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**SFNP**  
SOCIETY FOR  
NURSING PRACTICES

 **BioLEAGUES**<sup>®</sup>  
*Integrating Medicos...Incubating Research !!!!*

# 2<sup>nd</sup> INTERNATIONAL CONFERENCE ON NURSING SCIENCE AND HEALTHCARE

## ICNSH

Virtual Conference

**21<sup>ST</sup> & 22<sup>ND</sup> MAY 2021**

In Association With



**SRM**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
(Deemed to be University u/s 3 of UGC Act, 1956)





# 2<sup>nd</sup> International Conference on Nursing Science and Healthcare

" Connecting, Collaborating, Concluding the Nursing Care & Healthcare"

**SRM College of Nursing, Chennai, India**

**21<sup>st</sup> – 22<sup>nd</sup> May, 2021**

Organized by:

**BioLEAGUES Worldwide**

In Association With:



**SRM**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
(Deemed to be University u/s 3 of UGC Act, 1956)





## Preface

This book reports the Proceedings of the “**2<sup>nd</sup> International Conference on Nursing Science and Healthcare**” organized by *Society for Nursing Practices, BioLEAGUES Worldwide & SRM College of Nursing*.

The publishing department has accepted more than 150 abstracts. After an initial review of the submitted abstracts, 120 papers were presented at the conference and were accepted for publication in the Conference Proceedings. The topics that are covered in the conference include Medical Surgical Nursing, Child Health Nursing, Mental Health Nursing, Obstetrics and Gynecology Nursing, Community Health Nursing etc. We would like to thank all the participants for their contributions to the conference and the proceedings.

Reviewing papers of the **2<sup>nd</sup> ICNSH 2021** was a challenging process that relies on the good will of those people involved in the field. We invited more than 15 researchers from related fields to review papers for the presentation and the publication in the **2<sup>nd</sup> ICNSH** Proceeding. We would like to thank all the reviewers for their time and effort in reviewing the documents.

Finally, we would like to thank all the proceeding team members who with much dedication have given their constant support and priceless time to bring out the proceedings in a grand and successful manner. I am sure this **2<sup>nd</sup> ICNSH 2021** will be a credit to a large group of people, and each one of us should be proud of its successful outcome...

**2<sup>nd</sup> ICNSH 2021**



**Prof. C. Muthamizchelvan., Ph.D.**  
**Interim Vice-Chancellor**  
**SRM Institute of Science and Technology**

**MESSAGE**

I am extremely happy to note that SRM College of Nursing, SRM Institute of Science and Technology is collaborating with the Society for Nursing Practice and is conducting an International Conference for Nursing Science and Health Care on the theme “**Connecting, Collaborating, Concluding the Nursing Care & Healthcare**” scheduled on May 21, 2021.

As health care continues to evolve, nurse leaders are needed to shape future policies and build more effective strategies for patient care. Nurse scientists have an impact on the universal issue of health care access. According to International Perspectives, Nurse Researchers must be involved in studying the nursing workforce as a return on investment rather than a recurring cost in health care. They play a significant role to revolutionize patient care and impact the future of care delivery.

I believe the conference deliberations will throw light into the vital areas in Nursing Science and Health Care Research for the benefit of the participants and the society at large.

I wish the conference a grand success.



**Interim Vice Chancellor**



**Dr Lt Col A.Ravikumar**, MS(ENT), Dip.NB, DLORCS(England), FRCS(Glasgow), FAMS  
Pro-Vice Chancellor (Medical & Health Sciences)



13.05.2021

### MESSAGE

I am delighted to learn that SRM College of Nursing, SRM MHS, SRM IST and Society for Nursing Practice are collaboratively organizing **International conference on Nursing Science and Health care** on 21<sup>st</sup> May 2021. The theme **“Connecting, Collaborating, Concluding the Nursing care and Health care”** is expected to achieve the desired academic goal of ‘Service with a smile’ for the participants.

Sharing relevant information and expertise is a necessary part of developing effective health care teams. Nursing team members play the key role of interlinking other health care workers and play a key role in making important health care decisions. It is important for each Nursing professional to remain committed to actively participate in health care team activities.

I am confident that the Conference will serve as a knowledge sharing platform for Nursing fraternity across the globe. I compliment the organizer for their dedicated hard work in planning and conduct of this conference and convey my best wishes for success of the conference.

Pro-Vice Chancellor,  
Medical & Health Sciences



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**Dr. S. Ponnusamy, Ph.D.**  
**Registrar Incharge and Controller of Examinations**  
**SRM Institute of Science and Technology, Kattankulathur**

It gives me great pleasure to note that SRM College of Nursing, SRM Institute of Science and technology is collaborating with Society for Nursing Practice and conducting the International Conference for Nursing Science and Health Care on the theme "**Connecting, Collaborating, Concluding the Nursing Care & Healthcare** on 21<sup>st</sup> May '2021.

Nursing science stands at the forefront of the medical services sector today for patient-centered care. Gone are the days of nursing as a purely task-oriented role. Today, nursing science contributes to the research and discovery of innovative approaches that improve health outcomes.

Nurses know their patients best, and the trust and communication between nurses and their patients facilitate comprehensive health care.

I appreciate the organizers for their tireless efforts for the successful conduct of this International Conference. I am sure that the Conference proceedings will enlighten its participants.

Registrar i/c

**Dr. S. PONNUSAMY, Ph.D.**  
**Registrar In-charge**  
**SRM Institute of Science and Technology**  
**SRM Nagar, Kattankulathur - 603 203**  
**Chengalpattu Dist, Tamil Nadu, India**



# SRM MEDICAL COLLEGE HOSPITAL & RESEARCH CENTRE



**SRM**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
(Deemed to be University u/s 3 of UGC Act, 1956)

**Dr.A.SUNDARAM.,MD.,  
DEAN**



## MESSAGE

It is a matter of Great pleasure to know that SRM college of Nursing, and Society for Nursing Practice are collaboratively organizing International conference on Nursing science and Health care on the theme “Connecting , Collaborating , Concluding the Nursing care and Health care” on 21.05.2021.

Nurses are committed to develop and utilize novel technologies to meet essential global health goals. Along with their unique and valuable knowledge and abilities to tackle the challenging health care objectives, nurses serve as crucial change agents in the creation and application of technological functionality that bridge the delivery of health care and social needs in both urban and rural communities. This trend will only increase in the next decade and beyond.

I appreciate the efforts of the Organizing team for selecting an innovative and appropriate theme for the International Conference and inviting experts across the globe to update the participants on the vital areas of Nursing science and Health care.

I wish the Conference a Grand success.

  
**DEAN**

SRM Medical College Hospital & Research Centre  
SRM Nagar, Kattankulathur - 603 203  
Chengalpattu Dist, Tamil Nadu, India.



Dr.C.KANNIAMMAL,  
Dean, SRM College of Nursing  
SRM Medical & Health Sciences,  
SRM Institute of Science and Technology, Kattankulathur.

**On behalf of SRM College of Nursing I express my immense pleasure to collaborate with Society for Nursing Practice to organize the International Conference on Nursing Science and Health care on the theme “Connecting , Collaborating , Concluding the Nursing care and Health care” on 21.05.2021.**

Today, tech-driven advances in computers and information technology have had a game-changing effect in the nursing field. Innovations such as electronic health records and wearable health tech have made it possible for nurses to create proactive patient care strategies, extending their influence of patient’s health beyond the confines of medical facilities. These strategies can ultimately encourage the patients to take care of their health and lifestyles, which can reduce health care costs.

It is essential for nurses to learn and understand new technologies as they emerge. Advanced practice nurses must develop strong technical and computer skills to complement their advanced analytical, communication, and critical-thinking competencies.

I assure that the Conference deliberations by the expert speakers will equip the delegates with a rich knowledge base for their future Nursing practice and to transform quality patient care.

DEAN NURSING  
DEAN

SRM College of Nursing  
SRM Institute of Science and Technology  
SRM Nagar, Kattankulathur - 603 203

## From BioLEAGUES Director's Desk...

On behalf of **BioLEAGUES Worldwide**, I am delighted to welcome all the delegates and participants around the globe to the “**2<sup>nd</sup> International Conference on Nursing Science and Healthcare**” which is going to be held on **21<sup>st</sup> & 22<sup>nd</sup> May 2021**.



This conference will revolve around the theme “**Connecting, Collaborating, Concluding the Nursing Care & Healthcare**.”

It will be a great pleasure to join with Nurses, Doctorates, Research Scholars and Academicians all around the globe. You are invited to be stimulated and enriched by the latest innovations in all the aspects of Nursing and Healthcare industry, while delving into presentations surrounding transformative advances provided by a variety of disciplines.

I congratulate the Chair person, Organizing Secretary, Committee Members, coordinator BioLEAGUES and all the people involved for their efforts in organizing the 2<sup>nd</sup> ICNSH 2021 and successfully conducting the International Conference and wish all the delegates and participants a very pleasant conference

**A. Siddh Kumar Chhajer**  
Director  
BioLEAGUES Worldwide

## From BioLEAGUES CEO's Desk...

It is indeed a privilege to acknowledge and thank all the supporters and organizers of the “**2<sup>nd</sup> International Conference on Nursing Science and Healthcare**” who contributed greatly to organize the conference successfully.

I would like to acknowledge and thank the Chief Guest for his/her valuable contribution in the “**2<sup>nd</sup> International Conference on Nursing Science and Healthcare**” My special thanks to all of our Special Guests who so graciously accepted our invitation to participate in the conference. I also wish to acknowledge and thank the sponsors of the conference whose financial support was extremely grateful.



I would like to specially thank our Advisory Committee Members from various Organization whose continuous support have helped us plan and execute the conference successfully.

I am highly indebted to the contribution given by all the Nurses, Nurse Practitioners, Scientists, Doctorates, Research Scholars, Academicians and students to the conference.

A handwritten signature in black ink, appearing to read 'R. B Satapathy' with a stylized flourish at the end.

**Mr. R. B Satapathy**  
CEO  
BioLEAGUES Worldwide



The background of the slide features a central white rectangular area. This white area is framed by two horizontal bands of orange brushstrokes, one at the top and one at the bottom. The brushstrokes are thick and textured, creating a hand-drawn, artistic effect. The overall color palette is warm, consisting of various shades of orange and white.

# Keynote Speakers



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## Accelerating the Evolution of the Whole Evidence Approach to Promote Health



### Dr.L.Gopichandran

Associate Professor, College of Nursing, AIIMS, New Delhi, India

#### Abstract

Health promotion research as critical for identifying new and innovative strategies to improve the nation's health. By enhancing the science base of health promotion, new insights, both on the determinants of health and disease and on the relative effectiveness of innovative approaches to improving population health can be quantified and integrated into sustainable interventions.

A cornerstone of health promotion research has been developing evidence-based individual-level interventions. To enhance the breadth and impact of these interventions, it may be beneficial to link interventions across different socio-ecological levels optimizing their synergy. Recent advances in intervention design combine individual-level interventions with higher-level interventions to create multilevel interventions that may be more effective in promoting health behaviours and, more importantly, population health.

Health promotion is recognized for its strengths in community partnerships, engaging diverse public health professionals and public health academics. However, to maximize the effectiveness and sustainability of health promotion interventions requires a transdisciplinary approach. Collaboratively leveraging the experience, strengths, and expertise across different fields is the hallmark of team science and creates opportunities for innovation. Additionally, the innovation offered by design thinking, a human-being-centred model of thinking that considers inspiration, ideation, and implementation as stages in product development may facilitate intervention design, implementation, and sustainability.

The field of health promotion continues to evolve. To accelerate its evolution and impact requires continued and renewed emphasis on both, its traditional core elements and adopting and applying new theories and methods. Ultimately, a commitment to improving the science base of health promotion is vital for informed and sustained progress.

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## Models of connecting Research & Practice as part of the Magnet Journey

**Dr. C.Kanniammal**

Dean,SRMCON,SRMIST , Tamil Nadu, India

### **Abstract**

#### **I**ntrouction

Healthcare professionals need to be cognizant of integration of research into practice literature to advance clinical practice. The pace of change in the delivery of health care along with professional responsibilities of clinical staff to provide high quality services, wants to the necessity of incorporating of research evidence in decision-making. Implementation of EBP has positive implications for clinical staff, patients, and organizations. Implementation of EBP in clinical settings is a long-term process and requires multiple strategies such as individual and organizational factors as well as factors related to the patients.

#### **Evidence-based practice (EBP) models**

Nurses and other healthcare professionals have developed several evidence-based practice (EBP) models that aid in the implementation of EBP. These models serve as organizing guides that integrate the most current research to create best patient care practices. In addition to helping nurses integrate credible evidence into practice, EBP models help and assure complete implementation of EBP projects to optimize the use of nurses' time and healthcare resources.

#### **Magnet journey**

The magnet journey is a cyclic process because as change begins to take place, it stimulates increased use of evidence, building layer upon layer until staff integrate these methods into practice. Improved patient care is the primary outcome, but in the process, a more professional work environment is created for nursing practice.

#### **Conclusion**

Professional development in nursing, the specialists play a pivotal role in creating this culture by working with staff to teach evidence-based practice, by working on teams to remediate gaps in practice using evidence, and by implementing evidence into their own professional development practice. The magnet journey of using evidence in practice contributes to an environment of excellence for patients, staff and professional development.

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## Perspective View on Care Coordination and Referral in the Health Care Delivery System



### Emiliano Ian B. Suson II

Dean, College of Nursing, Cebu Normal University, Philippines

#### Abstract

Care coordination in the primary care practice involves purposefully organizing patient care activities and sharing information among all of the partakers apprehensive with a patient's care to achieve safer and more effective care. This refers to the patient's needs and preferences are identified ahead of time and communicated at the right time to the right people, and that this information is used to deliver safe, appropriate, and effective care to the patient. The main goal of care coordination is to meet patients' needs and predilections in the delivery of high-quality, high-value health care. Furthermore, another goal of care coordination is to facilitate the fitting and efficient delivery of health care services both within and across systems. Failures in coordination that affect the financial performance of the system will likely stimulate corrective interventions. In summary, Care Coordination provides clinical administrative nursing care coordination in upkeep of a patient care area. Duties include the following: care coordination, discharge planning, data analysis and performance metrics, and patient/staff education.

#### Biography

Dr. Emiliano Ian B. Suson II, is primarily a registered nurse in the Philippines and the United States of America (USRN). Currently, he serves as Dean of Cebu Normal University (CNU) – College of Nursing. Aside from administrative functions and designations, he is also a professor handling undergraduate and graduate courses. He has co-authored published researches in international and national peer-reviewed refereed journals. With field of specialization in medical-surgical nursing and nursing informatics, he has been invited as Resource Person in various fora and seminars and likewise has been a Reviewer for Philippine Nurses' Licensure Examinations.

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## Healthy Healthcare System and Healthy Nation



### Dr.R.Revathi

Principal, Velammal College of Nursing, The Tamilnadu Dr MGR Medical University, Chennai

#### Abstract

Health care system is the organization of people, institutions, and resources that deliver health care services to meet the health needs of target populations. The primary purpose is to improve people's health and well being, to respond people's expectations and to provide protection against the costs of ill-health. Furthermore the other important goal is to promote equity in health conditions, to improve quality of care from the technical standpoint and the user's perspective, to increase the efficiency of health financing, and allocation and management of resources, to ensure sustainability and to promote social participation in planning, management, delivery and evaluation of health services. Healthy system is one that organized in a way to ensure timely access to the highest attainable standard of care to all its citizens In summary, there is no single best practice for health services research, but in order to contribute to improvements in population health, reforms should be congruent with citizens' values; contain mechanisms to protect the poor; and strengthen the capacity of national and local stakeholders to plan, administrate, regulate, evaluate, and innovate.

#### Biography

Dr. R.Revathi, is a registered nurse and has over 32 years of experience in the health care arena which includes 15 years in nursing education field. She started her career as a staff nurse in CMC vellore. She has been awarded PhD in Nursing from Sri Ramachandra University, Chennai, India. She has held several positions that include Chairperson Membership committee of TNAI-TN. Currently, she serves as Principal of Velammal School and College of Nursing; apart from administrative functions, she is handling undergraduate and post graduate courses. She has published multiple research articles in international and national peer-reviewed refereed journals. With her specialization in Critical care nursing, she has been invited as Resource Person in various forum and seminars, in addition she has been an Editorial Member/ Peer Reviewer for the International Journal of Allied Medical Sciences and Research and International Journal of Medicine and Health Profession Research since ten years.

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## Emerging and Remerging Infectious Diseases



### Dr Rita Lakhani

Principal, D Y Patil University School of Nursing, D Y Patil University School of Nursing, Navi, Mumbai, India.

#### Abstract

The conception of “emerging infectious diseases” (EID) as a concept of global health concerns was created in the 1990s to admit that, although public health interventions, vaccines, and antibiotics since the late 19th century had given affluent countries control over most infectious diseases, the experience of Ebola and HIV/AIDS showed that new human diseases could still arise. “Emerging diseases” have lucid histories, and the task the field of EID set itself has been to make those histories as short as possible—to catch emerging diseases as close to their origin as possible and snuff them out before they can become pandemics. In contrast, many of the known infectious diseases, those that were allegedly “conquered” by biomedicine in the late 19th and early 20th centuries and which (aside from smallpox) nonetheless still persist today, were assumed to have existed “since time immemorial.” Their histories had no specific time-depth, no documentable roots, and few discernible narrative descriptions. The advent of a new field of research, palaeogenetics, has made possible an evolutionary perspective on pathogenic microorganisms, bringing hitherto unimaginable specificity to their documentable histories.

I argue that the diseases that have proved best suited to global expansion since the advent of the Holocene—those that became pandemics, like COVID-19—are those that have best exploited humans' global networks and behaviors in a given age. This recognition, in turn, gives the fields of both global health and history of medicine a new agenda. There is a need to develop collaborative epidemiology improved diagnostic facilities, a strong public health structure, effective risk communication, epidemic preparedness and rapid response.

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## **Biogrpahy**

Rita Lakhani a RNRM, is the Principal at D Y Patil University School of Nursing, a premier college under the brand name D Y Patil Deemed to be University. She was awarded the Gold Medal (1999) for securing the first place during her MSc in Nursing from SNDT Women's University. She has published more than 15 papers in reputed journals. She was conferred the Best Paper Presenter on five occasions of which twice was at Maharashtra University of Health Sciences, Nashik. She has been serving as the Vice-President of Oncology Nurses Association of India and the Editorial Board Member of its journal.

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## **A Cluster Randomized Trial on Effectiveness of Emotional Intelligence Enhancement Programme on Emotional Intelligence and Satisfaction with Life Among Adolescents**

**Vithoba Narayan Mhalkar**  
**Dr. Judith Angelitta Noronha**  
**Dr. Linu Sara George.**

### **Abstract**

#### **I**ntroduction

Adolescents population has emerged as a major target group of psychological research in the modern era. They have been widely regarded as a unique group with range of difficulties and problems in their transition to adulthood. They are regarded to be group of people searching to find identity and meaning in their life stated Erickson (1968). It is a developmental period marked by many physiological and psychological changes that influence body image and hence focusing on the needs of adolescents has become the need of the hour. Researches says that emotionally literate students have the emotional abilities that inoculate them against the turmoil and pressure they are about to face during life transitions. If we are to understand the schooling of adolescents, then we must understand how they respond to their learning environment and it has been evident that each individual responds differently. To explore it the research study titled “A cluster randomized trial on effectiveness of Emotional Intelligence Enhancement Programme on Emotional Intelligence and satisfaction with Life among adolescents of selected higher secondary schools in the state of Goa.” was Conducted.

#### **Objectives**

The objectives of the study were to assess the level of emotional intelligence among the adolescents as measured by Emotional Intelligence inventory (EII), to assess the level of life satisfaction using Satisfaction with Life Scale, to develop, validate and implement a structured emotional intelligence enhancement programme, to determine the effectiveness of emotional intelligence enhancement program among the adolescents in terms of improvement in emotional intelligence and satisfaction with life between and within the group and to find the relationship between emotional intelligence and satisfaction with life among adolescents.

#### **Method and Material**

A cluster randomization was done of the samples and participants from different higher secondary schools from arts and commerce stream. Samples were randomly allocated to the interventional (n=205) and control group (n=202). The interventional group after pretest received 12 hours of emotional intelligence enhancement programme and post test was done on 15<sup>th</sup> and 30<sup>th</sup> day in both the interventional as well as the control group.

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## Conclusion

RMANOVA for emotional intelligence showed level on EII was statistically significant in the interventional group and an increase in mean emotional intelligencescore was found(  $F= 266.6$   $p < 0.001$ ), mean Satisfaction with Life score was found to be (  $F =147.7$ ,  $p < 0.001$ ) which was also statistically significant.Hence it was concluded that emotional intelligence enhancement programmewas effective in enhancing the emotional intelligence, satisfaction with life among the adolescents.

## Keywords

emotional intelligence, satisfaction with life ,adolescents,higher secondary

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## Outcome of Implementing Structured SWOT Analysis as a Post-Clinical Debriefing Strategy among Nursing Students



### Samah Anwar Shalaby

Critical Care and Emergency Nursing Department, Faculty of Nursing/ Alexandria University, Egypt

#### Abstract

**Background:** Clinical learning is a crucial element in nursing education whereas students are confronted by numerous factors that may negatively contribute the students' outcome. That is why nursing educators may integrate debriefing as a learning strategy using reflective practice and self-analysis during experiential learning.

**Objectives:** This study aimed to identify the outcome of implementing structured SWOT analysis as a post-clinical debriefing strategy among nursing students.

**Method:** A quasi-experimental research design was conducted to examine the effectiveness of structured SWOT as a new debriefing strategy after clinical experience on nursing students' outcomes using four self-administered questionnaires for both groups and SOFTES-SWOT debriefing scale for experimental group only after receiving orientation workshop.

**Result:** Ninety students divided into 45 per each of control and experimental group. The homogeneity of the participants from both groups revealed no significant difference in participants' age, gender, marital status, residency, and clinical grades. SWOT debriefing implementation was associated with decreasing students' anxiety level to (34.02+6.47) compared to (38.76+8.28) in control group. Also, a significant correlation was found between students' perception of SWOT debriefing and their anxiety, educational satisfaction, self-confidence and clinical grades whereas p was less than .01 in all these variables.

#### Keywords

Clinical learning, Debriefing, Nursing students, SWOT analysis

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## Transforming the Research through Innovation, Connections and Collaboration

### Danapalan Anbuselvi

Infection Control Preventionist and Educationist, Singapore

#### Abstract

Pandemic era of COVID-19 impact is irreversible and perplexing the possibility of controlling uprisings COVID-19 waves. COVID-19 incidence and mortality rate is beyond control and cautions the healthcare industry to be vigilant and wide-awake to lead a sustainable life. It strongly determines the significance of leading meaningful life in the competitive world. It highly demands for setting basic to improved healthcare system with crucial importance to enhanced infection control standards and safe management measures. Indeed, innovative healthcare system, dynamic collaboration and intensified network connection combat to overcome the pandemic situation.

Vibrant researchers, scholars, educators and healthcare workers rigorous effort paves way to deal the pandemic situation effectively at primary, secondary and tertiary prevention level. Invention of COVID-19 vaccine within a short span of time is a wonder which protect from the disease to some extent though is subjected to argument of acceptable evidence based sources and practices. Early detection measures like using mobile app (Trace Together app), technological innovation of using artificial intelligence in diagnostic test, SG-SAFE programme are implemented to identify the risk people promptly, detect the disease quickly. These measures essentially crucial to mitigate and contain the spread of disease proactively. Various range of therapeutic measures including heightened stringent infection control measures in practice ensures the tertiary level prevention. Certainly, innovative interventions are successful in controlling the incidence of the disease to some extent in various countries also.

In spite of several innovative measures, controlling the rebellion COVID-19 waves could be practically possible by extending networks and mobilising the innovation repeatedly as it necessitates. Inter-collaborative ideas and contribution within the hospital save the lives of people. Likewise, inter-collaborative efforts at national and global level add value to the healthcare standards as well prepared the nation to face the uncertainty or to discover the road to destiny. Evidently, COVID-19 pandemic situation proves that evidence based findings transforms the healthcare practices.

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# ABSTRACTS



# 2<sup>nd</sup> International Conference on Nursing Science and Healthcare

21<sup>st</sup> - 22<sup>nd</sup> May 2021



## An Educational Intervention on Ill Effects of Junk Food among Adolescents

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### Abstract

**Background:** Junk food is a form of food which generally contains low nutrients but high fat, saturated fat, sodium, and low fiber. These types of foods show negative health effects in children. Changing life style of adolescent not only affects the nutritional status but also affect their physical performance. Based on these observations, educational intervention for change in the behavioral intention on the consumption of junk food for school adolescents can help to develop a better understanding of the practice and consumption of proper food.

**Aims and objectives:** To assess the knowledge on ill effects of junk food among Adolescents, to impart an educational intervention on ill effects of junk food and to assess the efficacy of educational intervention on the ill effects of junk food.

**Materials and methods:** The research design was pre experimental one group pre-test and post test design. In view to accomplish the objectives of the study structured questionnaire was prepared focusing on knowledge of adolescents regarding the effects of junk foods. The study was carried out in selected Higher secondary school at Karaikal. A sample of 100 Adolescents was selected by using simple random sampling technique. The structured questionnaire was used to collect data. The data was analysed using descriptive and inferential statistics.

**Results:** The result of the study showed that 61.6% of adolescents had moderately inadequate knowledge and 38.3% had inadequate knowledge in the pre test regarding ill effects of junk foods. After the educational intervention 75% of the adolescents had adequate knowledge, 25% of adolescents had moderately adequate knowledge and none of them had inadequate knowledge. It can be stated that adolescents had moderately adequate knowledge and the educational intervention was effective in improving their knowledge on ill effects of junk food. On Chi square assessment there was no significant association between level of knowledge with selected demographic variables at 5% ( $p < 0.05$ ) level.

**Conclusion:** The study proved that adolescents had moderately inadequate knowledge on effects of junk foods before the educational intervention program. The educational intervention program was carried out and the study has improved the knowledge of adolescents regarding the harmful effects of junk foods. Such educational intervention can be done in clinical and community settings to improve the health status of the adolescents and prevent them from the harmful effects of junk foods and motivate them in intake of healthy foods.

### Keywords

Educational intervention, Junk food, School going

# 2<sup>nd</sup> International Conference on Nursing Science and Healthcare

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## Effectiveness of VAT Regarding the Impact of Smart Phone Usage among Adolescents

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### **Abstract**

#### **B**ackground

Mobile phones have been spreading in the world faster than any prior communication technologies. The adoption of the device has become even more popular among adolescents. Smartphone overuse is a major concern, which can lead to various health hazards, including radiation hazards, ocular damage, sleep problems, musculoskeletal problems, skin problems etc. Smartphone addiction can encompass a variety of behavioural and social problems.

#### **Objectives**

To assess the knowledge regarding impact of smart phone usage among adolescents and to evaluate the effectiveness of VATP regarding impact of smart phones.

#### **Research design and method**

The researcher adopted a quantitative approach with quasi-experimental research design. Stratified Random Sampling technique was used and 150 adolescents studying in SRVS school, Karaikal were selected. Pre-test was conducted by using structured knowledge questionnaire. After VATP Post-test was conducted by using the same structured knowledge questionnaire. The data collected were analysed and interpreted based on descriptive and inferential statistics.

#### **Result**

Descriptive statistical methods like percentage, mean, standard deviation and inferential statistics like paired 't' test were used to analyse the collected data. The results revealed that in pre-test the most (57%) of the adolescents had moderate knowledge and 43% of adolescents had inadequate knowledge regarding the impact of smartphones. After VATP, the post-test knowledge score ( $25.28 \pm 2.025$ ) was higher than the pretest knowledge score ( $11.03 \pm 2.213$ ). The calculated 't' value in knowledge (48.668;  $p < 0.05$ ) was greater than the table value (1.98) at 0.05 level of significance.

#### **Conclusion**

From the findings of the present study, it can be concluded that the innovative teaching method (VATP) was very effective in enhancing knowledge regarding the impact of smartphones on adolescents. Therefore, such programme may be used to promote awareness among school students.

### **Keywords**

Effectiveness, Video Assisted Teaching, Smart Phone, Impact, Adolescents.

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## Effectiveness of Slow Paced Breathing Exercise on Labor Pain Perception among Primi Mothers during First Stage of Labor

**M.Anitha**

M.SC (N) II YEAR ,VMCON ,India

### Abstract

**Back ground of the study :** During the time of labor, most of the primi gravid mothers experience extreme pain perception compare to multigravid mothers and there will be increased intensity and duration of labor .Pain management during labor is a challenging event in intra-partum nursing care.Non-pharmacological and pharmacological pain management strategies are used to cope with the discomfort of labor .Slow paced breathing technique has been used widely as a relaxation technique it is one of the Non –pharmacological method used to stabilize various autonomic and emotional problems

**Aims and objectives:** The study aimed to assess the pre-test level of pain perception among primi gravida mothers in both Experimental group and Control group and to assess the effectiveness of slow paced breathing exercise on pain perception among primi gravida mothers in Experimental group.

