



**2020**  
INTERNATIONAL YEAR  
OF THE NURSE AND  
THE MIDWIFE



**NURSES**  
A VOICE TO LEAD  
NURSING THE WORLD  
TO HEALTH

Inspire zone

**Vol - I / Issue 1 / May - July 2020**

**Apollo College of Nursing Chittoor**



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## EDITORIAL PAGE

We feel proud to release the first issue of our college journal on the eve of the 200th birthday celebration of pioneer of modern Nursing Ms. Florence Nightingale. We deem it a platform for showcasing the development and achievements of Apollo College of Nursing from the time of its inception in 2017 in the prestigious Apollo Institute of Medical sciences and Research campus,Chittoor. All the Students, Faculty of College of Nursing, Medical College and External teachers are cordially invited to contribute their original ideas and papers to the editorial board email ID – [apollojournal@gmail.com](mailto:apollojournal@gmail.com)

- Editor in chief – Ms Ellen Angellin
- Associate Editor – Dr T Jayanthi and Ms Sandra John
- Joint Editor – Ms Beulah
- Members of editorial committee-Ms Kusuma, Ms Vani and Ms Meena.
- Student members of editorial committee-Ms Anakha, Ms Donamol and Ms Soniya

This journal will be published quarterly covering the monthly performance reports of the college, activities performed in the academic, clinical, research and extracurricular domains. This journal will serve as a platform, to any authentic work like original research, case studies, reviews or reflections.

Dr T Jayanthi  
Principal, ACONC



## 2020- The Year of Nurse and Midwife

### Nurses a voice to lead: Nursing the world to health

The World Health Organization (WHO) announced that 2020 would be the “Year of the Nurse and Midwife”. The world has turned its attention to the International Year of the Nurse and Midwife, and is recognising and celebrating the selfless work that nurses do day in, day out, to improve the lives of others.

**Here are the reasons why 2020 is the perfect time for the Year of the Nurse:**



- **It's the 200th anniversary of Florence Nightingale.**



Florence Nightingale was born on May 12, 1820, making 2020 the 200th year anniversary of her birth. The “**Lady with the Lamp**” became the founder of modern nursing, Nightingale continues to inspire nurses all over the world with her legacy of dedication and innovation. While International Nurses Day commemorates her birthday every year on May 12, 2020 celebrations will take place year-round and further champion nurses’ work.

- **It's the release of the first state of the world's nursing report.**

In conjunction with the Year of the Nurse, WHO will be releasing its first-ever report prior to the 73rd World Health Assembly in May 2020. According to WHO, “The report will describe the nursing workforce in WHO member states, providing an assessment of ‘fitness for purpose’ relative to GPW13 targets.” **GPW13** refers to the **Thirteenth General Programme of Work 2019–2023**, which lays out WHO’s leadership priorities in five-year blocks.

**Some of WHO's 2023 goals include:**

- Reducing the global maternal mortality ratio by 30%
- Reducing malaria case incidences by 50%.
- WHO will also be a partner on the State of the World's Midwifery 2020 Report, which will be launched around the same time as the State of the World's Nursing Report

➤ **It's the culmination of the Nursing now campaign**



The three-year Nursing Now global campaign launched in 2018 will wrap up at the end of 2020. Nursing now focuses on five core areas:

- Ensuring that nurses and midwives have a more prominent voice in health policy-making.
- Encouraging greater investment in the nursing workforce.
- Recruiting more nurses into leadership positions.
- Conducting research that helps determine where nurses can have the greatest impact.
- Sharing of best nursing practices groups in more than 100 countries worldwide.

➤ **Nurses make up a majority of the worldwide healthcare force.**



While doctors get much of the attention, especially in western nations, nurses and midwives make up more than 50% of the health workforce in many countries. Nurses armed with clinical supplies are usually in the front line of care and, in some cases, may be the only provider in the area, especially in developing countries. They make a difference not just in individual patients' lives but also in the community as a whole, nurses are vital players in improving public health outcomes around the world.

➤ **Nurses are a huge part of the health care worker shortfall.**



Due to the major role they play in the worldwide healthcare workforce, nurses and midwives also make up a significant part of the nursing shortage—more than 50% of the shortfall in the global health workforce to 2030.

