

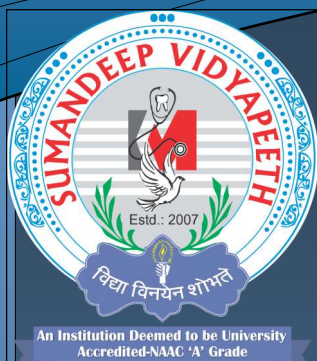
ISSUE

04

NURSING TIMES

PUBLISHED BY SUMANDEEP NURSING COLLEGE

2018-2019



EDITORIAL BOARD

PATRON

DR. H.N RAVINDRA
PRINCIPAL, SNC

EDITORIAL STAFF

MR. NIRMAL RAJ
ASSO. PROFESSOR

MR. SURESH V
ASSO. PROFESSOR

MR. RAJESH P
ASSO. PROFESSOR

MR. ADITHYA.S.
ASST. PROFESSOR

DR. RAVINDRA .H.N.
H.O.D

MRS. ROBBY SOLANKI
ASSI. PROFESSOR

ABOUT THE COLLEGE

It is a matter of great pride that the Sumandeep Nursing College under the patronage of Sumandeep Vidyapeeth came in to existence in 2006.

The primary concern of Sumandeep nursing college is to develop through education and training, compassionate, professionally excellent, ethically sound individuals who will go out as competent nurse for healing communities. Their service may be promotive, preventive, curative, rehabilitative or palliative aspects of health care. Sumandeep nursing college provides a culture of caring while perceiving its commitment to professional excellence.

Sumandeep Nursing College absorbs the clinical resources to facilitate the learning needs of nursing students at Dhiraj hospital, which is a constituent of Sumandeep Vidyapeeth with 1360 bedded multi- specialty hospital. Dhiraj hospital offers super specialty, comprehensive services at minimal cost by keeping in mind the economic constraints of patients especially of rural areas.





PRINCIPAL
DR. H N RAVINDRA

"The pursuit of perfection, then, is the pursuit of sweetness and light."



FROM THE DESK OF PATRON

I am very excited to see the fourth issue of the Nursing Newsletter *NURSING TIMES* because it represents a celebration of nursing as a profession and a discipline unlike any other. It is a joy to read all of the activities carried out by our institution throughout the last one year. Sumandeep Nursing College has many great things on the horizon for 2018-19. The College continues to graduate many great nursing professionals, we are moving nursing science forward in new and innovative ways, we have launched new courses in the last academic year, started functioning as separate faculty under SVDU.

I would also like to take this opportunity to thank all faculties for your hard work and commitment to our college, and thank you to everyone who has contributed to this publication as well.

SUMANDEEP VIDYAPEETH



World Breast Feeding Week Celebration-2018

AUGUST 1ST TO 7TH 2018

The one week events were organized by the faculty of OBG(N) Dept.: **Mrs. Robby Solanki**, HOD & Associate Professor, **Mrs. Vruti Patel**, Assistant Professor & **Mrs. Rachana Joshi**, Assistant Professor. This whole event coordinated & guided by **Dr. Ravindra H.N.** Principal, Sumandeep Nursing College, Vadodara.

For prompt awareness among public, Poster Exhibition-Competition, Mass Health education, Peer counseling & Training sessions were executed.



सुमनदीप विद्यापीठ
डेकडटी ओड नर्सिंग
सुमनदीप नर्सिंग कोलेज
पीपरिआ.वा.पोडिया, वडोदरा-३६१०५०

अमे तमने आमंत्रण आपीये छीये :

विश्व स्तनपान सप्ताह उजवणी

(१-७ अगस्त)

द्वारा आयोजित:
डिपार्टमेंट ओड ओब्स्टेट्रिक्स अने
गायनेडोलोजिकल नर्सिंग,
सुमनदीप नर्सिंग कोलेज

SUMANDEEP NURSING COLLEGE
Breast Feeding Week (1-7 August)

स्तनपान - हर शिशु का अधिकार

‘स्तनपान एक अमूल्य भोजन है जो एक माँ अपने शिशु को देती है. जब शिशु कुलीनता का अंतर होता है तब यह शरीरकी ही रास बना कर है और अंतर करीब है बंद ही शिशु के लिए केवल यह अंतर के कारण है.’

स्तनपान की सुरक्षा

उम्र के बाद शिशु को माँ के स्तन के बीच रखकर फीडिंग कर स्तनपान की शीघ्र सुरक्षा को सुनिश्चित करना।

स्तनपान के फायदे

शिशु के फायदे	माँ के फायदे	परिवार एवं समाज के फायदे
• आसानी से उपलब्ध और स्वस्थ भोजन है।	• स्तनपान के कारण माँ का स्तन स्वस्थ रहता है।	• परिवार में आसानी से भोजन उपलब्ध रहता है।
• शिशु को सुरक्षित और स्वस्थ रखता है।	• स्तनपान के कारण माँ का स्तन स्वस्थ रहता है।	• समाज में भोजन उपलब्ध रहता है।

SUMANDEEP NURSING COLLEGE
Breast Feeding Week (1-7 August)

स्तनपान की स्थिति के मुख्य बिंदु

शिशु का सिर एवं शरीर एक ही रेखा में होना चाहिए।
शिशु का सिर माँ के स्तन के समान होना चाहिए।
माँ को शिशु के मुँह परीक करके शिशु को स्तनपान कराना चाहिए।
शिशु दबाव रखने के बजाय मुँह के बजाय स्तन के बजाय स्तनपान कराना चाहिए।

SUMANDEEP NURSING COLLEGE
Breast Feeding Week (1-7 August)

स्तनपान से सम्बंधित समस्याएँ

सपाट शिशु
शिशु को सपाट शिशु के रूप में पहचानना और उसे सही ढंग से फीडिंग करना।

कम स्तनपान
शिशु को सही ढंग से फीडिंग करना और उसे सही ढंग से फीडिंग करना।

कम स्तनपान
शिशु को सही ढंग से फीडिंग करना और उसे सही ढंग से फीडिंग करना।

SUMANDEEP NURSING COLLEGE
Breast Feeding Week (1-7 August)

स्तनपान की पर्याप्तता का निर्धारण

स्तनपान को एक पर्याप्त मात्रा में देना।
शिशु को सही ढंग से फीडिंग करना और उसे सही ढंग से फीडिंग करना।



A Discussion programme on “Breast feeding” was conducted by Dr. Prashant Modi, Assistant Professor, Department of Child Health Medicine, Dr. K. M Maheria (Sr. Pediatrician) and Dr. Manish, HOD, Pediatric Dept..

World Heart Day Celebration 2018



Date: - 29 Sep.2018
Organizers: - Department of Medical Surgical Nursing.

Objectives:-

- To enhance knowledge and awareness about the Cardiovascular Disease.
- To provide an opportunity to the students to participate in the discussion regarding Cardio Vascular Disease and its treatment modalities.
- To understand the pivotal role of nurse in prevention of CVD.



Organized by M.S.N Dept. Dr. Ravindra H.N, Principal, Mr. Kevin Christian, HOD & Asst. Professor, Mrs. Sonal Patel, Asst. Professor and Mrs. Sujitha S., Asst. Professor.



Activities Performed:-

- Theme introduction of World heart day.
- Prevalence of CVD.
- Treatment modalities
- Video presentation.
- Pivotal role of nurse in prevention of CVD
- Discussion with Participants.
- Prize Distribution

The programme was made effective with the help of A.V. aids and presentations. Various scientific sessions were taken.

2nd October: 2018 : Gandhi Jayanti Celebration

Sumandeep Nursing College has celebrated Gandhi Jayanti from 1st to 9th October 2018. The following are the events list:

Mass pledge of SWACHHTA at all the constituent institutions.

Hand Sanitization awareness among school children in the community by Sumandeep Nursing College

Skit performance by students to create awareness of cleanliness at Dhiraj Hospital .



Refresher Course - Nursing Process (Evaluation and Construction)



Date: 4th Oct 2018

Organizers: Department of Medical Surgical Nursing, Sumandeep Nursing College.

Venue: Conference Hall, Sumandeep Nursing College, Piparia, Waghodia

Beneficiaries: Nursing Faculty

Objectives:

To refresh and update the knowledge about the Nursing Process.

To provide an opportunity to the faculties to participate in the discussion regarding Nursing Process and make beneficiary change in nursing process.



Significance/need of the program:

Sumandeep Nursing College has organized refresher course on nursing process dated on 4th Oct 2018. It is essential to introduce standardized nursing process format and take a view point from the faculty members regarding nursing process to transform quality and uniformity of education among the students.

Details of the program:-

The program was organized by Dr. Ravindra H N, Principal & Mr. Kevin Christian, HOD & Asst. Professor of SNC

SEMINAR ON WOMEN EDUCATION AND EMPOWERMENT: "Changing role in Society towards autonomy"

Organized by
Women Welfare Cell
SUMANDEEP NURSING COLLEGE

Date / time : 5th OCTOBER, 2018, 10:00 A.M. to 11.30 A.M.
Venue : Lecture Hall-1, Sumandeep Nursing College
Aims and Objectives : To organize awareness regarding women education and empowerment this leads to autonomy and build the capacity.
Resource Person : Dr. Vandana Shah , Prof. & HOD of Oral Pathology KMSDCH.

"Women education and empowerment: Changing role in Society towards autonomy" was organised by Women Welfare Cell Coordinator Mrs. Vruti Patel, Assistant Professor, OBG Dept. SNC.