**Materials and methods :** The design adopted was Quasi experimental, non- equivalent control group pre-test post-test design. The sample consisted of 40 mothers, 20 in Experimental group and 20 in control group. The sampling technique used for this study was purposive sampling technique . The tools used for data collection procedure was demographic Variables ,obstetrical variables and Mc caffery numerical Rating scale .

**Results :**In this study comparison of lvel of pain perception between experimental group and control group was done by with the use of paired ‘t’ test .this test shows that level of pain perception during labor in control group is higher than the experimental group . control group mean score is 7.56 and mean of experimental group is 4.54 . Mean percentage is 75.5% in control group and 45.4% in experimental group respectively. SD of control group is 0.944 and SD of Experimental group 1.234. The ‘t’ value is 3.95 and P value is  $P < 0.001$  which is highly significant.

**Conclusion:** The study findings showed that there is a significant difference in the post test pain perception of primigravida mother in response to labor pain perception in the experimental group as compared to control group. The results of this present study clearly indicated that the use of slow paced breathing is an effective method of reducing pain perception among women during first stage of labor.

### Keywords

Slow paced breathing; Labor pain perception; Primigravida mother; First stage of labor

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## Effect of Vitamin B<sub>6</sub>, B<sub>9</sub> & B<sub>12</sub> Supplementations on Homocysteine Level & Cardiovascular Outcomes in Stroke Patients: A Meta-Analysis of Randomized Controlled Trials



### Neetu Kataria

Ph.D. Scholar, College of Nursing, AIIMS, Rishikesh, and Uttarakhand, India

#### Abstract

Globally, stroke is the fifth-most leading cause of mortality. Earlier meta-analyses were performed to assess the effect of vitamin B<sub>6</sub>, B<sub>9</sub> & B<sub>12</sub> supplementations among cardiovascular participants. This study aimed to assess the effect of vitamin B<sub>6</sub>, B<sub>9</sub> & B<sub>12</sub> supplementations on homocysteine, stroke risk, cardiovascular disorders, and vascular death among stroke participants. An extensive literature search was done through PubMed, Medline, Embase, and Clinical key database from 1<sup>st</sup> January 2000-1<sup>st</sup> January 2020. Effect of vitamin B (B<sub>6</sub>, B<sub>9</sub> & B<sub>12</sub>) supplementation on homocysteine was assessed with a mean difference in both groups. Risk ratio (RR) was calculated for determining the risk of stroke, major cardiovascular disorder, and vascular death by using a fixed-effect model. Total eight trials with 8513 participants were included for final analysis. Vitamin B supplementation intervention found significant benefit in reducing homocysteine among stroke (mean difference -3.84;  $p < 0.00001^*$ ). The intervention of vitamin B supplementation showed 13% for stroke & 17% for vascular death, whereas no beneficial effect was seen for cardiovascular disorders. This meta-analysis demonstrated up-to-date evidence for the beneficial effect of vitamin B supplementations in reducing homocysteine and preventing the combined risk of stroke, myocardial infarction, and vascular death among stroke.

#### Keywords

Cardiovascular Disorders, Homocysteine, Stroke, Vitamin B Supplementation, Vascular Death.

#### Biography

Neetu Kataria is pursuing regular Ph.D. programme from College of Nursing, All India Institute of Medical Sciences (AIIMS), Rishikesh, and Uttarakhand. She had completed her master's in neurosciences nursing from college of nursing, AIIMS, New Delhi. She had presented her masters

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study at 4<sup>th</sup> International conference of Neurological Disorders and stroke, Sydney, 8-10 July 2018. She is always interested in doing research among stroke from her masters to PhD. She had done oral and poster presentations in international and national conferences. She had published various papers on stroke among various reputed journals. She is a lifetime member of TNAI, Society of Indian Neurosciences Nursing (SINN), and Society of cardiac Nurses (SCN).

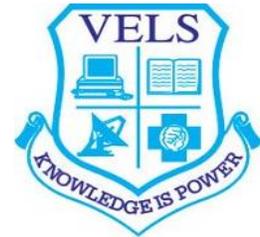
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## Effectiveness of Mobile Based Eye Health Promotion Strategies on Level of Knowledge on Eye Health among School Students



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**Dr. Ciby Jose**

Venkateswara Nursing College, Chennai, India

### Abstract

**Purpose:** To assess the effectiveness of mobile based eye health promotion strategies in increasing awareness and knowledge on eye health among school students.

**Materials and methods:** The quantitative research approach, pre-experimental one group pre-test and post-test design was adopted among school children in selected rural areas of Chennai district using non-probability convenient sampling technique for the study. The demographic data and the structured questionnaire to assess the level of knowledge on eye health promotion were used to collect the data from the students. The questionnaire consisted of 20 items. Post-test was conducted after two weeks with same questionnaire and results were compared.

**Results:** The pretest mean and standard deviation were 8.90 and 4.2738 and posttest mean and standard deviation were 17.9454 and 2.7941. The data showed that there is significant improvement in the knowledge level on eye health after the intervention.

**Conclusion:** Awareness and knowledge about eye health promotion were inadequate among school children. Dissemination of eye health promotion through mobile was found to be cheap, fast and effective advocacy strategy for them.

### Keywords

Eye health, Assess, Knowledge, School children.

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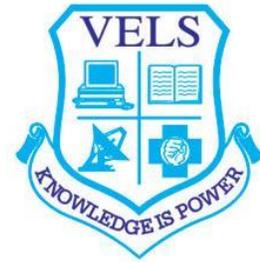
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## **A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Breast Self Examination among Adolescent Girls in Venkateswara College**



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**Dr. Ciby Jose**

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### **Abstract**

**Background:** Breast self examination is the screening techniques for early detection of breast cancer. Breast cancer is most prevalent of cancer of all the females. Breast self examination is a clinical method used in an attempt to detect early breast cancer. Women examines the breast regularly to detect any abnormal swelling or lumps to prompt medical attention. A recent report by the Indian council of Medical research predicts the number of breast cancer cases is 123,634 in 2020.

**Aim:** To assess the effectiveness of planned teaching programme on breast self examination on adolescent girls.

**Materials and methods:** The quantitative research approach, pre-experimental one group pre-test and post-test design was adopted among 60 adolescent girls at Venkateswara College, Thalambur using non-probability convenient sampling technique for the study. The demographic data and the structured questionnaire consisted of 20 item to assess the level of knowledge on Breast self examination were used to collect the data from the students. The collected data was organized, tabulated, analysed and interpreted by using descriptive and inferential statistics.

**Results:** The pretest mean and standard deviation were 12.15 and 3.5205 and posttest mean and standard deviation were 16.47 and 1.1856. The data showed that there is significant improvement in the knowledge level on breast self examination.

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**Conclusion:** This study highlighted the effectiveness and improvement in the knowledge of students regarding breast self examination after giving planned teaching program.

## Keywords

Assess, Breast self examination, knowledge, adolescent girls.

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## A Study to Assess the Effectiveness of Structured Teaching Programme on Essential Newborn Care Practice among Lscs Mothers in SRM General Hospital



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### Abstract

**Introduction:** Globally, the mortality rate of the newborn is 4million and 3.4 million in every year with in 7days of baby born. 66% of the death can occurs during the first day and 34% of the death occurs after 24 hours. Most of the newborns are dead due to less newborn care. This study is intended to assess the effectiveness of structured teaching programme on essential newborn care practice.

**Aim:** To assess the pre test and post test knowledge regarding essential newborn care practice among mothers with LSCS.To assess the effectiveness of structured teaching programme on knowledge regarding essential newborn care practice among mothers with LSCS at SRM GH.To associate the effectiveness of structured teaching programme among mothers with LSCS with their demographic variables.

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**Materials & Methods:** Quantitative approach with Pre & Post test design was conducted among 30 mothers who are with LSCS in SRM General Hospital. Non probability convenient sampling technique was used. Structured questionnaire was used to assess the demographic variables and to assess the effectiveness of structured teaching programme on essential newborn care.

**Results:** The findings showcased that the effectiveness of structured teaching programme on essential newborn care practice was evidenced that the pretest, 23(76.67%) had inadequate knowledge and 7(23.33%) had moderately adequate knowledge regarding the essential newborn care practice. After the administration of structured teaching program on essential newborn care practice all the mothers 30(100) had a adequate knowledge.

**Conclusion:** Essential newborn care is a comprehensive strategy, designed to improve the health of newborns through interventions before conception, during pregnancy & after birth.

## Keywords

Essential newborn care, LSCS mothers.

## Biography

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## **Cryotheraphy Reduces Arteriovenous Fistula Puncture Pain among Clients Undergoing Hemodialysis – A Pre-Experimental Study**



### **Mageswari. K**

Dr. Kamakshi Memorial Hospital Pvt. Ltd, India

#### **Abstract**

**P**atients on End Stage Renal Disease who receive Hemodialysis most often complain of recurring painful events due to needle sticks in the Arterio Venous Fistula region. Pain is considered to be a primary symptom in reducing the quality of life of hemodialysis patients.

#### **Objectives**

- To assess the pre-test and post-test level of AV Fistula puncture pain among experimental group.
- To evaluate the effectiveness of cryotherapy among experimental group.

#### **Methodology**

The research design was Pre-experimental one group Pre-test Post-test design and 30 samples were selected by Non-probability convenient sampling technique at Hindu Mission Hospital, Chennai. The Standardized Numerical Pain scale tool was used to assess the pretest and posttest level of AV Fistula puncture pain. Hemodialysis patients who met the inclusion criteria were intervened with Cryotherapy after the pretest.

#### **Results**

Data were analysed by using descriptive and inferential statistics. The pre-test mean score was 5.67 and post-test mean score was 3.37 with standard deviation (S.D) 0.60 and Student paired “t” test value was  $t = -21$ , which was statistically significant at  $p(0.01)$ .

#### **Conclusion**

This study proved that the cryotherapy is effective in reducing Arterio-venous fistula puncture pain for the clients undergoing hemodialysis.

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## **Biography:**

Mrs. Mageswari. K, M.Sc(N)

Medical – Surgical Nursing Department

Designation: Vice-Principal

Working Organisation: Dr. Kamakshi Memorial Hospital Pvt. Ltd., Chennai.

Total years of teaching experience: 16 years.

Doing Ph D in nursing in Sri Balaji Vidyapeeth University, Puducherry.

Editorial board member in an online journal “Journal of Emergency and Trauma Nursing” under Red Flower Publication Pvt, Ltd

Scientific paper Presentation done in 2 international conferences and 1 national conference.

2 research articles, 2 review articles and 1 case study published in national and international Journals with impact factor

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## **A study to assess the effectiveness of structured teaching programme on Knowledge and practice regarding self administration of insulin injection among diabetic clients in a selected primary Health Centre Bangalore**



### **Ezhilarasi**

Associate Professor, SBV University, Pondicherry, India

### **Abstract**

#### **Background of the study:**

Rural and urban Diabetic patients don't get adequate knowledge, guidance and supervision of self administration of insulin injection. So Diabetic patients in rural and urban areas doesn't know how to take insulin injection by self, when they inject, and even if they are taking their insulin injection they will use primary health centre nursing staff, community health nurse or else and some time if they are using pen type syringe also they will not use self administration of insulin.

So Structured teaching programme is given to Diabetic patients regarding self administration of Insulin injection technique, in order to improve knowledge and practice.

#### **Objectives:**

- To assess the existing knowledge and practice regarding self administration of insulin injection among diabetic clients.
- To evaluate the effectiveness of structured teaching programme regarding self administration of insulin injection among diabetic clients.
- To find out the relationship between knowledge and practice regarding self administration of insulin injection among diabetic clients.
- To find out the association between knowledge and practice score with selected demographic valuables.

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## Hypothesis:

- **H<sub>1</sub>** – There will be a significant difference between pre test and post test knowledge score of diabetic clients regarding self administration of insulin injection after administration of STP.
- **H<sub>2</sub>** - There will be a significant difference between pre and post test practice score of diabetic clients regarding self administration of insulin injection after administration of STP
- **H<sub>3</sub>**- There will be a significant relationship between pretest and post test knowledge and practice score on self administration of insulin injection among diabetic clients
- **H<sub>4</sub>** – There will be a significant association between knowledge and practice score on self administration of insulin with selected demographic variables

## Methods:

One group pre test and post design was used to assess the effectiveness of structured teaching programme on self administration of insulin injection among diabetic clients selected urban and rural community.

In view the nature of the problem accomplishes the objectives of the study. Structured teaching programme was prepared and structured knowledge and practice questionnaire was used to assess the effectiveness of structured teaching programme.

The study was carried out in Kengari rural community at Bangalore. 60 diabetic clients were selected by purposive sampling technique; structured interview schedule was used to collect the data, the pre test structured teaching programme conducted by administering knowledge and practice questionnaire on self administration of insulin injection, and the 7<sup>th</sup> day post test was conducted by using the structured teaching programme.

## Major findings of the study were:

The finding of the present study revealed that the knowledge and practice regarding self administration of insulin injection. The overall mean, knowledge and practice score present in the pre test is 38% and 39.2%, which is slightly less. This shows there is lack of knowledge and practice among rural diabetic clients regarding self administration of insulin injection

The present study confirms that there was improvement in knowledge and practice after the structured teaching programme and is statistically significant. The overall mean knowledge and practice score present in the pre test is 38% and 39.2%. And in the post test 72.67% and 78.67% so there is enhancement of knowledge and practice score found to be 25.33% and 39.47%. The mean knowledge and practice score during pre test is 11.4 and 5.88. And in post test 21.8 and 11.8. The overall mean knowledge and practice score present of pre test found to be 38% and 39.2% and the post mean knowledge and practice score was 72.67% and 78.67% it shows the enhancement of knowledge and practice after structured teaching programme.

Hence, research hypothesis H<sub>1</sub> is accepted since there is significant changes found between pre test and post test knowledge score after structured teaching programme regarding self administration of insulin injection among diabetic clients at 5% level and research hypothesis, H<sub>2</sub> is since there are significant changes found between pre test and post test practice score after structured teaching programme regarding self administration of insulin injection among diabetic clients at 5% level.

There was significant relationship between knowledge and practice regarding self administration of insulin injection. The overall mean knowledge and practice score present in the pre test is 38% and 39.2%. And in the post test 72.67% and 78.67%. Correlation coefficient between knowledge and practice on pre test and post test was 0.18 and 0.56, so it is positively correlated hence H<sub>3</sub> is accepted

Analysis shows demographic variables in the study like respondents occupation, monthly income, duration of illness in the knowledge level found significant since H<sub>4</sub> is accepted. But in the respondents knowledge score age, gender, educational status, religion, history of diabetes, duration of

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treatment, injection by self, urine test, type of syringe, site of injection, time of injection in the knowledge score level found non – significant. So  $H_4$  is rejected, and  $H_0$  is accepted.

The respondent's educational status, occupation, monthly income, duration of illness with practice score of respondents found significant. Hence  $H_4$  is accepted. Whereas age, gender, religion, history of diabetes, duration of treatment, injection by self, urine test, type of syringe, site of injection, time of injection with practice score is found to be none significant  $H_0$  is accepted.

## **Conclusion:**

Further effectiveness of structured teaching programme was tested by inferential statistics using paired' test. A significant difference was found between pre test and post test knowledge scores of diabetic clients including increase in knowledge after structured teaching programme. Hence research hypothesis  $H_1$  accepted

## **Keywords**

Self administration of insulin injection, diabetic clients, structure teaching programme.

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## The Effects of Early Position Change and Ambulation on Low Back Pain, Discomfort In Patients with Cancer Undergoing Angiography with Vascular Closure Device (VCD) at TMH



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### Dr. Anant Ramaswamy

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### Abstract

**Objectives:** To assess and compare the reduction in low back pain, reduction in discomfort, risk of bleeding with early position change and ambulation in patients with cancer undergoing angiography with VCD.

**Methods:** A prospective experimental cohort designed is used for this study using non probability purposive sampling technique. Inclusion criteria: Cancer patients who have undergone angiography procedure with VCD in IRD, Age  $\geq$  18, patients for angiography procedure with normal coagulation profile. Institutional ethical committee permission was obtained and CTRI registration done. The tools used for analysis were a. Visual Analogue Scale (VAS), Corlett and Bishop's Body Part Discomfort

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(BPD) hematoma by mm scale,USG for confirmation of bleeding if hematoma. Data collected from 20 patients in the recovery room of Interventional Radiology Department of TMH from January 2020 to March 2020 was done . Analyzed using descriptive and inferential statistics..

**Results** :showed the 25% of the participants were female and 75% were male. The low back pain was observed with SD at 4<sup>th</sup> hour  $1.45 \pm 0.69$  and at 5<sup>th</sup> hour are  $1.05 \pm 0.69$ . The intensity of the pain was statistically significantly reduced at 6<sup>th</sup> hour  $0.55 \pm 0.61$  ( $p < 0.001$ ) as compare to 1<sup>st</sup> to 3<sup>rd</sup> hour are with the mean of  $3.05 \pm 1.19$ ,  $2.80 \pm 1.20$ ,  $2.20 \pm 1.32$  respectively. The p value was found to be statistically not significant ( $p > 0.05$ ). Similarly, we found that body discomfort of head and neck, Arm, knee and leg-and-foot has not shown any statistically significant value at 6<sup>th</sup> hour with  $p = 0.063$ ,  $p = 0.083$ ,  $p = 0.153$ ,  $p = 0.102$  respectively. However, the body discomfort of shoulder and low back was significantly reduced at 6<sup>th</sup> hour with  $p < 0.001$ , same as middle back, buttock and thigh showed the reduction of discomfort with the p value 0.003,0.020, 0.038 respectively. As patient received early change of position and ambulation there was no urination difficulty in a supine position. None of the subjects experienced bleeding and hematoma.

**Conclusion:** Early position change and ambulation was effective to reduce low back pain and discomfort in patients with cancer undergoing angiography with Vascular Closure Device (VCD).

## Biography

A dedicated professional, resourceful, innovative caring skills responsive to change benefiting from 20 years' experience in nursing education department in various university of Mumbai, MUHS and HBNI. At present working at nursing education department as professor cum vice principal with PhD nursing from MGMIHS at Tata Memorial Hospital College Of Nursing Mumbai.

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## Assess the Effectiveness of Skill Training Programme on Handwashing Technique among School Age Children

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**G.Ambujam**

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### Abstract

**Introduction:** Washing of hands and maintenance of appropriate hand hygiene plays a significant role in preventing the spread of many communicable diseases. One of the major sources of spreading communicable diseases from person to person is contaminated hand. A simple act of hand washing can prevent at least one out of ten episodes of diarrhea and one out of six episodes of respiratory diseases such as pneumonia. According to the UNICEF the hand washing with soap and water is not a widespread practice among Indians. WHO's Global Annual Campaign in May 2016 "Save lives, Clean Your Hands Advocacy Toolkit and around 180 countries, 20,000 health facilities have joined in this campaign. Nearly 688 Indian hospitals have registered under this campaign.

**Aim:** The present study was aimed to assess the effectiveness of Skill training programme on hand washing technique among school age children aged 8-10 years.

**Material and Methods:** An interventional study was carried out among 50 school age children who met the inclusion criteria. The school age children were selected by using simple random sampling technique. Data were collected from the school children with the use of demographic proforma to get baseline information and self structured checklist to assess the practice of hand washing technique. The checklist consists of 15 steps of hand washing technique. The researcher demonstrated the hand washing techniques and motivated the school age children to re-demo it. The children were actively participated in this study.

**Result:** The present study result proved that skill training (demonstration) on hand washing techniques was more effective as evidenced by the post test mean, standard Deviation was higher than pretest mean, standard Deviation which was  $14.04 \pm 1.19$  and  $6.18 \pm 3.12$  respectively and the paired t test value was 15.33. there was no significant association was found between pretest score with their selected demographic variables.

**Conclusion:** Hand washing is the one of the best cost effective way to prevent and eradicate the transmission of infections in globally. There is great need to make an awareness regarding importance of frequent hand washing and its techniques among school children to create a healthy and wealthy future generation.

### Keywords

Assess Effectiveness, Demonstration, Hand washing techniques and school age children.

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## Effectiveness of Counseling on Climacteric Symptoms

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### Abstract

**Background:** 'The Change', 'the Climacteric', 'the time of life' – call it what you will, it is an unavoidable fact that all women go through the period of Menopause in their life time. Women experiences various symptom during menopause such as hot flushes, sleep disturbances, joint pain, vaginal dryness, emotional instability, memory problems and others which affect their daily activities and reduce the quality of life. Awareness programmes and counseling sessions regarding menopause symptoms and self help tips may improve their quality of life by reducing the menopause symptoms.

**Objectives:** To assess the Climacteric symptoms and effectiveness of counseling on Climacteric symptoms among menopausal women. To find the association between pretest scores of Climacteric symptoms with selected demographic variables.

**Methodology:** Quantitative approach and Pre-experimental design was used in this study. 60 menopausal women were selected using Purposive Sampling Technique from a selected village, Karaikal. The tool used for this study is Part-I Demographic variables, Part – II MENQOL Tool to assess the effectiveness of counseling on Climacteric symptoms among menopausal women. The data was analyzed using descriptive and Inferential statistics.

**Results:** The study results proved that before the intervention, mean  $\pm$  standard deviation for vasomotor symptoms is  $8.4 \pm 5.24$  and it was significantly decreased to  $5.43 \pm 3.67$  after intervention ( $P < 0.05$ ). Similarly mean  $\pm$  standard deviation for Psychosocial symptoms is  $26.10 \pm 6.77$  and it was significantly decreased to  $16.73 \pm 4.60$  after intervention ( $P < 0.05$ ). Then mean  $\pm$  standard deviation for Physical symptoms is  $67.26 \pm 9.98$  and it was significantly decreased to  $43.56 \pm 7.88$  after intervention ( $P < 0.05$ ) and mean  $\pm$  standard deviation for sexual symptoms is  $12.16 \pm 6.70$  and it was significantly decreased to  $7.80 \pm 3.96$  after intervention ( $P < 0.05$ ). Regarding the over all score in pretest 13.3% of women had mild symptoms, 66.7% of women had moderate symptoms and 20% of women had severe symptoms. In post test, 90% of women had mild symptoms and 10% of women had moderate symptoms. There was an association between pretest scores of climacteric symptoms with demographic variables such as marital status, occupation of menopause women, occupation of the spouse, weight of the women.

**Conclusion:** Climacteric Symptoms differs with each Individual. The study proved that the counseling sessions was effective in reducing climacteric symptoms. Hence awareness programmes and counseling sessions regarding climacteric symptoms and self help tips may enhance improvement in the quality of life of menopause women.

### Keywords

Counseling, Climacteric Symptoms, menopause women.

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## **Efficacy of high protein diet, breathing exercise and wound cleaning with the saline for the promotion of wound healing among the patients undergone abdomen surgery**

**Lalitha.S**

Department of Medical Surgical Nursing, Nursing Tutor Gr –II, College of Nursing, Chengalpattu Govt. Medical College, Chengalpattu, India

### **Abstract**

**Background:** Good nutrition is necessary for healing. During the healing process, the body needs increased amounts of calories, protein, vitamins A and C, and sometimes the mineral zinc. Improper skin excision during surgery, the gap between the sutures, tight sticking, too loose sticking of adhesive tapes, infection obesity, medications, alcoholism, smoking and repetitive trauma may cause wound gap and delay in wound healing process. Nurses have major role in wound healing process. Past 10 years may surgical clients prolonged hospitalization due to delayed wound healing. 60 – 70% of clients improper sterile technique for dressing and poor nutritional, 30% of clients lack of awareness of wound care.

#### **Aims and objectives:**

##### **Aims:**

1. To know the what are all interfering substance to prevent the healing of wound.
2. To minimize the social economic burden of surgical wound interfere of the normal routine activity of individual care for family and regain the work.

##### **Objectives:**

##### **Primary objectives:**

1. Completion of wound healing efficacy and patient satisfaction.
2. Improving nutritional status will support the wound healing and saline dressing.

##### **Secondary objectives:**

To improve the awareness of clients and caregiver for wound healing process and maintaining personal hygiene and early ambulation for abdominal surgery clients.

##### **Materials and methods:**

##### **Subject selection:**

Subjects were selected through random sampling technique.

##### **Inclusion criteria:**

1. All age group (Male and Female) 25 to 45 years.
2. Persons who had emergency and elective abdominal surgery after 3<sup>rd</sup> day of surgery.

##### **Exclusion criteria:**

1. Clients with psychiatric problems.
2. Clients with communicable diseases.
3. Clients with other complications such as renal, hepatic impairment, tuberculosis, HIV,

AIDS.

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## **Follow up procedures/ visits:**

After discharge every 15 days, how to preserve hygienic of healed wound, minimum 3 checkup.

## **Assessments of parameters:**

1. Redness
2. Itching
3. Oozing

## **Results:**

### **Statistical analysis plan:**

The sample will be analyzed by using the following statistical methods:

1. Univariate
2. Student T- test

## **Conclusion:**

To minimize the social and economic burden of surgical wound interfere of the normal routine activity of individual, care of the family and regain to the work.

## **Keywords**

Personal hygiene, Early ambulation, Protein diet, Wound healing, Breathing exercise.

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## A study of assessment of sexual functioning of patients with colorectal cancers and their spouses at Tata Memorial Hospital, Mumbai, India



### Surekha Stephen Dongerdive

Msn Rnm-Oncology, Clinical Nurse Instructor, India

#### Abstract

**Objectives:** Identify sexual functioning of patients with colostomy who have undergone surgery for CRC. Identify sexual functioning of patients spouses with colostomy and find association between issues related to sexual function and demographic variables.

**Research Methodology:** Exploratory descriptive survey research design was used. Setting -Stoma Clinic, of TMH, Mumbai. Sample: 25 (patients and spouse). Sampling technique - non-probability convenience. Semi- structured questionnaire. Data analyzed by descriptive statistics; analysis was done by SPSS software.

**Findings:** There was no significant association between demographic variables and issues related to sexual function while there was significant association between medical data and sexual function.

**Conclusion:** Different issues related to commencement of sexual activity were identified in the domains of physical, social and sexual. It was evident that the acceptance score was high who received some information regarding the commencement of sexual activity as compared to who did not and there was association between the expectations about sexual counseling and the patients who received some information regarding the commencement of sexual activity as compared to who did not.

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## Effectiveness of structured teaching programme on knowledge regarding intradialytic exercises among hemodialysis clients in selected hospitals, at Karimnagar, Telangana

**M .Veguna Rani**

Professor, Medical Surgical Nursing, Prathima college of nursing, Karimnagar, Telangana, India

### Abstract

**Background:** Generation today is very different from the past years. Many things are invented in terms of food, technology and other things. Due to sedentary life style, stress from daily living and lack of healthy activities, numerous people are now suffering from certain diseases. One common disease in this present time is kidney failure. Hemodialysis is the most common method used to treat advanced and permanent kidney failure. Hemodialysis patients must be able to perform intradialytic exercises in order to prevent complications and live life productivity.

**Objectives:** Assess the level of knowledge regarding intradialytic exercises among hemodialysis clients. Determine effectiveness of structured teaching programme on knowledge regarding intradialytic exercises among hemodialysis clients. Find out the association between the post test knowledge score regarding intradialytic exercises among hemodialysis clients with their selected demographic variables.

**Materials and Methods:** Pre experimental research design was chosen to assess the knowledge. The sample size was 30 hemodialysis clients. Demographic variables and the level of knowledge among hemodialysis clients concerning regarding intradialytic exercises were collected by using structured questionnaire.

**Results:** The current knowledge level of hemodialysis clients regarding intradialytic exercises portrays that score in pre test 46.7% had below average knowledge and 53.3% had average knowledge score, where as in post test 20% had average knowledge and 80% of hemodialysis clients had above average knowledge score. The knowledge score in pre test mean 12.16 and standard deviation 3.30 and post test mean 20.3 and standard deviation 3.52. The difference in level of knowledge is found statistically significant by calculating 't' value which was found to be 9.35 which is more than the table value 2.05.

**Conclusion:** The findings reveals that most of the hemodialysis clients improved their knowledge level after the structured teaching programme.

### Keywords

Intradialytic exercises ,hemodialysis clients

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## Knowledge Regarding COVID-19 Pandemic among Student Nurses: Online Cross-Sectional Survey

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**Jelin Elizabeth.G**

Asst Prof, SRM College of Nursing, India

**Dr C.Kanniammal**

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### Abstract

COVID-19 pandemic it is a public health emergency declared by WHO and it is a major cause of concern for the healthcare profession. The present study is being conducted to assess the knowledge regarding COVID-19 Pandemic among student Nurses. A cross sectional survey by Using Online Google forms study was conducted. Non probability Convenient Sampling technique was used. The tool used for the study comprises of two sections. Section A comprises of demographic data and Section B comprises of structured questionnaire to assess the Knowledge regarding COVID-19 Pandemic among student Nurses which includes 25 questions. The data was collected and analysed by using descriptive and inferential statistics A structured questionnaire comprised of 25 questions developed by investigators was administered to 213 student Nurses. Among the 213 student Nurses, majority 56.8% of them has adequate knowledge regarding the present global pandemic and 41.8% had moderately adequate knowledge. This study concludes that student Nurses adequate knowledge regarding COVID-19 pandemic.

