

Inspire Zone



Volume – II / Issue – 1 / January - December 2021

Apollo College of Nursing , Chittoor.

INSPIRE ZONE

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Inspire Zone is a biannual journal that showcases reports of college activities in academic, clinical, research and extracurricular domains. It deems to be a platform for authentic work in research inclusive of case studies and freelance reviews or reflections.



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EDITORIAL

The year 2020 has unfolded an unimaginable covid chapter in our life which we never thought will face and it continued throughout 2021 ending up with yet another strange virus Omicron. Our language is suddenly filled with words like RTPCR, self-quarantining, containment zones, PPEs, herd immunity, Remidesivir, red zones, first wave, second wave etc. Almost every one of us evidenced deaths among our loved ones, family members, or atleast somebody in our social circle with Covid 19. We have bid farewell to many deceased even without performing last rights. Hospitals declared covid special, non-covid patients were denied of admissions unless reported with life threatening conditions, OTS are closed, regulatory bodies responded with training programs to the front-line warriors.

A difficult year for nurses. Still society realized the crucial role played by nurses as they tirelessly took care of victims of the pandemic. Nurses geared up to update themselves in fighting the new deadly virus and while few nurses left their jobs as well adding to the problem of shortage of nurses. In this war we loosed many nurses too.

Nursing faculty learnt many lessons from covid pandemic and successfully passed through the stage of transition from face-to-face education to digital platform on full pledged manner for teaching and learning. We learnt to replace clinical training with virtual learning and simulation training. The war is not yet over as we see the present situation still being unpredictable and volatile and once again few parts of the country entering into night curfew.

The responsibility of preparing future nurses in this situation poses many challenges to both faculty as well as the student nurses. Our goal is to make students develop self-directed learning and understand fundamental concepts of nursing while learning to practice evidence-based nursing. Navigating through all the challenges of pandemic the Apollo college of nursing, Chittoor managed completing theory and conducting community field training while imparting newly integrated midlevel health care training and clinical training programme. When we look back, we are proud to realize that while following covid precautions we also conducted various programme like observing yoga day, world health day, nurses' day, lamp lighting ceremony, freshers' day, sports week, fund raising programme etc. Students have generously donated for HIV children towards distribution of nutritious food items, stationery etc.

Our first batch student's research work received six undergraduate student research scholarships and our student's presentation of their research proposal in scientific committee received much appreciation.

Amidst these overwhelming experiences we are completing our first ICMR funded research project work and submitted the report, now we are going to bid farewell to the first batch B.sc N students and invite the 5th batch B.sc N students with all new hopes, strength and passion to fulfill our many more dreams in the new year 2022.

Dr. Jayanthi Tarugu,
Principal
Apollo College of Nursing, AIMSR,



COLLEGE REPORT

From its very inception to the present day, The Apollo College of Nursing, Chittoor has conducted various co-curricular programs alongside the regular curricular programs. In our last issue of Inspire Zone, a report of all such programs until December 2020 had been highlighted. It is our heart-felt desire and obligation that the rest of the events until the present should be highlighted as well. Therefore, in this issue, we take the pleasure of setting on record the report of the rest of the co-curricular and extra-curricular activities.

International Yoga Day- 21/06/21

Organizer- Mrs. C. Silpa (M. Sc N)

Programme started with welcome address by Mrs. Silpa, Assistant professor. The Chief guest Mrs. Vasantha Lakshmi, yoga trainer demonstrated specific asanas for students to overcome problems related to virtual education and increase the attention span. Mr. Sumanth, clinical instructor played the video presentations of yoga demonstrations performed by students.

Dr. T. Jayanthi, principal emphasized the benefits of yoga. The prize winners of yoga competition were announced by the chief guest 1st Prize- B. Ganesh ,2nd Prize-B. Ananda Vardhan and 3rd Prize- R. Sony. All the students were given participatory certificates. B. Ananda Vardhan participated in Yoga competition at university level and achieved 2nd prize. Vote of thanks was proposed by Mrs. Indira, lecturer.



Workshop on OSCE- 09/07 2021 & 10/07/21

Organizer- Mrs. Aarhi (M.sc N)

A two days' workshop on Objective Structured Clinical Examination (OSCE) / Objective Structured Practical Examination (OSPE)" was inaugurated on 9th July at 10 am with a prayer song by Ms. Anakha & group, IV year B. Sc (N). Mrs. Aarhi, Assistant professor welcomed the gathering.

Dr. T. Jayanthi, Principal, Apollo College of Nursing, Chittoor gave the keynote address.

The honorable chief guest Dr. Nesa Sathya Satchi, Principal, Apollo College of Nursing, Chennai and Dr. Vijayalakshmi, HOD & Professor, Mental Health Nursing, Apollo College of Nursing, Chennai emphasized the importance of OSCE in nursing education. The inaugural session was ended with the vote of thanks by Mrs. Ellen, Assistant professor, Apollo College of Nursing, Chittoor. The Scientific session started by Dr. Vijayalakshmi, who elaborated on OSCE a Gold standard in evaluation of students' knowledge, attitude and skills. Dr. Nesa Sathya Satchi explained about development of check list and OSCE station bank. It was a wonderful session which attracted student's active participation throughout the presentation. Simulation in OSCE was described by Dr. Jaslina Gnanarani, HOD & Professor, Medical Surgical Nursing, Apollo College of Nursing, Chennai.

