



# İSTANBUL AYDIN ÜNİVERSİTESİ

## SAĞLIK HİZMETLERİ MESLEK YÜKSEKOKULU E-BÜLTENİ



NİSAN 2025



# SAĞLIK HİZMETLERİ MESLEK YÜKSEKOKULU

## YAYIN KURULU

T.C.

**İstanbul Aydın Üniversitesi**

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Mütevelli Heyet Başkanı

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Öğr. Gör. Sueda TERZİ VURAK (SHMYO Müdür Yrd.)

## YAYINA HAZIRLAYANLAR

Öğr. Gör. Merve ARISOY

Öğr. Gör. Burcu GÜNAYDIN



# SAĞLIK HİZMETLERİ MESLEK YÜKSEKOKULU

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## TIBBİ LABORATUVAR TEKNİKLERİ PROGRAMI

### EURIE 2025 Etkinliğine Katılım

8 Nisan 2025 tarihinde, Öğr. Gör. Dr. Büşra Kaynar rehberliğinde, TLT programı öğrencileri EURIE 2025 (Eurasia Higher Education Summit) açılış programına katılım sağlandı. Yükseköğretim alanındaki uluslararası iş birliklerinin geliştirilmesine katkı sağlayan bu önemli etkinlikte yer almak, öğrencilerimize global vizyon kazandırırken aynı zamanda akademik ve profesyonel ağlarını genişletme fırsatı sundu.

### Participation in the EURIE 2025 Event

On April 8, 2025, under the guidance of Lecturer Dr. Büşra Kaynar, students of the TLT program participated in the opening ceremony of EURIE 2025 (Eurasia Higher Education Summit). Taking part in this significant event, which contributes to the development of international collaborations in higher education, not only provided our students with a global perspective but also offered them the opportunity to expand their academic and professional networks.





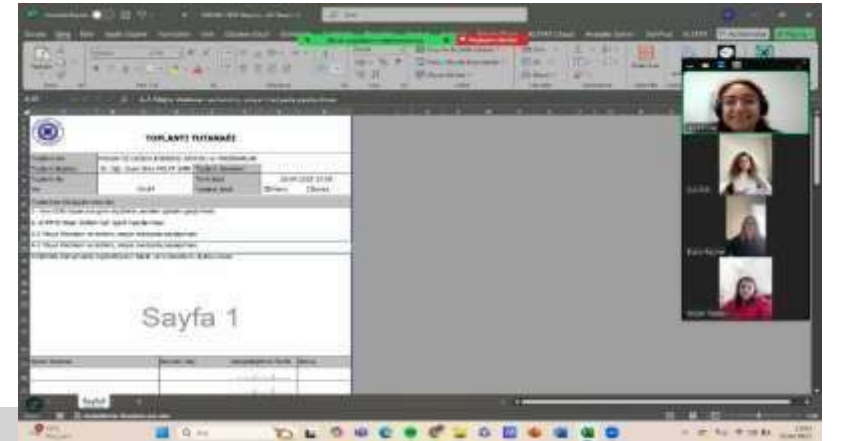
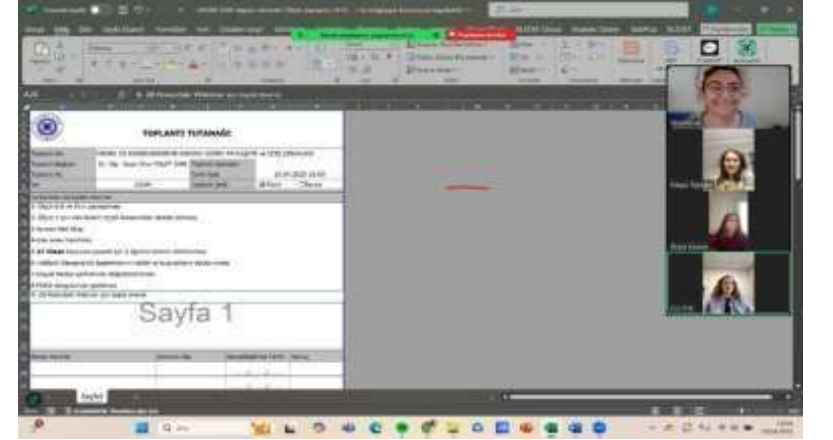
# TIBBİ LABORATUVAR TEKNİKLERİ PROGRAMI

