



MCON E-news letter

A half yearly E-newsletter of Manipal College of Nursing MAHE Manipal
Volume 2 /issue 2, January - June 2018

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Academic

Awards and Annual day

24th award and annual day celebration was held on 29th January 2018 at Dr. TMA Pai Auditorium. **Dr. Rathi Balachandran**, Assistant Director General of Nursing, Ministry of Health and Family Welfare, Govt. of India was the chief guest and Mr. **Srikanth Phulari**, Registrar, Karnataka State Nursing Council, Bangalore was the guest of honour. Dr Anice George, Dean, MCON Manipal presented the annual report of the college highlighting the various events, activities and achievements of the college. Meritorious students of BSc Nursing, PBBSc Nursing, MSc Nursing and MPhil Nursing were awarded. Ms. Sharal Niveditha D'Sa was the best outgoing BSc Nursing student and Ms Niyola Jenifar Dsilva received the award for best clinical expertise in BSc Nursing outgoing batch 2017. Mrs Ranjini P and Mrs Shalini G Nayak, Asst. Professors received the "Good Teacher" award. Dr Baby S Nayak, Professor, Dept. of Child Health Nursing received the "Most Accomplished" faculty award. The formal programme was followed by cultural extravaganza by the students and faculty of the college.



International Conference on Global challenges in health care

International Conference on 'Global Challenges in Health Care' was organized on 16th and 17th February 2018 at Dr. T.M.A. Pai Auditorium, as the part of silver jubilee celebration of MAHE

Dr H S Ballal, Pro-Chancellor, MAHE, inaugurated the event. In his inaugural speech, he appreciated the role of nurses in the healthcare, as nurses spend most of the time with the patients and reputation of any hospital is illustrated by nursing care.

A total of 228 delegates from National and International Academia and clinical arena participated in the conference.

The conference received research papers that were presented as oral and poster. Two text books authored by Department of Child Health Nursing on Pediatric Critical Care Nursing, and Manipal Manual of Drugs, Contraceptives and Instruments in Obstetrics and Gynecological Nursing by the Department of Obstetrics and Gynecological Nursing were released.





National Youth Day 2018

National Youth Day 2018 was observed by Community Health Nursing Department, and 4th year BSc (N) students at U S Nayak High School, Patla on 12th January 2018. Chief Guest of the programme was Mr. Annaya Nayak, Secretary, Rural Education Society, Udupi. In his inaugural address he stressed the importance of following the words of Vivekananda to inculcate the moral values among young generation. 4th year B.Sc(N) students performed a skit on 'Moral Values For Youth', which was followed by inspirational songs and games.



Family Day Program 2018

A Family day for the families of teaching and non-teaching staff of Manipal College of Nursing (MCON) & Manipal School of Nursing (MSON), Manipal was organized on February 17, 2018. Various cultural programs by staff, children of the faculty members and their families were conducted, which was followed by dinner.



Matrihasha Diwas Celebration 2018

Matrihasha Diwas was celebrated on 21st February 2018 by Student Nurses Association to promote various mother tongue and culture of the nation. Students and faculty sang songs and performed dance in their mother tongue such as Kannada, Telugu, Hindi, Bengali, Tamil, Manipuri, Konkani, Malayalam and Tulu language.



World Tuberculosis Day 2018

World Tuberculosis Day was observed by Medical Surgical Nursing Department on 23rd March 2018. WHO theme for the World Tuberculosis Day 2018 is "Wanted: Leaders for a TB-free world". A half-day seminar was organized on the theme for staff nurses. A total of 40 participants including the staff nurses, students of MCON and Manipal School of Nursing attended the seminar.



International Women's Day 2018

The Department of Obstetrics and Gynecological Nursing in collaboration with Women's Cell, Milagres College, Kallianpura, celebrated International Women's Day 2018 on 7th March 2018. Chief guest Dr Vincent Alva, Principal, Milagres College, Kallianpur, highlighted importance of womanhood. Dr. Pratap Kumar, Professor, Dept. of OBG, Kasturba Hospital Manipal, spoke on "Adolescent Health". He highlighted on the menstrual problems, especially on endometriosis which is an emerging concern.



