



NEWS LETTER

AMRITA COLLEGE OF NURSING

AMRITA VISHWA VIDYAPEETHAM

Volume 1, Issue 1
January - June 2020



Special Message to Alumni

As you know, we are passing through an unprecedented situation. The rapid spread of COVID-19 poses a serious threat to human health and is impacting severely on public health and economic systems worldwide. I know that many of our nurses are in PPEs, working without adequate rest and recuperation, some in quarantine, a few even COVID positive and a few recovered from the disease. There are a number of concerns related to the patients and significant others, our own safety, the allocation of scarce resource and the changing nature of nurses' relationships with patients and families.

The world-wide response of nurses to this crisis has moved nursing into a global spotlight. It has gone way beyond the core purpose of 2020 as the International Year of the Nurses and Midwives. The work put in by nurses is a powerful & practical demonstration of the potential that nurses possess, to address great health care challenges. We salute all healthcare warriors for their contribution in saving lives and improving health outcomes.

Though 'social distancing' is the present norm, let us think of physical distancing, remembering that even if we cannot be physically present, it is important for us to be emotionally bonded to the people we care about. We can assure you that you are always in our thoughts and prayers.

We also know that it may be difficult for us to think about the future now. All of us seem to be stuck in an endless present that can at a singular moment decimate our future. But it is now, more than ever, that we must draw upon our inner strength and resilience, take comfort in the indomitable human spirit, be there for one another and remember more than anything else to have faith.

Amma's concern about the well being of the Amrita family, of which you are an inseparable part, is fathomless and profound.

We pray to AMMA for guidance and strength in these challenging times.

Prof. K.T. Moly
Principal

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EXCLUSIVE....

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ALUMNI WROTE.....

Responses from Alumni

Priya S Pillai from Kuwait Wrote....

Dear Madam,

It was indeed a very touching mail in this pandemic situation. We pray and hope to be safe, strong and healthy. I would like to take this opportunity to thank you for encouraging and praying for us.

With Regards

Priya S Pillai

Sangeetha Wrote....

Dear Moly Madam,

Hope you are doing well. Thank you for your mail. I am glad to hear from you that all of our teachers are thinking about us and praying for us. I am hoping that despite all these uncertainties we will overcome this pandemic. Once again thank you madam for your concerns and please keep all of us in your prayers. Stay safe.

With Regards

Sangeetha

ALUMNI SPEAKS.....

Experience of Alumni on COVID

Ever since Corona outbreak has been declared as a public health emergency of international concern, we have been paying more attention to the announcements in connection with it. We never thought it will end up in a global pandemic when the first outbreak was reported in China. Then by the beginning of February, when the cases started to report slowly, we were given some educational sessions at Kennestone Hospital, Atlanta, GA, USA, where we work, on screening of new admissions, about signs and symptoms and other general information regarding COVID 19. In the beginning of March, the hospital had a surge of COVID 19 patients. Almost all the admissions we had were COVID patients. We started to have a shortage of beds



Anitha Joseph (Right) , Anju Joseph

ANITHA JOSEPH
Kennestone Hospital, Atlanta, GA, USA

ALUMNI SPEAKS.....

Experiences of Alumni on COVID

and supplies. Government announced nationwide lockdown, and we were fighting as frontline warriors. My sister, Anju Joseph, who is also an alumni of our college, works in a Medical ICU as an ECMO RN and myself work in a Cardiothoracic Surgical Unit as an RN. On March 13th, the State of Georgia in the United States reported its first death of COVID 19, and it was from our hospital and looked after by my sister Anju. My whole family was in shock. She locked her self in a room away from her one year-old kid and self-isolated herself. The fear slowly started to hit us. From that day till we hit the two weeks mark, we were all very anxious. I still went to work with all the precautions and safety guidelines. After we hit the two weeks without any symptoms, there was a deep sigh of relief. Thereafter we started to experience more and more deaths and cases in our hospital with COVID 19. By the end of April, the number of cases admitted with COVID 19 began to reduce, and lockdown restrictions were slowly changing. Everyone was almost back to the routine, and shops started to reopen. But the situation changed again by the middle of June where the number of cases started increasing again. I too started to take care of COVID positive patients. We don't know how long this will continue, any way hope for the best. Stay safe.

