Greetings from Amrita College of Nursing.

Yet another year of vibrant activities is ahead of us. The college has completed one and a half decade of its meaningful existence. The humble beginning of this petal of AMMA’S educational institutions was with the commencement of B. Sc. Nursing course with an intake of fifty students in the year 2002. The college grew steadily ever since its inception with additions of courses and enhancement of seats. This academic year, we are in the plans of enhancing the seats of B. Sc. Nursing from the existing seventy five to hundred. The curricular and co-curricular activities of the college are planned in such a way that every student stepping into this campus is molded in a different manner. As we are moving along the directions of rapid changes in the educational system, research activities are given a pivotal place in the academic activities of the students. This will prepare every student to face the challenges of this competitive world with an inquisitive mind. More than forty research projects are nearing their completion which will be disseminated through Scopus indexed journals shortly. The integrated practice in the clinical areas which was started with the fourth year students as a pilot project is planned to be extended to third year students also this year. This will hopefully improve the clinical competencies of our graduates.

FROM THE PRINCIPAL’S DESK

ACN witnessed a beehive of activities in the month of February 2017 as the reins of the SNA were handed over to the new executives. The SNA provides an opportunity for students to develop professional identity and leadership skills while tapping into their dynamism and energy. During the ceremony, the new office bearers pledged to bring about a change with an impetus to improve the curricular and co-curricular activities of the student community.

The new office bearers of the SNA-Amrita unit, took charge on 2/2/2017.
The Nirbhaya Team (Division of Police department to ensure women’s safety) conducted an awareness session on women’s safety on 6th March 2017 for the students and faculty. During the session, the team demonstrated self-defense techniques to thwart physical assault.

On 8th March 2017, the SNA organized a talk based on this year’s theme of International Women’s Day—Be bold for a change. by Mrs. Priya A S, writer. She reflected on the changing societal attitudes and spoke about the need for women to speak up for their rights.

**SPORTS**

**UNIT LEVEL:** The annual sports and games competition of the college “Yatna 2017” was held on 16th & 17th February 2017. The III year B. Sc Nursing students (13th Batch) lifted the overall champions’ trophy. Mr. Gokul G & Ms Hima Gopinath (III Year B. Sc Nursing) emerged as the Individual Champions.

**ZONAL LEVEL:** Amritians showcased their athletic prowess at the zonal sports fest held at Kothamangalam by emerging as the best unit of the Central zone-B. Mr. Gokul G made the college proud by lifting the individual champions’ trophy.

**STATE LEVEL:** Mr. Gokul G (III B. Sc N) won first place in badminton doubles and Ms. Veena Venugopal (I B. Sc N) bagged the third prize in shot-put in the state level sports meet held at Kalamassery.

**ARTS**

**ZONAL LEVEL:** Welcare College of Nursing, Mulanthuruthy hosted the zonal arts meet of the year 2017. Ms. Chrislin Leen Mathew (III B. Sc N) was adjudged as Miss. SNA and Mr. Sidharth (II B. Sc. N) was the first runner-up in the Mr. SNA event. Mr. Vivek (I B. Sc N) won the I prize in fancy dress and Ms. Joel Maria (IV B. Sc. N) won II prize in solo song.

**DEPARTMENTAL ACTIVITIES**

Department of Community Health Nursing

In keeping with Amma’s vision of community service, the Fourth Year B. Sc Nursing students conducted various programmes for different age groups.

- Under five clinic at Udaya Anganwadi, Nayarambalam on 28/1/2017
- Geriatric Clinic at Urban Health Center, Kaloor on 12/2/2017,
- School Health Programme at Devi Vilasam School, Nayarambalam on 7/2/2017
- The students also participated in a medical camp organized by Community Health Nursing department in association with Amrita Community Training center, Njarakkal on 4/3/2017 at Beach road residents association, Nayarambalam.
WORLD HEALTH DAY

A panel discussion on this year’s theme - Depression — Let’s talk was organized by the Mental Health Nursing department on 10.04.2017 where the myriad facets of depression were deliberated upon.

WORKSHOP

The I year M. Sc N students organized a state level workshop on Student assignments– an introspection for better reflective clinical nursing practice on 26.05.2017. The workshop was attended by delegates across the state.