## Akademik Kurul Toplantıları

Tıbbi Laboratuvar Teknikleri Programı öğretim üyeleri ile 10 Nisan ve 28 Nisan 2025 tarihlerinde akademik kurul toplantıları gerçekleştirilmiştir. Toplantılarda; MEDEK akreditasyon raporunun hazırlık süreci, vize sınav dönemi çalışmaları ve Mayıs ayında gerçekleştirilmesi planlanan webinar organizasyonları görüşülmüş, eğitim-öğretim süreçlerinin iyileştirilmesine yönelik değerlendirmelerde bulunulmuştur.

## Academic Board Meetings

Academic board meetings were convened on April 10 and April 28, 2025, with the participation of faculty members from the Medical Laboratory Techniques Program. These meetings addressed the preparatory process for the MEDEK accreditation report, the coordination of midterm examination procedures, and the planning of webinar events scheduled for May. Additionally, comprehensive evaluations were conducted regarding the enhancement of educational and instructional practices within the program.





# TIBBİ LABORATUVAR TEKNİKLERİ PROGRAMI

## Kanser ve Korunma Yolları webinarı

21 Nisan 2025 tarihinde gerçekleştirilen “Kanser ve Korunma Yolları” konulu webinarında, kansere karşı korunma yöntemleri ve erken teşhisin önemi ele alınmış, öğrencilerimiz topluma yönelik sağlık farkındalığı konularında bilgilendirilmiştir.

## Cancer and Prevention Methods webinar

On April 21, 2025, a webinar entitled “Cancer and Prevention Methods” was held, focusing on strategies for cancer prevention and the critical importance of early diagnosis. The event aimed to raise health awareness among our students, particularly regarding community-based public health education.





# TIBBİ LABORATUVAR TEKNİKLERİ PROGRAMI

## Mezunların Tecrübe Paylaşımı Webinarı

22 Nisan 2025 tarihinde Ameliyathane Hizmetleri Programı'nın organize ettiği “*Mezunların Tecrübe Paylaşımı*” başlıklı webinarında, sahada görev yapan mezunların deneyimleri paylaşılmış, öğrencilerimize mesleki yönelimlerine dair ilham verici bilgiler sunulmuştur.

## Webinar: Sharing Experiences with Alumni

On April 22, 2025, a webinar titled “*Experience Sharing by Alumni*” was organized by the Operating Room Services Program.

In this event, graduates currently working in the field shared their professional experiences, providing students with inspiring insights and valuable guidance regarding their career orientation.

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Ameliyathane Hizmetleri Programı Başkanı

## Mezunların Tecrübe Paylaşımı

**Naciye EVCI ÇİÇEK**  
Medikalpark Antalya Hastanesi  
Üstste Cerrahi Koordinatörü  
Konuşmacı

**Ümit ŞAHİN**  
Ardahan International Hastanesi  
Merkezi Sterilizasyon Ünitesi  
Sorumlu Teknikyeni  
Konuşmacı

**Zeliha OKUR**  
Eğilim /Genel Program Başkanı  
Moderatör

22 Nisan 2025  
14.00 - 15.30

ONLINE

Meeting ID: 88036154873  
Password: 4441428



zoom





## TIBBİ LABORATUVAR TEKNİKLERİ PROGRAMI

### Darülaceze ziyareti

27 Nisan Pazar günü, İstanbul Aydın Üniversitesi Toplumsal Duyarlılık Kulübü tarafından düzenlenen Darülaceze ziyaretine, programımız öğrencileri de gönüllü olarak katılım sağladı. Bu anlamlı etkinlik, öğrencilerimizin toplumsal duyarlılıklarını pekiştirmelerine ve sosyal sorumluluk projelerine aktif olarak katılma motivasyonlarını artırmalarına katkıda bulunmuştur.

### Visit to Darülaceze

On Sunday, April 27, students from our program voluntarily participated in a visit to Darülaceze, organized by the Social Sensitivity Club of Istanbul Aydın University. This meaningful event contributed to the reinforcement of students' social awareness and enhanced their motivation to engage actively in community service and social responsibility projects.