The resource person of this seminar is Dr. Vandana Shah, Director, Student Welfare, Sumandeep Vidyapeeth, Professor and HOD of Department of Oral Pathology KMSDCH, Sumandeep Vidyapeeth. She discussed about the importance of Women education for strengthening their status in society, decision making ability and autonomy
Ms. Priyanka Waghmare was the master of ceremony



An Institution Deemed to be University
Accredited-NAAC 'A' Grade

**Day celebration-
MENTAL HEALTH DAY**

Street play and poster presentation on "young people and mental health in a changing world"

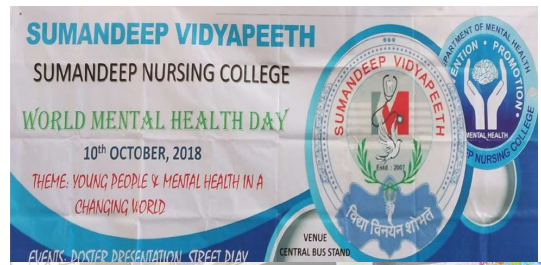
Date/time	: 10th October 2018, 10:30 am to 1:00 pm
Organizing chairperson	: Dr. Ravindra H. N, Principal, SNC
Organizing secretary	: Mr. Suresh V, Associate professor, SNC
Organizers	: Mental Health Nursing Department, SNC
Venue	: Vadodara central Bus stand
Beneficiaries	: Young people and general public



Two press media had arrived at the venue **Spark Today news** and **N plus news**. They done all coverage of events for publication. Mrs. Bhoomika Patel, Assistant professor, Dpartment of Mental health nursing, SNC had given interview regarding the world mental health day and related theme and the problems facing by young people and its prevention on both news channels.

The news had polished on the spark today news on the following link.

<https://youtu.be/L224Q9ZHAcZg>



CNE: Interpretation of ECG & Its Nursing Implication - 29th Oct 2018

Date: 29th October 2018

Organizers: Department of Medical Surgical Nursing, Sumandeep Nursing College.

Venue: SBKSMI&RC Auditorium, Sumandeep Vidyapeeth.

Beneficiaries: Faculty, UG & PG Students

Objectives:

To enhance knowledge about the interpretation and nursing implication of ECG.

To provide an opportunity to the students to participate in the discussion regarding nursing implication of ECG.

To understand the essential role of nurse in interpretation and nursing implication of ECG.



Sumandeep Nursing College has organized CNE on 29th October 2018. It is essential to enhance knowledge of nurses regarding interpretation and nursing implication of ECG. In this occasion Mrs. Sonal Patel Asst. Professor of MSN Dept, SNC has introduced the theme "Interpretation and Nursing Implication of ECG".

First session was taken by Mr. Kevin Christian Ass. Professor & HOD of MSN Dept, SNC. Second and third session was dealt by Mrs. Shubhangi Jadhav Associate Professor, College of Nursing, Bombay Hospital, Mumbai. Fourth session was carried out by Mr. Anil Mandalia Lecturer, Class II, Govt. College of Nursing, Bhavnagar. Completion of occasion was done by Vote of thanks given by Ms. Ekta Patel Asst. Professor of MSN Dept, SNC.



"OATH TAKING CEREMONY WITH FRESHERS CELEBRATION"



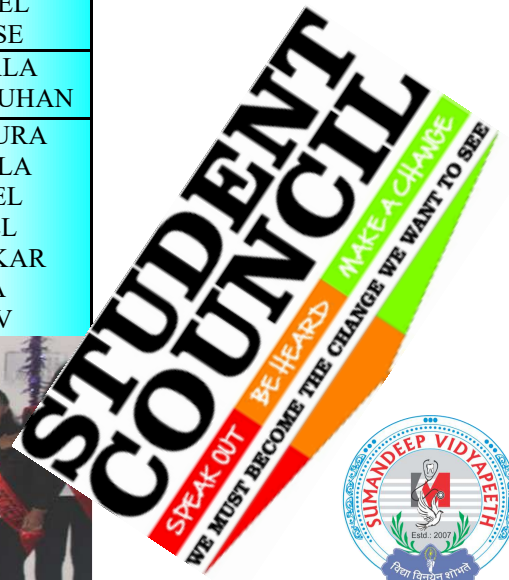
Freshers celebration: New batches of year 2018-19 of M.Sc Nursing ,B.sc Nursing, PBBsc Nursing , GNM and ANM organized by Students council, SNC,SVDU.

SR NO	POST	NAME OF MEMBERS
1	PRESIDENT	MR HITEN TRIVEDI
2	VICE PRESIDENT	MR. NANISEH PATEL MS.PRIYA PATEL
3	GENERAL SECRETARY	MS. DHRUVI PATEL
4	JOINT SECRETARY	MS.MITAL LAMIYA
5	TREASURERS	MR. PATELIA NEEL MS. TRUPTI PATEL
6	EDITOR IN CHIEF	MS. ALEENA THOMAS MS. VRUNDA PATEL MS. JANVI PATEL
7	CULTURAL SECRETARY	MS. PALAK R PATEL MS. SIJI VARGHESE
8	SPORT SECRETARY	MR. ADIL KADIWALA MRS. JAYSHREE CHAUHAN
9	EXECUTIVE COMMITTEE	MRS. ILA B. RAICHURA MS. JYOTI BHATULA MS. ANISHA PATEL MS. AESHA PATEL MS. KRUTI BAGULKAR MR. ANIL BARIA MR. RAJPAL SHIV

Oath taking of Student council committee-2018-19 also done with Freshers celebration.

DATE: 2nd November 2018

TIME: 2:00 PM ONWARDS



State level Seminar

Department of Child Health Nursing, Sumandeep Nursing college conducted State level Seminar on Adolescent Health on 17th November 2018 in SBKS Medical Auditorium at 9.30am.

Inaugural session: Program was inaugurated by the Principal Dr. Ravindra H N by lighting the lamp along with the guests and the head of the department.

Session - I: was handled by Mr. Gibin Thomas, HOD of Child Health Nursing, Maniba Bhula College of Nursing, Bardoli. The topic was Current trends and issues in Adolescent Health. He was well focused about the recent trends and priorities of adolescents health as well as the technological advancements in this field.

Session - II: It was taken by Dr. K M Maheriya, Professor, Department of Pediatrics, Sumandeep Vidyapeeth. The topic was common disorders and their management in adolescence. He mainly focused on the life style diseases and habit disorders of adolescents. Detailed about the requirement of Nutrition for different age groups and essential immunizations up to the adolescent age group.

Session - III: was taken by Mr. Ismail P A (MSc. Clinical Psychology) and the topic was Modalities to overcome with the psychological problems in adolescence. He mainly dealt with the different disorders and the different psycho therapies and behavioral therapies to overcome with the problems in adolescent age.

Concluding session: Mr. Dayanand Belagavi (Assistant Professor, Dept. Of CHN, SNC) delivered the vote of thanks and the entire sessions were concluded by 12 : 45 pm.



SOP ON HEMODIALYSIS
MRS.VEENA RATHWA
II Year NPCC Student,

A medical procedure to remove fluid and waste products from the blood and to correct electrolyte imbalances.

PURPOSE: The main purpose of dialysis is help to improve renal function.

PROCEDURE

PRE-DIALYSIS CARE

Explain procedure to client

Assess for Weight, Vital signs : Potassium level

Semi fowler position

Review medications:

Hold drugs that pass through the dialysis membrane, such as piperacillin, folic acid, and other water-soluble vitamins.

Hold antihypertensive drugs, especially if systolic pressure is below 100, per physician order

Check access site:

Assess fistula or graft for infection

Assess circulation in distal portion of extremity

Auscultate for bruit

Palpate for thrill

No iv or blood draws in that arm

No BP in arm

DURING DIALYSIS

Access to circulation

Central venous catheter

Arterio-venous fistula

Arterio-venous graft

Select sites

Insert needles

Catheters: Disinfect catheter limbs & evaluate patency

Draw blood work

Prior to administering heparin

From arterial port

Administer heparin post draw

Initiate blood flow to dialyzer: Connect lines &start at low blood flow rate

Heparin is administer as per doctor orders

POST DIALYSIS CARE

Monitor blood pressure report hypotension or hypertension

Watch for bleeding

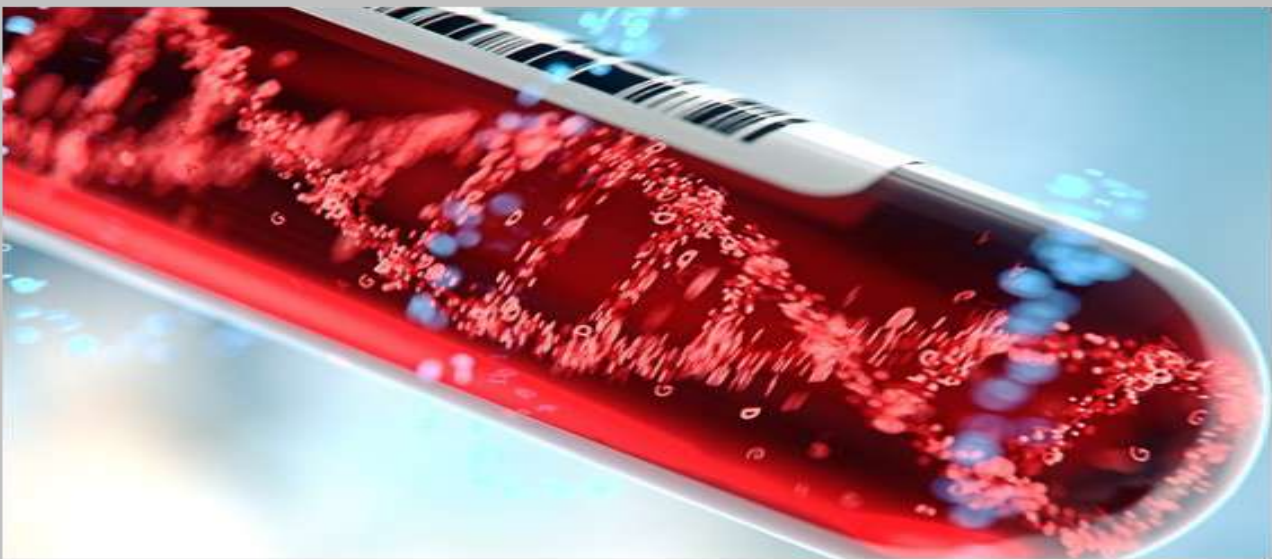
Check weight and compare (weight loss should be close to fluid removal goal set during treatment)

Document unusual findings

Assess access site for bruit, thrill, exudate, signs of infection, bleeding.

