



## Original Article

# Views of Al-Anbar Nurses towards Nutrition Nurses

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### ARTICLE INFOR

#### Article history:

Received 07 June 2022

Revised 06 October 2023

Accepted 05 December 2023

#### Keywords:

opinion,  
Iraq,  
nurses,  
nutrition,  
Al-Anbar,  
Iraqi ministry of health.

### ABSTRACT

This study illustrated the healthcare nurses' opinions towards the importance of nutrition nurses. It is a prospective study that included 101 Al-Anbar nurses, all of whom had five years or above of healthcare experience in different health institutions of the Al-Anbar health directorate. The authors distributed an online survey from 4th -12th February 2022. There were 101 healthcare staff aged (27-55) years. There were 36 females (35.6 %), and 65 (64.4 %) males. Eighty-five of them (84.1 %) recommended a nutritional faculty in the Iraqi Ministry of Health. A nutrition nurse is an essential vacation in any hospital.

Faculty of Natural Sciences and Life, University of El Oued. 2023

## 1. Introduction

A nutrition nurse is a specialized clinical nurse in nutritional support. Moreover, this nurse deals with sufferers who are incapable to drink or eat naturally, so they demand special feeding tubes to obtain their nutrition as a fluid mixture as shown in [1]. Nutrition nurses have various health roles like evaluation of the patients' need for the nutritional requirements. Moreover, they teach the ward staff to care for their patients' diet through the right nutrition advice. Further, they show ward staff screening for malnutrition as shown in [2] Nutrition is a fundamental field in the nursing discipline, sometimes applied as a nutrition program in their training. Hence, this course is given on an educational basis or as part of the nursing study. Therefore, a nutrition program educates the involved nurses to achieve the goal aspects of patient care as shown in [3]

### 1.1 nutritional nurse

Nutrition nurses are interested in all patients' diets, including obesity which is a lifelong disease with many sequels on the body systems such as ischemic heart disease, hypertension, cancer, celiac disease, osteoporosis, and diabetes, as shown in [4] Clinical malnutrition is

another challenging problem in any hospital healthcare due to its effect on child growth and patient improvement. Malnutrition can increase mortality and morbidity, and hospital stays. Besides, nutrition nurses deal with critically ill patients and patients who require nursing care for a long duration as shown in [5]

#### 1.1.1. historical view

There are a few papers in "Iraqi Scientific Journals" concerned with the nutritional aspects of nursing in Iraqi patients. These articles manifested the inadequate knowledge of Iraqi nurses in renal failure and hemodialysis patients as shown in [6] In google scholar, there are many articles regarding nutritional services and their qualities in Iraqi cities. One study concludes that nutrition aids remained fair in some healthcare centers, despite nutrition guidelines in some Iraqi health centers. Furthermore, the other paper in Al-Kut hospitals explicates that the graduated nurses failed in nutritional lifestyle behaviors. This study revealed the views of the Al Anbar nurses towards nutrition nurses. To the best of

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Peer review under responsibility of University of El Oued.

DOI : <https://doi.org/10.57056/ajb.v4i2.141>

the author's acquaintance, this study is authentic and impressive that characterizes the healthcare nurses' opinions towards the significance of nutrition nurses.

**Materials and Methods**

**2.1. Material**

This prospective study included 101 Iraqi nurses, all of whom had five years or above of healthcare experience in different health institutions of the Al-Anbar health directorate. They had various grades of health certificates. The authors distributed an online survey from 4th -12th February 2022. Excel 2010 software analyzed data. Exclusion criteria: all nurses who did not answer. Limitation of the study: It is a small study size, and not represent the whole community. Ethics committee: ethical acceptance was taken from the Al-Anbar Health Directorate plus vague names with oral consent.

