

Utilization of Paramedical Counseling in Male Infertility Nursing Care

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The present study aimed to develop and introduce an infertility specific model that can be applied in daily practice and assessing the efficacy of the method of paramedical counseling provided by nursing during the treatment period of male factor infertility patients. Furthermore, the aim was to develop adaptive health behaviors that influence reproduction by increasing the patients' knowledge and promoting positive changes in satisfaction rates. Patients were randomized into control (n = 51) and experimental (n = 57) groups, where patients in the experimental group received a 5-session paramedical counseling in extension to their medical treatment. Both groups also completed self-report psychodiagnostic questionnaires, patients in the control group at the beginning and end of the study and patients in the observed group before and after the paramedical counseling. Based on statistical analyses' result, the group that received the interventions had an intense awareness of the diagnosis and aims and nature of the indicated treatment. Individual support helped patients, they employed purposeful problem-solving coping strategies and reported satisfaction with infertility treatment. Step by step patient conducting process and its associated program points can help patients decrease their level of anxiety while elaborating their concerns and preventing frustrating situations. The implementation of the effective patient conducting process requires the introduction of paramedical counseling as new knowledge in nursing education. Furthermore, need for a broad diversification of interprofessional teamwork services in clinics.

Biography

Angelika Szatmári, associate professor, head of the Nursing Department. She has bachelor's degree in nursing, master's degrees in Mental hygiene (specialized in Teacher of Health Promotion and Teacher Education) and, has work experiences in urological nursing and in the infertile males' care. She received her Ph.D. degree at Albert Szent-Györgyi Doctoral School of University of Szeged. She has bilingual publications as first author in connection with her research themes: paramedical counseling, mental well-being, supporting problem-focused coping in patients with infertility. She also deals with use of patient conducting model in nursing education programs and its application in nursing practice.

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