



International Federation of Perioperative Nurses

**All India Institute of Medical Sciences, Jodhpur
College of Nursing**

INTERNATIONAL CONFERENCE OF PERIOPERATIVE NURSING
ICPN - 2020

Under aegis of Society of Perioperative Nurses, India
Supported by International Federation of Perioperative Nurses (IFPN)

25th - 27th FEBRUARY 2020

**Pre Conference Workshop on
25th February 2020**

THEME:

Quality Health Care through Collaborative Approach



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THEME:

Quality Health Care through Collaborative Approach

Organized By :
College of Nursing
All India Institute of Medical Sciences, Jodhpur, Rajasthan





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INTERNATIONAL CONFERENCE OF PERIOPERATIVE NURSING
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Dr. Sanjeev Misra

MS, MCh, FRCS (Eng.), FRCS (Glasgow),
FICS, FACS (USA), FAMS, FNASc
Director & CEO, AIIMS, Jodhpur
Prof. of Surgical Oncology
Patron
ICPN 2020



Message

It is a matter of great joy that College of Nursing, AIIMS Jodhpur is organizing an International Conference of Perioperative Nursing from 25th to 27th February 2020 under the aegis of Society of Perioperative Nurses of India in collaboration with International Federation of Perioperative Nurses.

Perioperative health care is a very challenging and demanding field. A multi domain specialty, it demands active involvement and collaboration of different health personnel. Role of perioperative nursing professionals in delivering quality perioperative care and attaining positive surgical outcomes has been widely appreciated and recognized.

Considering the present health care scenario and needs, this conference will be a much needed effort to provide a common dais to nursing intellectuals gathered here from all over the globe to address the current trends, demands and challenges in perioperative nursing. I hope the conference will produce rich outcomes for everyone and serve as a platform for new ideas and will create opportunities for collaboration.

I congratulate Prof (Dr.) Raj Rani and her entire team on this occasion and wish a grand success to this academic endeavor. I hope that the nursing faculty and the delegates coming to attend this conference will have a rich experience of scientific feast, traditions, cultural heritage and desert beauty of royal Rajasthan.

Best wishes to all.

JAI HIND



INTERNATIONAL CONFERENCE OF PERIOPERATIVE NURSING
ICPN - 2020

Under aegis of Society of Perioperative Nurses, India
Supported by International Federation of Perioperative Nurses (IFPN)

Prof. (Dr.) Raj Rani
M.Sc. Nursing, Ph.D. (Admn.)
Professor & Principal,
College of Nursing, AIIMS, Jodhpur, Rajasthan
& 1st Ex-President, NRSI – North Zone
Organising Chairperson - ICPN - 2020



Message

It is remarkable to express happiness that I, Prof. (Dr.) Raj Rani, Principal, College of Nursing, AIIMS, Jodhpur along with college staff with the blessing of ever dynamic Patron Prof. (Dr.) Sanjeev Misra, Director, AIIMS, Jodhpur blessed with the opportunity to organise 1st International Conference of Perioperative Nursing on theme "Quality Health Care through Collaborative Approach" from 25th-27th February 2020 under aegis of Society of Perioperative Nursing Supported by International Federation of Perioperative Nurses(IFPN).

Nurses are the primary health care provider and usually confronted with caring for clients with multiple risk factors in a complex environment. Perioperative Nursing is such a complex area where the nursing care is usually affected by transitions in care and various external and internal challenges. In order to provide quality-nursing care in these areas, there is need to look upon the various issues and to find appropriate solutions. High-quality care is only possible when all nurses adopt a collaborative approach and follow sensitive, intensive and critical inter-departmental interaction.

This conference will provide an excellent opportunity for delegates to share the platform with renowned international and national nursing experts. The three days' event of academic extravaganza will enlighten the nursing fraternity about the expanding horizons in perioperative nursing. The scientific programme of this conference is preceded by Hands on Simulation workshops, which to my mind is the need of this hour.

I welcome all renowned nursing experts, resource persons and chairpersons who have accepted our invitation for discussion and mutual deliberations. We are honoured with the gathering of esteemed guest, eminent educationist, UG, PG and Ph. D. Nursing delegates gather here from all parts of the country.

To pen and place on record, an accurate account of everyone's contribution to the success of this mega event is a daunting and formidable task. I am thankful to Mona Guckian Fischer, President, International Federation of Perioperative Nurses and her team for accepting our invitation and be part of this academic feast. My whole hearted Gratitude and credit is due to Dr. Suresh K. Sharma, President, Society of Perioperative Nurses of India for his endless support in organizing this conference. At this moment, I express gratitude to each and everyone involved directly or indirectly in the organization of this conference and made this event a grand success.

I am sure conference will emboss an ever-refreshing image and everlasting impression in the heart of everyone. Enjoy the academic feast, warm hospitality of Sun City Jodhpur, rich heritage of the region and culture. With the pleasant weather in the month of February, hope everyone's stay will be memorable.

"Coming together is a beginning; keeping together is progress; Working together is success."
Henry Ford....

Jai Hind!



INTERNATIONAL CONFERENCE OF PERIOPERATIVE NURSING
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Mona Guckian Fisher

LLM, RGN, BSc (HONS), Dip OHN, Dip.HSWW,
CMIOSH, Dip.Periop Nursing,
President

International Federation of Perioperative Nurses (IFPN) 2018-2021



Message

I am delighted, to be able to join you for the first conference of the Society of Perioperative India (SPNI), just one year on from the association inauguration in Chennai and Rishikesh. Gratitude and credit are due to Dr Ashok Kumar and the AIIMS team for all the hard work involved in organising this event, and also to SPNI President Dr Suresh Sharma, for his ongoing engagement and effort in establishing and embedding this professional organisation, so that perioperative nurses all over India can benefit from membership, and alliance with over half a million national and international perioperative nursing colleagues.

This is a very important year for our profession, and I encourage you all, at every opportunity to promote nursing within your families, communities and societies in general. 2020 has been designated by the World Health Organisation (WHO), as the International Year of the Nurse and Midwife in recognition of the valuable contribution of nurses, and the absolute necessity for nurses across the planet to lead and deliver the WHO strategy of Universal Health Care (UHC) by 2030. Nurses, absolutely must be involved in decision-making, strategy and delivery, if the WHO commitments are to be realised. The invaluable insight that the unique nursing position provides in the global health system is now widely recognised, and determined as crucial in achieving UHC and other goals.

There are currently a number of nurse leaders working collaboratively with politicians to bring about this change, and further worldwide partnership and collaboration is greatly needed. The WHO, Nursing Now, Nightingale Challenge and International Council of Nurses (ICN), together with governments have established the platform for this global initiative.

Governments are invited throughout 2020 to invest in improving nurses' working conditions, training and leadership skills; and additionally, to strengthen their own local economies and do more to empower women.

The International Federation of Perioperative Nurses (IFPN), of which SPNI is a member, is a global organisation dedicated to actively promoting perioperative nursing. Our mission, together with member organisations and other relevant collaborators, is to support IFPN members who work towards improving patient care globally, by advocating for researched evidence-based, practice standards and education, to promote a safe surgical, anaesthetic and recovery experience for patients. This delivery is not attainable without the input, commitment and engagement of the perioperative nursing profession.

Colleagues, it is time for personal action, and each and every one of us is needed in that endeavour. I believe strongly that we cannot afford to abdicate our responsibility, and I share with you my personal mantra, and encourage you to accept and agree that 'It always begins with me, and for that I am responsible'. If you would like to read further, please access the websites provided below.

International Federation of Perioperative Nurses (IFPN) www.ifpn.org.uk

International Council of Nurses (ICN) www.icn.ch

World Health Organisation (WHO) www.who.int/

Nursing Now www.who.int/nursing_now_campaign/en/

Florence Nightingale Challenge www.health-ni.gov.uk/nightingale-challenge

I very much look forward to sharing this journey with you all.



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Prof. Suresh K Sharma

President, Society of Perioperative Nursing, India
Professor & Principal,
College of Nursing, AIIMS, Rishikesh
Co-Chairperson, ICPN 2020



Message

Dear Colleagues,

Welcome to 1st International Conference of Perioperative Nursing- ICPN during Feb, 25 – 27, 2020 at AIIMS, Jodhpur, the most prominent and largest conference in the field of perioperative nursing in India.

It is with great pride to welcome highly regarded organization (International Federation of Perioperative Nurses- IFPN) jointly supporting us in this mega event.

This event will unify acclaimed researcher, specialist, leaders, educators, carers, academicians and other interested participants to share their knowledge and discuss new trends and opportunities addressing the current demand of our profession. What's highly remarkable is the exceptional scientific event with verity of sessions expending the knowledge and experience of every individual.

The conference would focus on recent advancement and critical aspects of perioperative nursing with a focused theme on "Quality Health Care through Collaborative Approach" to enable nurses to face and adopt futuristic challenges of nursing practice speciality in perioperative nursing.

I would be delighted to have your gracious presence and see you at conference. Together with all esteemed efforts of the organizing team, committee, experts and the respected support of our valuable exhibitors. We hope to offer you a rewarding conference experience.

I wish best of luck to the organizing committee, resource persons and participants of this conference.



INTERNATIONAL CONFERENCE OF PERIOPERATIVE NURSING
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Shri N.R. Bishnoi
Deputy Director (Admin)
AIIMS Jodhpur



Message

It is a pleasure to know that College of Nursing, All India Institute of Medical Sciences, Jodhpur is organizing an 'International Conference of Perioperative Nursing' from 25th to 27th February, 2020.

It is a matter of joy and honor that a large number of eminent nursing experts from all over the country and overseas are participating in the conference and will have fruitful discussions in the field of perioperative nursing education, practice and research. The collaborative and constructive deliberation by the renowned nursing experts, researchers and practitioners will be useful for the budding nursing professionals. I strongly believe that the knowledge gained by the delegates will go a long way in addressing the issues and challenges pertaining to perioperative nursing care across the globe. The scientific presentations, discussions and other activities that are going to be held during three days will be of great help and will definitely leave new milestones.

I take this opportunity to warmly compliment the efforts put by Dr. Raj Rani, Principal, College of Nursing and her team for putting all sincere efforts and hard work to organize such a wonderful academic endeavor. I extend my best wishes for the success of this event and welcome all the participants to SUNCITY of Rajasthan.

JAI HIND



INTERNATIONAL CONFERENCE OF PERIOPERATIVE NURSING
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Supported by International Federation of Perioperative Nurses (IFPN)

Dr. Arvind Sinha
Medical Superintendent
Professor and Head
Department of Pediatric Surgery
AIIMS Jodhpur



Message

I am really pleased to note that the College of Nursing at AIIMS Jodhpur is organizing this International Conference of Perioperative Nursing, ICPN 2020. This is being organized under the aegis of Society of Perioperative Nurses of India in collaboration with International Federation of Perioperative Nurses.

A surgical procedure on a patient automatically becomes a sort of milestone in a person's life. The outcome of such a procedure obviously depends upon the quality of surgical care which is provided to the patient. However, the role of perioperative nursing often goes unnoticed. Perioperative nursing has the potential to positively affect the outcomes in much the same way as the surgical care. They encompass so many critical key areas like preoperative assessment, intensive care, Situational awareness, human factors, team work and safety checklists. The role of simulation in honing the skills in perioperative care is ever increasing.

The delegates and faculty from across the country will have an opportunity to interact with international nursing experts and I hope that everyone imbibes the best practices in perioperative nursing from across the globe and implement the same in their own "Karmbhoomi".

I wish the organizing committee the very best in organizing the event and hope that the delegates have a really wonderful learning experience in the conference.

My best wishes to all.

Regards

Arvind



INTERNATIONAL CONFERENCE OF PERIOPERATIVE NURSING
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Dr Ashok Kumar

Associate Professor, College of Nursing
Chief Nursing Officer, AIIMS Jodhpur
Organizing Secretary
ICPN 2020



Message

College of Nursing, AIIMS Jodhpur since its inception in 2013 has carved out a niche in the field of Nursing Education and Research in India. To add to the another milestone in the journey, here we present our self with the International Conference of Perioperative Nursing – ICPN 2020 being organized from 25th to 27th February 2020, including preconference workshop with hands on skill stations on 25th February 2020. I feel honoured and privileged to welcome you all at the ICPN 2020.

This conference is on theme “Quality Health Care through Collaborative Approach” which will provide an excellent opportunity for delegates to share the platform with renowned international and national experts. I extend my deep gratitude to Society of Perioperative Nurses, India for proving this opportunity to host this academic feast and also I am grateful to International Federation of Perioperative Nurses for active participation and supporting the conference.

The workshop and plenary sessions during this 3 day conference have been handcrafted in such a way as to feed the inquisitive minds of all the categories of delegates including the Faculties, Clinical Nurses, Nurse administrators and Student Nurses.

Preconference workshop on the first day includes overviews and dynamics of operation room complex i.e. basic equipments, nurses's roles and responsibilities, triage to OT table, sterilization, disinfection and care of invasive lines and tubings. The sessions will be followed by hands on practice sessions on different stations i.e. Advances in suturing and staplers, Wound and stoma management, New born resuscitation, Anesthesia workstation, Postpartum haemorrhage and barrier nursing.

The first day of conference will focus on scientific deliberations on Perioperative nursing practice, Human factors and legal issues, Communication and teamwork as well as safety, simulation and empathy in perioperative practice.

The second day will enrich the esteemed audience about the infection control, quality control, and empowerment as well as patient and personnel safety in perioperative practice.

The organizing committee has left no stone unturned to ensure that the conference turns out to be a gala event of academic excellence and memorable hospitality. I am sure the deliberations of this conference will be an enlightening and enriching experiences for all the participants.

Looking forward to welcome you at the ICPN 2020.

With Warm Regards!

Organizing Committee

INTERNATIONAL CONFERENCE OF PERIOPERATIVE NURSING

ICPN - 2020



Organising Committee with M.Sc. 2nd Year Student



Organising Committee with M.Sc. 1st Year Student



Organizing Committees

PATRON

Prof. (Dr.) Sanjeev Misra
Director & CEO AIIMS, Jodhpur

ORGANIZING CHAIRPERSON

Prof. (Dr.) Raj Rani
Professor & Principal
College of Nursing, AIIMS, Jodhpur

ORGANIZING CO-CHAIRPERSON

Dr. Suresh K. Sharma
President,
Society of Perioperative Nurses, India
Professor & Principal
College of Nursing, AIIMS, Rishikesh

ORGANIZING SECRETARY

Dr. Ashok Kumar
Associate Professor, College of Nursing
Chief Nursing Officer, AIIMS Jodhpur

JOINT ORGANIZING SECRETARY

Himanshu Vyas
Associate Professor, College of Nursing
Nursing Superintendent, AIIMS Jodhpur

TREASURER

Aashish Parihar
Lecturer, College of Nursing

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Nipin Kalal, Lecturer

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P. Ganga Devi
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Remiya Mohan, Lecturer
Nimarta, Lecturer

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Irasangappa Mudakavi
Sabri Vel

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Mithil Mathur
Surbhi

ALL INDIA INSTITUTE OF MEDICAL SCIENCES, JODHPUR, RAJASTHAN

AIIMS Jodhpur is one of the six new AIIMS established by the Ministry of Health & Family Welfare, Government of India under Pradhan Mantri Swasthya Suraksha Yojna (PMSSY) with the aim of correcting regional imbalances in quality tertiary level healthcare in the country. This institution is being established by an Act of Parliament on the lines of the original All India Institute of Medical Sciences in New Delhi which imparts both undergraduate and postgraduate medical and nursing education in all its branches and related fields with an aim to bring together in one place educational facilities of the highest order for the training of personnel in all branches of health care activity.

HOSPITAL SERVICES

OPD Services: The Outpatient Department (OPD) at AIIMS, Jodhpur is completely paperless from the day of its inception. The OPD occupies a very important value in any Institute or hospital and is considered to be a window to the Hospital care. OPD in a Medical Institute has broadly 3 roles- Patient care, medical and nursing education and research.

Patient Care: The patients in OPD need compassionate care, clear communication and convenience. AIIMS Jodhpur endeavor to provide this along with counselling for the patients.

Education: The OPD is the most appropriate place for education- both for patients and for healthcare professionals

Research: Availability of Computerised Patient Management System (CPMS) has opened a new facet for conducting research in OPD and IPD setting.

Inpatient Department (IPD) Services: The IPD Services at AIIMS, Jodhpur are totally paperless from the very beginning. Hospital services especially Inpatient Department form the significant component of the scope of All India Institute of Medical Sciences at Jodhpur. Inpatient Department (IPD) is important not only towards providing advanced treatment to sick patients but is also essential for providing quality undergraduate training for our MBBS, B.Sc (Hons.) Nursing & PG students.

CENTRAL FACILITIES:

Central Library: AIIMS, Jodhpur has its own in house central library which houses nearly 2500 books on Medical and 600 books on Nursing Subjects and also has computer terminals for the use of Faculty and students. The library is Wi-Fi enabled. More than 100 online e-journals have been subscribed by the library. Library is also a member of ERMED Consortium.

Central Mess: The fully air-conditioned Mess caters to both boys and the girl students. The mess provides clean and hygienic food to the students with comfortable seating arrangements.

Recreational Facilities: The common rooms have facilities for games like table tennis, chess, carom etc. The Institute has state of the art floodlit badminton, basketball, Throw ball, tennis courts along with a football cum cricket ground. A small central park with walkway is present behind the guest-house.

Canteen: Canteen in front of the central part is a common hanging point for students and residents. A long list of eatables is available in the canteen at reasonable prices.

COLLEGE OF NURSING, AIIMS, JODHPUR

College of Nursing, AIIMS, Jodhpur has been established by the Ministry of Health, Government of India under PMSSY in the year 2013 with the intention to establish and set up a centre of excellence in the field of nursing education and research in India. The College has started its journey in the year 2013 with the joining of its first Principal Prof. (Dr.) Raj Rani and Associate Professor Dr. Ashok Kumar. College is offering B.Sc. (Hons.) Nursing program since 2013 and has started M.Sc. Nursing program in 2017 and looks forward to start Ph.D. Nursing in near future.

Infrastructural developments: Modern infrastructure, lecture theatres, well-lit and ventilated classrooms, conference room, examination halls and lab facilities are the real gemstones of this college. State of the art Nursing Foundation, Advanced Nursing, OBG, Pediatric and Community health labs have been set up at College of Nursing. These labs are equipped with high end simulators, CPR & First aid manikin, adult multi-venous arm, gluteal IM injection simulator, patient care simulator and other instruments and equipments.

Faculty at its best: Faculty at College of Nursing, AIIMS, Jodhpur aims to provide best educational & teaching exposure to students. Be it classroom teaching or clinical training, teachers are all the time ready to go one step ahead and help the students. College of Nursing has full fledged Nursing faculty headed by Prof. (Dr.) Raj Rani, Prof cum Principal.

Innovative educational strategies: College of Nursing, AIIMS, Jodhpur strives to be centre of excellence in Nursing education. The mandate is to provide evidence towards innovative educational methods, which inculcate habit of self-learning and clear understanding among students.

Enhanced skill training and rich field exposure: A key component of the skills training at the College of Nursing occurs at the skill laboratories which are designed to facilitate acquisition of basic clinical skills related to Nursing foundations, Obstetric & Gynaecologic Nursing, Child Health Nursing, Advance nursing care, and Community Health Nursing. Further, posting in different clinical areas of the AIIMS hospital and other State hospitals help students to practice patient care skills. Field posting to areas adopted by institute gives an understanding to students about the health care delivery system at grass root level.

Community services: College is providing health care services to the residents of Village Dhawa & Pratap Nagar, Jodhpur at their door step. Regular home visits are made by community health nursing students under the supervision of faculty members.

Organizing Awareness Programmes, Health Camps and Health days: College organizes various health awareness programmes and camps on the prevalent health concerns & social issues both at field area and hospital setting.

Mentorship Programme: As a new entrant to the B.Sc. (Hons.) Nursing course at AIIMS Jodhpur, students have a unique opportunity to be mentored by a faculty member. The mentor encourages the mentee to actualize his/her full potential by sharing knowledge and experience, and providing constant support and encouragement.

Preparing outgoing students for various competitive exams: A multiple choice question test series has been initiated for the Final year B.Sc. (Hons) Nursing students with a view to prepare them for future competitive examinations. This initiative by the college has brought laurels and many students of the passed out batches of B.Sc. (Hons.) Nursing have been selected in the M.Sc. Nursing course at various AIIMS situated in country.