Fundamentals of Nursing workstations were demonstrated to all the participants. There were five workstations in all the specialties out of which 2 were manned and 3 were unmanned stations. Each station was allotted with 5 minutes. By afternoon, the participants were divided

into five groups. All groups were sent to the specialty areas like Medical Surgical Nursing, Child Health Nursing, Mental Health Nursing, Community Health Nursing and Obstetrical and Gynecological Nursing. On 10th July, the second day of workshop, the students prepared the skill stations with the check list and scoring sheets under the guidance of resource persons followed by the group discussions. The workshop ended with the Valedictory session.

Mrs. Silpa, Assistant professor, ACON, Chittoor gave the welcome speech. Dr. Sirshendu, Consultant ICMR, NIE has attended the programme as chief guest and stressed on importance of having a plan to sustain OSCE practice in nursing. The workshop report was presented by Mrs. Aarthi organizer followed by the felicitation of the resource persons and feedback report was given by Mrs. Indira, lecturer. Mrs. Kiranmayi, Associate Professor, Mental Health Nursing proposed vote of thanks.





World Breast Feeding Week – 07/08/21

Organizer- Mrs. Indira (M.Sc N)

World Breast feeding week was conducted at demo room, Government Hospital, Chittoor. Programme started with prayer song by IV-year BSc (N). Dignitaries Dr. V. Sudhakar Babu, Medical superintendent AIMS CGH, Dr. Seshasai, HOD of Obstetrics and Gynecological Nursing, Dr. T. Jayanthi, Principal, Mrs. Padmaja, Nursing in charge AIMS, CGH, Chittoor occupied Dias and were welcomed by Mrs. T. Indira. Theme was unfolded by Mrs. Hindubai, Lecturer. All dignitaries delivered a message regarding importance of Breast feeding. Video presentation was done by Mr. Krishna. III-year B. Sc (N) students performed a skit depicting the importance of breastfeeding. Prizes were distributed to the winners of Poster and Elocution competitions on the theme “Protect Breastfeeding: A Shared Responsibility.” Vote of thanks was delivered by Ms. Bindu, clinical instructor.



Onam Celebration –21/08/21

Organizer- Ms. Lavanya (M. Sc N)

Onam festival was celebrated at 2:00 pm in the lecture gallery 3. The Artha Pokalam was also decorated in the administrative block by the 2nd year and 4th year students. From 1:00 pm Onam sadhya was served consisting of varieties of Kerala special dishes. After sadhya around 2:30 pm, the cultural program started with lamp lighting and prayer song followed by Thiruvathirakali by 2nd year students. Dr. CSR Begum, HOD of pathology AIMS, Chittoor was invited as the guest of honor. Various cultural activities were performed by the students depicting the significance of the festival.





Teacher's Day Celebration-04/09/21

Organizer-Mrs. Indira (M. Sc N)

Teacher's day programme was started at 2pm with a prayer song by 4th years followed by welcome dance by 2nd year students. Dr T Jayanthi, principal addressed the gathering emphasizing the roles & responsibilities of teachers & the influences they exert on future generations. Dr. Fuela Esther, Professor briefed the life histories of great leaders like Dr. APJ Abdul Kalam, Mother Teresa, Einstein etc. Gift giving ceremony was held. Various cultural performances were performed by the students. Games and tasks for teachers were held & prizes were given for the winners. The program adjourned at 5:00 pm with vote of thanks by 2nd year student.





World Mental Health Day-11/10/21

Organizer- Mrs. Kiranmayi (M. Sc N) &
Mrs. Meenakshi (M. Sc N)

World Mental Health Day was observed through virtual platform by B.Sc N students from 3pm. Dr T. Jayanthi, Principal gave the welcome address followed by unfolding of the theme of the day by Mrs. Kiranmayi, Professor. Mrs. Meenakshi, Associate professor introduced the guest of honor Mrs. Jyothi Sunandha, Mental Health Practitioner who shared her experiences as a Mental health Nurse practicing at Southern Health NHS Foundation Trust, Southampton, UK. It was followed by announcement of the winners of the poster making and elocution competitions on the theme “Promotion of mental health and prevention of mental illnesses”. Ms. Jenifer 3rdyear B.Sc. (N), the winner of the elocution competition elaborated the theme. The program adjourned at 4:45pm with vote of thanks by 4thyear student.



Global Hand washing Day -14/10/21

Organizer-**Ms. Ellen (M. Sc N) &
Ms. Priyanka (B. Sc N)**

The Apollo College of Nursing, Chittoor organized Global handwashing day on 14/10/21 in paediatric ward at GH, Chittoor. The gathering was welcomed by Ms. Chandana, 4th year B. Sc (N).

Ms. Priyanka unfolded the theme for the day i.e., **“Hand hygiene at the point of care”**. Ms. Saipriya 4th year B.Sc. (N) presented the statistics of the association of handwashing and reduction of infection. 3rd yr B.sc (N) students performed dance on the steps of handwashing, few children in the ward also participated in the dance with enthusiasm and added glimpse to the day. Ms. Nadeya, 3rd year B. Sc (N) proposed the vote of thanks. Ms. Sai Priya demonstrated the steps of hand washing to the mothers in the ward. The mothers expressed the joy while redemonstrating the steps of hand washing. Total 31 children and parents enjoyed the hand washing programme in the paediatric ward.





Food Carnival & Fund raising – 27/10/21 to 29/10/21

**Organizer- Ms. Beulah (B.Sc N) &
Mr. Karthik (B.Sc N)**

The Apollo College of Nursing, Chittoor conducted food carnival from 27th to 29th October 2021, students participated exuberantly on all 3 days. Students received Rs. 36,000/- as advance for food feast, students were divided into groups & around 12 groups came in organizing the food feast. Each group received Rs. 3000/-

Day-1 started with recipes like Chicken Biryani, Chicken Kabab, Sarbath, Veg & non – veg burger, egg noodles, Food Combo, Ice cream, Momos and day 2 with, Sarbath, Snacks Combo, Chicken kabab, Kerala house, chicken biriyani and the food feast ended with various type of juices, Parottas / Ketaliam items, chicken biriyani and fried chicken. The best on the whole was the great joy. The students, faculty and staff in the campus and nursing students well enjoyed as being the organizers of the programme. Volunteers were selected to guide the doctors and medical college team towards the food feast.