World Health Day 2018

As a part of World Health Day 2018, the Department of Community Health Nursing, and 4th year BSc Nursing students had organized following activities:

- Awareness programme on accessibility of health care for self-help group/ASHA/ Anganwadi workers.
- Debate and poster competition on the theme of "Access to health".
- District Level World Health Day Celebration: program was organized on April 7th, 2018 at Pragathi Soudha Ambalpadi Bypass, Udupi in collaboration with District Health & Family Welfare, Sri Kshetra Dharmasthala Rural Development and Training Centre



International Nurses' Day celebration

International Nurses' week was celebrated from 6th to 11th May 2018 on the theme "a voice to lead: health is a human right- access, investment and economic growth".

The activities held were: Nurses' Trivia, Health Awareness Camp, Poem Competition, Collage Competition, Dental Check-up and Mental Health Camp and a Seminar on the ICN theme for 2018 Nurses' Day.

The formal program was held on 11th May 2018 in Dr TMA Pai Auditorium of KMC, Manipal. **Smt. Priyanka Mary Francis**, DC, Udipi District in her inaugural address mentioned that, nurses are key stones in the health care industry, they are like foundation of a building, invisible but very important for sustaining the structure of health care industry.

Guest of Honour **Dr Parvati V Bhat**, Medical Superintendent, Dr TMA Pai Hospital, Udupi in her address reiterated Florence Nightingale's contributions to nursing and related it to the present day nursing care, where the new generation nurses are striving hard to maintain the dignity and passion for their profession.

During this occasion three eminent nurses **Dr Kasturi R Adiga**, former Principal MSON, **Mrs Deena**, Nursing Superintendent, KH Manipal and **Mrs Jyothi Salins**, Retired Staff Nurse, RMCW Alevoor, Udupi were felicitated for their contribution towards welfare for patients, nurses and students. Also, the Emergency Room Staff Nurses of KH who took care of the student Ms. Jismy Johny, when she was injured and hospitalized were recognised.



International Midwives Day 2018

The department of OBG (N) observed the International Midwives Day on 5th May 2018. Dr. Muralidhar V Pai, Professor and HOD, Dept. of OBG, Kasturba Hospital, Manipal was the Chief Guest of the inaugural function, he highlighted the importance of midwives who is the midway between mother and child. Later in his session on "Medical malpractice and clinical issues in Obstetrics", highlighted the various incidences and efforts taken to prevent malpractice. Mrs. Ranjani P, Assistant Professor, in her session on "safety and error prevention in obstetrics", explained on quality practices. Drill on Postpartum Haemorrhage was taken by Dr. Prashanth Adiga, Professor, Department of OBG, KH, Manipal.



Republic Day Celebration

The Manipal Academy of Higher Education and its constituent Institutions of Manipal celebrated 69th Republic Day on Friday, January 26, 2018 in the premises of manipal.edu.

Twenty one contingents from various institutions have participated in the parade. Best three contingents were awarded. Manipal College of Nursing Manipal bagged the best contingent and Manipal School of Nursing bagged the second best contingent award.



Seminar on Clinical Updates

Seminar on Clinical Update was organized by Manipal School of Nursing, on 27th February 2018. The seminar was inaugurated by Dr. Muralidhar Varma, Asso. Professor, Dept. of Medicine, Kasturba Hospital, Manipal. In his inaugural address he emphasized the importance of continuous learning and learning by observation in the clinical setting.

Dr. Anice George, Dean, in her address highlighted the importance of nurses in the clinical field and also emphasized on the competency required to face the challenges.

The first plenary session on “Administration of medication” was taken by Ms. Shalini G Nayak, Asst. Professor. Dr. Leena Sequira, Principal, spoke on “communication skills in clinical setting” and Ms. Saraswathi Hebbar, Asst. Lecturer, deliberated on “Handling Medico-Legal Issues in clinical”. A total of 116 participants participated in the seminar.



Annual Sports 2017-18

The 27th Annual Sports Meet was held on 19th January 2018 at MIT Stadium. Dr.(Col) M. Dayananda, Medical Superintendent & COO, Kasturba Hospital, Manipal was the Chief Guest, in his inaugural address he said, for the overall development of the individual, it is very important to have co-curricular and extracurricular activities along with the curricular activity.

