



**MANIPAL COLLEGE OF NURSING**  
**MANIPAL**  
*(A constituent unit of MAHE, Manipal)*

# e-Newsletter

(A half-yearly e-newsletter of Manipal College of Nursing, MAHE, Manipal)

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## Academic

### Guest lecture by Dr Raj Warriar - 23 January 2020

A guest lecture on 'Genes and Cancer in Children' was organized by the Department of Child Health Nursing. Dr Raj Warriar, Professor, Pediatrics Ochsner Clinical School of University of Queensland, former Vice-Chancellor, Manipal University was the speaker. During his session, he emphasized on the role of genes and environment; the role of genes in pathophysiology and treatment of cancer; clinical syndromes predisposing to cancer; etiological factors of cancer such as genetic, environment, immune system and infections. There were around 51 participants,

including the students of III-year BSc Nursing, I-year Post Basic BSc. Nursing, The session was interactive and staff nurses from Kasturba Hospital informative.



### Walkathon - 24 January 2020



The International Year of Nurse and Midwife to commemorate the 200th birth anniversary of Florence Nightingale was inaugurated with a “Walkathon” along with Kasturba Hospital, Manipal and all the nursing education institutions of Udupi district.

The Nursing institutions which took part in the walkathon were, Manipal School of Nursing, Manipal College of Nursing, Lombard Memorial School of Nursing, Lombard Memorial College of Nursing, Mitra School of Nursing, Udupi College of Nursing, Udupi School of Nursing,

Vidya College of Nursing, Ashrith College of Nursing, Ashrith School of Nursing, Nightingale School of Nursing, Canara College of Nursing, New City School of Nursing, New City College of Nursing, Udupi Dhanvantari School of Nursing, Dhanvantari College of

Nursing, Vidyaratna School of Nursing and Vidyaratna College of Nursing.

A large number of nurses from Kasturba Hospital, Manipal also participated in the walkathon.



### Family Day - 4 January 2020

Faculty members’ children and spouses performed various cultural programs and entertained the gathering on Family Day. Staff members with their spouses and children were involved in playing games which was organized by Mrs Shalini G Nayak and her team.

It was a memorable evening where all the family members and children relaxed and

enjoyed the program with fun, laughter and sumptuous dinner.



### Awards and Annual Day - 2 February 2020



“Today’s students are the future of the nursing profession. They need to be proud about their profession, look forward to opportunities to bring changes

in the lives of others.”, said the Chief Guest, Professor (Dr) Roy K George, the National President of ‘Trained Nurses’ Association of India (TNAI), Academic Director of Baby Memorial Hospital and Principal of Baby Memorial College of Nursing, Kozhikode; during the 30th Awards and Annual Day celebration of MCON Manipal.

Dr H Vinod Bhat, Vice-Chancellor, Manipal Academy of Higher Education

(MAHE), Manipal, in his presidential address congratulated MCON for its various achievements and encouraged to continue the same in the coming years.





Ms Fatema Mohamed Hassanali Fazal student of BSc. nursing batch of 2015-2019 was awarded the Best outgoing

student. Dr Elsa Sanatombi Devi was awarded the most accomplished faculty of the year. Good Teacher award was

bagged by Mrs Shalini G Nayak, Assistant Professor and Mrs Shobha, Lecturer, MCON, Manipal.

### World Cancer Day Program - 5 February 2020

The Department of Community Health Nursing and students of IV-year BSc Nursing students, conducted the World Cancer Day program at Primary Health Centre (PHC), Hirebettu, Udupi district. Dr Narasimha Nayak, Medical Officer, PHC, Hirebettu was the chief guest for the occasion.

Dr Malathi G Nayak, Associate Professor, Department of Community Health Nursing presided over the function.

The objective of the program were to create awareness among ASHA workers

regarding cancer and the role of ASHA workers in cancer prevention.



### National Deworming Day - 1 February 2020

National Deworming Day was observed by the faculty of the Department of Community Health Nursing and students of II-year PBBSc. Nursing, Manipal College of Nursing, MAHE, Manipal on 10 February 2020, from 10:00 am to 12:00 pm at Madaga Anganwadi, Athrady, Udupi.



### International Women's Day-2020 - 6 March 2020



the women are exposed to the problems and the ways to tackle them. She also mentioned that women need to be more active, supportive to all, assertive and alert, and should not hesitate to get the legal services.

The audience comprised of 60 people, including self-help group members, Anganwadi teachers and other community people who participated in the program. They expressed that the program was beneficial and informative.

Manipal College of Nursing, MAHE, Manipal observed the International Women's Day-2020, with the theme, "Each for Equal" on 6 March 2020 between 3:00 pm and 4:30 pm at Anganwadi, Sampigenagar, Udyavar.

The chief guest Mrs Nethra, Head Constable, Manipal Police Station focused on equality, safety and security among women, the laws and rights of the women. She illustrated on various situations where



**International Women’s Day - 10 March 2020**



“Each for Equal” were conducted with the self-help group of Stree Shakthi, Government Women’s First Grade College and Post-Graduate Study Centre, 80 Badagabettu and Dr G Shankar Ajjarkad, Udupi.