### Keywords

COVID-19 pandemic, Healthcare profession, Student Nurses

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## Improving Communication from Cardiac Operating Room to Cardiac Surgical Intensive Care Unit Using a Standardized Handover Process

**Reshma Ramanuj**

Nursing Vertical Head-Cardiac Center, India

**Kuldeep Kaur Judge**

Nursing Vertical Head-Cardiac Center, India

### Abstract

**Introduction:** Hand over from Cardiovascular OR to Cardiac Surgical ICU is a complex process. It is the most critical time in which the potential for error is very high. Communication error during handover can lead to the omission or miscommunication of critical information leading to patient harm. Vital information like blood product type/quantity, implant used or number of grafts, blood loss information or any other important instruction for the postop management are missed out during the hand overs.

To streamline the process of accurate handover, nursing team of Cardiac Center of Shree Krishna Hospital initiated the project of “**Improving communication from Cardiac Operating Room to Cardiac Surgical ICU**”. A standardized hand over protocol was made to improve the quality of patient handover from CTOR to CSICU.

**Objectives:** To see the impact of standardized handover checklist to prevent communication errors of critical information during handover between CTOT to CSICU staff to achieve best outcomes in patient care.

**Method:** A new handover form was designed and implemented in July 2018. Prospective audit was conducted of the handover process before and after implementation of new handover form. The study was conducted in span of 12 months. In pre implementation duration (Jan-June 2018), 40 patients were observed during handover and 40 patients were observed after implementation of standardized handover (July-Dec 2018).

**Outcome:** In comparison to pre implementation of new handover process period, there was a significant improvement in the post implementation period and patient’s information sharing error were reduced remarkably.

Measured five component in the handover process. 1 Pre op information (pre 78% - post 85%), 2 intraoperative information (pre 72% - post 100%), 3 critical information (pre 25% - post 95%), 4 special instructions (pre 45% - post 90%), 5 used implant information (pre 15% - post 98%).

**Conclusion:** A standardized handover process developed by the Cardiac Nursing Head and team to prevent patient’s information sharing errors and improve effective communication between OR and ICU Nurse. This QI initiative taken for the improve patient safety.

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## Effects of Psychosocial Stress on Health among Adolescents

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**Dr. C. Kanniammal**

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### Abstract

Many of the health-related behaviours that arise during adolescence have implications for both present and future health and development. Alcohol, tobacco use of adolescent causes serious public health problems. It's not an easy time for parents, because most of the children under severe, dramatic or abrupt changes in behaviour can be strong indicators of physical and mental health issues. The aim of this study to evaluate the psychosocial stress and its impact on health related behaviours among adolescents. the study was conducted with 1080 adolescents in six higher secondary schools at Kanchipuram District, Chennai, used with explorative analytical survey design. The data's were collected from 8<sup>th</sup> to 12<sup>th</sup> standard students, age between 13-17 years selected by cluster random sampling technique. The adolescent life event stressors scale and kid screen -52 items questionnaire were used respectively to assess life event stressors and health related behaviours. The study Findings revealed that There was significant effects of life event stress on adolescent health. It's an alarm of adolescent health related problems. It is very important to educate the Adolescents. The Parents and Teachers should be aware and caution to guide, support and manage the adolescence developmental crisis. So the investigator was in urge to prepare a video and was disseminated this adolescent health need to the public.

### Keywords

Psychosocial Stress, Adolescent, health behaviour.

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## Perception, Perceived Scope and Potential Barriers Regarding the Implementation of Independent Nurse Practitioner's Role in India" Of Among Patients and Health Care Personnel's: A Pilot Study



### Malarkodi S

AIIMS, Rishikesh, Uttarakhand, India

### Suresh K Sharma

AIIMS, Rishikesh, Uttarakhand, India

### Somprakas Basu

AIIMS, Rishikesh, Uttarakhand, India

### Abstract

#### Background:

The Nurse Practitioner (NP) role emerged in the late 1950s and early 1960s when the general practitioners commenced collaborating with nurses who had clinical expertise. The Indian Nursing Council (INC) implemented a nurse practitioner in the critical care NPCC program with the approval of the MoHFW all over the country since 2017. The nurse practitioner role is infancy in India, hence there is a need to assess perception among beneficiaries, and health care personals.

**Aim:** To assess perception, perceived scope, and potential barriers regarding the implementation of independent nurse practitioner's role in India among patients and health care personnel's in selected states of India

**Design:** quantitative, Descriptive cross-sectional survey

**Methods:** A pilot study was conducted from 23 to 30 November 2019 at selected units, AIIMS Rishikesh, Uttarakhand, India, among 84 patients, 78 Nurses, and 43 doctors by using propionate stratified random sampling technique. A Perception Assessment Scale about Nurse Practitioner (PASN), the scope of practice questionnaire, and barriers questionnaire was used to collect data from

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all participants along with a sociodemographic profile. Descriptive and inferential statistics were used to analyze the data.

**Results:** On evaluation, the Mean and Standard deviation of perception scores of patients, nurses, and doctors were  $79.24 \pm 5.34$ ,  $82.14 \pm 4.71$ , and  $64.31 \pm 4.21$  respectively. It is important to note that all the participants believed that INPs role is essential patients (85%), nurses (96%), and doctors (83%), can be acceptable patients (83%), nurses (94%), and doctors (78%), and its feasible patients (79%), nurses (92%) and doctors (77%), to implement nurse practitioner role in India. The majority of nurses and patients agreed that INP can do all roles compared to doctors. There are many potential barriers reported by all categories of participants.

**Conclusion:** In the present study, Participants had favorable opinions about the implementation of the INP role in India. But INP role may not be acceptable to some extent among doctors and other health care professionals, the reported potential barriers must be addressed for effective implementation INP role in India.

## Keywords

Independent Nurse Practitioner (INP), Perceptions, the perceived scope of practice, potential barriers, health care personnel, patients.

## Biography

Mrs. MalarKodi S, Assistant Professor (Pediatric Nursing), College of Nursing, AIIMS, Rishikesh. She presently peruses a degree of the doctorate (Ph.D.) in Nursing at AIIMS, Rishikesh. She is an active member of STTI (Sigma Theta Tau International), TNAI (Trained Nurses Association of India), SOMI (Society of Midwives of India), IANN (Indian Association of neonatal nurses), and NRSI (Nursing Research Society of India). She is completed BLS, ACLS, PALS, and ATCN Courses under AHA. She has been an instructor for BLS courses under AHA. She has more than 35 research papers published in reputed national and international journals. She has a resource person and presented papers in various workshops and conferences at State, National, and International levels. Peer reviewer in the Journal of Neonatal Nursing and British Journal of Healthcare Management.

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## ***I Am Not: The Experiences of Nurses' Frustrations in Clinical Settings***



### **Julius Colonia Daño**

College of Nursing, Cebu Normal University, Philippines

### **Charade Therese Garces-Cabanas**

College of Nursing, Cebu Normal University, Philippines

#### **Abstract**

**F**rustrations refer to deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems or unfulfilled needs. This study delved on the lived experiences of millennial nurses frustrations while employed in public and private tertiary hospitals. Informants were chosen through purposive sampling and an in-depth semi-structured interview was utilized. Colaizzi's process for data analysis revealed five major themes specifically: (1) challenging experience, (2) controlling experience, (3) cold-shouldering experience, (4) censuring experience and (5) unvalued experience. The lived experiences of the millennial nurses significantly revealed their thoughts and feelings as a result of frustrations encountered in the workplace. To address the findings, it is best for the clinical nurse managers and leaders to be vigilant on the situations that may cause frustrations, find a way to resolve them and continually redesigning the system to adapt to ongoing and future challenges without stereotyping millennial nurses in the clinical setting. It is recommended that the nurse managers and administration may explore tailor-fit approaches and programs in the workplace to address reducing, preventing and eliminating frustrations of nurses, to improve policies in the workplace particularly towards promoting educational development, participation in professional training, autonomy in nursing practice, and workloads.

#### **Biography**

Mr. Julius C. Daño is an Associate Professor 4 of the Cebu Normal University College of Nursing. He is pursuing his Doctor of Science in Nursing. He has earned 2 masters degree at Cebu Normal University namely: Master of Arts in Education (Guidance & Counselling), Master in Nursing major in Leadership Nursing. He took his Masters Degree in Primary Health Care at Adelaide University in Australia. He



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has served the Philippine Nurses Association in various capacities such as President and Governor for local and regional level and has been the Chairman of the Board of Governors at the national level.

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## **Feed to Child: Can acculturation matters? A study of French women in Puducherry**

**C.Sathyavathy**

Asst Lecturer in Nursing, School of Nursing, MTPG&RIHS, Puducherry, India

### **Abstract**

**Background:** Acculturation is refers to the change that an individual experiences as a result of being in contact with other culture and is of key issue in relation to feed to the child among French women who are living in Puducherry. Cultural practices of host culture can have an impact on individual on various levels such as identity, values and attitudes. When feed to child of French women in Puducherry is concerned not much work has been done

**Aim:** The aim of this study is to find out can acculturation has an impact on the feed to child practices of French women who were residing in Puducherry more than five year continuously.

**Materials and Method:** A descriptive survey was used to assess the feed to child practices of French women in Puducherry. A total of 100 french women were contacted using snowball sampling technique and the survey questionnaire was administered after availing a written consent.

**Results:** Out of 100 women surveyed, 49% were in the age group of 26-32 years, nearly 50% of them are graduate and home makers. Primi para were 58%, normal delivery were with 53% and institutional delivery was with 89% of women. The feed to child practices of French women showed that 90% agreed with breast feeding, 56% of women reported that they give breast feed for 6 months and on the sixth month 66% started weaning to the child. Liquid diet and semi-solid diet were given with 40% and 39% of women.

**Discussion and Conclusion:** The process of acculturation of French women regarding feed to child has changed the existing phenomena of short breast feed to a longer period of more than six months of French women, starting weaning at 6 months and mixed of solid and liquid died as initial weaning. This can be attributed to the process of acculturation or cultural interaction over time on par with Indian Women and Indian cultural practices.

### **Keywords**

French women, Acculturation, Puducherry, Feed to Child.

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## A Study to Assess the Impact of Non-Clinical Imaging Nurses Education about Patient Preparation for the Clinical Imaging Procedures/Exams on Patient Cancellation, Reschedule and Delay At Clinical Imaging Department (Hmc)



### Packialashmi Srinivasan

HMC, India

#### Abstract

At HMC, we are committed to provide the safest, most effective and most compassionate care to our patients. This can be best done by teamwork approach. During the initial operational stage of clinical imaging department in HMGH, we had a few cancellations, rescheduling or delaying of diagnostic procedures due to some avoidable reasons. On analysis, it has been identified that this can be minimize by arranging an interactive session with Nursing staffs from other departments, who are directly/indirectly involved in the process of Clinical Imaging Procedures. So, we conducted series of interactive session with nursing staffs from Outpatient, Inpatient, and Emergency Department.

#### Objectives of the Study

1. To identify the possible causes and status of patient cancellation, rescheduling, delay at clinical imaging department before the educational session
2. To create awareness about patient preparation for clinical imaging exams/procedures through appropriate educational strategies
3. To assess the patient cancellation, rescheduling, delay at clinical imaging department after the educational session.
4. To assess the knowledge level of non-clinical imaging nurses about patient preparation before and after the educational session.

**The Methodology:** Research design is quasi experimental before and after nonequivalent control group design was adopted. G1-Q1-X-Q2. The common reasons for procedure cancellation, rescheduling and delay were identified through appropriate monitoring tool and then educational material was structured and delivered to the non-clinical Imaging Nurses Across HMC facilities. Pre and post teaching

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knowledge were assessed through structured questionnaire and finally post educational impact of procedure cancellation, rescheduling and delay was monitored and analyzed.

**Results:** results showed that there was significant decline in procedure cancellation, rescheduling and delay from 54% to 16 % and non-clinical imaging nurse's knowledge improvement from 60% to 99%.

## **Recommendations:**

1. This educational session should be mandatory for all the nurses who are joining HMC, it should be incorporated into their GNO program or facility orientation program
2. Educational sessions must be arranged for the clerical staffs as well to ensure adequate patient preparation
3. Clinical imaging patient preparation must be incorporated into all specialty foundation program (depending on need)

## **Biography**

HMC POLICY : CL 7272 Administration and Documentation of Contrast (Last revised April 2018).CL 6110 Radiation safety for female of Childbearing age (September 2018) CL 7046 MRI safety (January 2017) CL 7226 Informed Consent (April 2019) CL 6029 Safe Procedural Sedation by Non-Anesthesiologists (May 2017) NCP 06 Preparation of patients undergoing Clinical Imaging examination and Procedure

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## Student Satisfaction on Mentoring Among Undergraduate Students Studying



### G.J. Sara Sapharina

Lecturer, Sri Ramachandra Faculty of Nursing, Sri Ramachandra Institute of Higher Education And Research (DU), Porur, Chennai, India

#### Abstract

**Introduction:** The term "mentoring" has become widespread. In a few instances there is no clear distinction made between the terms "tutoring", "coaching", and "mentoring". Mentoring is a professional activity, a trusted relationship, a meaningful commitment. An essential first step in a successful mentoring relationship is for both the mentor and mentee to identify, define, and honestly articulate their common and individual goals and motives.

**Objectives:** The main objectives of the study are to assess the student satisfaction on mentoring among undergraduate students and associate the student satisfaction on mentoring among undergraduate students with selected background variables.

**Methodology:** The quantitative descriptive research design was used to assess the mentoring satisfaction among undergraduate students. The study was conducted in Sri Ramachandra Faculty of Nursing. 68 undergraduate students from B. Sc Nursing (Basic) II year students were selected by purposive sampling method. The investigators after obtaining online consent from participants English version of demographic variables and mentoring satisfactory survey (16 items) was sent through their email after converting in to Google forms.

**Results:** The study findings showed that majority (66.7%) of the undergraduate students satisfied with the mentoring, around 8.8% of them were neither satisfied nor unsatisfied with the mentoring and about 20.6% of them were unsatisfied with the mentoring. All (100%) the participants met their mentor in the past 12 months, around 17.6% of the participants met their mentor more than 2 times and 3 times respectively, around 61.8% of the expressed that the frequency of meeting was about right and 95.6% of them felt that mentoring relationship has been mutually beneficial.

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**Conclusion:** In an appropriate environment that supports mentoring, students and mentors are able to establish meaningful relationships that will positively influence their future, both as persons and as professionals, far more than they imagine during the actual mentoring meetings.

**Biography:** I am Mrs.G.J. Sara Sapharina, working as a Lecturer in Psychiatric Nursing , Sri Ramachandra Faculty of Nursing, SRIHER. Having 12 years of teaching both Nursing, Allied health undergraduate and postgraduate students effectively conveying nursing concepts and procedures in classroom, laboratory and clinical settings. Presented many scientific papers in various national and international conference. Published papers in indexed and non-indexed journals. Currently perusing P.h.D in Nursing .

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## A Pre Experimental Study to Assess the Effect of Pedagogical Communication Measures on Patients with Dysfunctional Communication Admitted in Selected Hospitals, Madhya Pradesh



### Prof. Chetna Joseph

Smt. Rukmaniben Deepchandbhai Gardi, Nurses Training Centre, Indore, M.P, India

#### Abstract

##### Objectives of the study:

1. Assess the clinical variables of patients with dysfunctional communication admitted in selected hospitals.
2. Assess the level of communication prior the administration of pedagogical communication measures.
3. Find out the knowledge score on level of communication after the administration of pedagogical communication measures.
4. Find out the level of satisfaction regarding selected pedagogical measures.
5. Associate the knowledge score of communication level after the administration of pedagogical communication measures with selected demographic and clinical variables.

##### SAMPLING TECHNIQUE (INCLUDING SAMPLE SIZE):

Experimental research approach will be used for study.

The research design used for study is post- test only design.

- **Sample:** Patients with dysfunctional communication in communities or admitted in selected Hospitals.
- **Sampling technique:** Non probability purposive sampling technique
- **Sample size:** 100 patients with dysfunctional communications admitted in selected hospitals.

##### METHOD OF DATA COLLECTION:-

Post-Test only process will be used to collect data. The investigator collected demographic and clinical variables from the samples selected through Non Probability purposive sampling. Intervention in the form of pedagogical communication measures will be explained and provide to them followed by Post-

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Test. Following posts test the level of satisfaction towards pedagogical communication measures will be collected from the samples.

**DATA ANALYSIS:-** Descriptive and inferential statistical measures is used to analyze data. Data were interpreted in tabulated and graphic forms along with discussion.

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## Effectiveness of sensory stimulation on level of consciousness among traumatic brain injury patients: a randomized controlled clinical trial.



### Pragyanshree Nanda

Tutor, Department Of Medical Surgical Nursing, KIIT Deemed to be University, Odisha, India

#### Abstract

**Purpose:-** Purpose of the present study was to determine the effectiveness of sensory stimulation program on level of consciousness of patients with Trumatic brain injury.

**Objective of the study :**To evaluate the effectiveness of sensory stimulation to improve the level of consciousness among traumatic brain injury patients.

**Method:** Randomized controlled clinical trial method was adopted for this study. 30 patients (15 in control and 15 in experimental group). The study was conducted in Neuro surgery HDU, ICU of pradyumna Bal Memorial Hospital, Bhubaneswar on TBI patients. Sensory stimuli was administered for 20min to the experimental group after pretest. Once per day for 7days. Then after 7 days of intervention posttest was conducted. Routine care was given to control group for 7days. GCS was used to assess consciousness.

**Result :** Statistical findings revealed that posttest mean score of level of consciousness in experimental group and control group were  $\pm 9.13$  &  $\pm 10.47$  respectively with difference of pretest and post test score in experimental and control group were  $\pm 3.40$  &  $\pm 3.20$  respectively which found to be statistically significant at  $p < 0.05$  level. After sensory stimulation ,it was found that there had been a significant level of improvement in consciousness among TBI patients after receiving sensory stimulation .

**Conclusion :** As the findings of the study indicated, sensory stimulation in the course of therapeutic programs could improve the sensory function of the TBI patients with the disorder of consciousness and prevent sensory deprivation.

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## Keywords

*level of consciousness, Trumatic brain injury, Sensory stimulation, Effectiveness.*

## Biography:

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## **A Study to Assess the Effect of Planned Teaching on the Knowledge and Practice Regarding Management of Hypertension among the Employees Identified With Hypertension in a Selected University Of Mumbai**



### **Priyanka. C. Kadam**

Leelabai Thackersey College of nursing s.n.d.t. Women's university, Mumbai, India

#### **Abstract**

**H**ypertension is one of the most common lifestyle diseases today. The aim of this study was to investigate knowledge and practice regarding management of hypertension among the employees identified with hypertension. Method: An exploratory descriptive approach and survey, one group pretest posttest design was adopted in this study. The sample size for this study was 60 employees of university identified with hypertension, who were selected using nonprobability purposive technique. Data were collected using knowledge questionnaire, inventory check list, ppt and biometric measurement. The planned teaching was administered to the employee regarding management of hypertension. The post test was conducted after 7 days of planned teaching. Data were analyzed using descriptive and inferential statistics. Result: This study findings show that the pretest mean knowledge score was 13.98 and practice score 12.08 and posttest knowledge mean score was 24.57 and practice mean score was 15.48. As the calculated t value for knowledge was 16.79 it is greater than the table value of t at 0.05 level of significance, and for practice it was 45.84 and is greater than the table value of t at 0.05 level of significance. The study finding showed that planned teaching was effective in increasing the knowledge and change in practices of the samples.

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## **A study to effectiveness of swaddled positioning on selected behavior among very low birth weight neonates in selected hospitals, Salem**

**Selvi.S**

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**Dr. Abirami.P**

SRM College of Nursing, India

### **Abstract**

Every family looks forward to the birth of a healthy newborn. It is an exciting time with so much to enjoy. In some cases, unexpected difficulties and challenges occur along the way. Some newborns are considered high risk. This means that a newborn has a greater chance of complication because of conditions that occur during fetal development, pregnancy condition of the mother or problems that may occur during labour and birth. Swaddle positioning among very low birth weight neonates can increase time in quiet sleep and decrease time spent crying or in active sleep.

#### **OBJECTIVES:**

- To assess and compare the pre test and post test level of swaddled positioning on selected behavior among very low birth weight neonates in study group and control group.
- Determine the effectiveness of the swaddled positioning on selected behavior among very low birth weight neonates in study group and control group.
- To Associate post –test level of swaddled positioning on selected behavior among very low birth weight neonate with their demographic variables in study group and I and control group.

#### **METHODS AND MATERIALS**

Quantitative approach and quasi-experimental to comparative group with wait list control group design used, 60 sample collected by Non- Probability Purposive sampling technique. The instrument consist Of 2 sections (i) Section-A demographic Data study objects , (ii) Section-B tool using Brazelton (1982) Neonatal Behavioral Assessment Scale.

#### **RESULTS:**

The pretest and posttest done by using Brazelton (1982) Neonatal Behavioral Assessment Scale the reliability of the tool value was  $r=0.86$ . swaddle positioning The analyzes depicted that the swaddle positioning effective on very low birth weight neonates with  $p=0.001$  and association found in study group for weight of the neonates, gestational weeks of the neonates in control group there is no association. The pretest and posttest done by using Brazelton (1982) Neonatal Behavioral Assessment Scale the score range as follows Poor behavior pattern 0%, averages behavior pattern 16.7% Good behavior pattern 83.7%.

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## CONCLUSION:

The result of the study concluded that swaddle positioning was highly effective in improving the good behavior pattern among very low birth weight neonates. Therefore the investigator felt that knowledge gained can be achieved by swaddle positioning among very low birth weight neonates

## Keywords

Swaddled positioning, selected behavior, very low birth weight neonates.

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## Effectiveness of Guided Imagery Therapy on Exam Anxiety among Nursing Students at Selected College, Chennai

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**Mahalakshmi. L**

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### Abstract

Anxiety may be a kind of feeling with an unpleasant state of inner turmoil, typically in the course of nervous behavior. Most students experience a certain level of anxiety during their examination. Examinations are seen as the biggest stressor for the students today. Feeling anxious about examination is normal, however many students exhibit more anxiety than others. Guided imagery technique is a non-invasive relaxation technique, and through this research with an objective to assess the level of exam related anxiety among first-year B.Sc nursing students was chosen for this study. This therapy will guide the students through guided imagery exercises in an effort to elicit automatic thoughts. The approach chosen for the study will be quantitative approach. Pre experimental study adopted for this study. The students were asked to use their five senses while imaging. Guided imagination affects the emotional control center of the brain and thus cause therapeutic relaxation and anxiety reduction. A non-probability purposive sampling technique was adapted with 38 students who met the inclusion criteria in the selected Nursing College in Chennai. A structured self-administered questionnaire was used to collect the data. Data were analyzed with descriptive and inferential statistics. The results from the pretest concluded that 38 (100%) students had moderate exam anxiety. In the posttest majority of 30 (83%) students had healthy anxiety and the remaining 8(17%) had moderate exam anxiety which showed the effectiveness of guided imagery therapy. The level of anxiety on guided imagery therapy among the students was  $23 \pm 5.1$  (mean  $\pm$  SD) and  $18 \pm 4.56$  (mean  $\pm$  SD) in pretest and posttest respectively. The chi-square value showed that there was no statistical association between the level of exam anxiety with demographic variables such as age, sex, type of family, religion, the medium of study, place of stay, hours of study per day, area of the school. The study findings revealed that the level of the student's anxiety was more during the pre-test. Most of them had a moderate level of exam anxiety. After the guided imagery therapy the level of exam anxiety was reduced. Most of the students had healthy anxiety in the posttest. Hence the study concluded that guided imagery therapy was effective in reducing of exam anxiety.

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## Effectiveness of Educational Programme on Osteoporosis among the Women in Selected Community Area in Kancheepuram District

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### Abstract

Osteoporosis is a disease which reduces the density and quality of bone. Osteoporosis occurs silently and progressively, very often without any symptoms or pain until the first fracture happens. It is a general disease, so it may affect every bone in the body. Some bones, such as the wrist bones, the upper leg bones and the spine bones, however, are more prone to develop symptoms or to fracture due to their anatomical structure and mechanical exposure to more heavy loads. Osteoporosis is common in females. The women should be aware of osteoporosis. Hence the present study was carried out to evaluate the effectiveness of educational programme on osteoporosis among the women.

**Objectives:** To assess the level of knowledge on osteoporosis among women, to evaluate the effectiveness of educational programme on osteoporosis among women, to associate the post-test level of knowledge score with their demographic variables among women.

**Materials and Methods:** The research approach adopted for the present study is Quantitative approach, Evaluative in Nature. The research design chosen for the study was pre experimental research design one group pretest and post test design. 50 samples were selected by convenient sampling technique.

**Results:** The data analyses showed that among 50 women, 44 (88%) had inadequate knowledge and 6(12%) had moderately adequate knowledge in the pretest. It reveals that the women need an educational programme to improve their knowledge on osteoporosis. In the post test, 41 (82%) women had adequate knowledge and 9 (18%) had moderately adequate knowledge. The mean value was 12.06 with the standard deviation of 3.29. Analysis of paired t test determined the knowledge regarding osteoporosis changed significantly at  $t=25.96$ ,  $p<0.05$  among the groups. The demographic variables of women's had no significant association with the educational programme. Thus it was concluded that educational programme was statistically effective.

### Keywords

Osteoporosis, Knowledge, Assess, Women

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## Effectiveness of Structured Instructional Module on Knowledge Regarding Prevention and Home Management of Leucorrhoea among Adolescents Girls Studying In Selected Higher Secondary Schools of DAMOH



### Prof Dr Sudharani Banappagoudar

Professor School of Nursing Sciences, ITM University, Gwalior(MP), India

#### Abstract

##### Background

Leucorrhoea is a whitish, thick or yellowish vaginal discharge. There are many causes of leucorrhoea, the common one being estrogen imbalance. Leucorrhoea can be prevented by involving some changes in lifestyle like maintaining proper hygiene, taking a healthy nutrition-rich diet.

##### Objectives

- To assess the knowledge regarding prevention of leucorrhoea and its home management among adolescents girls studying in higher secondary schools of Damoh.
- To evaluate the effectiveness of structured instructional module on prevention and home management of leucorrhoea among adolescents girls studying in higher secondary schools of Damoh.
- To determine the association between pre test knowledge scores regarding leucorrhoea prevention & its home management with their selected demographic variables among adolescent girls studying in higher secondary schools of Damoh .

##### Method

The research approach is evaluative approach, the research design is quasi experimental one group pre test post test design and the setting is selected higher secondary schools of Damoh.

The sample of this study comprised of 120 adolescent girls.

Purposive sampling technique was used to draw samples for the study.

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## Results

In the pre-test 98 % had inadequate adequate knowledge, 2 % of them had moderate knowledge and none of them was found to be with adequate knowledge. But, in post test, 90.50% had adequate knowledge and 9.50 % of them was found to be with moderate knowledge and none of them had inadequate knowledge. Pre test mean percentage was 31.4% and post test mean% was 90.8%.The paired t-test was carried out and it was found invariably significant at  $p < 0.05$  level.

Interpretation and conclusion Overall findings showed that self instructional module was significant in improving knowledge scores of the adolescent girls regarding prevention and home management of leucorrhoea.

## Keywords

Effectiveness; SIM; knowledge; regarding; prevention; and home management of leucorrhoea.

## Biography

Prof Dr Sudharani Banappagoudar graduated from Shri JG Co operative College of Nursing, Ghataprabha (Karnataka) in 2006. Completed her M.sc Nursing in OBG Speciality from Aruna College of Nursing, Tumkur (Karnataka) in 2010. Has experience of more than 12 years, from clinical Instructor to Professor. A highly competent, motivated and enthusiastic person with experience of working as leader of team in a busy academic and administrative environment. A quick learner who can absorb new ideas and is experienced in coordinating, planning and organizing a wide range of administrative activities. Well organized and proactive in providing timely, efficient and accurate administrative support to office managers and work colleagues. Approachable, well presented and able to establish good working relationships with the range of different people. Sets levels and standards that exceed expectations and a learner for life. Possessing a proven ability to generate innovative ideas and independent problem solving attitude, and honoring the commitments with high sense of team spirit and interested in research work.

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## Study to assess the effectiveness of an interventional package on pelvic floor muscle strength among women with pelvic floor dysfunction at selected rural community – India



### R. Vijayalakshmi

Tagore College of Nursing, India

#### Abstract

##### **A**im and Objective:

Assess the effectiveness of an interventional package on pelvic floor muscle strength among women with pelvic floor dysfunction at selected rural community - India.