## İLK VE ACİL YARDIM PROGRAMI

### İlk Yardım Kulübü 23 Nisan Etkinliği

İlk ve Acil Yardım Programı Öğrenciler tarafından kurulan İlk yardım Kulübü üyeleri, Danışman Hocaları Öğr. Öğr. Gül ÇELİK ÖZTORUN ve tüm okul personeli ve çocuklarının katılımı ile eğlenceli bir 23 Nisan etkinliği gerçekleştirilmiştir.

### April 23rd Event Organized by the First Aid Club

An engaging April 23rd event was organized by the members of the First Aid Club, founded by students of the First and Emergency Aid Program.

The event took place with the participation of their academic advisor, Lecturer Gül Çelik Öztoran, as well as school staff and their children, contributing to a joyful and inclusive celebration.





# İLK VE ACİL YARDIM PROGRAMI

## Çalıştay

İlk ve Acil Yardım Programı başkanı Öğr. Gör. Gül ÇELİK ÖZTORUN, 28.04.2025 tarihinde İstanbul Gelişim Üniversitesinde ‘İlk ve Acil Yardım Programı Müfredat Güncellemeleri Hakkında Görüşler’ gündem başlığı ile İSTANBUL İLK VE ACİL YARDIM AKADEMİSYENLERİ ÇALIŞTAYI-II etkinliğine katılım sağlamıştır.

## Workshop Participation

On April 28, 2025, Lecturer Gül Çelik Özturun, Head of the First and Emergency Aid Program, participated in the *Second Workshop of Istanbul First and Emergency Aid Academicians* hosted by Istanbul Gelisim University. The event focused on the theme “*Perspectives on Curriculum Updates in First and Emergency Aid Programs*”, where valuable discussions were held regarding current developments and academic approaches in the field.





## AMELİYATHANE HİZMETLERİ PROGRAMI

### **EURIE 2025 Etkinliğine Katılım**

8 Nisan 2025 tarihinde, Öğr. Gör. Dr. Büşra Kaynar rehberliğinde, AMH programı öğrencileri EURIE 2025 (Eurasia Higher Education Summit) açılış programına katılım sağlandı. Yükseköğretim alanındaki uluslararası iş birliklerinin geliştirilmesine katkı sağlayan bu önemli etkinlikte yer almak, öğrencilerimize global vizyon kazandırırken aynı zamanda akademik ve profesyonel ağlarını genişletme fırsatı sundu.

### **Participation in the EURIE 2025 Event**

On April 8, 2025, under the guidance of Lecturer Dr. Büşra Kaynar, students of the AMH program participated in the opening ceremony of EURIE 2025 (Eurasia Higher Education Summit). Taking part in this significant event, which contributes to the development of international collaborations in higher education, not only provided our students with a global perspective but also offered them the opportunity to expand their academic and professional networks.





# AMELİYATHANE HİZMETLERİ PROGRAMI

## Mezunların Tecrübe Paylaşımı Webinarı

22 Nisan 2025 tarihinde Ameliyathane Hizmetleri Program başkanı Öğr. Gör. Zeliha OKUR tarafından “*Mezunların Tecrübe Paylaşımı*” başlıklı webinar organize edilmiş, sahada görev yapan mezunların deneyimleri paylaşılmıştır.

## Alumni Experience Sharing Webinar

On April 22, 2025, a webinar titled "Experience Sharing of Graduates" was organized by Instructor Dr. Zeliha Okur, the Head of the Operating Room Services Program. The webinar featured graduates working in the field, who shared their professional experiences.

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Ameliyathane Hizmetleri Program Başkanı

## Mezunların Tecrübe Paylaşımı

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Medikalpark Antalya Hastanesi  
Obesite Cerrahi Koordinatörü  
Konuşmacı

**Ümit ŞAHİN**  
Acibadem International Hastanesi  
Merkezi Sterilizasyon Ünitesi  
Seramikli Teknisyeni  
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**Zeliha OKUR**  
Öğretim Görevlisi  
Program Başkanı  
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## AMELİYATHANE HİZMETLERİ PROGRAMI

### Darülaceze ziyareti

27 Nisan Pazar günü, İstanbul Aydın Üniversitesi Toplumsal Duyarlılık Kulübü tarafından düzenlenen Darülaceze ziyaretine, programımız öğrencileri de gönüllü olarak katılım sağladı. Bu anlamlı etkinlik, öğrencilerimizin toplumsal duyarlılıklarını pekiştirmelerine ve sosyal sorumluluk projelerine aktif olarak katılma motivasyonlarını artırmalarına katkıda bulunmuştur.

