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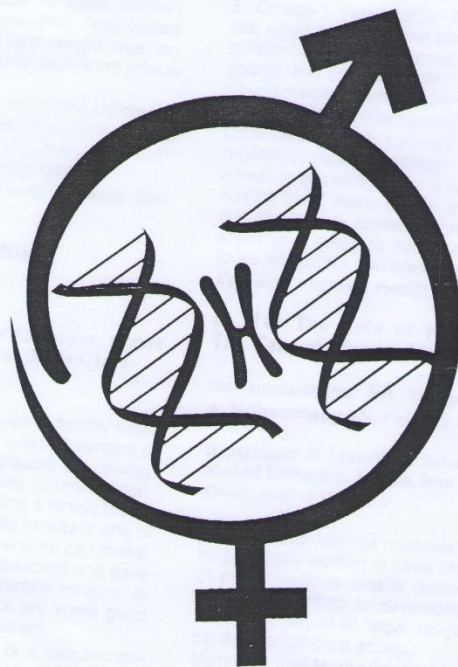
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Background: In developed countries, overweight and obesity in children and adults is considered as basic problems. Several surveys show increasing trend of childhood obesity in developing countries, particularly in the Middle East and because of its risky role on people's health, researchers aimed to assess the relations between birth weight and BMI in primary school children of Rasht/Iran.

Materials and Methods: This was a case-control study which was performed in 8 primary schools of Rasht. 320 samples including 80 in case group (BMI \geq 85th percentile for age and sex) and 240 in control group (BMI = 5th-85th percentile for age and sex) were selected. Data gathering tool were questionnaires, scales and tape meter. Data were analyzed statistically by Chi-square, Mann-Whitney and Stepwise Multivariate Regression tests.

Results: Findings showed that mean and standard deviation of birth weight (g) in groups by Mann-Whitney test were statistically significant ($p=0.000$). Multi variate regression analysis indicated that birth weight, age, exclusive breast feeding and meal have significant effects on body mass index.

Conclusion: According to results, identifying children at risk for adolescent obesity provides physicians with an opportunity for earlier intervention with the goal of limiting the progression of abnormal weight gain.

Keywords: Birth Weight, Body Mass Index, Obesity, Children

P_{nm}-9: Infertility and Healthy Diet

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Background: Over the past twenty years, fertility problems have increased dramatically. At least 25 percent of couples planning a baby will have trouble conceiving, and more and more couples are turning to fertility treatments to help them have a family. Eating a fertility diet in preparation for pregnancy and to boost fertility is one of the most powerful health changes everyone can make. It is true, food can increase sperm production and save partner from indecently expensive infertility treatments when they want to start a family. Here are some good health tips for men to stay fertile and potent.

Materials and Methods: This study is a comprehensive literature review from 1990 to 2011 with keywords including infertility, healthy and diet, is carried out by searching Iranian and International databases including Iran Medex, IranDoc, Pubmed, Science Direct and Ovid.

Results: Nutrients in food for increasing fertility are:

1. Selenium: This is an unusual mineral that increases the motility of sperms. Selenium rich food increase sperm's mobility and thus raises the chances of conception. Foods: Cottage cheese, eggs, chicken, turkey and nuts.
2. Zinc: This is a very vital mineral required for regulating body's testosterone level. Testosterone as is the hor-

monone responsible for male reproductive functions. Until and unless men have sufficient Zinc in their body, testosterone is not produced in adequate amounts which in turn reduce sperm count. Foods: Abundantly available in red meat, seafood and eggs. Vegetarians need to watch it. Have pumpkin seeds and oatmeal.

3. Vitamin A: The Vitamin A rich food increases the value of sperm production by making sure that the sperms that are produced are healthy and agile. If men have a deficiency of this vitamin then their sperms will be slow and lazy, not good enough for conception. Foods: Carrots are best but red chilli peppers, spinach, iceberg lettuce, broccoli and dry fruits like apricots too will be good for increasing fertility.

4. Vitamin C: We probably consume citrus foods for the protection against cold but the antioxidants in them help 'cleanse' the sperms. They get rid of toxins and purify the semen by extracting free radicals. Foods: Oranges, lemon, red and yellow bell peppers, tomatoes are foods that increase fertility.

5. Omega-3 Fatty Acids: These are special boosters that when present in the blood increases the blood circulation of the male reproductive organs hence giving energy and boosting potent sperm production. Foods: Found mainly in fish like Salmon and Sardines. Walnuts also could be an alternative for vegetarians.

Conclusion: Both partners should follow the dietary recommendations. Although it goes without saying that a healthy diet is crucial to a successful pregnancy and a healthy baby, many people are unaware of the fact that diet can help to correct hormone imbalances that may affect your ability to conceive. There are also certain foods and drinks that are known to lower fertility.