➤ **Supporting nurses boosts economic growth and gender equality.**



As part of Nursing Now and its other efforts to support nurses, WHO often speaks of the “**Triple Impact**” that comes from giving nurses what they need:

- Better health
- Stronger economies
- Greater gender equality

Nurses should already be proud of themselves when they don their scrubs for a shift, but in 2020, they’ll do so with the extra confidence of knowing that it’s the “Year of the Nurse” and that organizations all over the world are supporting their profession.

Nurses continue to demonstrate that despite their technical mastery and the advancement of modern medicine, it is the human to human relationships and simple acts of kindness that makes their profession unique and appreciable.

Mrs. Ellen Angellin  
Asst Professor, ACONC



## COLLEGE REPORT

A warm welcome to Apollo College of Nursing, Chittoor.

We the faculty, staff & students are proud to be a part of group of Apollo Hospitals and here by warmly welcome you to the first e journal of Apollo College of Nursing.

A grateful heart is a beginning of greatness. It is an expression of humility. It is the foundation for the development of such virtues as faith, courage, contentment, happiness, love, and well-being. We would like to take this opportunity to thank the management our beloved chairman, visionary leader Padma Vibhushan Dr. Prathap Chandra Reddy garu, Mrs. Preetha Reddy garu, Mrs. Sangeetha Reddy garu, CEO Mr. Sathya Narayana Reddy garu and the Trustee and CEO Dr. Prabhakar garu for all the support extended in establishing another center for Nursing education in the prestigious AIMS campus in a full-fledged manner. An enduring foundation is laid for us by the management to build on for excellence, and to continue the tradition of training quality nurses.

In 1860 the foundation for professional nursing was laid by Florence Nightingale and since then nurses around the world have made a significant impact on individual lives, nation's health care system and on society as a whole. Today Nursing is the largest health care work force.

Nurses promote health, prevent diseases, and help patients to recover and cope with illnesses and act as patient advocates and educate patients, families, and communities. Nurses also have a wide range of options to work other than hospitals, like private practices, NGOs, community set up, Home health care, Nursing homes, schools, mental health agencies, Hospices / palliative care center, the military hospitals, industrial organizations, nursing educational institution, and health care research projects, Hospital administration, pharma companies etc. Whether in hospitals, home care or nursing care facilities, nurses play an integral role in the health care system which touches the life of every individual. The demand for nursing staff is escalating in India and abroad.

**In this context Apollo college of nursing states, the mission and vision statements as:**

### **Mission:**

- To establish as a “**Centre of Excellence**” for Nursing education at International level through Quality approach, Professional development and Research.

### **Vision:**

- The Apollo College of Nursing strives to provide the best nursing education that combines continuous quality improvement, current technology & cost effectiveness.

## INC Inspection – 2016



INC inspection was conducted in the year 2016 in order to issue recognition certificate and initiate the BSC Nursing programme at AIMS, Chittoor.

## MEMORABLE EVENTS OF 2017

### Teachers Day Celebration-2017



Teacher's day was celebrated on 05/09/17. Teachers participated enthusiastically in various events conducted by the students and shared their memorable experiences as teachers now & students then.



## Faculty development activities

- Dr. T. Jayanthi chaired the scientific sessions and presented a paper on “**Effectiveness of Reminiscence Therapy on Loneliness of Residents of Old age home**” in an International seminar on contemporary trends in Health Psychology – Role of Psychologist conducted by the Dept. of Psychology S.V. University, Tirupathi on 25.09.2017.
- Dr. T. Jayanthi attended GSICON-2017 as a delegate and presented a paper on “**Effectiveness of Reminiscence Therapy on Loneliness of Residents of Old age home**” on Oct 1<sup>st</sup>& 2<sup>nd</sup> at S.V. University, Tirupathi.
- CNE session was inaugurated on 28<sup>th</sup> December 2017 in AIMS, Chittoor and Prof. Sivagami presented on “**Item Analysis**” in research.

## World AIDS Day



World AIDS Day was observed in collaboration with Community Medicine Department with scientific session. Poster competition was conducted on “Prevention of AIDS and the winners were appreciated with certificates.

Dr. T. Jayanthi Principal had presented a scientific session on prevention of AIDS – Nurses contribution.

## Christmas Day Celebration-2017



Suppose Christmas & New Year celebrations in conjunction with a food fest was celebrated. It was such a memorable event filled with lots of fun and frolic. Students showcased their talent by performing various cultural items.