State of the Art Clinical Skill Labs at
College of Nursing, AIIMS, Jodhpur



Nursing Foundation Skill Lab



Obstetrical & Gynecological Nursing Lab



Activities by students



Cultural & Sports Activities

All India Institute of Medical Sciences, Jodhpur, Rajasthan
College of Nursing

International Conference of Perioperative Nursing ICPN 2020

Theme: Quality Health Care Through Collaborative Approach

25th-27th February 2020

Scientific Program

PRE-CONFERENCE WORKSHOP – 25th February 2020

Venue: Auditorium, AIIMS, Jodhpur

Time	Topic	Faculty
8:00 -9:00 AM	Greet & meet - Registration & Breakfast	
9:00-9:15 AM	Welcome and Unfolding the theme	Raj Rani <i>Professor & Principal College of Nursing AIIMS Jodhpur</i>
Plenary Session 1: Operating Room Complex – An Overview Chairperson: <i>Raj Rani, Professor & Principal, College of Nursing AIIMS Jodhpur</i> <i>Mona Guckian Fisher, President International Federation of Perioperative Nurses (IFPN) UK</i>		
9:15-9:35 AM	Basic Equipment and Instruments in the Operating Room	Himanshu Vyas <i>Associate Professor & Nursing Superintendent, AIIMS Jodhpur</i>
9:35-9:55 AM	Nurses in OR Complex: Roles and responsibilities	Suresh. K. Sharma <i>President, Society of Perioperative Nurses India</i> <i>Professor & Principal CON AIIMS Rishikesh</i>
9:55-10:15 AM	Emergency Surgery – Triage to OT Table	Nipin Kalal <i>Assistant Professor & ANS AIIMS Jodhpur</i>
Plenary Session 2: Dynamics of the Operating Room Complex Chairperson: <i>Suresh K Sharma, President SPN India; Principal CON AIIMS, Rishikesh</i> <i>Ashok Kumar, Associate Professor & Chief Nursing Officer AIIMS Jodhpur</i>		
10:15-10:40 AM	Care of Invasive lines and tubing during immediate Postoperative Period	Bhanwar Lal Devna <i>Senior Nursing Officer AIIMS Jodhpur</i>
10:40-11:00AM	CSSD-Sterilization & disinfection and its indicators	Maneesh Sharma <i>Assistant Professor CON AIIMS Rishikesh</i>
11:00 – 11:15 AM	TEA	
Plenary Session 3: PARALLEL SESSIONS - HANDS ON PRACTICE STATIONS ON		
11:15 AM – 5:00 PM (1-2 LUNCH)	<ol style="list-style-type: none"> 1. Advances in Suturing and Staplers 2. Wound management 3. Stoma Management 4. New-born resuscitation 5. Anesthesia Workstation 6. Assessment and Management of Post-partum Hemorrhage 7. Barrier Nursing – Use of PPE & Indicators of Sterilization 8. Orientation to Surgical Tubings and Drains 	

SCIENTIFIC PROGRAM

All India Institute of Medical Sciences, Jodhpur

College of Nursing

International Conference of Perioperative Nursing ICPN 2020

Theme: Quality Health Care Through Collaborative Approach

26th & 27th February, 2020

Venue: Auditorium, AIIMS Jodhpur

DAY-1: 26th February 2020

Time	Topic	Faculty
8:00 -9:00 AM	Greet & Meet Registration & Breakfast	
9:00-9:15 AM	Keynote address	Raj Rani Professor & Principal CON AIIMS Jodhpur
Plenary Session 1: Perioperative Nursing Practices: Unfolding the Box Chairpersons: <i>Suresh K Sharma President SPN India ; Professor & Principal CON AIIMS Rishikesh</i> <i>Suryanarayanan Bhaskar DMS & Additional Professor Neurosurgery AIIMS Jodhpur</i>		
9:15-9:45 AM	History of the journey of surgery up to 21 st century	Patrick Voight <i>Treasurer, IFPN</i> <i>Director, Deloitte Management Consulting New York USA</i>
9:45-10:15 AM	Key areas of perioperative practice	Minija Joseph <i>Nurse Manager, Theatres Cleveland Clinic London, UK</i>
10:15-10:30 AM	Situational awareness in operating room	Ashok Kumar <i>Associate Professor & CNO AIIMS Jodhpur</i>
Plenary Session 2: Human Factors and Legal Issues in Perioperative Clinical Practice Chairpersons: <i>Praveen Sharma Dean Research AIIMS Jodhpur</i> <i>Asha P Shetty Principal CON AIIMS Bhubaneshwar</i>		
10:30-10:45AM	Stress management in perioperative practice	Suresh K Sharma <i>President SPN India</i> <i>Professor & Principal CON AIIMS Rishikesh</i>
10:45 -11:00 AM	Human factors – Perioperative scenario	Jyoti Sarin <i>Principal & Dean MM CON Mullana</i>
11:00 -11:15 AM	Legal issues in perioperative nursing	DN Bhardwaj <i>Professor, Forensic Medicine & Toxicology AIIMS Delhi</i>
Plenary Session 3: Communication and Team Work: Inevitable Perioperative Practice Competencies Chairpersons: <i>Brig Nupur Chanda Deputy Director General Military Nursing Services</i> <i>Mahaveer Singh Rodha DMS & Additional Professor Surgery AIIMS Jodhpur</i>		
11:15 -11:30 AM	Team work and managing clinical multidisciplinary team	Ryan Rasmussen <i>Associate Teaching Professor, CON, Brigham Young University, USA</i>
11:30- 11:45 AM	Briefing and debriefing – Team communication in OR	Craig Nuttall <i>Associate Teaching Professor, CON, Brigham Young University, USA</i>
11:45-12 Noon	TEA	
12:00-1:00 PM	INAUGURATION	
1:00-2:00 PM	LUNCH	

Plenary Session 4: Building on the Basics of Perioperative Practice Chairpersons: Brig. SV Saraswati Deputy Director General Military Nursing Service Pradeep Kumar Bhatia Professor & Head Anaesthesiology and Critical Care AIIMS Jodhpur		
2:00-2:30 PM	Preoperative assessment: Building on the basics	Patrick Voight Treasurer, IFPN Director, Deloitte Management Consulting, New York USA
2:30-3:00 PM	PACU: Admission and discharge	Minija Joseph, Nurse Manager Theatres, Cleveland Clinic London United Kingdom
3:00 -3:15 PM	Patient positioning in long duration surgeries	Manju Dhandapani Faculty NINE PGIMER, Chandigarh
Plenary Session 5: Safety, Simulation & Empathy in Perioperative Practice Chairpersons: Raj Rani, Professor & Principal CON AIIMS Jodhpur Kuldeep Singh, Dean Academics, AIIMS, Jodhpur		
3:15 – 3:30 PM	The WHO surgical safety checklist	Rakesh Sharma, Assistant Professor CON AIIMS Rishikesh
3:30 -3:45 PM	Role of simulation in developing perioperative nursing competencies	Himanshu Vyas, Associate Professor & Nursing Superintendent, AIIMS Jodhpur
3:45 – 4:15 PM	Empathy in perioperative environment	Deborah Small, Chief Nursing Officer, Cleveland Clinic London UK
4:15-4:30 PM	TEA	
Panel Discussion Moderator: Jyoti Sarin, Principal & Dean, MMCON, Mullana		
4:30-5:30 PM	Panel Discussion – 2020 – Year of the Nurses – Nurses as flag bearers for patient safety	Annie Kumar, Faculty, Lady Hardinge College of Nursing Delhi Deborah Small, CNO, Cleveland Clinic, London UK Mona Guckian Fisher, President, IFPN UK Rathish Nair, Principal, CON, AIIMS Patna Lt Col Kironjeet, Jt. Director, MNS Rajesh K Sharma, Assoc. Professor, Himalayan CON Dehradun
3:00 – 5:00 PM	SCIENTIFIC PAPER AND POSTER PRESENTATION (Venue – Paper Presentation – LT 1- 4, College of Nursing, AIIMS, Jodhpur Poster Presentation – Auditorium Foyer)	
6:30 Onwards	CULTURAL EVENING AND GALA BANQUET DINNER	

Day-2: 27th February 2020

Time	Topic	Faculty
8:30 -9:30 AM	Breakfast	
Plenary Session 1: Sterilization and Disinfection: Indispensable Components of Perioperative Practice Chairpersons: Sukhpal Kaur Faculty NINE PGIMER Chandigarh Ryan Rasmussen Associate Teaching Professor College of Nursing Brigham Young University USA		
9:30-9:45 AM	Prevention of surgical site infections	Prabhjot Saini Professor CON DMCH Ludhiana,
9:45-10:00 AM	Inventory management in the operating room complex	Lt. Col Ajita Datta Chaudhuri Associate Professor CON Army Hospital R & R Delhi
Plenary Session 2: Quality Control in Perioperative Nursing Chairpersons: Naveen Sharma, Professor, Dept. of General Surgery AIIMS Jodhpur K. Punithalakshmi, Principal, JIET College of Nursing, Jodhpur Craig Nuttall, Associate Teaching Professor, College of Nursing, Brigham Young University USA		
10:00-10:30 AM	Evidence based standardized clinical perioperative practices	Mona Guckian Fisher President, International Federation of Perioperative Nurses UK
10:30-10:50 AM	Perioperative nursing standards and quality control	L Anand, Associate Professor, CON AIIMS Bhubaneswar
10:50 – 11:10 AM	Research priorities in perioperative nursing practices	Sukhpal Kaur Faculty NINE PGIMER Chandigarh
11:10-11:30 AM	TEA	
Plenary Session 3: How to Become an Efficient Perioperative Nurse Chairpersons: Nikhil Kothari, DMS & Additional Professor, Anaesthesiology and Critical Care AIIMS Jodhpur Annie Kumar, Faculty, Lady Hardinge College of Nursing Delhi		
11:30-12:00 Noon	Characteristics of a great perioperative nurse	Minija Joseph Nurse Manager Theatres, Cleveland Clinic London UK
12:00-12:30 PM	Role of perioperative nurse – Power, influence and responsibility	Mona Guckian Fisher President, International Federation of Perioperative Nurses UK
12:30- 1:00 PM	Assertiveness in the operating room	Annu Kaushik Director-Nursing, Cloudnine Hospitals
1:00 -2:00 PM	LUNCH	
Plenary Session 4: Patient and Personnel Safety in Perioperative Practice Chairpersons: Harvinder Kaur, ANS, RML Hospital Delhi Ramkaran Choudhary, Additional Professor Dept. of General Surgery AIIMS Jodhpur		
2:00-2:20 PM	Disaster preparedness in the operating room	Asha P Shetty Professor & Principal, CON AIIMS Bhubaneswar
2:20-2:40 PM	Violence in acute and perioperative practices	Mamta Assistant Professor, CON AIIMS Jodhpur
2:40 – 3:00 PM	Perioperative Nursing – mother and child as clients	M V Smitha Associate Professor, CON AIIMS Bhubaneswar
Panel Discussion Moderator: Mukesh C Sharma, Associate Professor, College of Nursing AIIMS Jodhpur		
3:00-4:00 PM	Competency based nursing education: Developing perioperative competencies	Hardeep Kaur, Professor, UCON BFUHS Faridkot Asha P Shetty, Prof. & Principal CON AIIMS Bhubaneswar Vasantha Kalyani, Associate Professor, CON AIIMS Rishikesh MV Smitha, Associate Professor, CON AIIMS Bhubaneswar Gomathi A. Associate Professor, CON AIIMS Jodhpur
4:00 – 5:00 PM	VALEDICTORY FUNCTION	

Prof. (Dr.) Raj Rani

M.Sc. Nursing, Ph.D. (Admn.)

Professor & Principal,

College of Nursing, AIIMS, Jodhpur, Rajasthan

&

1st Ex-President, NRSI – North Zone

Organising Chairperson, ICPN - 2020



Key Note Address

Greetings!

It gives me immense pleasure and joy to welcome all distinguished guests, delegates, invitees and participants at All India Institute of Medical Sciences, Jodhpur, Rajasthan. It is indeed a privilege and moment of proud to host International Conference of Perioperative Nursing from 25th-27th February 2020 at AIIMS, Jodhpur under aegis of Society of Perioperative Nursing, India Supported by International Federation of Perioperative Nurses (IFPN).

The theme of the conference is “Quality Health Care through Collaborative Approach” which in my opinion is very timely and relevant. Exceptional health care is always facilitated by a collaborative approach which involves integration of activities and knowledge, shared authority and responsibility. Keeping in mind the current health care scenario, it is very apt time to have meaningful deliberations and discussions on said theme.

Perioperative nursing is rewarding in that most patients undergo a procedure that prolongs or improves the quality of their life. Perioperative nursing care spans before, during, and right after surgical and diagnostic procedures. It predominantly covers the nursing care in the areas of surgical intervention, anaesthesiology and post anaesthetic care which needs diverse mixture of knowledge, experience, and skills. Here the focus is on the achievement of outcomes within effective and appropriate time frames and resources. A multi domain specialty, perioperative nursing requires collaborative approach in order to provide quality nursing care to clients. Perioperative nurses must be detail oriented, flexible, able to juggle multiple priorities without missing a beat, adapt with technical skills. They must also be able to think critically in a fast-paced, challenging environment. Emotional strength is essential as the roles require facing human distress and life-threatening situations, and dealing with anxious family members.

Effective communication and team work are critical for a collaborative care plan to work. Today's nurses are effectively trained to have adaptability, empathy, and communication skills, which allows them to provide quality care and maintain standards. Safety of clients and self is of utmost priority. Nurses are usually regarded as patient advocates and flag bearers for patient safety. Safety and quality of care are considered to be highly dependent on work environment factors including teamwork and work culture. Use of safety checklists before, during and after the surgical interventions helps to decrease errors and adverse events and increase teamwork and communication in surgery.

A sea change has been taken place in last few decades in the health care industry. Shift in the burden of diseases, increased awareness of masses, innovations in the technology all demands display of an awareness of current developments in knowledge, training and research relating to the perioperative nursing care. Perioperative Nursing is a blend of multiple core competencies and role of simulation in enhancing perioperative competencies has been widely appreciated. A simulated environment lets nurses learn, grow, be challenged. A new or infrequently used equipment is better demonstrated and practiced in the simulation operating room than in the real operating room.

Current era is an era of evidence based nursing practice. Evidence based practice assures that clinical decisions are based on the latest available research findings and understanding of safe patient care rather than on the opinion of an individual health care provider.

There is an alarming need to look into various human factors and legal issues which can adversely affect perioperative clinical practice. Long working hours, dealing with care transitions, catering to care needs of special groups such as mothers, children and elderly, organizational issues, workload, workplace safety, interpersonal conflicts and violence etc. can hamper the quality of care provided. Current scenario demands to plan and implement appropriate training and management programs so as to increase the visibility and self-worth. All this will create an environment where more sensitive, affordable and quality driven perioperative nursing care can be delivered to clients.

We are going to deliberate for all three days with Internationally and Nationally renowned nursing educationist, practitioners, researcher and nursing leaders as resource persons enriching each session with their thought provoking ideas and experiences. A list of important topic has been included in all the plenary sessions for presentation and discussion in the field of perioperative nursing. Such conferences, expert lectures, hand on procedure, demonstration on hi-tech simulators, workshops are quite helpful in updating knowledge and improving skills. I hope the conference will churn out thoughts and exchange ideas which will help and direct the nursing community to set and achieve new milestones in field of perioperative nursing practice. I am sure that each one of us will find this conference a stimulating and informative meeting. My sincere felicitations to all the delegates and wish them all the success in their future endeavours.

"No one whistle a symphony. It takes a whole orchestra to play it."

H.E. Luccock

Jai Hind!



Experts Write-up



SITUATIONAL AWARENESS IN OPERATING ROOM

Dr. Ashok Kumar

Associate Professor, College of Nursing
Chief Nursing Officer
AIIMS Jodhpur



Operation theatre is an integral component of global health care, with an estimated 234 million operations being performed annually worldwide. However, the operating room is imperiled by the threat of adverse events. Miscommunication, ambiguities, silences, or omissions in conveying clinical decisions to other members of the surgical team during the intraoperative period impact on team cohesion, hamper performance, and can contribute to procedural error.

In the operating room, team members often have to make decisions under time pressure, increasing risk, and when unforeseen conditions and unanticipated problems emerge.

The concept of situational awareness was first described in aviation to explain the perceptual skills needed for the success of fighter pilots. It refers to an individual's ability to maintain the "big picture" in a dynamically changing environment. Endsley proposed three levels of situational awareness based on perception, comprehension and understanding, and projection. As such, situational awareness relies on differentiating situations that may appear to be similar to determine the scope of the situation.

In surgery, teams of surgeons, anesthetists, nurses, and technicians work together on tasks towards a common end goal. While situational awareness is critical to the performance of individuals, it is also crucial to the performance of the team as a collective. Shared situational awareness suggests that during team activities, situational awareness overlaps and individuals need to perceive, comprehend, and project situational awareness components specific to their role in the team. Shared situational awareness requires team members to have an understanding of the type of information needed by others, knowledge of the devices used to distribute situational awareness. While there is a need for teams to cultivate shared situational awareness through effective communication, individual members often experience disconnections in situational awareness. Disconnections in situational awareness can occur when information is not passed between members in a clear and concise manner. In addition, when the information is passed on to others, team members may interpret the information differently, based on dissimilar mental models. Communicating consequential information during surgery ensures that members are "on the same page" and enhances coordination.

STRESS MANAGEMENT IN PERIOPERATIVE PRACTICE

Dr. Suresh K. Sharma
Professor & Principal
College of Nursing, AIIMS, Rishikesh



Stress is an individual's response or personal reaction to circumstance or situation. When stress is of appropriate amount, it helps to stay focused, alert and energetic. It can help the individual to perform under pressure. The first and most generic definition given by Hans Selye: "Stress is the nonspecific response of the body to any demand."

In healthy job setting pressures on employees are appropriate in relation to their abilities, support system and resources. Stress occurs when individual have little control over work processes. Individual sometimes underestimate the impact of stressors in personal and professional life.

Stress is always associated with healthcare environment. Nurses are considered to be particularly susceptible for stressors. While nurses working in operation theatre considered stressful and problematic which contribute to the operating theatre personnel shortages. Stress is one of the main factors that can decrease productivity and develop physical and psychological complications and decrease efficiency. In operation theatre, extreme state of stress results from the cumulative effects of stressors such as role conflict, long working hours, role ambiguity, role overload. Inadequate employer-supported training in the use of new technologies, poor management support and lack of advance knowledge are important sources of this stress amongst nurses working in operation theatre.

Finally, in operation theatre individual respond to or cope with stress in various ways which include perceptions of effects on them, changes in the nature of work and pattern, work as team, use of new technologies and update existing knowledge. There is urgent need to acknowledge the existence of distress and to be proactive in implementing strategies that reflect administrations' concern for the health and well-being of their staff working in operation theatre.

HUMAN FACTORS IN PERIOPERATIVE SCENARIO

Dr. Jyoti Sarin
Director-Principal
M.M College of Nursing, Mullana, Ambala



Healthcare is a team sport; teams take care of patients. Healthcare teams operate in an environment characterized by acute stress, heavy workload, often high stakes decision-making (e.g. a laparotomy cannot be undone if later proven unnecessary) and very consequential errors. Health care is an inherently risky business, and with that risk errors are inevitable. Medical errors represent a public health issue that has been increasingly well recognized. As one of the most complex work environments in health care, the operating room is a common site for adverse events. It involves teams of highly trained professionals interacting with advanced technology in high-risk situations, and the nature of such work places these teams at risk for errors. The largest numbers of errors result from treatment provided in the Operating room.

HUMAN FACTORS AND ERGONOMICS

Human factors and ergonomics focuses on the relationship between humans and technology at work and attempts to make these human-machine systems safe, reliable, and enjoyable. To accomplish these goals, Human factors and ergonomics considers the design of tasks, equipment, the operational environment, and the training and selection of personnel. Smith and Sainfort (1989) had developed the Balance Theory to conceptualize the interaction of five human factors components within the system: the individual, tasks, tools and technologies, the environment, and organizational factors. These components work together to create a "stress load" that challenges an individual's biological, psychologic, and behavioral resources (Carayon and Smith, 2000).

IMPORTANT HUMAN FACTORS FOR REDUCING ERRORS IN OPERATING ROOM

- Human cognition and performance
- Selective attention
- Prospective memory

TEAM WORK AND MANAGING CLINICAL MULTIDISCIPLINARY TEAM

Ryan Rasmussen PhD, FNP-C

Global Health and International Studies Coordinator
Associate Teaching Professor
College of Nursing
Brigham Young University Provo, Utah, USA



The operating room is a multidisciplinary environment that has many challenges including, high levels of complexity, lack of team member continuity and communication breakdowns. Lack of communication between physicians and nurses have been identified by multiple sources as a leading cause of adverse outcomes and sentinel events within hospitals. Within the complex environment of the operating room, effective communication faces many obstacles. During this lecture we will explore nurses' perception of barriers to effective communication in a multidisciplinary environment.

IMPROVING PATIENT OUTCOMES THROUGH DEBRIEFING

Craig Nuttall

DNP, FNP-C, DiMM

Associate Teaching Professor

College of Nursing, Brigham Young University, Provo, Utah, USA



Debriefing is an underutilized tool in the health care setting. Research surrounding debriefing illustrates that if implemented it can improve patient outcomes and increase job satisfaction. Unfortunately, studies show that most operating room staff fail to use debriefing on a regular basis. A Case study on how to implement debriefing in the clinical setting and the potential results will be presented.

The WHO Surgical Safety Checklist

Dr Rakesh Sharma,
Assistant Professor,
College of Nursing, AIIMS Rishikesh.



Globally, 234 million patients undergo surgical procedures in operation theater every year. The World Health Organization (WHO) in 2007 initiated "Safe Surgery Save Lives" with an aim to reduce the infection rate and mortality related surgical errors globally. In a systemic review, it has been reported that most of the untoward event occurs in operating room among which 43% were preventable by using safety checklist. Study from developed countries reported 3% to 16% complications among surgical procedures and 0.4% to 0.8% was mortality rates. The WHO surgical checklist is a simple item, sets priority check to confirm patient's safety, efficient teamwork and healthy communication in operating room. It helps to minimise surgical complication before, during and after surgery and helps to the nurse, anesthetists, surgeon, and other health care workers to work together for better surgical outcome and quality patient care.

ROLE OF SIMULATION IN DEVELOPING PERIOPERATIVE COMPETENCIES

Himanshu Vyas

Associate Professor &
Nursing Superintendent
AIIMS, Jodhpur



Simulation is a teaching - learning strategy which offers the creation of a clinical scenario representative of the real clinical setting with an aim to demonstrate a clinical procedure offering multiple chances to learn, practice and evaluate without hampering the patient safety.

As the present scenario of Nursing education in India is shifting its focus from traditional learning to competency-based Nursing Education, simulation provides the opportunity to develop the clinical skills by offering them the better understanding of the clinical scenario and also chances of multiple supervised practice by involving them individually.

Five core key competencies for the perioperative nurses are:

- Professional /ethical/legal practice
- Nursing care and perioperative nursing practice
- Interpersonal relationships and communication
- Organisational, management and leadership skills
- Education, research and professional development

OR managers face increasing pressure to ensure nursing competency. Simulation provides an opportunity to develop perioperative competencies by exposing the novice as well as trained nurses to even complex and rare clinical situations in controlled environments to develop their technical as well as non-technical skills.

Non-technical skills such as interpersonal communication, judgement, leadership, and teamwork are as important as the technical skills. The majority of errors in high pressure areas like OR's are due to non-technical errors.

