



MCON E-news letter

A half yearly E-newsletter of Manipal College of Nursing MAHE Manipal
Volume 3 /Issue 1, July- December 2018

ACADEMIC

FACULTY DEVELOPMENT PROGRAM



The Continuing Nursing Education committee organized Faculty Development Program(FDP) on July 26 & 27, 2018. A total of 70 faculty members benefitted from this Faculty Development Program.



The Chief Guest Dr. Sandeep S Shenoy, Director Compliance, MAHE and Head, Department of Commerce, MAHE, Manipal in his inaugural speech, insisted that the college should closely work on benchmarking with other nursing institutions in Asia in order to strive for excellence..

FRESHER'S ORIENTATION



Freshers' Orientation programme was organized for the 2018 batch of BSc(N), PBBSc(N) & MSc(N) on August 1, 2018. The Chief Guest of the programme, Dr Raghu Radhakrishnan, Director, International Collaborations, Manipal Academy of Higher Education addressed the newly joined students and their parents. He gave a brief overview of Manipal Academy of Higher Education (MAHE), Manipal.

WORLD BREAST FEEDING WEEK CELEBRATION

The Department of Child Health Nursing, Obstetrics and Gynecological (OBG) Nursing and Community Health Nursing observed 'World Breastfeeding Week' from August 1 to 7, 2018 by conducting series of events on the theme "Breastfeeding: Foundation of Life and Nourishment for Life".

Activities conducted were:

- ❖ Awareness among the community.
- ❖ Educating the health care professionals on breast feeding.
- ❖ Awareness programme on "Breastfeeding" for mothers and caregivers
- ❖ Lactation counselling
- ❖ Talk in Radio FM-90.4.



4th CURRICULUM CONVENTION

Fourth curriculum convention was organized on August 22, 2018. The significance of the curriculum convention and the theme for the day was "Competency Based Education".



Dr Pragna Rao Dean, KMC Manipal said every student has his/her own learning curve and it's the prime responsibility of the teacher to facilitate student progress from novice to proficient and finally towards expertise.



Dr Vinita Ravindran Professor, College of Nursing, CMC Vellore in her session, emphasizing on competency said competence is a state and competence is a behavior or core abilities of a person to perform which is based on holistic approach.



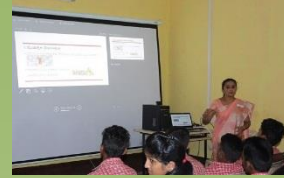
NATIONAL NUTRITION WEEK

Fourth year BSc Nursing students & faculty of the Department of Community Health Nursing, observed “National Nutrition Week” from 1st to 7th September 2018 at Higher Primary School, Hirebettu. Activities included health awareness programme on “Impact of child’s nutrition on their growth and development” on September 7th 2018 from 9.30 am to 12 noon. A total of 72 school children participated in the event.



WORLD SUICIDE PREVENTION DAY

The “World Suicide Prevention Day” was observed on September 12, 2018 by the students & faculty of Department of Psychiatric Nursing



It was observed at Government Composite High School, Rajeev Nagar, Udipi between 2.30 to 4.00 pm for 40 students and a talk was delivered on the topic ‘factors leading to suicide and its prevention among adolescents’.



WORLD ALZHEIMER'S DAY

The “World Alzheimer’s Day” was observed at Terrier Training Centre, Kamath Circle Manipal, from September 24 to 27, 2018 between 8.00 & 9.30am. The programme was organized by the faculty of Department of Psychiatric Nursing and the III year BSc Nursing students. Session on identification, treatment and prevention of Alzheimer’s disease was discussed among the group. Total 200 security personnel participated in the program.



WORLD HEART DAY

“World Heart Day” was organized by IV year BSc Nursing students and the faculty of the Department of Community Health Nursing, in association with Primary Health Centre (PHC), Malpe on September 27, 2018 for the general population.



Dr. Subramanya Rao, Medical Officer, Hirebettu, was the resource person. He introduced the theme “My Heart, Your Heart”, & highlighted the worldwide and national level prevalence of cardiac diseases and medical management for the heart problem.



150th BIRTH ANNIVERSARY OF MAHATMA GANDHI



“A clean India would be the best tribute we could pay to Mahatma Gandhi on his 150 birth anniversary” during the launch of Swachh Bharat Mission.