## MEMORABLE EVENTS OF 2018

### Road traffic injuries Surveillance - 2018

- Students had participated in a poster competition held as a part of “Integrated Road Traffic Injuries Surveillance” workshop organised by Community Medicine Dept, AIMS in Jan 2018.
- Students creatively composed and sang song on the theme RTA prevention.

### National Leprosy Day - 2018



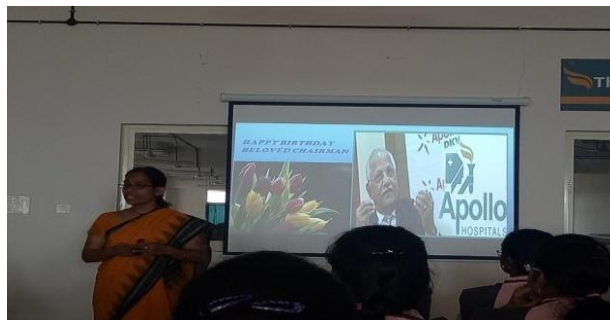
National Leprosy Day was observed on 31.01.2018 on the theme “To circulate awareness regarding preventive aspects of leprosy”. Students were accompanied by faculty Ms. Sheena & Ms. Kusuma in the rally.

### Fresher’s Day Celebration - 2018



“Fresher’s day” was celebrated on 12.02.2018 in college auditorium. Students exhibited their talents in various forms of cultural events and made the day a memorable one.

### Founder’s Day Celebration - 2018



The students and faculty celebrated beloved Chairman Dr.Prathap C Reddy’s birthday as “Founders day” on 05.02.2018 in the college auditorium.

## Lamp Lighting Ceremony – 2018



Lamp lighting ceremony was organised for the 1<sup>st</sup> batch which was held on 26<sup>th</sup> march 2018. Dr.Latha Venkatesan was honoured as a chief guest for the day &Dr. Prabhakar was respected as a guest of honour.

## International Nurses Day-2018



International Nurses Day was celebrated on 12.05.2018.Dr. Shirley David hosted as a chief guest. Prizes were distributed for quiz competitions held on eve of Nurses day by dignitaries.

## International Yoga Day

The Apollo College of Nursing organized “International Yoga Day” on 21.06.2018.Dr. Devika (Asst. Prof) Community Medicine AIMSRR was honored as a chief guest and she emphasized the importance of yoga by demonstrating a few Asanas like Pranayama, Kapaldhati, Tada mudrasana, Vrikshasana. The faculty, students & staff performed yoga with all enthusiasm and vigor.

## World Population Day



“World Population Day” was organised on 11.07.2018. Dr. T. Jayanthi, Principal, Apollo College of Nursing Chittoor unfolded the theme for the day “Family Planning is a Human Right” and made the youngsters understand the importance and implication of family planning in order to slope down the population of India.

## Nutrition Week Celebration



“Nutrition Week” was celebrated on 07.09.2018 where in students actively participated in preparation of various delicious therapeutic diets under the guidance of a faculty and shared the dishes to the college team and were appreciated for their cooking skills.

## Onam Celebration

All the students experienced real joy while celebrating the auspicious Onam festival of Kerala, on 26.08.2018. Students beautifully designed an eye catching POOKOLAM, graced the occasion in their colourful traditional attire and also performed cultural events.



## World Breastfeeding Day - 2018



Breastfeeding Week was organised on August 7<sup>th</sup> 2018. The theme for the breastfeeding week was “Prevent malnutrition in all its forms, ensuring food security in times of crisis, breaking the cycle of poverty” (a foundation for life). Also, as a part of the programme a Journal presentation on Riga-Fede disease (traumatic sub lingual ulceration in neonates) was presented by Dr. T. Jayanthi

## Seat Enhancement 2018



The Apollo College of Nursing, Chittoor sought permission from INC, Dr. NTR University of Health Sciences and AP Nurses & Midwives Council to enhance the seats from 50 to 100 from the year 2018.

## ICMR sponsored Project:

- Received ICMR approval for fund support to the project titled “Utilization of Government Social protection schemes by PLHIV”. A multicentric study in South India the preconcept proposal has been approved by ICMR.

### **Future goals to be achieved:**

- To establish Simulatory labs for enhancing the quality of learning.
- To standardize Nursing procedures & training programme to improve the quality of training
- To start M.Sc (N) programme in Independent Nurse Practitioner in Critical Care Nursing - 2021
- To start M.Sc (N) in Medical&Surgical Nursing, Child Health Nursing, Community Health Nursing, Mental Health Nursing and Midwifery &Obstetrical Nursing - 2021.
- To start Ph.D program from 2023.
- To create awards for Academic & Cultural excellence.