I am Bibin A, 4th batch B.Sc Nursing student working in the COVID ICU of Jaber Al Ahammed Hospital, Kuwait. I have recently moved to a new hospital where we got meticulous training by the infection control team in view of the anticipated admissions of COVID patients. I was initially assigned to the ward where we received the suspected cases who turned positive later on. Most of the patients were either asymptomatic or presented with mild symptoms. I was later on shifted to the ICU where I could see the severity of the illness. I could really handle wide range of patients ranging from those who were asymptomatic or with mild symptoms to the critically ill. Another important aspect is that, we learned to live with the so called PPE. It is really hard to be in the full set of PPE and stay long hours in the patient care areas. The proper donning and doffing of PPE matters a lot in preventing the



BIBIN A
Staff Nurse, COVID ICU
Jaber Al Ahammed Hospital
Kuwait

spread of the virus. Even though we were trained to perform hand hygiene always way back from the college, COVID made us realize the impact of hand hygiene in the prevention of spread of the virus. Sometimes it is very tiring to do duty continuously for twelve hours with minimal number of off days. I have seen both sides of the calamity where people lose their battle against COVID and on the other hand slowly improving and regaining their health. I know we still have long ways to go, keeping up the strength and optimism and working hard not to get infected. I express my gratitude to our hospital administration.

ALUMNI SPEAKS.....

Experience of Alumni on COVID



KARTHIK V KUMAR

Staff Nurse

Government Thaluk Hospital
Trivandrum

Myself Karthik V Kumar, 11th Batch B.Sc. Nursing is working as Staff Nurse at Government Thaluk Hospital, Trivandrum. I am very proud to say that I am the part of health care team in the fight against Corona. I have been associated with the team of staff involved in the Corona care since 26-1-2020 much ahead of the massive spread of the pandemic in the country. Initially I was on duty at the Trivandrum Domestic Airport. It was a novel experience for me and I have served there for two months. I then went in quarantine and rejoined after that in the isolation ward. Dealing with several patients, I could understand the worries and frustrations of the patients. I have tried my level best to give psychological support to my patients.

Some of the patients were staying really cool with a positive attitude which gave us the courage and motivation. There was an excellent team work and I am very happy to be a part of that. Now also I am on COVID duty. I understood that challenges make life interesting and overcoming them make our life more meaningful. I take this opportunity to convey my special gratitude to all my teachers under the leadership of our respected Principal Moly madam and beloved Bala chichi. I am thankful to my parents who gave a meaning to my life and to my co-workers in the medico group for all their immense support and prayers.....Proud to be a nurse.

Looking from the viewpoint of a staff nurse working abroad, the situation I am facing is very challenging. There is an added element of emotional disequilibrium which is superimposed along with work and personal problems. The extended duty hours drained out the energy levels and had an detrimental effect on my health. It was very difficult to cater all the needs of my clients in care as well as the family members looking after them. The non availability of proper personal protective equipments made us more susceptible to get infection from the patients, however our strong will power made us to move forward and work keeping the possible standards without any hesitation. I tried to keep myself and my patients safe by ensuring proper hand hygiene, wearing protective equipments available and refraining from going outside unless in emergency. There were hard times when we were in a dilemma whether to follow clinical judgement or



Mr. JIDHUN P

Staff Nurse

Mid Essex

Hospital Services NHS
UK

ALUMNI SPEAKS.....

Experience of Alumni on COVID

standard practices. Thinking about the loved ones at home is extremely painful, but keeping them strong is also my responsibility. Health sector of each place around the world is striving to make their population safe and each of us are responsible to follow the guidelines put forwarded by the respective authorities so that we can fight against this pandemic effectively.



DHANYA R DHARAN
Nurse Practitioner,
Manchester Royal Infirmary,
Manchester, United Kingdom.