**2.2. Tables**

**Table 1.** The numbers and percentages of health care experiences (years)

	5-9	10-14	15-19	20-24	25-29	30 or more	Total
Males	7 (6.9 %)	11 (10.9 %)	10 (9.9 %)	21 (20.7 %)	11 (10.9 %)	5 (4.9 %)	65 (64.4 %)
Females	26 (25.7 %)	6 (5.9 %)	1 (0.9 %)	2 (1.9 %)	0 (0 %)	0 (0 %)	36 (35.6 %)
Total	34 (33.6 %)	17 (16.8 %)	11 (10.9 %)	23 (22.7 %)	11 (10.9 %)	5 (4.9 %)	101 (100 %)

**Table 2.** The numbers and percentages of healthcare staff opinions towards the importance of nutritional nurse work.

	Did you think that a nutritional nurse is essential in any hospital?		
	Agree	Neutral	Disagree
<b>Males</b>	61 (60.3 %)	2 (1.9 %)	2 (1.9 %)
<b>Females</b>	36 (35.6 %)	0 (0 %)	0 (0 %)
<b>Total</b>	97 (96 %)	2 (1.9 %)	2 (1.9 %)

**Table 3.** The opinions of the healthcare staff towards role of nutritional nurse in improvement of the health institute.

	Did you believe that a nutritional nurse will improve healthcare in the health institute?		
	Agree	Neutral	Disagree
<b>Males</b>	56 (55.4 %)	6 (5.9 %)	3 (2.9 %)
<b>Females</b>	33 (32.6 %)	3 (2.9 %)	0 (0 %)
<b>Total</b>	89 (88.1 %)	9 (8.9 %)	3 (2.9 %)

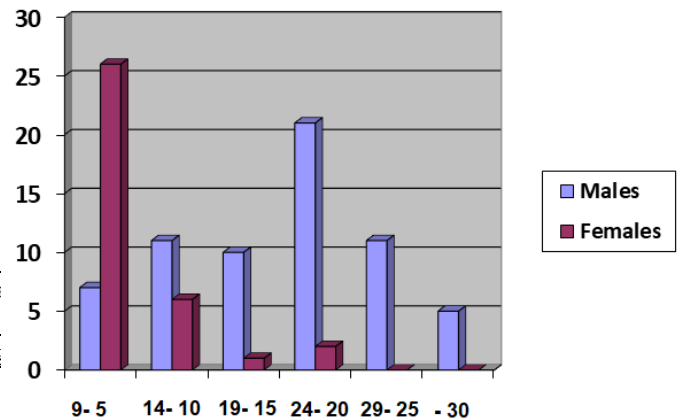
**Table 4.** The opinions of the healthcare staff towards the effect of the nutritional nurse in shortening the duration of the patients' hospitalization.

	Did you think that nutritional advices will shorten the duration of the patients' hospitalization?		
	Agree	Neutral	Disagree
<b>Males</b>	64 (63.3 %)	1 (0.9 %)	0 (0 %)
<b>Females</b>	34 (33.6 %)	1 (0.9 %)	1 (0.9 %)
<b>Total</b>	98 (97 %)	2 (1.9 %)	1 (0.9 %)

**Table 5.** The opinions of the healthcare staff towards suggestion to open a nutritional nurse faculty in Iraqi Ministry of health and Al Anbar Health Directorate.

	Did you recommend a nutritional faculty in		
	Agree	Neutral	Disagree
<b>Males</b>	52 (51.4 %)	9 (8.9 %)	4 (3.9 %)
<b>Females</b>	33 (32.6 %)	2 (1.9 %)	1 (0.9 %)
<b>Total</b>	85 (84.1 %)	11 (10.8 %)	5 (4.9 %)

**2.3. Illustrations**



**Fig. 1.** The numbers and percentages of health care experiences (years)

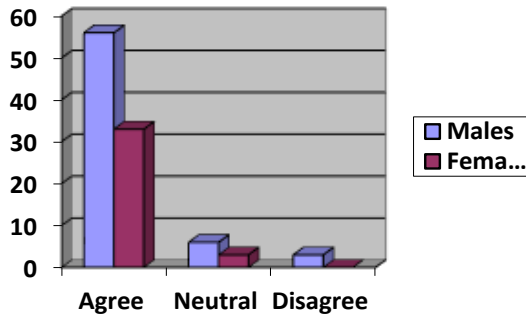


Fig. 2. The numbers and percentages of healthcare staff opinions towards the importance of nutritional nurse work.

