

The impact of being vegan by Palestinian nurses and midwives on their professional and personal life using qualitative approach

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Abstract:

Introduction: With the growth of social media as a platform to share information, veganism is becoming more visible. This study attempted to review literature in order to provide information for nurses and midwife and their experience being vegan.

Aim: This study aimed to explore the experience of vegan nurses or midwives and to determine the effects on their own physical, psychological and professional life, and to know the advantages and disadvantages for vegan diet.

Methodology: Qualitative interview was adopted in this study using thematic analysis approach .Study was conducted in two Palestinian cities (Nablus and Qalqelia) ,with 4 participants working in Palestinian hospitals and university

Result: In this study three main themes have emerged: (1) Reasons to be vegan. (2) Factors that helped them. (3) Effects to be vegan.

Conclusion: The result of the study demonstrated that many of Palestinian health care providers didn't have the enough knowledge about vegan diet neither determined it as a lifestyle .The mine causes were lake of the knowledge in this citrine lifestyle and the nature of the traditional dishes that mainly consist meat products .These causes had significantly negative effects on the amount of health workers that are restrict to vegan diet.

Recommendations: The study recommended nurses and midwives to restrict to vegan lifestyle .In order to reduce the amount of the diseases that may health care providers came across in their lives and could be ridden of by this life style.

Key words: Overweight, Rheumatoid arthritis, vegan diet, Nursing, midwife, skin acne, Allergy, stress, experience, lifestyle.