ROLE OF SIMULATION IN DEVELOPING PERIOPERATIVE COMPETENCIES

- Developing the technical skills
- Developing the non-technical skills
- Strengthening the pre service education
- Continuing and in-service education
- Opportunity to develop continued competence
- Develops competence without hampering patient safety
- Assessment of competencies
- Self-reflection
- Integration of training in technical and non-technical skills
- Multiple chances to experience rare conditions through simulation
- Immersive training
- Role Playing
- Simulated Patients
- Interdisciplinary team training

PERIOPERATIVE NURSING STANDARDS AND QUALITY CONTROL

L Anand,
Associate Professor,
College of Nursing,
AIIMS, Bhubaneswar



The perioperative nursing involves a specialized nurse who provides to the surgical client throughout the continuum of care. It encompasses all three phases preoperative, intraoperative and postoperative. The major challenge in health care is ensuring quality and safety of the surgical client in all these phases. Quality control is the process by which actual performance is measured and compared with goals and standards. It addresses system efficiency and personnel competency. Standard is an acknowledged measure of comparison for quantitative or qualitative value, criterion, or norm. In the case of nursing practice standards are the established criteria for the practice of nursing. Various International health and nursing organizations have frames different standards in perioperative nursing practice like AORN, NABH.

Overview of standards in Perioperative Nursing

AORN	NABH
Standard 1: Assessment : The perioperative RN collects patient health data that are relevant to the operative or invasive procedure.	CQI 1: There is a structured quality improvement and continuous monitoring programme in the organisation.
Standard 2: Diagnosis: The perioperative RN analyzes the assessment data to determine nursing diagnoses.	CQI 2: There is a structured patient -safety programme in the organisation.
Standard 3: Outcome Identification: The perioperative RN identifies expected outcomes that are unique to the patient. .	CQI 3: The organisation identifies key indicators to monitor the clinical structures, processes and outcomes, which are used as tools for continual improvement.
Standard 4: Planning: The perioperative RN develops an individualized plan of care to attain expected outcomes.	CQI 4: The organisation identifies key indicators to monitor the managerial structures, processes and outcomes, which are used as tools for continual improvement
Standard 5: Implementation: The perioperative RN implements the identified plan of care.	CQI 5: There is a mechanism for validation and analysis of quality indicators to facilitate quality improvement.
Standard 6: Evaluation: The perioperative RN evaluates the patient's progress toward attaining outcomes.	CQI 6: The quality improvement programme is supported by the management.
	CQI 7: There is an established system for clinical audit.
	CQI 8: Incidents are collected and analysed to ensure continual quality improvement.
	CQI 9: Sentinel events are intensively analysed

Roles of standards in quality control and Continuous quality improvement: Quality control is the process that compares performance with goal, measures quality indicators and acts on difference. There were many dimensions of quality; Efficiency, safety, timeliness, access, respect and caring. The standards act as guide to generate performance measurements

RESEARCH PRIORITIES IN PERIOPERATIVE NURSING PRACTICES

Dr Sukhpal Kaur

Faculty

National Institute of Nursing Education

PGIMER, Chandigarh



The perioperative period begins when the patient is informed of the need for surgery and continues until the patient resumes his or her usual activities. During the perioperative period, patients are highly vulnerable and largely dependent on the surgical staff. The perioperative nurses are responsible for creating and maintaining a sterile and safe surgical environment, providing preoperative and postoperative patient education, monitoring the patient's physical and emotional well-being, and integrating and coordinating patient care throughout the surgical care continuum.

Research is one of the foundations for making decisions concerning nursing education, administration, and clinical research. Scientific evidences through research are required to develop a logical base for perioperative nursing. In fact, nursing research should focus on those areas with the greatest professional and social relevance and potential application to practice. Perioperative nursing necessitates continual updates of nursing knowledge and technical skills. There is tremendous scope of conducting research in perioperative nursing. The research priorities in perioperative nursing research should focus on the development of instruments to measure perioperative nursing outcomes; identifying perioperative cost effective nursing practices that will ensure quality care for the surgical patients in general and the patients experiencing multisystem health care problems in particular; designing educational programs to prepare perioperative nurses for practice in evolving health care delivery system, and identifying perioperative ethical issues and develop models for resolution of those issues. Manpower issues could be another researchable area in operation theatre. Thus, the workplace culture in OT environment and the factors associated with it could be another area to be investigated.

To conclude, perioperative nursing is an under-researched area of nursing practice especially in Indian settings. There is tremendous scope of research in this area.

NURSING ASSERTIVENESS IN OR

Dr Annu Kaushik
Director of Nursing
Cloudnine Hospitals



The OR is such a high paced, high tech, high stakes work environment and not always conducive to touchy feely stuff like "I"-statements and respectful listening. On the other hand, sentinel event statistics from the Joint Commission regarding surgically related problems along with the growing awareness in all healthcare circles that effective communication is critical in preventing errors offer compelling reasons to develop the skills.

Self-reflection, ownership, and respectful communication are examples of 'soft' skills that are extremely hard to develop and practice. Yet, the surgeon or nurse manager who can teach the right way of doing something without humiliating a team member will show everyone that respect is guaranteed, skills and knowledge are required to work in the OR, and passive aggressive behavior will not be rewarded with alignment.

DISASTER PREPAREDNESS IN THE OPERATING ROOM

Dr Asha P Shetty,
Professor-cum-Principal,
College of Nursing,
AIIMS Bhubaneswar, Odisha



A disaster or emergency may occur with little or no warning and may cause a large number of casualties with widespread damage and disruption. Disasters cause healthcare systems and settings, particularly hospitals, serious disruption to health care services. Disaster in an operating room is any emergency or crisis event that is of a magnitude that overwhelms the administration of the operating room. The overwhelming can be in terms of psychosocial impact, destruction of property, business discontinuity, injuries to or diseases of human beings, and scarcity of resources.

Common natural disasters that the operating room team should prepare for are typhoons, earthquakes, and fires associated with natural disasters. Common man-related disasters that the operating room team should prepare for are fires, sudden cardiopulmonary arrests, and medico-legal suits.

There are at least three big steps to be done to ensure that the operating room team will be able to respond effectively to disasters in the operating room. These are, namely, 1) securing of administrative commitment and support; 2) establishment and continual development of manual of policies and procedures on disaster preparedness; and 3) regular conduct of emergency exercises.

There are at least four administrative driving factors for readiness of the operating room team to respond to disasters. These are, namely: 1) leadership; 2) management; 3) communication; and 4) education and training.

Accomplishing the three big steps and having the four administrative driving factors in place will contribute to readiness of the operating room team to respond to disasters

VIOLENCE IN ACUTE AND PERIOPERATIVE PRACTICES

MAMTA

Assistant Professor, College of Nursing
AIIMS, Jodhpur



Workplace violence has become a public health problem of epidemic proportion that has implications for health-care providers, regulators, consumers, and society at large. Acute and perioperative work areas in the hospital setting are more vulnerable to witness work place violence owing to multiple factors such as inherent burden and stress of performing surgery; high patient acuity; a shortage of experienced manpower; work demands; multiple priorities and the restriction and isolation of the OR, which allows negative behaviours to be concealed more easily.

Professional team work among nursing staff is imperative to achieve high-quality care. Negative workplace relationships can disrupt team performance, creating a work environment that can lead to burnout, increased staff turnover, and poor patient outcomes. Nurses working in acute care settings and perioperative areas of hospital usually become victim to horizontal or lateral violence. Horizontal violence is defined as a behaviour that is directed by one peer toward another that harms, disrespects, and devalues the worth of the recipient while denying them their basic human rights. Examples include nonverbal behaviour, such as ignoring a peer, verbal behaviour, such as making sarcastic comments to them or talking behind their back, and/or physical acts like slamming things. Lateral violence includes bullying, intimidating, or unsettling behaviour. This all affects nurses' health and well-being and their ability to care for clients.

Key strategies to prevent violence in acute and perioperative practice:

- a. Collaborative practice
- b. Communication-rich culture
- c. Proactive policies and protocols
- d. Violence indicators
- e. Organization preparation
- f. Adequate staffing systems
- g. Expert, credible, and visible nursing leadership
- h. Shared decision making at all levels
- i. Recognition of the value of nurses' contributions

Violence can exist to some extent in any institution, with the potential to disrupt the integrity and ultimately compromise patient care. This is high time to think---plan---act and take appropriate actions to mitigate it.

PERIOPERATIVE NURSING: MOTHER AND CHILD AS CLIENT

Dr M V Smitha

Associate Professor
College of Nursing,
AIIMS Bhubaneswar



Birth is a unique experience of a woman in her life time. Good memories stay for life time, whereas Bad ones leave a long-lasting scar. Health care professionals have a vital role to play in ensuring safety of the mother and new born and provide quality experience as this has a long-term effect on the duo. In recent times, there has been a great upsurge in the rate of caesarean delivery among women in developed and developing countries. The role and responsibilities of midwives at this critical stage of a woman's life may lead to diverse outcomes ranging from life to death and from health to physical injuries, with significant effects on the mental, and emotional health of the mother and child. Midwives and nurses need to provide supportive and sensitive midwifery care particularly for mothers undergoing emergency CS.

Family centred caesarean delivery is an approach to operative delivery that reduces the emphasis on surgical rituals and processes and increases the clinical focus on the mother, the baby and the family. The goal is to help families who birth by caesarean to have a healthy, happy, well-adjusted, breastfeeding, and bonded mother and new-born even with the challenges of a surgery. A key feature of Family centred Caesarean is on-going skin to skin contact (STC) between a mother and her baby Kangaroo Mother Care (KMC). Unfortunately, STC is not yet a standard of care caesarean births in India.

Research has identified several barriers such as absence of formal policies and procedures, staff related issues, staff shortage, non-adherence and staff comfort levels. STS is not considered a priority by many professionals. There are wide discrepancies in interpretation of the process. Limited space, professional barrier and varying practices across the globe hinders the practice

Challenges to STS in cesarean delivery are transient tachypnea, thermal Regulation of both mother and the new born, sterility issues, maternal and infant safety issues, resuscitation requirements, physical space at the head end of the mother. Hands on training, regular e-mails and flyers, one-on-one discussions regarding individual concerns and Interdisciplinary team approach will help overcome barriers.

PREVENTION OF SURGICAL SITE INFECTIONS

Dr. Prabhjot Saini

Professor, CON, DMCH, Ludhiana



Surgical site infections are frequent cause of morbidity following surgical procedures. The human and financial costs of treating surgical site infections (SSIs) are increasing. The number of surgical procedures performed continues to rise, and surgical patients are initially seen with increasingly complex comorbidities. It is estimated that approximately half of SSIs are deemed preventable using evidence-based strategies.

The risk of developing a Surgical site infection is associated with a number of factors, including aspects of the operative procedure itself, such as wound classification, and patient-related variables, such as pre-existing medical conditions. Both non-pharmacological measures and anti-microbial prophylaxis for selected procedures are used to prevent development of these infections. Compliance with these generally accepted prevented principles may lead to overall decreases in the incidence of these infections.

As per WHO guidelines for prevention of SSI, Before surgery, patients should shower or bathe (full body) with soap (antimicrobial or nonantimicrobial) or an antiseptic agent on at least the night before the operative day. Antimicrobial prophylaxis should be administered only when indicated based on published clinical practice guidelines and timed such that a bactericidal concentration of the agents is established in the serum and tissues when the incision is made. In cesarean section procedures, antimicrobial prophylaxis should be administered before skin incision. Skin preparation in the operating room should be performed using an alcohol-based agent unless contraindicated. For clean and clean-contaminated procedures, additional prophylactic antimicrobial agent doses should not be administered after the surgical incision is closed in the operating room, even in the presence of a drain. Topical antimicrobial agents should not be applied to the surgical incision. During surgery, glycemic control should be implemented using blood glucose target levels less than 200 mg/dL, and normothermia should be maintained in all patients. Increased fraction of inspired oxygen should be administered during surgery and after extubation in the immediate postoperative period for patients with normal pulmonary function undergoing general anesthesia with endotracheal intubation. Transfusion of blood products should not be withheld from surgical patients as a means to prevent SSI. This guideline is intended to provide new and updated evidence-based recommendations for the prevention of SSI and should be incorporated into comprehensive surgical quality improvement programs to improve patient safety.

INVENTORY MANAGEMENT IN OPERATION ROOM COMPLEX

Lt Col Ajita Datta Chaudhuri

Associate Professor
College of Nursing
Army Hospital (R&R)
Delhi Cantt



Operation room is that specialized department of the hospital designed to care for patients during preoperative, intraoperative and postoperative phase. This unit need to self sufficient for successful conduct of surgeries and to prevent any emergencies. Adequate inventory management is the cornerstone of successful surgery and improved patient outcome. Operation room inventory are classified in to expendable and non-expendable inventory which ranges from sterile consumables , anaesthetic and other drugs to costly sophisticated electromedical equipments. Major activities of inventory management are planning for the demand of inventory, procurement, inspection, storage, issuing and regular maintenance and monitoring. There are multiple challenges in managing operation room inventory which includes diversity of procedures, physician preferences, duplication of supplies and lack of automation in inventory management. Nurses working in operation room are in a unique position to manage the inventory by overcoming the challenges. Nurses being the link between surgeons and vendors paly important part in procuring right material at right amount to improve the patient outcome and reduce the cost of healthcare.



**Oral
Presentation**



EFFECTIVENESS OF REPRODUCTIVE AND SEX HEALTH EDUCATION MODULE (RASHE) IN TERMS OF KNOWLEDGE AND ATTITUDE REGARDING ADOLESCENT REPRODUCTIVE AND SEX HEALTH AMONG TEACHERS

Aakansha Snakhyan¹, Poonam Sheoran², Simarjeet Kaur³

¹M.sc Nursing Student, ²Professor & HOD, ³Asst. Professor,
Obstetrical and Gynaecology Nursing Department, M M College of Nursing, Mullana, Ambala.

Abstract: Good sexual and reproductive health is the state of complete physical, social and mental well-being in regards to the complete reproductive system and sexuality. Sex education is defined as –A lifelong process of building a strong foundation for sexual health through acquiring information and forming attitudes, beliefs and values about identity, relationship and intimacy. (Sex Information and Education Council).

Aims and objectives: The aim of the study was to evaluate the effectiveness of reproductive and sex health education module (RASHE) in terms of knowledge and attitude regarding adolescent reproductive and sex health among teachers.

Materials and methods: A quasi experimental non-equivalent control group pre-test post-test design was adopted in quantitative approach. A total of 70 school teachers were selected by convenience sampling technique and randomly allocated to experimental group (n=30) and comparison group (n=30) group. Data was collected through structured knowledge questionnaire (KR 20- 0.67) and attitude scale (five point likert scale) (Cronbach Alpha- 0.7). Intervention was provided to experimental group by group discussion method along with self evaluatory exercises like statement sheets, picture sorting, case studies, role plays, fill in the blanks, picture identification and short answer questions.

Results: The mean post-test knowledge score of experimental group was higher (31.20) than the mean post test score of comparison group (25.70) which was found to be statistically significant ($t= 06.26, p = 0.00^{**}$) at the 0.05 level of significance. The mean post-test attitude score of the experimental group was higher (110.3) than the mean post-test attitude score of comparison group (94.09), which was found to be statistically significant ($t= 8.43, p = 0.00^{**}$) at the 0.05 level of significance. No significant association was found among knowledge scores and attitude scores regarding reproductive and sex health education among teachers with selected variables. Conclusion: Based on the findings of the study it can be concluded that reproductive and sex health education module was significantly effective in enhancing the knowledge and improving the attitude among teachers regarding reproductive and sex health education.

Key words: Effectiveness, RASHE, Knowledge, Attitude, Adolescents, Teachers.

A RANDOMIZED CONTROL TRIAL TO ASSESS THE EFFECTIVENESS OF FOOT REFLEXOLOGY IN TERMS OF LABOUR PAIN INTENSITY AND LABOUR OUTCOMES AMONG NULLIPAROUS MOTHERS IN SELECTED HOSPITAL.

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Abstract: Conception is a blessed event. The experience of labour is complex and subjective. Labour pain is ranked high on the pain rating scale when compared to other painful life experiences.

Aim of the study: To assess the effectiveness of foot reflexology on the labour pain intensity and labour outcomes among the nulliparous mothers admitted in selected Hospitals of Ambala, City Haryana.

Method and material: Randomized Controlled Trial basic pretest posttest design was used for the study. Total 85 nulliparous mothers were enrolled in study and participants were randomly assigned into two groups i.e 42 in experimental and 43 control group. Interview and observation technique was used to collect the data. Tool used for data collection are NPIS, partograph, record sheet, maternal and fetal outcome Performa and mother satisfaction scale. Intervention: After taking the base line information, the labour pain intensity, fetal heart rate, frequency and duration of uterine contractions were assessed before and immediately after intervention. Total three times foot reflexology was given at one hour interval on specific regions of feet to the nulliparous mother during active stage of labour with 4-5 cm cervical dilatation in experimental group for 20 minutes whereas in control group same assessment was done without intervention.

Result: The findings of the study showed that the immediately after intervention the mean labour pain intensity score in experimental group was (3.45,5.19,7.12) compare to the mean labour pain intensity score immediately after routine ward care in control group was(5.21,7.72,9.79) with the mean difference of (1.76,2.53,2.67) which was higher than the experimental group and found to be statistically significant as computed "t value was (7.47,5.11.01,16.62) at 0.05 level of significance. There was significant reduction was found in labour pain intensity score in experimental group after 1st, 2nd and 3rd time intervention compare to the control group. There was no significant difference was to be found in fetal heart rate, and labour and fetal outcomes in experimental and control group.

Conclusion: So the study concluded that foot reflexology was effective to reduce the labour pain intensity and mothers were moderately satisfied with intervention.

Key words: Nulliparous mother, Effectiveness, Labour pain, Labour outcomes, Fetal outcomes, Labour pain, Foot reflexology.

A Randomized Control Trial to Assess the Effectiveness of Warm Compression (Moist Heat) on Lumbosacral Region In Terms of Labour Pain Intensity and Labour Outcomes Among Nulliparous Mothers in Selected Hospital.

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Childbirth is a unique, exciting and often joyous time in a women's life as giving birth is powerful and vital event but it is not always a joyous event.

Aim of the study: To assess and evaluate the effectiveness of warm compression (moist heat) on lumbo-sacral region in terms of labour pain intensity and labour outcomes among nulliparous mothers.

Methods: Randomized Controlled Trial was conducted from October to November 2018 at Civil Hospital Ambala Cantt, Haryana on 88 nulliparous mothers who were in first stage of labour. The sample was selected by Random sampling technique. The tool used for data collection was numeric pain intensity scale for pain assessment, partograph, Record sheet, maternal and fetal outcome Performa for labour and fetal outcomes and mother's satisfaction rating scale to assess the satisfaction regarding warm compression. Reliability for the tool was established and it was found to be within acceptable range.

Intervention: Administrative approval was taken and after taking consent labour pain intensity score, fetal heart rate, frequency and duration of uterine contractions were assessed before, immediately and after 30 minutes of intervention. Total three times warm compression were given on lumbo sacral region with hydrocollator pack at 70°C temperature in experimental group for 20 minutes each with one hour interval.

Results: Study findings revealed that immediately after intervention mean labour pain intensity score was 3.20, 4.45, 6.18 in experimental and in control group was, 4.50, 6.50, 8.52 which was higher than the experimental group. The obtained difference was found to be statistically significant with t value 4.53, 8.05, 10.10 at 0.05 level of significance. Mean labour pain intensity was also less after 30 minutes of intervention in experimental group as compared to control group. But there is no significant difference found in FHR, labour outcomes and fetal outcomes.

Conclusion: Study concluded that warm compression was effective in reducing the labour pain intensity score in first stage of labour among nulliparous mothers.

Key word: Effectiveness, warm compression, lumbo-sacral region, labour pain intensity labour outcomes, nulliparous mothers.

ASSESSMENT OF KNOWLEDGE AND PRACTICES OF PRIMI POSTNATAL MOTHERS REGARDING BREAST FEEDING: A DESCRIPTIVE STUDY

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Abstract: Children are a gift to us from God. Breast feeding SAVES LIVE by providing a complete nutritional & preventive health package for infants and young children. 16% of neonatal deaths could be saved if all infants were breastfed from day 1 and 22% if breastfeeding started within the first hour. In India only 20% women are able to practice exclusive breastfeeding for six months.

Objectives: To assess the knowledge and practices of mothers regarding breast feeding. To find out the association between knowledge and practices of mothers with selected demographic variables. To find out the correlation between knowledge & practice.

Methodology: A non-experimental research approach was adopted. The target population was primi postnatal mothers. The sample size was 100. A non-probability purposive sampling technique was used. Descriptive and inferential statistics was used to analyse the data.

Results and Conclusion: The overall mean percentage of knowledge score was 64.29% with the standard deviation of 4.814 and the mean percentage of practice score was 73.54 with the standard deviation of 2.026. These findings showed that mothers have moderate knowledge and moderate practice of breastfeeding. Significant association was found between knowledge and practices of mother regarding breastfeeding with selected demographic variables. Pearson's correlation value 0.718 indicates the high positive correlation between the knowledge and practice of primi postnatal mothers regarding breast feeding. The study concludes that mothers are having moderate knowledge and moderate practices of breastfeeding. So there is a need to impart the knowledge and provide proper guidance on practice of breastfeeding to prevent infant morbidity.

CONSTIPATION, ITS ASSOCIATED FACTORS AND IMPACT ON CLINICAL OUTCOMES AMONG CRITICALLY-ILL PATIENTS

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Abstract: Defecation and gastrointestinal motility functions are important in critically-ill patients as they affect the quality of life. However scant attention has been given to abnormal bowel pattern in critically-ill patients. Some studies report incidence of constipation in ICU ranges from 20%-83%. Sometimes while treating diarrhoea it can give rise to constipation and vice-versa.

Aim: To determine the constipation, its associated factors and impact on clinical outcomes among critically-ill patients.