Major Breakthrough Scientists Are Eyeing in 2019

DNA STORAGE



Many scientific breakthroughs have been sparked by following [Mother Nature's lead](#). A prime example of that is DNA storage—using synthetic DNA strands to store massive amounts of data. Just as the DNA in the human body contains vast loads of information, [research has found](#) that a few grams of DNA can store an exabyte of data (that's one quintillion bytes for those who are counting) and hold it safely intact for thousands of years. The process has remained slow and pricey, since it requires converting the 0s and 1s into the DNA molecules adenine, thymine, cytosine, and guanine. But scientists have been making headway. Next year, the first commercial DNA storage service, Harvard Life Lab's Catalog, is [set to launch](#), and a prototype machine from Cambridge Consultants, which can encode a terabit per day, is [expected to roll out](#) the same year.

Organized by Faculty of Sumandeep Nursing College

DATE: 14th NOVEMBER, 2018 / TIME: 2 PM –5 PM

“ There is no garden as beautiful as Childhood ”

EVENT	TEACHER'S NAME	
MC & Speech on Importance of children's day	Rachana Joshi	
Prayer Song	Mrs. Robby Solanki, Ms. Sneha Parmar, Mrs. Priyal Christian	
Shloka	Mrs. Kruti Dabhi	
Message to Students- Principal sir's speech	Dr. Ravindra H N	
Teachers Fun	All Teachers	
Solo song	Mrs. Jincy Shiju	
Duet Dance	Mrs. Priyanka Waghmare & Ekta Patel	
Role Play	Dr. Ravindra H N - Narrator	
	Mrs. Vruti Patel- Teacher	
	Mr. Jitendra- Security	
	Mr. Kevin Christian, Ekta Patel, Varsha Hun, Sonal, Sujitha, Chhaya, Jaimita, Dharvi - Student	
Dance	Mrs. Robby Solanki	
Bollywood Dance	Mrs Siddhi Patel	
Shyari / Jokes	Mr. Ashish Patel	
Fusion Dance- <i>Om Shanti Om</i>	All Teachers	

AIDS DAY CELEBRATION

DEPARTMENT OF MEDICAL SURGICAL NURSING

2ND DECEMBER, 2018 9.15 am to 12.30 pm.

MULTIPURPOSE HALL, SNC

2018 THEME: 'KNOW YOUR STATUS'

A seminar on the theme "Know your status, organized by Medical surgical department. SNC



Dr. Ravindra.H.N, Principal, SNC delivered session on Theme of World AIDS day and made aware about current scenario of Aids disease in India.

Faculties of MSN Dept. Mr. Kevin Christian,, HOD & Assistant Professor, Mrs. Sonal Patel, Assistant Professor, Mrs. Sujitha Assistant Professor Mrs. Ekta Patel, Assistant Professor has delivered various sessions.



Various posters exhibition done based on the theme of this year. All students took part and displayed their abilities. Scientific sessions were detailed with presentations of current scenario.



CNE ON DELIVERY OF QUALITY CARE IN MIDWIFERY PRACTICE

DEPARTMENT OF OBG NURSING

15TH DECEMBER, 2018 9.15 am to 12.30 pm.

MULTIPURPOSE HALL, SNC

Inaugural session

Program was inaugurated by the Principal Dr. Ravindra H.N. by lighting the lamp along with the guests and the Head of the Department. During inaugural address he mentioned the importance of this topic in the current scenario.

Key Notes

Unveiling of theme and key notes on: quality care by HOD of OBG dept, Mrs. Robby Solanki.



Scientific sessions

Session - I

Session I was handled by Mr. Dipesh Dave, ISR & Government Scheme coordinator Department of PSM, SBKS, MIRC, Vadodara. The topic was Stratagem of reproductive & child health in India. He was well focused about the schemes.

Session – II

It was taken by Mrs. Varsha Sharma, Vice-principal, Pioneer college of Nursing Vadodara, Gujarat. The topic was Factors associated with Negative outcome. She mainly focused on the cause and risk factors During pregnancy.

Session – III

Session III was taken by Mrs. Vruti Patel (Assistant professor) and the topic was role of midwives to have a better birth outcome.

Concluding session

Ms. Priyanka Waghmare (Assistant Professor, Dept. Of OBG, SNC) delivered the vote of thanks and the entire sessions were concluded by 12.45pm.

Lamp Lighting & Oath Taking Ceremony

8th December 2018

Lamp Lighting & Oath Taking Ceremony of 13th Batch of B.Sc Nursing, 8th Batch of GNM & 6th Batch of ANM Nursing Students

Organized by Sumandeep Nursing College, Sumandeep Vidyapeeth
Presents of Guest in the Occasion:
Welcome Address by Dr. Ravinder HN, Principal of Sumandeep Nursing College, Sumandeep Vidyapeeth,
Chief Guest : Mr. Iqbal A. Kadiwala, Vice President, GNC,
Guest of Honour: Dr. Pragna Dabhi, Registrar, GNC,
Dr. Lavlesh Kumar, Medical Superintendent, Dhiraj Hospital,
Dr. Manoj Sattigeri, Registrar, Sumandeep Vidyapeeth,
Air Commodore Dr. G. D. Mehta, Hon'ble Chancellor, Sumandeep Vidyapeeth,
Shri Kamlesh Parmar , Felicitation of National Florence Nightingale Awardees' 2018,
Distribute Certificate & Awards done for Academic Toppers.



GUJARAT NURSES CRICKET CHAMPIONSHIP SEASON – 2

GNCC 2018 CRICKET TOURNAMENT SEASON 2

Date: - 18.12.2018 TO 23.12.2018 (6 DAYS)

Organizers: - Faculty of Nursing & Students council, SNC

Organizing Chairperson:- Dr. Ravindra HN, Principal, SNC

Organizing Secretary:- Mr. Kevin Christian, Assistant Professor, SNC

Venue: - Sumandeep Cricket ground, SV Campus, Piparia, Waghodia, Vadodara



GIRLS TEAM : Sumandeep Nursing College, Vadodara, Parul Institute of Nursing, Vadodara, SS Agrawal College of Nursing, AINS, Ahmedabad, MTIN, Charusat, Changa, T & TV School of Nursing, Surat, Dinsha

Boys team : Sumandeep nursing college, vadodara, Dinsha patel college of nursing, nadiad, Civil hospital, ahmedabad, LG hospital, ahmedabad, Govt. College of nursing, vadodara, Parul institute of nursing, vadodara, AINS, ahmedabad, Manibabhula nursing college, bardoli, Zundal college of nursing, gandhinagar, Pioneer nursing college, vadodara, Shree G H Patel College of Nursing, Bhagalaxmi Nursing College, Modasa, MTIN, Charusat, Changa, SDD College of Nursing, Dahod, MINS, Gandhinagar, Shree Anand College of Nursing, Rajkot Knowledge Institute of Nursing, Anand, Vinayaka Institute of Nursing, Bakrol, Ratna Prabha Nursing Institute, Vadnagar, C U Shah Institute of Nursing, Ahmedabad, GCON, Sir T Hospital, Bhavnagar, GVM B.Sc Nursing College, Panchmahal, Vidya Nikunj Nursing School, Rajkot, RP Patel College of Nursing, Nadiad, Mahavir Institute of Nursing, Vatrak, SS Agrawal College of Nursing, Sumandeep Nursing College, Vadodara, GMERS, Gotri, GCS, Ahmedabad, Shree HN Shukla Nursing School, Rajkot, Bhagwan Mahavir Nursing School, Surat, GG College of Nursing, Jamnagar, Govt. School of Nursing, Vyara, T & TV School of Nursing, Surat, Ambedkar College of Nursing, Dehgam



INAUGURAL CEREMONY:

Dr. Jigeesha Sheth, Hon'ble Mayor, Vadodara Municipal Corporation, Vadodara was the chief guest of the event. Mr. I.A. Kadiwala, Vice-president, Gujarat Nursing Council, Mr. Deep Kamal Vyas, President, Trained Nurses Association of India (TNAI) were the guest of honors. Air commodore Dr. G D Mehta, Hon'ble Chancellor, Dr. Rajesh Bharaney, Vice-Chancellor, SV, Dr. M. M./Sattigeri, Registrar, SV, Capt Gapt, Chief Administrative Officer were also present in the inaugural ceremony. Various other executive members of the TNAI & GNC were present in the ceremony.



The tournament was declared open by releasing balloons over the sky. It was inaugurated by chief guest Dr. Jigeesha Sheth, Hon'ble Mayor & other guest of honors.



DAY CELEBRATIONS: FLORENZA

DAY CELEBRATION:

24-12-2018 TO 29-12-2018

Every day there was a theme observed and there were a couple of competitions conducted on every day.



<u>Date</u>	<u>DAY</u>
24/12/2017	Traditional day
26/12/2017	Mismatch/patapindi day
27/12/2017	Hawaii hangover day
28/12/2017	Carnival day/disney day
29/12/2017	Group day







Systematic Review and Meta-Analyses: A guide for evidence based Nursing practice

SURESH V

Associate Professor

Sumandeep Nursing College

Sumandeep Vidyapeeth, Gujarat.

Vss_ssh@yahoo.co.in

Abstract:

Systematic review and meta-analysis always targets to provide comprehensive, unbiased synthesis of various relevant studies in a single document using rigorous scrutiny. Systematic review differs from old-style narrative reviews in many ways. Narrative reviews tend to be descriptive; it is not involved in a systematic search of literature. Systematic reviews, as the name suggests, typically involve a detailed and complete plan and search strategies with the intention of reducing bias by identifying, appraising and synthesizing all the relevant research studies on a particular topic. Often, systematic review includes meta-analysis element which involves using statistical methods to synthesize the data from various studies into a single quantitative form. Although systematic review are published in academic forum, but there are some organizations and databases specially developed to promote and publish them. For example, Cochrane collaboration is widely accepted and recognized in health care field.