## University Exam Results

2017-18(1- BATCH)

### 1<sup>st</sup> Year Toppers



Ms. Chikku



Ms. Sherry



Ms. Silu



Ms. Soniya

The students who brought fame and name to the institution and made their parents proud by acquiring distinctions and top ranks in the university examinations. *“Congratulations to all”*

### DISTINCTION HOLDERS



Ms. Divya



Ms. Ajuna



Ms. Aneeta



Ms. Jinchu



Ms. Seena



Ms. Anusha



Ms. Kokilavani



Ms. Marteena



Ms. Donamol



Ms. Arthi



Ms Jayasudha



Ms Sona



Ms Prathibha



Mr Dinesh



Ms Anakha



Ms R. Asha



Ms Sushma

## II Year Toppers – 2018-19



Ms Silu



Ms Chikku



Ms Sherry



Ms Aneeta

## II YEAR DISTINCTION HOLDERS

Students who came out with flying colours in the university examinations. **Bravo... Keep it up!!**



Ms Aneeta



Ms Chikku



Ms Divya



Ms Donamol



Ms Anusha





Ms Kokilavani



Ms Jinchu



Ms Sushma



Ms Soniya



Ms Arthi



Ms Hepsiba



Ms Seena



Ms Sherry



Ms Silu



Ms Sona



Ms Sushma



Ms Vaishnavi



Mr ChandraPakash



Ms Salu



Ms Satya



Ms Padmasree



Ms Chandana



Ms Jemey

## **I YEAR TOPPERS -2018-19**

Butterflies who brought colours to the academic score board.

**Congratulations students!**



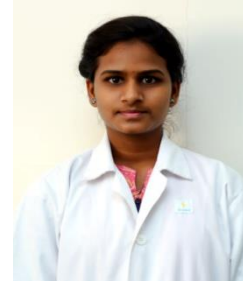
Ms Yamini



Ms Jenifer



Ms Sakthishree



Ms Pooja

## **1 YEAR DISTINCTION HOLDERS**



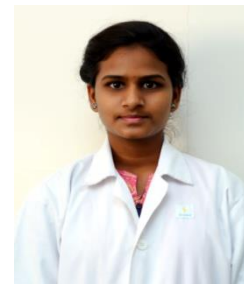
Ms Yamini



Ms Jenifer



Ms Shakthishree



Ms Pooja



Mr Hareesh



Ms Sowmya



Ms Raghavi



Mr Krupanandam

# CONTRIBUTIONS BY FACULTY AND STUDENT IN VIEW OF COVID-19

## PINNACLE OF NURSING

The health care system operates in an environment which has a constant change and challenges. These Changes in demographics and the burden of disease continue to present new demands on the health system. This demands a conviction for professional development, increasing responsibility and accountability for leading nursing practice. This paves the way to reach the pinnacle of nursing. **Pinnacle** is derived from a Latin word “**pinnaculum,**” *pinna* = 'wing, culum, ' = 'point'. The pinnacle is the highest level or the degree of greatest success achieved in a particular field.

## EXPANSION OF CAREER OPPORTUNITIES

Greater independence, Autonomy, increasing respect in the profession and increase in the “**power of nursing**” has resulted in the change of image leads in to various Expanded role of nurses “**Empowerment in Nursing**”. Nurses are now involved in Administrative responsibility and clinical decision making.

## TRANSFORMATIONS IN NURSING EDUCATION...

The nurse educators are working hard towards the upliftment of nursing education to Expand and Globalization of education, Preparing Competency based curriculum, Managing the learning environment rather than being the conduit of information to the student.

## NURSING AND BIOMEDICAL RESEARCH

Evidence –based practice focuses on integration of best scientific research evidence with nursing clinical practice, accurate and well-informed decision-making in-patient care, provide safe care and health care information.

## TECHNOLOGY EASES NURSES LIFE”

In the nursing field, technology allows to improve efficiency and communicate more effectively. The technological advancement and equipment innovation leading positive impact on patient care.

## ADVENT OF SPACE NURSING

Aerospace nursing is the nursing specialty that studies how physiological changes in space effects on the cardiovascular system, bones, muscles, hematologic and immunologic systems, motion sickness, space radiation etc.. .