### Visit to Darülaceze

On Sunday, April 27, students from our program voluntarily participated in a visit to Darülaceze, organized by the Social Sensitivity Club of Istanbul Aydın University. This meaningful event contributed to the reinforcement of students' social awareness and enhanced their motivation to engage actively in community service and social responsibility projects.





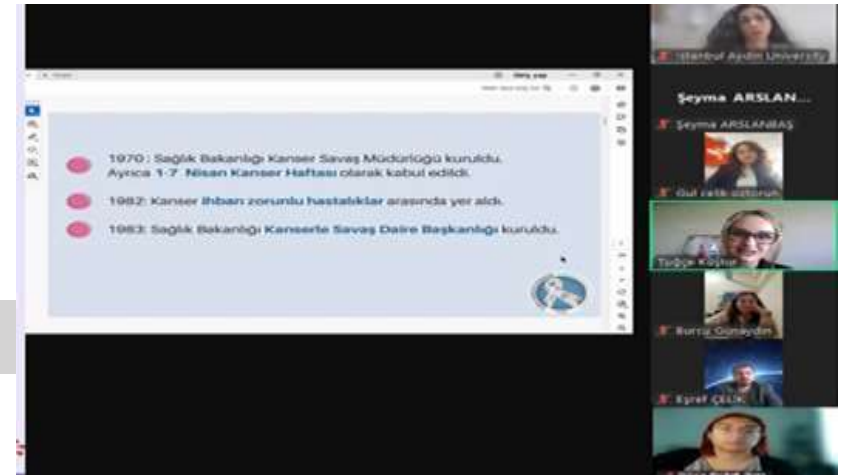
# PATOLOJİ LABORATUVAR TEKNİKLERİ PROGRAMI

## Kanser ve korunma yolları Webinarı

Nisan kanser farkındalık ayı kapsamında “Kanser ve Korunma Yolları” konulu webinar düzenlenmiştir. Patoloji Laboratuvar Teknikleri Programı Öğr. Gör. Beyza AYAN moderatörlüğünde yapılan seminerde Türk Kanser Derneği Sağlık ve Eğitim Direktörü Tuğçe KUŞTUR, sunumuyla SHMYO öğrencilerini bilgilendirmiştir. Seminere Patoloji Laboratuvar Teknikleri, Tıbbi Laboratuvar Teknikleri, Ameliyathane Hizmetleri, İlk ve Acil Yardım, Elektronörofizyoloji ve Eczane Hizmetleri programlarından öğretim elemanları da katılım sağlamıştır.

## Cancer and Prevention Methods Webinar

As part of April's Cancer Awareness Month, a webinar on "Cancer and Prevention Methods" was held. The seminar, moderated by Instructor Dr. Beyza Ayan from the Pathology Laboratory Techniques Program, featured a presentation by Tuğçe Kuştur, the Health and Education Director of the Turkish Cancer Society, who provided valuable information to SHMYO students. Faculty members from the Pathology Laboratory Techniques, Medical Laboratory Techniques, Operating Room Services, Emergency Medical Services, Electroneurophysiology, and Pharmacy Services programs also participated in the seminar.





## PATOLOJİ LABORATUVAR TEKNİKLERİ PROGRAMI

### 23 Nisan Şenliği

22 Nisan 2025 günü İAU Kampüs Ana bahçede yapılan 23 Nisan Ulusal Egemenlik ve Çocuk Bayramı Şenliğinde Patoloji Laboratuvar Teknikleri öğrencilerimiz üye oldukları kulüpler ile beraber stand açarak etkinliklere katılmıştır. Patoloji Laboratuvar Teknikleri öğretim elemanlarımız da öğrencileri ziyaret ederek destek vermiş ve fikir alışverişinde bulunmuştur.

### 23 April Festival

On April 22, 2025, during the 23rd of April National Sovereignty and Children's Day Festival held in the main garden of the IAU campus, students from the Pathology Laboratory Techniques Program participated in the event by setting up booths with their respective clubs. Faculty members from the Pathology Laboratory Techniques Program also visited the students, offering support and engaging in discussions.