Key words: Systematic reviews, Synthesis, Quantitative, Meta-analysis & Cochrane

INTRODUCTION: This article is specially designed for Nurse Researchers and other health care professionals who are interested to perform systematic review and Meta-analysis. Following information covers effective formulation of answerable review question, determine inclusion and exclusion criteria, search for research evidences, extract data, assess and evaluate the risk of bias in clinical trials and perform meta-analysis.

FORMULATE THE REVIEW QUESTION

The first phase in performing systematic review is to formulate research question. Without a well-focused research question, it will be very challenging and time consuming to find appropriate resources and search for relevant literature evidence.¹

To prepare a well-built clinical question, Question must be directly relevant to the problem, Subsequently, the question must be phrased to facilitate search for a precise answer. To achieve these goals, the question must be well articulated for all four parts of its ANATOMY²

Patient or Problem being addressed 2) Intervention or Exposure being used

Comparison Intervention or Exposure 4) Clinical outcome of interest.

For Eg: For Clinical Situation we began with, Following questions must be asked: “ Is animal assisted therapy more effective than Music therapy in Managing aggressive behavior in elderly people with Dementia?”³

Here, **P-** Elderly Patients with Dementia, **I-** Animal-assisted therapy, **C-** Music Therapy and **O-** Aggressive behavior

When we forming question using the **PICO** framework it is very useful to think on what type of question you are asking (Diagnosis, Etiology, Diagnosis, Prognosis & Prevention). The table given below illustrates way in which Problem, Intervention, Comparisons and Outcome will vary according to the type your review question.⁴

2. DEFINE INCLUSION AND EXCLUSION CRITERIA

Once you have developed your research question, you will need to determine your inclusion/exclusion criteria - these are the characteristics which make a study eligible or ineligible to be included in your review. One of the features that differentiate the systematic review and traditional narrative review is the Pre-specification of eligible criteria (Including and Excluding the studies in review)

A large number of abstracts will found at the searching stage of review. Potential studies for the systematic reviews are scrutinized for the eligibility on the basis of its relevance and acceptability.

Systematic review seeks: Is the study relevant and acceptable for review? All systematic reviewers formulate inclusion and exclusion criteria to answer the review question further each systematic review has own purpose therefore its inclusion and exclusion criteria are unique in nature. However, criteria typically belongs to one or more categories such as study population, Nature of intervention, outcome, time duration, Culture and language range, type of research design and Publication date.^(5,6)

Each study need to compare against the same inclusion and exclusion criteria and can be included in review.

3. DEVELOP SEARCH STRATEGIES AND LOCATE STUDIES

A proper use of database and search filters allow you to narrow your results hence, researcher can retrieve the articles that are most appropriate and relevant to the research question. Filter options are vary by database that include Article publication dates, language, age, sex, species and subject.

In a systematic review search, reviewer should take care when applying filters, as researcher may lose the articles. The significant in developing an ideal search strategy is to balance the sensitivity that is retrieving a high proportion of relevant studies and receiving lower proportion of irreverent studies.⁸

4. SELECT STUDIES

Once after retrieving the comprehensive list of abstract, reviewer must filter the studies on the basis of inclusion criteria. The process of review is usually done by at least two reviewers to establish inter-rater reliability.⁹

The researcher team must agree on inclusion and exclusion criteria for the articles you are interested to review. Selection of studies takes place under following guidelines

Screen each potentially useful study by reading title of the study and apply your inclusion and exclusion criteria.

Decide whether to include the study in the review.

Record the decision and reason for inclusion/ exclusion of the study screening.¹⁰

5. EXTRACT DATA

Once after identifying the studies to be included in systematic review, Next step is to extract and analyze the data presented on that studies.¹¹

In case of small number of studies were included, were reviewer probably don't need to go for coding the data for computer analysis instead summarize the information from the data extracted from selected studies. If a reviewer conducts an analytical review meta-analysis to compare the data from several studies, reviewer has to computerize the data. Data extraction by at least two reviewers is always important again for establishing inter-rater reliability and to avoid errors.¹²

Elements of data extraction:

Consider the review question and objective

Consider inclusion and exclusion criteria

Consider the study Characteristics: Such as Full citation, objectives, intervention, Location, Duration, Design and methodology, outcome measures and results.¹³

6. ASSESS THE QUALITY OF STUDIES

There are many tools available in recent years to assess the quality of each RCT included in systematic reviews

Quality assessment elements

Clinical question clearly stated?

Search methods used to identify relevant studies clearly described?

Was a comprehensive literature search performed?

Are the inclusion/exclusion criteria used to screen primary studies clearly described?

Was there duplicate study selection and data extraction?

Were the characteristics of the included studies provided?

Was the scientific quality of the included studies assessed and documented?

Were the methods used to combine the findings of studies appropriate?

Was the scientific quality of the included studies used appropriately in formulating conclusions?

Was publication bias assessed?

Was the conflict of interest stated?

Are the stated conclusions supported by the data presented?

Rate the overall quality of the SR as "Good," "Fair," or "Poor" using questions.¹⁴

There are other more comprehensive recommended guidelines and standards available such as the Consolidated Standards of Reporting Trials (CONSORT Statement), as well as articles providing recommendations for improving quality in RCTs and meta-analyses for psychological interventions.

P	I	C	O
Population Patient Problem	Intervention Or Exposure	Comparison	Outcome
Who are the patients? What is the problem?	What do we do to them? What are they exposed to?	What do we compare the intervention with?	What happens? What is the outcome?

7. ANALYSIS AND INTERPRET RESULTS

There are numerous statistical programs available to calculate the effect sizes for meta-analysis, such as Review Manager endorsed by Cochrane Collaboration. Effect sizes of meta-analysis are stated along with 95% confidence interval, and presented in both quantitative and graphical form (e.g. Forest plots).

Forest plots visually depict every trial as a horizontal diamond shape with the middle representing the study effect size and end points represent the zero mark. Often the left side of the graph represents the side favoring the treatment and right side represents favor to the control condition. Bottom of the graph summarizes effect size or diamond represents all of the individual studies pooled together. Preferably, we would like to see entire diamond falling below zero indicate that intervention is favored over the control. The last step in writing processes summarizing the findings, and providing recommendations for clinical work. (e.g. Interventions are effective, for whom and under what condition) and research (e.g. Intervention required further research)⁹

CONCLUSION: Article caters all the researchers and health care professionals to carry out systematic review and meta-analysis effectively and thus helps to implement Evidence based practice appropriately.

REFERENCE:

- UC Library Guides: Systematic Reviews in Health: Getting Started: The Research Question [Internet]. Canberra.libguides.com. 2019 [cited 18 July 2019]. Available from: <https://canberra.libguides.com/systematic/question>
- Oxman AD, Sackett DL, Guyatt GH, for the Evidence-Based Medicine Working Group. Users' guides to the medical literature: I. how to get started. *JAMA*. 1993;270:2093-5.
2. Subject Guides: Systematic Reviews for Health: 1. Formulate the Research Question [Internet]. Uta.libguides.com. 2019 [cited 18 July 2019]. Available from: <http://utas.libguides.com/SystematicReviews/FormulateQuestion>
- Fineout-Overholt, E., & Johnston, L. (2005). Teaching EBP: asking searchable, answerable clinical questions. *Worldviews On Evidence-Based Nursing*, 2, 157-160
- [Internet]. Pdfs.semanticscholar.org. 2019 [cited 18 July 2019]. Available from: <https://pdfs.semanticscholar.org/a6b4/d6d01bd19a67e794db4b70207a45d47d82f3.pdf>
- Research Guides: Systematic Reviews: Step 2: Define Inclusion/Exclusion Criteria [Internet]. Learn.library.ryerson.ca. 2019 [cited 18 July 2019]. Available from: https://learn.library.ryerson.ca/systematic_reviews/step2
- LibGuides: Systematic Reviews: Define Inclusion/Exclusion Criteria [Internet]. Guides.lib.usf.edu. 2019 [cited 18 July 2019]. Available from: <https://guides.lib.usf.edu/c.php?g=848629&p=6073758>
- Research Guides: Systematic Reviews: Creating a Search Strategy [Internet]. Guides.lib.umich.edu. 2019 [cited 18 July 2019]. Available from: <https://guides.lib.umich.edu/c.php?g=283340&p=2126706>
- Uman L. Systematic Reviews and Meta-Analyses [Internet]. PubMed Central (PMC). 2019 [cited 18 July 2019]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3024725/>
- Research Guides: Systematic reviews: Study selection and appraisal [Internet]. Guides.himmelfarb.gwu.edu. 2019 [cited 18 July 2019]. Available from: <https://guides.himmelfarb.gwu.edu/c.php?g=27797&p=170445>
- Research & Subject Guides: Systematic Reviews: Data Extraction [Internet]. Guides.library.stonybrook.edu. 2019 [cited 18 July 2019]. Available from: <https://guides.library.stonybrook.edu/c.php?g=226681&p=3624445>
- LibGuides: Systematic Reviews, a Guide: Data Extraction [Internet]. Researchguides.ebling.library.wisc.edu. 2019 [cited 18 July 2019]. Available from: <https://researchguides.ebling.library.wisc.edu/systematic-reviews/author/data>
- Research Guides: Systematic Reviews & Meta-analyses: Data Extraction [Internet]. Guides.lib.vt.edu. 2019 [cited 18 July 2019]. Available from: <https://guides.lib.vt.edu/SystematicReviews/DataExtraction>
- John W Williams J, Gierisch J, McDuffie J, Strauss J, Nagi A. STUDY QUALITY ASSESSMENT – SYSTEMATIC REVIEWS [Internet]. Ncbi.nlm.nih.gov. 2019 [cited 18 July 2019]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK82786/>

“CULTURAL NIGHT - FLORENZA”

**on
22/12/2018**



FLORENZA was celebrated in Sumandeep Nursing College. This year we celebrated it on 22/12/2018 and the program timing was at 6pm. to 11pm. at Amphitheatre. The students gathered at the venue at 5:30pm.

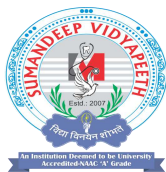


It was a memorable day and we got to see amazing performances by the students.

Florenza
2k18-19

“Facing threats on Community Health Nursing: A step towards change...”