##### **M**ethodology

A Quantitative research approach with true experimental design was used for the study, Women between 3 months to 1 year post-delivery status either with urinary incontinence, bowel incontinence, pelvic organ prolapses, pelvic pain or dyspareunia in the 26 selected villages which comprised a total of 424 women. Pelvic floor dysfunction was assessed using pelvic floor distress inventory scale. Muscle strength was assessed by per vaginal examination by the investigator and graded using modified Oxford grading scale. Pelvic floor muscle strength was assessed under 5 categories such as Power, Endurance, Repetitions, fast contraction and every timed contraction. Video assisted teaching, demonstration and return demonstration techniques provided by the investigator to strengthen the pelvic floor muscle

##### **R**esult:

Women in the experimental group reported good pelvic floor muscle strength in the post test with mean score of 15.81 while women in control group had mean score of 9.52. There was significant improvement noted in all the components of pelvic floor muscle strength such as power, endurance, repetitions, fast contractions and timed contraction scores among women in the experimental group.

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## **Conclusion:**

Pelvic floor dysfunction causes a lot of burden among the women and studies have showed a trend of increasing prevalence. Community based nursing interventions are very much needed to prevent women from encountering pelvic floor dysfunction which will significantly improve their quality of life.

## **Keywords**

pelvic floor dysfunction, pelvic floor muscle strength

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## Effectiveness of Play Therapy in the Behavioral Response of Children with Burns during Wound Dressing



### Prof. Prathiba Manoharam B

PhD Scholar, Bareilly International University(BIU), India

#### Abstract

**B**urn injuries constitute a major health problem and are next only to road traffic accidents as the leading cause of death in children in India. Objectives: To identify the behavioural response of the children in the control group. To find out the effect of play in improving the behavioural response of children. To compare the difference in behaviour among children in experimental and control group. To determine the association of the behavioural response among children of experimental group in relation to their background variables. Methods: Quasi experimental study with post test only control group design was used. Total 40, 20 in experimental and 20 in control. Results: Majority of the children in the experimental group 15 (75%) cooperated well during the procedure and 5(25%) moderately cooperated during the wound dressing along with play therapy. There was no significant association between behavioural response and background variables such as age, sex, birth order of the child, type of burns and degree of burns. The children who received play therapy in experimental group showed improved behavioural response than the children in control group. And thus play therapy improve the behavioural response of children undergoing wound dressing.

#### Biography

**Prathiba Manoharam. B** has completed B.Sc.(N) from Christian Nursing College, (2001) and M.Sc.(N) - Child Health Nursing from CSI Nursing College, (2008). Pursuing PhD Nursing in BIU.

#### Workshop/Conferences

1. Online courses - Empowering corona warrior from april- may (2020) from Institute of liver and biliary sciences (ILBS).
2. Organizer and Resource person in International Conference on Biostatistics application into Research, BIU.

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3. Facilitator approach to patients with viral hepatitis and liver disease by ILBS.

## **Publications**

In Asian Journal of Nursing Education and Research on “Effectiveness of play therapy in behavioral response of children with burn during wound dressing” (2020).

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## **A Study to Assess the Effectiveness of Planned Education Teaching Regarding Knowledge on Tracheostomy Care Among Undergraduate Students in Srm College of Nursing, Kattankulathur, Chengalpet District.**

**P. Shiyamala**

SRM College of Nursing, SRM Institute of Science and Technology, Kancheepuram, Tamil Nadu, India.

**Dr.T.Suseelal**

SRM College of Nursing, SRM Institute of Science and Technology, Kancheepuram, Tamil Nadu, India.

**Dr. C. Kanniammal**

Dean, SRM College of Nursing, SRM Institute of Science and Technology, Kancheepuram, Tamil Nadu, India.

### **Abstract**

**T**racheostomy is indicated to facilitate weaning from mechanical ventilation by decreasing anatomical dead space, prevention / treatment of retained tracheo-bronchial secretions, chronic upper airway obstruction and bypass acute upper airway obstruction .

#### **Objectives:**

- (1)To assess the pre test and post test level of knowledge regarding tracheostomy care among students nurses
- (2)To determine the effectiveness of planned education teaching regarding tracheostomy care among student nurses
- (3)To associate the level of knowledge regarding tracheostomy care on knowledge among student nurses with their Demographic variables.

**Methodology:** Research approach is quantitative approach. The research design adopted for the study was Pre experimental, one group pre test post test Design. The sample size was 100 Under graduate student were selected by using Non probability purposive sampling technique at SRMcollege of nursing , Kattankulathur.. Pretest was conducted and Educational intervention package was given on Tracheostomy care on the same day and post test was conducted after 7 days.The data that was collected from the sample were tabulated and analysed and interpreted using both descriptive and inferential statistical method.

**Results:** In pretest, students are having 8.06 knowledgescore and in posttest they are having 13.75 knowledgescore, so the mean difference score is 5.69 knowledge score, this difference is large and it is statistically significant knowledge gain score, Statistical significance was calculated by using student's paired t'test ,In posttest after having planned education teaching programme, studentsare gained 28.45% knowledge score than pretest score. pretest and posttest was calculated using and mean difference with 95% CI and proportion with 95% CI.  $p < 0.01$  highly significant BSc(N) III year students and Orientation to tracheostomytaken students having more adequate knowledge than others. Statistical significance was assessed using chi square test.

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**Conclusion:** The present study was done among the student nurses and the post test after education on tracheostomy care revealed significant improvement in the knowledge of students. Hence the research hypothesis formulated in the study was proved.

## **Keywords**

Tracheostomy stoma care, Suctioning, Prevention of complications, Planned education teaching among under graduate student

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## **Effectiveness of Video Assisted Teaching Program on Knowledge Regarding Breast Cancer and Breast Self Examination Among Women at Selected Villages, Karaikal.**

**K.Sivakala**

Ph.D Scholar, Assistant Professor – Vinayaka Mission’s College of Nursing, Karaikal, VMRF-(DU) Salem, India

**Dr. G. Ambujam**

Research Guide, Dean and Professor of Surgery- Vinayaka Mission’s Medical College, Karaikal .VMRF-(DU) Salem, India

### **Abstract**

**Background:** Cancer begins when healthy cells in the breast change and grow out of control, forming a mass or sheet of cells called a tumor. A tumor can be cancerous or benign. A cancerous tumor is malignant, meaning it can grow and spread to other parts of the body. A benign tumor means the tumor can grow but will not spread. The number of cancer cases in India is estimated to be 13.9 lakh this year and may increase to 15.7 lakh by 2025, with its prevalence being marginally higher among women.

**Aims and objectives:** 1.To assess the pretest knowledge regarding breast cancer and breast self examination among women. 2.To find the effectiveness of video assisted teaching program on knowledge regarding breast cancer and breast self examination .3. To find association between knowledge on breast cancer and breast self examination among women with selected demographic variables.

**Materials and Methods:** This research approach adopted for this study was Quantitative approach and pre experimental one group pretest and post test design was used for this study. Simple random sampling technique was adopted to select the desired sample. The sample size was 100 women. Self-structured questionnaire was used to assess the knowledge on breast cancer and breast self examination (BSE) among women. The collected data was analyzed by using both descriptive and inferential statistics.

**Results:** The results shows the overall mean knowledge score of women during pretest was 35% of the total mean score, whereas during posttest which is 76% of the total mean score. It is observed that during pretest the knowledge score the women had poor overall knowledge whereas it was good after implementation of video assisted teaching program. Highly significant difference was found between pretest and post test knowledge score. no association was found between levels of knowledge with demographic variables.

**Conclusion:** The study demonstrated that the video assisted teaching program regarding knowledge on breast cancer and breast self examination was effective to improve the knowledge of women.

### **Keywords**

Knowledge, video assisted teaching program, Breast cancer, Breast self examination, Women

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## Effective Care and Management of Myocardial Infarction Patient in Coronary Care Unit at Clara Swain Hospital, Bareilly, (U.P.)

**Anita Gottlieb**

Keshlata college of nursing, India

### Abstract

Acute myocardial infarction remains a leading cause of morbidity and mortality worldwide, despite substantial improvements in prognosis over the past decade. Acute myocardial infarction can be triggered by acute respiratory infections. Previous studies have suggested an association between influenza and acute myocardial infarction, but those studies used nonspecific measures of influenza infection or study designs that were susceptible to bias. We evaluated the association between laboratory-confirmed influenza infection and acute myocardial infarction.

### Introduction-

Myocardial infarction refers to the process by which myocardial tissue is destroyed in region of the heart that are deprived of their blood supply because of a reduced coronary blood flow.

### Statement of Problem-

Lack of latest knowledge in effective care and management of myocardial infarction patient in coronary care unit.

### Objectives-

- To acquire the extent information in effective care and management of myocardial infarction patients.
- To gain deeper and broader knowledge about myocardial infarction.
- To learn how to write term paper in organized way.
- To know what are the latest diagnostic tests done in myocardial infarction.
- To know what are the medication given to patient for the treatment of myocardial infarction.
- To learn cardiac rehabilitation programme.

### Hypothesis-

H1-There is a significant increase in the knowledge regarding life style

H2-There was no significant association between age, gender, education, occupation and religion.

### Research Methodology-

Quasi experimental with control group research design.

### Result and Discussion-

Most of the M1 patients come in coronary care unit because of lack of health teaching and guidance, with repeatedly heart attack. Most of the patient who hold the high administrative post, and responsible jobs. They unknowingly become type 'A' personality.

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## Conclusion-

The study indicates that most of the heart diseases are caused by adopting the wrong life-style. Even people who are doing stressful job can prevent themselves from heart diseases by practicing muscle relaxation therapy, doing regular light exercise, meditation, walking, jogging, cycling, going for picnic, shopping, recreation and forming good habits.

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## A study of Caregiver Burden and Coping Strategies adopted by caregiver of Children diagnosed with Cancer in a selected hospital in Mumbai



### Sadhana Narayan Patil

Assistant Lecturer in ITM-HIS College of Nursing , New Panvel, Navi Mumbai, India

#### Abstract

WHO reported that Global Cancer rates could increase by 50% to 15 million by 2020? Out of which Cancer are in children are, leukemia, 38.7%, CNS tumor such as ( PNET) 5.19%, lymphoma 29.8%, ALL 32.5% . AML 48.6%, CML 54.6 % , Neuroblastoma 0.4%, Medulloblastoma 10-20%, Rhabdomyosarcoma 2.4%, Wilm's tumor 1.8%, OGS 50%, and Retinoblastoma 4.2%, Astrocytoma 4.2%. Out of that overall approx 60-70% is hematological cancer ( Wadia – 80%).

**Objectives:** 1. To assess the caregiver burden in physical, physiological, psychological, emotional, social, occupational, spiritual and economical aspect by structured interview schedule. 2. To assess the coping strategies adopted by the caregiver of children diagnosed with cancer. 3. To compare the level of caregiver burden and coping strategies adopted by caregiver. 4. To co-relate the level of burden and coping strategies with selected demographic variables, such as age, education, and duration of illness of the children.

**Material and Methods:** The researcher approach used for this study was Exploratory descriptive with non-probability convenient sampling technique. Structured interviewing schedule were used for data collection. Main study was conducted among 140 caregiver and data was schedule on 03/10/2016 to 24/10/2016. The collected data was analyzed using descriptive and inferential statistics. **RESULT: Burden:** Care giver burden score varied from (66% to 81%) percent In the area of emotional , spiritual and economical aspect they experienced high burden and physical , social and psychological areas the sample experience moderate level of care giving burden.

**Coping Strategies:** Majority ( 61 %) of the caregiver adopted positive coping strategies and ( 53%) of the caregiver adopted negative coping strategies . The "r" value , calculated value (0.1071) at the level of significance 0.01 was lesser than tabulated value ( 0.1071) hence there was no relationship between the care giver burden and coping strategies.

**Interpretation and Conclusion:** On the basis of findings the investigator concluded that , the age and period of care giving had a positive influence on caregiver burden and education had a negative influence and coping strategies had positive influence on education were as period of caregiver had negative influence .

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## Nutrition management for patient with COVID 19 in ICU



### Anitha.P

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#### Abstract

Nutrition therapy is the, main principle therapy for the management of patient with COVID 19 in intensive care unit. Based on the clinical observation, Irrespective of all age groups patients can be infected and will be a significant nutritional risk because of catabolism and significant nutritional deficit. So nutritional management is the first line treatment and should follow the standard of practice and if it is not followed it may go for poor prognosis. Five Step method diet plus nutrition education, oral nutritional supplementation, tube feeding, supplementary parenteral nutrition and total parenteral nutrition is followed for better recovery of the patient due to high demand of patient in Intensive Care Unit (ICU). Patient need more energy and protein than normal requirement. Along with long chain fatty acid, vitamin C, immune nutrients to be administered to increase the immune system. Routine supplements like multivitamins and minerals, vitamin B complex, zinc, and selenium are to be administered. Nurses responsibilities are to perform and document a nutritional assessment, providing cluster care method, assessment and documentation can be done by using tele health or videoconference, assist in Placing large bore nasogastric or orogastric feeding tube, monitor tolerance of diet with daily physical examination, positioning and providing passive exercises. Good nutrition not only provides the body with immunity to diseases, including COVID-19, but is also the primary guarantee for promoting disease recovery.

#### Biography

I have completed B.sc (N) from M.S.A.J.College of Nursing, Tamil Nadu.Dr.M.G.R.Medical University, M.sc (N) from varalakshmi college of Nursing, Rajiv Gandhi University of health and sciences, pursuing Ph.D. from Bareilly international university.at present working as vice principal in Rohilkhand college of Nursing.

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## Development and Validation of a Pamphlet on Care of Mouth for Patients with Radiation Therapy Induced Oral Mucositis at Selected Tertiary Hospital



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### Abstract

Cancer is one of the most frequent causes of death and receiving a diagnosis and treatment of cancer is an extremely physically and mentally stressful experience. So, the patient and the family members should be given adequate knowledge on overcoming the complications of treatment modalities. The global cancer burden is estimated to have risen to 1.8 million new cases and 9.6 million deaths in 2018.

**Objective:** to develop a pamphlet on care of mouth for patients with radiation therapy induced oral mucositis and Validate the pamphlet on care of mouth for patients with radiation therapy induced oral mucositis by health care professionals

**Methods:** Quantitative design were used and 15 health care professionals were selected using purposive sampling technique. Tool used for this study was Structured questionnaire with ten-items rated in a 3-point Likert scale.

**Results:** The fifteen responses were collected and analysed. The number of experts required to validate were by arbitrary, depending upon the requirement of the educational content, its scope and area of utility and convenience to get a response. Experts included for validation had a minimum experience of 3 years with a maximum ranging to 15-20 years in oncology. Five items were completely agreed by all validators (Q1, Q2, Q3, Q5, Q6), whereas remaining five questions were agreed by about 93% of them (Q4, Q7, Q8, Q9, Q10). Five questions (Q4, Q7, Q8, Q9, Q10) showed a mild disagreement 7% among the validators. Item level content validity index (I-CVI) was calculated for individual items which ranged from 0.7 - 1 and Scale level content validity (S-CVI) was calculated for complete ten items and it was found to be 0.96. SCVI should be minimum 0.80 to be acceptable as content valid [12,13]. S-CVI was found to be >0.80 thus the content of educational pamphlet is acceptable.

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**Conclusion** The results presented in this study give an insight into the effects of educational pamphlet in improving knowledge for patients with radiation therapy induced oral mucositis and it is validated scientifically for clinical use.

## **Biography**

I am Dr.K.Sathiya, working as a Lecturer in Medical Surgical Nursing , Sri Ramachandra Faculty of Nursing, SRIHER. Having 12 years of teaching both Nursing, Allied health undergraduate and postgraduate students effectively conveying nursing concepts and procedures in classroom, laboratory and clinical settings. Presented 29 scientific papers in various national and international conference. Published 20 papers in indexed and non-indexed journals.

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## A study to assess the quality of life among women with breast cancer subjected to mastectomy admitted in selected hospitals at Chennai, India



### Dr. Santhi

Professor cum HOD Psychiatric Nursing, Sri Ramachandra Faculty of Nursing, SRIHER(DU), Porur, Chennai, India

### Abstract

Unrecognized psychological morbidity can impair the quality of a woman's life for years. Such psychological morbidity may be reduced by more open communication with the woman, encouragement, expression of feelings, preoperative diagnosis of the cancer, biopsy and a greater time allowance before mastectomy is performed.

**Purpose:** To improve quality of life among women with breast cancer subjected to mastectomy.

**Objectives:** The present study is to identify the Quality of Life (QoL) and find the association between QoL among women with breast cancer subjected to mastectomy with background variables.

**Methods:** A non-experimental descriptive design was adopted in this study. Calistra Roy's model was used as conceptual framework. The sample size was 150 and the samples were selected through purposive sampling technique. The study was conducted in Sri Ramachandra Hospital and Cancer Institute Adyar, Chennai. The instruments had 2 parts: Part I- Background and Clinical Variables and Part II - QoL – Breast Cancer Version. The data were collected through interview method on previous day of surgery and it was analyzed using descriptive and inferential statistics.

**Results:** The mean score of the QoL of women with breast cancer subjected to mastectomy was  $18.03 \pm 4.19$ . The distribution of the QoL of women with breast cancer subjected to mastectomy were scored average 143 (95.3%) and 7 (4.7%) had poor QoL. There was an association between QoL and clinical variable such as period of time & stages of cancer ( $p < 0.05$ ) and types of treatment ( $p < 0.01$ ) respectively.

**Conclusions:** The present study concluded that the majority of the samples were scored average QoL. Therefore, monitoring QoL in breast cancer should be a mandatory part of follow-up and Furthermore, assessment of QoL can help identify those patients who might profit from psychosocial interventions.

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## **Keywords**

*QoL – Breast Cancer Version, Follow-up.*

## **Biography**

I wish to introduce myself as Prof.Dr.S.SANTHI, M.Sc.,Ph.D.Psychiatric nursing presently working in Sri Ramachandra Institute of Higher Education and Research (DU) as HOD in psychiatric nursing, with twenty six years (28 years) of experience in the nursing profession at various positions. I am guiding Ph.D Scholars in nursing. I have taken up dual role in my University to help the nursing students enrich and excel in quality patient care and adding glory to our profession.

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## To Evaluate the Effectiveness of Meditation in Terms of Anxiety and Quality Of Life among Patients with Heart Disease at Selected Hospital Gwalior, M.P



### Vishnupriya kannan

Principal, Hayward Institute of Nursing and Science, India

#### Abstract

##### Objective

To evaluate the effectiveness of meditation in terms of anxiety and quality of life among patient with heart disease.

##### Hypotheses

There is significant difference between pre and posttest level of anxiety, quality of life among heart patients in experimental group and control group. There is significant association between posttest level of anxiety, quality of life among heart patients with their selected demographic variables in experiential and control group. There is a significant association between pretest anxiety, quality of life of heart patients with their selected demographic variables in experiential and control group. There is a significant relationship between pretest anxiety, quality of life in the experimental and control group among the heart patients.

##### Methodology

The Research approach adopted was Quantitative Experimental approach. Population comprised of 30 to 70 years patients with heart disease especially Myocardial Infarction admitted in selected hospitals Gwalior, M.P. Using simple random sampling technique, samples were identified, 12 each in experimental and comparison group. Pretest was given to 12 samples in experimental group and control group with Hamilton Anxiety Scale (HAM-A) and WHO BREF Questionnaire. The intervention meditation therapy of 20-30 minutes was given 10 days daily only to experimental group. After the session they are provided with a compact disc to practice at home. Confirmation of the Participants who practice meditation at their home was confirmed and checked by ringing up to their primary care takers who takes care of them. No intervention was given to control group. After a period of 21days posttest was given with the same tools to both experimental group and control group.

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## Result

The mean anxiety of experimental group at pre and post tests were  $42.0 \pm 3.7$  and control group anxiety at pre and post were  $42.7 \pm 3.5$  and  $42.2 \pm 2.3$ . The reduction of anxiety of experimental group was statistically very highly significant ( $P < 0.001$ ). . The mean qualities of life of experimental group at pre and post tests were  $65.7 \pm 11.5$  and  $109.2 \pm 9.1$ . The difference of improvement was statistically very highly significant ( $P < 0.001$ ).

## Conclusion

Experimental group, significant reduction in anxiety and improvement in quality of life was observed after the administration of meditation as evident by t value.

## Keywords

Meditation, anxiety, quality of life, myocardial infarction.

## Biography

I am Mrs. Vishnupriya kannan, Principal Hayward Institute Of Nursing And Science. I completed my M.sc (Nursing) in the year of 2004 and B.sc (Nursing) in the year of 1998. I am having total experience of 20 years and in this 11 years in administration field. I was a board member in Jiwaji university Nursing cell, Gwalior, M.P. I have international working experience also.

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## **A Study to Assess the Level of Knowledge on Life Style Modification among Cardiac Patients at SRM General Hospital, Kattankulathur, Chengalpattu District**



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### **Sheeba Jebakani.A**

Associate professor, SRM College of Nursing, SRM Institute of Science and Technology, India

### **Abstract**

**I**ntroduction: According to WHO 31% of all deaths occurs due to cardiovascular disease world wide 17.9 million people die each year form CVD's .This leading cause of death globally is cardiac disease. This study is intended to assess the knowledge on lifestyle modification among cardiac patients.

**Aims:** To assess the level of knowledge regarding lifestyle modification among cardiac patients and to associate the level of knowledge on lifestyle modification of cardiac patient with their selected demographic variable.

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**Materials and methods:** Quantitative approach with non-experimental descriptive design was conducted among 50 cardiac patients in SRM general hospital. Purposive sampling method was used. Structured questionnaire was used to assess the demographic variables and to assess the knowledge on lifestyle modification among cardiac patients.

**Results:** The findings showcased that the knowledge regarding lifestyle modification among cardiac patients was moderate.

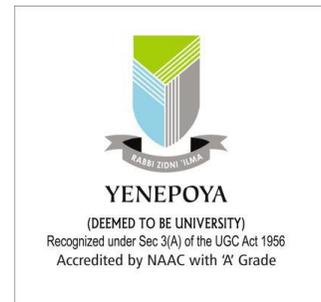
**Conclusion:** Majority of patients with cardiovascular disease are unaware about lifestyle modification that leads to cardiac death. Hence, cardiac educational programs help to enhance knowledge among cardiac patients.

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## A Study on Risk Assessment and Knowledge on Prevention of Deep Vein Thrombosis among Immobilized Patients at a Selected Tertiary Care Hospital Mangaluru.



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### Prashma Bharath

Lecturer, Department of Medical Surgical Nursing, Yenepoya Nursing College, Yenepoya University, Mangaluru, India

### Abstract

**D**eep vein Thrombosis occurs due to formation of blood clot in deep venous system mainly in the lower limbs.it presents a greater risk for pulmonary embolism. Immobility predisposes a person to thrombosis.

**Aim:**To assess the risk of DVT and to determine the knowledge on prevention of Deep Vein Thrombosis among immobilized patients at a selected tertiary care hospital, Mangaluru.

**Method:**A descriptive survey approach was adopted to assess assess the risk of DVT and to determine the knowledge on prevention of Deep Vein Thrombosis among 126 immobilized patients. Convenient sampling technique was used .The tools used were demographic porforma, Structured knowledge questionnaire on prevention of DVT and Caprini DVT risk assessment Tool which is a standardized scale. Data collected from the subjects were analyzed by descriptive and inferential statistics.

**Result:** In the present study, 32.6% of the subjects reported inadequate knowledge, whereas 47.6% of the subjects reported with average knowledge. 19.8% of them had only Adequate knowledge.The study revealed 15.1% of subject had high risk,whereas 28.8% had moderate risk.32.5% had low risk and 23.8% of subject reported to have very low risk.

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**Conclusion:** The overall findings of the study revealed that selected demographic proforma have significant association (  $p > 0.05$ ) with risk of DVT and the knowledge on prevention of Deep Vein Thrombosis among immobilized patients.

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## Relationship between Resilience and Perceived Social Support with Hope among Hemodialysis Patients at Tertiary Care Hospital



### K.Kavitha

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### Abstract

#### Background:

Chronic Renal Failure (CRF) is one of the major health problems in the world that reduces kidney function for three months or more. In the world, there are about 2786,000 patients with end stage renal disease. Hemodialysis is one of the most common treatments for renal patients, which, despite its therapeutic effect, confronts patients with various physical and mental stressors. Hemodialysis is one of the most common treatments for renal patients. Despite the hemodialysis effect, these patients face a variety of physical and mental stressors. Therefore, the purpose of this study was to determine the relationship between resilience and perceived social support with hope in hemodialysis patients at tertiary care hospital.

#### Objectives

- Determine the relationship between Resilience and Perceived Social Support with hope among Hemodialysis Patients
- Find out the association between Resilience and Perceived Social Support with hope among Hemodialysis Patients with the selected background variables

#### Methodology

A descriptive, cross sectional design was adopted for this study. The study was conducted in Hemodialysis unit, G block, Sri Ramachandra Hospital. The calculated sample size was 50 patients and the samples were selected by using convenience sampling technique. The tool consists of three sections; Section A on demographic variables, Section B on clinical variables; section C on The Multidimensional Scale of Perceived Social Support (MSPSS) was developed by Zimet, & Farleyet.al,(1988) and aims to measure perceived social support Resilience Scale was developed by Connor-Davidson (2003), was used to measure the resilience level. The data was analyzed by using descriptive statistics such as frequency, percentage, mean and SD .The spearman correlation coefficient test was used to examine the relationship between resilience and perceived social support.

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## **Findings of the study:**

Data analysis showed that the half of the samples were between the age group of 50-79 years and 60% of samples were male, 86% had secondary education, 38 % of samples were unemployed and 84 % of samples were married. Among the dimensions of perceived social support, most support was related to the degree of social support perceived by the family. The results showed that there was a direct and significant relationship between perceived social support. The findings of this study showed that there was a significant relationship between resilience and perceived social support with hope in hemodialysis patients.

## **Conclusion**

The findings of this study showed that there was a significant relationship between resilience and perceived social support with hemodialysis patients. Therefore, patients can be educated about chronic diseases and their families to boost their mind to improve their quality of life.

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## **A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Activities of Daily Living Among Copd Patients Admitted At Selected Hospitals, Kanpur**

**M.Raghavendran**

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### **Abstract**

Health is an asset for day to day life and not the neutral of living. Concept of health highlights physical, mental and social and spiritual well being of an individual and not entirely the absence of disease or infirmity. COPD patients spend their lifetime coping with their aggravated symptoms and persistent hospitalizations. Person's physical, emotional and social dimensions of daily life is being affected by these symptoms. The persistent limitation to airflow and inflammation seriously disrupts the normal life of a person. The objectives of the study were to assess the pre test knowledge regarding Activities of Daily Living among COPD patients, to assess the effectiveness of planned teaching programme on knowledge regarding Activities of Daily Living and to find out the association between pre test knowledge score regarding Activities of Daily Living among COPD patients with their selected demographic variables. An evaluatory approach with one group pre test post test study was used and 30 COPD patients were selected by purposive sampling technique. The result of the study shows the pre test level of knowledge 26 (86.7%) were having inadequate knowledge, 04 (13.3%) having moderately adequate knowledge and none of them having adequate knowledge. In post test 05 (16.7%) were having inadequate knowledge, 22 (73.3%) having moderately adequate knowledge and 3 (10%) of them having adequate knowledge. the mean and standard deviation on level of knowledge regarding activities of daily living, In pre test mean and standard deviation values were 8.6 and 3.39, where as in post test 14.2 and 2.77 respectively. the calculated t value 21.6 shows more than the table value, which shows significance. The study concludes that the planned teaching programme was effective among COPD patients.

### **Keywords**

*Knowledge, Activities of Daily Living, COPD patients*

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## Assessment of Menstrual Pattern and Knowledge on Menstrual Disorders among Adolescent Girls

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### Abstract

**Background:** Menstruation is the natural physiological phenomenon and is a vital event in every female life. The duration and amount of menstrual bleeding varies with individual and certain menstrual disorders are common among girls in adolescent age group. Menstrual disorders not only produce physical sufferings and also produce behavioral, psychological and emotional distress to the adolescent girls. Many times, menstrual disorders of adolescent girls are often unreported due to our cultural and religious practices.

**Aim:** The present study aimed to assess menstrual pattern and knowledge on menstrual disorders among adolescent girls at selected rural areas, Karaikal.

**Objectives:** The objectives of the present study are to assess the menstrual pattern among adolescent girls, to assess the knowledge on menstrual disorders among adolescent girls and to associate the level of knowledge with demographic variables of adolescent girls.

**Materials & Methods:** A descriptive survey design was adopted for the present study. The study was carried out in selected community areas, Serumavilangai and Ponpethi villages, Karaikal District. Out of 126 adolescent girls, 100 girls of 10-19 years were selected by simple random sampling technique. The data was collected from the study participants by using pretested self structured interview schedule. After explaining the purpose of the study, informed consent was obtained from each adolescent girl. Self structured interview schedule was administered to each adolescent girl to collect the data. It took 15 – 20 minutes to collect information from each adolescent girl. Descriptive statistics along with chi square statistics were used to analysis the collected data.

