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The Use and Misuse of Mobile Phones in the Maternity Ward—A Threat to Patient Safety?

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Abstract
An important task for the midwife is following up mother-child interaction to facilitate mother-infant attachment. The aim of this study was to explore midwives' perceptions of parents' use of mobile phones in the maternity ward. The research question was: Is the use of mobile phones in the maternity ward a threat to patient safety? Two focus group interviews exploring midwives' perceptions (n = 10) of parents' use of mobile phones during and after the birth were conducted in January 2016. Systematic text condensation was used to analyse the data, revealing three themes pertaining to safety concerns: Interrupted communication due to parents' excessive use of mobile phones during labour and postnatally. Unsafe care caused by lack of attention to the newborn baby's signals as a result of being distracted by the mobile phone and Unsafe care because of parents interrupting their conversation with the midwife by answering the mobile, acting as a disrespectful manner and failing to pay attention. The midwives' descriptions of parents' use of mobile phones in the maternity ward indicated reflections on mobile phone usage as a persistent phenomenon. They were concerned that parents' use of mobile phones in the maternity ward could negatively affect the attachment process and con-

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ORIGINAL ARTICLE

Does the Excessive use of Mobile Phones in Young Adults Reflect an Emerging Behavioral Addiction?

Ritu Nehra, Natasha Kate, Sandeep Grover, Nilasha Khehra, Debasish Basu

ABSTRACT

Background and objective: Mobile phones have become an essential part and parcel of modern life. Some of the studies have shown potentially adverse consequences of excessive mobile phone use. Aim of this study was to explore the pattern of mobile phone use among young adults and evaluate the mobile phone use pattern on the substance dependence criteria and assess the adverse consequences of mobile phone use.

Materials and methods: A 46-item questionnaire based on the ICD-10 substance dependence syndrome criteria, CAGE questionnaire and keeping the possible adverse consequences of excessive use in mind was given to the participants.

Results: A total of 212 young adults with a mean age of 21.6 years participated in the study. About one-third of the participants met three or more of the ICD-10 diagnostic criteria for substance dependence and more than half (57.1%) fulfilled two or more items on the CAGE questionnaire. Those who fulfilled the dependence criteria spent more time per day on the mobile phone and more frequently had harmful consequences on various aspects of life.

Conclusion: Excessive mobile phone use is associated with adverse consequences in different spheres of life and some subjects use it in dependent pattern.

Keywords: Mobile dependence, Health consequence, Prevalence, India.

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Conflict of interest: None

INTRODUCTION

Over the last 15 years there has been tremendous growth in the use of mobile phones because of its usefulness in communication and interactions in the sphere of work and private life. Besides communication, mobile phones have been used for other purposes like of playing games, listening to music, etc. Studies have also shown that use of mobile phone for social networking and e-mail has helped to reduce loneliness¹ and in making friends.² Resultantly mobile phones have become part and parcel of life of the user. Further, mobile phones have been used for smoking cessation³ and management of severe mental disorders.^{4,5}

However, excessive use of mobile phone is also associated with negative health consequences. The various negative consequence of mobile phone use include exposure

to electromagnetic fields, headaches, earache and warmth sensations, perceived concentration difficulties, fatigue, dizziness, facial dermatitis,⁶⁻¹⁰ development of brain tumors^{11,12} frustration^{1,7} and musculoskeletal symptoms due to intensive texting.¹³ Also, electromagnetic radiations have been thought to affect the sleep electroencephalogram¹⁴ and melatonin production.¹⁵ Mobile phone use while driving has been associated with increased incidence of road traffic accidents.^{16,17}

However, in recent times, some of the studies have focused on the psychosocial consequences of mobile phone use. A recent prospective study showed that at 1 year of follow-up, increased mobile phone use is associated with symptoms of depression in subjects of either gender and increased sleep disturbances in men.¹⁸ Further, it is suggested that excessive mobile phone use have been associated with deterioration in the family life as one of the members attends phone calls ignoring those involved in the face to face conversation.¹⁹ Another recent study from Japan, involving 94,777 adolescents showed that use of mobile phone for calling and for sending text messages after lights out was associated with sleep disturbances in the form of short sleep duration; subjective poor sleep quality, excessive daytime sleepiness and symptoms of insomnia.²⁰

Considering the excessive use of mobile phone, some authors have developed questionnaires for the assessment of problematic mobile use, psychological consequences of mobile phone use and mobile phone addiction.²¹⁻²⁶