As part of this abhiyan, “The Swachhta Pledge Taking Ceremony” was organized by Manipal College of Nursing Manipal on September 5, 2018 at Dr. TMA Pai Hall, II Floor. Mrs. Savitha, Assistant Professor, delivered the Swachhta Pledge. More than 550 students and faculty took the pledge to remain committed towards cleanliness.

A seminar on ‘Swachh Bharat’ was conducted for the Nursing students of Manipal College of Nursing Manipal by Mr. Vinish, Assistant Professor, Community Health Nursing.

He highlighted on the role of students who can act as ambassadors of cleanliness and motivate others to keep their homes, school and surroundings clean.

OBSERVATION OF SURGICAL STRIKE DAY

Manipal College of Nursing Manipal observed the Surgical Strike day on September 29, 2018 at 11.30 am. Lt Col Suresh Kumar, Deputy Chief Warden, MIT, MAHE Manipal the guest speaker highlighted the significance of the day, the sacrifices done by the brave Indian soldiers in order to protect the nation.



He also expressed the career opportunity for nurses in the field of defence. Total of 100 students and 20 faculty participated in the program.

WORKSHOP ON SYSTEMATIC REVIEW AND META-ANALYSIS

Workshop on systematic review and meta-analysis was organized by full time PhD scholars on October 4 and 5, 2018. The workshop was attended by 35 participants from constituent units of MAHE and other institutions.



On October 4th, the workshop was formally inaugurated by Dr. H. Vinod Bhat, Vice Chancellor, MAHE. In his address he emphasized the importance of secondary data obtained through systematic reviews and meta-analysis and its current need.

DAAN UTSAV

Voluntary Service Organisation (VSO) of Manipal College of Nursing Manipal organised Kreedha Anand, Taradarshan and Arogya Bodhan as part of Daan Utsav celebration 2018.



Kreedha Anand: An interactive session with high school students of Rajeev Nagar was held on October 6, 2018.

Taradarshan: A visit to the Dr TMA Pai planetarium arranged with students of 8th and 10th of GCHS Rajeev Nagar.

Arogya Bodhan: Health teaching on side effects of chemotherapy and its management was conducted for the in-patients of Oncology wards, Kasturba Hospital, Manipal on October 8, 2018. 70 participants (patients and their relatives) attended the program.

WORLD MENTAL HEALTH DAY

Department of Psychiatric Nursing, along with postgraduate students conducted series of events in relation to 'World Mental Health Day' in the month of October 2018. Dr. Ravindra, Assistant Professor, Department of Psychiatry, Kasturba Hospital, Manipal was the Chief Guest for the program on October 11, 2018. He addressed the patients and caregivers of Kasturba Hospital, Manipal and gave an awareness regarding adolescent mental health.



Conducted Seminar at Dr. G Shankar Government Women's First Grade College and Postgraduate Center, Ajjarkad, Udupi on "managing stress and finding the ways to develop coping strategies to reduce the stress".



LAMPLIGHTING CEREMONY

The lamp lighting ceremony for the 29th batch of BSc Nursing students was held on October 13, 2018 at Shirdi Saibaba Conference Hall Kasturba Hospital.



Chief Guest for the session Mrs Gracy Lobo, Nursing Superintendent KMC Attavar highlighted about 3 'C's of nursing profession, Viz Care, Cure and Coordination as well as 3 'H's Hand, Heart and Head required for passionate nursing care.

A total of 99 first year BSc Nursing students lit the light and took oath..



WORLD IODINE DEFICIENCY DAY

"World Iodine Deficiency Day" is observed on October 21, every year. Department of Community Health Nursing and 4th year BSc Nursing students organised program on the day at Madaga Anganwadi center on October 26, 2018. The programme was followed by a role-play integrated with health teaching on the topic of 'Iodine Deficiency Disorders - Manifestations, Treatment and Prevention'. A total of 27 participants of various age groups attended the programme.



WORKSHOP ON OSCE

Workshop on “OSCE” was organized by Department of Fundamentals of Nursing, on November 2, 2018. The program was formally inaugurated by Dr. Christopher Sudhakar, Director Quality, MAHE Manipal. In his key note address, he emphasized the importance of conducting OSCE for Nurse Educators and impact on student performance. Total 23 participants attended the workshop.



WORK INTEGRATED LEARNING PROGRAMME

Manipal College of Nursing Manipal, MAHE organized “Work integrated learning programme” on First Aid/CPR & Dietary and Therapeutic Botanical Product Development in collaboration with Welcome group Graduate School of Hotel Administration (WGSHA) for MSc students of Dietetics and Applied Nutrition (DAN) on 9th November from 1.30 pm to 4.30 pm in GFATM class room, 6th floor MCON. Twenty four Postgraduate students from WGSHA participated in the program.