Methodology: A prospective cohort study was conducted on 50 critically-ill patients who stayed for ≥ 3 days in ICUs of DMCH Ludhiana by total enumerative sampling. Socio demographic profile, clinical profile, constipation assessment by daily record sheet and Bristol stool scale (1997), daily record sheet for vital assessment and SAPS II (1993) tool was used. Data was collected by self-report, observation method and records & reports.

Results: 50 patients were followed up for 324 observations. Inadequate bowel pattern was recorded in 62% out of which 9.6 % had diarrhoea and 90.3% had constipation. From total 324 observations there was no bowel action during 172 (53.1%) observations. There was significant association of late enteral nutrition ($p=0.001$) and comorbidity (hypertension) ($p=0.02$) and M.A.P >100 mmHg ($p=0.02$) with constipation. Patients undergone operative procedure have 1.47 times relative risk of having constipation as compared to patients who have not undergone operative procedure (95% CI 0.99-2.18, $p=0.01$). Constipation increased the risk of intubation for >6 days (RR= 2, $p=0.02$).

Conclusion: Critically-ill patients frequently have inadequate bowel pattern with constipation as the most common problem. Therefore, it's recommended that early detection and treatment of constipation can reduce the stay in ICU.

Key words: Constipation, critically-ill patients, factors, outcomes, ICU.

ROLE OF IMMEDIATE POST OPERATIVE CARE TO IMPROVE RECOVERY IN PEDIATRIC POPULATION; CHALLENGES AND REMEDIES

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Abstract: To Date, postoperative quality of recovery lacks a universally accepted definition and assessment technique. Pediatric post-operative care is a very challenging area. A child is not a mini adult & as such comprehensive post-operative care of child requires a provision of care tailored to the needs of the individual child. Major challenges faced: Post-operative pain assessment, Maintaining optimal temperature and Sepsis.

Aim: The aim of presenting this paper is to accentuate the part of post-operative care, the challenges faced for pediatric population & what all we do, can do & should do to face those challenges & in turn how it can "make or mar" the recovery of a child post-surgery.

Method: 100 nurses of a tertiary care hospital which includes nurses working in theatre, pediatric surgical ICU and ward were asked to complete a confidential questionnaire. It was to assess their knowledge and attitudes towards caring for children immediately after operation, the challenges they faced during the care and remedies they provide.

Results: The physiological, psychological and social differences between children and adults necessitate a tailored approach to postoperative care.

Assessment of pain and treating sepsis remained a challenge at every step of care. The need was felt for having specific pain assessment tools and a structured protocol to treat sepsis.

Conclusion: Post-operative comprehensive meticulous nursing care is one of the indispensable components of pediatric surgery. Access to structured teaching programs focusing on pain management, sepsis, hypothermia, fluid management, nutrition and providing holistic care is the NEED OF AN HOUR. A successful surgery calls for a speedy recovery which in turn depends on the customs tailored to face these challenges.

STUDY TO ASSESS THE KNOWLEDGE REGARDING NEONATAL CARE AMONG POSTNATAL MOTHERS ADMITTED AT SUB DIVISIONAL HOSPITAL DANAPUR, PATNA BIHAR

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Abstract: The birth of a baby is one of the life's most wonder moments. New-borns are more prone for infections because of several physiological & pathological changes occur after child birth. Essential care of the normal healthy neonates can be best provided by mothers under supervision of nursing personnel or basic health care provided. About 80% of the new-born babies should be kept with their mother rather than in separate nursery or other family members which helps for physical, emotional and neurological growth for the new-born.

Objectives: The main objective of the study was to assess the knowledge of postnatal mother regarding neonatal care and to assess the relationship between socio-demographic data and to determine the knowledge of postnatal mothers regarding neonatal care.

Materials and methods: Descriptive design was adopted. The study was conducted at SDH Danapur, Patna. Convenient sampling technique was used to select the samples and 100 sample participated the tool designed to collect the data were socio demographic Performa and structured questionnaire. The method used to collect data was structured questionnaire.

Results: Collected data was analysed by using descriptive and inferential statistics. Findings of the study shows that 50% of postnatal mothers having very poor knowledge, 18% were having poor knowledge, 28% having average knowledge, 4% having very good knowledge and 0% having excellent knowledge regarding neonatal care. There was a significant association between knowledge of postnatal mothers and demographic variable such as education of mother, number of children and religion.

Conclusion: Although poor awareness of neonatal care was seen in the majority of the mothers, cultural beliefs and traditional care practices need to change among postnatal mother's. Special educational programs and involvement of electronic media are needed to increase the awareness of mothers regarding neonatal care. The responsibility of the nurses is to give health education to a mother from antenatal period helps to improve quality care and to reduce neonatal mortality rate.

Key words: Neonatal care, postnatal mothers, SDH (Sub divisional hospital).

EFFECT OF INCENTIVE SPIROMETRY ON RECOVERY OF POST-OPERATIVE PATIENTS: PRE EXPERIMENTAL STUDY

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Abstract: Introduction and Objectives: Post-operative care is management of patients after any surgery. The main goal of post-operative care is to prevent complications i.e. atelectasis and infection. The other objective is early healing of the surgical incision and return of patient to a state of health. About 17% to 88% of people in postoperative duration will have decreased lung volumes. This decreased lung volume problem can be solved with use of incentive spirometry in postoperative period on Day 1. Incentive spirometer is perioperative respiratory therapy given to postoperative patients to improve lung volume of patients and hasten recovery of patients also. The main aim of study was to identify effect of Incentive spirometry on postoperative patient's recovery.

Methodology: It was pre-experimental study with pretest- posttest design only, which was done on post-operative patients at All India Institute of Medical Sciences (AIIMS), Rishikesh.

Results: Majority (52%) of participants were 41 to 50 years age group. Male and female ratio for participants were 46:54. Paired 't' test p value i.e. 0.00* with CI [0.72, 1.03] showed that on Pretest and Day 3 Performance level on incentive spirometry of participants showed a significant value, which indicate that spirometer enhance recovery of post-operative patients by increasing their lung volumes.

Discussion: This study revealed that incentive spirometry is effective in improving of pulmonary function among post-operative patients, which further improves blood circulation and hasten early recovery of surgical wound. This spirometry should be integral part of Post-operative care. All nurses who are involved in Postoperative units should encourage patients to do it on regular basis and document it as a vital sign. Good compliance to incentive spirometry can improve better outcome of patient's.

Key words: Effectiveness, Incentive spirometry, Postoperative Patients, Postoperative Recovery.

VIOLENCE IN HEALTH CARE SETTING- LEGAL ASPECTS

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Abstract: Acts of violence causing injury or damage to life of health care service personnel and damage to the property of Hospitals and clinics are on the increase. A doctor was lynched by a mob at tea estate as he was not present when patient died. The Union Health Ministry has prepared a legislation called **“The Health Services Personnel and Clinical Establishments (Prohibitions of violence and damage to property) Bill 2019**. Under the Bill there is provision to put a person behind bars with a maximum of 10 years jail and fine upto 10 lakhs for assaulting health care personnel. Health care professionals include doctors and paramedical staffs and also medical students, diagnostic service providers in health care facility and ambulance drivers. There are provisions to award compensation which could be twice the market value of a property damaged.

PULMONARY STATUS OF PETROL PUMP WORKERS

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Abstract: Petrol pump workers are high risk groups for developing respiratory diseases due to air pollution from vehicles and exposed to petrol / diesel vapors. Petrol pump workers come in contact with chemicals through inhalation, ingestion, dermal contacts. A descriptive study was conducted to assess the pulmonary status of petrol pump workers at selected petrol pumps at Aurangabad. Descriptive research design was used to conduct the study. Simple random sampling technique was used to select 104 petrol pump workers from 10 petrol pumps who fulfill the criteria. The computerized spirometry was used to assess pulmonary status. Results indicates that, majority 60(58%) petrol pump workers had healthy BMI, 41(40%) had 5-10 years of work experience, 99(95%) had 8 hours/day working time and 90 (87%) were never used mask during work period. Pulmonary status assessment indicates that majority 50(48%) petrol pump workers were having healthy pulmonary status followed by mild 30(29%), moderate 17(16%), severe 7(7%). There was a significant association found between pulmonary status of petrol pump workers with use of mask during work period. The study findings conclude that there is adverse effect of petrol/diesel fumes on pulmonary functions. In order to prevent pulmonary function changes in the petrol pump workers researchers recommend that, there is need of use of mask during work period, regular medical check-ups including pulmonary function test.

A STUDY TO ASSESS BURDEN AND COPING STRATEGIES AMONG CAREGIVERS OF THALESSEMIC CHILDREN WITH A VIEW TO PREPARE THALASSEMIA SELF-CARE MODULE FOR CAREGIVERS ATTENDING THALASSEMIA DAY CARE CENTRE OF SELECTED HOSPITAL, JODHPUR

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Abstract: Thalassemia is a blood disorder characterized by the reduction or absence in the synthesis of the globin chains of hemoglobin. Nearly 10% of children suffering from Thalassaemia are being registered as new cases every year in Rajasthan. Caregivers lack in knowledge and awareness about thalassemia management and also suffer from different burden which in turn leads to poor outcomes on the level of health of child and caregiver.

Objectives: 1. To assess burden and coping strategies of caregivers regarding thalassemia, 2. To determine the association of burden level with selected personal variables, 3. To find the correlation between coping strategies and burden score, 4. To prepare a thalassemia self-care module for caregivers of thalessemic children.

Method: Study was conducted at Umaid hospital, Jodhpur, Rajasthan. Data were collected by structured and self-structured tool from 150 caregivers selected by Purposive sampling technique.

Result: 80% of caregivers were having moderate level of burden and use of adaptive coping strategies was more evident as compare to maladaptive strategies. Burden levels had significant association with Monthly family income and Place of living. There was a Moderate positive correlation between the burden score and venting coping strategy.

Conclusion: Continuous care of children put caregivers under moderate level of burden. There is great need to plan, implement health awareness program for these caregivers.

Key words: Thalassemia, caregivers, knowledge burden, coping strategies.

A STUDY TO ASSESS THE KNOWLEDGE ON BREAST SELF EXAMINATION AMONG WOMEN ATTENDING THE GYNAE OPD OF AIIMS PATNA WITH VIEW TO DEVELOP AN EDUCATIONAL PAMPHLET ON BREAST SELF EXAMINATION

Krishnaveni. R

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Abstract: Background of the study: "PREVENTION IS BETTER THAN CURE" Good breast health is one of the most important things a woman could have. It is the feministic characteristics of females. "No women want to hear the words..." "You have got Breast Problems." According to Simsek S 2002, it was stated that 90% of the time breast problem is first noticed by person herself. Due to presence of such type of background, this study was designated to determine the knowledge regarding breast self-examination among women.

Aim: The main objective of the study was to determine the level of knowledge on breast self-examination among women.

Materials and methods: A quantitative, descriptive research design was used to assess the knowledge regarding breast self-examination among women. Non-probability sampling technique (purposive) was used. The data was collected by using structured interview questionnaire.

Results: The finding revealed that the majority of women (62%) had very poor knowledge, (8%) of women had poor knowledge, (15%) had fair knowledge, (9%) had good knowledge, and (6%) had very good knowledge regarding breast self-examination.

Conclusion: "BE BRISK, TO AVOID RISK OF BREAST CANCER" Women who regularly practice the breast self-examination are more likely to detect breast cancer in an early stage. It is inexpensive and safe and done by all if they were adequately motivated and trained. BSE gives you the tool that can improve your breast health, but it is up to you to use them.

Key words: Knowledge, breast self-examination, women.

PERCEPTION OF NURSING OFFICERS ON EVIDENCE BASED NURSING PRACTICE

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Topic: A study to assess the perception of Nursing Officers regarding Evidence Based Nursing Practice. The purpose of this study was to assess the perception of Nursing Officers on Evidence Based Nursing Practice. Nurses are pillars of health care system. Effective use of Evidence Based Nursing Practice will improve standards of care.

Objectives: The objective of this study was to assess the perception of Nursing Officers regarding Evidence Based Nursing Practice.

Method: A descriptive study was done on Nursing Officers in different hospitals by administering structured questionnaire. Hundred samples were selected by using convenience sampling. The duration of the study was from Oct- Dec 2019.

Results: In this study 16 item survey include specific questions about Evidence Based Nursing Practice. Study shows that 28% of Nursing Officers have very high perception, 33% have high perception, 34% have average and 5% have low perception on Evidence based Nursing Practice. The mean score of perception was 9.88+ (3.41).

Conclusion: This study shows that 28% of Nursing Officers have very high perception regarding Evidence Based Nursing Practice.

A QUALITY INITIATIVE PROJECT TO IMPROVE HAND HYGIENE PRACTICES AMONG STAFF NURSES FROM 20% TO 80% WITHIN 3 MONTHS IN FEMALE ORTHOPAEDIC WARD IN MMIMS&R HOSPITAL MULLANA, AMBALA, HARYANA

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Abstract: Hand hygiene is the basic component that individually reduces the most of the rates of infection in health care agency. Globally >3.5 million children younger than 5 years in developing countries, die from diarrhea. Most health care associated infections can be transmitted from patient to patient via the hands of health care workers. Health care worker hands are the most usual type of vehicle for the transmission of health care associated infection.

Aim: The aim of study was to improve hand hygiene practices among staff nurses from 20% to 80%.

Method: Our study contributes as a quality initiative to improve hand hygiene practices among staff nurses with the application of the standardized tools i.e. observation checklist for the steps of hand washing given by the WHO and observation checklist for five moments of hand hygiene which also recommended by WHO as a standardized tool. Number of observation is done during the working hours to collect the data. Our study has been taken place four different PDSA cycle at different timings.

Result: The aim of this study is markedly achieved by accomplishing the PDSA cycles 4 by analyzing root cause of the problem. The results after PDSA cycle 4 of steps of the hand washing improved from 44.8% to 87.52% and the five moments of hand hygiene improved from 21% to 83.56%.

Keywords: Practices, Hand hygiene

A QUALITY IMPROVEMENT INITIATIVE IN NICU IMPROVING PRACTICE REGARDING PLACEMENT OF RADIANT WARMER TEMPERATURE PROBE.

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Abstract: The neonatal intensive care unit (NICU) nurse who become a NICU mother when tiny infant cannot yet survive on its own and needs special care and protection in order to grow and develop. The challenge become more difficult when a baby is born premature. These preemies have a higher chance of having medical problems, more prone to get infection and they need special care in hospital often for weeks after their birth.

Aim: To increase the practices regarding placement of radiant warmer temperature probe from 45% to 80 %.

Methods: The project was a Quality Improvement Initiative in NICU Improving Practice Regarding Placement of Warmer Temperature Probe of Staff Nurse with the application of observation checklist. The steps of checklist were taken from WHO guidelines regarding procedure of radiant warmer. The study has been gone through four PDSA cycle at different timing with continuous observation during the working hours.

Result: Analysis and interpretation of data have been recorded and presented by using quality improvement methods. We identified problems related improper handling of skin probe and radiant warmer. We used the Plan –Do- Study-Act cycles to test and adapt solutions to these problems. We initiated a training project to improve the practice regarding proper radiant warmer skin probe placement. Within 3 months of starting our quality improvement project, the proportion of staff nurses who followed the steps increased from 46% to 86%.

Keywords: Practice, radiant warmer & skin probe.

IMPROVING FIRST HOUR BREASTFEEDING INITIATION RATE AMONG HEALTHY NEWBORNS: A QUALITY IMPROVEMENT INITIATIVE.

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Background: No matter where a newborn takes his or her first breath, the desire to give that baby the best start in life is universal. The gift of health can be given to baby through proper and adequate breastfeeding. Globally, only two out of five newborns are put to the breast within the first hour of life. Therefore, initiating breastfeeding within one hour of delivery is an evidence-based high-impact intervention for improving neonatal survival.

Aim: To improve first hour breastfeeding initiation rate from existing 12% to 80% over 3 months through a Quality improvement process. Design: Quality improvement study. Setting: Labor Room, postnatal wards, obstetric ward and PNICU. Participants: Postnatal mother present at the time of data collection with Stable newborns ≥ 35 weeks of gestation born by normal vaginal delivery and cesarean section.

Procedure: A team of nurses, obstetricians analyzed possible reasons for delayed initiation of breastfeeding by Process flow mapping and Fish bone analysis. Various change ideas were tested through sequential Plan-Do-Study-Act (PDSA) cycles. Outcome measure: Proportion of eligible babies' breast fed within 1 hour of delivery.

Results: The rate of first-hour initiation of breastfeeding increased from 12% to 80% over the study period. The result was sustained even after the last PDSA cycle, without any additional resources.

Conclusions: A QI approach was able to accomplish sustained improvement in first-hour breastfeeding rates in normal vaginal delivery and cesarean deliveries.

Key words: Plan-do-study-act cycle, Neonatal survival, breast feeding, normal vaginal delivery.

A QUALITY IMPROVEMENT PROJECT TO IMPROVE THE PRACTICES OF STAFF NURSES REGARDING PREVENTION OF CATHETER ASSOCIATED URINARY TRACT INFECTION (CAUTI)

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Abstract: Urinary tract infections are the most common type of Health care associated infections (HCAs), and account for almost 40% of them.^{1,2} An estimate of annual incidence of HCAs and mortality in 2002, based on a broad survey of US hospitals, found that urinary tract infections made up the highest number of infections (>560,000) compared to other HCAs, and attributable deaths from UTI were estimated to be over 13,000 (mortality rate 2.3%).³ Research has shown that just reminding physicians to remove unnecessary urinary catheter can significantly reduce the duration of urinary catheterization and the catheter associated urinary tract infection (CAUTI) rate in a hospital.

Aim: To improving the practices of staff nurse regarding catheter associated urinary tract infection. From 45% to 90% by 3 months as per NABH guidelines.

Methods: plan: Improving compliance rate of CAUTI AMONG staff nurses by following checklist, DO Sensitization of nurses about correct catheter care steps.

Study: Analyzing result of each step followed per week,

ACT: Sensitization of the nurses about correct procedure of catheter care through teachings.

Conclusion: The quality improvement project significantly improved the compliance rate of CAUTI teaching among staff nurses. The overall percentage of practice to catheter care was increased from baseline (45%) to PDSA 3(92%).

Keywords: Practice, Prevention, CAUTI.

EFFICACY OF TRANSPARENT DRESSING VS. PRESSURE DRESSING FOR PREVENTION OF PAIN, DISCOMFORT AND BLEEDING IN PATIENTS UNDERWENT CARDIAC CATHETERIZATION: A SYSTEMATIC REVIEW AND META-ANALYSIS OF RCTs

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Abstract: Background & Aim: There are still ongoing conventional practices of pressure dressing after cardiac catheterization which causes pain and discomfort to patients. We conducted this systematic review and meta-analysis to explore the effectiveness and safety of transparent dressing.

Search Strategy: We performed a systematic search in nine different databases including PubMed Medline, EMBASE, CINAHL, Cochrane Library, ERMED Journals, Clinical trials database, DELNET, Google Scholar and Discovery Search. The review explored studies published between 2000-2019 in English language with all identified index terms and keywords.

Evaluation Methods: Only randomized controlled trials including adult patients with femoral/groin dressing after cardiac catheterization was included. Incidence of pain, bleeding and discomfort was considered as an outcome. Data extraction, critical appraisal, assessment of risk bias were done by two independent authors. Quality of included studies was examined by JBI critical appraisal checklist. Mantel-Haenszel (MH) and odds ratio for dichotomous variables was calculated by Review Manager 5.2 software.

Results: Out of 821 identified studies, only 05 studies comprising 664 patients fulfilled the inclusion criteria and met the quality assessment. Incidence of discomfort (25/333) were significantly less in transparent dressing group as compared to pressure dressing group (149/331); odds ratio 0.10, 95% confidence interval [CI] 0.06-0.15; I² = 0%, P= 0.00). Four studies reported significantly lower number of pain cases in Transparent dressing (17/203) as compared to pressure dressing (57/201); odds ratio 0.13, 95% confidence interval [CI] 0.03-0.59; I² = 47%, P= 0.01). However, incidence of bleeding did not reveal any significant difference between two groups.

Conclusion: Transparent dressing is a better option in patients with femoral/groin dressing after cardiac catheterization as it is more effective in prevention of pain and discomfort.

Key words: Transparent dressing, pressure dressing, cardiac catheterization, systematic review

EXPERIENCES OF NURSES CARING CRITICALLY ILL PATIENTS ADMITTED IN THE ICUS OF AIIMS, JODHPUR

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Abstract: Nurses are internationally recognized to be largest group of registered and regulated practitioner in the health workforce of any country. In low income countries, most of the hospitals are not having ICU. There is an increase in number of critically ill patients seeking optimal care and this rapidly increases the demand for the critical care nurses at the end of life. Due to lack of adequate staffing in India, prevalence of stress is high among the nurses working in critical care unit. So, it is imperative to understand nursing care under these deficiencies.

Methodology: A phenomenological study was conducted to explore the lived experiences of nurses. Purposive sampling was used to recruit 14 nurses from AICU and PICU who met the inclusion criteria. Face-to-face, audio recorded interview was conducted for data collection. Interviews were transcribed and analyzed using Colaizzi's framework. Level of trustworthiness was established by using the criteria of Lincoln and Guba.

Result: 4 themes and 12 subthemes were extracted from the study: commitment to care, ICU nurse and the family members, Challenges for ICU nurses and coping mechanisms.

Discussion: Nurses faced various challenges while caring the critically ill patients. Need for education and support system was a major finding of this study. Debriefing sessions, discussion with the colleagues, availability of a counselor at the workplace can be helpful for the nurses to provide quality care to the patient.

Keywords: Experience; Critically ill patients; ICU nurses; Death and dying.

TOBACCO ADDICTION: EXPLORING PERCEPTION OF TOBACCO USERS AT SELECTED AREA OF JODHPUR

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Abstract: Tobacco chewing is a major health problem throughout the world. According to NFHS-III, in India, 55.8% male, 10.8% female in the age group of 12 to-60 years have been found to be consuming tobacco. Tobacco users tend to underestimate their own personal risk of becoming addicted or suffering health effects from tobacco in comparison to others. These inaccurate risk perceptions can inhibit quitting.