# PATOLOJİ LABORATUVAR TEKNİKLERİ PROGRAMI

## **Darülaceze ziyareti**

27 Nisan 2025 Pazar günü SHMYO Toplumsal Duyarlılık Kulübümüz öncülüğünde Patoloji Laboratuvar Teknikleri öğrencilerimiz Darülaceze Kurumuna ziyarette bulunmuştur.

## **Darülaceze Visit**

On Sunday, April 27, 2025, under the leadership of the SHMYO Social Awareness Club, students from the Pathology Laboratory Techniques Program visited the Darülaceze Institution.





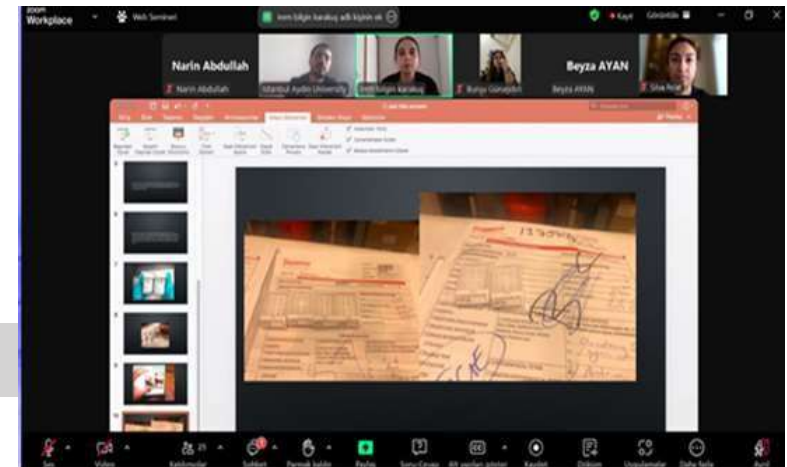
# PATOLOJİ LABORATUVAR TEKNİKLERİ PROGRAMI

## Gerçek Hayattan Deneyimler ve Mesleki İpuçlar Webinarı

18.04.2025 günü İAU Patoloji Laboratuvar Teknikleri Programı mezunumuz ve İstanbul Florence Nightingale Hastanesi Patoloji Laboratuvarı Sorumlusu olarak çalışan İrem BİLGİN, Öğr. Gör. Eşref ÇELİK moderatörlüğünde düzenlenen webinar da deneyimlerini öğrencilerimize aktarmıştır. Seminere Patoloji Laboratuvar Teknikleri, Tıbbi Laboratuvar Teknikleri, Ameliyathane Hizmetleri ve İlk ve Acil Yardım programlarımızdan öğretim elemanları ve öğrenciler katılım sağlamıştır.

## Webinar: Insights from Real-Life Experiences and Professional Advice

On April 18, 2025, İrem Bilgin, a graduate of the Pathology Laboratory Techniques Program at IAU and currently working as the Pathology Laboratory Supervisor at Istanbul Florence Nightingale Hospital, shared her experiences with our students during a webinar moderated by Instructor Dr. Eşref Çelik. Faculty members and students from the Pathology Laboratory Techniques, Medical Laboratory Techniques, Operating Room Services, and Emergency Medical Services programs participated in the seminar.





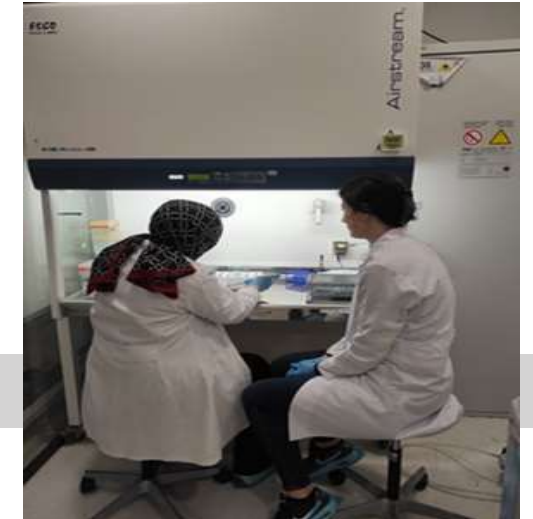
# PATOLOJİ LABORATUVAR TEKNİKLERİ PROGRAMI

## 2209A TÜBİTAK Öğrenci Projeleri

Dr. Öğr. Üyesi Negar TAGHAVI POURIANAZAR ve Dr. Öğr. Üyesi Narin ABDULLAH danışmanlıklarında Patoloji Laboratuvar Teknikleri ve Tıbbi Laboratuvar Teknikleri programı öğrencilerimizin yürütücüsü oldukları TÜBİTAK 2209A Üniversite Öğrencileri Araştırma Projeleri Destekleme Programı kapsamında öğrencilerimize In Vitro Hücre Kültürü Eğitimi verilmiştir.