FACULTY SHOWCASE

FACULTY AS RESOURCE PERSONS, DELEGATES/ PARTICIPANTS

1. Prof. K.T. Moly was the chairperson for the panel discussion –Doctoral Programmes in Nursing, Scope & Issues at the conference on “Transforming Nursing Practice through Research and Dissemination” organized by MIMS college of Nursing, on 12th March 2017 at Calicut.

2. Prof. Sreedevi P. A. presented a paper on Caregiver burden and disability of patients with mental illness at the International Conference organized by Indian society of psychiatric Nurses at NIMHANS, Bangalore from 10th to 12th February 2017.

3. Mr. Sreejesh K P, Asst. Professor, presented a paper on Effectiveness of structured teaching programme on health promotional activities with pamphlet versus pamphlet & intense teaching among selected rural mothers on the National Conference on Global Perspective of Community Health Nursing organized by Omayal Achi College of Nursing, Chennai from 2nd to 3rd February 2017.

4. Mrs Sreejamol M G, Assoc. Professor, presented a poster on Quality in mental health care on the International Conference organized by Indian society of psychiatric Nurses at NIMHANS, Bangalore from 10th to 12th February 2017.

5. Mrs. Linda Varghese, Asst. Professor, attended the International Conference on Impact of Global issues on women and children organized by Manipal College of Nursing from 9th to 11th January 2017.


7. Prof Sheela Pavithran, Prof Anila K P, Mrs. Febu Elizabeth Joy and Mrs Linda Varghese attended the National Level training Course “3T – I BHSC by UNESCO” at Amrita Institute of Medical Science from 20th to 22nd February 2017.


INTERNATIONAL NURSES’ DAY

A panel discussion was conducted on the theme Nurses: a voice to lead: achieving the Sustainable Development Goals in connection with the International Nurses’ Day 2017 by Ms. Reshma K. Sasi, Ms. Aparna Chandran, Ms. Nimmi Issac and Ms. Sheeba S faculty members of Amrita College of Nursing.

INTERNATIONAL YOGA DAY

The international yoga day was observed on 21.06.2017 with a mass yoga practice by the students and staff of the college.

**Background:** Hysterectomy is one of the major operations of surgical treatment in Gynecology. The purpose of the study was to assess the effectiveness of Self -Instructional Module (SIM) on knowledge and selected outcome among women undergoing hysterectomy at a tertiary care hospital Kochi. **Methods:** An experimental approach with a pretest-posttest control group design was used for the study. Forty women posted for hysterectomy were selected by convenience sampling technique. First 20 samples were allotted to experimental group and second 20 to the control group to avoid data contamination. SIM was given to the women in the experimental group after the pretest and post-test of both group was done on the fourth post-operative day. The socio-demographic and clinical data were collected by a semi-structured interview. A semi structured questionnaire was used to assess the pretest and posttest knowledge. The selected outcomes were measured using a ten point visual analogue scale on the fourth postoperative day. Data analysis was done using descriptive and inferential statistics. **Results:** The findings of the study revealed that the pre-test level of knowledge among experimental group was average for 13 (65%), and poor for seven (35%), whereas in post-test 12 (60%) subjects had good knowledge and eight (40%) had poor knowledge on care of newborn receiving phototherapy. Among the subjects 40(80%) of mothers had average practice and 10 (20%) had good practice in care of new born receiving phototherapy. There was a positive correlation (r=0.819, p=0.01) found between level of knowledge and practice of mothers in care of newborn receiving phototherapy. **Conclusion:** Phototherapy is a primary treatment for reducing the bilirubin levels that cause jaundice in premature and newborn babies. Mothers should be aware and special care has to be given for newborns receiving phototherapy to prevent many complications.