Mr. Gautham Kumar, 4th year BSc Nursing student bagged the individual championship and the “Best Outgoing Sports Man”. Ms. Anushree Naik of 3rd year BSc Nursing bagged the individual championship for women. Ms. Jovisa Sonali D’souza, 4th year BSc Nursing student, bagged the “Best Outgoing Sports Woman”.



Workshop on Research Utilization and EBP

Manipal College of Nursing Manipal, organized a half day workshop on Research Utilization and EBP on March 20, 2018. The resource person for the workshop was Dr. Kader Parahoo, Professor in Nursing Research and School of Nursing & Institute of Nursing Research, University of Ulster, Northern Ireland.

The formal workshop sessions started on the topic “research utilization” which was focussed on gap between knowledge production and knowledge use, the current focus on impact, opportunities and the challenges in research utilization. The second session was on Evidence Based Practice. The resource person emphasized on role and responsibilities of stakeholders in evidence-based practice.

A total of 25 participants from different institutions participated in the workshop.



Intercollegiate Staff Athletic Meet

Manipal Academy of Higher Education (MAHE) Intercollegiate Staff Athletic Meet was held on Jan 2018. The following MCON staff participated and won the prizes:

1. Ms. Sulochana B - 3rd place in Short Put, 3rd Place in Javelin Throw
2. Dr. Malathi G Nayak - 1st place in Javelin throw, 2nd place in Discuss Throw, 3rd place in Short Put
3. Ms. Pratibha - 2nd place in Discuss Throw
4. Dr. Ramesh C - 3rd place in 3000 Meter Race
5. Mr. Deepak Shetty - 2nd place in 800 Meter, 2nd place in 1500 Meter, 1st place in 4 x 100 meter Relay



Research

Research publications (Jan 2018—June 2018)

- Jackline Prathibha; Daisy Josphine Lobo; Shalini G. Nayak; Vandana K.E. Knowledge on Infection Control Measures among Health Care Workers in Hemodialysis unit of a Tertiary Care Hospital. Journal of Medico-Legal Update; June 2018, volume 18: International Scopus Indexed.
- Melita Sheilini; H Manjunatha Hande; Mukhyaprana Prabhu; Mamatha Shivananda Pai; Elsa Sanatombi Devil, Asha Kamath; Anice George. Antihypertensive prescription pattern, self-reported reasons for non adherence to anti hypertensives and lifestyle practice among the Elderly. Journal of Clinical and Diagnostic Research; Jan 2018, volume 12 (1): International Scopus Indexed.