**Results:** The results of the present study revealed that the majority 55% (55) of adolescent girls had 4-7days of menstruation, 87% (87) had 21-35 days interval between menstrual cycle, 81% (81) had reported moderate blood flow during menstruation and 87% (87) of adolescent girls had reported abdomen pain and back pain during menstruation. The results of the present study also revealed that the majority of adolescent girls, 60(60%) had inadequate knowledge on menstrual disorders, 35(35%) had moderate knowledge and only 5(5%) had adequate knowledge on menstrual disorders. There was a significant association between the level of knowledge on menstrual disorders of adolescent girls with demographic variables such as age at menarche ( $\chi^2= 0.026$ ) and source of information on menstruation ( $\chi^2= 0.032$ ).

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**Conclusion:** The present study revealed that the majority of study participants had inadequate knowledge on menstrual disorders. The study concluded that there is a greater need to impart knowledge on menstrual disorders to adolescent girls for better management of menstrual complaints and to improve quality of life.

## **Keywords**

Assessment, Menstrual Pattern, Knowledge, Menstrual Disorders, Adolescent girls

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## A Study to Assess the Level of Medication Adherence among Hypertension Patient in Selected Village

**Deepika Venkatesh**

SRM College of Nursing, India

**Femilsha.E**

SRM College of Nursing, India

**Ramya.T.K**

SRM College of Nursing, India

**Angelin Dhanalakshimi**

Asst Professor, SRM College of Nursing, India.

### Abstract

**Introduction:** High blood pressure (hypertension) is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. Around 7.5 million deaths or 12.8% of the total of all annual deaths worldwide occur due to high blood pressure. It is predicted to be increased to 1.56 billion adults with hypertension in 2025.

**Aims and Objective:** The purpose of this study is to assess the knowledge on level of medication adherence among hypertensive patients and to associate the knowledge on level of medication adherence among hypertensive patients with the tool and the experience level.

**Methodology:** The research approach adopted for the study was quantitative approach and Non-experimental research design. The main study was conducted at Mamandur, Kancheepuram district, on 62 hypertensive patients. Non-probability convenient sampling technique was used to select the samples. The tool used for the study consist of 2 Sections, Section-A- Level of medication adherence among hypertensive patients and Section-B-Feeling on medication adherence among hypertensive patients. The data was analysed and interpreted based on the objectives using descriptive and inferential statistics.

**Results:** Frequency and percentage distribution of level of medication adherence among hypertensive patients shows 39(62.9%) had low level of medication adherence, 21(33.9%) had moderate level of medication adherence and 2(3.2%) had good level of medication adherence and Frequency and percentage distribution of feeling on medication adherence among hypertensive patients shows that 37(59.7%) felt competent, 14(22.6%) felt affected and 11(17.7%) felt relatedness to medication adherence.

### Keywords

Hypertension, Medication adherence, Medication.

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## ECMO Therapy for Covid-19



### Prof. Mrs. Nalini Devi.K

Muzaffarnagar Nursing Institute/Chaudhary Charan Singh Univesity, Meerut, India

#### Abstract

The ECMO ( Extra Corporeal Membrane Oxygenation) machine is similar to the heart-lung by-pass machine used in open-heart surgery. A person's life can be saved by an ECMO machine, but it does not cure the disease or injury that led to the heart and lung failure. It pumps and oxygenates a patient's blood outside the body, allowing the heart and lungs to rest. When the patient is connected to an ECMO, blood flows through tubing to an artificial lung in the machine where saturation of oxygen and removal of carbon the oxide takes place, then the blood is warmed to body temperature and pumped back into the body. This technology provides prolonged cardiac and respiratory support, when all other from has failed to provide an adequate amount of gas exchange or perfusion to sustain life. Now, the treatment is being used to support in patients with COVID – 19 illness was termed by the WHO, the acronym derived from" corona virus disease 2019" particularly in severe failure for whom ventilation is insufficient to sustain blood oxygen levels. On March 11, 2020, the World Health Organization declared COVID-19 a worldwide pandemic.

April 7, 2020- The Guidance has been issued by U.S. Food and Drug Administration (FDA) to provide a policy help to expand the availability of devices used in extra corporeal membrane oxygenation (ECMO) therapy to address the novel coronavirus (COVID- 19, SARS-CoV-2) a public health emergent. In March 2020 the WHO released the guidelines that recommends ECMO to support the cardio respiratory system in patients who has ARDS with failure of conventional therapy. V-V ECMO is the best option for COVID patients particularly in severe respiratory failure.

#### Biography

- Working as a Professor cum Vice Principal at Muzaffarnagar Nursing Institute, Muzaffarnagar
- PhD scholar at Bareilly International University, Bareilly.
- Had completed M.Sc N in Rathna college of Nursing, RGUHS, Bangalore.

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- Had conducted B.Sc N in Annai JKK Sampoorani Ammal College of nursing ,The Tamil Nadu Dr. MGR University, Chennai.
- Member in board of studies-Swami Vivekanand Subharti University, Meerut.
- Published many research articles in National & International Journals
- Has life time membership of TNAI
- Has been external examiner for UG and PG Program in various Universities
- Has been resource person in various workshops & conferences.

Has been subject Expert and Member of Selection Committee at Swami Vivekanand Subharti University, Meerut.

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## PCOS: Signs, Symptoms, Causal Factors and Diagnosis



### Sanasam Birjeni Devi

Bareilly International University, India

#### Abstract

Polycystic ovary syndrome (PCOS) is a hormonal imbalance disorder, occurring commonly in women of reproductive age, which leads to infertility. Around 12-18% of women of reproductive age are affected by PCOS and up to 21% of women are at high-risk. Although, the origin of PCOS is unknown and can't be pinpointed; its onset is indisputably associated with several factors including genetics, lifestyles, hormonal, etc. Changes during the adolescent period have important indications to understand the health risks associated with this syndrome. Women with PCOS usually suffer from chronic anovulation and hyper-androgenism, which are the main noticeable indicators associated with PCOS and it results in pregnancy problems. Therefore, PCOS poses a great deal to women in their reproductive stage, which demands deep understanding and proper strategies that can be implemented to women with PCOS, to nurse the body back to fertility.

#### Keywords

PCOS, infertility, hormonal imbalance, anovulation, obesity.

#### Biography

Sanasam Birjeni Devi is a Researcher and Assistant Professor at Rohilkhand College of Nursing, Bareilly, Uttar Pradesh, India. Her Ph.D. research work is on Polycystic Ovarian Syndrome (PCOS) and focuses on the evaluation of different health care strategies for the management of PCOS in women. PCOS is a common endocrine disorder in women of reproductive age leading to infertility, which demands deep understanding and proper strategies that can be implemented in women with PCOS.

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## **A Study to Assess the Level of Awareness on Osce among Nursing Students in SRM College Of Nursing, Kattankulathur, Chengalpattu District**



### **Sankarapandian Maryfrances Olachi**

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### **Celciya Preethi**

SRM College of Nursing, SRM Institute of Science of Technology, India

### **Dhibena**

SRM College of Nursing, SRM Institute of Science of Technology, India

### **Ishwariya**

SRM College of Nursing, SRM Institute of Science of Technology, India

### **Kalavalli.M**

Professor, SRM College of Nursing, SRM Institute of Science of Technology, India

### **Abstract**

**O**bjective Structured Clinical Examination (OSCE) has been widely used in the assessment of students' clinical performance. It was a real concern for those involved in education that the integration of theory and clinical courses together should happen in the same position, therefore, medical universities have been always thinking of new and efficient methods of assessment. Research revealed that it is an effective evaluation tool for assessing nursing students' clinical skills.

OSCE was developed in Dundee, Scotland in the early 1970s by Dr. Hardan and Colleagues. OSCE has been widely used in the assessment of students clinical performance. Research revealed that it is an effective evaluation tool for nursing students of clinical skills.

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## Statement of the Problem

A study to assess the level of awareness on OSCE among Nursing students in SRM College of Nursing, kattankulathur.

## Materials and Methods

Formal permission was obtained from Dean, SRM college of Nursing. The study was carried out within given period of one week in SRM college of Nursing from 27-01-2020 to 31-01-2020 The samples were chosen by non-probability convenient sampling technique. A total number of 100 students who met the inclusion criteria were selected. The investigators explained the purpose of conducting the study and reassured the students that the collected data will be kept confidential. Written consent was obtained and confidentiality of the response were reassured. The investigators used structured questionnaire to assess the demographic variables and knowledge regarding OSCE. General instructions were given about the study and the tool. On an average it took 20 minutes for the individual to handover the filled tools.

## Results

N=100

| Level of awareness on OSCE   | Number(n) | Percentage (%) |
|------------------------------|-----------|----------------|
| Inadequate (1 – 7)           | 3         | 3              |
| Moderately Adequate (8 – 14) | 97        | 97             |
| Adequate (15 – 20)           | 0         | 0              |

This table shows the Frequency and percentage distribution of level of awareness on Objective Structured Clinical Examination (OSCE) among Nursing Students

## Biography

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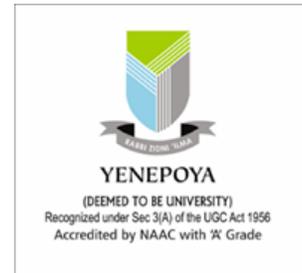
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## A Study to Assess Burden among Caregivers of Patients Undergoing Hemodialysis in Selected Tertiary Care Hospital at Mangaluru



### Christy Varghese

Msc nursing, Department of medical surgical nursing, Yenepoya nursing college , Mangaluru, India

### Indumati

Lecturer, Department of medical surgical nursing, India

### Prof. Shashikumar Jawadaji

HOD Department of medical surgical nursing, India

### Abstract

Patients with hemodialysis for a longer period of time having an extended as well as most painful lifespan. The relatives of such patients are also undergone with the distress and unpleasant events in their life. When comparing with dialysis patient's caregivers are most affected in their dialysis process. It may be due to financial instability or may be due to distress<sup>[1]</sup>. The present descriptive study was aimed to identify the level of burden among caregivers of patients undergoing hemodialysis. 93 caregivers selected by using Non-Probability Purposive Sampling Technique. Modified Zarit burden interview was used for assessing burden level among caregivers. The study findings revealed that 48.4% caregivers have mild to moderate burden. 26.9% have moderate to severe burden. 5.4% have no burden and 19.4% have severe burden. Caregiver mean burden is 42.21 and standard deviation is 14.3. There was an association between caregiver burden and selected demographic variables such as Care giver age, caregiver gender, availability of financial support, present illness of the caregiver and duration of illness of patient which is significant at  $p < 0.05$ .

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## **A study to assess the medication adherence among patients with mental illness attending psychiatric OPD and Ward at Sri Ramachandra Hospital**



### **S. Nalini**

Lecturer, Faculty of Nursing, Sri Ramachandra Institute of Higher Education and Research (DU), India

### **Abstract**

**Introduction:** Non-adherence is likely to remain a major public health problem despite treatment advances. However, increasing knowledge about factors affecting adherence and leveraging human behavior modeling technologies can enhance its early assessment and adequate management, particularly in patients with mental illness. Strict adherence is very essential in the treatment of mental disorders. The objectives were to assess the level of medication adherence among patients with mental illness and associate the medication adherence with the selected background variables among patients with mental illness.

**Methods:** The descriptive research design was used to assess the level of medication adherence among the patients with mental illness. 70 patients with mental illness were selected by non-probability convenience sampling technique. Data was collected from 10-12 samples per day for 5 days. The written consent was obtained from each patient, then the Morisky Medication Adherence Scale was distributed to them who expressed their willingness to participate in this study.

**Results:** The study revealed that 20(28.5%) patients had low medication adherence, 27(38.5%) patients had medium medication adherence and 23(33%) of the patients had high medication adherence level. The mean score was 6.46 with standard deviation of 1.61. There was a significant association between the level of medication adherence and the residence at the level of  $p < .05$ .

**Conclusions:** The study showed that prevalence rate for medium medication adherence is high and revealed possible associated factors.

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## Biography

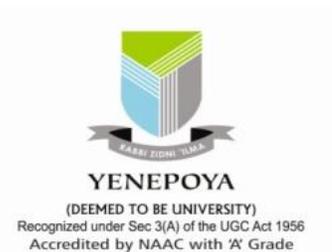
I have been working as Lecturer for the past eleven years in Sri Ramachandra Faculty of nursing, SRIHER(DU). I have served as Assistant lecturer at Vel R.S College of nursing for 2 years and had rich clinical experience for 5 years in Apollo hospital and worked as ward in charge. I had completed graduate in nursing from Dr Tamilnadu MGR Medical university in 1999, and Post graduate in nursing from SRM Medical university. I have presented many research papers and presented posters in National and International conferences. I have organized many workshops, CNE and Conference at state level. I have been appointed as examiner for B.Sc. Nursing (Basic), B.Sc. Nursing Post Basic in various universities. I had attended many National and International nursing conferences and also attended many CME AND CNE programs organized at SRU. I have served Research consultancy for validation of tools and protocols.

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## A correlational study to assess the wellbeing and resilience among undergraduate students of a selected university, Mangaluru



### Vineesha P.V

Yenepoya nursing college , Deralakatte, Mangaluru, Karnataka, India

### Renita Flavia Monteiro

Yenepoya nursing college , Deralakatte, Mangaluru, Karnataka, India

### Abstract

Previous studies on undergraduate students of health care professional courses have found that they are affected with psychological disorders. It is very important that every individual has high level of resilience and better wellbeing to have a healthy life. Today's undergraduate students of health care professional courses are the pillars of future health care delivery system<sup>1</sup>. A study done on undergraduate medical students, Bagalkot, Karnataka found that 47.01% of them had experienced severe stress<sup>2</sup>. This study investigated the levels of wellbeing, resilience and it's relationship.

**Methods:** A correlational study was regarding wellbeing (PERMA profiler-23 items) and resilience (Connor-Davidson Resilience Scale-25 items) among study participants (n=135) studying in all levels of **Bachelor of Medicine and Bachelor of Surgery**, Bachelor of Dental Surgery, Bachelor of Physiotherapy, B. Sc nursing and Bachelor of Pharmacy courses selected by stratified random sampling by means of self administered questionnaire from the five constituent colleges of the Yenepoya University.

**Results:** The mean wellbeing and resilience scores of the study participants were 160.34 and 92.08 respectively. Majority (49.6%) had normal level of wellbeing and greater resilience (74.1%) . The computed correlation was 0.007 and it was statistically significant (p<0.05). There was association between levels of wellbeing score and education ( $\chi^2=36.328, p<0.05$ ), religion ( $\chi^2=9.616, p<0.05$ ), levels of resilience and age ( $\chi^2=6.740, p<0.05$ ), education ( $\chi^2=28.217, p<0.05$ ) and socioeconomic status ( $\chi^2=7.223, p<0.05$ ).

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**Discussion:** Result of the correlation was consistent with the findings of another study conducted in Barnawa Kaduna, Nigeria to assess the wellbeing elements leading to resilience among undergraduate nursing students( $p < 0.05$ )<sup>3</sup>. The study implies that health care teaching professionals have to be trained on how to identify students resilience and wellbeing, nursing curriculum should prepare high functioning students with greater resilience and regular teaching programme can be conducted to boost student's wellbeing and resilience. The nurses have to motivate all the people in the society to boost the well being and resilience including their patients. The study was confined to specific geographical area, sample used for study belongs to the medical and paramedical courses only and the findings could be generalized only to that population which fulfilled the criteria in the study. A similar study with larger sample, different settings, with experimental design and a comparative study could be carried out .A Significant correlation was found between the wellbeing and resilience( $r = 0.007$ ,  $p < 0.05$ ), association between levels of wellbeing and education ( $\chi^2 = 36.328$ ,  $p < 0.05$ ), religion( $\chi^2 = 9.616$ ,  $p < 0.05$ ), levels of resilience and age ( $\chi^2 = 6.740$ ,  $p < 0.05$ ), education ( $\chi^2 = 28.217$ ,  $p < 0.05$ ) and socioeconomic status ( $\chi^2 = 7.223$ ,  $p < 0.05$ ).

## Keywords

wellbeing, resilience, undergraduate students

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## Effectiveness of educational programme on osteoporosis among the women in selected community area in kancheepuram district.

**K.Suganthi**

Assistant Professor SRM College of Nursisng, Kattankulathur, Tamilnadu, India

### Abstract

#### Introduction:

Osteoporosis is a disease which reduces the density and quality of bone. Osteoporosis occurs silently and progressively, very often without any symptoms or pain until the first fracture happens. It is a general disease, so it may affect every bone in the body. Some bones, such as the wrist bones, the upper leg bones and the spine bones, however, are more prone to develop symptoms or to fracture due to their anatomical structure and mechanical exposure to more heavy loads. Osteoporosis is common in females. The women should be aware of osteoporosis. Hence the present study was carried out to evaluate the effectiveness of educational programme on osteoporosis among the women.

**Objectives:** To assess the level of knowledge on osteoporosis among women, to evaluate the effectiveness of educational programme on osteoporosis among women, to associate the post-test level of knowledge score with their demographic variables among women.

**Materials and Methods:** The research approach adopted for the present study is Quantitative approach, Evaluative in Nature. The research design chosen for the study was pre experimental research design one group pretest and post test design. 50 samples were selected by convenient sampling technique.

**Results:** The data analyses showed that among 50 women, 44 (88%) had inadequate knowledge and 6(12%) had moderately adequate knowledge in the pretest. It reveals that the women need an educational programme to improve their knowledge on osteoporosis. In the post test, 41 (82%) women had adequate knowledge and 9 (18%) had moderately adequate knowledge. The mean value was 12.06 with the standard deviation of 3.29. Analysis of paired t test determined the knowledge regarding osteoporosis changed significantly at  $t=25.96$ ,  $p<0.05$  among the groups. The demographic variables of women's had no significant association with the educational programme. Thus it was concluded that educational programme was statistically effective.

### Keywords

Osteoporosis, Knowledge, Assess, Women

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## Determine the Effectiveness of Balloon therapy on Respiratory Efficacy for Children with Respiratory Diseases



### Dr. B. Mahalakshmi

Professor, Nootan college of Nursing, Sankalchand Patel University, Visnagar, Gujarat, India

#### Abstract

Respiratory tract infections are one of the reasons for children admitted in hospital. Because of uncertain weather changes and air pollution, children are not involving breathing exercises, low level of personal hygiene. Here the researcher taken some steps on determines the effectiveness of balloon therapy on respiratory efficacy for children with respiratory diseases in selected hospitals of Gujarat.

**Objectives:** -To assess the respiratory condition of children before intervention

-To implement balloon therapy among the children admitted in the hospital.

-To find out the effectiveness of balloon therapy on respiratory efficacy among the Children admitted in the hospital.

-To determine the association the post test score of respiratory efficacy regards to balloon therapy among children admitted in hospital with selected socio demographical variables

**Materials and Methods:** This study adopted quantitative approach and applied one group pre test and post group research design, simple random sampling techniques applied for drawing the 150 samples for research study.

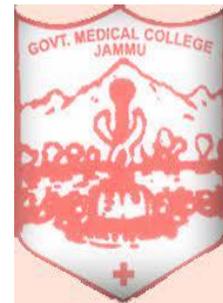
**Results and Conclusion:** The results of the study were the post test mean was higher than pre test mean. The conclusion was balloon blowing exercises were effective to reduce the respiratory distress.

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## Assessment of knowledge regarding Breast Milk Expression and its Storage among Postnatal Mothers of Preterm babies admitted in NICU at selected hospital of Jammu, J&K: A Quantitative approach



### Jyoti Kapoor

Government Medical College, Jammu, India

#### Abstract

**Background:** Mother is the second face of God. She is the most powerful being on earth who can create a new life. Mother's milk is the blessing from the God to the newborn baby. It is the unique, natural and completely nutritious for the newborn. It provides all the essential elements to the new born. It is also universally acknowledged that mother's milk is the complete and best food for infants including preterm and sick infants. Breast milk can be provided to the infant either directly through infant suckling at the breast or by having the mother express the breast milk with a pump and providing the milk via enteral feedings or bottle (breast milk feedings).

**Objective:** Present study was undertaken to assess the knowledge regarding breast milk expression and its storage among postnatal mothers of pre term babies admitted in NICU at selected hospital of Jammu, J&K.

**Methods:** For the present study, Quantitative research approach and pre-experimental research design was used. The research setting was Govt. SMGS hospital, Jammu. The sample consisted of 60 postnatal mothers. **Non probability convenient sampling technique** was used to select the sample. Socio-demographic profile and self structured questionnaire was used to collect data from 60 postnatal mothers.

**Results:** The study results revealed that two fifths (43.3%) postnatal mothers were in the age group of 25-27 years, were primi para residing in rural areas having nuclear family and were having family income between 20,000-30,000 and source of information was mass media. The pre test knowledge revealed that more than half (55%) postnatal mothers had average knowledge followed by 31.7% had

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good knowledge and only 13.3% had below average knowledge respectively where as in post test majority (55%) had good knowledge whereas less than one fourth (23.3%) had average knowledge and remaining less than one fourth (21.7%) had very good knowledge regarding breast milk expression and its storage. The association of knowledge of mothers with selected socio-demographic variables was found non significant at  $P < 0.05$ .

## **Keywords:**

Breast milk expression, storage, postnatal mothers, knowledge

## **Biography:**

### **Jyoti Kapoor**

M.Sc (N), M.Sc Health Care & Hospital Administration, is working as lecturer in Government College of Nursing, Gangyal, Jammu. She has more than 10 years of teaching and clinical experience. She has attended many nursing conferences. She has published more than 25 research papers in various prestigious national and international Journals. She has presented 5 papers at different conferences and has received young researcher award in 2020. She is life time member of Trained Nurses Association of India.

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## A Study to Assess the Level of Knowledge on Bill of Rights among Family Members at Selected Mental Hospitals in Kanpur

**S. Andal**

Professor, Faculty of Nursing, Rama University, Kanpur, India

### **Abstract**

#### **I**ntrouduction

Health comprises of four domains like viz. physical, mental, social and spiritual domain in a life of an individual. Much of the importance is given on the physical domain of health ignoring the other three domains. Although Mental health, has gained some Importance in the health care system, still there is some insufficiency in issues like quality of services delivered by trained professionals. To label some of these issues Mental Health Care Bill was proposed in 2013. The Mental Healthcare Act 2017 has taken great initiatives in terms of protection of human rights for people with mental illness such as the inclusion of mental illness in health insurance, stress on informed consent, decriminalization of suicide, and introduction of advance directives (ADs) and punishment to those who violate the law.

#### **Objectives**

To Assess the Level of knowledge on Human Rights of Mentally Ill.

To Find out the association between demographic variable and the level of Knowledge.

#### **Methodology**

**Research Design:** Descriptive Survey Method.

**Setting:** The family members of mentally ill in selected mental hospital at kanpur has been selected.

**Sampling Population:** The target population of study is all the family member of mentally ill in selected mental hospital at Kanpur.

**Sample Size:** The Sample consists of 60 family members of Mentally Ill.

**Sampling Technique:** Purposive Sampling Technique.

#### **Result:**

The result of the study reveals that 26 (43.3%) have adequate level of knowledge 20 (33.3%) had Moderate level of knowledge and 14 (23.4%) have inadequate level of knowledge regarding human rights of mentally ill. The mean value 12.50 with standard deviation of 2.86. With regard to level of association, there is no association between level of knowledge with their selected demographic variables.

### **Keywords**

Knowledge, Bill of rights, Family members

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## Relationship between Cell Phone over Use and Internet Addiction among Nursing Students at Selected College, Chengalpattu District

**Ushapriya M**

Assistant Professor, SRM College of Nursing, SRM Institute of Science and Technology, SRM Nagar, Kattankulathur, Chennai, Kancheepuram, Tamil Nadu, India

### Abstract

**Introduction:** Cell phones have turned out to be a nearly vital portion of day-to-day life. Cell phone overuse has become wide problem in the world. Internet Addiction is a recent occurrence that looms to advance into a main communal well-being problem in the near forthcoming in world. It is persuading the life of the public specifically students.

**Aims:** 1) To assess the level of cell phone overuse and internet addiction among nursing students selected college. 2) To determine the relationship between cell phone overuse and internet addiction among nursing students selected college. 3) To associate the cell phone overuse and internet addiction among nursing students at selected college.

**Materials and Methods:** Research approach was quantitative and design was descriptive research design. The samples were elected by means of convenient sampling method and comprised of 231 nursing students. The instruments of the study were: Section A - Demographic variables; Section B – Cell phone Overuse Scale (COS) was used to assess the mobile phone addiction. It was established by Jenaro et al.; Section C - Internet Addiction Test (IAT) scale to evaluate the internet addiction among nursing students, devised by Dr. Kimberly Young. Both the scale encompasses of 20 items. Information collected were analysed by using descriptive and inferential statistics.

**Results:** The results show that there is high significant correlation between “Cell Phone Overuse” and “Internet Addiction”.

**Conclusion:** Nursing students have to recognize the significance of Cell phone use as well as for beginning and upholding public effort to avoid the damaging effects of overuse and internet addiction.

### Keywords

Relationship, Cell phone overuse, Internet addiction, Nursing students

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## Granular Lockdown through Network Modularity Analysis



**Jezy C. Cutamora**

College of Nursing, Cebu Normal University, Philippines

**Johnny J. Yao Jr**

College of Nursing, Cebu Normal University, Philippines

**Jillian A. Bejoc**

College of Nursing, Cebu Normal University, Philippines

### Abstract

COVID-19 is transmitted mainly through person-to-person contact. As COVID-19 outbreak continues, network analysis can be an essential basis in crafting sound policies and decisions as well as implementing strategies that limit the convergence of people. Hence, using gephi network analysis, this risk-based study then aims to project and describe the interactions between the different communities in Cebu City, Philippines during the COVID-19 pandemic. The network analysis looked into the interactions of two components: (1) **nodes**, herein consisting of 80 communities as the actors, and (2) **edges**, referring to common establishments as the point of convergence of people interactions between actors. Findings showed that gephi network analysis is a good approximation technique to predict hotspot communities as regards disease incidence since the modularity of the community is consistent with the high incidence of COVID-19 cases. Further, it is apparent that most of the communities that are grouped in one cluster are also proximate. As such, purposive granular lockdown scheme is proposed against putting the entire barangay on lockdown at once. By utilizing these findings, policymakers can then design win-win strategy to contain COVID-19 transmission within and between communities without compromising socio-economic-political transactions.

### Keywords

Network analysis, disease dispersion, granular lockdown policy

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## Biography

Dr. Jezyl Cempron-Cutamora, registered nurse since 2005, is former dean of Cebu Normal University (CNU) – College of Nursing and is currently a professor handling undergraduate and graduate courses. She is Vice-Chair of CNU - Ethics Review Committee and Director of the Research Institute for Ageing and Health. She finished her Masters in Nursing (Major in Medical-Surgical Nursing) in 2008 and Doctor of Philosophy in Education (Major in Research and Evaluation) in 2017 from Cebu Normal University. She has authored and co-authored published researches in international and national peer-reviewed refereed journals and has received awards for publication and paper presentations.

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## Internet Addiction among College Students

**R.Karthiga**

Assistant Lecturer cum Demonstrator, Mother Theresa Post Graduate and Research Institute of Health Science, Karaikal, Puducherry, India.

### Abstract

**Background:** Internet has become more available, offers more services and its usage is growing in every age group. With the increasing importance of internet and online usage dramatically, pathological internet use (internet addiction) is becoming more common in society. There is an urgent need to the reality internet addiction and the threat of its rapid expansion.

**Aims and objectives:** To assess the level of internet addictions, to assess the knowledge on internet addiction, to assess the effectiveness of structured teaching programme on internet addiction and to find out the association between internet addictions with selected demographic variables of college students.

**Materials and methods:** quasi experimental design was used in this study. 100 college students are selected by using simple random sampling technique at selected College, Karaikal. The data were collected by using Young's Internet Addiction Test (IAT) to assess the level of internet addiction and structured questionnaire to assess the knowledge and effectiveness of structured teaching programme on internet addiction among college students.

**Result:** Assessment among the college students show that 52% of college students had moderate level of internet addiction and 48% of college students had mild level of internet addiction. During pretest 66% of college students had inadequate knowledge, 34% of them had moderately adequate knowledge and none of them had adequate knowledge. After administration of STP 74% of college students had adequate knowledge, 26% of them had moderately adequate knowledge and none of them had inadequate knowledge. It can state that the college students had moderate level of internet addiction and STP was effective in improving knowledge on internet addiction. Chi-square assessment on association between level of internet addiction with selected demographical variables shows that there was a significant association between the level of internet addiction with their login status at 5% ( $p < 0.05$ ) level.

**Conclusion:** The findings of the study states that the majority of college students had moderate level of internet addiction and inadequate knowledge and it can be improved by structured teaching programme.

### Keywords

Level, Internet addiction, STP-structured teaching programme, Students

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## “Elderly” Seniors Vs. “Youthful” Seniors: Attributions and Reshaping of Aging Expectations



### Johnny J. Yao Jr

Cebu Normal University, Philippines

#### Abstract

People’s expectations of aging are shaped by various sources and experiences. These aging expectations subsequently influence a person’s overall health and well-being. I intended to gain a deeper understanding of the various sources by which Filipino older adults attribute and reshape negative and positive expectations regarding aging. I used a multiple case study and enlisted eight participants who are 60 years old and older in a large metropolitan area in the Philippines and interviewed them regarding their aging expectations. I analyzed the data using cross-case analysis for comparison of commonalities and differences in the events, activities, and processes in the selected cases. Findings show that there are various sources such as personal, interpersonal, and sociocultural factors that shape aging expectations. Furthermore, those who have positive aging expectations accept that there are physical limitations but still maintain a positive outlook compared to those having negative expectations. Programs to educate people about the differences between normal and abnormal changes in old age should be implemented to clarify aging stereotypes.