**Background:** Newborn period is a crucial period of life. Newborns undergo many profound physiological changes at birth. Hyperbilirubinemia is a common problem for term and preterm newborns around the world. **Methods:** A quantitative descriptive study was done among 50 mothers of newborn receiving phototherapy. The data collection was done using structured questionnaires on knowledge and self reported practice checklist on care of newborn receiving phototherapy. **Results:** The study findings revealed that, 36(72%) of the mothers had average knowledge and 8 (16%) had good knowledge and 6 (12%) had poor knowledge on care of newborn receiving phototherapy. Among the subjects 40(80%) of mothers had average practice and 10 (20%) had good practice in care of new born receiving phototherapy. There was a positive correlation (r=0.819, p=0.01) found between level of knowledge and practice of mothers in care of newborn receiving phototherapy. **Conclusion:** Phototherapy is a primary treatment for reducing the bilirubin levels that cause jaundice in premature and newborn babies. Mothers should be aware and special care has to be given for newborns receiving phototherapy to prevent many complications.
experienced minimal problems associated with the surgery and subjects verbalized that they felt more comfortable to ask their doubts during the time of post assessment.


Liver transplantation is the replacement of a diseased liver with some or all of a healthy liver from another person. Liver transplantation is a viable treatment option for end stage liver disease and acute liver failure. Family members of liver transplant patients continue care-giving activities for a lengthy period after transplantation. A descriptive study was conducted to assess the stress among primary caregivers of liver transplant patients at AIMS, Kochi. The objectives of the study were to identify the stress among primary caregivers of patients undergone liver transplantation and to find out the association between the level of stress and selected demographic variables. Methodology: The research design used for the study was quantitative descriptive research design and the sample size was 50. Sampling technique was convenience sampling. The tool used for the study was Dr. Steven Zarit (modified version) self stress-assessment scale along with a semi structured questionnaire. Results: Majority of the subjects 46 (92%) were having mild stress and only 4(8%) had moderate stress. None of them reported to have severe stress. There was a significant association between stress and age (p=0.028), income (p=0.088) and duration of care (p=0.088). Conclusion: the study findings showed that the direct caregivers of liver transplant patients had mild stress since majority of the care givers were life partners.

4. Laly KG, Ashly KS. Depression in Renal Transplant Recipients, in a Tertiary Care Hospital Kochi. International Journal of Nursing Education, Jan-Mar 2017, 9(1).

Background: End-stage renal disease patients have two options in order to stay alive: life-long dialysis or renal transplantation. Of these options, kidney transplantation is considered as the treatment of choice. Both end-stage kidney disease and transplantation are associated with depression, which may decrease adherence to treatment and influence survival. Objective: The objective was to identify depression among renal transplant recipients and to associate between depression and socio-demographic variables and clinical data. Materials and Method: A cross sectional study was conducted among 30 renal transplant recipients at Amrita Institute of Medical Sciences, Kochi. The sample was selected by non probability purposive sampling technique and data collection was done using standardized Beck’s Depression Inventory (BDI) Scale. Result: Depression was found to be lower in transplant recipients. Out of total subjects 80% did not have depression, 10% had depression and 10% with mild mood disturbance. There was no association between depression and clinical variables but high level of significance was found between depression and marital status (p=0.01, p<0.05). Conclusion: From the study, the investigator observed that prevalence of depression was only 10% among sample, since they continued regular follow up and had...


Background: CABG is one of the high risk and high cost surgeries performed all over the world. Post operative complications prolong the length of hospitalization. Clinical Practice Guidelines (CPGs) are relatively new quality improvement tools which are developed for maintaining quality, minimizing costs and improving outcomes. Methods: A quasi experimental pretest post test design was used to compare the quality of
nursing care of the conventional care group with those of the experimental group. The sample comprised of 60 post CABG patients admitted to the cardiothoracic ward and 30 staff nurses caring for them. Non probability, total enumeration sampling technique was used. The quality of nursing care and patients’ satisfaction with nursing care was assessed before and after the implementation of the Nursing Process Based CPG. **Results:** The study findings showed that the quality of nursing care of the experimental group was significantly higher than that of the conventional group (249.90±23.58 Vs 145.17±22.70, p= 0.001). Furthermore, the level of satisfaction of the experimental group was significantly higher than that of the conventional care group (187.7±25.0 Vs 148.1± 36.9, p= 0.001). **Conclusion:** Nursing Process Based CPG was effective in improving the quality of nursing care of post-CABG patients, which in turn improved the patients’ satisfaction.


