse (98.6%) was present at the time of delivery. Whereas 60.6% of spouses support their women for postpartum family planning, which was insignificant. The study revealed that the role of spouse involvement for postnatal care measures in health care

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facilities and community outreach should be based on demographic and socio-economic factors such as the reproductive age of women, the spouse's and wife's level of education, the spouse's income, the place of residence, the mode of delivery, the spouse accompanying women for PNC utilisation, being present at the time of delivery and providing transport for postnatal care utilisation. Initiating public awareness campaigns through diverse channels is crucial in highlighting positive stories of spouse involvement and its beneficial effects on the well-being of both mothers and infants. These policies may encompass provisions for spousal leave, establishment of father-friendly spaces in maternity wards, and flexibility in visitation hours.

*Key Words: Postnatal care utilisation, spouse involvement and community and facility-based.*

## **9. Application of Lydia E. Hall's Care, Core, and Cure Theory in Modern Clinical Practice**

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The evolution of professional nursing necessitates a return to the foundational essence of "nursing the person". Lydia E. Hall's \*Care, Core, and Cure theory\* provides a unique framework that emphasises the nurse's autonomous role in providing total patient care. This abstract explores the contemporary relevance of Hall's model in empowering nurses to improve patient outcomes through the prioritisation of the "Care" and "Core" circles over the traditional medicalised "Cure" circle. A qualitative literature review was conducted to analyse the integration of Hall's three-circle model in acute and long-term care settings. The study examined how the transition from task-orientated nursing to Hall's philosophy of professional closeness impacts patient self-actualisation and recovery rates. Findings indicate that when the care circle (intimate bodily care) is used as a vehicle for the core circle (therapeutic use of self), patients demonstrate higher levels of self-awareness and faster rehabilitation. Conversely, an over-reliance on the Cure circle (medical orders and pathology) often leads to fragmented care. Implementation of Hall's theory was found to increase professional nursing satisfaction and reduce post-discharge complications.

Lydia Hall's theory remains a vital blueprint for the future of nursing. By reclaiming the "Care" circle as a professional domain rather than a mechanical task, nurses can foster a therapeutic environment where the patient is empowered toward healing. This model is essential for shifting the focus from treating the disease to nurturing the individual, ensuring that empowered nurses continue to save lives through holistic engagement.

**Keywords:** Lydia Hall, Care-Core-Cure, nursing theory, patient-centred care, professional nursing.



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