WORLD DIABETES DAY

Department of Medical Surgical Nursing, observed “World Diabetes Day” 2018 on November 14, 2018. Activities were poster competition, educating Anti-Naxals on diabetes mellitus and participation in mega screening camp in and around Udupi District. A total of 91 police trainees were screened and those identified with the health problems were referred to hospital for further management.



NEWBORN WEEK CELEBRATIONS



The Departments of Obstetrics & Gynecological (OBG) Nursing and Child Health Nursing, observed the ‘Newborn Week’ from November 15 to 21, 2018 based on the theme “Preterm Birth”.

The activities conducted were:

1. Workshop on ‘Thermal Protection for Preterms’ for the health care professionals, teaching staff and students.
2. Sensitization programme on “Preterm birth and Kangaroo Mother Care (KMC) for preterms” for the health care professionals.
3. Poster competition on the theme “Preterm Birth”
4. Awareness program on “Preterm birth and care of preterms” for the postnatal mothers and their caregivers.
5. Hands-on Workshop on ‘Thermal Protection for Preterms’ for the Nursing staff

WORLD AIDS DAY

Department of Fundamentals of Nursing observed World AIDS Day on December 1, 2018. The theme for 2018 was “Know your status”. An awareness program on HIV/AIDS was conducted by the faculty of MCON for 10th standard students of Perdoor High School.



An interactive session titled “Be aware Take care” was conducted among third year Diploma in Nursing and Midwifery students of Manipal School of Nursing Manipal



WORKSHOP ON DEVELOPMENTAL SUPPORTIVE CARE (DSC)

The department of Child Health Nursing, organized the workshop on “Developmental Supportive Care (DSC)” on December 08, 2018 at MCON Manipal. Total 46 participants including the staff nurses, faculty and students from Manipal attended the workshop.