Chronic Kidney Disease (CKD) is a global issue and its risk factors differ between races and countries. The increase in incidence of CKD in the last decade attributes to the lifestyle changes which need to be identified. It is worth understanding the risk factors in India where there is diversity in the income, food, cultural traditions and lifestyle habits. The study was conducted among 200 subjects with the objectives to identify the risk factors of CKD and to estimate the exposure to risk factors among patients with and without CKD using retrospective survey design. The data was collected using a structured questionnaire and analysed using Odd’s ratio (OR). The findings showed that age (OR-2.6675, CI-95%, 1.443-4.957) and family history of CKD (OR-4.846, CI-95%, 1.020-23.0228) were the non-modifiable risk factors. Co-morbidities like hypertension (OR-18.971, CI-95%, 9.235-38.969), diabetes mellitus (OR-3.618, CI-95%, 2.017-6.490), coronary artery disease (OR-11.821, CI-95%, 4-34.933), urinary tract infections (OR-5.664, CI-95%, 2.460-13.043) and use of analgesics (OR-6, CI-95%, 2.186-16.467) were major modifiable risk factors. Modifiable risk factors play an important role in the development of CKD. So screening the patients at risk for CKD should be emphasized and treating the modifiable risk factors at an early stage will help to reduce the incidence

7. Soumyamol S, Kanmani J. Effectiveness of Nursing Educational Intervention on Knowledge regarding First Aid Measures of Epilepsy among Caregivers of Children with Epilepsy. *International Journal of Nursing Education.* 2017, 9 (2)

**Background:** Epilepsy is a disorder of the brain that is characterized by an enduring predisposition to generate seizures and by its neurological, cognitive, psychological and social consequences. **Aim:** The aim of the study was to evaluate the effectiveness of nursing educational intervention on knowledge regarding first aid measures of epilepsy among care givers of children with epilepsy. **Settings and design:** Pre experimental one group pre test post test design was used. The study was conducted among care givers of children with epilepsy in selected wards and OPDs of AIMS, Kochi. **Materials and methods:** Quantitative approach with pre-experimental design was used to collect the data. The sample size of the study was 30 care givers who were taking care of children with epilepsy attending neurology OPD and selected wards of AIMS, Kochi. Pre designed and validated structured questionnaires were used to collect the data. **Results:** The study results showed that the majority - 28(93.3%) of the subjects were females and mothers to the children with epilepsy and 13(43.3%) of the subjects had higher secondary level of education. Among the 30 subjects, 15(50%) had previous experience of managing epilepsy. The comparison of mean pre-test (15.1) and post-
test (23.3) showed that there was a significant increase in the knowledge level after the nursing educational intervention. There was also a significant association between the pre-test knowledge score and the selected demographic variables, that is education ('t'=2.76, p<0.01) and previous experience of managing epilepsy ('t'= 4.388, p<0.001). Conclusion: The study concluded that the nursing educational intervention on first aid measures of epilepsy was an effective strategy for enhancing the knowledge of caregivers of children with epilepsy regarding the first aid measures of epilepsy.


**STUDENT ACHIEVEMENTS**

1. Ms. Sreevidya Ramesh, Ms. Sreelakshmi MV (II B. Sc. N) and Ms. Sreelakshmi Vijay (IV B. Sc. N) won prizes in the Gold Medal Examination from Amrita College of Nursing.

2. Six B. Sc Nursing Students from 13th Batch attended the state level conference on Cardiac update – 2017 organized by Govt. College of Nursing, Trivandrum on 18th March 2017.

3. In conjunction with world Tuberculosis day, an inter-collegiate poster competition was organized by the Pulmonology Department, AIIMS on 24th March 2017. The following students brought laurels to the college:

   - **Linette Roy (13th Batch)** I Prize
   - **Saranya Sunu (14th Batch)** II Prize
   - **Shariga A (14th Batch)** III Prize

Winners of World TB day poster competition being awarded by Ms. Renu Raj, IAS, Asst. Collector, Ekm.
Save the date!!

International conference on Obesity—A Multifaceted approach

December 1st - 2nd, 2017
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