Studies which have evaluated mobile addiction, have shown that some of the participants meet the criteria of excessive use in terms of economic cost and amount of use, problems with parents due to excessive use, socio-occupational dysfunction, psychological withdrawal and tolerance.²⁷ Other studies suggest that majority of the mobile addicts are teenagers, who are shy and have low self-esteem.²⁸ Authors have also described disorders like textaphrenia (thinking that they have heard a message come in or felt the device vibrate when it actually has not), textxiety (feeling anxious of not receiving any texts or not being able to send any), post-traumatic text disorder (physical and mental injuries related to texting) and binge texting (sending multiple texts to feel good about themselves and to attract responses).

India has the 2nd largest mobile phone customer base, after China and the customer base is expanding in India at a faster pace than that of China. However, no systemic data



2nd year English Essays

Article 1

Should mobile phones be banned from schools?

"You'll have someone's eye out with that" used to be the refrain of teachers in my day. In malevolent hands, a pencil, a rubber, even a piece of paper could become a lethal weapon in class, and that's before we got on to compasses and Bunsen burners.

A mobile is the same: a potentially potent tool for learning but strangely feared in a school pupil's hand, where it is assumed to wreak havoc with concentration, unleash cyber bullying and surreptitiously video up teachers' skirts.

But isn't it also madness when schools that cannot afford modern IT facilities ignore the powerful computers in every pupils' pocket?

I was amazed when I visited my old school recently: having remarked how sorry I felt for teachers in the mobile era, several teachers immediately declared how useful they were in class. There's even an acronym for it: BYOD, or Bring Your Own Device. As one teacher has argued in the Guardian, this is the future: students using their trusted devices rather than a machine they leave in school at the end of each day.

Jo Debens, a geography teacher at Priory School, Portsmouth, a comprehensive with a mixed intake, was dashing out to take 30 pupils orienteering when we spoke: her students were testing whether it was easier to use an OS map or a mobile phone's mapping services.

Earlier this year, the school drew up a "mobile device policy" in consultation with students.Mobile phones are allowed in school and used in class at the teacher's discretion, with a clear system of sanctions applied for misuse. Since the policy was introduced, only 1.4% of negative behavioural incidents have been connected with mobiles.

Pupils record homework tasks on their phone's calendar (why do they forget homework diaries but never their textbooks?) and in Debens's geography classes they use the camera function to record things and report back to class. They also use mobile internet for independent research.

"We're always being told as teachers that we should give pupils differentiated learning and personalise it. Now they can," says Debens of using mobiles. "Like anything, it's only useful in the hands of the user. They are not the be-all and end-all. We would have death by Wikipedia if all people were doing was cutting and pasting from them."