Objective: To explore perception of tobacco users regarding tobacco addiction. Method: This qualitative study was conducted among tobacco users residing at Pratap Nagar, Jodhpur, Rajasthan. Study participants were recruited through purposive sampling technique. Face-to-face interview and audio recorded interview were conducted. Total of 12 interviews were included in the data analysis. Interviews were transcribed and analysed using Colaizzi's framework. Level of trustworthiness was established by using the criteria of Lincoln and Guba.

Results: 04 major themes and 18 subthemes were extracted i.e. reason and source for initiation of tobacco addiction, reason for continuous use of tobacco, barriers in tobacco cessation and motivators for tobacco cessation. Influence of colleagues and curiosity to taste tobacco were identified as main factors to start tobacco chewing whereas health concern and unnecessary financial burden were the main motivators for taking successful quitting attempt.

Conclusion: Tobacco addiction is a grave public health problem. Physiological problems were perceived as main barrier whereas concern for health was the main facilitator for tobacco quitting. There is strong need to clarify misconceptions regarding tobacco use and its benefits by planning and implementing effective tailored tobacco quitting awareness programs at an individual and mass level.

Key words: Tobacco users, perception, Tobacco addiction

A CASE STUDY TO ANALYSE THE ROLE OF NURSES IN MICROSURGERY PERFORMED AT ALL INDIA INSTITUTE OF MEDICAL SCIENCES, RAIPUR

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Abstract: Microsurgery is an intricate surgical technique involving the usage of microinstruments and fine sutures aided by sophisticated microscope. In plastic surgery, microsurgery is used to repair small damaged vessels and nerves or reconstructive surgeries involving variety of flaps.

Need of case study: Microsurgery is becoming evident in all the subspecialities of surgery and emerging as a irrefutable component demanding expanding responsibilities from the field of nursing. However, this scientific area needs further studies and researches. This virgin field of the case study will explore new dimension in clinical nursing practice.

Case Methodology: A 68 year old woman consulted her doctor because of changes in the size of the mole at the plantar aspect of foot accompanied by excruciating pain and tenderness. A series of investigations were performed which included a complete blood count, renal and liver function tests, punch biopsy and CT scans following which a surgery of melanoma excision and reconstruction using an anterolateral thigh flap was performed where the role of nurse was found significant.

Discussion: Intraoperative nursing plays a pivotal role in microsurgeries which include setting up of the operating rooms, care of microvascular instruments and clamps with special emphasis on disinfection and sterilization leading to patient safety.

Key words: microsurgery, melanoma, intraoperative nursing

EFFECT OF 90 VERSUS 60 MINUTES OF EARLY SKIN-TO-SKIN CONTACT ON EXCLUSIVE BREASTFEEDING RATE IN HEALTHY INFANTS \geq 35WEEK: AN OPEN-LABEL RCT

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Abstract: Early skin-to-skin contact (SSC) refers to keeping naked newborn prone on the mother's bare chest immediately after birth. Presently, it is a standard of care that early skin to skin contact should be continued for at least 60 minutes after birth. With this view the current study was carried out to evaluate effect of early skin to skin contact on exclusive breastfeeding at 60/12 hours, 6, 10 and 14 weeks. A randomized control trial was conducted on a sample of 198 mother- infant dyad. Infants \geq 35 weeks of gestation were randomized at birth to either intervention group (Skin to skin contact for ninety minutes) or control group (skin to skin contact for sixty minutes). Data collected at Labor room, AIIMS Jodhpur. Exclusive breastfeeding was assessed by self-structured exclusive breastfeeding assessment tool at 60/12 hours of age, 6, 10 and 14 weeks. Personal variables were comparable between intervention and control group. Newborns in intervention group were 1.44 times more likely to be exclusively breastfed than those in the control group at 60±12 hours [Relative risk (RR):1.44, 95% Confidence interval (CI): 1.15-5.1.79]. Newborns in intervention group were 1.39 times, 1.36 times and 1.38 times more likely to be exclusively breastfed than those in the control group at 6, 10 and 14 weeks [RR: 1.39 [1.11 -1.74]; 1.36 [1.08-1.071] and 1.38 [1.08-1.75] respectively. Increased duration of skin to skin contact was found to have dose-response relationship with Exclusive breastfeeding at 60/12 hours of age, 6, 10 and 14 weeks.

Key words: Skin to skin contact, Breastfeeding Behavior, Exclusive breastfeeding

CORRELATION OF AHLBACK GRADING AND OXFORD KNEE SCORE IN PATIENTS WITH MODERATE TO SEVERE OSTEOARTHRITIS OF THE KNEE AT ALL INDIA INSTITUTE OF MEDICAL SCIENCES, JODHPUR, RAJASTHAN

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ABSTRACT: Introduction: Knee Osteoarthritis (OA) is most common rheumatological disorder that causes functional limitation and disability. In India, around 80% of populations have Osteoarthritis among the patients who complained for knee pain. Most common problem in Knee Osteoarthritis are joint pain and stiffness that leads to decreased quality of life. It have serious economic burden on any country due to effect of disability and treatment.

Aim: Correlation of Ahlback grading and Oxford Knee Score in patients with Moderate to Severe Osteoarthritis of the Knee.

Methodology: A correlational study was conducted on a sample of 100 Moderate to Severe Knee Osteoarthritis patients. Data was collected at orthopedics OPD, AIIMS Jodhpur for a period of 3 months by purposive sampling.

Results: On evaluation, mean age of the participants was 60.19 ± 1.015 . Out of 100 patients 42 patients had Bilateral Knee Osteoarthritis therefore total 142 knees included in the analysis. Only 34% patients had compliance to physiotherapy. Nearly half (46.5%) patients had moderate to severe Knee OA in Oxford Knee Score and Mean score is 24.69 ± 7.09 . Ahlback grading in X ray had moderate negative correlation (-0.689) with Oxford Knee Score by spearman's rho correlation. There is significant association of age, occupation and physiotherapy with Ahlback grading followed with Oxford Knee Score significant associated with only one demographic variable age.

Conclusion: Hence it is evaluated, both the scales have approx same result as it is analyzed that both scales are moderately correlated. Negative correlation due to reverse scoring of both scales. X -ray and Oxford Knee scoring both are essential for effective treatment of osteoarthritis.

Key words: Ahlback grading, Oxford Knee Score, Osteoarthritis, Knee

A STUDY TO ASSESS THE KNOWLEDGE REGARDING THE MODES OF TRANSMISSION AND PREVENTION OF HEPATITIS- B IN THE LABORATORY AMONG LABORATORY TECHNICIANS WORKING IN SELECTED HOSPITALS OF BAGALKOT DISTRICT, KARNATAKA

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ABSTRACT: Every day while doing their duty, laboratory technicians are at high risk for exposure to blood borne pathogens, which results in infections such as HIV, HBV. In spite of technological advances, preventive education and protective measures are most effective in reducing the exposure to such diseases. The descriptive study conducted to assess the knowledge regarding the modes of transmission and prevention of hepatitis- B among laboratory technicians, Purposive sampling technique was used to select 80 laboratory technicians from 4 hospitals. Administered knowledge questionnaire to find out knowledge regarding the modes of transmission and prevention of hepatitis-B among laboratory technicians. The present research sought to address this gap by exploring the knowledge regarding modes of transmission & prevention of Hepatitis B. The results showed that majority (58%) of the responded had medium knowledge, (23%) had inadequate and (19%) had adequate knowledge and mean knowledge score of the study subjects were 66.75%. The findings also showed that there is an significant association between level of knowledge regarding hepatitis B and professional education of participants, their work experience and attendance in in-service education programs. The study showed that a significant portion (23%) of the sample had inadequate level of knowledge. On the basis of the findings of the study it is interpreted that preventing blood born diseases in health care workers especially laboratory technicians can be achieved through preventive education and protective measures. There is a need of clinical practice guidelines and educational programs to effectively address this problem.

KNOWLEDGE AND BARRIERS TOWARDS USE OF FAMILY PLANNING METHODS AMONG WOMEN RESIDING AT SELECTED RURAL AREA OF JODHPUR

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Abstract: Family planning is an important component of reproductive health that affects the lives of women, their family members and the nation as a whole. Through family planning, couples can plan the number and spacing of their children. According to NFHS -4, TFR of Rajasthan is 2.4 which is still slightly higher than Targeted TFR 2.1. The usage of family planning method depends on the knowledge and barriers faced by women. The objective of the study was to assess the knowledge and barriers among women towards use of family planning method.

Method: This study was conducted at Village Dhawa, Jodhpur, Rajasthan. Data were collected from 380 married women selected by convenient sampling technique. Data collection tool included Self-structured knowledge questionnaire and Barrier Rating scale. Analysis was done by using Descriptive Statistics and inferential statistics using SPSS.

Results: Result of study shows that most common used method of family planning was Sterilization (30.2%). Mean knowledge score among women was 15.48 ± 3.14 . Unawareness about the existing method was most reported barrier and Costs too much was least reported barrier. The Knowledge level of women had significant association with Religion (X^2 : 17.58, p value: 0.000), Occupation (X^2 : 18.02; p value: 0.052) and Use of contraceptives (X^2 : 14.85; p value: 0.001). There was a very Weak negative Correlation between the Knowledge and Barriers towards use of family planning methods ($r = -0.163$).

Conclusion: More than half of women had fair (58.4%) knowledge regarding family planning method. All efforts should be made by government and Strengthening BCC activities help to empower women socially and economically, which can make them active decision makers toward use of family planning method.

Keywords: Family planning method, Women, Knowledge, Barrier.

DEVELOPMENT OF BURNOUT SYNDROME ASSESSMENT SCALE FOR NURSES WORKING IN INTENSIVE CARE UNIT AND EMERGENCY AT ALL INDIA INSTITUTE OF MEDICAL SCIENCES JODHPUR, RAJASTHAN

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Abstract: A stressful lifestyle of individuals can put them in extreme pressure which leads to feel exhausted, empty, burned out, and unable to cope with the stressful situation. Stress due to occupation can cause the both physical as well as psychological symptoms. Freudenberg used term burnout to describe the consequences of severe stress and high ideals in "helping" professions like health care professional doctors, nurses who sacrifices own needs for others.¹ Burnout syndrome is a psychological concept for the experiencing long term exhaustion and diminished interest (depersonalization), usually in the work context. The health care professionals are more prone to develop the burnout syndrome due to workload at workplace.

Aim: The present study aimed to development of burnout syndrome assessment scale for nurses.

Methodology: A methodological design was carried out to develop BOSAS in five phases: preliminary preparation, validation of scale drafts, pilot study, final try out, and evaluation phase. Modified Delphi rounds have been carried out and 11 experts were selected from different institutions. Reliability was calculated in term of internal stability and stability of scale; validity was measured in term of face, content, criterion and construct validity.

Results: there were total 20 items in the final draft. Cronbach's alpha of BOSAS was 0.94 which indicates internal consistency. Test-retest reliability of scale was found 0.93 which indicate excellent stability of scale. Pearson's correlation was used to found inter item correlation which was found between .20 and .40. Face validity given by panel of experts. Content validity was calculated which was found 0.93. Concurrent criterion validity of scale was .82 found. Construct validity was analysed by factor analysis. All items were loaded in 5 factors and accounted for 64.95% of variance.

Conclusion: The conclusion is drawn from the findings of the study that BOSAS scale has high validity and reliability and can be used effectively to assess burnout syndrome in nurses.

Keywords: Burnout Syndrome; Modified Delphi Technique; Reliability; Internal consistency; Stability; Validity; Content Validity; Concurrent Criterion Validity; Construct Validity; Factor Analysis

EFFECTIVENESS OF FACILITATED TUCKING ON THE LEVEL OF PAIN AMONG NEONATES UNDERGOING INTRAMUSCULAR IMMUNIZATION AT AIIMS, JODHPUR.

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Abstract: Unrelieved pain may lead to potential long-term effects in terms of physiologic, psychosocial and behavioural consequences. Therefore, use of pharmacological and non-pharmacological techniques in infants to manage pain during invasive procedures is of paramount importance.

Methodology: A quantitative approach, quasi-experimental post-test only design was adopted to assess the effectiveness of facilitated tucking on the level of pain among 70 term neonates (35 in control and 35 in experimental group) undergoing intramuscular immunization, who fulfilled the inclusion criteria in Pediatric and Post-natal wards of AIIMS Jodhpur. Non-probability purposive sampling technique was used to select the samples. Pain was assessed using Neonatal Infant Pain Scale. Data Analysis was performed in SPSS version 16 using descriptive statistics and Chi-square, independent t-test.

Result: The study finding reveals a statistically significant difference between the mean pain score during the procedure in the experimental (3.94±1.05) and the control group (5.20±1.25). Difference in mean pain score of neonates in experimental and control group was observed ($t = -4.16, p < 0.05$) during the procedure. During immunization, majority of neonates in control group (74.2%) exhibited severe pain, whereas 71.42% in experimental group exhibited mild-moderate pain. Study finding reveals no significant association of demographic variables with the level of pain.

Conclusion: From the study findings it can be concluded that facilitated tucking was effective in reducing pain during intramuscular immunization and can be practised as a part of routine nursing care of term neonates during painful procedures.

Keywords: Facilitated tucking, Pain, Neonates, Intramuscular immunization

EMOTIONAL AND BEHAVIORAL PROBLEMS AMONG ADOLESCENTS IN JODHPUR CITY

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Abstract: Adolescents are highly vulnerable to psychiatric disorders. Behavioral and emotional problems among adolescents are considered to be one of the most growing concerns in the public health. This study aimed to explore the emotional and behavioral problem in adolescents.

Objective: To find the emotional and behavioral problems among adolescents in Jodhpur city. **Method:** A community based exploratory survey conducted between November and December 2019. Cluster sampling was done. 300 adolescents in 12 to 18 years of age group from the different randomly related areas of jodhpur city were involved in the study. Emotional and behavioral problems were assessed by using self-structured Emotional and behavioral problem questionnaire. Informed consent and assent was taken prior filling the questionnaire. Descriptive and inferential statistics applied for analysis. SPSS version 16 were used for data analysis.

Result: Emotional problems are more prevalent in the population. nearly 41% of participant falls under borderline category and 1.33% i.e. 4 participant falls under severe category comparatively behavioral problems are less prevalent. 21.66% of participant have borderline level of behavioral problem and only one participant found to have severe level of behavioral problem. The domains under emotional problem have higher mean value than domain under behavioral. Number of siblings is significantly associated with behavioral problems.

Conclusion: Emotional problems are more prevalent than behavioral problems. These data suggest that there is need of mental health services for adolescents.

Key words: emotional and behavioral problems, adolescents.

KNOWLEDGE, AND ATTITUDE OF BIRTH COMPANIONSHIP DURING LABOR AMONG OBSTETRICIANS, NURSES AND PREGNANT WOMEN AT AIIMS, JODHPUR

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Abstract: Birth companions are women who have experienced the process of labor and provide continuous one-to-one support to other who is experiencing the process of labor and childbirth. The presence of a female relative is a low-cost intervention and it has been proved to be beneficial for those women who are experiencing labor.

Methodology: This study aimed to assess knowledge and attitude of birth companionship among obstetricians, nurses and pregnant women at AIIMS, Jodhpur. Data was collected from 25 obstetricians, 15 nurses selected by convenient sampling technique and from 120 pregnant women by purposive sampling technique. Data collection tool include structured knowledge questionnaire and structured likert scale.

Results: Most of the obstetricians (60%), and pregnant women (59.2%) had fair knowledge whereas nurses (53%) had good knowledge regarding birth companionship. Most of the obstetricians (96%), nurses (73%) and pregnant women (81.7%) had positive attitude regarding birth companionship. Knowledge level and attitude level of the pregnant women had significant association with age (p value= 0.000) and parity (p value= 0.042) respectively.

Conclusion: The present study points out the need to improve awareness among obstetricians, nurses and pregnant women regarding birth companionship probably by training programmes, workshop and continuous feedback mechanisms.

Keywords: knowledge; attitude; obstetricians; nurses; pregnant women

INTENT VERSUS IMPACT OF SURGICAL SAFETY CHECKLIST ON ERROR PREVENTION

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Abstract: Surgical safety is achieved by implementation of Surgical Safety Checklist (SSCL). Yet "Ensuring safe surgery" was a concern. Clinicians and nurses were not using SSCL as per its intent. Also, no data captured number of variances prevented by SSCL. In 2018, no site marking (24 instances), incorrect consents (443) were getting caught only at Near-miss level. This led to heightened risk of harm, thus identified as patient safety issue. Aim: To ensure that SSCL impacts surgical patient safety by 100% error prevention.

Methodology: 1) Errors despite using SSCL analysed. (Oct-Dec 2018) 2) Existing SSCL revised, made feasible, user-friendly, IPSPG-4 Champions captured errors prevented by SSCL, pre-op checklist modified- made as handover tool, extensive trainings for Pre-op nurses with Innovative role-plays, live demonstrations, Process flow-charts, Video presentations, mock drills. (Jan-March 2019) 3) Monthly audits, Data collated in IPSPG score-card, discussed in Validation/ Quality, Patient Safety meetings. (April-2019 onwards).

Results and Analysis: In 2019 13 site-marking and 15 Patient identification issues, 9 reports/file errors captured and corrected. Consent errors reduced from 55 (Jan-2019) to 18 (Dec-2019). No Equipment safety or blood products availability issues reported. 100% articles available for surgery. Specimen errors reduced from 4 (2018) to zero (2019). 100% surgical counts followed. Compliance to Post-operative orders improved. Adherence to SSCL improved from 93.33% (2018) to 97.33% (2019) with 100% exit score.

Discussion: Adherence to SSCL as per its intent led to early detection and prevention of errors in OT, thus reducing risk of surgical hazards.

EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAM ON GOOD TOUCH AND BAD TOUCH AMONG CHILDREN AGED BETWEEN 6-12 YEAR IN SELECTED GOVERNMENT SCHOOLS OF JODHPUR

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Abstract: Childhood is the most important times in human development. It's our fundamental duty as society to educate the next generation about good touch and bad touch so that child protects himself in this threatening condition.

Method: A quantitative approach, pre-experimental one group pretest post test only design was adopted to assess the effectiveness of video assisted teaching program on good touch and bad touch among 150 children aged between 6-12 years who fulfill inclusion criteria at selected government school in Jodhpur. Non-probability purposive sampling was used to select the samples. Good touch bad touch knowledge was assessed using structure questionnaire. Data analysis was performed in SPSS version 16 using descriptive statistics and chi-square, paired t-test.

Result: The study finds revealed that there is significant improvement in knowledge of subject (13.86, $p < 0.001$) which proves that video assisted teaching programme was effective in improving the knowledge of children regarding good touch and bad touch. The study finding also reveals that there was no significant association of pre test knowledge with selective demographics variables except religion, total no. of sibling and marital disharmony.

Discussion: The finding suggest that the video assisted teaching programme on good touch and bad touch was an effective programme in improving the knowledge of the children which was depicted in the result, that there was a marked increase in post test level of knowledge.

Key Words: Good touch and Bad touch, Effectiveness, video, structured teaching programme, Child abuse, school children

RISK FACTORS OF CERVICAL AND BREAST CANCER AMONG THE FEMALES VISITING OPD OF AIIMS, JODHPUR

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Abstract: Cervical and breast cancer are two most common type of cancers among the females, incidence and prevalence are even higher in developing countries, according to WHO 2.1 million new breast cancer cases are detected every year. In cancer primary prevention and early detection increase the chances of better prognosis. Detection of risk factors and screening play a vital role in preventive oncology.

Objective: The aim of study was to assess the risk factors and warning signs of cervical and breast cancer.

Method: A descriptive survey research study was conducted on 80 females visiting OPD of AIIMS Jodhpur, by Purposive sampling technique and a semi structured tool was used for data collection using a Semi-structured interview method.

Results: Data was analyzed by use of descriptive statistics by use of SPSS version 16. On evaluation, 51.2% of the females were in the age group of 18-30 years. 43.8% were having a normal BMI. Only 11.2% of the females were undergone for Pap smear and 7.5% were undergone for breast sonography or mammography. In risk factors majority of females (95%) were not taken HPV vaccine, whereas most of the females 66.2% were not consuming fruits in daily diet and 12.2% were having a history breast or ovarian cancer. In warning signs 16.2% were having bleeding in between periods and 1.2% reported lump, mass or dimple in the breast.

Conclusion: This study concludes that screening status of breast and cervical cancer is poor, and majority of the females were having risk factors of breast and cervical cancer.

Key words: Cervical cancer, breast cancer, risk factors, screening, warning signs

MUSCULOSKELETAL PROBLEMS AMONG NURSING OFFICERS AT AIIMS JODHPUR, RAJASTHAN, INDIA

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Abstract: Musculoskeletal problem are a global occupational health problems among nursing officers often cause many physical and psychological complications for nursing officers and are a financial burden for health care system.

Objectives: The aim of this study was to identify the musculoskeletal problems among nursing officers at AIIMS, Jodhpur.

Materials and methods: A descriptive survey research study was conducted on 270 nursing officers working in different department of AIIMS, Jodhpur. Standerised Nordic questionnaires tool was used to identify the musculoskeletal problems. The data were analyzed using the SPSS version 16.0 software. Descriptive and inferential statistics were used.

Results: overall, 174(64.4%) of Nursing Officers were suffered from musculoskeletal problems like ache, pain, and discomfort during the last 12 months. The addition, the problem in the low back and the neck were highest at 45.1% and 22.2%. This was followed by musculoskeletal problem`of the, upper back 14.0%, ankles 13.7%, knees 10.7%, shoulder 10.3%, hip/thighs 5.9%, wrists 4.4% and elbows 3.3%. Increased age, gender, marital status, professional qualification, area of current work, professional experience, average how many hours work per week, musculoskeletal relaxation techniques and physical activity had no significant association with MSPs. However, BMI and family history of musculoskeletal problem were significantly associated with MSPs ($p < 0.05$).