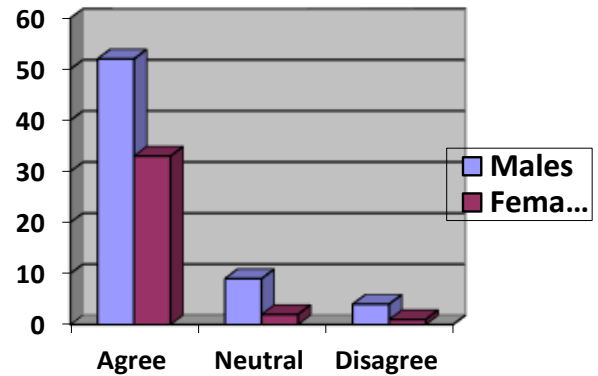


Fig. 5. The opinions of the healthcare staff towards suggestion to open a nutritional nurse faculty in Iraqi Ministry of health and Al Anbar Health Directorate.

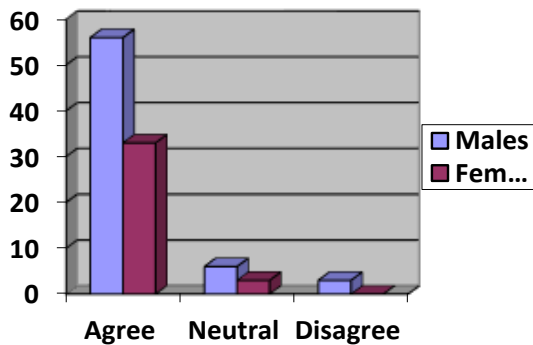


Fig. 3. The opinions of the healthcare staff towards role of nutritional nurse in improvement of the health institute.

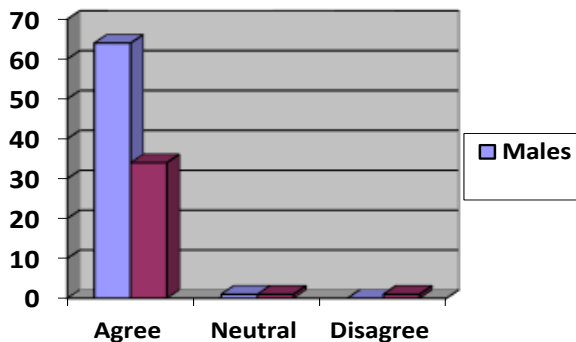


Fig. 4. The opinions of the healthcare staff towards the effect of the nutritional nurse in shortening the duration of the patients' hospitalization

## 2. Results and Discussion

There were 101 healthcare staff aged (27-55) years. There were 36 females (35.6 %), and 65 (64.4 %) Males. Ninety-seven of them (96 %) thought that a nutrition's nurse is essential. Eighty-nine of them (88.1 %) believed that a nutritional nurse will advance healthcare in the health Institute. Ninety-eight of them (97 %) thought that nutritional advice will shorten the duration of the patients' hospitalization.

Eighty-five of them (84.1 %) recommended a nutritional faculty in the Iraqi Ministry of Health. The nutrition nurses held a crucial position in the healthcare system. The healthful nutrition is critical for patient improvement. There are many Iraqi studies for nutritional familiarity. The nutrition education of Iraqi health institutes stands for a perfect health system and enhances patients' health as shown in [7]

The authors of this original article are the first reporters in Iraq and Al-Anbar government about nutrition nursing. The authors incorporated 101 healthcare staff, all of whom had five years or above of healthcare experience in different health institutions of the Al-Anbar health directorate. The authors included their healthcare staff to give a reasonable opinion plus sufficient answer. The more healthcare experience, the best response. "Shown in table 1 and Fig. 1" There were 101 healthcare staff aged (27-55) years. Therefore, the lower age of the healthcare staff is related to the fewer health experience. The authors included 36 females (35.6 %) plus 65 (65 %) males. The few females are due to the lack of Al-Anbar health directorate from female healthcare staff before 2013.