*Research***Research publications (July - December 2018)**

- Vaz, C.J., Pothiyil, T.D., George, L.S., Alex, S., Pothiyil, D.I., Kamath, A. (2018) Factors influencing examination anxiety among undergraduate nursing students: An exploratory factor analysis. *Journal of Clinical and Diagnostic Research.* 12(7); JC16-19
- Antony, L., George, L., Jose, T. (2018). Stress, coping, and lived experiences among caregivers of cancer patients on palliative care: A mixed method research. *Indian Journal of Palliative Care.* 24(3); 313-19
- Nayak, S.G., Pai, M.S., George, L.S. (2018) Self-image and quality of life among head and neck cancer patients. *Journal of Clinical and Diagnostic Research.* 12(8); VC01-05
- Mishra, R., Chakrabarty, J. (2018) A Study to Describe Cerebral Perfusion Pressure Optimization Practice among ICU Patients of Tertiary Hospital of South India. *International Journal of Caring Sciences*
- Salins, C.C., D'Souza, A., Nayak, M.G. (2018) Knowledge, perception and psychosocial preparedness for menarche among adolescent girls of Udupi District, Karnataka. *Indian Journal of Public Health Research and Development.* 8(7); 13-17
- Jayan, A., Patil, N., Praveen, Noronha, P.J., D' Souza, W.S., Nayak, M.G., Vinish, V. (2018) Knowledge and support of family members in the management of diabetes mellitus among diabetic adults. *Indian Journal of Public Health Research and Development.* 9(8);163-68
- Anusha, Shashidhara, Y.N., Jeyalakshmi, K. (2018) Vaccination coverage and perceived barriers to immunization as identified by mothers of under five children in rural areas of Udupi district, Karnataka, India. *Journal of Clinical and Diagnostic Research.* 12(8); VC15-18
- Sulochana, B., Nayak, D.M., Kurien, A., Kamath, V.G., Kamath, A., George, A.(2018) Effectiveness of a comprehensive educational programme for Accredited Social Health Activists (ASHAs) to identify individuals in the Udupi district with bleeding disorders: A community-based survey. *Haemophilia.* 24(5);741-46
- Pai, R, Radkika (2018). Knowledge, attitude and practice of breast self-examination (BSE) among female health workers of selected hospitals of Dakshina Kannada district, Karnataka. *Indian Journal of Public Health Research and Development.* 9(9); 265-70
- Nayak, S.G., D'Souza, P.J.J. (2018). Learning styles and academic outcome among nursing students-systematic review. *Indian Journal of Public Health Research and Development.* 9(9); 114-19
- Sally Jane, J.K., Margaret, B., Chandy, P. (2018). Factors influencing the sleep quality among the undergraduate nursing students of Udupi district. *Indian Journal of Public Health Research and Development* 9(7); 24-29
- Prathibha, J., Lobo, D.J., Nayak, S.G., Vandana, K.E. (2018). Knowledge on infection control measures among health care workers in hemodialysis unit of a tertiary care hospital. *Medico-Legal Update.* 18(1); 225-37
- Nayak, B.S., D'souza, A., Shetty, S., Ravishankar, N. (2018). Prevalence of childhood hypertension in South Asia: A systematic review and meta-analysis. *Journal of Clinical and Diagnostic Research.* 12(10); LC13-18
- Shashidhara YN., Ladd, E.(2018). Team based learning an active teaching and learning pedagogy: A narrative literature review. *Indian Journal of Public Health Research and Development.* 9(10); 242-
- Amin, M., Barboza, L.L., Fernandes, L.C., Kyizom, D., D'mello, J.V., Rajarathnam, R., D'Souza, J.P., Susan, C. (2018) Awareness on newly initiated government schemes and utilization among village people. *Online Journal of Health and Allied Sciences.* 9(7) ;01-03
- Pai, M.S., Lewis, L.E., S, Y., Priyadarshini, S., Margaret, B. (2018). Mortality and morbidity among preterm neonates in neonatal intensive care unit. *Online Journal of Health and Allied Sciences.* 17(3).
- Ansuya, Nayak, B.S., Unnikrishnan, B., Ravishankar, N., Shetty, A., Mundkur, S.C.(2018) Malnutrition among children in Karnataka: A systematic review and meta-analysis. *Journal of Clinical and Diagnostic Research.* 12(11); LC30-36
- Khaund, K., Sudhakar, C., Vaz, C.J. (2018) Infection control prevention practices on pulmonary TB transmission among health care personnel of selected hospital in India. *Journal of Clinical and Diagnostic Research.* 12(11); 10-15
- Katha Mukherjee, Leena Sequira, Charlet Jasmine Vaz. Knowledge and Perceived Health Benefits of Percutaneous Transluminal Coronary Angioplasty among Patients with Coronary Heart Disease. *Journal of Clinical and Diagnostic Research.* 12(12); LC01-05.
- Noronha, J.A. (2018) Dietary intake of macronutrients and micronutrients among adolescent girls: A cross sectional study. *Clinical Epidemiology and Global Health .*
- Nayak, A., Yesodharan, R.. (2018) A Study on Quality of Life (QOL), Stress and Coping among Wives of Alcohol Dependence Syndrome (ADS) Clients Admitted in Selected Hospitals of Udupi District
- Gupta, A., Noronha, J.A., Shobha. (2018) Macronutrient and micronutrient knowledge among adolescent girls of udupi taluk Karnataka. *Indian Journal of Public Health Research and Development.* 9(10); 190-94
- Christabel, S., Sudhaker, C., Varma, M., George, A., Santatombi,E (2018). Uncovering the burden of healthcare associated infections (HAIs) in Indian hospitals: A review. *Indian Journal of Public Health Research and Development.* 9(11); 148-53
- Sheilini, M., Devi, E.S., D'souza, J.P. (2018) Knowledge of critical care nurses on cardiac medications-need for reinforcement workshop. *Indian Journal of Public Health Research and Development.* 09 (11); 214-25.
- Nayak, S.G. (2018) Time Management in Nursing –Hour of need. *International Journal of Caring Sciences*

International

OVERSEAS IMMERSION PROGRAMME (OIP) Ngee Ann Polytechnic Singapore

As a part of Overseas Immersion Programme (OIP), the students and faculty members of Ngee Ann Polytechnic Singapore visited Manipal College of Nursing Manipal, MAHE from September 16 to 6 October 2018.



The team consisted of 43 students and three faculty members. Visits to different places were arranged such as Experience Theatre, MAHE Campus, Museum of Anatomy and Pathology (MAP), Kasturba Hospital, Simulation Centre, Library, Marena and Smrithi Bhavan. The group also visited Spandana Rehabilitation Centre at Nejar, SDM Ayurveda Hospital at Udyavara, Primary Health Centre, Hiriadka, City Centre Mall in Mangalore and Murudeshwara Temple, Murudeshwar.