## 2209A TÜBİTAK Student Projects

Under the supervision of Dr. Instructor Members Negar Taghavi Pourianazar and Narin Abdullah, students from the Pathology Laboratory Techniques and Medical Laboratory Techniques programs, as project leaders, received In Vitro Cell Culture Training as part of the TÜBİTAK 2209A University Students Research Project Support Program.





# FİZYOTERAPİ PROGRAMI

## Makale

Fizyoterapi Programı Öğretim Görevlisi İrem Nur Şener ve Öğretim Görevlisi Uğur Ovacık'ın 'Is Exergaming Really Effective in Improving Participation in People with Multiple Sclerosis? A Systematic Review' başlıklı çalışması yayımlanmıştır.

## Article

The article titled 'Is Exergaming Really Effective in Improving Participation in People with Multiple Sclerosis? A Systematic Review', co-authored by Lecturer İrem Nur Şener and Lecturer Uğur Ovacık from the Physiotherapy Program, has been published.



Multiple Sclerosis and Related Disorders 98 (2022) 109426

Contents lists available at ScienceDirect

Multiple Sclerosis and Related Disorders

Journal homepage: [www.elsevier.com/locate/msard](http://www.elsevier.com/locate/msard)

Review article

Is exergaming really effective in improving participation in people with multiple sclerosis? A systematic review

Uğur Ovacık<sup>a,\*,</sup> Pelin Vural<sup>b, c,</sup> İrem Nur Şener<sup>a, d,</sup> Kubra Nur Menengic<sup>e,</sup> Gökçen Erol<sup>f,</sup> Yonca Zenginler Yazgan<sup>g,</sup>

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ARTICLE INFO

Keywords:  
Multiple sclerosis  
Exergaming  
Participation  
Quality of life  
Community integration

ABSTRACT

**Background:** Exergaming has been frequently used in rehabilitation programs for people with multiple sclerosis (PwMS). However, its effects on the participation domain of the International Classification of Functioning, Disability, and Health (ICF) remain uncertain.

**Objective:** To examine the effects of exergaming on participation and the assessment tools used to evaluate participation in PwMS.

**Method:** The review was performed according to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines and the protocol was registered on PROSPERO. Three databases (PubMed, Web of Science, and Scopus) were searched through February 2024. Selection of eligible studies was conducted by two independent reviewers and only randomized controlled trials were included. The methodologic quality of the included studies was determined using the PEDro scale. Data were categorized by two independent researchers as follows: demographic and clinical characteristics of the participants, content and duration of the treatment, outcome measures used, and the effects of exergaming on participation.

**Results:** Seventeen randomized controlled trials with a total of 942 participants were included. The outcome measures used in the studies were not specific to the participation component of the ICF. It was observed that participation was most frequently evaluated through quality-of-life questionnaires, as well as mood, motivation/satisfaction, technology acceptance, or adherence assessments were used. Seven studies assessing quality of life reported statistically significant differences after exergaming.

**Conclusion:** Exergaming interventions have been shown to improve participation-related factors including quality of life, mood, and treatment adherence in PwMS. However, future studies should prioritize increasing participation and assess improvements using targeted outcome measures.

Dergi Kategorisi:SCI-E, Q2



# SOSYAL HİZMETLER-FİZYOTERAPİ PROGRAMI

## Makale

Sosyal Hizmetler Programı Dr.Öğretim Üyesi Gülizar HOŞTEN ve Fizyoterapi Programı Öğretim Görevlisi Barış ÇELBEK'in 'MUSCULOSKELETAL PAIN AND ABSENTEEISM: THE INFLUENCE OF ERGONOMIC AWARENESS IN HIGHER EDUCATION EMPLOYEES' başlıklı çalışması yayımlanmıştır.