#### Keywords

Aging Expectations, Aging Process, Subjective Aging, Old Age Perceptions, Multiple Case Study, Cross Case Analysis

#### Biography

Dr. Johnny J. Yao Jr. is a registered nurse and obtained his Bachelor of Science in Nursing at Velez College. He finished his Master in Nursing in Medical-Surgical Nursing and Doctor of Science in Gerontology Nursing at Cebu Normal University. He also earned his Doctor of Health Care Management at the University of the Visayas. His research interests include public health, health



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professions education, gerontology nursing, health care management, and research ethics. Dr. Yao is currently a faculty member in the College of Nursing at Cebu Normal University.

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## Ethical and legal issues in Psychiatric Nursing



### Gaurav Pratap Singh

Ph.D Scholar, Bareilly International University (BIU), India

#### Abstract

Ethics speaks of morality and appropriate behavior, but may not be binding on a individual. However, when it comes to medical ethics, those standards are necessary on the basis on which a practitioner is required to act. Country-specific laws dictate the ethical aspects of health care, which in effect are regulated by medical ethics. There are few ethical principles to be followed by psychiatric nurses to safeguard themselves. Nurses should value the rights of the patients and take right intervention as well as decisions at the right time. The knowledge of the nurse related to legal issues in advanced practice and minimizing risk of litigation in psychiatric nursing is essentials.

#### Biography

Gaurav pratap singh has completed B.Sc.(N) from Jai Institute of Nursing and Research centre, Gwalior (2010) and M.Sc.(N) – Mental Health Nursing from Dehradun (2013). Pursuing PhD from BIU.

#### Accomplishments:

1. Online courses on empowering corona warrior from Institute of liver and biliary sciences from 20.04.20 – 19.05.20.
2. Organizer and research person in virtual conference on biostatistics into research by BIU.
3. Workshop on hepatitis by ILBS Delhi.

#### Publications

1. International journal of Advance research ideas and Innovation in Technology, “Effectiveness of awareness programme on knowledge regarding alcohol abuse” in March-April 2020.
2. International Journal of Advances in Nursing Management on Ethical and legal issues in psychiatric nursing in January - March | 2021

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## Focusing On Respectful Maternal Care Practices (RMC)



### Priyanka A Masih

Principal, Rohilkhand college of Nursing, Bareilly International University, Bareilly U.P, India

#### Abstract

Respectful maternity care is a rightful expectation of women in various setting. Respectful maternity care is defined as a universal human right that encompasses the principles of ethics and respect for women's feelings, dignity, choices and preferences. Deferential maternity care keeps up mothers respect, protection and classification, guarantees opportunity from damage and abuse, and empowers educated decision and persistent help during work and childbirth. The White Ribbon Alliance (WRA) has defined seven domains of RMC during child birth using a right –based approach including physical abuse , non-consented care , non -confidential care , non –dignified care ,discrimination , abandonment of care and detention in facilities. It is important to maintain appropriate interpersonal communication between caregivers and women during labour and child birth. Promoting RMC by implementing women centered, evidence-based and humanized care is recommended. The pre-service and in-service midwifery trainings, improvement of environmental conditions, and streamlining of maternity systems by close collaborations of health providers are needed .The high prevalence of disrespectful maternity care indicates an urgent need to improve maternity care in India by making it more respectful, dignified and women-centered. Interventions, policies, and programs should be implemented that will protect the fundamental rights of women.

#### Biography

B.Sc. Nursing from C.M.C Hospital, Ludhiana in June 2000, and M.Sc. Nursing in OBG specialty from R.D. Memorial CON, Bhopal and at present pursuing Ph.D. Nursing from BIU Bareilly

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## **Accomplishment:**

- Facilitator of the program organized by Institute of Liver & Biliary Sciences
- Speaker for training on Covid-19 – Overview & for International virtual Conference on Specific Application of Biostatistics into Research
- Virtual conference in INC on Capacity building of midwifery
- Publication on assessment of knowledge among pregnant women regarding anaemia
- Review article on Focusing on respectful maternal care practices & on legal and ethical issue in obstetrical and gynecology Nursing

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## To Assess the Effectiveness of Music Therapy on Reducing Stress and Anxiety during Labour among Parturient Mothers

**J.Jayabharathi**

Research scholar, Vinayaka Mission's Research Foundation-DU, salem, India

### **Abstract**

**Background of the study:** Stress and anxiety are commonly associated with increased pain during labor. Though the mild level of stress and anxiety is considered normal for a mother during labor progress the excessive stress and anxiety cause more cortisol and catecholamine secretions, which reduce the uterine contraction and thus increase the duration of labour in the primi mothers.

**Aims and Objectives :** To assess the level of stress and anxiety among primi gravid mothers during labour in both experimental and control group. To assess the effectiveness of music therapy in reducing stress and anxiety during labour in the experimental group.

**Materials and methods:** The adopted experimental design for this study was pretest and posttest design. The sample technique used in this study was simple random sample. The pre and post level of stress and anxiety was assessed with modified state trait anxiety scale. Inferential and descriptive statistical methods were used to analyse the data.

**Result:** In posttest, the mothers of experimental group had 47.01 anxiety score and the mothers in control group had 73.81 anxiety score. 't' test  $p= 0.001$ . So statistically significant in experimental group.

**Conclusion:** The mean post test level of Stress and anxiety among primi gravid mothers in experimental group was lower than the mean posttest level in control group. This denotes that the music therapy was effective in reducing the level of stress and anxiety among primi gravid mothers during labour

### **Keywords**

Music Therapy, Anxiety, Stress, Labour and Parturient Mothers

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## Socioeconomic and Political Dimensions of COVID-19 Dispersion



### Joana Mariz C. Castillo

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### Abstract

This study aims to provide understanding on how certain factors lead to the formation of clusters of areas of COVID-19 dispersion to guide policy decisions and government actions. It utilized an ecological study design which analyzes data at the population or group level. The units of observation are the barangays in Cebu City. These barangays are the nodes in the network and the edge considered is the presence of areas of convergence. In order to identify the nodes for this study, data mining was done to get the number of reported COVID-19 cases in Cebu City from the Cebu City Health Office as of May 23, 2020. Only thirty-nine (39) barangays with COVID-19 cases were included in the study. Results revealed that although public and private transportation is controlled during the implementation of Enhanced Community Quarantine, it is assumed that the spread started prior to implementation of strict prohibitions which led to the rise of cases later on. Even at the time of the strict community quarantine restrictions, economic activities related to basic necessities were still allowed. For instance, public markets were open with prohibitions related to schedules only. This implies that people are still mobile at certain times despite the presence of restrictions. People still converge in areas where economic activities are present.

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## **Biography**

Joana Mariz Castillo worked as a staff nurse in a tertiary hospital before joining the Faculty of the College of Nursing, Cebu Normal University, Philippines. She is currently into researches involving communicable diseases specifically tuberculosis and HIV. She is also engaged in studies related to ageing and elderly care. Her clinical practice specialty is medical-surgical nursing.

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## Neglected Discipline of Forensic Nursing vis a vis Increasing Trends of Crime against Women in India: The Way Out



### Dr. Tariq Wali

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#### Abstract

The triad of under-reporting of crimes against women, low conviction rate and high pendency rate, calls for an urgent intervention in India. In this working paper, a few key remedial medicolegal reforms and radical measures including increased utilization of Nirbhaya fund with emphasis on the author's suggested initiative to implement and administer the largely neglected discipline of forensic nursing in India, will be dealt with at some length.

It's axiomatic that even though country-specific legal concerns and requirements may vary from country to country, all nation-states necessarily have to encounter and respond to issues of public health, law and order, and social justice.

Existing forensic investigations, on ground, to prosecute, inter alia, perpetrators of crime against women and other vulnerable groups have often been proved inadequate. It's an imperative need, now, to sufficiently address the interventions to bring down case pendency rates and ensure high conviction rates to alter the prevailing scenario of criminal justice in contemporary India.

Despite the fact that trained nurses constitute the largest cohort of global healthcare providers, forensic nursing largely remains an unrecognized, untapped, neglected and overlooked resource in universal medical healthcare system in India. The situation must change now in the interest of criminal justice system in view of increasing number of survivors of crime against women and children. In the interest of law and medical ethics, it is the need of the hour to ensure social equity and egalitarian dispensation of justice in India.

The author in this research paper seeks to empirically analyze the extant repositories and databases like National Crime Records Bureau (NCRB), and budgetary allocations under Nirbhaya Fund to highlight the importance of these issues that impinge upon the iceberg phenomenon of reported crime against women in India during the this decade (2011-2020). Continuing neglect and practically

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unavailability of Forensic nursing, as a discipline, in India, adds to the gory triad of under-reporting of crime, dismal rate of conviction, and high pendency rates. Certain key recommendations in this regard shall also be discussed and presented to ameliorate the dismal situation of trace evidence collection, *inter alia*, in forensic investigations in India.

## Keywords

Forensic Nursing, Trace Evidence, Crime against Women, India.

## Biography

Dr. Tariq Wali, a senior medical professional, is a Pediatrician with additional specialization in Forensic Medicine & Toxicology. He is working as a Senior Assistant Professor for the last four years at KM Medical College & Hospital, Mathura. He handled telemedicine department of Covid-19 during national lockdown period, too. His academic responsibilities include teaching undergraduate MBBS students Forensic Medicine and AETCOM, the newly introduced course modules by National Medical Council (NMC) comprising of the proper Attitude, Ethics, and Communication. He is recipient of several awards including SAARC-ICCR Award, Best Teacher Award, and NIHFW Medal with many different write-ups, papers, and chapters in ISBN indexed Yearbooks and Volumes.

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## Importance of Healthcare Ethics for the Government Teachers in Terms of Student Safety



### Lt Col Reena Ojha

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#### Abstract

This paper is about teaching medical or healthcare ethics to the government teachers in terms of student's safety also in an interdisciplinary setting is beneficial for them too. Doing so produces an education that is theoretically more consistent with the goals of health care ethics, can help to reduce School Children's as well as teacher,s stress in case of health emergencies among school children. Based on a literature review, theoretical arguments and individual observation, this article will show that the benefits of interdisciplinary education, specifically in ethics, outweigh the difficulties many schools may have in developing such courses, training, workshops and programs for teachers and as well as for students too. Health care ethics is the field of applied ethics that is concerned with the vast array of moral decision-making situations that arise in the practice of First Aid in addition to the procedures and the policies that are designed to guide such practice. The aspects of the student's life, which are essential to one's well-being, none is more important than one's health. Advancements in medical knowledge and in medical technologies bring with new and important moral issues. areas of moral concern include the clinical relationship between the teachers, parents, health care provider and the student's health and life , biomedical and human behavioural subject researches and the responsibilities for health care services designed for the government teachers.

#### Biography

Lt Col Reena Ojha, Employed as Associate Professor in College of Nursing CHCC, Lucknow affiliated to King George Medical University Lucknow. Before this, was posted as Lecturer at College Of Nursing , AHR&R affiliated to Delhi University South Campus. Speciality is Community Health Nursing. Pursuing PhD in Nursing.

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## Knowledge and Practice of Biomedical Waste Management among Undergraduate Nursing Students Tertiary Care Hospital



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#### Abstract

**I**ntroduction :Medical waste is a total waste which is generated from the healthcare facilities (HCFs) during the course of the healthcare delivery process (Sudeep,2017) It includes syringes, needles, ampoules, dressings, disposable plastics and microbiological wastes (Ola-Adisa 2015). The waste generated from the HCFs is broadly categorized as general and hazardous waste. According to the WHO estimation, the general and hazardous waste types constituted about 85% and 15%, respectively(Chartier ,2014) Health care providers plays a key role in proper waste disposal as they are involved in the entire waste management processes.

**Objectives:** To assess the knowledge and practices regarding bio medical waste management among undergraduate nursing students and To correlate knowledge and practices regarding medical waste management among undergraduate nursing students

**Research Design:** The design adopted for the study was cross sectional descriptive design.. The population for the study were IV year B.SC Nursing students studying at Sri Ramachandra faculty of nursing .Convenience sampling technique was used to select samples during the study period. A sample of 98 students was selected based on inclusion criteria. The instruments used for the study were Knowledge questionnaire on biomedical waste management which was collected using google survey form and OSCE was conducted to assess practice on biomedical waste management ,In addition the investigator developed a structured questionnaire to collect data regarding background variables. The collected data were analyzed by descriptive statistics (frequency, percentage, mean, standard deviation) and inferential statistics (correlation co-efficient). The 0.05 level of significance was used.

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**Major findings:** The study revealed that out of 98 participants, 69% had adequate knowledge and 22% moderately adequate knowledge and 9% had inadequate knowledge of with mean of 9.27 with DS 3.21. with regard to practice 71% had adequate practice and 24% moderately adequate practice and 5% had inadequate practice of with mean of 15.9 with DS 5.17. There was a positive correlation between knowledge and practice at  $p < 0.05$

**Conclusion:** knowledge and skill for proper waste management is important professional activity to reduce the occupational related hazards. The teaching programme needs provide proper education and periodic reinforcement about handling bio medical waste management .

## Biography

Dr.S. Rajeswari M.Sc.,Ph.D. Reader and HOD in Obstetrics and Gynaecological Nursing currently working in Sri Ramachandra Institute of Higher Education and Research (DU) . Got twenty six years of experience in the nursing profession at various positions, has presented papers in various national and international forums. has 18 publications to my credit, serves as a committee member in the Q Cell, e-Learning committee, Nursing Education unit, Board of Studies of SRIHER. College Governing council, Library committee member secretary also serves as an editorial board member and reviewer of nursing journals. I am guiding Ph.D Scholars in nursing.

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## **A Study to Assess the Prevalence of Couvade Syndrome among the Partners of Primigravid Mothers at Srm General Hospital, Kattankulathur**



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### **Abstract**

**I**ntroduction : Couvade syndrome, also called sympathetic pregnancy, is a proposed condition in which a partner experiences some of the same symptoms and behavior as an expectant mother. These most often include minor weight gain, altered hormone levels, morning nausea, and disturbed sleep patterns. In more extreme cases, symptoms can include labor pains, fatigue, postpartum depression, and nosebleeds. The study aims to assess the prevalence of couvade syndrome among the partners of primigravid mothers at SRM General Hospital, Kattankulathur.

#### **Objectives of the study:**

1. To assess the level of couvade syndrome among partners of primigravid mothers.
2. To associate the level of couvade syndrome among partners of primigravid mothers with demographic variables.

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An extreme review of literature for the study was done which helped the investigator to identify, select, critically analyze and report on existing information of the problem selected for the study and design the methodology tool for data collection.

**Methodology:** The Research approach was Quantitative and the Research design adopted was descriptive Research Design. Partners of primigravid mothers were selected by non probability convenient sampling technique. The sample size for the study was 71. The Researcher used structured Questionnaire for assessing the demographic variables and rating scale to assess the level of Couvade Syndrome among partners of primigravid mothers. The pilot study was conducted at SRM General hospital and findings revealed that the tool was considered reliable and feasible for proceeding with the main study. Data collection was done for a period of 1 week.

**Major finding of the study :** With respect to level of physical symptoms among the partners of primi gravid mothers, the results showed that, majority of partners, 44(62%) of them had moderate level of physical symptoms and 27 (38%) of them had mild level of physical symptoms.

With regard to the level of psychological symptoms among the partners of primi gravid mothers, the results depicted that, majority of partners, 49(69%) of them had moderate level of psychological symptoms and 21 (29.6%) of them had mild level of psychological symptoms and only 1 (1.4%) had severe psychological symptoms.

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## Prevalence of Adjustment Problem among Under Graduate Students



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#### Abstract

**Introduction:** The 21st century- a computer age is bound to make students behave like a machine demanding excessive concentration and speedy reaction. This would naturally pose a greater threat to the students' ego and adjustive mechanism. Thus, the problem of adjustment is of immense importance for all of us and it is felt that the students must be helped in developing good adjustment besides the intellectual progress. In this context the investigators have conducted a study of adjustment problems among college students.

**Objectives:** Assess the adjustment problem among First-Year Undergraduate Students and associate the adjustment problem with selected demographic variables.

**Methodology:** Descriptive study design was used for this study. The study was carried out in the college of Nursing and the college of Pharmacy at SRIHER. The target population of the study were 1<sup>st</sup> year undergraduate students between 17-19years .Convenient sampling technique was adopted for the study. Bell's adjustment scale was used to assess the adjustment problem.

**Results:** 17.5% of them had more social adjustment problem and emotional adjustment problem. 82.5% had moderate health adjustment problem. 9.37% had less adjustment problem, 76.25% had moderate adjustment problem and 14.37% had more adjustment problem. there was a statistical significant association found between the adjustment problem and the name of the course, parental education, number of friends, number of siblings and health status of the students at  $p < .05^{**}$ .

**Conclusion:** The study confirms that first year students joining university do face problems in adjusting themselves at the university. Efficient advisory mechanisms and extracurricular activities, psychological and academic counseling and guidance have to be geared to the needs of the students.

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## **Biography**

I am Mrs.P.Vijayasamundeeswari,working as a lecturer in Paediatric Nursing , Sri Ramachandra Faculty of Nursing, SRIHER. Engaging Nursing with 20 years effectively conveying nursing concepts and procedures in classroom, labouratory and clinical settings. Specialize in preparing lectures, grading papers and providing meaningful feedback. Focused on preparing each nurse candidate to be an effective health care provider for the future. Presented many scientific papers in various conference and received best paper award for the scientific paper. Currently perusing P.h.D in Nursing .Guided under graduates and post graduate research projects

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## Quality Of Life among Menopausal Women

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### Abstract

**Background:** Menarche and menopause are the turning point in the life of a woman. The menopause is the time of women's life when reproductive capacity ceases. Issues women face regarding menopause in addition to the discontinuance of menstruation and the loss of reproductive abilities include a host of menopause syndrome-related symptoms such as mood swings, joint pain, hot flushes and night sweats, insomnia and others.

**Objectives:** To assess the menopause symptoms and quality of life among menopausal women. To find the association between menopausal symptoms with selected demographic variables.

**Methodology:** Quantitative approach and Non Experimental Descriptive design was used in this study. 100 menopausal women were selected using Purposive Sampling Technique from a selected village, Karaikal. The tool used for this study is Part-I Demographic variables, Part – II MENQOL Tool to assess the menopausal symptoms and Quality of life among menopausal women. The data was analyzed using descriptive and Inferential statistics.

**Results:** Regarding vasomotor symptoms 47 % of women reported sweating. Regarding psychological symptoms 94% of women reported feeling anxious and nervousness and 88% of women reported feeling depressed, down or blue. Regarding physical symptoms, 94% of women reported decrease in physical strength, 93% of women reported feeling tired or worn out, 88% of women reported lack of energy, 84% of women reported difficulty in sleeping and aching in muscles and joints. Regarding sexual symptoms 41% of women reported avoiding Intimacy, 39% of women reported decrease in sexual desire. Vasomotor symptoms was significantly associated with age, Psychological symptoms were significantly associated with age, Physical symptoms were associated caste, education, marital status, sexual symptoms were associated with the number of children.

**Conclusion:** Menopausal Symptoms vary with every individual. Quality of life of menopausal women differs based on their perception on severity of symptoms.

### Keywords

Quality of Life, Menopause symptoms.

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## Study on Impacts and Management of Premenstrual Syndrome (PMS) among Adolescent Girls in selected Schools at Chennai.



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#### Abstract

**Background:** PMS (PMS) is employed to explain physical, cognitive, affective, and behavioural symptoms that occur cyclically throughout the secretory phase of the cycle and resolve quickly at or inside a number of days of the onset of expelling. The first aim of the study was to assess the prevalence, impacts and medical managements of PMS on feminine school students of St, Lourdes Girls Higher Secondary School at Chennai.

**Methods:** A cross-sectional study was conducted among consistently selected feminine students of school 2018. A structured and pretested self-administered form was used for knowledge assessment. The collected knowledge were analyzed victimization the applied math Package for the Social Sciences, SPSS Package.

**Result:** From the overall population size of 508; a sample size of 300 was drawn. Age of the study participants ranged from 13 to 15 years, with mean age of  $13.86 \pm 2$  years. Among the participants, 144(83.2%) have had a minimum of one PM symptoms with their menstrual amount. The prevalence of PMS per DSM-IV was 77.0%. About 118(36.5%) reported frequent class missing, 78(22.3%) exams missing, 109(30.0%) low grade marking and 141(49.8%) of them reported withdrawal from their learning related to their PMS. Only 83(48.0%) participants sought-after medical treatment for her PMS. The treatment modalities used were pain killers, 63(36.4%), hot drinks like coffee and tea 176(32.5%), and seeking medical aid and exercise 124(53.0%). Binary supplying multivariate analysis discovered average length of 1 cycle of expelling (COR = zero.20(0.070-0.569) and tutorial performance impairment (AOR = 0.345(0.183-0.653) were considerably related to the diagnosing of PMS and use of PMS treatments severally.

**Conclusion:** Our study discovered a high prevalence and negative impact of PMS on Adolescent of St. Lourdes Girls Higher Secondary school. Therefore, health education, acceptable medical treatment

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and adequate treatment, as a part of the health service, ought to be availed and provided to affected girls.

## Keywords

Prevalence, Impacts, Medical management, PMS, Adolescent.

## Biography

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## **A Study To Assess The Attitude Towards Vaginal Delivery VS Caesarean Delivery Among Mothers At Primary Health Centre At Guduvancherry, Kancheepuram District, Tamilnadu, India**

**Deena jothy**

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### **Abstract**

Objective of the Study was To assess the number and percentage distribution of demographic variables among mothers and to assess the number and percentage distribution of attitude towards normal vaginal delivery among mothers and also to assess the number and percentage distribution of attitude towards caesarean delivery among mothers. Non experimental design was used. 106 mothers were selected for this study. It was conducted at primary health centre at guduvancherry, kanchipuram district, Tamilnadu, India. Three Parts were used. Part A, Demographic variables, Part B, Contains attitude towards Vaginal delivery of 15 questions, Part C, contains attitude towards caesarean delivery among mothers. It contains 15 questions of Study variable among attitude on caesarean delivery and normal delivery and the Demographic variable were Age of the Mother, Type of Family, Number of children in the family, Dietary Pattern, Monthly Income, Education, Place of Living, Religion, Occupation, Type of work, Preferences of mother for mode of delivery. Scoring key 5 points likert scale was used for this study. The final result of this study shows that Most of the mothers 82(77.4%) had favorable Attitude, 24(22.6%) of them had Moderately unfavorable Attitude and none of them had Unfavorable Attitude towards Normal delivery. Most of the mothers 68(64.2%) had Moderately favorable Attitude, 38(35.8%) of them had unfavorable Attitude and none of them had favorable Attitude towards caesarean delivery.

### **Keywords**

Assess, Attitude, ; Caesarean Delivery; Mothers ; Vaginal Delivery

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## **A Study to Assess the Quality Of Life among the Patients with Hypertension at SRM General Hospital, Kancheepuram District**

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### **Abstract**

Hypertension has become one of the major public health problems in the world. Hypertension causes stroke and ischemic heart disease, and affects the Quality of Life (QOL) among hypertensive patients, both from physical, physiological, social relationship, and environmental domain. The purpose of the study was to assess the quality of life among hypertensive patient. And to associate the quality of life of a patient with hypertension with their selected demographic variables. The research approach adopted for the study was quantitative approach and Non- experimental research design. The main study was conducted at SRM general hospital, kattankulathur, Kancheepuram district, on 60 hypertensive patient. Non-probability sampling technique was used to select the samples. The tool used for the study consist of 2 parts , part-A- a structured questionnaire to assess the demographic variables and part-b – WHO quality of life scale to assess the quality of life. The data was analysed and interpreted based on the objectives using descriptive and inferential statistics. The present study revealed that 41(68.3%)of Hypertension Patient had moderate of quality of life,17(28.3%) had mild quality of life and 2(33%)of had good quality of life. There was a significant association found between the quality of life of hypertensive patient and demographic variable like age, gender and family history of hypertension. But there was no association found between the quality of life of hypertensive patient with other demographic variables like education, occupation, family, income.

### **Keywords**

Quality of Life, Hyper Tension

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## Prevalence of Hypertension among Economically Backward Tribes



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### Abstract

**Background:** Global epidemic of hypertension is largely uncontrolled, Hypertension is the leading cause of death among non-communicable diseases worldwide. Several criteria was used to assess the prevalence of hypertension among tribal population.

**Aims and objectives:** This study aim to assess the prevalence of hypertension among tribal population

**Materials and methods:** Cross sectional study design, multi stage cluster sampling technique, was used for (Anjur, Kollamedu, Nallambakam, Karanaipuducherry tribes) of kancheepuram district, with 1 month duration (November- December 2019), house to house data collection was done for 85 samples, data on demographic variables (gender, age, educational qualification, marital status, family status, occupation, monthly salary and religion) were assessed by structured questionnaire. Biometric measurements taken were height, weight and blood pressure 2 readings with 10 minutes interval on left arm, average was taken measurement more than 140/90mmofhg is considered as hypertension.

**Result:** Tribal prevalence of hypertension was 16.5% , abnormal BMI 45.9%, with the age group 35-49 years (47.1%), 91.8% married, self employed 50.6%, 94.6% of samples with monthly salary 1500-4500, 67.1% nuclear family and mostly among hindus 98.8%.

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**conclusion:** There is a positive correlation with BMI and hypertension, when BMI increases the systolic and diastolic blood pressure increases and vice versa. Health education and routine check ups should be focused on tribal population.

## **Keywords**

Blood Pressure, Tribal population, biometric measurements.

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## A Study to Assess the Knowledge Regarding Intramuscular Injection (Im) Among Under Graduate Students in SRM College of Nursing

**Pampha Bhusal**

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### Abstract

**Background:** There are 12 billion injections given worldwide every year. Intramuscular route is favoured over the subcutaneous route. Intramuscular (IM) gluteal injections are a commonly used method of administering medication with clinical medicine.

**Objectives:** To assess the pre-test and post-test level of knowledge regarding intramuscular injections to determine the association between the levels of knowledge regarding intramuscular injection with their selected demographic variables.

**Methodology:** A pre-experimental one group pre-test and post-test design was adapted for this study, which included Fifty-five nursing students selected by purposive sampling technique. Data was collected by using demographic variable performa. Structured knowledge questionnaire.

**Results:** Majority of the nursing students had moderately adequate knowledge 31(56.4%), 16(29.1%) had inadequate knowledge and 8(14.5%) had adequate knowledge on pre-test. There was a significant improvement in post-test knowledge score of nursing students regarding IM injections. (M=10.89 SD=4.508) compared to the pre-test scores (M=14.42 SD=3.720) with the 't' value of  $p < 0.01$ . Conclusion: The present study reveals that more practical exposure is necessary so that they can gain more knowledge regarding intramuscular injections.

### Keywords

Knowledge, Intramuscular injections, Nursing students.

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## Assessing the knowledge on Hypertension among Geriatric patients at SRM General Hospital, kattankulathur,India

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### Abstract

Hypertension is a non communicable disease affecting most of the adult population. It is a long term medical condition in which the blood pressure in the arteries is persistently elevated. Many patients end with complications if they failed to take regular treatment.

### OBJECTIVES

1. To assess the knowledge on hypertension among Geriatric patients at SRM General Hospital, kattankulathur.
2. To associate the knowledge on hypertension among Geriatric patients with their demographic variables.

### METHODOLOGY

Non experimental descriptive research design was adopted to assess the knowledge on hypertension among Geriatric patients. Around 100 participants were selected by convenient sampling technique. Face to face interview questionnaire was used to assess the knowledge on hypertension among Geriatric patients at SRM General Hospital, kattankulathur. T test value  $<0.05$  is considered as significant.

### MAJOR FINDINGS

The result revealed majority the patients 70% had moderate knowledge, 17% of them had high knowledge, 13% of them had poor knowledge. There is no significant association between the demographic variables and level of knowledge about hypertension with age, gender, marital status, education, occupation, place of living, health insurance status, duration of illness, family history of chronic diseases, type of chronic disease and visual acuity.

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## CONCLUSION

The result of the present study revealed that only 17% of the patients had high level of knowledge. The study concludes that there is a need for health education among geriatric patients to control hypertension, to lead a quality life and to prevent morbidity and mortality.

## Keywords

Knowledge, Hypertension, Geriatric patients, Health education, Morbidity.

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## Effectiveness of Structured Teaching Programme on Knowledge Regarding Hypertension among Women

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### Abstract

**Background :** Hypertension or elevated blood pressure is a serious medical condition that considerably increases the risks of heart, brain, kidney and other diseases. An estimated 1.13 billion people worldwide have hypertension most (two-thirds) living in low- and middle-income countries. In 2015 1 in 4 men and 1 in 5 women had hypertension. Fewer than 1 in 5 people with hypertension have the problem under control. Hypertension is a major cause of premature death world wide. One of the global targets for non communicable diseases is to reduce the prevalence of hypertension by 25% by 2025 .