Annual Sports Week Report- 30/10/21 to 02/11/21

Organizer - Mrs. Lavanya (M. Sc N) &
Mr. Karthik (B. Sc N)

With the theme “SET YOUR GOALS HIGH & DON’T STOP TILL YOU GET THERE” Apollo college of Nursing inaugurated the Annual sports week. The college campus ground was decorated with colorful flags and festoons. A beautiful flex banner was erected at the entrance of the ground.



The students were divided into four groups.

- Alexious 2017 (Sky Blue)
- Genezens 2018 (Neon Color)
- Xanthrons 2019 (White Color)
- Troizeans 2020 (Navy Blue)



30th October

On a breezy and sunny day we started our annual sports week with great enthusiasm. By 9:15 am all students assembled at AIMS ground. we had refreshing and formal welcome address by Ms. Ajuna & Ms. Sai Snehitha. Dr. Shripad B. Desh Pande, Professor & Head, Department of Physiology, hoisted the flag, lighted sports lamp and addressed the gathering as chief guest. Students gathered for March past & stood according to their groups. Our beloved principal

Dr. T. Jayanthi, ACON, Chittoor had addressed the group. Mr. Rajesh, PET master an active, encouraging soul, has highlighted all the instructions and rules for games.

Shot-put, running race and kabaddi were the competitions of the 1st day which started with great energy & enthusiasm.





On **31st October**, kabaddi finals for boys was held followed by throw ball for girls and football for boys. Volleyball competition for boys and shuttle for girls was held in the afternoon.



Chess and Carom board for boys and girls was held on 1st November



Sports week concluded on 2nd November with Chess and Carom board finals for boys and girls followed by Cricket for boys.

The Children's Day Programme -16 /11/21

**Organizer- Mrs. Aarthi (M. Sc N) &
Mrs. Ellen (M. Sc N)**

The children's day programme was conducted on 16th November 2021 at 3.30 pm in District Head Quarters Hospital, Chittoor. The children admitted in the paediatric ward and paediatric ICU and their parents participated in the programme. The Nursing officers and interns of the respective ward joined us for the celebration. Ms. Chandana 4th B.Sc. (N) welcomed the gathering. A special song and dance to entertain children was rendered by the 3rd year B.Sc.(N). The significance of children's day was shared by Ms. Oormila, 3rd year B.Sc.(N). Vote of thanks was given by Ms. Sneha, 3rd B. Sc (N).

After the programme snacks and balloons were provided to all the children.

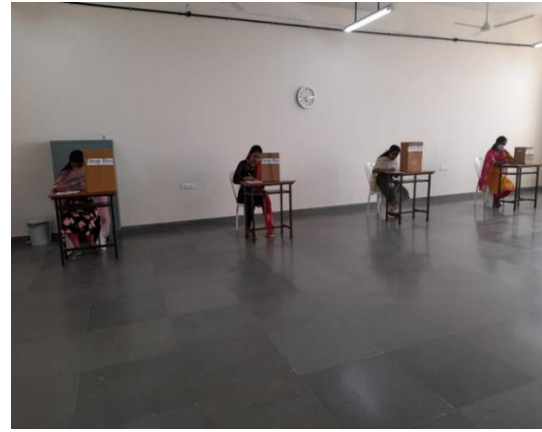


SNA Election -23/10/21

Organizer- Mrs. Ellen (M. Sc N),
Ms. Beulah (B. Sc N) &
Mr. Karthik (B. Sc N)

SNA election of 2021 was conducted for the new SNA bearers on 23rd October 2021 in Nursing college.

The voting took place under the guidance and presence of President of SNA, Dr. T. Jayanthi, SNA advisor, SNA Co-advisors and SNA representatives.



SNA Election Vote Counting



SNA votes were counted by the SNA cabinet leaders-2019 in the presence of SNA advisor and one representative from each class.

Outgoing SNA Cabinet Leaders



New SNA Cabinet leaders – 2021

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader”

Post	Student Name
Vice President – 1	Mr. Hafeez
Vice President – 2	Ms. Jenifer
Secretary – 1	Mr. Ricky Bennett
Secretary – 2	Ms. Muskan
Treasurer – 1	Ms. Anashwara
Treasurer – 2	Ms. Nadhiya Afreen
Disciplinary committee	
Cabinet leader - 1	Mr. Krishna
Cabinet leader – 2	Mr. Sagar
Curriculum Committee	
Cabinet leader - 1	Ms. Oormila
Cabinet leader – 2	Mr. Lokesh
Health Committee	
Cabinet leader - 1	Ms. Supriya
Cabinet leader – 2	Mr. Krupanandhan
Sanitation Committee	
Cabinet leader - 1	Mr. Ansu
Cabinet leader – 2	Ms. Jerin
Cultural Committee	
Cabinet leader - 1	Ms. Anitta
Cabinet leader - 2	Ms. Vinisha
Maintenance Committee	
Cabinet leader - 1	Mr. Govardhan
Cabinet leader - 2	Ms. Reshma
Food Committee	
Cabinet leader - 1	Mr. Jothieswaran
Cabinet leader - 2	Ms. Parvathi
Sports Committee	
Cabinet leader - 1	Mr. S. Balaji
Cabinet leader - 2	Ms. Dhanasree
Editorial Committee	
Cabinet leader - 1	Mr. Suriya
Cabinet leader - 2	Ms. S. Jayasree