*Research***Research publications (Jan 2018—June 2018)**

- Shalini G. Nayak; Mamatha Shivananda Pai; Linu Sara George. Personified as Paragon of Suffering... Optimistic being of achieving normalcy: A conceptual model derived from Qualitative Research. *Indian Journal of Palliative Care*; Published by Wolters Kluwer-Medknow; Jan-Marcg 2018, volume 24 (1): International Scopus Indexed.
- Anne D'Souza; Shabha K.L.; Melita Sheilini; Arvind Kumar Pandey; Sushma R. Kotian. An Innovation in Learning and Teaching Basic Life Support : A Community Based Educational Intervention. *Online Journal of Health and Allied Sciences*; October – December 2017 (Published Jan 30, 2018), Vol. 16 (4): National Scopus Indexed.
- Sherine Peter; Elsa Sanatombi Devi; Shalini G. Nayak. Effectiveness of Clinical Practice Guidelines on Prevention of Catheter-associated Urinary Tract Infections in selected Hospitals. *Journal of Kirshna Institute of Medical Sciences University*. January – March 2018, volume 7: International Scopus Indexed.
- Abin P Simon; Vimala Prasad; Vinish V. Knowledge on Heart Smart Diet among Hypertensive Clients in selected Urban areas of Mangalore City. *Indian Journal of Public Health Research & Development*; January 2018, volume 9: International Scopus Indexed.
- Lida Mathew; Ansuya; Lakra Alma Juliet Francis. Perceived Barriers for Utilization of Health Care System among married women wit Gynaecological Morbidity in Udupi Taluk, Karnataka. *Indian Journal of Public Health Research & Development*; January 2018, volume 9: International Scopus Indexed.
- Vinish V; Vimala Prasad. Knowledge on Effects of substance abuse among Adolescents: - A descriptive study. *Indian Journal of Public Health Research & Development*; January 2018, volume 9: International Scopus Indexed.
- Jyothi Chakrabarty; Vinutha R. Bhat. Yoga Interventions for Oxidative Stress and Antioxidant Status. *Indian Journal of Public Health Research & Development*; January 2018, volume 9: International Scopus Indexed.
- Ansuya; Baby S Nayak; B.Unnikrishnan; Anice George; Shashidhara Y.N.; Suneel Mundkur. Mothers' knowledge and malnutrition : Community based cross sectional study. *Indian Journal of Public Health Research & Development*; January 2018, volume 9: International Scopus Indexed.
- Ansuya; Baby S. Nayak; B.Unnikrishnan; Anice George; Shashidhara Y.N.; Suneel C.Mundkur; Vasudev Guddattu. Risk factors for malnutrition among preschool children in rural Karnataka : a case-control study. *BMC Public Health*; January 2018, International Scopus Indexed.
- Latha T; Anil K. Bhat; Manjunath Hande; Chiranjay Mukhopadyay; Elsa Sanatombi Devi; Baby S Nayak . Methicillin-Resistant Staphylococcus aureus carriage among health-care professionals of a tertiary care Hospital. *Asian Journal of Pharmaceutical and Clinical Research*, March 2018, volume 11 (3): International Scopus Indexed.
- Jyothi Ramesh; Ramesh Chandrababu. Community-based educational intervention on necklace method as a natural family planning amongst reproductive age group women in India. *International Journal of Nursing Sciences*; March 2018, volume 5: International Scopus and web science Indexed.
- Geena Louis D'Souza; Sonia R.B.D'Souza; Pratibha Kamath; Leslie Lewis. Nurse-Led Early initiation of Breastfeeding on the LATCH Scoring System. *Indian Journal of Public Health Research & Development*; Jan. 2018, volume 9: International Scopus indexed.
- Malathi G Nayak; Anice George; MS Vidyasagar. Perceived Barriers to Symptoms Management among Family Caregivers of Cancer Patients. *Indian Journal of Palliative Care*; April-June 2018, volume 24 (2): National Scopus Indexed.
- Reema Rai, Binil V, Savitha. A Study to Explore Bullying and its Impact on the Psychosocial Wellbeing among High School Students of Udupi District, Karnataka. *Indian Journal of Forensic Medicine & Toxicology*. April-June 2018, volume 12 (2): National Scopus Indexed.
- Akshatha Nayak; Mamatha S Pai, Sheela Shetty. Knowledge and Perception of Eco-Friendly Environment among High School students in Southern India- A Quasi Experimental Study. *Indian Journal of Public Health Research & Development*. May 2018, volume 9 (5):International Scopus Indexed.
- Reena M D'Silva; Ansuya, Vinish V. Knowledge, Stress and Coping Patterns of Grandmothers in Child-rearing Practices. *Journal of clinical and diagnostic research*; April 2018 volume 12 (4): National Scopus Indexed.
- Shashidhara Y N; Ansuya, Celastin, Anice George. Effectiveness of an Awareness Programme on Exclusive Breastfeeding for the ASHA Workers of Udupi District. *Indian Journal of Public Health Research & Development*. April-June 2018; volume 9 (5): International Scopus Indexed.

International

Kuwait CNE

Faculty from MCON conducted CNE sessions for the staff nurses of Al-Salam International Hospital of Kuwait. Sessions on areas such as critical care nursing, Advanced neonatal and pediatric care are conducted for different batches of nurses.

Guest Lecture

A session on “Operation Theatre (OT) Nursing Practices in Switzerland” was organized by the Dept. of Child Health Nursing, on February 8, 2018. The resource persons were **Ms. Selina Baumgarther** and **Ms. Salome Widmer**, Operation Theatre Nurses, Kantonsspital Aarau, Switzerland. They shared their experience of working as an operation room nurse in their hometown, highlighting on the preparation of patients, various equipment used during surgery, aseptic precautions and disinfection techniques.



Observership Programme

The four students and Dr Elissa Ladd, Associate Professor and Co-ordinator of Global Health Programme, MGH Institute of Health Professions, Boston USA had visited for an Observership programme to study the various health parameters in India and to observe the health care practices for different health conditions including family health care practices and nutrition practices of under five children.