**Aims and objectives:** To assess the pretest knowledge regarding hypertension among women, to find out the effectiveness of structured teaching programme regarding hypertension among women, to find out the association between knowledge and selected demographical variables among women.

**Materials and methods:** Pre experimental research design was adopted setting for the study was karaikalmadu at karaikal. Sample size was 100 women . Data was collected by using self structured Questionnaires to assess the knowledge on Hypertension. Descriptive And Inferential Statistics like paired ‘t’ test, chi-square test and correlation test was used to analyze the data.

**Results:** The study result revealed that in pretest knowledge regarding hypertension among women had inadequate knowledge with the mean 33.7. Post test it was found that hypertension women gained knowledge with the mean value of 88.

**Conclusion:** The overall findings of the study showed that structured teaching programme is very effective in improving the knowledge on hypertension with t value 0.064 at p<0.005 level.

### Keywords

Knowledge, hypertension, women, structured teaching programme.

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## Assessment of Knowledge Regarding Prevention of Cerebro Vascular Accident among Hypertensive Patients

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### Abstract

#### Background:

A cerebro vascular accident occurs when a blood vessel in the brain ruptures and bleeds, or when there's a blockage in the blood supply to the brain. cerebro vascular accident is a leading cause of death and disability worldwide placing a considerable burden on health services and community resources. Knowledge and practices related to prevention of cerebro vascular accident among hypertensive patients are important in the control of the disease.

#### Aims and objectives:

A study to assess the knowledge regarding prevention of cerebro vascular accident among hypertensive patients in selected community area at karaikal. Objectives of the study to assess the knowledge regarding prevention of cerebro vascular accident among hypertensive patients in selected community area at karaikal and to find the association between knowledge regarding prevention of cerebro vascular accident among hypertensive patients with selected demographic variables.

#### Materials and methods:

This study is conducted through quantitative approach with non experimental descriptive research design. The Sampling technique used for this study is Purposive sampling technique, 100 hypertensive patients were selected as study participants from selected area Karaikal. A semi-structured questionnaire was used to collect data on the research variables. The collected data were analyzed based on the above mentioned objectives using descriptive and inferential statistics.

#### Results:

The study result proved that general knowledge of cerebro vascular accident is 79.3%, knowledge of the risk factors of cerebro vascular accident is 49.6%, knowledge of signs and symptoms 43.4%. the overall average level of knowledge of cerebro vascular accident is 49.2% which indicate that inadequate level of knowledge among hypertensive patients.

#### Conclusion:

The awareness regarding prevention and control of hypertension is very essential in order to prevent cerebro vascular accident.

### Keywords

cerebro vascular accident, prevention, knowledge, hypertension, hypertensive patients.

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## Biopsychosocial Problems of Infertile Women

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**Prof.Kamala.k**

Principal, Vinayaka Mission's College of Nursing, (VMRF- DU), Karaikal,Puducherry(U.T), India

### Abstract

#### Background of the study

Childbearing is considered an essential role in life and highly valued in most cultures and wish to have a child is one of the most basic of all human motivation. For women, pregnancy and motherhood are developmental milestones that are highly emphasized all cultures by which women's worth is measured. When fails to attempts to have a child,it can be a biopsychosocially devastating experience. Its leads to social stigma and affecting the individual, family, and society. Infertility remains an important problem in worldwide.

#### Statement of the problem:

A Study to assess the Biopsychosocial problems among infertile women with 25-40 years of age in selected infertility Hospital ,Tiruvarur.

#### Objectives

- To assess the biopsychosocial problems among infertile women
- To associate biopsychosocial problems of infertile women with demographic variables

#### Methods

A quantitative approach with descriptive design was used for this study. The sample consisted of 60 infertile women who were undergoing treatment. Convenient sampling was done to collect the sample. The study was conducted with a structured Questionnaires and standardized Fertility Problem Inventory. Booklet on coping strategies was distributed to the infertile women.

#### Results

The study revealed that 23.3 % of the infertile women were having low Biopsychosocial Problems, 71.7 % were having moderate Biopsychosocial Problems and 5.0 % were having severe Biopsychosocial Problems.The findings of the study revealed that there is a significant association between Biopsychosocial Problems of infertile women with their selected demographic variables.

#### Conclusion

The findings of this study support the need for conducting counseling to infertile women. Low physical problems were obtained. Biopsychosocial problems are prevalent in the Infertile women irrespective of their demographic data which can be treated by counseling the infertile women.

### Keywords

Infertile Women, Infertility,Biopsychosocial Problems

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## Respiratory Health and Morbidity Status

**P.Gomathi**

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(Vinayaka Mission's Research Foundation, Salem, India)

### Abstract

**Background:** The Respiratory infections are more common among street waste handlers. These infections are may be due to exposure to harmful gases, endotoxins and airborne bacteria. The street waste handlers are exposed to different types of noxious agents while collecting waste and it may leads to chronic lung diseases. Workers in waste collection not only exposed to a mixture of bio-aerosal including bacteria, endotoxins and mouldy spores and other airborne particles but also to exhaust gas of the trucks in work environment.

**Aims and objectives:** To assess the level of knowledge on respiratory health, to assess the respiratory morbidity status and to provide awareness about prevention of respiratory illness among street waste handlers.

**Materials and methods:** A descriptive study was carried out among 100 street waste handlers of Karaikal District, Puducherry. Purposive sampling method used to select the samples. A semi structured interview schedule and proforma for assess the morbidity profile of respiratory system were used to collect informations.

**Results:** Among 100 street waste collectors 6% were had adequate knowledge, 56% were had moderate knowledge and 38% were had inadequate knowledge. Among the workers 40 members were suffered with allergic rhinitis, 25 were had common cold, 27 workers were had throat infection, 20 were had bronchitis, 5 members were had bronchial Asthma and 10 were not affected with any type of respiratory infections.

**Conclusion:** The street waste handlers are commonly affected with respiratory infections while they are handling waste. They should be protected from respiratory infections by giving awareness programme regarding safe handling of waste, avoid toxic inhalation and entry of pathogenic organisms into the nose and mouth.

### Keywords

Street waste handlers, respiratory morbidity status

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## Prevalence of Non- Communicable Diseases among Adults in Guduvancherry Village, Kancheepuram District, Tamil Nadu



### Dr.M.Hemamalini

Principal, Hindu Mission College of Nursing, India

### Madhurima.D

Assistant Professor, Hindu Mission College of Nursing, India

### Nallathai.C

Associate Professor, Hindu Mission College of Nursing, India

### Abstract

**Background:** Non communicable diseases are the leading cause of global death leading to 71% of mortality worldwide, 85% of deaths in developing countries, 63% of deaths in India and of which 23% are causing premature deaths.

**Aim:** To assess the prevalence of non- communicable diseases among adult population and to associate the prevalence of non- communicable diseases among the adult population with their demographic variables.

**Methodology:** A cross sectional study with 100 samples, selected using a non probability convenient sampling was adopted for the study. Data was collected among adult out patients in Primary Health Centre, Guduvancherry based on the WHO classification of non communicable diseases. The prevalence of non communicable diseases like Diabetes mellitus, Hypertension and Obesity were assessed in the study.

**Results:** 24(24%) of participants were having elevated blood pressure, whereas with regard to diabetes 41(41%) were in normal and 39(39%) were at pre-diabetic stage. Similarly, 48(48%) were having normal body weight and 22(22%) belongs to overweight. Prevalence of non communicable diseases was associated with the nutritional status of the study sample at  $p \leq 0.05$  **Conclusion:** There is a need of implementing screening and mass health education programmes in bringing changes in the nutritional patterns and behavioural modifications, thereby aiding to bringing down the incidence of non communicable diseases in the community.

### Keywords

Non Communicable Diseases, Diabetes Mellitus, hypertension, Obesity.

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## Impact of Urinary Incontinence among Women



### Dr. Lisy Joseph

Sri Ramachandra Faculty of Nursing, SRIHER, Chennai, India

#### Abstract

Urinary incontinence is a significant health problem, with considerable social and economic impact. Urinary incontinence is common among women and affects the physical, psychosocial, social and economic well-being of affected women. The prevalence of incontinence peaks around menopause with a steady rise thereafter into later life. Urinary incontinence fills women with unease. But the best way to deal with it is to understand it. After obtaining institutional ethics committee approval and informed consent, a descriptive study was conducted to assess the impact of urinary incontinence among 200 women residing at rural area. The study findings revealed that majority of women 59.5% had no urinary incontinence and about 40.5% of women experienced some form of urinary incontinence, out of which majority 17.5% had stress urinary incontinence, 14% had urge urinary incontinence and 9% had mixed urinary incontinence. The results revealed that 24.6% of women had no impact due to urinary incontinence. Most of women 45.6% experienced mild impact, 22.3% moderate impact and 7.5% of women had severe impact on the activities of daily living due to urinary incontinence. Public awareness about urinary incontinence needs to be created to help women identify the symptoms and take appropriate measures to overcome or minimize these symptoms.

#### Biography

Dr. Lisy Joseph is working as a Lecturer at Sri Ramachandra Faculty of Nursing in the Department of Community Health Nursing. I received my Master Degree in Community Health Nursing from College of Nursing, Madras Medical College, Chennai in the year 2008 and completed my Ph.D in Nursing from SRMC& RI (DU) in the year 2017. I have 5 years of experience in nursing service and 14 years of teaching and research experience. My area of expertise includes community health nursing, geriatric health, nursing education and nursing research.

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## **A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Basic Life Support among First Year Undergraduate Nursing Students**

### **Ravivarman D**

Phd Scholar, Department of Medical Surgical Nursing, Vinayaka Mission's College of Nursing, Vinayaka Missions Research Foundation-Salem, Karaikal, (Puducherry), India

### **Dr.K.Kamala**

Guide, Vinayaka Mission's College of Nursing, Vinayaka Missions Research Foundation-Salem, Karaikal, (Puducherry), India

### **Abstract**

#### **Background:**

Early initiation of basic life support (BLS) with Cardiopulmonary Resuscitation (CPR) is an important contributory factor in the survival of Cardiac arrest. Effective and timely CPR reduces the likelihood of death following sudden cardiac arrest. Adequate knowledge and skills regarding BLS and appropriate application of the same is an essential requisite for nursing students.

#### **Aims and objective:**

To assess the effectiveness of structured teaching programme on knowledge regarding Basic life support among first year undergraduate Nursing students.

#### **Material & Methods:**

Quantitative pre experimental research design was adopted for this present study. First year 59 undergraduate Nursing students were chosen by Purposive sampling technique. The data were collected by using demographic data and self-structured knowledge questionnaire.

#### **Result:**

Pre-test and post- test knowledge scores revealed that during pre-test, the mean score  $8.6 \pm 3.07$  (SD) which is 43% of the total mean score, whereas in post-test, the mean score was  $15.13 \pm 2.26$  (SD) which is 75.65% of the total mean score depicting difference of 32.65% increase in mean percentage of score. The calculated 't' value 24.89 which is higher than the  $P < 0.05$ , stated that highly significant difference between the pre-test and post-test. It proved that the structured teaching programme was highly effective to improve the student's knowledge.

#### **Conclusion:**

This study showed that STP was effective in improving the knowledge of First year nursing students regarding Basic Life support. The reason for low scores is lack of theoretical and clinical training on BLS. This study recommended that giving adequate BLS knowledge and training for all health professionals and included a special training session for BLS can help to improve the skill of nursing students on BLS.

### **Keywords**

Effectiveness, Structured teaching programme, Knowledge, Basic Life support

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## Perceptions of Pregnant Women towards Cesarean Section – Review Article



### Sanabam Linthoingambi Devi

Rohilkhand College of Nursing, Bareilly, India

#### Abstract

Caesarean section is an operative procedure whereby the fetuses after the end of 28<sup>th</sup> weeks are delivered through an incision on the abdominal and uterine walls. The annual rise of caesarean section rates worldwide is 4.4% on average during the period 1990-2014, with Asian countries become the second highest annual increase during the period . There were also negative implications of unnecessarily high caesarean rates at the individual, family, and national levels in terms of mother's well-being, health expenditure, and efficient use of resources. There is equal important factors of non-clinical factors and clinical factors when considering the reasons for rapidly increasing caesarean section rates. Some of the non-clinical factors are fear of litigation, and patient's requests to physicians to conduct caesarean sections. Without considering the negative consequences of un-necessary surgical intervention, women prefer caesarean birth because they think vaginal birth to be a more painful and dangerous procedure. Educated and higher economic status women are more likely to make a self-request for caesarean section .

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## A Study to Assess the Knowledge Regarding Prevention of Behavioral Problems of School Children among Mothers of School Going Children in Selected Urban Area, Hyderabad, Telangana



### Valluri Lucy kezia kamala Kumari

Princess DurruShehvar College of Nursing, Phd Scholar, Vinayaka Mission's Research Foundation – DU, Salem, India

#### Abstract

**Background:** Behavioral problems in school children takes place due to lack of parental knowledge, inconsistent discipline, over criticizing, neglect, problem between parents, sibling's rivalry and bad habits of mothers during pregnancy. Behavioral Problems are affecting on their academics and health. A child's behavioral problem represent a conflict between his developing personality and that of his parents, teachers, peers and siblings and of other children with whom he comes into contact.

**Objectives:** The objective of the study was to assess the Knowledge Regarding Prevention of Behavioral Problems among mothers of School Going Children, to find out the association between the knowledge scores of mothers regarding Prevention of Behavioral Problems with selected demographic variables, to provide a pamphlet regarding Prevention of Behavioral Problems.

**Materials and methods:** Quantitative approach and Non-experimental design was selected for this study. Convenient sample method was used to select 200 mothers of school going children. Based on the objectives, a structural questionnaire was prepared to assess the knowledge regarding Prevention of Behavioral Problems of School Children among mothers of school going children.

**Results:** Sample of 200 mothers were taken. The study results were 6% mothers had good knowledge and 94% of mothers had average knowledge regarding learning disorders. Mean knowledge score is 16.26 and standard deviation 8.96 among mothers of school going children regarding Prevention of Behavioral Problems of School Children. There was no significant association between the knowledge level of mothers with educational status.

**Conclusion:** The present study revealed that 6% mothers had good knowledge and 94% mothers had average knowledge regarding Prevention of Behavioral Problems of School Children. The knowledge

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scores of the mothers when compared with the demographic variables revealed that there is no significant association was found with demographic variables ( $P \geq 0.05$ ) except educational status.

## **Keywords:**

Knowledge, Mothers, School Going Children, Prevention of Behavioral Problems.

## **Biography:**

Valluri Lucy kezia kamala Kumari, working as a principal in Princess DurruShehvar College of Nursing and pursuing Ph.d from Vinayaka Mission's Research Foundation Du ,Salem..

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## **A study to assess Stress and Coping strategies among working women in selected settings, Kancheepuram, Tamil Nadu**



### **J.Selva Mary Devakani**

Assistant professor, SRM College of Nursing, SRM Institute of Science and Technology, India

### **Dr.M.Thirunavukarasu**

Professor and Head, Department of Psychiatry, SRM Medical College and Research Centre, SRM Institute of Science and Technology, India

### **Dr.C.Kanniammal**

Dean, SRM College of Nursing, SRM Institute of Science and Technology, India

### **Abstract**

Modern era is the era of science and technology where everyone is striving to excel in his/her field whether it is at home or at work place. In this modern era, stress has become a universal phenomenon. Women are playing a vital role in the economic and social development of the nations all over the world. Working women have a whole set of problems involving both family and professional lives. Objectives of the study were to assess the stress and coping strategies among working women and to find out the association between stress and coping strategies with their demographic variables of working women. Research approach Quantitative non experimental research approach with a descriptive cross section survey design. The study will be conducted in selected colleges, Kancheepuram District. Stratified Random sampling technique is adopted. The tool utilised is structured questionnaire to assess the demographic variables and standardized tools to assess the stress and coping strategies among working women such as Professional Life Stress Scale by David Fontana (1989) and Coping strategies Inventory by David L.Tobin (1984). The results revealed that the majority 24 (60%) of them had evidence of mild stress and 16(40%) of them had evidence of Moderate stress. The majority 28.85 (mean) of them had wishful thinking of coping strategies and 28.50(mean) of them had Cognitive Restructuring of coping strategies. The results of the study concluded that Rank of the respondents and Personal Life Stress has significant association. Highest degree and coping strategies has significant association. Working woman may face difficulties in attempting to fulfil the

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demands of both worlds, at home and outside, while a housewife may feel tired and irritated with her household chores and financial dependence. All these may cause stress for these groups of women.

## Biography

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## Social Factors as Antecedents of Depression among Community-Dwelling Older Persons



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### Jillian A. Bejoc

College of Nursing, Cebu Normal University, Philippines

### Abstract

The association between socio-economic factors and depression among 384 older persons was determined through descriptive-correlational design. Path analysis revealed that depression is influenced directly by one's age ( $r=.108$ ), education status ( $r=.514$ ), marital status ( $r=.011$ ), occupation ( $r=.003$ ), social status ( $r=-.116$ ), physical stature ( $r=.099$ ) and economic status ( $r=.011$ ). Additionally, gender and type of community where older persons dwell have direct influence on occupation ( $r=.003$ ) and indirectly affecting depression ( $r=.103$ ). Meanwhile, family component has direct influence on social status ( $r=.069$ ) but indirectly influences occurrence of depression ( $r=.127$ ). Explicitly, these variables render a predictive path on the occurrence or non-occurrence of depression among the respondents. The study suggests that diagnosis of depression and prompt interventions can be traced to the socio-economic dimensions of older persons. Implications to research suggests that determining the antecedents to depression of older persons provides projective analysis which can lead to development of new knowledge in nursing and further influence holistic management of depression in older persons.

### Biography

Jillian A. Bejoc, was a staff nurse for a couple of years in a tertiary hospital before joining as Faculty at the College of Nursing, Cebu Normal University, Philippines. She is the Division Chair of the Research Institute for Ageing and Health and concurrently the College Research Coordinator since 2016 up to

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the present. She has co-authored papers focusing on older persons and maternal & child health which are published in national and international referred and peer-reviewed journals. Likewise, she has been invited as panelist, peer reviewer and resource speaker in line with her field of specialization and research undertakings.

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## **A Study to Assess the Automated Negative Thoughts among Adolescents in Government Girls Higher Secondary School in Guduvancheri At Chengalpet District**



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### **R.Vijayalakshmi**

Professor, SRM Institute of Science and Technology, India

### **Abstract**

**Introduction:** Mental health problems emerge in late childhood and early adolescence. Adolescence is a period of “Storm and Stress”, marked by increased susceptibility to mental disorders. Early identification and successful management of mental health problems improves long term health and social adjustment. Unconstructive Automated Negative thoughts have negative impact on the adolescent’s mental health.

**Objectives:** 1. To assess the Automated Negative Thoughts among Adolescents in Government Girls Higher Secondary School in Guduvancheri at Chengalpet District, 2. To associate the Automated Negative Thoughts among Adolescents with their selected Demographic Variables.

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**Methods:** The quantitative approach and descriptive research design was used for this study. The study was conducted among 100 adolescent girls between the age group of 10-19 years in Guduvancheri girls higher secondary school. Automated thoughts questionnaire(ATQ) is used to assess the Automated negative thoughts developed by Hollon and Kendall(1980). It is a 30 items-Likert scale questionnaire. The tool has high internal consistency between 0.93 and 0.95. The total score is 150.

**Results:** 8(8%) of them had Mild Automated Negative thought , 83(83%) of them had **Moderate** Automated Negative Thoughts, 9(9%) of them had severe Automated Negative Thought.

The demographic variable “Age” is significant at 5% level since the p value is less than 0.05 hence we can say that there is significant association between “age” and “negative automated thoughts”.

**Conclusion:** The current study results conclude that the majority of the adolescents 83 (83%) of them had **Moderate** Automated Negative Thoughts . The demographic variable “Age” is significant at 5% level since the p value is less than 0.05 hence we can say that there is significant association between “age” and “negative automated thoughts”.

## Keywords

Automated negative thought, Mental health, Adolescent

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## Stress among Working and Non-Working Antenatal Mothers at Obstetrics and Gynecology Opd in Sri Ramachandra Hospital



### V. Santhi

Lecturer, Faculty of Nursing, Sri Ramachandra Institute of Higher Education & Research (DU), India

### Abstract

The status of women in India has been changing due to growing industrialization, urbanization, spatial mobility and social legislation. This change in environment has encouraged and motivated the women for search of work outside the home, which creates stress in women.

**Methods:-** The descriptive research design was used to assess the level of stress among working and non-working antenatal mothers. 200 working and non-working mothers were selected by non-probability convenience sampling technique. Data was collected from 20-25 samples per day for 7 days. The written content was obtained from each participant then the A-Z Stress assessment scale was distributed to them and who expressed their willingness to participate in this study.

**Results:** The study revealed that 85% working mothers had mild stress and 15% mothers had moderate stress. 79% non-working mothers had mild stress and 21% mothers had moderate stress. The mean and standard deviation of the working mother 27.29 and non-working score was 16.39 with a t value of 1.370. It showed that there is significant differences between working and non-working mothers stress score at the level of  $p < 0.05$

**Conclusion:-** The present study concludes both working and non-working antenatal mothers were at more risk of developing stress.

### Biography

I have been working as Lecturer for the past ten years in Sri Ramachandra Faculty of Nursing, SRIHER (DU). I have served as staff nurse, ward in charge and ICU in-charge at Sri Ramachandra hospital for 5 years and I have served as clinical Instructor at Sri Ramachandra School of nursing for 2 years. I had completed graduate in Nursing from the Dr. Tamil Nadu, MGR Medical University in 1999 and completed postgraduate in nursing from Omayal Achi College of Nursing. I have presented

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many research papers in national and international conferences. I have Organized CNE, World women's day and breastfeeding week and conference at state level. I have been appointed as examiner for B.Sc.(Nursing) Basic, B.Sc.(Nursing) Post basic and M.Sc.(Nursing) in various universities. I had attended many national and international nursing conferences and also attended many CNE programs organized by SRU.

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## Effectiveness of Laughter Therapy on Depression among senior citizens



### Dr.N. Sivasubramanian

Professor cum Principal, Nootan College of Nursing, Sankalchand Patel University, Visnagar, Gujarat, India

#### Abstract

Depression is common problem among senior citizens but it is not a normal part of ageing. Stress and psychological resources are the two important things which play a very crucial role in developing depression in senior citizens. Depression can happen to any of us as we age, but there are ways to boost how you feel and make your senior years healthy and happy here the researcher has chosen laughter therapy on reduction of depression of senior citizens in selected old age homes of Gujarat.

**Objectives:** 1] To assess the depression level of senior citizens before the intervention

2] To administer laughter Therapy to senior citizens residing in selected old age homes

3] To find out the effectiveness of laughter therapy on depression of senior citizens

**Materials and Methods:** This study adopted quantitative approach and applied one group pre test and post group research design, simple random sampling techniques was adopted to select the 150 samples for research study.

**Results and Conclusion:**

The findings indicates that there is significant improvement in the mean post test The study was concluded that use of Laughter Therapy is more effective in decrease the Depression among Senior citizens

#### Keywords

laughter therapy, Depression, Senior citizens

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## Assess the Level of Stress among Old Age People

**G.Raji**

Research Scholar, Vinayaka Mission's College of Nursing, Vinayaka Mission's Research Foundation-DU  
Salem, India

### Abstract

#### Back Ground

Ageing is a natural process and an inevitable one. Elderly is a crucial phase where the physiological and, psychological and socio cultural changes in elderly contribute to develop stress. Stress is a common problem that affects almost all of us at same point in our lives. Older people may experience life stressors common to all people, but also stressors that are more common in later life, like a significant on-going loss in capacities and a decline in functional ability. The absence of family care surrounding gives rise to loneliness and stress among old age people.

#### Statement of the Problem

A study to assess the level of stress among old age people in residing selected old age homes at Karaikal.

#### Objectives

- To assess the level of stress among old age people.
- To find an association between level of stress among old age people with selected demographic variables.

#### Research Design & Method

Quantitative approach with descriptive design was used to assess the level of stress among old age people in selected old age homes. The method of sampling was convenient sampling. In this study Modified DASS scale was used to assess the level of stress among old age people.

#### Results

Among 50 participants 36% were in normal condition 12% had mild stress, 30% were moderate level of stress and 12% were severe levels of stress. Further the study results shows that there was no significant relationship between the level of stress regarding with age ,sex , occupation ,marital status ,religion ,type of family . But there was significant relationship between the level of stress with education and residence.

#### Summary

In this study results shows that 30% were moderate level of stress and 12% were severe level of stress. This study provides baseline information on stress among elderly in old age homes. More research activities, especially qualitative research should be encouraged to explore the problems in this population.

### Keywords

Stress, Modified DASS scale, Old age home.

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## Effectiveness of Group Therapy among Children with Social Phobia in Selected Government Primary School at Yanam

**Kanakala Srinivasu**

MTPG & RIHS, Puducherry, India

### Abstract

**Background** : Social anxiety is one of the most common psychological disorders among school aged children and adolescents in India, Group therapy is believed to bring the needed behaviour modification among social phobia children.

**Objectives** : To identify social phobia among children before intervention, to assess effectiveness of group therapy among children with social phobia and to determine the association between pre-test score with selected demographic variable

**Material and method** : Pre-experimental with one group pre-test and post-test design was used. 50 social phobia children studying in Govt. primary school, Yanam were selected by using purposive sampling technique. Demographic data was collected and pre-test was conducted by using modified social anxiety scale to assess the level of social phobia. Group therapy (story telling) was given and post-test was conducted using the same modified social anxiety scale.

**Result**: Findings reveal that the pre-test mean score was  $82.12 \pm 9.8$ , whereas in post-test, the mean score was  $111 \pm 5.5$ . Thus planned group therapy among children with social phobia was effective at 5% ( $p < 0.05$ ) level and demographic variables that are Age, Class of studying and type of family on social phobia having significant association with pre-test score of social phobia children.

**Conclusion**: The study concluded that group therapy among children with social phobia was effective to reduce their level of social phobia.

### Keywords

group therapy, social phobia, school children

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## Knowledge on Music Therapy on Low Back Pain among Adults

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### Abstract

**Background:** Low back pain is a common disease, usually transitory in nature and can arise from the intervertebral discs, bones, ligaments and muscles of the spine. The life time estimated prevalence of LBP among adults is 15-45% and incidence is 5% in a year. It is the greatest contributor to activity limitation in young adults and a leading cause for chronic pain and disability

**Aim:** The present study aimed to assess the knowledge on music therapy on low back pain among adults in rural area, Karaikal

**Objectives:** The objectives of the present study include assessing the level of knowledge on music therapy on low back pain among adults and to associate the level of knowledge on music therapy with demographic variables of adults.

**Materials & Methods:** A descriptive survey design was adopted to assess the knowledge on music therapy on low back pain among adults. The study was conducted at selected village Serumavilangai, Karaikal. Out of 342 adults above 46 years of age, 150 adults were selected by using simple random sampling technique. Pretested self structured Interview schedule was used to collect the data from study participants. Self structured interview schedule was administered to each participant to collect the data. Descriptive statistics along with chi-square test was used to analysis the collected data.

**Results:** The major findings of the present study revealed that with respect to the duration of low back pain, the majority 55% (82) were having less than 1hour suffering, 25% (38) were having 2hours duration and the least 20%(30) were having more than 3 hours. The majority 47% (70) had severe pain, 31% (46) had moderate pain and the least 22% (34) had mild pain.

Regarding the level of knowledge on music therapy, the greatest 61% (91) of adults had inadequate knowledge, 30% (45) had moderately adequate knowledge and only 9% (14) had adequate knowledge on music therapy. The results of the present study also revealed that there was a significant association between the level of knowledge on music therapy with selected demographic variables such as education, duration of pain and the source of information.

**Conclusion:** The concluded that music therapy has greater role in reducing pain perception, lightens the mood, reduces stress and relaxes the mind and muscles. This necessitates creating awareness on complementary therapy especially about music therapy to the adults to get rid of their low back pain.

### Keywords

Knowledge, Music Therapy, Low Back Pain, Adults

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## Ill Effects of Excessive Smartphone Use among Early Adolescents

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### Abstract

#### Background:

Excessive smartphone use otherwise called problematic smartphone use or smartphone addiction becomes a major problem among youngsters in India. Adolescent age group is the most vulnerable group that they may not aware of the ill effects of excessive smartphone use. The individual who is using smartphone excessively they are more prone multiple health and behavioral related consequences. It is right time our children are needed to understand those consequences to get out of it.

#### Aims and objective:

To assess the knowledge and attitude on ill effects of excessive smart phone use among early adolescents. To associate the knowledge and attitude on ill effects of excessive smart phone use with selected demographic variables of early adolescents. To develop and distribute the pamphlets on ill effects of smartphone addiction among early adolescents.