New SNA Deputy Cabinet leaders - 2021

“The key to successful leadership is INFLUENCE, not AUTHORITY”

Deputy Cabinet Members (2nd Year)		
1.	Disciplinary committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2	Ms. Durga Mr. Bhuvanesh
2.	Curriculum Committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2	Ms. Carolin Ms. Harika
3.	Health Committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2	Mr. Sanjay raj Ms. Hema Latha
4.	Sanitation Committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2 Deputy Cabinet leader - 2	Ms. Sujitha Ms. Annliya Ms. Sheba Rachael
5.	Cultural Committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2	Mr. Noble Mr. Sachin sammuel
6.	Maintenance Committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2	Mr. Bharath Ms. Greeshma
7.	Food Committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2	Mr. Shagul Ms. Sri Thanuja
8.	Sports Committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2	Mr. Pradeesh Mr. Upendra
9.	Editorial Committee Deputy Cabinet leader - 1 Deputy Cabinet leader - 2	Mr. Sunil Kumar Ms. Jemol



SNA Pinning Ceremony & Oath Taking -11/11/21

**Organizer- Mrs. Ellen (M. Sc N),
Ms. Beulah (B. Sc N) &
Mr. Karthik (B. Sc N)**

SNA pinning ceremony started with addressing the gathering by Ms. Sona 4th year B.sc (N) followed by prayer song by college choir. Dr. T. Jayanthi, Principal and president SNA delivered special message emphasizing the scope of SNA. Mrs. Ellen Angellin, SNA advisor presented the objectives, activities, benefits, roles and responsibilities of SNA & its members. The SNA Pinning was done to the newly elected cabinet members by the outgoing cabinet leaders. Ms. Sherry, the outgoing VP administered oath to the newly elected SNA members. Student representative speech was delivered by former SNA members and newly elected SNA members. Ms. Beula, SNA Co-advisor proposed the vote of thanks.





Lamp Lighting Ceremony – 11/11/21

Organizer-Mrs. Aarthi (M. Sc N)

The programme started with the prayer song by college choir. The significance of lamp lighting ceremony was narrated by Dr. T. Jayanthi, Principal. Mrs. Aarthi, Assistant professor introduced chief guest Dr. Vinitha Ravindran, Professor & HOD of CNE & Research, CMC Vellore. The chief guest welcomed the freshers to the noble profession while stressing the importance of cardinal principles: the authenticity, benevolence, creative and critical thinking for practicing the Nursing profession safely and effectively. Dr. T. Jayanthi, felicitated the chief guest. Donamol and group, 2nd year B.sc (N) rendered a song of dedication to the freshers. Students received the lighted lamp from dignitaries and taken oath of dedication administered by Professor Esther. Mrs. Silpa, Assistant professor, proposed the vote of thanks.





Freshers Day Celebration - 11/11/21

Organizer- Mrs. Indira (M. Sc N)

Program started with prayer song by 2nd year girls' team. Ms. Beulah, clinical instructor welcomed the guests and dignitaries. Ms. Prathima, 2nd B.sc (N) year welcomed the gathering. Ms. Lekhya, 1st year B.sc(N) introduced the name for the batch 2020 as TRIOZEANZ. Dr. Rachael Koshy- HOD of Anatomy, AIMSAR gave a special speech and followed by cultural events which was much enjoyed by the students first time after the Covid break.

The program adjourned at 8:00pm with vote of thanks by Ms. Dhanusha, 2nd year B.sc (N).



World Aids Day Report - 01/12/21

Organizer - Mrs. Kiranmayi (M. Sc N) &
Mrs. Lavanya (M. Sc N)

Programme started with rally from GH to Gandhi statue in collaboration with DCHS & YRG Care. Rally was inaugurated by Additional DMHO, Dr. Arunasulochana. The Doctors, ART center staff, NCC cadets with Dr. T. Jayanthi, Principal, Mrs. C. Silpa, Mrs. K. Lavanya, Mr. Karthik, NSS Volunteers of ACONC also participated in the rally. At ZP hall Dr. Sri Hari babu, DMHO, Mrs. Lalitha, DPM have joined the meeting. The dignitaries have spoken trends in HIV infection, the efforts put by government in reducing the new infections and mortality, raising awareness and knowledge about HIV among the public and prevention of stigma. The students of Apollo Nursing of College had generously donated money, clothes and food items like rice, toordal, udandal, fruits, chikkis etc and stationary items like notebook, pencil, eraser, scale for the orphan children living with HIV.



Report On Christmas & New Year Celebration – 18/12/21

Organizer- Mrs. Aarthi (M. Sc N)

The programme started with prayer song by Ms. Diya & co, I year. Welcome address was given by Ms. Ajuna, IV year B.sc (N). College choir presented the multilingual carol songs like English, Telugu, Malayalam & Tamil.

Christmas message was shared by Mrs. Esther Emerson, Professor. She emphasized the importance of Christmas celebration as loving, sharing and forgiving.

A group dance was performed by Ms. Marteena and Ms. Aleena team. A group song was performed by Ms. Sowmya & co, I year B.sc (N). A beautiful Christmas skit was performed by all the students from different programme. Entry of Santa Clause added glimpse to the day. The Christmas gifts were exchanged among the students. The faculty also had an exchange of gifts. Ms. Seena, IV year B.sc (N) delivered the vote of thanks.