## NURSES IN POLITICS

Nurses involvement in politics has significant impact on health policies. Nurses have taken new role to influence and change the policies, laws and regulations that dictate our practice and how the larger health care system works. Nurse can become an advocate at the local, State and National level to improve the standard of the nursing profession.

## **EMERGENCE OF COMPLEMENTARY AND ALTERNATIVE MEDICINE**

Nurses are more proactive and open to dialogue with patients about the use of CAM in order to address safety issues, and have a greater role in providing CAM in some healthcare settings.

## **NURSING INFORMATICS**

Nursing Informatics (NI) is the specialty that integrates nursing science, computer science, and information science to manage and communicate data, information, and knowledge in nursing practice

## **MEN IN NURSING**

The stereotype of nurses as women has transformed to include men in nursing. Men in nursing are advocating for continued research, education and dissemination of information on men's health issues in the national and international forums.

## **ROAD TO SUCCESS -PINNACLE OF NURSING**

**‘Change is not made without inconvenience, even from worse to better.’**

Self-motivation for professional growth, retain professional identity, maintain an effective working environment, gain information and insights to research, be a part of lifelong learning, be a component of clinical governance, be an aid to improving the quality of nursing and be for nurses and about nurses.

C. Fuela Esther  
Professor ACONC.



## COVID 19 - LIFE EXPERIENCE

2020: A significant milestone year in history with the emergence of a contagious pandemic disease called Covid 19. It is so obvious that it has brought major devastating effects on health, wealth, economy, education and daily livelihood. The life normalcy has ceased within a blink of an eye without any prior warning and set us on a “New Normal Life”. Though the world is brought to a stance with self-quarantine, social distancing, curfew, lock down, legal restrictions, punishments, face masking etc this quarantine season has taught one life lessons. The effects of corona and the global lock down has emitted its own pros and cons as the globe is experiencing today.

The negative impact as we have been witnessing include illness, hospitalization, mortality across the globe, burnout among health care workers and frontline personnel, shortage of supplies and manpower, loss of loved ones, loss of job, loss of possession, economic downfall, global threat, depression, social isolation, social stigma, uncertainty, hunger, starvation etc. We as responsible citizens and as health care personnel should step forward to render services to mankind and extend fullest cooperation to the governing bodies while marching in the battle against corona.

However, the quarantine period has helped us to self-introspect and paved a way to configure a life to be useful, worthy, self-disciplined, act as a good citizen, bring out hidden potentials and also quickly adapt to the new settings. No wonder this lock down has favoured us personally to spend a quality time with our family and children, look after our elderly parents, try out new recipes and enjoy with our family members, get in touch with our siblings and friends, help our neighbourhoods and mankind, share and care for the poor and needy, nurture spiritually, enjoy the nature around us, acquire a new skill and so on..

Nevertheless, the period of lockdown has improved us professionally rather than creating cumbersome effects in the academic perspective. It has built a skill set and brought the teachers into limelight by exploring and switching on to a newer method of online teaching using various platforms such as Zoom, Google classroom, Duo, Go ToMeeting etc. The online system of education has helped us to continue the academic stream without causing impediment in the system. For many of us in self-isolation, it can feel like the corona virus has put the world on hold as we wait for release from our temporary imprisonment. But let’s hope that, **“There is light at the end of the tunnel”**.

Sandra John  
Asst professor, ACONC



## **GUIDELINES FOR EFFECTIVE E-MAIL COMMUNICATION**

Effective communication is not one way. It does not just involve information dissemination. Effective communication facilitates respectful and positive human connections. E mail can be a useful and valuable tool of communication in our personal and professional lives. However, it also has potential pitfalls, which we must seek to avoid if we are going to use it effectively. First, we must utilize basic good, interpersonal skills. These include communicating positively, constructively, and respectfully. We need to practice the following: empathizing, “listening,” looking for common ground, repeating/rephrasing what others say, refraining from attacking, and avoiding premature judging. We need to especially work at writing in a clear style to avoid possible misunderstandings.

Here are basic guidelines for clear, respectful email, personal or professional, which guards against potential misinterpretation, confusion, and irritation.

- Use short, specific descriptions in subject lines.
- Use appropriate greetings or salutations, as in face - to - face communication.
- Try to use less than 65 characters in a line and no more than 25 lines of text
- End lines with a carriage return.