Keywords: Infertility, Healthy, Diet

P_{nm}-10: The Role of Nurses and Midwives in The Care of Women Volunteers Surrogacy

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Background: Various methods of ART have been able help to many women to have children. Surrogacy is one of these methods that is performed in Iran like other country. According to development of this method we need to survey of all, legal, religious, moral, psychological and sociological aspects.

Materials and Methods: A review of library.

Results: Although in most of volunteers of Surrogacy women who Self-giving are without financial motivations and just for improvement and continuation of other families to bear the risks of pregnancy and other household hazards associated with 9 months of pregnancy, childbirth and complications of Cesarean delivery but sometimes, women who are willing to do this due to financial needs to be done. Considering that every individual has the right. Doctors and midwives are realm of competence and expertise to participate in notifying patient about the disease and consequences of the treatment process and outcomes and the direction of treating psychological

problems during and after pregnancy. Few studies have been made in exploration of the effects and risks of this approach, but complications such as hysterectomy after delivery has been reported. For this method have also expressed same symptoms for IVF procedure.

Conclusion: Therefore this technique as a method of surrogacy should be considered high risk pregnancy and Training courses should be considered for health care providers be able to best care for obstetric complications associated with the ethical, legal and social consideration.

Keywords: Surrogacy, Women, Pregnancy

P_{nm}-11: Care Plane of Anxiety Decrease on Hemodynamic Signs and Cortisol Level in Women Undergoing Elective Surgeries

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Background: Although surgery are now used as one of the treatment methods and save the patients from death that have some complications. The patients may be considered anxiety from the surgery as a threat of the natural process of the life. The aim of this study was assessment of the Impact of preoperative nursing care on hemodynamic signs and cortisol level in women undergoing elective surgeries.

Materials and Methods: This randomizes clinical trial study carry out in Kosar hospital at Qazvin University of medical sciences. This study was clinical trial that 60 female patient's candidate for elective gynecologic surgery enrolled based on random allocation in two group case and control. The Statistical Package for the Social Sciences, SPSS 17 for Windows, was used for the analysis. Data analysis was performed by using descriptive (mean ± SD) and analytical statistics such as chi-square, Fisher's exact test, t test and Wilcoxon. The significant level was set at less than 0.05 (p < 0.05).

Results: Two groups were homogeneous in age (p=0.2), marital status (p=0.5), education (p=0.1), employment status (p=0.13) and admission (p=0.3). With preoperative nursing care, mean score of cortisol level at morning in case group 314.23 (L/Nmol) was less than control group.

Conclusion: According to the results of this research preparation nursing care plan lead to decrease the level of cortisol in patients in pre elective operation. Therefore this program as a non pharmaceutical and effective plan is recommended for them.

Keywords: Nursing Care, Anxiety, Operative, Hydrocortisone

P_{nm}-12: Relaxation Technique Effect on Stress Score and Pregnancy Test of Infertile Women in Isfahan Fertility and Infertility Center (2010)

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Background: Infertility effects on psychological and emotional tension in couples and make severe stress in infertile men and women. Relaxation technique is one of the methods which reduce stress and balance human emotions. The purpose of this study was determination of relaxation effect on stress score in the infertile women and pregnancy test as outcome of their treatment.

Materials and Methods: This study was a semi experimental and clinical trial study. Participants were studied by randomize sampling in two groups. At first, the stress score was determined in both groups, by Newton's infertility stress questionnaire. Stress score was evaluated in participants and then relaxation technique was administered in the intervention group. This technique performed in 12 sessions. All questionnaires were completed under supervision of the researcher after embryo transfer to the uterus (after 2 weeks) and before pregnancy test administering.

Results: Independent t-test showed total stress score does not have significant difference in groups before intervention (p>0/05). Whereas, independent t-test indicated significant difference in stress scores between the two groups after intervention (p<0/05). Stress score was higher in the control group than the intervention group. Chi-square test also showed that positive pregnancy test was significantly higher in the intervention group (p<0/05).

Conclusion: Relaxation technique as a complementary and alternative medicine (CAM) method can reduce stress score in infertile women and effect on treatment outcome.

Keywords: Infertility, Relaxation, Stress

P_{nm}-13: Pregnancy Outcomes in Women with Polycystic Ovary Syndrome Compared with Normal Women

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Background: Polycystic ovary syndrome (PCOS) is a common reproductive disorder associated with many characteristic features, including hyperandrogenaemia, insulin resistance and obesity which may have significant implications for pregnancy outcomes and long-term health of the woman. It has an incidence ranging from 5 to 10%.

Materials and Methods: This study is conducted to evaluate the pregnancy and perinatal outcome in wom-