Date	: - 10 th January, 2019
Organizers	: - Department of Community Health Nursing,
Venue	: - SBKSMI&RC Auditorium, SV Campus, Piparia, Waghodia, Vadodara



Activities performed:

Scientific session
Panel discussion



Conference was hosted by Mrs. Ekta Patel, Asst. Professor, Dept.of.Community Health Nursing, Sumandeep Nursing College. Program was started with Inauguration by Air Commodore Dr. G.D. Mehta, Honorable Chancellor, Sumandeep Vidyapeeth Deemed to be University, Sir was the President of the conference. Mr. I.A. Kadiwala, Vice- President, Gujarat Nursing Council, Gujarat, Sir was the Chief Guest of the conference. Dr. PragnaDabhi, Registrar, Gujarat Nursing Council, Gujarat. Madam was the Guest of honour of the conference. Dr. Jeyaseelan. M.Devadason, Dean, Annai J.K.K Sampoorani Ammal, College of Nursing, Erode, Tamilnadu. Sir was the Resource person of the conference. Dr. Sonopant Joshi, Professor. Symbiosis College of Nursing, Symbiosis International University, Pune, Maharashtra, Sir was the Resource person of the conference. Dr.Ravindra H.N, Principal, Sumandeep Nursing College, Vadodara, Sir was the Organizing Chairperson of the conference and Mr. Aditya.S, HOD, Department of Community Health Nursing, Sumandeep Nursing College, Vadodara, Sir was the Organizing secretary of the conference



NATIONAL CONFERENCE PHOTOS



Panel discussion on Intervening the trends & issues in Community Health Nursing.

The panel discussion that followed was guided by questions posed by the Moderator, Dr. Jeyaseelan. M.Devadason, Dean, Annai J.K.K Sampoorani Ammal, College of Nursing, Erode, Tamilnadu, began by asking questions to the panelist on Intervening the trends & issues in Community Health Nursing.



SEMINAR: “ANTI –INTOXICANTS AWARENESS”

Organized by

Sumandeeep nursing college & Students’ & Staff welfare committee

Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome- a cluster of behavioural, cognitive and physiological phenomena that develop after repeated use of substances.

DrDiptagshu, 1st year resident, Dhiraj Hospital came as a guest speaker for sharing his view about use of anti intoxicants and effect of it on the health. He had elaborated the common substances like opioids, charas, amphetamine, alcoholcigerrates etc.



Let us never consider ourselves finished nurses....
we must be learning all of our lives.

– Florence Nightingale

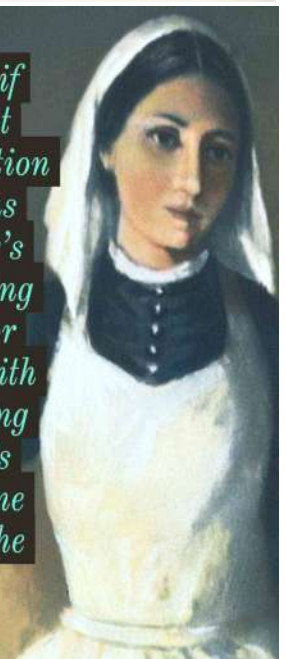


The most important **practical lesson** than can be given to nurses is to **teach them what to observe.**

– Florence Nightingale

“Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation, as any painter’s or sculptor’s work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God’s spirit? It is one of the Fine Arts: I had almost said the finest of Fine Arts.”

Florence Nightingale



March 11:-2019: Inauguration of Nutrition demonstration and exhibition by FY BSc nursing students. Thanks Dr. Lakhan Kataria sir for inauguration and Dr Shital chaya Mam for organisation



March 22: Medical surgical nursing department, TY BSc Nursing students organised a workshop on advanced Nursing Procedures. It has been a great effort which has significant impact on nursing students and staff.



April 6: NPCC students attended workshop at MGM university Mumbai .



NATIONAL SAFE MOTHERHOOD DAY

Organized by
OBG & COMMUNITY NURSING DEPT. SNC

National safe motherhood day celebration at sangadol vil- lage, Waghodia on 11/04/2019 by OBG department with the coordination of Community department. Child devel- opment program and ICDS officers were present. Pro- gram included poster presentation, nutrition exhibition , Role play on safe motherhood. After the fruits distrusted to antenatal mothers and children. There were 150 benefi- caries out of this program.



સુમનદીપ નર્સિંગ કોલેજના ઓ.બી.જી. અને કોમ્યુનિટી ડિપાર્ટમેન્ટ દ્વારા રાષ્ટ્રીય સલામત માતૃત્વ દિવસની ઉજવણી

તસ્વીર : પ્રવેશ શાહ



કલમ-વડોદરા
સુમનદીપ નર્સિંગ કોલેજના ઓ.બી.જી. અને કોમ્યુનિટી ડિપાર્ટમેન્ટ દ્વારા રાષ્ટ્રીય સલામત માતૃત્વ દિવસની ઉજવણી Dr. Ravindra H.N. ના નેતૃત્વ હેઠળ રાષ્ટ્રીય સલામત માતૃત્વ દિવસની ઉજવણી વાષોડિયા તાલુકાના સાંગાડોલ ગામમાં કરવામાં આવી હતી. આ કાર્યક્રમમાં સુમનદીપ નર્સિંગ કોલેજ

OBG and Community Department ના શિક્ષકગણ તેમજ વિદ્યાર્થીએ ભોગ્ય મળીને નાટ્ય પ્રસ્તુતિ અને Poster દ્વારા સુરક્ષિત માતૃત્વના પગલાઓ વિશેની સલાહ આપી. આ કાર્યક્રમમાં CDPO પ્રતિષ્ઠાપેન ઠાકર અને દક્ષાપેન ત્રિવેદી આંગણવાડી સુપરવાઈઝર ઉપસ્થિત હતા.



PhD in Nursing :RAC presenta- tion of batch 2017-18 on date 15th June.

Dr. Pragna Dabhi, Registrar GNC, Dr. Ravindra H.N, Princi- pal, SNC & Dr. Neeraj Pandit, HOD, Community medicine dept, SBKSMIRC, SV were the experts.

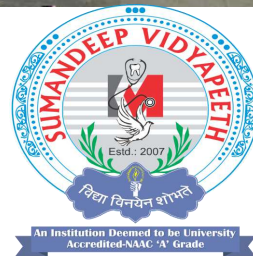


Final MSc & Final BSc Nursing students feeling exited on their dissertation submission as a huge task got completed



It's a party of departure, time to recall the past days, remembrance of ever lasting memories, its FAREWELL for the 10th batch of BSc nursing by their juniors. Held in Umakanth hall, Makarpura, Vadodara.

College wishes all of the out going students a **best wishes**.



A delightful evening dedicated to beloved seniors: a fantastic farewell for Final MSc nursing students.



NATIONAL CONFERENCE

TOPIC: "RESEARCH METHODOLOGY: ENHANCING INNOVATIVE AND FUTURISTIC PRACTICE IN NURSING"



Date/ time: 4TH & 5TH JULY, 2019, 8.30 A.M to 4.30 P.M

Organizing Chair Person: Dr. Ravindra H.N, Principal, SNC

Organizing Secretary: Mr. Nirmal Raj, HOD & Asso. Professor, Pediatric nursing Dept.

Venue: SBKSMI&RC auditorium, sumandeep vidyapeeth.

National conference started by unveiling the theme of 5th national conference by key note speaker and organizing chairperson of conference, Dr. Ravindra H.N. Principal, Sumandeep Nursing College, SVDU.



first scientific session the chair person were **Dr. A K Seth**, Dean, Allied Health Sciences, SVDU & **Dr. Premnath Hirayur**, Dean, Faculty of Paramedical Sciences, SVDU. Resource person was **Dr. T. Sivabalan**, Professor / Vice-Principal, Pravara Inst.of Nursing, Loni



INAUGURATION CEREMONY:

Dr. Rajesh P Bharaney sir, Vice-Chancellor-sumandeep vidyapeeth.

Dr. Pragna Dabhi mam, Registrar Gujarat nursing council.

Shree. I A Kadiwala sir, vice president-GNC.

Dr. Ravindra H.N,sir, Principal & organizing chair person of conference

Mr. Nirmal Raj sir, HOD, Asso. Prof Pediatric nsg dept.& Organizing secretary of conference.



REMEMBERING OF ALMIGHTY GOD BY PRAYER & LAMP LIGHT & BLESSINGS BY HONORABLE PATRONS:



SECOND SESSION: EXPLORE THE CONCEPT OF SIGNIFICANCE & IMPORTANCE OF RESEARCH IN NURSING

Second session the Chair persons were **Dr. Bhavna Dave**, Dean, K.M Shah Dental College, SVDU & **Dr. T. Sivabalan**, Professor / Vice- Principal, Pravara Institute of Nursing, Loni & Resource person was **Dr. Pragna Dabhi**, Registrar, Gujarat Nursing Council. Experts which is very important session.



THIRD SESSION: DISSEMINATION AND COMMUNICATION OF RESEARCH

For this session the Chair persons were **Dr. Lavlesh Kumar**, Medical Superintendent, Dhiraj Hospital, SVDU and **Dr. P.R. Jha**, Professor, Dept. of medicine, SBKSMI & RC, SVDU. Resource person was **Dr. Chandramani B More**, Professor & Head, Dept. of Oral Medicine, KM Shah



FOURTH SESSION: RESEARCH REVIEW, SOURCES AND WRITING

After Lunch break fourth session started. The Chair persons were **Dr. Prasad Muley**, Professor, Dept of Pediatrics, SBKS MI&RC, SVDU & Principal & **Dr. K.S. Poonacha**, Professor, Dept. of Pedodontics, K.M Shah Dental College, SVDU. Resource person was **Dr. Anil Sharma**, MTIN, Changa. Sir delivered session on how to find reviews, different techniques & sources for the same



FIFTH SESSION: FORMS OF TRANSITIONAL RESEARCH AND FIELD PROJECTS

For this session the Chair persons were **Dr. Lakhan Kataria**, Professor, Dept of Psychiatry, SBKS MI&RC, SVDU & **Mr. Rajesh P**, Associate professor, Sumandeep nursing college, SVDU. Resource person was **Dr. Kandarp N Talatti**, Director, and Foundation for Diffusion of Innovation. Experts explore the concept of forms of transitional research & field projects.