The faculty members of the Department of Obstetrics and Gynecological Nursing, Manipal College of Nursing, MAHE, Manipal observed International Women’s Day. Awareness programs on the theme

**World Glaucoma Day - 9 March 2020**



The chief guest emphasized the importance of screening tests after 40 years, which may help in the early diagnosis of non-communicable diseases.

blindness. Dr Sulatha Bhandary, Professor and head Department of Ophthalmology; proposed the vote of thanks. The students of Manipal School of Nursing did a street play on awareness of Glaucoma and the screening for Glaucoma was arranged at the entrance of Smt Sharada Madhav Pai OPD block, KH, Manipal

World Glaucoma Day 2020 is observed on 9th March 2020 by Dept. of Ophthalmology, KMC & Kasturba Hospital, MAHE Manipal in association with Manipal School of Nursing. Dr Narayan Sabhahit, Registrar, MAHE, Manipal, was the chief guest for the program and welcome address was given by Dr Avinash Shetty, Medical Superintendent, Kasturba Hospital, Manipal.



**International**

**Clinical Observership Program**

Three students from Malmo University, Sweden at Manipal College of Nursing, MAHE, Manipal for four weeks from 3 February to 27 February 2020 with for observership the objectives to observe the primary health care in India.

care settings, including the department of Yoga, Ayurveda and Psychiatric centres (ASARE and Hombelaku). Students appreciated the experience which they received from Manipal College of Nursing, Manipal.





## International Virtual Interactive Seminar Series on Impact of COVID-19 Pandemic and Strategies for Mitigation

The international virtual seminar was inaugurated by Dr H Vinod Bhat, the Vice Chancellor of MAHE, Manipal on 23 June 2020. Dr Roy K George, TNAI President, in his keynote address, encouraged the faculty to work towards health care sustainability through an innovative approach and collaborative practice; and building employment for nurses to achieve and maintain sustainable development goals. The virtual seminar had its magnitude of 3,782 participants across the ten-session series.

Every series had approximately 378 participants who would interact through queries which were well answered by each speaker. Twelve international speakers, who were Malmo University partners and collaborators and 11 internal speakers of great calibre were the resource persons.

Alongside, 21 moderators were available to make the event lively and well connected.

The program was compered by Dr Elsa Sanatombi Devi, the organizing convener of the virtual seminar series.



Topic	Speakers		Moderators	
<b>Session - 1</b>	<b>Dr Samar Abdelazim Ahmed</b> Associate Professor Dept. of Forensic Medicine and Toxicology Ain Shams University, Egypt	<b>Dr Ciraj AM</b> Professor - Microbiology, Melaka Manipal Medical College Director, MAHE-FAIMER International Institute, MAHE, Manipal	<b>Dr Elsa Sanatombi Devi</b> Professor & QMR MCOON, MAHE, Manipal	<b>Dr Sushmitha Ramona Karkada</b> Assistant Professor - Senior Scale Dept. of OBG Nursing MCOON, MAHE, Manipal
• Teaching during turbulence for health sciences				
• Role of rubrics in assessment				
	Date: 23.06.2020 (Tuesday)	Time: 11.00am to 1.00pm	Platform: MS Teams	

## Webinar on Integrated Curriculum and Teaching Strategies - 17 June 2020

Dr Deborah M Leveille, Founder and Dean of School of Nursing, Stawa University, Kampala, Uganda; explained the curriculum structure delivery with different examples. She also focused on the delivery of a linear curriculum and how the content alignment can be done in the integrated curriculum. She discussed

about the less effective teaching strategies and active teaching strategies in the classroom.

The session included different case scenarios that can be used in an integrated curriculum. A hundred participants from various higher education institutions were the beneficiaries of the webinar.



## Research

### Publications

- Shejila C H, Mamatha Shivananda Pai, Jyothi Chakrabarty, Elsa Sanatombi Devi. (2020) Specialist nurse, initiated interventions in breast cancer care: A systematic review of randomized controlled trials. *Journal of Clinical Nursing*, 29(13-14):2161-2180.
- Ansu Francis, Mamatha Shivananda Pai, Sulochana B. (2020) Psychological Well-Being and Perceived Parenting Style among Adolescents. *Journal of Comprehensive Child and Adolescent Nursing*, 1-10.
- Anupama D S, Baby S Nayak, Jyothi Chakrabarty (2020). Child-rearing practice among migrant mothers of South India: A mixed methods study. *Clinical Epidemiology and Global Health*, 8(1):161-165.
- Sijimol S, Prima Jenevive Jyothi D' Souza, Leena Sequira. (2020) Surgical site dressing practice. *Clinical Epidemiology and Global Health*, 8(1):287-289.
- Malathi G Nayak, Sulochana B. (2020) Effectiveness of a Comprehensive Nurse-Patient Strategy in Care of Patients with PIVC and its Clinical Outcomes. *Indian Journal of Public Health Research and Development*, 11(2):532 -537.
- Malathi G Nayak, Pratibha. (2020) Knowledge and Perception Regarding