NSS Activities- 2021

Mrs. Silpa (M. Sc N) &

Mrs. Lavanya (M. Sc N)

NSS Medical Camp @ Thapovanam



NSS Plantation @ College campus



Survey on Covid Immunization Status @ Murukambattu Agrahara



Students Taking Throat and Nasal Swabs for COVID @ GH,Chittoor



Hand washing Demonstration During Pandemic @ Murukambattu Agrahara



Stress Reduction : Yoga Demonstration @ Murukambattu Agrahara



Orientation on Importance of Wearing Mask in Public Places @Chavatapalli



Sanitizer Distribution in Community Area @ Chavatapalli



Displaying each one-reach one posters in public places @G D Nellore & Murukambattu



Cooking Demonstrations on Nutritious Diet -@ Murukambattu and G K Nagar



University Examination Results-2021

1st Year Toppers

“No matter how bitter the books of education may be, the fruits are always sweet”

CONGRATULATIONS DISTINCTION HOLDERS
Individual Subjects - I Year (2020 - 21)

CAROLIN JOSHY  NUTRITION & BIO CHEMISTRY FON PSYCHOLOGY	RAGAM BHARGAVI  FON ANATOMY & PHYSIOLOGY	ABHIRAMI AJAYAN  FON ANATOMY & PHYSIOLOGY	N. REKHA  FON PSYCHOLOGY	ASWIN PHILIP  FON
B. SAHITHYA  FON	NIVETHA. C  FON	S. THEJA SREE  FON	V. RAVI KUMAR  FON	P. PRATHIMA  FON

2nd Year Toppers

“The future belongs to those who believe in beauty of their dreams.”

CONGRATULATIONS OVERALL DISTINCTION HOLDERS *II Year (2020 - 21)*

YAMINI. N.V



JERIN THOMAS



CONGRATULATIONS DISTINCTION HOLDERS

Individual Subjects - II Year (2020 - 21)

YAMINI. N.V



CHN - I
SOCIOLOGY
CET

JERIN THOMAS



MSN-I
CHN-I
CET

B. SIRISHA



CHN-I
CET

HARITHA



PPG
CET

OORMILA



CHN-I
CET

POOJA



SOCIOLOGY
CET

JENIFER. I



CET

N. PAVITHRA



CET

GREESHIMALATHA M.L



CHN-I

SUPRIYA



CET

M. NAVEENA



CHN-I

DHANASREE



CHN-I

SARITHA



SOCIOLOGY

RESHMA



CHN-I

3rdYear Toppers

“Hard work is the recipe to success”

CONGRATULATIONS OVERALL DISTINCTION HOLDERS *III Year (2020 - 21)*

CHIKKU MARY THOMAS



DIVYA. D



JINCHU ROY



SILU THOMAS



CONGRATULATIONS DISTINCTION HOLDER

Individual Subjects - III Year (2020 - 21)

SILU THOMAS



MSN - II
CHN
MHN
OBG - I

JINCHU ROY



MSN - II
CHN
OBG - I

DIVYA, D



MSN - II
MHN
OBG - I

CHIKKU MARY THOMAS



MSN - II
MHN
OBG - I

SHERRY PHILIP



CHN
OBG - I

SONA BENNY



CHN
MHN

SONIYA



CHN
MHN

PADMASRI



MHN - II
OBG - I

LOKESWARI



MHN - II

P. J. ARTHI



OBG - I

M. SUSHMA



OBG - I

K. ANUSHA



OBG - I

DONAMOL



MHN

ANEETTA ROY



OBG - I

AJUNA ELSA RAJU



OBG - I

Undergraduate Student Research Scholarship (UGSRS)-2021

Awarded Projects

Title 1: Provision of integrated mental health care and attitude of nursing officers - PHC level situation analysis

Mrs. Kiranmayi, Professor, AIMS

Ms. Lokeshwari, IV year B.Sc nursing

Background:

Mental health problems are serious public health concern globally, but still one of the least focused areas of health especially in low-and middle -income countries like India. Reports shows that 1 in 7 Indians affected by mental disorders of varying severity in 2017. Productive age groups are affected most. 2021 data reported that more than 65% of those aged 18 – 24 years are suffering from depression in India.

To handle this burden, Indian government has taken initiatives such as Mental Health Care Act 2017, National Mental Health Program (NMHP) and District Mental Health Program (DMHP) which aimed at integrating the knowledge of mental healthcare with general health care instead of specialist services.

But National mental health survey of India (2016) reported treatment gap for mental illnesses varies between 70% and 92%, performance of the program is not entirely satisfactory in most districts of India. Hence the researcher is intended to know the extent of implementation of DMHP at PHC and the attitude of nursing officers towards integrated mental health care (IMHC) provision especially in Chittoor district, A.P which helps to take further steps.

Methodology:

Descriptive cross-sectional study design was adopted to analyze the extent of mental health services provided at PHC's and to investigate the attitude of nursing officers. Primary health centers (PHC) in Chittoor district were chosen by stratified random sampling and data was collected by using mental illness attitude questionnaire and semi-structured pretested checklist from a total of 39 nursing officers. EZR software was used to analyze the data.

Results:

Study results shows that majority i.e.29 (74.36%) of nursing officers were having negative attitude and 10 (25.64%) found with positive attitude towards mental health care provision and among 39 sample, 35 (89.74%) reported that they are not providing IMHC at PHC, only 4 (10.26 %) said that they are providing IMHC services.

Discussion:

The findings of the study are consistent with findings of the studies conducted by Anwar AI Awadi et al, (2017), Sai Laxmi G et al., (2019), Victoria Caverro et al., (2018) which highlights the need for attention of policy bodies to take necessary steps to facilitate IMHC provision at PHCs. The present study does not focus on the reasons behind failure for IMHC and the setting is restricted to Chittoor district zone alone. Hence it is recommended to plan further studies in these areas to make generalization and to bring a policy change.