Conference Day -2 (Friday, 5-7-2019)

SIXTH SESSION: OVERVIEW TO QUALITATIVE RESEARCH AND MIX METHODS

On the second day of conference sixth session started. For this session the Chair persons were **Dr. Hetal Pandya**, Professor & HOD, Dept. of Medicine, Dhiraj Hospital, SVDU & **Mr. Siddaram Sarate**, Asst. Professor, MTIN, Changa.

Resource person was **Dr. Medha Wadhwa**, Assistant Professor, Dept. Of management, Sumandeep Vidyapeeth



SEVENTH SESSION: CONCEPT OF SYSTEMATIC REVIEW AND METANALYSIS

For this session the Chair persons were **Dr. Lata Parmar**, Principal, College of Physiotherapy, SVDU & **Dr. Arti Muley**, Professor, Dept of Medicine, SBKS MI&RC, SVDU

Resource person was **Dr. Monali Shah**, Professor, Dept. of Periodontology, KM Shah Dental College, SVDU. Experts explained about systematic review & metanalysis, which is now a days mushrooming in the field of research.



EIGHT SESSION: QUALITATIVE RESEARCH METHODS

For this session the Chair persons were **Dr. Ramachandra S. Hooli**, Nursing Director, Parul Institute of Nursing, Vadodara & **Mr Nirmal Raj**, Associate professor, Pediatric nursing department, Sumandeep nursing college, SVDU

Resource person was **Dr. Jaishree Ganjiwale**, Asso. Prof (Stats), Charutar Arogya mandal, Anand. Experts focused on Qualitative research methods.



NINTH SESSION: EXPLORING THE CONCEPT OF BIO-ETHICS

For this session the Chair persons were **Dr. Subhasish Chatterjee**, Director, Department of Management, SVDU & **Dr. Jasmin Jasani**, Professor & HOD, Dept. of Pathology, SBKS MI&RC, SVDU

Resource person was **Dr. Niraj Pandit**, HOD & Professor, Dept of Community medicine, SBKS MI&RC, SVDU .



TENTH SESSION: DATA INTERPRETATION AND ANALYSIS IN RESEARCH

For this session the Chair persons were and **Dr. Arvind Chaudhry**, Professor, Dept. of Community Medicine, SBKS MI&RC, SVDU and **Dr. Arti Shah**, Professor & HOD, Dept. of Respiratory Medicine, SBKS MI&RC, SVDU.

Resource person was **Mr. Mayur Shinde**, Statistician, Sardar Patel University, Anand Experts discussed on data interpretation & analysis.



VOTE OF THANKS

Gratitude is a polite virtue without it we cannot feel success... **Mr. Rajesh P Joseph**, Associate Professor of Pediatric Nursing, SNC extended a token of gratitude to one and all with a warm vote of thanks.



EVOLUTION OF THEORIES

- Prior to 1960s**
 - Florence Nightingale 19th Century –Reflect Her Belief And Practice Of Nursing.
- Prior to 1960s**
 - She Focused On The Control Of The Environment Of Individuals Requiring Nursing Care.
- Prior to 1960s**
 - She Believe That Disease Was A Repairative Process That It Was Natures Efforts To Remedy Process Of Poisoning Or Reaction Against The Condition In Which A Person Was Placed.
- Prior to 1960s**
 - Florence Nightingale 19th Century –Reflect Her Belief And Practice Of Nursing.
- Prior to 1960s**
 - She Focused On The Control Of The Environment Of Individuals Requiring Nursing Care.
- 1960 - 1997**
 - Prior to 1960s- publication of the journal of nursing research (1952)
- Scientific era 1960s**
 - The nature of practice was debated as nursing leaders recognized the needs to define nursing practice , nursing theories and create a substantive body of knowledge
- 1960 - 1970**
 - 1st Conference On Nursing Theory Was Held .
- 1980s**
 - Acceptance Of The Significance Of The Theory In Nursing .

DOROTHY. E JOHNSON BEHAVIOURAL SYSTEM THEORY

1919 AUGUST 21 DOROTHY WAS BORN, SHE COMPLETED B.S.N FROM VANDERBILT UNIVERSITY IN 1942. IN 1948, COMPLETED M.P.H FROM HARVARD.

KEY WORDS

BEHAVIOURAL SYSTEM

SYSTEM

SUB-SYSTEM

- NURSING:** • AN EXTERNAL REGULATORY FORCE WHICH ACTS TO PRESERVE THE ORGANIZATION
- HUMAN:** • BEHAVIORAL SYSTEM THAT STRIVES TO MAKE CONTINUAL ADJUSTMENTS
- HEALTH:** • AN ELUSIVE, DYNAMIC STATE INFLUENCED BY BIOLOGICAL ,PSYCHOLOGICAL ,AND SOCIAL FACTORS.
- ENVIRONMENT:** • IS IMPLIED TO INCLUDE ALL ELEMENTS OF THE SURROUNDINGS OF THE HUMAN SYSTEM AND INCLUDES INTERIOR STRESSORS.

EVIDENCE BASED PRACTICE MODEL

IT IS THE CONSCIENTIOUS, EXPLICIT AND JUDICIOUS USE OF THEORY- DERIVED, RESEARCH BASED INFORMATION IN MAKING DECISION ABOUT CARE DELIVERY TO INDIVIDUALS OR GROUPS AND IN CONSIDERATION OF INDIVIDUAL NEEDS AND PREFERENCES.

STEPS IN EBP

- ASK**
Frame focused question(s) to be answered by the evidence review
- ACQUIRE**
Identify sources and collect potentially relevant studies
- APPRAISE**
Create an evidence base by applying screening criteria related to topic, questions, practices, and outcomes
- ANALYZE**
Standardize, summarize and rate strength of body of evidence (study characteristics, quality, effect size, and consistency)
- APPLY**
Disseminate findings for review and local application
- AUDIT/ASSESS**

HISTORY OF EVIDENCE

JOHN HOPKINS NURSING EBP MODEL

DIFFERENCE BETWEEN THEORIES AND CONCEPTUAL MODEL

THEORY

It is an organized, coherent, and systematic articulation of a set of statements related to significant questions in a discipline that are communicated in a meaningful of all.

CONCEPTUAL MODEL

A conceptual model is defined as a set of concepts and statements that integrate the concepts in to a meaningful configuration.

THEORY VS CONCEPTUAL MODEL

THEORY

A set of properly argued ideas intended to explain facts or events.

Theory is basically philosophical, ideological, based on assumption, that need to be tested. Models are based on theories.

MODEL

Model is used as a tool to apply any theory/provides you the way or tells you how to apply any theory.

Differences between theory and model	
THEORY	MODEL
Explain or predict phenomena	Simplified, miniaturized application of concept for addressing problems
Micro level guidance	Macro level guidance
Empirically tested	Not enough empirically evident
Based in previous literature	Creative
Usually parsimonious	Usually try to cover a lot
Does not contain any model	May contain one or more theories
Example: social cognitive theory	Example: precede-proceed model

FAYE ABDELLAH'S 21 PROBLEMS

THEORY REVOLVED AROUND THE IDEA THAT NURSES SHOULD MAKE DECISIONS COMPETENTLY AND FOCUS PRIMARILY ON THE PATIENT. IT FOCUSES ON PATIENT CARE OVERALL AND CAN BE UTILIZED IN NURSING TO PROVIDE AN OUTLINE THAT ENCOMPASSES ALL ASPECTS OF PSYCHOLOGICAL, PHYSIOLOGICAL, AND SOCIOLOGICAL NEEDS. THE THEORY ALSO ENSURES THAT THE NURSE TAKING CARE OF THE PATIENT PRACTICES COMPETENT CARE AND MAKES PRECISE NURSING JUDGMENTS.



21 PROBLEMS OF PATIENT

Physiological

- Hygiene and Comfort , Body Mechanics
- Activity, Exercise, and Sleep
- Safety (Accidents vs. Infections)
- Nutrition , Elimination
- Fluid and Electrolyte Maintenance
- Disease Process , Oxygenation
- Maintaining or Improving Sensory Function

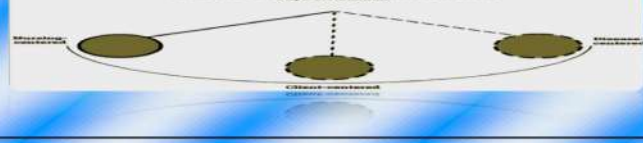
Pshoocgical

- Effective verbal and nonverbal communication
- Helping the patient accept self during and after disease
- Continued motivation to accomplish goals
- Acknowledging and identifying the patient's emotions

Sociological

- Therapeutic Relationships
- Spirituality/ Religious Beliefs
- Supportive Environment
- Community Resources
- "Being aware of domestic concerns and how they may potentially affect care or treatment of the patient"

Focus of Care Pendulum



JEAN WATSON PHILOSOPHY AND SCIENCE OF CARING

BORN: - 10 June 1940 (age 78 years) Williamson, West Virginia, United States

EDUCATION: - University of Colorado Boulder

SPOUSE: - Douglas Watson (m.1961-1998)

Jean Watson is an American nurse theorist and nursing professor



INTRODUCTION

- The goal of nursing is to help persons attain a higher level of harmony within the body mind and spirit.
- Attainment of that goal can potentiate healing and health.
- This goal is pursued through transpersonal caring guided by carative factors and corresponding caritas processes.

FACTORS CARITAS

- Watsons theory include 10 carative factors
- Carative factors – termed to Caritas
- Caritas – means to cherish, to appreciate, and to give special attention. It conveys the concept of love.