I am Dhanya R Dharan. I did my B.Sc (2005 batch) and M.Sc (2011 batch) from this prestigious institution and served as Lecturer thereafter for couple of years. I am currently working as a Nurse Practitioner at Manchester Royal Infirmary, Manchester, United Kingdom. During the start of this year COVID 19 was on my peripheral vision and it now became a central preoccupation. The death and disruption caused by Corona virus (COVID 19) pandemic is unprecedented in our life times. Life has changed so much since the start of this pandemic from wearing masks throughout at work to frequent hand washing and social distancing. It was indeed a novel experience to care for people who are affected with COVID 19. Obviously we are trialling new treatment modalities each time to meet the individual patient needs. We hardly see people outside wearing masks, however strict social distancing is maintained at all public places. Hard part of life is not to see friends and family other than the ones live within the household, which eventually turned out to fancy

virtual gathering and events. Currently we have high influx of non COVID patients making situations dramatic and tough. My job role is primarily to review, respond and recommend acutely unwell patients triggering in early warning score. We have mostly patients admitted with COVID pneumonitis requiring oxygen therapy. I have reviewed many COVID 19 infected patients whilst practice and my focus is mostly on symptom control. There are quite a lot of new guidelines established ever since the outbreak of the pandemic and of course it's a big change to adapt to. Humans are very slow to adapt to changes but COVID 19 impact showed how fast at Governmental, institutional and personal level, to change our policies at pace to change our behaviours. We are living in times of uncertainty and disruption. We don't know when the vaccine will be invented and when will life be normal. Let's wait for the wheel to turn for a new good year with lot of fun and happiness.

ALUMNI SPEAKS.....

Experience of Alumni on COVID

I am Laneesh S, 3rd batch M.Sc Nursing Student. At present I am working as Nursing Officer, Delhi State Cancer Institute. As you all aware the number of case of COVID 19 is increasing day by day. At this juncture I too want to share with you my experience with this global health treat. Both of us (me and my wife) were in quarantine and finally I have been tested positive for Corona Virus. Perhaps I got it from one of the doctors who was working very close with me. Once I was diagnosed I was admitted to the hospital even though I was not having any serious symptoms of the disease. Because I was asymptomatic my fourteen days hospitalization was different from those patients who struggled between life and death in the isolation wards and intensive care units. I have really enjoyed the “unexpected vacation” in the hospital



Laneesh (Right) with his colleague in front of CORONA Unit of the hospital

LANEESH S

Nursing Officer

Delhi State Cancer Institute, New Delhi

with my mobile phone and laptop. But that was not the case with everyone. Now I am discharged after being negative for the test. What I want to tell you is that there is no need of unnecessary fear of the disease but the necessary precautions against this pandemic like social distancing, hand washing, use of masks and confinement to your areas of residence is sufficient to protect ourselves. The good news is that my beloved wife who took care of me without any hesitation all these days is tested negative till date. I have joined back on duty recently. Hope all of you are safe at your respective places.



BINUJA JOHN

R.N

NHS , UK

I am an alumna of Amrita College of Nursing. Currently I am working as a Registered Nurse in the UK. I have been working at COVID Ward since the time COVID 19 started in the UK. Even though during the initial days we suffered a lot without getting adequate PPEs, now there is no insufficiency. They are conducting antibody test and COVID swab test for every health care worker. We are regularly following the trust policies and government updations regarding COVID 19. The learning and professional experience I have gained from Amrita is helped me a lot. At present the whole world is at the forefront of corona fear. Hopefully, may the whole world soon recover from this unexpected pandemic.

ALUMNI SPEAKS.....

Experience of Alumni on COVID

Myself Preetha Jino M.Sc Nursing alumnus of Amrita College of Nursing is currently working as staff nurse (Emergency dept) in UAE. During the Initial days when COVID19 was starts to spread, my hospital was a

Preetha Jino
Staff Nurse
MOH UAE

non-covid hospital. But as the days passed situations started to change rapidly. My hospital was filled with covid 19 patients. The extended duty hours without timely food and water started to affect my health and life equilibrium. Even though my hospital accepts patients who are affected with corona virus, the seriousness of the health issue was realised by me only when I was affected by covid 19. Everything started with a high fever. At that time itself I had given the sample for covid testing. The 3rd day result came in my mobile that I am positive. I was admitted to the hospital and was physically and emotionally weak. Treatment was started and as days passed, my health was improving. On the 6th day I heard another bad news that my husband was also positive for corona. He was suffering from breathing difficulties too and was admitted in the same hospital. It took 30 days to get complete recovery from this virus. The consecutive positive results during the the initial days mentally affected me a lot. But I was not ready to give up. There were so many helping hands for me though I was away from my native place. My friends and prayer group members gave me lot of psychological support. My husband also helped me a lot till he was admitted. Now both of have been discharged and slowly recouping our health. This incident prepared me to take up even the toughest challenges in my life. Things will not be easy unless we take the necessary precautions against this pandemic.