Many reasons make Al Anbar families prohibited their daughters from entering health Institutes in the latest twenty years. The fragile secure circumstance is the main reason. The lack of a health Institute in Al Anbar before 2013 is the second reason. The absence of nursing college in Al Anbar is the third reason. The dominance of male

healthcare staff correlated to male ability to study out of the Al Anbar government before 2013, which explains male dominance. “Shown in table 2 and Fig. 2”. They signify the numbers and percentages of healthcare staff opinions towards the importance of nutritional nurse work. Ninety-seven of them (96 %) believed that a nutritional nurse is an essential nurse. The guidelines of nutrition orders are vital. This result went well with many reports in different developed countries in the world, specifying the position of nutrition nurse. Both genders of healthcare staff agreed to the job of a nutrition nurse to educate the patients in the hospital plus signify its role in patient health. There were two (1.9 %) who voted neutral. They presumed that patients might rely on themselves or ask the healthcare team. Healthcare team focuses on providing information, helping patients, and encouraging them to improve their outcome. Their excellent example of care was evident clearly in the Covid-19 crisis as shown in [8] Two respondents (1.9 %) disagreed. Hence, they guessed that nutrition orders were giddy. Their disagreement is not acceptable plus misleading. Some patients ignored the essence of nutrition in healthiness. “Shown in table 3 and Fig. 3”. They present the opinions of the healthcare staff towards role of nutritional nurse on improvement of the health institute. Eighty-nine of the respondents (88.1 %) accepted that a nutritional nurse will advance healthcare in the health institute. This finding proceeds well with many documented reports. The perfect health system depends on the orders of a specialized healthcare team. Nine respondents (8.9 %) stayed neutral because they supposed that health system improvement depends on other factors.

Three respondents (2.9 %) disagreed. Those respondents thought that the health system is a compact team, and the corruption of the ministry leaders is the principal cause.

Eighty-nine of the respondents' nurses (88.1 %) agreed with the nutritional nurse's role. The nutrition nurses aid patients' improvement through advice and follow-up as shown in [9] “Shown in table 4 and Fig. 4” Ninety-eight of them (97 %) thought that nutritional advice will shorten the duration of the patients' hospitalization. This result is

linked well with the noted analyses worldwide on this issue as shown in [10] Their belief depends on their healthcare experience plus the importance of the nutrition orders. Chronic diseases in adults such as cardiovascular disorders, and obesity depend more on changing their lifestyle. Children and their families require nutritional instructions. The function of the nutrition nurse is paramount as shown in [11].

Two of the respondents (1.9 %) were neutral. They believed that victims hospitalization hinges on different variables. Only one female respondent (0.9 %) did not agree because she thought that patients' courage, the type of the disease, and severity are the principal factors. “Shown in table 5 and Fig. 5” These present the opinions of the healthcare staff towards suggestion to open a nutritional nurse faculty in Iraqi Ministry of Health. Eighty-five of the respondents (84.1 %) recommended a nutritional faculty on those respondents who accepted the bachelor's graduation as a nutrition nurse. The institutional position of highly graduated nutrition nurses was meaningful and respectable. This finding is correlated well with the reported studies worldwide on this topic as shown in [12].

Eleven respondents (10.8 %) were neutral. Nine of the respondent's staff (8.9 %) were men. Those respondents believed that nutrition nurse is silly. Five respondents (4.9 %) did not agree. Four of them (3.9 %) were male. Those males thought that bachelor's graduation is a matter of losing time because they had large family sizes and involved in two-three jobs.

### 3. Conclusion

A nutrition nurse is an essential vacation in any hospital.

#### Acknowledgements

**Thanks to Allah, our God. Tanks to all who help us.**

#### Conflict of Interest

The authors declare that they have no conflict of interest

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### Recommended Citation

Hazim A. R. A., M. S. K., Kiffah S. H.. Views of Al-Anbar Nurses towards Nutrition Nurses. *Alger. j. biosciences.* 2023, 04(02):091-095.



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