METAPARADIGM



A unity of mind body spirit / nature



Healing space and environment the nurse is the environment h



Harmony, wholeness and comfort



Reciprocal transpersonal relationship in caring moments guided by carative factors and caritas

Helping, trusting, caring, relationships

- Creative problem solving
- Supportive and protective all around environment
- Formation of humanistic altruistic system of values
- Instillation of faith hope
- Teaching- learning
- Allowance for existential phenomenological spiritual forces
- Expression of negative and positive feelings
- Assisting with basic human needs

SISTER CALLISTA ROY (RAM)

- SISTER CALLISTA ROY HAS MADE NUMEROUS CONTRIBUTIONS TO THE NURSING AND MEDICAL COMMUNITY OVER THE COURSE OF MANY YEARS.
- HER MOST FAMOUS CONTRIBUTION IS THE ROY ADAPTATION MODEL.



IN 1976, SISTER CALLISTA ROY DEVELOPED THE ADAPTATION MODEL OF NURSING, A PROMINENT NURSING THEORY.

Roy Adaptation Model

Diagram of Human Adaptive Systems



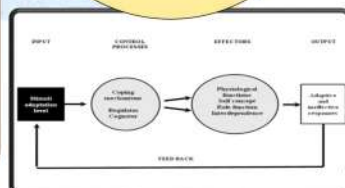
USING ROY'S SIX STEP NURSING PROCESS, THE NURSE:

1. ASSESSES BEHAVIORS
2. ASSESSES STIMULI
3. DIAGNOSIS
4. STEP GOALS TO PROMOTE ADAPTATION
5. NURSING INTERVENTIONS
6. EVALUATION

THE ROY ADAPTATION MODEL FOCUSES ON THE INTERRELATEDNESS OF FOUR ADAPTIVE SYSTEMS.

IT IS A DEDUCTIVE THEORY BASED ON NURSING PRACTICE.

THE RAM GUIDES THE NURSE WHO IS INTERESTED IN PHYSIOLOGICAL ADAPTATION AS WELL AS NURSE WHO IS INTERESTED IN PSYCHOSOCIAL ADAPTATION.



ENVIRONMENTAL THEORY



- BORN- 12 MAY 1820 ON THE TRIP OF FLORENCE, ITALY.
- FOUNDER OF MODERN NURSING.
- THE FIRST NURSING THEORIST.
- PIONEER OF THE FORMAL NURSING CONCEPT.
- ORGANIZED NURSING BEGINNING IN THE MID 1800'S WITH LEADERSHIP OF FLORENCE NIGHTINGALE.

THEORETICAL SOURCES OF THE ENVIRONMENTAL THEORY

- EDUCATION
- LITERATURE
- INTELLECTUALS
- RELIGIOUS

BY FLORENCE NIGHTINGALE IT INCLUDES FOUR METAPARADIGM CONCEPTS OF NURSING. THE FOCUS IS PRIMARILY ON THE PATIENT AND THE ENVIRONMENT, WITH THE NURSE MANIPULATING THE ENVIRONMENT TO ENHANCE PATIENT RECOVERY.

METAPARADIGM

- P RECIPIENT OF NURSING CARE
- E EXTERNAL & INTERNAL
- H HEALTH IS NOT ONLY TO BE WELL BUT TO BE ABLE TO USE WELL EVERY POWER WE HAVE TO USE.
- N ALTER OR MANAGE THE ENVIRONMENT TO IMPLEMENT THE NATURAL LAWS OF HEALTH.



HEALTH BELIEF MODEL



IRWIN M. ROSENSTOCK

- IRWIN M ROSENSTOCK WAS BORN ON JUNE 15, 1925. HE DIED ON JUNE 19, 2001 AT 76 YEARS OLD.
- THE HEALTH BELIEF MODEL WAS DEVELOPED IN THE 1950S BY SOCIAL PSYCHOLOGISTS AT THE U.S. PUBLIC HEALTH SERVICE.



THE HEALTH BELIEF MODEL SUGGESTS THAT PEOPLE'S BELIEFS ABOUT HEALTH PROBLEMS, PERCEIVED BENEFITS OF ACTION AND BARRIERS TO ACTION, AND SELF-EFFICACY EXPLAINS ENGAGEMENT (OR LACK OF ENGAGEMENT) IN HEALTH-PROMOTING BEHAVIOR.

Individual perceptions	Modifying factors	Likelihood of action
<ul style="list-style-type: none"> • Perceived susceptibility • Perceived seriousness • Perceived threat 	<ul style="list-style-type: none"> • Demographic variables • Structural variables • Cues to action 	<ul style="list-style-type: none"> • Perceived benefits to action - Perceived barriers to action

INTERPERSONAL RELATIONS THEORY BY HILDEGARD PEPLAU



- Psychiatric Nurse of the Century
- Born: September 1, 1909, Reading, Pennsylvania, United States.
- Education: William Alanson White Institute (1954)
- Pottstown Hospital, School of Nursing (1931)
- Columbia University Benning on College
- Worked tirelessly to advance nursing education and practice in 1930's.
- Neuropsychiatric hospital in London, UK.
- Member of the Army Nurse Corps
- Worked at Bellevue and Chestnut Lodge Psychiatric Facilities
- Died: March 17, 1999, Sherman Oaks, Los Angeles, California, United States

HISTORY

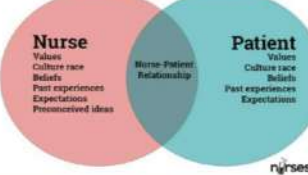


PHASES OF INTERPERSONAL RELATIONSHIP



Peplau's Theory of Interpersonal Relationships

Factors influencing orientation phase



OREM'S SELF-CARE THEORY (1914-2007)



1959 - FIRST PUBLISHED HER THEORY IN "GUIDES FOR DEVELOPING CURRICULA FOR THE EDUCATION OF PRACTICAL NURSES" (A GOVERNMENT PUBLICATION).
1976 - HONORARY DOCTORATE OF SCIENCE FROM GEORGETOWN UNIVERSITY.
1999 - LAST EDITION OF HER THEORY WAS PUBLISHED.

Domain Concept

- Nursing
- Health
- Environment
- Human being
- Nursing Client
- Nursing problems



Orem's self-care theory Conceptual framework



SELF-CARE

Practice of activities that individual initiates and performs on their own behalf in maintaining life, health and well being.



SELF-CARE AGENCY

It is a human ability which is the ability for engaging in self care conditioned by age, developmental state, life experience, sociocultural orientation, health and available resources.



SELF-CARE DEMAND

Totally of self care actions to be performed for some duration in order to meet self care requisites by using valid methods and related sets of operations and actions.



NURSING AGENCY

Educated and trained individual assist others to recognise their self-care in meeting these demands. Guide the applications or development of self-care agency.



DEFICIT

The deficit is identified by the nurse through the thorough assessment of the patient

IMOGENE KING'S THEORY OF GOAL ATTAINMENT

INTRODUCTION

- JANUARY 30, 1923: BORN IN WEST POINT, IOWA.
- 1945: NURSING DIPLOMA FROM ST. JOHN'S HOSPITAL SCHOOL, ST. LOUIS, MISSOURI
- 1990: RETIRED WITH THE TITLE PROFESSOR EMERITUS AFTER SERVING AS PROFESSOR AT UNIVERSITY OF SOUTH FLORIDA, COLLEGE OF NURSING
- DECEMBER 24, 1997: SHE DIED.

INTERACTION:

A PROCESS OF PERCEPTION AND COMMUNICATION BETWEEN PERSON AND ENVIRONMENT BETWEEN PERSON AND PERSON REPRESENTED BY VERBAL AND NONVERBAL BEHAVIORS

PERCEPTION:

EACH PERSON'S REPRESENTATION OF REALITY

TRANSACTION:

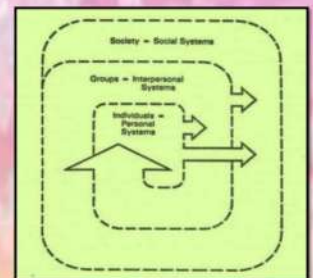
PURPOSEFUL INTERACTION LEADING TO GOAL ATTAINMENT

COMMUNICATION:

- INFORMATION FROM PERSON TO PERSON
- DIRECTLY OR INDIRECTLY
- INFORMATION COMPONENT OF INTERACTION

ROLE:

A SET OF BEHAVIORS EXPECTED OF PERSON'S OCCUPYING A POSITION IN A SOCIAL SYSTEM. RULES THAT DEFINE RIGHTS AND OBLIGATIONS IN A POSITION.



CONCEPTUAL FRAMEWORK

A CONCEPT IS A TERM OR LABEL THAT DESCRIBES A PHENOMENON. (MELIES, 2004)

CAN BE EITHER: THE PHENOMENON I. EMPIRICAL

II. ABSTRACT

PHENOMENON

Empirical concept is the one that can be either observed or experienced through the senses.

An **ABSTRACT** concept is one that is not observable, such as hope, or caring (Hickman, 2002)

CONCEPTUAL MODEL

A CONCEPTUAL MODEL IS DEFINED AS A SET OF CONCEPTS AND STATEMENTS THAT INTEGRATE THE CONCEPTS IN TO A MEANINGFUL CONFIGURATION LIPPITT, 1973.

PURPOSE

ALLOW RESEARCHERS TO KNIT TOGETHER OBSERVATIONS AND FACTS INTO AN ORDERLY SCHEME.

HELP US TO EXPLAIN WHY WE ARE DOING A PROJECT IN A PARTICULAR WAY

IT CAN HELP US TO UNDERSTAND AND USE THE IDEAS OF OTHERS WHO HAVE DONE SIMILAR THINGS

CONCEPTUAL FRAMEWORKS ACT LIKE MAPS THAT GIVE COHERENCE TO EMPIRICAL INQUIRY.

A VISUAL OR SYMBOLIC REPRESENTATION OF A THEORY.

- THIS CONSISTS OF CONCEPTS THAT ARE PLACED WITHIN A LOGICAL AND SEQUENTIAL DESIGN.
- REPRESENTS LESS FORMAL STRUCTURE AND USED FOR STUDIES IN WHICH EXISTING THEORY IS INAPPLICABLE OR INSUFFICIENT.
- BASED ON SPECIFIC CONCEPTS AND PROPOSITIONS, DERIVED FROM EMPIRICAL OBSERVATION AND INTUITION.
- MAY DEDUCE THEORIES FROM A CONCEPTUAL FRAMEWORK.