GUEST LECTURE

A guest lecture on “Adolescent Medicine and Childhood Cancer” was organized by the department of Child Health Nursing on October 22, 2018.

Dr. Raj Warriar, former Vice-Chancellor, MAHE, Manipal had an interactive session on types of cancers among children, with emphasis on interventions to prevent infections.



Dr Rocky Mollere discussed the importance of identifying the problems among teenagers & its management.



CNE AL Salaam International Hospital Kuwait

Faculty from MCON conducted CNE sessions for the staff nurses of Al-Salam International Hospital Kuwait. Sessions on areas such as Advanced Medical Surgical Nursing including Geriatrics, Advanced Nursing Management were taken.

GRADUATE CERTIFICATE TRAINING CENTER

An MoU has been signed between Manipal Academy of Higher Education (MAHE) and International Skills Development Corporation (ISDC), UK, and the University of West of Scotland to set up a state of the art graduate training center at MCON Manipal.



RECRUITMENT PROGRAM

Graduates' Direct Recruitment Program in collaboration with Health Education England (HEE) UK & MCON MAHE, Manipal - An uphill journey on November 10, 2018. They visited to plan a training center at Manipal for IELTS, CBT and OET. They emphasized on having a MoU for having a graduate competency training center at Manipal which could be a referral center for Indian nurses across the country to launch competent nurses for global demands.



INTERNATIONAL INTERNSHIP CLINICAL PLACEMENT-2018

Four students, from University of Stavanger, Norway had observership programme at Manipal College of Nursing Manipal, MAHE for a period of 13 weeks starting from September 14 to December 14, 2018. They had clinical postings in the field of Medial-Surgical Nursing, Community Health Nursing and Psychiatric Nursing with a purpose of acquiring International clinical experience.



Employer Reputation Alumni Point

JESSY CYRIAC (BSC (N)- 1990-1994 BATCH)



I attended 3rd global Manipal alumni convention on 15 December 2018. As one of the first batch of B.Sc nursing graduate (BSc N-1990-1994), I was fortunate enough this time to participate in this great event with my teachers and class mates. Morning I attended alumni led guest lecture and alumni interaction in the college. I spent time in the campus visiting the university and was surprised to see the growth of the campus. The cultural program arranged by MAHE in the evening was excellent. Overall it was a unique experience. I felt happy to come back to my alma mater after a long 24 years. College of nursing has made significant contribution in nursing education that is visible across the globe. I feel proud to be part of the alma mater and thanks for giving me an opportunity to be part of the college.

3RD GLOBAL ALUMNI CONVENTION/ALUMNI MEET



As part of the 3rd Global Manipal Alumni Convention, the Alumni meet of Manipal College of Nursing and Manipal School of Nursing Manipal was held on December 15, 2018. A total of 60 alumni attended this alumni meet. Interactive session on public health and infection control was conducted by our alumni.



SPORTS



Intercollegiate female valley ball match was held on 9th and 10th October, 2018. MCON team bagged the runner up.

UPCOMING EVENTS (JANUARY TO JUNE 2019)

- Annual Sports Day- January 18th
- Republic Day –January 26th
- College Annual Day- February 1st
- World Cancer Day – February 4th
- International Childhood Cancer Day- February 7th
- International Women's Day – March 8th
- World TB Day – March 24th
- World Health Day April 7th
- Midwifery Day – May 5th
- International Nurses Day – May 12th

SNA activities

FRESHERS' DAY CELEBRATION



August 24, 2018.

ONAM CELEBRATION



September 5, 2018 from 3:30pm to 5.00pm.

TEACHER'S DAY



September 5, 2018 from 2:00-3:30pm

DIWALI CELEBRATION



November 7, 2018 from 3:00 to 5:00 PM.

IMPRINTZ



MCON cultural fest "IMPRINTZ 2018" was held on November 12, 2018. Programme was inaugurated by Dr. Deepika Shetty, Director, FOA, MAHE, she highlighted the importance of non-curricular activities for the personality development during the student period.

SEMINAR ON PERSONAL AND PROFESSIONAL DEVELOPMENT



Student Nurses' Association organized half day seminar on Personal and Professional Development on December 15, 2018 from 8.30 am -1pm, for the students of MCON. Session on "Soft skills" was taken by Dr. G Robert Clive, Professor, Crossland College Brahmavar. Dr. Anice George; Dean MCON briefed about qualities of a successful leader in nursing.

CHRISTMAS CELEBRATION



December 17, 2018