## Article

The study entitled 'MUSCULOSKELETAL PAIN AND ABSENTEEISM: THE INFLUENCE OF ERGONOMIC AWARENESS IN HIGHER EDUCATION EMPLOYEES', authored by Asst. Prof. Gülizar HOŞTEN from the Social Services Program and Lecturer Barış ÇELBEK from the Physiotherapy Program, has been published.



Ergonomi 8(1), 12 - 25, 2025  
e-ISSN : 2651 - 4877

Ergonomics 8(1), 12 - 25, 2025  
DOI: 10.33439/ergonomi.1580237

## MUSCULOSKELETAL PAIN AND ABSENTEEISM: THE INFLUENCE OF ERGONOMIC AWARENESS IN HIGHER EDUCATION EMPLOYEES

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### Keywords

Musculoskeletal system  
Absenteeism  
Ergonomic awareness  
Occupational health  
White-collar worker

### Abstract

This study aims to investigate the relationship between the ergonomic awareness of academic and administrative staff at universities and their reported musculoskeletal pain. It also aims to assess the effect of this pain on absenteeism, as indicated by health reports and sickness permits. The study used a sociodemographic information form to assess absenteeism, the Cornell Musculoskeletal Discomfort Questionnaire (CMDQ) to evaluate musculoskeletal pain, and the Postural Habits and Awareness Questionnaire (PHAQ) to measure ergonomic awareness. The study included 242 female and 120 male participants, with an average age of 38 years. Significant pain in the neck, back, and waist was reported by participants in the past 7 days (neck: 10.16%, back: 11.61%, waist: 10.37%). However, neck, back, and waist pain did not contribute to absenteeism ( $p = 0.776$ ,  $p = 0.612$ ,  $p = 0.196$ ). A significant correlation was found between CMDQ scores for neck, back, and waist, and all PHAQ sub-factors. Low ergonomic awareness leads to postural discomfort and absence from work. Ergonomic training is essential to reduce musculoskeletal pain and enhance productivity among academic and administrative staff. Improving postural awareness can significantly reduce neck, back, and waist pain caused by prolonged sitting and improper work positions.

Dergi Kategorisi: TR DİZİN



# OPTİSYENLİK PROGRAMI

## Makale

Optisyenlik Programı Öğretim Üyesi Doc. Dr. Ulaş ÖZDEM'in '*Shedding light on the nature of the Pcs(4459) pentaquark state*' adlı çalışması yayınlanmıştır.

## Article

The study entitled '*Shedding Light on the Nature of the Pcs(4459) Pentaquark State*', authored by Associate Professor Dr. Ulaş Özdem from the Opticianry Program, has been published.



## Shedding light on the nature of the $P_{cs}(4459)$ pentaquark state

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To shed light on the properties of states whose nature, internal structure, and spin-parity quantum numbers are not fully elucidated, we systematically study their electromagnetic properties. In light of this concept, we present a comprehensive analysis of the magnetic dipole moment of the  $P_{cs}(4459)$  pentaquark within the context of QCD light-cone sum rules, utilizing three distinct interpolating currents in the form of diquark-diquark-antiquark configurations that are likely to couple this pentaquark with  $J^P = \frac{3}{2}^-$  quantum numbers. The numerical analysis yielded the following results:  $\mu_{\rho}^1 = -0.60 \pm 0.15 \mu_N$ ,  $\mu_{\rho}^2 = 1.60 \pm 0.30 \mu_N$ , and  $\mu_{\rho}^3 = 0.99 \pm 0.20 \mu_N$ . The numerical results obtained have led to the conclusion that the magnetic dipole moments of the  $P_{cs}(4459)$  state are capable of projecting its inner structure. As is seen, the different diquark-diquark-antiquark configurations of the  $P_{cs}(4459)$  pentaquark state contain important information about its internal structure. Thus, this study will provide prominent data to investigate the inner structure of the  $P_{cs}(4459)$  pentaquark state. We compared our results with other theoretical predictions that could be a useful complementary tool for interpreting the nature of the  $P_{cs}(4459)$  state. A thorough examination reveals that the results obtained by employing disparate theoretical approaches and different internal structure models are not consistent with each other. It is recommended that further studies be conducted using alternative non-perturbative techniques to gain a more comprehensive understanding of the observed results.



# İLETİŞİM

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