MARTHA ROGER'S THEORY (1970)

BIOGRAPHY

12TH MAY 1914 -
13TH MARCH 1994

DIPLOMA: KNOXVILLE GENERAL HOSPITAL SCHOOL OF NURSING (1936)

GRADUATION IN PUBLIC HEALTH NURSING: GEORGE PEABODY COLLEGE (1937)

DOCTORATE IN NURSING: JOHNS HOPKINS UNIVERSITY, BALTIMORE (1954)

POSITION: PROFESSOR AND CONSULTANT SPEAKER AT DIVISION OF NURSING, NEWYORK UNIVERSITY.

ASSUMPTION

- ▣ WHOLENESS
- ▣ OPENNESS
- ▣ UNDIRECTIONALITY
- ▣ PATTERN & ORGANIZATION
- ▣ SENTENCE & THOUGHT

PRINCIPLES

- ▣ RESONANCY
 - WAVE PATTERNS ARE CONTINUOUSLY CHANGING IN ENVIRONMENTAL AND HUMAN ENERGY FIELDS.
- ▣ HELICITY
 - THE NATURE OF CHANGE IS UNPREDICTABLE, CONTINUOUS, AND AN INNOVATIVE.
- ▣ INTEGRALITY
 - ENERGY FIELDS OF HUMANS AND ENVIRONMENT ARE IN A CONTINUOUS MUTUAL PROCESS.

MAJOR CONCEPTS

- A UNITARY HUMAN BEING IS OPEN SYSTEM WHICH CONTINUOUSLY INTERACT WITH ENVIRONMENT.
- IT INCLUDES THE ENTIRE ENERGY FIELD OTHER THAN A PERSON.
- IT IS DETERMINED BY THE INTERACTION BETWEEN ENERGY FIELDS I.E. HUMAN AND ENVIRONMENT.
- IT IS THE DIRECT AND OVERRIDING RESPONSIBILITY TO THE SOCIETY.

NEUMAN'S SYSTEM THEORY

BETTY NEUMAN BORN IN OHIO, SHE DID B.Sc. NURSING IN 1957, M.Sc. NURSING ON MENTAL HEALTH PUBLIC HEALTH CONSULTATION IN UNIVERSITY OF CALIFORNIA BY 1966 AND PHD IN CLINICAL PSYCHOLOGY.

BETTY NEUMAN
BORN: 1924

BETTY NEUMAN'S DEVELOPED MODEL IN 1970 AS A TEACHING TOOL TO INTEGRATE FOUR VARIABLES OF MAN. IN 1974 IT PUBLISHED AND CLASSIFIED AS A SYSTEM MODEL – "THE BETTY NEUMAN HEALTH CARE SYSTEM MODEL- A TOTAL APPROACH TO PATIENT PROBLEM"

CLIENT/CLIENT SYSTEM IS CONCEPTUALIZED AS:

- INDIVIDUAL
- FAMILY
- GROUP
- COMMUNITY
- INTERACTING

VARIABLES:

- PHYSIOLOGICAL
- PSYCHOLOGICAL
- SOCIOLOGICAL
- DEVELOPMENTAL
- SPIRITUAL

STRESSORS:

- INTRA-PERSONAL
- INTER-PERSONAL
- EXTRA-PERSONAL

What is a Theory?

A set of concepts, definitions, relationships, and assumptions that project a systematic view of a phenomena

It may consist of one or more relatively specific and concrete concepts and propositions that purport to account for, or organize some phenomenon (Barnum, 1988)

The study and use of nursing theory in nursing practice must have roots in the everyday practice of nurses (Gordon, Parker, and Jester, 2001).



New mouse model could lead to a better understanding of cachexia syndrome

Reviewed by Kate Anderton, B.Sc. (Editor) Aug 6 2019

A study published in *Cell Reports* Aug. 6 describes the generation of a new mouse model developed at Hollings Cancer Center that could lead to a better understanding of the cachexia syndrome. This wasting condition, characterized by excessive weight loss, has one of the highest incidences in pancreatic cancer patients.

<https://www.news-medical.net/news/20190806/New-mouse-model-could-lead-to-a-better-understanding-of-cachexia-syndrome.aspx>

<https://www.nursingtimes.net/roles/hospital-nurses/patient-and-hygiene-benefits-of-using-blue-pillowcases-for-head->

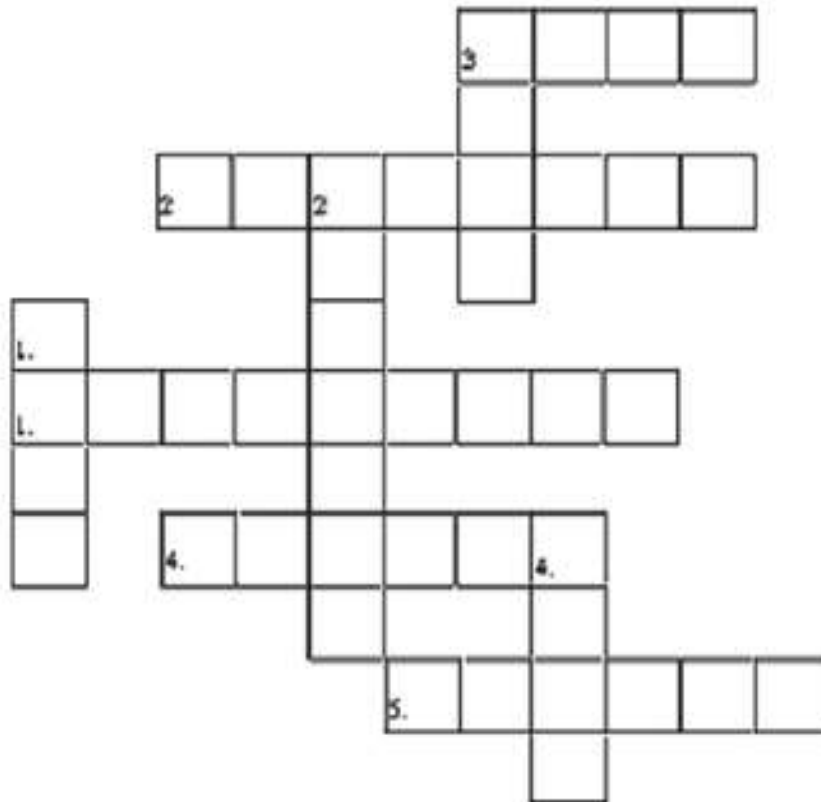
Patient and hygiene benefits of using blue pillowcases for head pillows

Using blue pillowcases for head pillows to differentiate them from pillows used for other body areas has benefits in terms of hygiene and patient satisfaction, as shown by a small-scale trial at an acute trust...



Advanced Crossword Puzzle

Directions: use the clues below to fill in the crossword puzzle with the correct words.



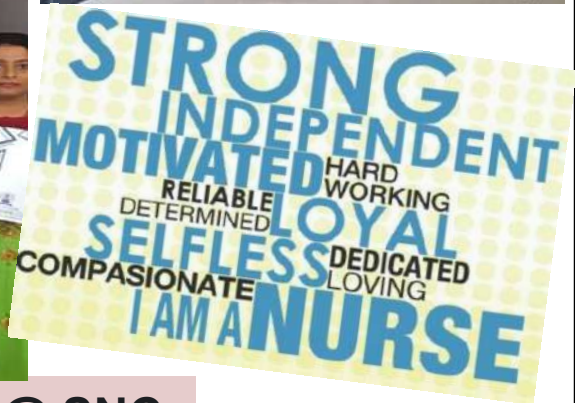
Across:

1. A medical problem which requires immediate attention.
2. An institution in which sick or injured persons are given medical or surgical treatment.
3. A small round piece of medicinal material that is to be swallowed whole.
4. _____ are people who are trained to provide care to the sick or injured.
5. A person licensed to practice medicine as a physician, surgeon, dentist, or veterinarian.

Down:

1. To restore to health.
2. The practice of treating diseases, injuries, or deformities by manual or operative procedures.
3. Physical or mental suffering.
4. If you are _____, you have a physical or mental illness.

Sept: 27th Another exclusive effort by Sumandeep Nursing College for constructing the informative Teachers diary.



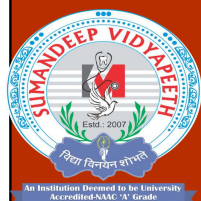
20 March: Holi & Dhuleti Celebration @ SNC



COMMITTEES

COMMITTEES

COMMITTEE	INCHARGE
CURRICULUM COMMITTEE	DR. Ravindra H.N
BOARD OF STUDIES	Mr. Rajesh P
IQAC - INSTITUTIONAL COMMITTEE	Mrs. Sonal Patel, Mrs. Priyanka
STUDENT MENTORSHIP	Mrs. Bhoomika Patel
INTERNAL COMPLAINT COMMITTEE	Mrs. Vruti Patel
INSTITUTIONAL RESEARCH COMMITTEE	Mr. Suresh V
CCEF	Mrs. Robby Solanki
CCES	Ms. Varsha Hun
LIBRARY ADVISORY COMMITTEE	Mrs. Sonal Patel
CULTURAL, LITERARY & ARTS COMMITTEE	Mrs. Rachana Joshi
ANTI-RAGGING COMMITTEE	Mr. Nirmal Raj
STUDENTS & STAFF WELFARE COMMITTEE	Mrs. Bhoomika Patel
EBES COMMITTEE	Mr. Suresh V, Mrs. Sujitha
ISR	Mrs. Ekta Patel
FEEDBACK COMMITTEE	Mr. Dayanand Belagavi
FDC	Mr. Adithya S
SPORTS	Mr. Jitendra Singholia



RESEARCH AND DEVELOPMENT -2018-19

	ONGOING	COMPLETED
FACULTY	8	3
PG	17	15
UG	21	16

FACULTY OF NURSING



SNC PARIVAAR