Key words: Integrated Mental Health Care, Attitude, Nursing Officers, Primary Health Centers (PHC).

Title 2: A study to identify the association of malnutrition with LBW among under five children attending pediatric immunization clinic, District headquarters hospital, Chittoor, Andhra Pradesh.

Mrs. Ellen, Assistant Professor, AIMSAR

Mr. Chandra Prakash, IV year B.sc Nursing

Background

India is home to 46.6 million stunted children, a third of the world's total as per Global nutrition report 2018. Prevalence of under-weight children in India is among the highest in the world and is nearly double that of sub-Saharan Africa.

According to the World Health Organization (WHO), wasting, stunting, and underweight are defined as Z-scores less -2 standard deviations of weight for height, height for age, and weight for age, respectively. Wasting and stunting reflect acute and chronic exposures for nutritional deficiency, respectively. In addition, underweight reflects both acute and chronic exposures for nutritional deficiency. It is known that about half of all mortality in preschooler aged children is due to poor nutrition and the burden is prominent in south Asia and sub-Saharan Africa.

Many studies reported the health and physical consequences of child malnutrition include delaying their physical growth and motor development, lower intellectual quotient (IQ), greater behavioral problems, deficient social skills, and susceptibility to contracting diseases. Child malnutrition may also lead to higher level of chronic illnesses in adult life which may have intergenerational effects, as malnourished females are more likely to give birth to low-weight babies.

Hence, we are planning to identify association between malnutrition and low birth weight among under five children attending paediatric immunization clinic at district head quarter hospital, Chittoor, AP.

Methodology:

In view of problem revealed and objective to be accomplished, a cross sectional study design was adopted for a study. Purposive random sampling was used to select 85 under five children to participate in this study. The semi-structured questionnaire used to assess the caring practices, anthropometric measurements along with their demographic profile of mother.

Results:

This Study findings shows that among 85 under five children 46(54.1%) are normal weight for height; 34(40.0%) found with moderate wasting; 5(5.9%) found with severe wasting; 42(49.4%) under five children were normal height for age; 41(48.2%) found with moderate stunting; 5 (2.4%) with severe stunting.

Discussion:

This Study findings shows that among 85 under five children 46(54.1%) are normal weight for height; 34(40.0%) found with moderate wasting; 5(5.9%) found with severe wasting; 42(49.4%) under five children were normal height for age; 41(48.2%) found with moderate stunting; 5 (2.4%) with severe stunting. The current nutritional status of under five children is unsatisfactory. Prompt integrated efforts should be made to improve the nutritional status of the children belonging to this age group.

Key words: Malnutrition, low birth weight, stunting, wasting, anthropometric measurements, under five children.

Title 3: A Study to assess the level of satisfaction on virtual learning during Covid -19 Pandemic among B.Sc., Nursing students in a view to identify the best possible teaching practices at the Apollo College of Nursing, Chittoor.

Mrs. Indira, Lecturer, AIMSR

Ms. Silu, IV year B.sc nursing

Background

The Covid 19 pandemic has disrupted the educational system and led to a drastic shift of professional undergraduate teaching for Nursing students into online mode. With this sudden shift away from the classroom in many parts of the globe, some are wondering whether the adoption of online learning will continue to persist post pandemic, and how such a shift would impact the world-wide education market. Hence the study aims to assess the level of satisfaction on virtual learning during Covid -19 Pandemic among B.Sc., nursing students in a view to identify the best possible teaching practices at the Apollo College of Nursing, Chittoor”.

Methodology:

The study’s sample was 184 B.Sc. Nursing students (4th year -38, 3rd year- 58 and 2ndyear-88). Convenience sampling technique was used to choose the sample. Data was collected by Google form questionnaire and analyzed by Descriptive and inferential statistics using EZR software.

A cross sectional design was adopted to conduct the study to determine and describe the level of satisfaction on virtual learning during Covid-19 pandemic among B. Sc Nursing students in a view to identify the best possible teaching practices. The setting of the study was The Apollo College of Nursing, Chittoor. There are 284 students studying and researcher had taken 184 students as a sample, we excluded 1st year B. Sc Nursing students because they are not exposed to all the virtual teaching methods.

An electronic data form was made in google form which consist of questions concerning with demographic data, assessment of level of satisfaction, level of perception and advantages and disadvantages of virtual learning.

Result:

Out of 184 B. Sc Nursing students majority i.e., 157(85.33%) mentioned that virtual learning is advantageous and only 27(14.67%) mentioned that virtual learning is disadvantage.

Regarding the agreement of students towards virtual teaching out of 184 B. Sc Nursing student’s majority i.e., 97(52.72%) students were agreed with the virtual learning, 6 (3.26%)

were strongly agreed with the virtual learning, 62(33.7%) were neutral, 14(7.61%) were disagreed with the virtual learning and 5(2.72%) were strongly disagreed with the virtual learning.

About level of satisfaction of students towards virtual learning out of 184 B.Sc. Nursing student's majority i.e., 112(60.87%) were satisfied with the virtual learning, 45(24.45%) were very much satisfied with the virtual learning, 20(10.87%) were neutral, 3(1.63%) were dissatisfied with the virtual learning. 4(2.17%) were very much dissatisfied with the virtual learning.

Regarding the best preferred virtual teaching practices, more than 50% of students expressed satisfaction for some of the virtual teaching methods namely google form test, Drug presentation, Video lecture cum discussion, Panel discussion, Case scenario, recorded procedure demonstration, Clinical pocket guide test, QA sessions, NCLEX sessions and Viva sessions, we suggest these methods of virtual teaching could be incorporated in teaching practices of B. Sc Nursing students.