#### Material & Methods:

Non experimental descriptive design was used in this study. 100 early adolescents are selected by using convenient sampling technique in keezhahasakudimedu at Karaikal. The demographical data and the knowledge, attitude were collected by using structured knowledge questionnaire and attitude scale.

#### Result:

Assessment of knowledge on ill effects of excessive smartphone use among early adolescents show that 60% of them had inadequate knowledge and 30% of them had moderate knowledge. 10% of them had adequate knowledge. Assessment of attitude on ill effects of excessive smartphone use among early adolescents show that 80% of them had negative attitude, 20% of them had uncertain attitude and none of them had positive attitude. Chi-square assessment on association between knowledge and attitude on ill effects of excessive smartphone use among early adolescent with selected demographical variables shows that there was a significant association between with their age, standard studying, family income, type of family and duration of daily usage of smartphone at 5% ( $p < 0.05$ ) level.

#### Conclusion:

The findings of the study states that the majority of early adolescent age group had inadequate knowledge and negative attitude about the ill effects of excessive smartphone use and its consequences.

### Keywords

Ill effects, excessive smartphone use, early adolescents, pamphlets

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## Assess the Level of Stress among Staff Nurses

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### Abstract

**Background of the study:** Nursing is naturally a stressful job. Stress in Nurses can cause depression, isolation from patients, absence and decrease in their qualification (Najimi et al., 2012). Stress in nursing is attributed largely to the physical labor, suffering and emotional demands of patients and families, work hours, shiftwork, interpersonal relationships and other pressures that are central to the work nurses do. The main **objective** of this study was to assess the level of stress among Staff Nurses.

**Methodology:** Descriptive research design was used; Data were collected from the staff Nurses who is working in general wards. The scale has 35 items and deals with 8 areas namely death and dying, conflict problems related to peers, problems relating to peers, supervisors, work load, concerning treatment, patients and families. The tool assesses stress from mild to severe level. A total of 50 samples were selected for the study by convenient sampling technique. Demographic data and Expanded Nursing Stress scale was used to collect the data. Among them 28 (56%) of the participants were in the age group between 25 years to 30 years and the mean age was  $23.11 \pm 6.45$ , 36 (72%) were female, 32 (87.5%) were married and 42 (84%) of them had their BSN. The study revealed that 37 (74%) of them had severe stress, the major stressors were patient and families concerning treatment and the problems related to peers. Majority of the Nurses had severe level of stress 36 (72%). There is a significant association between their age, years of experience with the level of stress.

**Conclusion:** This study revealed that stress level may increase among the Nurses that will adversely affect the patient care. Hence Stress buster activities can be imparted on regular basis to improve the quality Nursing care.

### Keywords

Stress, Nurses, Stress buster activities, patient

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## A Study to Assess the Level of Knowledge on Diabetic Foot Ulcer among Clients with Diabetes Mellitus in Maraimalai Nagar



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### Abstract

**Introduction:** National Urban Survey estimated that the diabetes prevalence will globally double from 171 million in 2000 to 366 million by 2030 with extreme increase in India and it is also prophesied that by 2030 diabetes mellitus may afflict up to 79.4 million individuals in India. This study is intended to assess the knowledge among diabetic clients about diabetic foot ulcer.

**Materials & Methods:** Quantitative approach with Descriptive design was conducted among 100 clients who are with diabetes in Maraimalai nagar. Non probability purposive sampling technique and

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Structured questionnaire was used to assess the demographic variables and to assess level of knowledge on diabetic foot ulcer.

**Results:** The findings showcased that the knowledge regarding diabetic foot ulcer among diabetes mellitus patients was moderate.

**CONCLUSION:** Majority of the patients with diabetes mellitus are unaware of the complications of diabetic foot ulcer that leads to fatal. Hence, IEC programmes to be organized to rectify this problem in the community.

## Keywords

Diabetes foot ulcer, diabetes mellitus, diabetes mellitus clients

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## **Anxiety, Stress, Depression and Adherence to Immunosuppressive Therapy Affect Quality Of Life in Kidney Transplant Recipients**



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**Nand Kumar**

### **Abstract**

**A**im: To find association between Anxiety, stress, depression and adherence to immunosuppressive therapy with quality of life in kidney transplant recipients.

Methods: This cross-sectional study included a total of 96 consecutive patients at least 3 months after kidney transplantation. Anxiety, stress and depression were assessed using DASS 21. Quality of life in kidney transplant recipients was assessed by WHOQOL-Bref. Adherence was assessed by the MGL adherence scale. The demographic and clinical details were assessed with a validated self-structured questionnaire.

Results: The study included a young adult male population with a mean age of 38.82±10.53 years. The majority of patients reported at least some psychological abnormalities, with mild stress being the most common and presenting in 73% of patients. Importantly, 29% and 21% of patients reported anxiety and depression. Anxiety, stress and depression significantly affected the various domains of quality of life of the patients. Patients with medium adherence had significantly lower scores in physical ( $p=0.01$ ) and social relationship ( $p=0.004$ ) domains of quality of life.

Conclusion: A significant number of young and stable kidney transplant recipients have presented with anxiety, stress and mainly depression that affected their quality of life. Nurses should include assessment of psychological symptoms in their care for kidney transplant recipients.

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## **Biography**

Ujjwal Dahiya, Associate Professor, College of Nursing AIIMS, New Delhi since 2011. Faculty Incharge for Critical care nursing for Postgraduate and undergraduate students. Coordinator for training on Deceased Organ & Tissue Donation for nurses and students. Organizing secretary and Resourceperson for Inservice education programmes. Critical care and Palliative care nurse specialist with keen interest in research, education and patient care.

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## Knowledge on Natural Disasters and Preparedness among homemakers of Andipalayam village, Coimbatore

Visala.V

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### Abstract

**Background:** Disasters involve widespread human, material, economic or environmental impacts, which exceed the ability of the affected community or society to cope using its own resources. A natural disaster is a major adverse event resulting from natural processes of the Earth; examples include floods, hurricanes, tornadoes, volcanic eruptions, earthquakes, tsunamis, storms, and other geologic processes. Disaster preparedness activities embedded with risk reduction measures can prevent disaster situations and also result in saving maximum lives and livelihoods during any disaster situation, enabling the affected population to get back to normalcy within a short time period.

**Aims and Objectives:** To evaluate the knowledge of homemakers on natural disasters and preparedness and to find out the association of knowledge levels of homemakers on natural disasters and selected demographic variables.

**Materials and Methods:** 100 Homemakers from Andipalayam Village, Coimbatore were selected for this study. Knowledge level of the homemakers on natural disasters and preparedness were analyzed using structured questionnaire method. Questionnaire was based on disasters and its types, importance of disaster preparedness.

### Results:

Demographic variables with respect to age in years, education, religion, occupation, monthly income, previous knowledge of disasters were taken into consideration. Regarding Age, out of 100 samples, 48% were in the age group of 31--35 years and 52% were in the age group of 26-30 years. Regarding educational qualification, 58% were illiterate, 42% were literate. Among 100 homemakers, 92% were from nuclear family. Regarding previous knowledge on natural disasters and preparedness, 13% gained knowledge from mass media, 20% gained knowledge from family members and others, 67% does not have previous knowledge regarding disasters.

The present study revealed that out of 100 samples, 67% has inadequate knowledge on natural disasters and preparedness and 27% had moderately adequate knowledge and 6% had adequate knowledge on natural disasters and importance of preparedness.

### Conclusion:

A natural disaster can cause loss of life or damage property, and typically leaves some economic damage in its wake, the severity of which depends on the affected population's resilience and on the infrastructure available. Due to the social, political and cultural context of many places throughout the



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world, women are often disproportionately affected by disaster. It becomes important to impart knowledge among homemakers on natural disasters and its preparedness to avoid consequences.

## **Keywords**

Natural Disasters, Preparedness, Knowledge.

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## Assessment of Knowledge and Attitude Regarding Organ Donation

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### Abstract

Organ and tissue donation can help people who are waiting for donors to live healthy. Organ donation is the best gift one can give. The major concerns causing organ shortage in the country are lack of awareness, in correct knowledge, myths and misconception due to religious and cultural barriers clouding organ donation etc among public. The knowledge and attitude of a society toward organ transplantation is far from satisfactory even among the educated sections of the society. In order to understand the awareness about organ donation a study was done to assess the knowledge and attitude about organ donation among students.

**Objectives:** The objective of the study was to assess the knowledge and attitude regarding Organ donation.

**Research Design and Methodology:** A non-experimental descriptive research approach was used. The sample comprised of 60 students studying Pharmacy at Dr. M.G.R Educational and Research Institute, Chennai. The tool comprised of structured questionnaire to collect information on demographic variables, knowledge and attitude towards organ donation. The data was collected from the students at a single point using paper and pen test.

**Findings:** Among the sample 57% were females. About 50% of the sample wished to donate the organ and some were not because fear of death and may cause disability in future, 57% did not express fear of surgery. The overall mean knowledge score of the student is 53.9%, and the mean attitude score is 61.40%, There was a positive correlation between the mean knowledge and attitude among student  $P=0.001$ , it means knowledge score increases their attitude score. The score class interval scale shows that 51-75% is moderate, hence the student has moderate level of knowledge and attitude.

**Conclusion:** The study concluded that the even though students had good knowledge and attitude towards organ donation the awareness on various aspects on organ donation needs emphasis and education. Periodic awareness program has to be conducted at colleges in order to sensitise students regarding importance of organ donation and life after death.

### Keywords

organ donation, knowledge, attitude, student, pharmacy.

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## Assess the Level Of Perceived Maternal Role Competence Among Mothers Of Infants At Srm General Hospital Kattankulathur, Chengalpattu District.



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### Abstract

**M**otherhood plays a major role in every women's life. Every woman may not be a competent to be successful mother. **WHO (2005)** says that "support is necessary for maternal and infant well-being." Perceived maternal role competence means "The women who has perception of their ability to manage the demands of parenting and produce their parental skills in giving love and care towards the child for their growth and development".

**Aim:** To assess and associate the level of perceived maternal role competence among mothers of infants.

**Methodology:** Quantitative approach with descriptive design was used among 96 mothers of infants attending pediatric OPD at SRM General hospital. Non - probability convenient sampling technique was used to select the samples. Structured questionnaire was used to assess the demographic variables and Gibaud -Wallston & Wandersman's Parenting Sense Of Competence (**PSOC**) scale for measuring the perceived maternal role competence test among mothers of infants.

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**Results :** The results showcased that majority 61 (63.5%) of mothers of infants had good perceived maternal role competence and 35(36.5%) mothers of infant had average perceived maternal role competency

**Conclusion :** Nurse administrator should continue to enhance the ability of mothers to manage the demands of parenting and educate about parenting skills.

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## **A Study to Assess The Level of Knowledge on Lifestyle and Dietary Regulations of Chronic Renal Failure Patients Undergoing Hemodialysis at SRM General Hospital, Kattankulathur , Chengalpattu District**



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### **Abstract**

**I**ntroduction : Kidneys are the most important vital organs in the human body. It is a paired organ. It plays a vital role in the human body to excrete the waste products from the body in the form of urine . When the kidney stops it's functioning and failed to do its work is called renal failure . One of the important treatment for chronic renal failure is Hemodialysis.

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**Materials and Methods** : Quantitative approach and the research design adopted was non experimental descriptive design . The population size was 100 chronic renal failure patients undergoing Hemodialysis was selected by non probability purposive sampling technique. Semi structured questionnaire was used for assessing demographic variables and to assess the knowledge on lifestyle and dietary regulations of Chronic renal failure patients undergoing Hemodialysis.

**Results** : The findings showcased that regarding lifestyle regulations 88(88%) had inadequate knowledge , 9 (9%) had moderately adequate knowledge and 3 (3%) had adequate knowledge . Regarding dietary regulations 83 (83%) had inadequate knowledge , 9(9%) had moderately adequate knowledge and 5(5%) had adequate knowledge.

**Conclusion** : By creating awareness among the renal failure patients undergoing Hemodialysis about their proper lifestyle and dietary regulations will improve the quality of life .

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## Translation and Validation of Kidney Disease Quality of Life (KDQOL™-36) - Malayalam Version – A Methodological Approach



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### Abstract

The aim of this study was to translate the original Kidney Disease Quality of Life KDQOL™-36) questionnaire into one of the South Indian languages—Malayalam—and estimate its psychometric properties. Patients with Chronic Kidney Disease (CKD) generally have an impaired Quality of Life (QOL). Kerala, the southernmost state of India—claimed to be a model in development indices for low- and middle-income countries—has an alarming rate of kidney disease statistics. The KDQOL™-36 questionnaire has not been validated yet to Malayalam, the official language of Kerala. The study used a methodological research design. The questionnaire was first translated into Malayalam by bilingual subject experts, and then translated back to English. First, we drafted a re-conciliated version and then did a cognitive debriefing among ten CKD patients. The final questionnaire was administered to 200 patients with CKD. Internal consistency, test-retest reliability and construct validity were evaluated. Correlations between global health rating items and subscales were also made. The study followed the ‘STrengthening the Reporting of OB Servational Studies in Epidemiology’ (STROBE) guidelines for observational studies. The sample characteristics showed that a majority of participants were males (61%) with a mean age of 57.66 years. Cronbach’s alpha was within an acceptable level (0.74). All items of KDQOL™-36 had a substantial correlation with the global health status scale. The intra-class correlation coefficient for test-retest reliability was found to be 0.70. KDQOL™-36 is a valid and reliable tool for measuring the QOL of CKD patients in Kerala. A disease-specific CKD QOL scale was lacking in the clinical scenario of Kerala, especially when a significant proportion of patients is affected and is on renal replacement therapy. The cross-cultural adaptation of Malayalam KDQOL™-36 facilitates clinical utility for both healthcare providers and CKD patients, and it is simple to administer without any formal training in various settings.



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## **Keywords**

Chronic kidney disease. Quality of life, KDQOL™-36, Reliability, Validity, Translation, Cross-cultural adaptation.

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## Knowledge of Relatives of Lactating Mother on MCH Services among Rural Population



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### Abstract

Maternal and child health services are promoting, preventing, therapeutic, rehabilitation facility or care for mother and child. MCH services include family planning and reproductive health services, maternal newborn and child health services. The primary aim of the study was to assess the knowledge of relatives of lactating mother regarding MCH services. Quantitative research approach, Descriptive research design, Purposive sampling technique was adopted and selected 45 relatives (samples) of the lactating mother. Study was conducted in rural area of Etawah District (U.P.). Research variable of the study was Knowledge on MCH services. The instrument used for data collection was questionnaire for assessing the knowledge of samples. Tool included antenatal, Intranatal, postnatal and MCH services information. Result of the study showed that Majority of 62.3% sample was females and remaining 37.7% were male relatives. Occupational status showed that 40% of samples were house wives, 20% were from agricultural field, and another 20% were from the student. Number of children in family was 40% of the samples were having 1 child, another 40% were having 2 children,

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17.75 were having 4 children and the remaining 2.3% were having 5 children. 82.3% of the samples had seen they maternal child health card while as 17.7 % had never seen the maternal card. Study shows that 35.6% relatives have average knowledge, 64.4% were having adequate knowledge and none of the relatives have inadequate knowledge. Study concluded that family with more than one child in family, family member who has accompanied to mothers during health facility visits and seen the MCH card has high knowledge of MCH services.

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2.Ms. Namrata, Ms.Nazia Mohi Ud Din, Mr. Pankaj singh and Mr. Nitin are graduate students of UP University of medical sciences, Saifai, Etawah.

## Biography

Mr. Vikas Bhaskar is working as a faculty in nursing college, UP University of medical sciences, Saifai, Etawah. He is having ten year experience in nursing profession. He has completed his graduation and post graduation from RGUHS, Bangalore. He is pursuing PHD in nursing from IGNOU, New Delhi. He is a life member of TNAI, SOCHNI, SOMI and NRSI. He has presented paper in conference, seminar, and symposium as a nursing expert and published paper in journals.

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## Qualitative Analysis of Stroke Patients' Motivation for Rehabilitation

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### Abstract

**Introduction :** Approximately 30% of all stroke patients suffer from post-stroke visual impairment. This disability is often less evident than impairment of motor and speech functions, but is negatively correlated with rehabilitation outcome and can lead to a significant reduction in day-to-day functioning. To be visually impaired after stroke reduces quality of life and causes social isolation because of difficulties in navigating/ orientating in the surroundings. Selection of the best rehabilitation strategy seems to profit the patient focused on effective coping strategies. The attitude and beliefs of the patient on motivation makes a huge difference in the neuro rehabilitation. The researcher is intended to explore the attitudes and beliefs on motivation for rehabilitation among stroke patients.

**Methods:** The Qualitative research design was used with semi structured interview among 23 patients with stroke who were undergoing rehabilitation were selected in the neurological OPD of a tertiary care hospital. The data collection was proceeded as per ethical norms.

**Results and Analysis:** All patients thought rehabilitation was important for recovery. High motivation patients were also more likely to understand rehabilitation and in particular to understand the specialist role of the nursing staff. Many patients reported independence at home as a personal goal, though few low motivation patients related this goal to success in rehabilitation. Information from professionals about rehabilitation, favorable comparisons with other stroke patients, and the desire to leave hospital had a positive effect on motivation. Conversely, overprotection from family members and professionals, lack of information or the receipt of "mixed messages" from professionals, and unfavorable comparisons with other patients had a negative effect.

**Conclusion:** There are some differences in beliefs between stroke patients identified as having low or high motivation for rehabilitation. These beliefs seem to be influenced by the environment in which the patient is rehabilitated. Health care professionals and care givers should be made aware of the ways in which their behavior can positively and negatively affect motivation of the stroke patients.

### Biography

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## Use of Coconut Oil Massage versus Olive Oil Massage on Selected Physical and Physiological Parameters among Low Birth Weight Newborns in Selected Hospitals, in West Bengal



GOVERNMENT OF WEST BENGAL  
Health & Family Welfare Department

### Dipa Ghosh

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#### Abstract

A quasi-experimental time series design was undertaken to assess the use of coconut oil massage versus olive oil massage on selected physical and physiological parameters among LBW newborns. 10 in coconut, 10 in olive & 10 in control group were selected by non-probability purposive sampling. Data were collected from NICU by using valid and reliable tools. 10 ml/kg/day oil applied once only for 15 minutes upto 28th day. Weight, length, head and chest circumference, sleep, cry and maturity were assessed on 8th, 15th, 22nd and 29th day. The result showed that there were no significant difference in physical parameters on 29th day of observation among three groups except weight gain ( $F=8.70$ ,  $p=0.001207$ ). There were significant difference in all post assessments of sleep. There were significant difference in cry score on 15th day ( $p=0.007701$ ) and 22nd day ( $p=0.000758$ ) of observation. Statistically significant differences were not found in all assessment of maturity. It can be concluded that oil massage has positive effect, compared to control. The study has a great implication in nursing service by practicing oil massage helps to gain weight and improve behaviour among LBW newborns. A similar study could be conducted using large sample for generalization.

#### Biography

Dipa Ghosh, M.Sc Nursing from College of Nursing, Medical College and Hospital, Kolkata with Specialization on Child Health Nursing, currently working as a Sister Tutor, G.N.M. Training School, Ghatal, Paschim Medinipur under Government of West Bengal, Health and Family Welfare Department, worked since 2005 (Private and Government Sector).

**Assess the Knowledge and Attitude Regarding Physical Activity on Prevention of Obesity among Adolescents Girls at Selected Area at Nagaptingam**

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**Abstract**

**Background of the study:** Obesity is considered one of the growing health problems as it has great effects on the child and adolescent's health; leading to significant health problems either organic or psychological. Adolescence is a particularly vulnerable time for the development of obesity because it is marked by a slowing of growth and corresponding decrease in physical activity. Personal behaviors beyond diet (physical activity, sleep, sedentary and screen time, and stress) have also been independently associated with weight change and maintenance in adulthood. In children and adolescents, the high prevalence of overweight observed in different parts of the world has reinforced the need to implement new preventive strategies, highlighting the important role of Physical Activity (PA) and Nutrition Education (NE).

**Objectives:**

- To assess the knowledge regarding physical activity on prevention of obesity among adolescents girls.
- To assess the attitude regarding physical activity on prevention of obesity among adolescents girls.
- To correlate the knowledge and attitude regarding physical activity on prevention of obesity among adolescents girls.
- To find out the association between knowledge of physical activity with their selected demographic variables.
- To find out the association between attitude of physical activity with their selected demographic variables.

**Methods:**

The research approach used for this study was quantitative approach. The research design for this study is Non experimental descriptive study design. Sample size was 100 adolescents girls. Convenient sampling technique was used for the study. The collected data was analyzed by using both descriptive & inferential statistics.

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**Results:** The study results found that out of 100 samples, 66(66%) adolescents girls had inadequate knowledge, 31(31%) had moderately adequate knowledge and 3 (3%) of students had adequate level of knowledge regarding physical activity on prevention of obesity. Based on the attitude 9 (9%) of the adolescents girls had unfavorable attitude, 89 ( 89%) had moderately favourable attitude and 12(12%) had adequately favorable attitude towards physical activity on prevention of obesity. The overall knowledge mean score 13.29. The overall attitude mean score 46.48. There was a significant association found between the knowledge with respect to education status and area of residence. There was a significant association found between the attitude with respect to type of family.

**Conclusion:** The findings of the study concluded that adolescents girls had inadequate knowledge and poor attitude regarding physical activity on prevention of obesity. The study suggests that there is a need to create a awareness about role of physical activity regarding prevention of obesity for adolescents.

## **Keywords**

Knowledge, attitude, physical activity, obesity and adolescents girls.

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## **A Study to Assess the Effectiveness of Interventional Package On Cardiopulmonary Resuscitation on The Level of Knowledge Among Engineering Students in SRM College of Engineering at SRM Ist, Kattankulathur, Chengalpattu District**



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### **Abstract**

**I**ntroduction : According to estimates, approximately 7.5 lakh die per year from sudden cardiac arrest in India on average, if a patient does not undergo cardiac pulmonary resuscitation..

**Materials and Methods:** Quantitative research approach and descriptive research design was adopted for this study with 100 Engineering students. Non probability purposive sampling technique was used.

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**Results:** Findings revealed that 5% had adequate knowledge, 45% had moderately adequate knowledge and 50% had inadequate knowledge in the pretest. 76% had adequate knowledge, 26% had moderately adequate knowledge and none of the students had inadequate knowledge in the post test.

Findings revealed that the calculated paired 't' test value of  $t = 15.973$  was found to be statistically significant at  $p < 0.001$  level which clearly infers that the interventional package on cardio pulmonary resuscitation administered to the engineering students had resulted in a significant improvement in their post test level of knowledge on cardio pulmonary resuscitation. It was found that there was no statistically significant association was found between the post test level of knowledge and demographic variables.

**Conclusion:** This study concluded that majority of the Engineering students had gained knowledge after post- test regarding the cardio pulmonary resuscitation which will reduce the risk of death due to cardiac arrest.

## Keywords

Assess, Interventional package, Cardiopulmonary Resuscitation, Engineering students.

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## Disease Perceptions of Stroke Survivors – A Phenomenological Study



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### Dr. Saravana Anniyappa

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### Abstract

A Qualitative research was done to describe the perceptions of stroke among stroke survivors. In-depth interviews were conducted with a purposive sample of 10 stroke survivors who had experienced post stroke deficits 3 months to 6 months after stroke. Subjects were recruited from a follow-up outpatient clinic, to explore their lived experiences after stroke. Data were analyzed using Diekelmann hermeneutical approach to identify underlying themes.

The perception of stroke was different for different individual. Some of them considered it as a dreadful disease without cure and recovery, while some others were ready to challenge the disease. Two main themes were identified. Emergence of stroke and therapeutic concerns. Emergence of stroke experienced by subjects are mainly three. (1) Actual occurrence in terms of signs and symptoms and its intensity (2) Mental perception in terms of expressed feelings and (3) Recognition of illness through self-knowledge and awareness and information from health care team. Therapeutic concerns experienced by stroke survivors are two. (1) Enhanced recovery and (2) Weakened recovery. Factors for enhanced recovery are mainly satisfaction with health care, supportive services from health care team, supportive care by family. Factors for weakened recovery are trial for alternatives, uncertainty in prognosis and hindering factors.

Recognizing how patients experience the illness is essential in planning care for stroke victims. Strengthening factors enhancing recovery and limiting the hindering factors through effective therapeutic management is valuable in care of stroke survivors. The findings of this study give due relevance to development and delivery of stroke services.

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## Biography

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## A Study to Assess the Knowledge on Gestational Diabetes Mellitus among Antenatal Women Attending Tertiary Care Hospital in Chennai

**Mangalam**

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### **Abstract**

#### **Background:**

GDM (Gestational Diabetes Mellitus) is a condition of Glucose intolerance that begins or is first recognised during pregnancy which can negatively influences foetal development leading to adverse perinatal outcome. WHO estimated that prevalence of GDM in India, was about 40.9 million in 2009 and is expected to rise to 69.9 million by 2025, thus making it an important public health problem in India. A previous study conducted in India evaluated GDM awareness among all pregnant women and found that 17.5 % had good knowledge, 56.7% had fair knowledge and 25.8 % had poor knowledge regarding GDM.

#### **Aim:**

Aim of the study is to assess the knowledge about Gestational Diabetes Mellitus and its risk factors among antenatal women attending tertiary care hospital in Chennai

#### **Materials and methods:**

Data were collected using a self-administered pretested closed ended questionnaire aimed at capturing demographic and participant knowledge quotient to understand the awareness of GDM and its Risk factors among the antenatal women. The scoring pattern was 1 mark for every correct answer provided. The data thus collected was analysed statistically.

#### **Result:**

A total of 100 antenatal women attending AN OP at tertiary care were interviewed, of whom 50 were from urban Chennai and the rest from outskirts of Chennai (rural). Regarding risk factors of GDM, 73% of rural women were unaware of any risk factor while 60% of urban women reported awareness. 40% of urban women and 62% of rural women were part of the low income category. 55% (urban women) said GDM could lead to type 2 diabetes mellitus in future while only 45% of rural women were aware of this. Mean composite score increased with higher education with graduates in both urban and rural areas, scoring the highest.

#### **Conclusion:**

The inference of the study is that the awareness of GDM is to be encouraged among the low income, secondary school educated rural antenatal women irrespective of parity.

The Health care professionals to be trained on creating awareness among the rural antenatal women regarding GDM and its risk factors.

### **Keyword**

Diabetes, Gestational Diabetes Mellitus, antenatal women, tertiary care hospital, Risk factor.

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## Effectiveness of Cryotherapy on Pain during Insertion of Cannula in Av Fistula of Heamodialysis Patients

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### Abstract

#### **B**ackground:

Pain inflicted by the insertion of large cannula into the ArterioVenous Fistula is a significant cause of concern for both children and adults on regular hemodialysis. Although ArterioVenous Fistula puncturing causes pain. Local anesthesia is not frequently used due to concerns of vasoconstriction, burning sensation, scaring, and infection. Everyone has experienced some type or degree of pain, yet the concept of pain is difficult to communicate. The experience of pain is complex, involving emotional, and cognitive components. Pain control is important because pain can affect appetite, sleep, energy, ability to do things.

**Aims and objectives:** To assess the pre-test level of pain during insertion of cannula in AV fistula of heamodialysis patients. To assess the effect of cryotherapy on pain during insertion in AV fistula of heamodialysis patients. To associate the pre-test level of pain score among heamodialysis patients with selected demographic variables

**Methods and materials:** Pre experimental design was used. 40 hemodialysis patients underwent hemodialysis in Govt General Hospital, Karaikal were selected by using purposive sampling technique. Pre-test was conducted by using structured demographic and clinical variables. Standardized numerical pain rating scale was used to assess the pain level of hemodialysis patients during the puncture of AV Fistula. For the same patients in next visit of dialysis procedure, cryotherapy applied before 10 minutes and continued for 5 minutes after puncture of AV Fistula in contralateral arm. Level of pain was assessed as post-test during puncture by using the same Numerical pain rating scale.

**Result:** Descriptive statistical methods like percentage, mean, standard deviation and inferential statistics like paired 't' test and chi-square was used to analyze the collected data. The results revealed that the obtained 't' value was highly significant at  $p < 0.000$  level. The study revealed that simple and safe method of cryotherapy for pain reduction is adequate enough to achieve the therapeutic effectiveness.

### Keywords

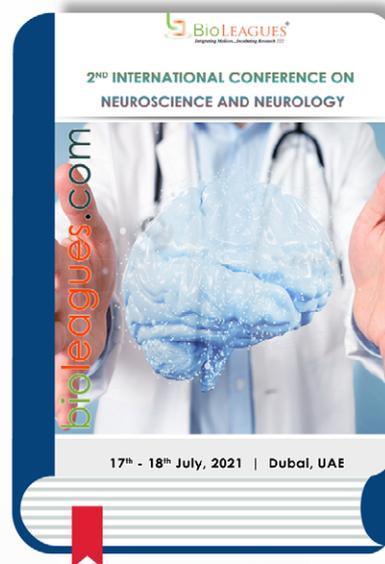
cryotherapy, AV Fistula, Hemodialysis



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