- Menopause among Married Women. *Indian Journal of Public Health Research and Development*. 11(2):511 – 516.
- Jackline Prathibha, Bhaskar Tiwary. (2020) Documentation compliance of in-patient files: A cross sectional study from an east India state. *Clinical Epidemiology and Global Health*. 8: 994-997
  - Jackline Prathibha, Daisy Josphine Lobo, Shalini Ganesh Nayak. (2020) Practice and Perceived Barriers among Health Care Workers to Control Infection in Dialysis Unit. *Medico-Legal Update*. 20(1):165-169.
  - Ms Radhika R Pai, Malathi G Nayak. (2020) Palliative Care Challenges and Strategies for the Management Amid COVID-19 Pandemic in India: Perspectives of Palliative Care Nurses, Cancer Patients 26(5): 121-125.

## Alumni relations and employer reputation

### Testimony

MCON has got a perfect blend of experienced faculty, vast clinical and academic facilities which makes learning very conducive. Manipal gave me the right platform to push myself and understand my inner potentials. The education has not only helped to broaden my knowledge but also shaped me into a better, socially responsible individual. MAHE strives to provide a state of art infrastructure

and quality learning experience for its students. Studying at Manipal was one of the best decisions I have ever made in my academic journey. MCON showed me the endless possibilities of the profession. I feel proud to be an alumna of this esteemed college and university.

#### Dr Sunita Panda

(Alumna MSc. Nursing 2002 – 2004)  
Post-doctoral research fellow  
School of Nursing and Midwifery,  
Trinity College, Dublin, Ireland



### Alumni guest lecture - 27 February 2020



Ms Ameeka Shereen Lobo, Consultant, Public Health Foundation of India, Lucknow and Alumna of MCON Manipal (MSc. Nursing 2014-2016 batch) deliberated on different levels of health care delivery system of India.

She also focused on the functions of the health system and the role of public and private health care providers.

A total of 44 students and PhD scholars were present for the session. Participants

clarified their doubts regarding the role of NGOs in the health care delivery system and the challenges faced by nurses at different levels.



### Alumni guest lecture - 17 June 2020

Manipal School of Nursing, MCON, MAHE, Manipal organized a guest lecture by Ms Sangeetha Lobo (alumna DNM 2000 – 2003) Quality Manager, Indiana Hospital, Mangalore on the topic “Performance Indicators in Nursing during COVID-19 Pandemic. She gave an overview of Continuous Quality Improvement (CQI), National Accreditation Board of Hospitals and

Healthcare Providers (NABH) Nursing Excellence Standards, Nursing Quality Indicators (NQI), Key Performance Indicators (KPI), why to measure, what to measure and COVID-19 related KPI.

Her lecture included key messages like “Nursing heads should have facts and data when they approach management while representing achievements, improvement

in nursing services or demand for resources. It is essential to have management support for all nursing activities. Regular audits should be conducted, recorded and reviewed.





**Alumni guest lecture - 30 June 2020**

**How systematic is a systematic review?**

Dr Sunita Panda, a Post-doctoral research fellow in School of Nursing and Midwifery, Trinity College, Dublin, Ireland (alumnus of MCON-MSc. Nursing 2002 – 2004 batch), shared her experience of carrying out a systematic review.

She discussed the steps of conducting a systematic review, meta-synthesis and data extraction for qualitative studies.

The challenges faced by the researcher in publishing a research paper, was also discussed.

The session was conducted as a webinar through Microsoft Teams and 40 participants from within MAHE, India and abroad participated.



**Student Nurse’s Association (SNA) activities**

**Mega Imprintz - A Talent Hunt - 21 February 2020**



Mega Imprintz was organized to offer the largest opportunity for nursing students from various colleges to exhibit their talents and prove their ability on a vivacious platform.

Mr Manjunath M addressed the gathering emphasizing on the importance of sports in life and encouraged students to consider sports to stay fit and healthy. Air Commodore Harindra Kumar Dhiman

declared the Mega Imprintz 2020 open. Sixteen nursing colleges have actively participated in both sports and cultural events.

The program was concluded with Valedictory function on 22 February 2020. Dr Shobha U Kamath, Cultural Coordinator, MAHE, Manipal congratulated the participants and awarded the overall championship to Manipal College of Nursing, Manipal and runners up to Manipal School of Nursing, Manipal.



### Health Education Program - 29 February 2020

The health education committee of SNA 2019-2020, Manipal College of Nursing, MAHE, Manipal, organized an awareness program on weaning at WH-5 ward, Kasturba Hospital, Manipal.



### Upcoming Events (July – December, 2020)

Breastfeeding week celebration

Independence day

Freshers' day

Teachers' day

Suicide Prevention day

World Heart day

International Day of Elderly

World Mental Health day

World Pneumonia day

Newborn week

Children's day

World Diabetes day

MAHE convocation

World Prematurity day

Imprintz

Nursing research day

Workshop on evidence-based practice in nursing

Sports day

World AIDS day

Lamp lighting