Discussion:

This indicates that students have positive perception towards virtual learning and students are satisfied with various virtual learning methods. Online learning is essential at current times, let us incorporate these practices into the curriculum.

Title 4: Caregiver burden of elderly in a selected urban community, Chittoor district, Andhra Pradesh

Dr. T. Jayanthi, Principal, AIMSRR

Ms. Soniya, IV year B.sc nursing

Background:

In India need for caregiving is rapidly increasing, whereas potential group of family caregivers is shrinking. Caregivers need greater recognition, information, and support to both help them care for older relatives or friends, and to maintain their own health, financial security, and well-being. Assessment of caregiving burden with special attention being paid to caregivers caring for patients with functional decline would help to identify caregivers in need of support.

Methods:

A cross sectional questionnaire-based study was conducted with an objective to estimate the prevalence of care giver burden in family of elderly residents and to identify the association with social and demographic characteristics of the elderly dependents and their family caregivers. Fifty (50) participants were assessed for level of care giver burden using Zarith caregiver burden scale. The participants who were categorized as mild and moderately dependents as per Katz index scale were included in the study.

Results:

Majority of the elderly (36%) were belonging to 70-100 years of age group and majority (68%) of the caregivers were women 72% were belonging to above 35years of age group and 46% being Housewives. Majority of the caregivers 32(64%) were experiencing mild to moderate burden and a statistically significant association was found between level of care giver burden and other burden and responsibilities of care giver ($p=0.009$).

Conclusions:

Majority of the caregivers are suffering from mild to moderate level of burden. Caregivers of elderly residents experience more burden when they are having additional responsibilities in the family. Since the study is limited to only 50 samples it is recommended to conduct the study on a bigger sample.

Title 5: Assess the nutritional status and morbidity pattern of scheduled tribe children aged between 5-12 years living in urban slum, Chittoor district, Andhra Pradesh.

Mrs. Silpa, Assistant Professor, AIMSR

Ms. Sherry, IV year B.sc nursing

Background:

Malnutrition is one of the major social and public health concerns in India. India is one of the most populous countries in the world holding second position in its population size. More than 1/5th of our population consists of children aged between 5 and 14 years of age.

Underdeveloped sectors of population in India where the situation of child nutritional status is more pathetic comparatively with other sectors of population. About 200 million people in India are living in urban slums without basic health facilities, poor environment conditions that make children susceptible to infectious disease. The aims of the present study are to investigate the nutritional status and morbidity pattern of scheduled tribe children aged 5-12 years living in urban slums, Chittoor district(dt), A.P.

Methodology:

In view of problem revealed and objective to be accomplished a simple descriptive design was adopted for this study. Purposive sampling was used to select 80 scheduled tribe children aged 5-12 years to participate in this study. A semi-structured questionnaire was used to assess the nutritional status and morbidity pattern among Scheduled tribe children along with their demographic profile.

Results:

In this present study, the nutritional status of the scheduled tribe children aged 5-12 years showed 35(43.8%) of Underweight, 31(38.8%), of Stunting and 18(22.5%) of Thinness.

Discussion

The findings of the study are consistent with findings of the studies conducted by M A Hassan et.al., (2003), Cora Best et al. (2010 Sep), Dr. Sharja Phuljhele et.al, (2019 May) which highlights the prompt integrated efforts that need to be made to improve the nutritional status of the children 5-12 years of age group and involving community in educating the importance of nutrition and to maintain balanced nutritional status.

Keywords: Nutritional Status, Malnutrition, Scheduled tribe, Morbidity.

Title 6: “Risk factors of Maternal anemia and associated Perinatal outcomes among third trimester pregnant women admitted in District Headquarters Hospital, Chittoor, Andhra Pradesh.”

Mrs. Aarthi, Assistant Professor, AIMSRR

Ms. Chikku, IV year B.sc Nursing

Anemia during pregnancy is a public health problem especially in developing countries and is associated with adverse outcomes in pregnancy. World Health Organization (WHO) has defined anemia in pregnancy as the Hemoglobin (Hb) concentration of less than 11 g/dl. According to WHO, Anemia is considered to be a public health significance or problem if population studies find the anemia prevalence of 5.0% or higher. Prevalence of anemia of $\geq 40\%$ in a population is classified as a severe public health problem. Anemia during pregnancy is reported to have negative maternal and child health effect and increase the risk of maternal and perinatal mortality. The negative health effects for the mother include fatigue, poor work capacity, impaired immune function, increased risk of cardiac diseases, and mortality.

Methodology:

In view of problem revealed and objective to be accomplished cross sectional design was adopted for this study. Consecutive sampling was used to select 100 third trimester anemic mothers to participate in this study. The semi structured questionnaire is used to assess the risk factors of maternal anemia and associated perinatal and neonatal outcomes.

Results:

The study among the third trimester antenatal mothers with anemia revealed that the age of the mother, family income, residence, occupation, clinical variables like obstetrical score and interpregnancy interval are found to be the identifiable risk factors of anemia.

The maternal outcomes like mode of delivery, presence of comorbidities and postnatal complications are significantly associated with selected demographic variables. The neonatal outcomes like birth weight of the baby, presence of congenital malformations, neonatal infections and perinatal death are associated with demographic variables of the mother. The health education on iron rich diet and deworming, iron supplementation played a major role in prevention of anemia among antenatal mothers.

