

Deanship of Graduate Studies

Al-Quds University



**Assessment of Personnel Fitness of the Intensive Care
Units' Teams - Gaza Governorates**

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MPH Thesis

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**Assessment of Personnel Fitness of the Intensive Care Units'
Teams - Gaza Governorates**

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- To my mother and my father who taught and supported me to
the end

- To my husband who supported me on the front line ...

- To my baby, Mohammed who taught me patience and love...

- To my family who spared no effort to help...

- To all of them , I dedicate this work...

Declaration

I certify that this thesis submitted for the degree of Master is the result of my own research, except where otherwise acknowledged, and that this thesis (or any part of the same) has not been submitted for a higher degree to any other university or institution.

Signed:

Mymona Sobhi Esleem.

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Abstract:-

Intensive care unit (ICU) is different from other units. Its team works under stressful situations within a complex environment, and each member should have special criteria. This study is aimed to assess to what extent the Palestinian staff match with international criteria for ICU through four dimensions, physical fitness, competency, professional requirement and structure of ICU.

The design of the study is a descriptive cross sectional one. Data were collected through a self-administered questionnaire for (172) full time doctors and nurses who work regularly in ICU in the hospitals in Gaza strip and an observation checklist for 9 health care units. The reliability of the instrument was assured; data were analyzed using SPSS (version 18).

The response rate was 77.9%. About 70.9% of the participants were married and 79% have bachelor degree. The main physical fitness was 85.5%, the main competency 55.6%. There was significant relationship between competency and each of physical fitness and work place (sig. 0.0).

The check list which assessed the structure of ICU revealed that all units are nearly standardized except in some areas like the space between patient beds (2.5 - 3) meters, there is no fire safety measures, and lack of some equipment like double vacuum out lit.

This study recommended that a special committee should be formed from the MOH to build " national ICU standards" based on international standards. Intensive in-service education for ICU staff should be considered.

List of abbreviations :

AACCN	American Association Critical Care Nursing.
AACN	American association of critical care nurses
ABGs	Arterial blood gases.
ACOG	American Congress of obstetrician and gynecologist.
ANMAC	Australian nursing and midwifery accreditation council limited
BACN	British association of critical care nurse.
BS	Bachelor degree
BMI	Body mass index
CDC	Center for disease control and prevention
DOH	Department of health
ECG	Electro Cardio Gram
EGH	European Gaza hospital
FC	Foot candles
GDP	Gross Domestic Product.
GG	Gaza Governorate
GS	Gaza strip
HRQOL	Health related Quality of life.
IBTICM	Intercollegiate Board for Training in Intensive Care Medicine.
ICU	Intensive care unit
LTPA	Leisure Time Physical Activity.
MOH	Ministry of health
NGOs	Non Governmental Organization
PCBS	Palestinian central Bureau of Statistic.
PRCS	Palestinian red Crescent society .
PGD	Post graduated degree.
RN	Registered Nurse
SASLPA	Sockatchewan Association of speech language pathologists and audiologists.
SPSS	Statistical package of social science
UCDHS	Compliance office for training physician
UK	United kingdom

UNRWA	United Nation Relief and Work agency.
USA	United state of American
WB	West bank
WHO	World health organization

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