ALUMNI INTERACTION WITH STUDENTS

Ms. Ashna Martin, our B.Sc Nursing alumni who is at present working as Staff Nurse in Australia visited the college during the month of January. An interactive session with the students was arranged with her. Students were having lot of questions and concerns about the overseas prospects of nursing.



ACTIVITIES DURING LOCKDOWN PERIOD

ONLINE CLASSES AND EXAMINATIONS



Online classes were started for all the batches of students once the acute phase of lockdown period was over. All the pending theory classes, assignments and other requirements were completed during this period. The sessional as well as model examinations were conducted online. This was a novel experience for the students and faculty during the Novel Corona virus threat.

ONLINE PARENT TEACHER EXECUTIVE COMMITTEE

The first online meeting of PTEC was conducted online on 25/06/2020. Discussions were made on the INC guidelines on academic activities including examinations in the light of COVID pandemic.



IQAC MEETING



IQAC meeting was conducted online on 27/06/2020. The major discussion was on the challenges of online classes and examinations. It was also suggested to incorporate online co-curricular activities. It was decided to prepare special online instructional modules by the teachers to enhance the quality of classes taken. The emotional impact of COVID among students was also a point of discussion. Since we will be dealing our activities online for the first time and we need to continue it for an extended period of time everyone need to have some netiquette. A session on netiquette by Principal Prof. K T Moly was also arranged.

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ONLINE FACULTY MEETINGS

Online faculty meetings were conducted during the lockdown period. It was decided to have online classes and examinations for all students

COVID SCREENING

The Faculty of Amrita College of Nursing, a constituent unit of Amrita Vishwa Vidyapeetham also participated in **Break the Chain** campaign from 19th March to 26th March 2020 along with the Medical Administration and Department of Community Medicine, School of Medicine, AIMS. Prof. Kanmani. J was the Coordinator of the screening programme. The faculty members were involved in screening of patients in different shifts. The faculty also educated the staff nurses and other health care providers regarding precautions and PPE. The team members included Ms.Anju Philip.T (Associate Professor), Ms.Sarika T,K (Assistant Professor), Ms.Deena S.V (Lecturer), Ms.Rafia Islam (Lecturer) & Ms.Neenu Merin (Lecturer). The first training session was on 20/03/2020. Around 16 members including staff nurses, supervisors, ward in-charges and daily workers attended the session. Subsequent sessions were conducted on 21/03/2020 and 25/03/2020. These sessions were attended by doctors, nurses and post graduate students.



GLIMPSES OF OTHER ACTIVITIES

CURRICULUM COMMITTEE MEETING



A meeting of the Curriculum committee was held on 14-01-2020 to discuss the proposed B.Sc. Nursing curriculum by INC.

STUDENT TEACHER COUNCIL MEETING

The formulation and first meeting of STC was held on 05-03-2020 with the agenda of fostering better hostel functions and student interactions. Representatives were selected from the students who then can bring the problems faced by them to the notice of the concerned authorities for faster resolution.



CLASS COMMITTEE MEETING



The class committee meetings of all batches were conducted during the months of January and February.

NUTRITION PRACTICAL



Nutrition practical was conducted for the first year B.Sc. Nursing students on 17-02-2020.



GLIMPSES OF OTHER ACTIVITIES

VISIT FROM JAPAN



Researchers from St.Luke's International University– Graduate School of Nursing Science, Japan visited the college as part of their tour to centres of excellence in the health care field. The purpose of this tour was to collect information to obtain better understanding regarding practices and health systems of medicine, nursing & midwifery in India. The team led by Dr. Mikiko Kanda was accompanied by Dr. Rathi Balachandran, ADG Nursing, Government of India.

FACULTY DEVELOPMENT SESSION

There was an educational session for the faculty on Case study writing by Prof. K. T. Moly, Principal, Amrita college of Nursing on 19/02/2020.



UGP MEETING



The first UGP meeting of the year 2020 was held on 19/02/2020 to discuss about the KNMC inspection. The next meeting was on 20/06/2020. The main agenda was the strategies to be adopted in the light of new COVID 19 pandemic.

GLIMPSES OF OTHER ACTIVITIES

ANNUAL SPORTS MEET



The Annual Sports Meet Yatna 2020 was held on 24/2/2020 and 25/02/2020. The track and field events witnessed new records by the fourth year B.Sc Nursing students Ms.Veena Venugopal and Ms. Aiswarya N C. The overall championship was bagged by the Fourth year B.Sc. Nursing.