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Cell phones along with your monthly service plans can be expensive. Continue reading to learn how to get the best offer on your mobile phone plan. What is a mobile phone plan? For those with the Internet at home, they rarely move away from their home, a monthly mobile phone plan can be a waste of money. Using an intelligent phone, you can use the Tapping phone on the Wi-Fi network at home. If you travel a lot or are far from your home on a regular basis, having a mobile phone plan gives you the freedom to access the Internet and make and receive calls and text messages from the comfort of your phone, no matter Where is it located. While having a connection with the close cell tower of your provider. There are a variety of Mobile Telephone Service Carriers. The most common in the United States are Verizon, Sprint, T-Mobile, AT & T, Metro, PCs, Boost and Cricket. There are three main aspects to consider when buying a mobile phone plan. You should look at the limits regarding: Talk Text Messaging Internet data Look at the previous mobile account statements to get a good idea of how much talk, text and data you use. This gives you a clear image of the móvil plan type to buy advancing. Get a plan that fulfills your need, the best way to save money on a mobile phone plan is to buy one that fully meets your needs. You can buy a limit plan how much you can use the phone with respect to making and receiving calls and texts and accessing the Internet. It also has the option to buy an unlimited plan. Many carriers allow you to customize your plan. Take, for example, do not do or receive many calls each month, but you are a heavy text courier. A good plan for you would be one with 100 minutes of unlimited conversation and messaging. You can also add a certain number of gigabytes by value of Internet data if or the phone to access the Internet. Go unlimited talk and text plans are ideal for people who earn more than 100 minutes of calls andhundreds to thousands of messages every month. Usually, you can get this type of plan for around \$40 a month. For an unlimited talk, text and data plan, you're thinking of spending between \$50 and \$70 a month. Skip insurance and sign up for auto-payAnother way to save money on a mobile plan is to skip insurance. If you're not prone to breaking or cracking your phone, you may never need it. Finally, many companies offer discounts if you sign up for auto-pay. You can save up to \$5 or more by signing up. Over the course of a year, the savings can be equivalent to a full month of mobile service. In addition, signing up prevents you from missing your payment date, which is useful to avoid late charges. MORE QUESTIONSANSWERED.NET According to a Bugs Bunny cartoon I saw recently from the 1960s, we are now in the very distant future and should be hunting rabbits with laser-type weapons. We haven't gotten that far in weapon technology yet, but many inventions and advances have come a long way. For example, many of my co-workers don't remember the revolving phone with the game line, or using an answering machine to receive your messages while you're away. Now, the phone has become much more than just a device for making or receiving phone calls. Today's cell phones can do much more, having become another appendage for many people, not being able to spend an hour without their phone. And with this addition, come the dangers of social networks, which can be accessed at all times. How it all started The mobile phone was first invented in the early 1970s for the fashionable entrepreneur or executive and was usually found in a vehicle. These phones were too big and too big to be transported as we do today. As they became a social status, Technology of telephones improved rapidly and made smaller and easily transportable. Social networks were already introduced in the DÁ © each of 1960, but they really became popular in the 1980s with popularity popularity The home computer. Interconnection, or Internet chat... show more content... There are a lot of ways to use social networks, both professional and personal. However, one must make an ethical decision on how they would want to use this app. Personal social networks can be used to socialize with friends and family both close and far, or to make new friends with similar hobbies, or to connect with people who have or had similar events of life. Social networks can be used to investigate a multitude of information, such as schools, recipes, entertainment; it seems that there is no end to what can be found on social networks Photo Courtesy: Adobe Stock Today's wireless phones feature a variety of technology, keyboard and screen displays, and can be purchased at a variety of prices. Below you will find the best wireless phones on Amazon, each with unique features that benefit you as the user. Whether you're looking for enhanced call block features or a phone able to store all your contacts, these devices provide a solution that meets your needs. More than CONSUMERSEARCH.COM CONSUMERSEARCH.COM 2021-12-25 · These mobile network tracking datasets have been commercially available long beforehand. The public health agency simply put them to use to get accurate measurements of how much lockdown restrictions were actually translating into reduced movement. Public health agencies have long been entrusted with handling personal information that is much more ... 2020-10-02 · If everyone you know uses Apple's ... with a number of new protections against third-party app abuses. Android 11 lets you grant one-time access to location and other private data, but iOS 14 now ... 2017-12-11 · There is a now a vast amount of data available on environmental conditions, migration and conflict situations thanks to social media, crowd-sourced data and tracking devices on vehicles, mobile phones and other sensors. Cloud computing and big data analysis can use this data to analyse key trends and provide early warnings for critical issues before they occur, ... 2021-07-18 · Sections 1 to 8 of this report outline the forensic traces left on mobile devices following a Pegasus infection. This evidence has been collected from the phones of HRDs and journalists in multiple countries. Finally, in section 9 the report documents the evolution of the Pegasus network infrastructure since 2016. NSO Group has redesigned their ... 2018-01-23 · Forced labor and other rights abuses are widespread in Thailand's fishing fleets despite government commitments to comprehensive reforms. The report and a 15-minute film were released at a ... 2021-12-09 · Sources: the US will ban investment in SenseTime on Friday over human rights abuses against Uyghurs, as the Chinese AI company prices its shares in Hong Kong — Facial recognition software specialist targeted for allegedly enabling human rights abuses — The US will put SenseTime ... 2018-09-18 · Figure 1: Scope, scale, and context of Pegasus as identified in this report. 1. Executive Summary. Israel-based "Cyber Warfare" vendor NSO Group produces and sells a mobile phone spyware suite called Pegasus.To monitor a target, a government operator of Pegasus must convince the target to click on a specially crafted exploit link, which, when clicked, delivers a ... Shigetaka Kurita creates 176 emojis for the release of the Japanese mobile phone operator NTT DoCoMo's integrated mobile internet service "i-mode", debuting in February of 1999. The service only allowed for 250 characters which gave Kurita the challenge to figure out a way to communicate in an expressive but short way. Even though the emoji set isn't the first, it is the ...

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