Dr Elissa Ladd conducted two sessions: Role of Nurse Practitioners for students of Nurse practitioner course of MCON and integration of EBP into practice for PG students and First year MPhil students. She also conducted a Guest lecture on Competency Based Learning by adopting Inter-professional Model.



As a part of this programme, the students had posting in various departments in Kasturba Hospital, Manipal including the department of Yoga, Ayurveda and Psychiatric Centre (ASARE & Hombelaku). The students also had a home visit in Rural Community, visited the Primary Health Centre and Anganwadi centre.

Visit of Faculty

Dr. Anna Carlsson and Dr. Elisabeth Mangrio, faculty of Health and Society, Malmo University, Sweden visited college on May 30, 2018. The purpose of the visit was to explore the possibility of collaboration in the area of research and student exchange. They interacted with Dr. Anice George, Dean of the college, Dr. Judith A Noronha, Associate Dean, Dr. Christopher Sudhaker, Deputy Director, Quality Compliance and heads of the various departments of MCON. They shared their research interests in areas of childhood injury, women and violence and healthy aging. They visited Women and Child Block of KH Manipal.



Workshop on Evidence informed public writing for academics and researchers

Manipal College of Nursing, MAHE and Evidence for Policy and Practice Information (EPPI) Center of University College London (UCL) Institute of Education, University of London, UK collaboratively organized workshop on “Evidence informed public writing for academics and researchers” on June 25, 2018. Dr Preethy D’Souza, Research Associate, UCL Institute of Education, University of London, UK was the resource person. Dr Preethy in her session introduced about evidence practice and public policy implementation and evidence synthesis activities to the participants. She discussed on UK – India funding opportunities like Global Challenges Research Fund (GCRF), UK Research and Innovation (UKRI), UK India Education Research Initiative (UKIERI), Wellcome Trust etc. and its unique features. She also highlighted on significance of public engagement activities like writing science paper for global population in magazines, newspaper and writing blogs. A total of 25 participants were benefitted by this interactive workshop.



Adding Pride to MCON



Dr. Joselin Mariet M, Principal, Koyili College of Nursing, Kannur, Kerala has completed Ph.D in Nursing under INC- RGUHS National Consortium for Ph.D Nursing. Her doctoral thesis was on “ Professional Socialization and its determinant factors among BSc Nursing students of Kerala”. Dr. Joselin Mariet is a BSc (Hons) Nursing graduate of College of Nursing, AIIMS, New Delhi. She completed MSc (Paediatric Nursing) from Manipal College of Nursing, MAHE, Manipal and was awarded the prestigious Dr. TMA Pai Memorial Gold Medal for the University first rank (1996-98 Batch) and the ‘Best outgoing student’ award. In 2010, she completed M Phil Nursing from Manipal College of Nursing, Manipal, during which she was given Smt. Mary George Memorial award for standing first in Part I, M Phil Nursing exam in her batch.

She has attended many National and International conferences and presented papers. She has been teaching in various Nursing institutions in Kerala, since 1998 and working as Principal of Koyili College of Nursing, Kannur since 2004.

She is a good role model and constant inspiration to her students all through out her career as a Nurse Educator. She is an active alumni, maintains regular contact with her Alma Mater, attending many of the international conferences organized by Manipal College of Nursing and currently is a member of IQAC of Manipal College of Nursing, MAHE.

3rd global alumni convention

3rd Manipal Alumni Convention is planned on 14th and 15th December 2018 at Manipal to mark the Silver jubilee of MAHE. The event is opened to all the alumni across the globe. The theme is “ONE MANIPAL...Friends for Life”. There will be numerous informal activities to re-live your student days in Manipal. Your participation may also have a catalyse a ‘wow’ factor: about the shaping up of Manipal as a University town in sync with many of the universities of repute across nations.

Looking forward to meet you at Manipal on 14th and 15th December 2018.

Upcoming Events (July 2018 to December 2018)

- Orientation programme to new batch of students: August 1
- Breast feeding week celebration: 01/08/2018-08/08/2018
- Teachers’ day celebration: September 5
- World suicide prevention day: September 10
- World Alzheimer’s day: September 21
- World mental health day: October 10
- Newborn week celebration: 3rd week of November
- Imprintz: November 3
- World AIDS day: December 1