VISIT FROM OTHER COLLEGES



M.Sc. Nursing students from Medical Trust College of Nursing and Jubilee Mission College of Nursing visited our college during the first half of the year 2020.

PARENT TEACHER EXECUTIVE COMMITTEE



Parent Teacher Executive Committee met twice during the first half of 2020.

1. Pavithran S, Sreelekshmi MV, Sreelekshmi R. Oral Health related quality of life of patients on chemotherapy. *Biomedical Pharmacol J* 2020;13(1): 107-108
2. Sasi R, Islam R, Sunil A, Markose A. Lower Extremity Perfusion among Patient with Type 2 Diabetes Mellitus in a Tertiary Care Hospital, Kochi. *Indian J Public Health Res Dev* 2020;11(1):319-314.
3. Varghese P, Ahalya V, Kuriakose A. Effectiveness of Distraction Versus Cutaneous Stimulation on Venipuncture Pain Response among Children. *Indian J Public Health Res Dev* 2020; 11(2):363-367
4. Kayathri A., Lucyamma C.V. Prevalence and Risk Factors of Obesity among Women. *Indian J Public Health Res Dev* 2020; 11(2):437-442.
5. Krishnan .SA, Philip .AT, Mohan, Saji R. Assess the Knowledge and Risk Factors among Pregnancy Induced Hypertension among Antenatal Mothers. *Indian J Public Health Res Dev* 2020; 11(2):443-446
6. Bhasi B, Varghese L, Sreekutty C S, Sreepadma P K. The Empowerment among Type 2 Diabetes Mellitus Patients. *Indian J Public Health Res Dev* 2020; 11(2):455-45
7. Neenu Merin, Regina Antony. Quality of Sleep among Diabetes and Non-Diabetes-Pilot Study. *Indian J Public Health Res Dev* 2020; 11(3):643-646
8. Babu A, Janardhanan SV, Sreevidhya R., Sruthy K.S.. Sleep Quality and Glycemic Control among Patients with Type II Diabetes Mellitus. *Indian J Public Health Res Dev* 2020; 11(3):41-46
9. Chandran P, Binutha V.P. Effectiveness of Video Assisted Teaching on Knowledge Regarding Home Care Management among Patients Diagnosed with Acute Coronary Syndrome. *Indian J Public Health Res Dev* 2020; 11(3):352-357
10. Antony R, Shali Mol U.S., Revathy R. Nair, Thomas R. The Drug Compliance and Factors Influencing Therapeutic Regimen among Senior Citizen. *Indian Journal of Public Health Research & Development*, March 2020, Vol. 11, No. 03 Page: 437-441
11. Suresh S, Anila. K.P, Islam R. Competency on Breast Feeding among Mothers of High Risk Babies and Practice of Nurses in Assisting the Mothers with a View to Develop A Protocol. *Indian J Public Health Res Dev* 2020; 11(3):442-447
12. Soumya Raj K, Anagha Raj M., Amulya N. Level of Stress and Coping Strategies among Institutionalised and Non-Institutionalised Elderly. *Indian J Public Health Res Dev* 2020; 11(3):637-642

THE WORLD UNIVERSITY RANKINGS 2020
No. **1** Private University in India

TOP 300 Medicine
TOP 400 Engineering

WORLD UNIVERSITY RANKINGS 2020
No. **1** International Faculty in India

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Never forget that you are not alone on this journey. God is always with you. Allow him to take your hand.

-AMMA



AMRITA
VISHWA VIDYAPEETHAM
U N I V E R S I T Y
Established u/s 3 of UGC Act 1956



ADMISSIONS 2020

BSc Nursing Admissions are open now

Last Date of Application **2.8.2020**

Entrance Examination on **14.8.2020**

Contact:

The Manager ,
Admission Office,
Medical College Building – 3rd Floor,
AIMS Ponekkara P.O, Kochi, Pin : 682041
0484-2858383 | 0484-2858373 | 0484-2858374

Email: ugadmissions@aims.amrita.edu

Amrita Vishwa Vidyapeetham is ranked 4th among all universities in India in the National Institutional Ranking Framework (NIRF) 2020 university rankings of the Government of India.