Conclusion: The study indicates the large numbers of nursing officers were having the musculoskeletal problems with the two most common sites being lower back and the neck so preventive actions are needed to improve the working conditions and raise the awareness of nursing officers about MSPs prevention.

Keywords: Musculoskeletal Problem and Nursing Officers

EFFECTIVENESS OF NURSE LED DISCHARGE INSTRUCTIONS ON KNOWLEDGE REGARDING HOME CARE MANAGEMENT AMONG PARENTS OF CHILDREN BEING DISCHARGED AFTER SURGERY

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Abstract: Children are regularly receiving surgical repair for congenital disorder's and other problems which cannot be treated by the medical management. For the parents of those children undergone corrective surgery, more in-depth educational sessions are required to enable them to recognize and anticipate the complications so as to manage their child effectively at home.

Methodology- Aim of the study was to evaluate effectiveness of nurse led discharge instructions on knowledge regarding home care management among parents. A Quasi experimental research design was used among 60 parents of children by purposive sampling technique. A Structured knowledge questionnaire was used to assess knowledge of parents regarding home care management. Analysis was performed in SPSS version 16 using frequency and percentage, mean, SD, unpaired t-test, chi square test, and fisher exact test.

Result – The study findings reveal that there is significant improvement in knowledge of subjects ($-9.343, p < 0.05$) which proves that nurse led discharge instructions was effective in improving the knowledge of parents regarding home care management. The study findings also reveal that there was no significant association of post-test knowledge with selective socio-demographical variables.

Conclusion- The present study points out the nurse led discharge instructions on knowledge regarding home care management being discharged after surgery was effective in increasing knowledge among parents

Keywords: Knowledge, Nurse led discharge instructions, Parent, Children, Surgery, Home care management.

EFFECTIVENESS OF AN INFORMATION BOOKLET ON KNOWLEDGE REGARDING ASTHMA MANAGEMENT AMONG PARENT OF CHILDREN SUFFERING FROM ASTHMA AT AIIMS, JODHPUR

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Abstract: Asthma is one of the most common chronic disease of childhood and emerging as a global health issue. It is primary cause of school absences, and the third leading cause of hospitalization in children younger than the age of 15 years. Knowledge of parents plays an important role in order to manage the child at home. Therefore, this study was conducted to investigate the effectiveness of an information booklet on knowledge regarding asthma management among parent of children suffering from asthma at AIIMS, Jodhpur.

Methods: A quantitative approach, Quasi-experimental research design was used to assess the effectiveness of information booklet on asthma among 60 parents of children suffering from asthma (30 in control group and 30 in experimental group) coming to Pediatric OPD of AIIMS, Jodhpur who fulfilled inclusion criteria. Non probability purposive sampling was used to select the subjects. Two self-structured tools i.e. socio-demographic data sheet and knowledge questionnaire were used to collect the required data set. Reliability and validity of tools were analysed. Data analysis was performed in SPSS version 16 using descriptive statistics, chi square, independent and dependent t-test.

Results: The study findings reveal that there is significant improvement in knowledge of subjects ($t=11.449$, $p<0.05$) which proves information booklet on asthma was effective in improving the knowledge of parents regarding asthma management. The study findings also reveal a significant association of pre-test knowledge with education, occupation and monthly income of family.

Conclusion: The present study reveals that information booklet on asthma was effective in improving the knowledge among parent of children suffering from asthma.

Keywords: Information booklet, Asthma, Knowledge, Parent, Children

KNOWLEDGE AND LIFESTYLE MODIFICATION REGARDING GESTATIONAL DIABETES MELLITUS AMONG ANTENATAL MOTHERS AT AIIMS JODHPUR.

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Abstract: Gestational diabetes mellitus (GDM) has become the one of the very common perinatal complications. It is a disorder of carbohydrate metabolism diagnosed during pregnancy. This study evaluates the knowledge and lifestyle modification regarding gestational diabetes mellitus among antenatal mothers.

Material & Methodology: The Non-experimental Descriptive research design was used and conducted on a sample of 140 antenatal mothers diagnosed with gestational diabetes. Data was collected at Antenatal OPD, AIIMS Jodhpur. Knowledge level and level of lifestyle modification was assessed using structured knowledge Questionnaires and structured Rating scale of lifestyle modification.

Result: The majority of the participants (67.1%) in this study were in the age groups of 21-30 years. 64.3% mothers were graduated. Most of the mothers were home-makers (84.3%). Majority (83.6%) of mothers had fair knowledge level regarding gestational diabetes mellitus and only 10.7% had poor knowledge and 5.7% had good level of knowledge. Majority of mothers 97.1% developed good level of lifestyle modification after being diagnosed with gestational diabetes and 2.9% had fair level of lifestyle modification. Weak correlation was found between the knowledge and lifestyle modification ($r=0.085$). Only level of education was found to be significantly associated with knowledge regarding gestational diabetes (p value= 0.000).

Conclusion: Since the prevalence of gestational diabetes is increasing, there should be a good knowledge and awareness regarding gestational diabetes among antenatal mothers. There is a need of education of antenatal mothers regarding gestational diabetes during their antenatal visits. Health care providers should create awareness and improve the knowledge of mothers regarding gestational diabetes and its possible complications.

Keywords: gestational diabetes mellitus, antenatal mothers, knowledge, lifestyle modification

KNOWLEDGE AND DEALING STRATEGIES REGARDING LEARNING DISABILITY IN STUDENTS AMONG TEACHERS AT SELECTED SCHOOLS OF JODHPUR.

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Abstract: Learning disability is a heterogeneous group of disorders manifested by significant difficulties in the acquisition and use of listening, speaking, reading, writing, reasoning or mathematical abilities. The prevalence of learning disability is 10% in children of India. The main objective of the study is to assess the knowledge and dealing strategies regarding learning disability in students among teachers at selected schools of Jodhpur.

Methods: This study was conducted at selected government and private schools of Jodhpur, Rajasthan. Data were collected from 250 teachers who engaged in teaching students from 1st to 5th standard selected by convenient sampling technique. Data collection tools included self-structured knowledge questionnaire and dealing strategy rating scale.

Results: Out of 250, 156 teachers had inadequate knowledge and 94 teachers had adequate level of knowledge regarding learning disability. Mean of domains of dealing strategies shows preventive strategy domain (mean score 4.7 ± 0.07) is more evident as compare to others domains. Least used dealing strategy is secure an elastic band at the bottom of the pencil to prevent the fingers from slipping down (2.98 ± 1.62) and most used dealing strategy is Clear students' doubts immediately ($4.86 \pm .37$). Knowledge levels of the subjects were found to have significant association with education of teacher, type of school and special provision for learning disabled children in their school. There is a weak positive correlation was found between knowledge score and dealing strategies regarding learning disability.

Conclusion: The teachers play an important role in identifying and managing learning disabilities. There is great need to plan and implement health awareness programme for these teachers. The children with learning difficulties should be helped by using proper dealing strategies and proper guidance.

Key words: learning disability; teachers; students; knowledge; dealing strategy

KNOWLEDGE AND PRACTICES REGARDING MANAGEMENT OF MINOR AILMENTS OF PREGNANCY AT SELECTED HOSPITAL OF JODHPUR

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Abstract: Pregnancy is considered as one of the most beautiful event in every female life. Women undergoes a lot of physiological and hormonal changes to prepare for motherhood. A lot of women undergoes some discomfort during pregnancy time, even though these discomforts are not dangerous, still they are bothersome. The objective of study was to assess knowledge and practices regarding management of minor ailments of pregnancy at selected hospital of Jodhpur.

Methods: This study was conducted at obstetrics OPD of AIIMS, Jodhpur, Rajasthan. 368 ANC mothers of 3rd trimester were recruited by Convenient sampling technique using structured interview method. Self-structured knowledge questionnaire and checklist for practice were used for data collection using face to face interview method.

Results: Most common health problems as reported by pregnant women were increased urine frequency and fatigue. Mean knowledge score regarding management of minor ailments of pregnancy was 14.6 ± 3.6 . As per practices are concerned 86.6% eat small and frequent meals followed by 74.3% avoid strong odors to prevent nausea and vomiting. From calculated chi square value it was found that there was significant association of knowledge level with age, education, occupation, monthly family income, place of living and source of information related to minor ailments at P value < 0.05 .

Conclusion: Increased urine frequency is the most evident minor ailment faced during pregnancy. Overall women had fair knowledge regarding management of minor ailments and varied practices have been performed by women to relieve their problems. So, there is a need for health promotion and awareness regarding these ailments to control and prevent their further complications in order to provide good quality maternal care.

Key words: Knowledge, Minor ailments of pregnancy, practices, Antenatal mothers, lifestyle, Impact.

ATTACHMENT STYLES AND DEPRESSION AMONG NURSING OFFICERS OF AIIMS JODHPUR

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Abstract: The concept of attachment plays a relevant role in mental health. There are various attachment styles or patterns through which an individual form relationship with others. Attachment has a persistent and long-term impact on depression. The study aims to assess the attachment styles and depression among nursing officers of AIIMS Jodhpur.

Methodology: Descriptive research design was used. The study was conducted at AIIMS Jodhpur, Rajasthan among 250 nursing officers selected by convenient sampling technique. Data were collected by using questionnaires. Self-structured attachment style questionnaire was used to assess the attachment style and structured questionnaire Centre for Epidemiologic Studies Depression Scale was used to assess the depression among nursing officers. Data analysis was done by using SPSS Version 25. Frequency, percentage, mean, standard deviation, chi square test, Fisher exact test and Pearson correlation were used.

Result: Result revealed that half of the nursing officers were in the age group 26-30 years of age. Majority (85.2%) i.e. 213 of the nursing officers had secure attachment style. Majority (73.2%) i.e. 183 of the nursing officers were normal, showed no depression. Moderate negative correlation was there between secure attachment style and depression scores. Strong positive correlation was found between anxious attachment style and depression scores. There was moderate positive correlation between avoidant, fearful attachments and depression scores respectively. There was significant association of attachment style with gender, age, work experience and history of physical illness of nursing officers. There was significant association of depression with gender among nursing officers.

Conclusion: The study indicates that majority of nursing officers were having secure attachment style and were normal, showed no depression. The study established a relationship between attachment style and depression.

Keywords: Attachment style, Depression, Nursing Officers.

SELF-MEDICATION PRACTICES WITH ANTIBIOTICS AMONG NURSING STUDENTS: A CROSS-SECTIONAL DESCRIPTIVE SURVEY AT TERTIARY CARE TEACHING HOSPITAL IN UTTARAKHAND

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Abstract: Misuse and overuse of antimicrobials is one of the world's most pressing public health problems. Nurses are important members of healthcare team and thus it is essential to know behaviour of antibiotics use among budding nurses.

Aim & Objective: To assess self-medication practices with antibiotic among undergraduate nursing students.

Methods and Material: This cross-sectional descriptive study was conducted on 216 randomly selected nursing students studying at a tertiary care teaching hospital in Uttarakhand. Data was collected using a valid and reliable questionnaire for self-medication practices with antibiotics and were analysed by using descriptive statistics.

Results: Majority of participants (78.7%) reported self-medication with antibiotics and 53.5% of them did it for 2-3 times in past one year. Azithromycin (37.5%) and Amoxicillin (30.1%) were commonly used antibiotics, primarily for the treatment of sore throat (30.6%) and fever (27.1%). The main reason for self-medication were inadequate knowledge of antibiotics use (39.4%), and to save time (30.6%) & cost (13.5%). The main source of obtaining antibiotics was hospital pharmacy (66%) with verbal advice from nurses/ paramedical staff (32.3%) and senior nursing student (23.7%). Surprisingly, 68.3% participants suddenly stopped the antibiotic use and 52.7% of them changed over the drugs during treatment.

Conclusions: High prevalence of self-medication practices with antibiotics among budding nurses is a serious issue; which necessitate educating them with risks and harms of inappropriate use of antimicrobials. Furthermore, sensitizing the pharmacists for not advising and selling antibiotics without medical prescription.

Keywords: Self-medication, Antibiotic, Nursing student

EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING SIDE EFFECT OF SELF-MEDICATION WITHOUT PRESCRIPTION AMONG RURAL PEOPLE

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Abstract: Self-medication is the utilization of medicines by persons on their own without any proficient medical supervision. In developing countries like India, most episodes are treated by SM due to easy availability of non-prescription drugs.

Objective of the study: 1.To assess the pre test knowledge score regarding Side effect of Self-Medication without prescription Among rural people 2.To assess the effectiveness of video assisted teaching on Knowledge regarding Side effect of Self-Medication without prescription among rural people3.To associate post test knowledge score on knowledge regarding Side effect of Self-Medication without prescription among rural people.

Material and Method: Research approach: Quantitative research approach Pre experimental-one group pre test post test research design.

Research Setting: The study will be conducted in seloo.

Sampling technique: Non Probability – convenient sampling technique.

Population: Rural people Accessible Population – Rural people those are taken Self medication. Sample: Rural people

Sample size: 100 structured questionnaire were used to collect the data. The content validity of the tool was done by various experts from different fields.

Result in pre test, 11(11%) rural people were having poor level of knowledge score, 66(66%) of them had average and 23(23%) of them had good level of knowledge score, and 0(0%) of them had excellent level of knowledge score.

In post test 24 (24%) of rural people had good level of knowledge score and 76(76%) had excellent level of knowledge score.

Keywords: Knowledge, video assisted teaching, rural people

BURDEN ON CAREGIVERS OF PATIENTS UNDERGOING HEMODIALYSIS: A CROSS SECTIONAL DESCRIPTIVE STUDY

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Introduction: Chronic renal failure is among the chronic disease which has various effects on the physiological, psychological, functional ability, lifestyle changes, and independence status of the patient and his family Caregivers. This may result in the burden feeling in caregivers.

Objective: To assess the burden on caregivers of patients undergoing hemodialysis.

Methods: This cross-sectional descriptive study was carried out in dialysis center of tertiary care hospital at Rishikesh from 20th March 2019 to 30th October 2019, comprised caregivers of patients receiving hemodialysis. The data was collected from the caregivers of patients receiving hemodialysis and caregiver burden was measured using the Zarit Burden Interview Questionnaire. Data analysis was done by word excel & SPSS 20.

Results: Of the total 110 participants, 63(57.3%) were females & majority of caregivers age group was between 16-30 years (47%) . Majority 72(65.4%) caregivers spent around 10-12 hours per day in caregiving and 09(8.1%) spent >12hours per day in caregiving. In context to level of burden among caregivers, a less than half i.e 50 (45.5%) had experienced no or little burden, more than one third i.e 43 (39.1%) had experienced mild to moderate burden, while 16 (14.5%) had moderate to severe stress and only 1(0.9%) had experienced severe burden in providing care to their patients.

Conclusion: Based on the findings of this study it can be concluded that hemodialysis at different levels cause no to moderate burden in the caregivers of hemolysis patient.

Keywords: Caregiver burden, hemodialysis, Zarit burden interview

A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE REGARDING REDUCING ACADEMIC STRESS AMONG STUDENTS OF B.SC NURSING IN SELECTED COLLEGES AT UDAIPUR CITY RAJASTHAN.

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Introduction – The term stress means pressure and in human life it represents an uneasy experience. It is an unpleasant psychological and physiological state caused due to some internal or external demands that go beyond our capacity. It refers to the consequence of the failure of an organism to respond adequately to mental, emotional or physical demands, either actual or imagined.

Objectives: The objectives of the study were 1) To assess the level of academic stress among students of B.SC. Nursing. 2) To assess the effectiveness of self-instructional module in reducing academic stress among B.SC. Nursing Students. 3) To find out the association between post-test stress scores and selected demographic variables.

Methodology: The quantitative research approach was used. The research design adopted for the study was quasi-experimental research design. The data was collected through the tool which is prepared by the investigator. The sample consists of the 50 B.SC. Nursing 1st year students. The tool used for the data collection was structured stress knowledge questionnaire, which has two sections: Section A: Items on socio-demographic variables Section b: Items on stress questionnaires regarding, stress related to academic condition, stress related to social condition, stress related to family/environmental condition.

Results: Shows that the maximum mean percentage obtained by the students is found in the aspect of stress related to social condition (52.52%) followed by stress related to general/personal condition (52.24%), stress related to family/environmental condition (49.66%) and least mean percentage obtained in the aspect of stress related to academic condition (49.60%). The overall Mean \pm SD of post-test level of academic stress was 46.13 ± 2.42 and mean percentage of 46.13%.

Conclusion: The level of academic stress of students was higher before the administration of self-instructional module. After self-instructional module, stress score was decreased. So, self-instructional module administered on reducing academic stress among B.Sc. Nursing 1st year students was effective.

Keywords: Assess, self-instructional module, stress, academic stress, Effectiveness.



Poster Presentation



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE, ATTITUDE AND PRACTICES REGARDING HEALTH HAZARDS MANAGEMENT AGAINST TRAFFIC POLLUTION AMONG TRAFFIC POLICEMEN WORKING AT SELECTED DISTRICTS OF PUNJAB

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Abstract: Health is not something that one possesses as a commodity, but connotes rather a way of functioning within one's environment (work, recreation and living). This fact is more important in situations as the personnel engaged in traffic duty. Due to their nature of duty traffic police personnel are suffering from many health hazards like skin irritations, hearing problems, arthropathy, photosensitivity, lung diseases, certain cardiovascular diseases, cancers etc. The study was conducted to assess the knowledge, attitude and practices regarding health hazards management against traffic pollution among traffic policemen working at selected Districts of Punjab. A descriptive study was conducted in District Bathinda and sample size was 60 traffic policemen who were working at traffic intersections. Structured knowledge questionnaire, likert scale and observational practice checklist was used to assess the knowledge, attitude and practices health hazards management against traffic pollution among traffic policemen. The findings of the study revealed that most of the traffic policemen (75%) had average knowledge, 86.7% had favourable attitude and all traffic policemen had poor practices regarding health hazards management against traffic pollution. There was no relation between knowledge and attitude, positive co-relation between knowledge & practices and attitude & practices. Place of posting and attended any educational programme on traffic pollution and its health hazards had association with knowledge of traffic policemen and no association of attitude and practice with demographic variables. It was concluded that traffic policemen had average knowledge, favourable attitude and poor practices regarding health hazards management against traffic pollution.

Key words: Knowledge, attitude, practices, traffic pollution, health hazards, traffic policemen

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE AND PRACTICES REGARDING ENDOTRACHEAL SUCTIONING AMONG ICU NURSING PERSONNEL

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Abstract: Suctioning of endotracheal Tube is a frequent, fundamental and clinically significant practice in an Intensive Care Unit which carries the risk of adverse events. Nurses should perform suctioning, efficiently and effectively in order to avoid occurrence to infection because Ventilator associated pneumonia is also a major complication.

Materials and Methods: A Quasi-Experimental study with One-group pretest-post-test design was used to estimate the Knowledge and Practices of Nursing Personnel (N= 42) in Intensive Care Units regarding Endotracheal Suctioning by using a 24 items Questionnaire tool and 20 items Observational Checklist before and after giving Structured Teaching Program on endotracheal Suctioning.

Result: Pre test and Post test knowledge mean score were 10.48 and 13.57 and Pre test and Post test Practice mean score were 14.76 and 17.40 respectively with 'p' value of 0.001 that is significant at the level of 0.05 significance. Pearson's coefficient of correlation revealed a significant positive relationship between Post test knowledge and Practice score with a 'p' value of 0.004.

Conclusion: Structured Teaching Program was effective in enhancing the knowledge of nursing personnel. There was a significant positive result of post test score. We recommended that standard guidelines on Endotracheal suctioning practices should be included in the current education of Nursing Personnel working in Intensive Care Units.

Keywords: Knowledge, practices, endotracheal suctioning

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF CHILD ABUSE AMONG TEACHERS OF SELECTED SCHOOL OF JODHPUR

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Abstract: Child abuse is one of the most shameful crime designed and perpetuated by human being against some of the most vulnerable and defenseless section of the community. Teachers play an important role in identifying and reporting cases of child abuse since they are in direct confrontation with educational and behavioral issue, parent child relationship and support, care and development of children.

Methods: This study was conducted at St Paul's School, Jhalamand, Jodhpur, Rajasthan. Data was collected by self structured knowledge questionnaire from 31 teachers of St Paul's School selected by convenient sampling technique.

Result: In pre test majority 61% of teachers had average knowledge regarding prevention of child abuse, 25% had good knowledge and minimum 13% had poor knowledge. In post test 58% had average knowledge, 39% had good knowledge and 3.22 % had poor knowledge. The mean pre test value was 20.87 and mean posttest value was 24.77 with mean difference of 3.92. The paired "t" test value was -8.08 which shows high significant increase in knowledge of school teachers. There was no significant association of knowledge score of school teachers and selected demographic variables.

Keyword: Child abuse, Teacher, Knowledge

A QUALITY IMPROVEMENT PROJECT TO IMPROVE THE PRACTICES OF STAFF NURSES REGARDING NEEDLE STICK INJURY

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Abstract: Health care workers perceived needle stick injuries as an inevitable part of handling sharp devices and therefore injuries were unreported. It has been estimated that 2 million needle stick injuries are reported each year and each needle stick has the potential to be infectious. The actual incidence of NSI can be significantly higher than which is actually reported due to gross under-reporting. As per report, around 3-6 billion injections are given per year, of which 2/3rd injections are unsafe (62.9%).

Aim: To improve the practices of staff nurses regarding prevention and management of needle stick injury from 60% to 90% within 3 months.

Methods: PLAN- Improving practices of needle stick injury among staff nurses by following checklist. DO- Sensitization of nurses about correct practices and techniques.

STUDY- Analyzing results of each step followed per week.

ACT- Sensitization of nurses about correct practices and techniques through teaching.

Conclusion: This study revealed that with every preceding PDSA cycle the outcomes of the practice improved. In observational data the percentage of steps followed according to observation checklist Baseline percentage of needle stick injury prevention practices were 60.03%, PDSA- 1 percentage was 72.08% -PDSA- 2 showed results as 78.33% and the results of PDSA- 3 showed the improvement to 91.00%.