### **USE APPROPRIATE GRAMMAR, SPELLING, CAPITALIZATION, AND PUNCTUATION.**

- Don't use all capital letters. This is considered “shouting”, or yelling”.
- Don't use all lower - case letters. This makes you appear uneducated, unprofessional.
- Don't use text - messaging abbreviations

### **CHOOSE LANGUAGE CAREFULLY**

- Use informal language in personal correspondence
- Use formal language in business correspondence
- Use short, concise, clear language and sentences.
- Simplify messages; Choose words and write the message carefully
- When using the reply button, include, restate, or paraphrase the sender's language
- Breakdown messages into simple components
- Compensate for the absence of non-verbal language by adding more adjectives.
- The longer the message, the more it needs to be broken into “sound bytes.”

### **DON'T BLURT A MESSAGE IMPULSIVELY**

- Use appropriate etiquette.
- Don't say anything electronically that would not be said face-to-face.
- Don't vent emotions; Be careful of what might be offensive to other cultures.
- Be careful of the tone of messages.

- a. Don't be so short, concise, or direct that messages sound rude
  - b. Use adjectives or adverbs to clarify tone.
  - c. Avoid sarcasm, which could be misinterpreted.
- Refrain from pre-mature judging or attacking.

**RE-READ MESSAGES AND USE SPELLING, GRAMMAR CHECKS BEFORE SENDING.**

- Re-read what the message says and how it is said before sending it.
- Watch for possibilities of misinterpretation.
- Avoid using abbreviations, which can be misunderstood or not understood at all.

**CONFIRM, EMPATHIZE, AND SYMPATHIZE IN E-MAIL COMMUNICATION.**

- When disagreeing, try to respect the other's position and look for common ground.
- "Listen" and pay attention to what a correspondent is saying.
- Don't "flame" or use aggressive language

**CONSIDER THE CORRESPONDENT.**

- Analyse how that individual has presented himself/herself
- Match a correspondent's level of language and communication behaviour.

Respond, at least briefly, to E-mail from personal or professional contacts.

Little can be assumed about respondents (Their frame of mind, interpretation of your message...).

So be gracious and careful in wording and phrasing.

Mr. Karthik  
Asst Professor, ACONC



## **PERSONAL EXPERIENCE DURING THIS COVID-19**

- This time of "lockdown" has brought golden opportunities for me and my parents. As now I and my family members are able to spend enough time with each other.
- I as a teacher upgraded and specialized myself in the field of on-line teaching, e-content, self-creation of videos, lesson plans and assignments.
- Every situation brings an opportunity. This unlimited time at home due to "lockdown" "is no less than a boon for me.
- I also experienced difficulties when I was supposed to go to college during lock down due to transportation issues.
- In college we have to work for fixed hours, but now we are able to work according to our convenience at home.
- According to me as per college concern the students show little negligence in assignment submission but they are showing more interest in online classes.
- I understood few students show more interest in online classes rather than classes in college.
- I am updated with recent technologies due to online classes.
- I am glad to take classes in Zoom, as I could teach by referring to many online websites.

**Ms Kalpana**  
Clinical Instructor, ACONC



## **DEVELOPMENTS WITNESSED DURING COVID-19 PERIOD**

Covid 19 has become an unpredicted health issue all over the world. It has brought not only the health problem but some benefits in individual's life and in society.

In the nursing profession there is a great improvement in doing hand washing compared to before. Through the appreciation of the community for their care of Covid patients many nurses have developed dedication and commitment towards the work.

Family is united together to spend a quality with their precious ones. Having a great time to show their care to the family members which they did not had before. Now people have understood that no money can make the family to be gathered but its love which unifies the family.

**Ms Beulah**  
Clinical Instructor,  
ACONC





## **STUDENT CONTRIBUTION RELATED TO COVID – 19 EXPERIENCES**

As a student representative, I would like to share our experience in this lockdown period. We had never experienced anything like this before and I am sure that we were not prepared for such a situation.

From school children till professional college students, all are engaged in online learning and it is helpful too.

Live classes ensure that education is not obstructed amidst this pandemic issue. And we students are encouraged to achieve our determinations.

Every day classes as well as exams are helpful for our university exam preparations. I would like to thank our principal mam as well as teachers for planning such an effective curriculum.

Ms Chikku Mary  
Student, III B.Sc (N)  
ACONC



## **The highlights of COVID -19 management by the heroes of AIMS GH, Chittoor**

The Apollo College of Nursing is affiliated to the first public private partnership model promulgated between the Government of Andhra Pradesh and Apollo Hospitals Educational and Research foundation that has upgraded the District headquarters government hospital to provide a world class, quality health care for the residence of Chittoor. A state - of - the - art critical care units, Operation rooms, Paediatric units and Adult units are built with advanced cutting-edge technology, enhanced bed capacity and strengthened manpower and material. This has led to combat the current situation of Corona pandemic and manage the Covid 19 cases successfully.

The Nursing and Medical team of AIMS, GH has rendered remarkable services in treating COVID -19 cases.

The strategy formed in handling the cases by the nursing service department is depicted in words by Mrs. Sarala Nursing Superintendent is as follows.

- March 23rd was announced as Bharath Janatha curfew by our Honourable Prime Minister Mr Narendra Modi- In response to the management of Covid 19 in our Chittoor district, the following steps were taken in Government Hospital, Chittoor.
- On 23/03/2020 initiation steps were taken to prepare Covid 19 isolation ward with 120 bedded Centralized Oxygen, vacuum, medical air cylinders and other emergency equipments.
- Series of Awareness programmes were conducted by both Apollo & Govt teams.
- RRT – Rapid response teams were formulated. Training was given to all the staff working in district headquarters hospital, regarding PPE, donning and doffing, biomedical waste management and disposal, use of disinfectants.
- The nursing superintendent also allotted the above topics to the nursing staff and guided them to present.
- Constant monitoring of staff practices in the clinical areas is ensured.
- Frequent meetings were conducted by Mr. Naresh Reddy & Ms Sarala to motivate and counsel the staff in order to overcome the fear of contracting Covid-19 and constantly reminded them of their responsibilities as frontline professionals.
- Staff schedule was prepared on a weekly basis for Quarantine wards.
- The first week's schedule was prepared for the staff who volunteered to work in Covid ward, following weeks the roster was prepared as per the attendance register, excluding staff who were on emergency leaves and leaves with genuine reasons.
- Nationwide lockdown started from 24th march and hence transport services for staff was arranged to reach the work spot and back home.
- “WHO day” was celebrated on 07/04/2020 by maintaining social distance and other precautions. Theme for WHO day was highlighted as “Year of the Nurse & Midwife” because of the contributions of the nurses & midwives towards making the world a healthier place.

***“Nurses are the unsung Heroes of Covid19”.***

1. Corona wards and ICU was prepared to receive patients and required supplies were indented.
2. We started receiving Covid 19 positive cases from 08.04.2020.
3. Staff duty roster was made on a shift basis, fixed one staff for 12 hrs X 7 days shift, then they were quarantined for 14 days. Test was done on the 7th day of duty and the 2nd test after 14 days. Then discharged to normal activities as per the result.
4. The unsung heroes of Covid 19 in AIMS (G.H) Chittoor are as follows:

### **Special appreciation for the Frontline heroes of Covid 19, AIMS, Chittoor**

○ **Staff who worked on 3 shifts for once:**

- *Ms. Harika*
- *Ms. Priya Devi*
- *Ms. Jyothi*
- *Ms. Santhoshi*
- *Ms. Hari Priya*
- *Ms. Vijaya*
- *Ms. Usha Rani*
- *Ms. Rekha*
- *Ms. Sumalatha*
- *Ms. Shilpa*

○ **Staff who worked for 12 hrs for 7 days continuously:**

- *Ms. Vanaja*
- *Ms. Nalini*
- *Ms. Parveen*
- *Ms. Baby*
- *Ms. Preethi*
- *Ms. Deepa*
- *Ms. Sanchana*
- *Ms. Haritha*
- *Ms. Jyothsna*
- *Ms. Supriya*

Mrs. Sarala,  
Nursing Suptd, AIMS, Chittoor



## AIMSR GH Hospital, Chittoor



## Corona Ward in AIMSR GH, Chittoor



## THE APOLLO COLLEGE OF NURSING CHITTOOR

AIMSR, MURUKAMBATTU, CHITTOOR - 517 127, ANDHRA PRADESH.

### ADMISSIONS 2020

**B.Sc., (Nursing)** Four Year Degree Programme

Intermediate with Zoology, Botany, Physics & Chemistry

*Placement assistance in Apollo Group of Hospitals*

### అడ్మిషన్స్ - 2020

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