Key words: Needle Stick Injury

A QUALITY IMPROVEMENT PROJECT ON IMPROVING COMPLIANCE OF IV CANNULA PORT DISINFECTION PRACTICES BEFORE IV THERAPY

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Background: Intravenous catheters and those related devices used to gain access to the veins for the purpose of infusing medications or solutions have evolved significantly over the past three decades. These devices are the greatest medium to infection. Complications that occurs because of bloodstream infections can be septicaemia, endocarditis, vertebral osteomyelitis, septic arthritis. Risk factors for infection include poor adherence to aseptic and inconsistent health care, staff education and training.

Aim: To improve intravenous port disinfection practices before and after IV therapy from 15% to 87%.

Method: The baseline data was collected using checklist for Standardized checklist. The data was collected in morning, evening and night shifts by observing the events of IV medication. Total 2 PDSA cycles were planned and carried out after collecting baseline data within 3 months. Sensitization of Nurses was done by Teaching and increasing awareness about IV disinfection practices after collecting baseline data.

Results: Root cause analysis was done by using fish bone diagram. Total 60 events were observed in baseline data. The baseline data showed that only 15% of total events have followed all the steps of IV disinfection while administering IV medication. In PDSA 1, 60 events were observed which showed marked improvement, 72 % of events observed have followed all the steps of IV disinfection while administering IV medication. In PDSA 2, 60 events were observed which showed significant marked improvement, 87% of events observed have followed all the steps of IV disinfection while administering IV medication.

Conclusion: The QI initiative on improving disinfection practices before IV therapy in Neuro ICU and concludes that small group teaching plus one to one teaching along with constant observation were effective.

KEY WORDS: Disinfection, Practices

KNOWLEDGE REGARDING PREVENTION OF INFECTIOUS COMPLICATIONS AMONG HEMODIALYSIS PATIENTS

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Abstract: Hemodialysis means cleaning the blood- and that is exactly what this treatment does. It is a therapy for irreversible renal failure which removes waste products or toxic substances from the blood and must be continued intermittently for the client's life time, unless successful kidney transplantation is done. Hemodialysis is the most successful and more commonly used renal replacement therapy. It is also associated with infectious complications are the most dangerous which will affect adversely on the treatment process and deteriorates patients existing condition. Pre experimental study was conducted to assess effectiveness of structured teaching programme on knowledge regarding prevention of infectious complications among hemodialysis patients of selected hospitals at davanagere. 50 patients were selected by purposive sampling technique. The data collected were analyzed and interpreted based on descriptive and inferential statistics. Findings revealed that, post test knowledge score $m=19.12$ (mean percentage=76.48) with standard deviation 3.25, was higher than the pretest score $m = 19.12$ (mean percentage=48.80) with standard deviation 3.78. The obtained mean difference was 6.92 and 't' value, $t = - 24.74$ ($p=.000$) was highly significant. It was inferred that the structured teaching programme had significantly increased the knowledge. Regular teaching programme is essential for hemodialysis patients to reduce infectious complications and improve quality of life.

A STUDY TO ASSESS THE EFFECTIVENESS OF STP ON KNOWLEDGE REGARDING BURN IN CHILDREN & IT'S MANAGEMENT AMONG STAFF NURSES OF SELECTED HOSPITAL AT JAIPUR

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Abstract: Children are the future of every country and all societies strive to ensure their health and safety. Since India's independence, continuous efforts have been made to improve the status of children. Approximately 10% of residential fire deaths are caused by children playing with matches or other ignition sources.

Objective: To find out the effectiveness of structured teaching program in improving knowledge of Staff nurses on Burn in Children & Its Management.

Methodology: An evaluatory approach with pre-experimental one group pre-test post-test design was carried out in SMS, Hospital Jaipur. The sample comprised of 60 staff nurses were chosen by convenient sampling technique. Data was collected by administering a structured knowledge questionnaire before and after the administration of STP. The data was analysed using descriptive and inferential statistics.

Results: The mean post-test knowledge score ($X_2 = 24.81$) was higher than the mean pre-test knowledge score ($X_1 = 15.11$). The post-test mean score was significantly higher than the pre-test mean score. The tabulated value of 't' score at $p < 0.05$ is 2.0010 and the table value was less than the calculated value (4.6884) which represents the significant gain in knowledge through the STP.

Discussion: The knowledge of Staff Nurses on Burn in Children & its Management is inadequate. The use of STP is effective in improving knowledge of the Staff Nurses on Burn in Children & its Management.

IMPROVING COMPLIANCE FOR FALL RISK ASSESSMENT AMONG STAFF NURSES OF PEDIATRIC WARD OF MMIMS&R HOSPITAL, MULLANA, AMBALA

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Abstract: Fall in pediatric clients is a common and adverse events that reported in hospital. Approximately 646,000 children are estimated of having history of fall globally from 2016-2018 and died. Among them 66% of fatal fall among children occur from height. Problem were identified that staff nurses are unaware of fall risk assessment among admitted children. In December 2018, we formed a team of staff that initiate the quality improvement project for fall risk assessment. Compliance were increase among the staff nurses of pediatric medicine and pediatric surgery ward by using quality improvement method. We identified problems related to staff awareness regarding fall risk assessment, no standardized tool/protocol for fall risk assessment, lack of skills among staff nurses for fall risk assessment at the time or transfer. We used Plan-Do-Study-Act cycles to test and adapt the solution to these problems. We include group training programme and individual teaching along with demonstration for staff nurses were conducted. Within 3 months of PDSA the compliance for fall risk assessment were increased from 20% to 46%.

COMPARING THE KNOWLEDGE ON MENSTRUAL BLOOD STEM CELLS BANKING AMONG NURSING STUDENTS & STAFF FROM A NURSING COLLEGE AND HOSPITAL OF INDIA.

Lisa Chadha

Abstract: Stem cell therapy is promising technique to treat various metabolism errors and cancers. The main challenge is to isolate the stem cell. The menstrual blood is excellent source of Mesenchymal like stem cell with benefit of non-invasiveness.

Aim: Comparing the knowledge on menstrual blood stem cells banking among nursing students & Nursing officers from a Nursing college and Hospital of India and further analyses the difference in these groups.

Method: The self-structured questionnaire to Nursing students & Nursing officer of GS Medical College and Hospital and GS College of Nursing, Hapur. Descriptive and inferential statistics used to analyze the data. The Questionnaire contains two section "basic of Menstrual Blood Stem cell (MBSC)" and "Collection" including 10 Questions each. Any score below 30% are taken as below average and above 70% is taken as Good knowledge.

Result: Total 198 Nursing officers / students responded to the questionnaire. 24% of the them were having poor knowledge while 42% has good knowledge. The Nursing officer has inferior results (Poor Knowledge 24% vs 13%, $p = 0.03$). The nursing officers who worked in laboratory had better knowledge. The MBSC is useful new technique but the basic knowledge of MBSC and collection of menstrual stem cell is poor among students. We shall include it in curriculum to enhance the knowledge of the students and nursing officers working in the hospital.

Keywords: Menstrual blood stem banking.

A QUALITY IMPROVEMENT INITIATIVE TO IMPROVE THE COMPLIANCE OF BIOMEDICAL WASTE MANAGEMENT

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Abstract: The waste product in course of health care activities carries high potential for infection and injury than any other type of waste. Hence, health care providers should always be well aware regarding waste generation and its disposal in day-to-day work in the clinic or at the hospital.

Aim: To improve practices of biomedical waste management from 61% to 75% within 2 months.

Method: The baseline data was collected by observing the events of Biomedical waste management using an observational checklist. Total three PDSA cycles were successfully carried out after baseline data collection. Nurses were sensitized by displaying pamphlets and providing one to one sensitization about Biomedical waste management practices after baseline data collection.

Results: Root cause analysis was done by using fish bone diagram. A total of 16 events were observed in baseline assessment and it showed that 61% of events had shown compliance of Biomedical waste management. In PDSA 1, 52 events were observed, which showed marked improvement i.e. 76% of total events complied Biomedical waste management. In PDSA 2, 64 events were observed, out of which, 81% of events had compliance of Biomedical waste management. In PDSA 3, 50 events were observed, out of which, majority (90%) of total events had shown compliance of Biomedical waste management.

Conclusion : Quality initiative concluded that provision of pamphlets and one to one teaching along with constant observation were effective in improving Biomedical waste management practices. There is significant increase in percentage of compliance of biomedical waste management from baseline to PDSA1, then PDSA2 and PDSA3

Keyword: Biomedical waste management.

A QUALITY IMPROVEMENT PROJECT TO IMPROVE THE COMPLIANCE RATE OF NEBULIZATION THERAPY TECHNIQUE AMONG NURSES

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Abstract: According to the global impact of respiratory disease Forum of International respiratory societies, an essential 65 million people have moderate to severe chronic obstructive disease from which about 3 million die each year making it a third leading cause of death worldwide. About 34 million people suffer from asthma which is the most common chronic disease of childhood that affect 14 % of children globally. The most important consideration should be efficacy and patient safety. Aerosolized medication if not performed with appropriate technique, will lead to several consequences.

Aim: The aim of the study is to improve the compliance rate of Nebulization Therapy from 50% to 70% within 4 months technique among nurses.

Methods: Plan: Improving compliance rate of Nebulization Therapy Technique among staff nurses by following checklist,

Do: Sensitization of nurses about correct Nebulization Therapy Technique,

Study: Analyzing results of each step followed per week,

Act: Sensitization of the nurses about correct procedure of Nebulization Therapy Technique through teachings.

Conclusions: The quality improvement project significantly improved the compliance rate of Nebulization Therapy Technique among staff nurses. The overall percentage of compliance to Nebulization Therapy Technique was increased from baseline (47%) to PDSA4 (82%)

KEYWORDS: Compliance, Nebulization, Therapy, Technique.

A QUALITY IMPROVEMENT INITIATIVE TO INCREASE THE PERCENTAGE OF COMPLIANCE TOWARDS BLOOD TRANSFUSION PRACTICES

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Abstract: Blood transfusion has been widely used and overused in medical practice since early 20th century to treat antenatal anemia and post partum hemorrhage. Inadequate knowledge about safe blood transfusion practices among nurses can lead to adverse consequences. So the nurse must be understood the proper and safe method for blood transfusion practice.

Aim: To increase the compliances of blood transfusion practices among staff nurses from 69% to 90% as per NABH guidelines.

Method: The baseline data was collected with the application of the standardized tools i.e. observation checklist for blood transfusion practices in Obstetrics & Gynecological Ward of MMIMS&R hospital as per NABH guidelines. The data was collected at pre, intra and post blood transfusion by observation. Total 2 PDSA cycles performed after baseline data as per the problem identified within 3 months.

Result: Total 34 events were assessed during the QI initiative with the aim to increase the percentage of compliance of blood transfusion from 69% to 90% which is markedly achieved by accomplishing the 2 (two) PDSA cycles after analyzing the root cause of the problem by Fish Bone diagram. The baseline compliances were 69% among nurses. After the implementation of PDSA Cycle 1 the percentage increased to 77%. With the implementation of PDSA Cycle 2 it was achieved to 91.7%.

Keywords: Practices, Blood Transfusion

A QUALITY IMPROVEMENT INITIATIVE TO IMPROVE SAFE MEDICATION PRACTICES AMONG STAFF NURSES

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Abstract: Medication error are prevalent in the hospital setting. Medication error are one of the most common causes of accidental error affecting patient safety and can causes serious consequence for patient. Awareness among the health care professional regarding medication error may be the major factor in the establishment of successful regulatory system. Intravenous medication administration errors may a complaining by avoidable undesirable effect which mild result in clinical complication. This Qualitative Improvement Initiative was to detect and categorize medication error by improving skill of medication among Staff Nurse by ensuring rational drug used in the Hospital and to promote safe use of medication.

Aim: To Improve Safe Intravenous Medication Practices among Staff Nurse from 58% to 86%.

Method: We used PDSA (Plan, Do, Study, Act) model of improvement for implementing the project with observational checklist regarding safe practice of intravenous medication in surgery ward. Observation is done during the working hours to collect data. The study has been taken place in 3 different PDSA cycle.

Result: The aim of the study was to improve safe intravenous medication practices among staff nurse from 58% to 86% which is markedly achieved by accomplishing PDSA cycles by analyzing root cause of the problem. The result after PDSA cycles 3of safe medication practice improved from 58% to 86%.

Keywords: Safe Medication, Practice

PATIENT SATISFACTION TOWARDS QUALITY OF NURSING CARE

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Abstract: Patient satisfaction is a good indicator for measuring the quality of nursing care delivered by a nurse to a hospitalized patient. This will help the nursing administrator to identify ways of improving nursing and health care services. The study aims to assess the level of patient's satisfaction towards quality of nursing care among the patients.

Methodology: A descriptive survey study was carried on 100 patients selected using non-probability purposive sampling, who were discharged from the selected private hospitals at Jodhpur, Rajasthan. A Modified form of Dr. Laschinger's "Patient Satisfaction with Nursing Care Quality Questionnaire" (PSNCQQ) was used to measure patient satisfaction. A written permission was obtained to conduct study from the authority and an informed consent was taken from each participant.

Results: The study findings indicate that majority (70%) of the sample were highly satisfied with nursing care with mean patient satisfaction score 61.38 ± 9.692 (76.72%). Majority (66%) patients were satisfied with "Information given regarding investigations & treatments" and only (26%) were satisfied with "Coordination of care after discharge." Patients aged 18–30 years, belonged to urban area, up to secondary educated and admitted through OPD were found more satisfied.

Discussion & Conclusion: The study showed that majority of the participants were highly satisfied with quality of nursing care provided in private hospital. The PSNCQQ is a useful instrument for evaluating and improving nursing care. The nurse administrator can contribute to quality service provision by evaluating patient satisfaction to develop and improve nursing care based on patients' expectations.

Key words: Nursing care, Patient satisfaction, Quality of care

IMPROVING COMMUNICATION FROM CARDIAC OPERATING ROOM TO CARDIAC SURGICAL INTENSIVE CARE UNIT USING A STANDARDIZED HANDOVER PROCESS

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Abstract: 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 handovers. 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.

ASSESSMENT OF COMPETENCY LEVEL OF CARDIAC SURGICAL INTENSIVE CARE NURSE'S USING OBJECTIVE STRUCTURED CLINICAL EXAMINATION METHOD

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Abstract: In Shree Krishna Hospital, we have a training module "Preceptor Preceptee program" for newly joined nurses. Through this module, new nurses are evaluated through their log book and categorized in level 1 to 4. But there are concerns regarding competence of cardiac nurses and it is essential to assess their clinical competence before they enter in specialized clinical area of Cardiac Center. Therefore we have taken this initiative and designed a new "Objective Structured Clinical Examination Checklist" of Surgical Cardiac ICU procedures, for the assessing the detailed skill, knowledge and clinical competence of each staff working in this area.

Objective: To evaluate clinical competency level of nurses in care of post operated Cardiac patients, to improve skill, knowledge and confidence in their daily practice.

Method: We have implemented new designed OSCE checklist from Jan'2019. Checklist contains: Preop preparation, during procedure and post procedure care. Initially for 3 months from the date of joining, training is imparted at the bedside by the Charge Nurse and Senior Nurse of level 4. During these three months, the Charge Nurse assesses the effectiveness of the training by using the newly designed Checklist for their increased knowledge, improved skills and competency levels. After completion of three months, a post test is given for theory as well as practical demonstration of various procedures to evaluate each nurse. Independent patient assignments are given as per the evaluation scores. Criteria for passing the test is set as 80% or above.

Outcome: Newly designed checklist is found to be effective in increasing clinical competencies and skills of newly joined nurses from January 2019 to November 2019. 18 newly joined nurses were trained under this project. Out of these 18 nurses, 14 nurses scored more than 80% and were upgraded to the level 2 from level 1. These nurses were found to be competent to work in Surgical Cardiac ICU. 4 nurses who scored <80%, they remained in level 1 only and were put to re training till they reached to the desired outcome of 80%.

Conclusion: Knowledge, Skill and Clinical Competencies are the key requirements in clinical nursing. The biggest challenge in current time is our "training systems and ensuring skill improvement" while on the job. The training program, assessment and evaluation with OSCE checklist is found to be very useful to assess nurse's skill and level of competence therefore can maintain high quality of care and patient safety as well.

WHAT IS KNOWN TO NURSES ABOUT FACILITY BASED NEWBORN CARE (FBNC) - AN ACTION UNDER RMNCH+A

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Abstract: India contributes to one-fifth of global live births and more than a quarter of neonatal deaths. Some poor performing states like Odisha, M.P, Chhattisgarh, Rajasthan reveals NMR 32/1000 live birth in 2017. A CALL FOR ACTION was suggested under NRHM scheme – Facility Based New Born care which offers training program of all health workers working in sick new born care unit (SNCU) at district and periphery level. A descriptive study was conducted to assess the knowledge and practice of staff nurses who are responsible for newborn care to identify the need of FBNC Training.

Material and method: Staff nurses from rural as well as urban community working in government and private sector with minimum 1-20 years of experience in newborn care were selected and 60 has participated. Knowledge and practices assessment was performed by Standardized tool.

Results: 23.3% respondents had attended more than 1 workshop and CNE and they belong to government sector only which reveals training should also be provided for staff nurses working in private sectors. Researcher Find Only 40% Respondents were having adequate Knowledge and 16% Respondents were having adequate practices About Management of Sick Newborn as Per Criteria of FBNC Guidelines. Researcher has observed lack of equipment supply in selected Sub centres and Primary Health centres. Above findings indicate extreme need of FBNC training.

EFFECTIVENESS OF HELPER SKIN TAP TECHNIQUE ON PAIN REDUCTION AMONG THE PATIENTS RECEIVING INTRAMUSCULAR INJECTION IN SELECTED HOSPITALS, GANGTOL, SIKKIM

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Abstract: Pain is an unpleasant sensory and emotional experience associated with actual and potential tissue damage. Intramuscular (IM) injection is one of the most frequent procedures which causes pain at the site of injection. The aim of the study was to assess the effectiveness of Helper skin tap technique on pain reduction among the patients receiving intramuscular injection in selected hospitals, Gangtok, Sikkim.

Objectives: The objectives of the study were to 1. assess the level of pain experienced by patients on receiving intramuscular injection using routine technique 2. assess the level of pain experienced by the patients on receiving intramuscular injection using Helper skin tap technique 3. compare the level of pain experienced by patients receiving intramuscular injection using the routine technique and Helper skin tap technique 4. Find out the association between level of pain with selected demographic profile.

Methodology: A quantitative pre-experimental one- group pre-test post test design study was conducted on patients, receiving intramuscular injection at Central Referral Hospital (CRH) and Sir Thutob Namgyal Memorial Hospital (STNM hospital), Gangtok, Sikkim. Total 34 participants were selected using purposive sampling. The demographic data of the patients were collected using structured questionnaire and a Standardized Numerical Pain rating scale was used to assess the pain level after the administration of intramuscular injection using both routine and Helper skin tap technique.

Result: The study findings high light that the median pain score of pretest (routine technique) was (3.75) and the median pain score of the score of the post test (Helper Skin tap technique) was (1.00) and $p < 0.05$ level of significance which was statistically significant. Thus there is a significant difference between level of pain experienced by the patients on receiving intramuscular injection using routine and Helper skin tap technique. The findings also revealed that there is no association between level of pre test pain with selected demographic profile except gender ($\chi^2 c = 4.7$).

Conclusion: The study concluded that Helper skin tap technique is an effective measure in reducing the pain perception among patients receiving intramuscular injection

EFFECTIVENESS OF MOCK CLASSROOM TEACHING IN IMPROVING TEACHING SKILL OF NURSING POST GRADUATE STUDENTS.

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Abstract: Teaching is a process which facilitates learning by encouraging learners to think. Feel and do. Teaching skill can be defined as a teacher behaviors which are specially effective in bringing about desired changes in students.

Objectives: 1) Sensitization of 1st year nursing post graduate students towards mock classroom teaching. 2) To evaluate the teaching skill of nursing post graduate students through micro-teaching approach. 3) To evaluate the teaching skill of nursing post graduate students through microteaching when combined with mock classroom teaching. 4) Compare the improved teaching skill of nursing post graduate students between the control group and study group.

Methods and Materials: Experimental research design was used. Twenty post graduate MSc 1st year nursing students were selected by non probability purposive sampling technique. Standardized evaluation format of microteaching and class room teaching was used to assess teaching skill.

Result: Findings show that overall mean knowledge scores of control group and study group which reveals that study group mean teaching skill score was higher 41.00 with SD of ± 2.30 when compared with control group mean teaching score value which was 34.40 with SD of ± 3.59 .

Conclusion: As compare to microteaching, mock classroom teaching helps the student teacher to improve teaching skill of post graduate nursing students. It helps the students to build their self-confidence and to improve the way of presentation.

Key words: effectiveness, mock classroom teaching

ASSESS THE KNOWLEDGE REGARDING DEVELOPMENTAL DELAY AMONG MOTHERS OF UNDER FIVE CHILDREN.

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Abstract: Child health and development form part of the core components of the millennium development goals set by the United Nations Member States to be achieved by the year 2015. However, this laudable goal can only be fully achieved with due consideration of health surveillance of pre-school age children. Developmental delay (DD) occurs when a child does not reach developmental milestones at the expected age.

Objectives: 1) To assess the knowledge regarding developmental delay among mothers of under five children. 2) To associate the knowledge regarding developmental delay among the mothers of under five children with their demographic variable.

Materials and Methods: Present study is cross sectional research design conducted amongst 100 mothers of under five children in selected area of Wardha district

Results : The result revealed that 05% of the mothers were having poor knowledge, 28% of them had average, 40% of them had good and only 27% of them had excellent level of knowledge score.

Conclusion: The results showed that the knowledge regarding developmental delay among mothers of under five children was good. There was a significant association of knowledge score in relation to mother age and education status. There was no significant association of knowledge score in relation to resident, religion and monthly income.

Key Word: knowledge, developmental delay and mothers of under five children.

TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ON KNOWLEDGE REGARDING PREVENTION OF UPPER RESPIRATORY TRACT INFECTION AMONG THE GENERAL POPULATION.

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Abstract: An upper respiratory tract infection, or URI, results when infectious agents enter the nose or mouth and travel into the upper part of the respiratory system, including the nose, trachea (breathing tube), and vocal cords. If this infection continues to travel, it can result in an infection of the lungs or a lower respiratory tract infection.

Objectives: To assess the existing knowledge regarding upper respiratory tract infection among the general population, to assess the effectiveness of planned teaching on knowledge regarding upper respiratory tract infection among the general population, to associate the knowledge score with selected demographic variables.

Material and Method: Pre-experimental One Group pretest posttest Design and non probability convenience sampling technique was used in this study. One twenty general population were selected for the data collection. Structured knowledge questionnaire and planned teaching was used to collect the data.

Result: The findings show that in pretest 112(93.33%) of study participants are having average knowledge, (8%) of study participants are having good knowledge whereas posttest 7(5.83%) were having good knowledge, 113 (94.17%) had excellent knowledge. Demographic variable like the residence and education was significant to 0.05.

Conclusion: Thus it was concluded that planned teaching on the prevention of upper respiratory tract infection was found effective as a teaching strategy.

Keywords: planned teaching, knowledge, prevention of upper respiratory tract infection, general population

TO ASSESS THE KNOWLEDGE REGARDING PREVENTION OF DEPRESSION AMONG ADOLESCENTS.

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Abstract: The National Mental Health Survey 2015-16 conducted by National Institute of Mental Health and Neuro-Sciences (NIMHANS), reported mental morbidity of 10.6% among those who are aged 18 and above. The rate was slightly lower, 7.5%, among the youth (18 – 29 years). A World Health Organization report released in 2017 estimated that more than 56 million individuals in the country face depressive disorders currently.

Objective: 1. To assess the existing knowledge of prevention of depression among adolescents. 2. To associate knowledge of prevention of depression among adolescents with the demography variables.

Methods: cross sectional research design was used among 100 adolescents from the area of Wardha district.

Result: The result revealed that 7 (07%) of adolescents were having poor level of knowledge score, 81 (81%) of them had average and 6 (6%) of them had good level of knowledge score. The minimum score was 4 and the maximum score was 14, the mean score was 7.38 ± 1.56 with a mean percentage score of 36 ± 7.8

Conclusion: There was no significant association of knowledge score in relation with demographic variables. From present study tell us that we have to create awareness regarding prevention of depression so that adolescents can able to cope with the problem facing by them, Lead mentally healthy life.

Keywords: knowledge, depression and adolescents

KNOWLEDGE REGARDING PREVENTION OF CHILD ABUSE AMONG PARENTS AT SELECTED RURAL AREA OF JODHPUR

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Abstract: Child abuse is a kind of domestic violence that involves all forms of physical, emotional and sexual maltreatment and negligence of children under the age of 18 years which potentially or actually damages all aspects of their health. Child abuse is a global problem with serious lifelong consequences. In India the child abuse has not received enough attention. There have been few and irregular efforts to understand and address the problem. There are many consequences of child abuse that may last a life time and can include brain damage, hearing and vision loss ,etc. resulting in disability. The aim of this study was to assess the level of knowledge regarding prevention of child abuse among parents. The setting of study was Dhawa a small village 40 Km near Jodhpur, conducted during March 2019. The study population comprised of parents of children under 18 years of age. A sample of 60 parents were selected by non-probability purposive sampling technique. The descriptive research design was used and data were collected by interview method, using a self-structured questionnaire. Descriptive and inferential statistics were used. The result showed that majority of parents 60% had poor or fair level of knowledge, 39% had good knowledge whereas only 1.6% had excellent knowledge. So the mean knowledge score was 16.07. More, there is no significant association between knowledge and demographic variables except age of mother at 0.05 level of significance. The finding of the study concluded that the knowledge regarding child abuse among parents was inadequate. Considering this aspects further awareness drives can be conducted to make the people alert about child abuse and its prevention.

Key words: Child abuse, Maltreatment, Negligence

A CASE STUDY TO ANALYSE THE ROLE OF PERI-OPERATIVE NURSING IN MANAGEMENT OF TEMPORO MANDIBULAR JOINT DISORDERS AT ALL INDIA INSTITUTE OF MEDICAL SCIENCES, RAIPUR

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Abstract: The temporo mandibular joint (TMJ) Ankylosis involves fusion of the mandibular condyle to the base of the skull. It is a debilitating condition usually affects children and young adult's causing problems in mastication, digestion, speech, appearance and oral hygiene. Ankylosis of temporo mandibular joint (TMJ) most often results from trauma, infection and congenital causes.

Need of case study: The temporo mandibular joint (TMJ) Ankylosis which has a higher occurrence in India is considered to represent adolescents who present unique psychosocial adjustment concerned with craniofacial deformity. Nurses' play a critical role in the significant improvement achieved by peri-operative management of TMJ disorders through multidisciplinary approaches. However, persuasive research and studies in this scientific field is still unmapped.

Case Methodology: A 20 year old female patient reported with the chief complaints of inability to open mouth, restricted jaw movement and poor aesthetics. She had skeletal and dental class – II malocclusion. Clinical examination and radiographic findings diagnosed her as a case of bilateral TMJ ankylosis. A decision to treat the ankylosis by Gap Arthroplasty and temporalis myofacial graft interpositioning through preauricular approach was made. A careful surgical technique and meticulous long term physiotherapy along with comprehensive peri-operative nursing care are considered essential to achieve a satisfactory result.

Discussion: TMJ Ankylosis is a challenging problem demanding team work by surgeons, nurses and physiotherapist. The inevitable role of nurses in preventing infection (reducing inflammation in joint sites), pain (ice and cold compression) and injury '(bird face deformity)' with special emphasis in nutritional and emotional support demands a high quality care from the professional. This case study aims to address these issues within its limited boundary.

EFFECT OF NURSE-LED POST-SURGICAL EDUCATION PROGRAMME ON QUALITY OF LIFE AMONG HEAD AND NECK CANCER PATIENTS: PILOT STUDY

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Abstract: Post-operative head and neck cancer patients faces lots of complications like pain, weight loss, dysphagia, self-image concerns, etc. that affects the overall quality of life. Nursing care play an important role.

Material and methods: RCT was conducted to assess effectiveness of nurse-led post-surgical education programme on quality of life. Consecutive sampling with block randomization was followed (N=10). Experimental group received virtual teaching (included swallowing exercises, nutrition counselling and pain management). Control group received routine care. EORTC QLQ-C30 and H&N35 tool was used. Data was analysed using descriptive and inferential statistics. CTRI/2019/10/021617

Results: Mean age of participants was 52.2 ± 11.9 vs 53.8 ± 13.6 in experimental and control group respectively. 70% patients were using tobacco and 40% were alcohol. Majority were carcinoma of oral cavity and 70% were from stage 3. Overall quality of life 46.6 ± 1.6 vs 45.4 ± 1.6 in experimental and control group respectively ($P=0.80$). Global health status was 10.0 ± 0.0 vs 8.0 ± 1.26 in experimental and control group respectively ($P=0.06$). Pain was important concern, 3.80 ± 0.44 vs 4.40 ± 0.54 in experimental and control group respectively.

Conclusion: The present study reveals that nurse-led post-surgical education programme is effective in some aspects. Same study will be conducted in large scale.

Keywords: nurse-led post-surgical education programme, quality of life, head and neck cancer patients.

A STUDY TO ASSESS THE KNOWLEDGE REGARDING RABIES PREVENTION AMONG GENERAL POPULATION OF COMMUNITY RESIDING AT PRATAP NAGAR, JODHPUR, RAJASTHAN

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Abstract: Rabies is a major public health issue and continues to be a burden for India with the country still registering around 18,000 to 20,000 cases of rabies every year and it is completely curable by early diagnosis and treatment regimen. Lack of knowledge about disease, treatment and prevention is the major cause for this.

Objective: The objective of this study was to assess the knowledge regarding rabies prevention among general population and to determine the association of knowledge score of general population regarding rabies prevention with selected demographic variables.

Materials and methods: This study was carried out among general population of community residing at Pratap Nagar, Jodhpur, Rajasthan. Self-structured interview schedule was used to assess the knowledge regarding rabies prevention among 60 subjects.

Results: In this study, there were 60 subjects, in which male were 28 and female were 32. 7 subjects had excellent knowledge, 34 subjects had good knowledge, 17 subjects had average knowledge and 2 subjects had poor knowledge. No personal variable was found to be in association with level of knowledge at $p < 0.05$ level of significance.

Conclusion: Awareness session on rabies prevention should be held regularly to improve the knowledge and create positive attitude and remove the misconception among general population.

Keywords: Assess; knowledge; rabies; prevention; general population; community.

A STUDY TO ASSESS THE KNOWLEDGE ABOUT MENSTRUAL HYGIENE, MENSTRUAL PROBLEM, MANAGEMENT OF THESE PROBLEMS AND PRACTICES RELATED TO MENSTRUATION AMONG THE ADOLESCENT GIRLS IN A SELECTED SCHOOL OF JODHPUR.

Ms. Akshika Kalra, Ms. Bharti Devi, Ms. Himanshi, Ms. Magdalen, Ms, Manisha Meena, Ms. Neha Puri, Ms. Niharika Sharma, **Ms. Pratibha Sharma**, Ms. Renu, Ms. Simran, Ms. Treesa Thomas

Abstract: Menstruation is a normal physiological process indicating beginning of reproductive life but it is sometimes considered as unclean procedure in India. Insufficient, incorrect information regarding menstruation is often a cause of restrictions in the daily normal activities of the menstruating girls creating various physiological issues.

Method used: research approach: Survey approach,

sampling technique: Purposive sampling technique,

setting of the study: Government Girls Senior Secondary School Srinivaspuri, New Delhi,

population: Class 9 adolescent girls,

sample: 50 adolescent girls from class 9,

data collection tool: Questionnaire.

Results: Data was analysed and interpreted using the descriptive statistics in terms of frequency, percentage, mean, median and standard deviation. 68% of the total adolescent girls comprised of age group 13-14 years. The mean for the data was 9.54 i.e. 63% adolescent girls had knowledge about menstruation and menstrual hygiene and does not deviate from actual mean. The mean for the data was found to be 6.54 i.e. 43.3% adolescent girls had knowledge about problems related to menstruation and their management. Majority of sample population does visit a religious place and enter kitchen during menstruation i.e. 74% and 90% respectively.

Discussion: Based on the above findings it can be deducted that though the majority of sample have knowledge about menstruation and menstrual hygiene, not many are well knowledgeable about menstrual problem and their management.

A STUDY TO ASSESS THE ATTITUDE TOWARDS MENTAL ILLNESS AMONG PEOPLE ATTENDING THE OPD AT AIIMS, JODHPUR, RAJASTHAN

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ABSTRACT

BACKGROUND: Mental illness is a major public health issue and continues to be a burden for health and economic status of developing countries like India. The country still registering more cases of mental illness and it is curable by early diagnosis and treatment. Lack of knowledge about mental illness, negative attitude regarding mental illness, social stigma, treatment and prevention issues are the major causes and risk factors for the present mental health status of India.

OBJECTIVE: The objective of this study was to assess the attitude towards mental illness among people attending the OPD at AIIMS, Jodhpur and to find out the association between the attitude of people towards mental illness with their selected personal variables.

MATERIAL AND METHODS: Present study was carried out among people who attending OPDs at AIIMS, Jodhpur. Self- structured five point Likert Scale was used to assess the attitude towards mental illness among 300 subjects.

RESULTS: In this study, there were 300 subjects, in which male were 230(76.64%) and female were 70(23.34%). Result of the study was evaluated as most of people (76.34%) were having positive attitude and remaining people (23.67%) were having negative attitude score. Mean attitude score among subjects was 99.843 and SD was 15.264.

CONCLUSION: Awareness session on attitude towards mental illness should be held regularly to improve the knowledge and create positive attitude and remove the misconception, social stigma and discrimination regarding mental illness among general population.

KEYWORDS: MENTAL ILLNESS, ATTITUDE TOWARDS MENTAL ILLNESS, GENERAL POPULATION, OPD.

A COMPARATIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING PREVENTION OF BLOODSTREAM NOSOCOMIAL INFECTION AMONG THE STUDENTS OF B.SC. NURSING 3RD AND GNM NURSING 3RD YEAR OF GIAN SAGAR COLLEGE OF NURSING, RAMNAGAR, BANUR, PATIALA.

Amandeep Kaur, Sharanjit Kaur, Manpreet Kaur

Background: Bloodstream Nosocomial Infection is the tenth leading cause of death in US and it is estimated that almost 250,000 cases occur annually.

Aim: The aim of study is to compare the knowledge regarding prevention of Bloodstream Nosocomial Infection among the students of B.Sc. Nursing 3rd year and GNM 3rd year.

Method: A non- experimental quantitative research approach with comparative descriptive research design was used and the study was conducted in Gian Sagar College of Nursing. Total 70 subjects were selected using non- probability convenience sampling technique. Demographic Performa and Self Structured Questionnaire was used to collect the data. Validity of tool was checked by the experts and reliability was checked with split half method. The pilot study was done and confidentiality was assured.

Conclusion: The study concludes that B.Sc. Nursing 3rd year have more knowledge than GNM 3rd year with mean difference of 0.07.

Keywords: Knowledge, Blood stream nosocomial infection, students.

A DESCRIPTIVE STUDY TO ASSESS SELF ESTEEM AND ACADEMIC STRESS AMONG UNDERGRADUATE STUDENTS OF SELECTED COLLEGES IN RAIPUR, CHHATTISGARH

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A descriptive study to assess self-esteem and academic stress among undergraduate students of selected colleges in Raipur, Chhattisgarh. The objectives are to assess the level of self-esteem and academic stress among undergraduate students, to identify the relationship between self-esteem and academic stress and to find out the factors affecting the self-esteem. Review of literature of the study was prepared relevant to the study. The conceptual framework of the study was based on Maslow's Hierarchy of needs. Pilot study was done in students of Vipra College, Raipur (C.G.). The research design was descriptive. The population included undergraduate students of Pandit Ravisankar University, Vipra college and Chanakya college of architecture. A total of 150 college students were included in the study and they were selected using convenient sampling. The instruments used for the data collection was Rosenberg's self-esteem scale and modified academic stress scale. Validity and reliability of the tool was done. Data was collected for the period of 5 weeks. Descriptive and inferential statistics were used to analyse the data. Data had association between self-esteem and academic stress and was analysed using chi-square test. The obtained value was $X^2 = 11.912$, $DF = 3$, $X^2 / DF = 3.97$. Hence there was a significant relationship between self-esteem and academic stress among undergraduate college students. Several implication can be formed from the findings of study which can be utilised in the nursing practice, nursing administration and nursing education. It is recommended that a comparative study can be carried out on the same aspect.

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE OF ANTENATAL MOTHERS REGARDING ANEMIA AT SELECTED GOVT. HOSPITALS, JODHPUR (RAJ.)

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ABSTRACT :

A Descriptive study to assess the knowledge regarding anemia among antenatal mother at selected Govt. hospital, Jodhpur, Rajasthan. The objective of the study were to assess the level of knowledge regarding anemia among antenatal mother at selected Govt. hospital, Jodhpur, Rajasthan and to find out the association between the level of knowledge regarding anemia among antenatal mother at selected Govt. hospital, Jodhpur, Rajasthan. A descriptive research design with quantitative research approach was used in the study. The population selected for the study was antenatal mothers of selected government hospital Jodhpur. The data was collected from 200 antenatal mothers on 23/10/2018 through self-administered knowledge questionnaires. Antenatal mothers were selected by using simple random sampling technique. The data was analyzed by using descriptive and inferential statistics. The study findings show that out of 200 samples, the majority (20) of the samples had poor (<50%) knowledge followed by 4 samples had average (51-75%) knowledge and (0) sample had well (>75%) knowledge, and the mean knowledge score of all (24) samples was 15.15, SD± 6.75. The majority of the socio demographic variables include age at the level of $P \leq 0.05$. It can be concluded that antenatal mothers had poor knowledge regarding anemia. They require further education and continuously update to enhance their knowledge.

A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF EDUCATIONAL PROGRAM ON KNOWLEDGE REGARDING ORAL REHYDRATION THERAPY AMONG MOTHERS (18-35YRS) OF UNDER 5 YEAR'S CHILDREN AT SELECTED RURAL AREA OF RAIPUR, CHHATTISGARH.

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Introduction-Diarrhea is the leading cause of childhood mortality and morbidity in children under 5 year of age, especially in developing countries. In India mortality under 5 year children due to diarrheal disease is 18% as per the WHO report 2006.

Material and methods-A pre-experimental study was conducted on 60 mothers of under 5year children at selected rural area in Chhattisgarh by using self self-structuted questionnaire to assess knowledge among mother regarding ORS therapy before and after few days of structured teaching program.

Finding of the study- The mean score of pre-test study was 9.37 and mean score of post-test is 16.73. the mean improvement is 7.36 which is 36.85% of total mothers. The study is significant at $p < 0.001$ level. It implies that structured teaching program had a significant effect in increasing knowledge of mothers of under 5 yrs children.

Conclusion-In present study, mothers have shown improvement in knowledge regarding oral rehydration therapy after providing structured teaching program.

Key words – Effectiveness, educational program, knowledge and oral rehydration therapy.

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND EXPRESSED PRACTICE OF THE PRIMIGRAVIDA MOTHER'S REGARDING ANTENATAL CARE AND ANTENATAL CHECK-UPS AT SELECTED GOVT. HOSPITALS, JODHPUR, RAJASTHAN.

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⁵Principal, Guide & H.O.D Dept. Of Obstetrical and Gynaecology,
Govt. College of Nursing, Dr. S.N. Medical College, Jodhpur.

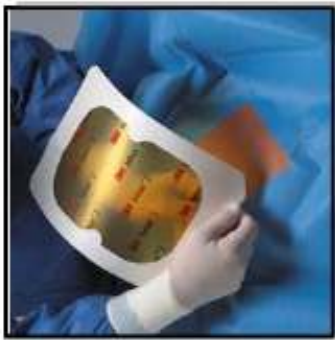
The objectives of the study are to assess the knowledge of primigravida mother regarding antenatal care and antenatal check-ups, to assess the expressed practice of primigravida mother regarding antenatal care and antenatal check-ups, to find out the association between knowledge of primigravida mother's regarding antenatal care and antenatal check-ups and the selected demographic variables, to find out the association between the reported expressed practices of primigravida mother's regarding antenatal care and antenatal check-ups and the selected demographic variables and to find out the correlation between knowledge and expressed practices of primigravida mothers. The conceptual framework for the present study is developed from Lubwig Von Bertalanffy general system theory.

Materials and Methods: Approach: The research approach adopted for this study is Quantitative approach. Design: The research design selected for this present study was Descriptive research design. Setting: The study was conducted in Umaid and M. D. M. hospital, Jodhpur, Rajasthan. Participants: 200 primigravida mothers attending antenatal clinic in Umaid and M. D. M. hospital, Jodhpur, Rajasthan by using purposive sampling method. Assessment: The tool was developed by preparation of Structured Questionnaire content validity of the tool was established by giving to professional experts. Intervention: Personal data was assessed by using socio-demographic data. Structured questionnaire was administered to primigravida mothers. Analysis: Data obtained was analysed using descriptive statistics in terms of frequency, mean, standard deviation and chi square.

Result: The findings represent that majority (60%) of the sample had average knowledge followed by (25%) of the sample had good knowledge, and (15%) had poor knowledge regarding antenatal care and antenatal check-ups. The overall mean percentage of the scores was 64.92% with mean (16.53%) and SD (1.15%) of the total score. This reveals that majority of the sample of primigravida mothers have average knowledge regarding antenatal care and antenatal check-ups. The findings represent that majority (65%) of the sample had average expressed practice followed by (25%) of the sample had good expressed practice, and (10%) had expressed practice regarding antenatal care and antenatal check-ups. The overall mean percentage of the scores was 64.53% with mean (10.97%) and SD (0.90%) of the total score. This reveals that majority of the sample of primigravida mothers have average expressed practice regarding antenatal care and antenatal check-ups.

Conclusion: The study concluded that knowledge and expressed practice of primigravida mothers regarding antenatal care and antenatal check-ups was average.

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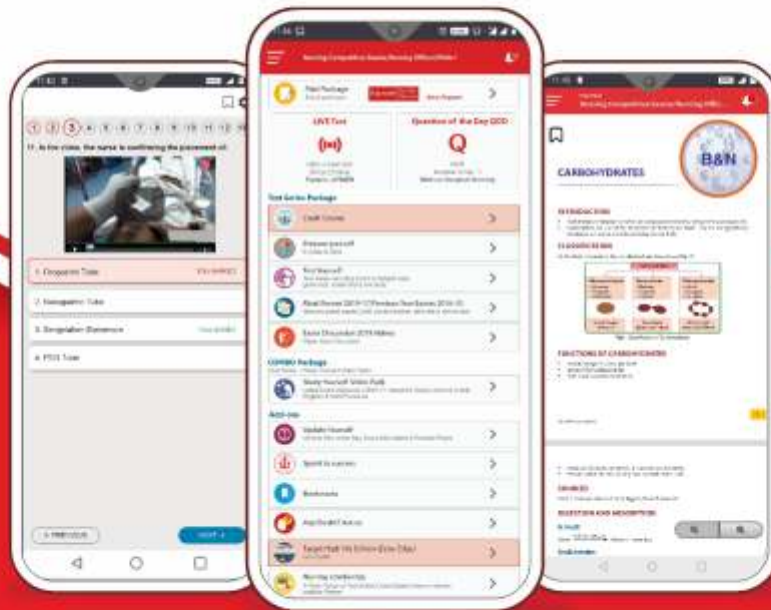
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REFERENCE: Van Overschelde, P. et al. A randomised controlled trial comparing two wound dressings used after elective hip and knee arthroplasty. Poster presentation at 5th Congress of the WUWHS, Florence, Italy, 2016.

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