Discussion:

The major risk factors of anemia are antenatal mothers between the age group of 21 - 25 years (45%), antenatal mothers who belong to poor socioeconomic status. Among the 100 mothers, 21% have interpregnancy interval in between 6-28 months. There is a significant association between age of the mother with presence of comorbidities and postnatal complications. The income of the family is significantly associating with mode of delivery and presence of comorbidities. The interpregnancy interval is significant, if associated with transfusion for anemia and postnatal complications. There is a significant association between age of the mother with congenital malformations and neonatal sepsis. Income of the family is significantly associated with congenital malformations, neonatal sepsis, still birth and perinatal death. There is a strong positive correlation between antenatal Hb level of mother and postnatal Hb and there is a weak positive correlation between antenatal Hb level and birth weight of newborn

ARTICLES FROM FACULTY

WORK–LIFE BALANCE

Work–life balance is a broad concept including proper prioritizing between “work” (career and ambition) on one hand and “life” (Health, pleasure, leisure, family and spiritual development) on the other.

Recent research says that more than 60% respondents are not able to find a balance between their personal and professional life. Traditional thinking leading to more stress and lack of concentration in work, hence leading to greater absenteeism and increase in attrition rate.

Reasons for imbalance/ Activities and social spaces are becoming ambiguous

- ✓ Global Economy
- ✓ International business
- ✓ Increased responsibilities at work
- ✓ Increased responsibilities at home
- ✓ Longer working hours
- ✓ Personal Mindset
- ✓ Social Media

Benefits





To organization

- ✓ Increased productivity
- ✓ Measured increase in productivity, accountability and commitment.
- ✓ A reduction in staff turnover and recruitment costs
- ✓ Better team work and communication.
- ✓ Improved morale.
- ✓ Less negative
- ✓ Reduced organizational stress.

To individual

- ✓ Improved on-the-job and off-the-job relationship
- ✓ Self-Satisfaction
- ✓ More value and balance in daily life.
- ✓ Improvements in ones' health and well-being
- ✓ More value and balance in daily life
- ✓ Better understanding of work life balance
- ✓ Increased productivity.
- ✓ Improved on-the-job and off-the-job relationship.
- ✓ Reduced stress.

Risk Related to Work-life Imbalance

-  Poor health
-  Unresolved conflict
-  Poor performance
-  Financial loss

Case study

W.L. Gore & Associates, Inc. is a global, privately held company headquartered in Newark, Delaware. It employs approximately 8,000 employees (called associates) in more than 45 locations worldwide. Founded by a husband-and-wife team in 1958, its manufacturing operations are clustered in the U.S., Germany, Japan, China and Scotland. Gore produces proprietary technologies with versatile polymer polytetrafluoroethylene (PTFE) used in products in the health care and leisure industries.

Employees Structure

Gore is mainly known for its innovative business style. Gore's written business objective is "To make money and have fun". Gore strives to create a unique corporate culture. Quite simply, the culture is driven, according to co-founder Bill Gore, from the need to "foster the creativity and initiative that contribute to technical development." Corporate Culture and Working Hours The organizational culture is founded on a team-based environment where teams are organized around opportunities and leaders emerge. Teams are fluid and comprise

followers and leaders. Employees, known as associates, have no defined job titles, only general task/responsibility areas. Leaders emerge naturally by demonstrating special knowledge, a skill and/or experience that will move the business objective forward. According to Ann Gillies, an associate in the HR team in Scotland, leaders are defined not by organizational status but by ‘followership’ because of “personal influence, not power”. The roles of leaders and followers are interchangeable by work projects.

Consequently there are very few company policies, procedures or rules; practices develop naturally and do not need to be framed in policies. There are no policies and procedures, therefore, that explicitly relate to work-life balance. However, the company’s approach to work-life balance can be seen in its approach to working hours. Working hours, according to Gillies, are central to Gore’s approach. There are no set working hours; “people make commitments... they are never imposed and people keep to their commitments.” The culture and principles drive very high performance from individuals and teams, who are empowered and results-oriented with a strong ‘can-do’ attitude.

Solutions

- Time management
- Use technology Flexible Schedule
- Know it won’t always be perfect
- Be present, consistent, accountable and flexible
- Set boundaries and learn to say No.
- Don't overbook
- Prioritize ruthlessly
- Organize
- Use technology
- To Employees

- To Organization

HR solution to work life balance:

- ✓ On-the-Job Training
- ✓ Surveys of employees’ work/life issues.
- ✓ Set priorities for all work.

- ✓ Train line managers to recognize signs of overwork.
- ✓ Seminars on work/life balance
- ✓ Make work more flexible
- ✓ Flextime
- ✓ Job sharing
- ✓ Sponsoring employees' family-oriented activities.
- ✓ Allow for Time Off from Work
- ✓ A formal leave policy.
- ✓ Paid childbirth or adoption leave.
- ✓ Allow employees to take leave for community service.

The final thought...

the key word is balance....

- Find the right balance that works for you.
- Celebrate your successes and don't dwell on your failures.
- Life is a process and so is striving for balance in your life

Conclusion:

- ✚ A balanced lifestyle boosts the sense of responsibility and ownership.
- ✚ Build better relationship with management.
- ✚ Build confidence.

“Life is all about balance, too much and too little can kill. The best way to balance life, is by setting your boundaries in learning to say enough”.

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Data science and big data analytics in Health care

Data science:

Data science is an interdisciplinary field that extracts knowledge and insights from many structural and unstructured data, using scientific methods, data mining techniques, machine-learning algorithms, and big data.

Big data in health care

“Big data in healthcare” refers to the abundant health data amassed from numerous sources including electronic health records (EHRs), medical imaging, genomic sequencing, payor records, pharmaceutical research, wearables, and medical devices, to name a few.

Characteristics of big data

The term big data is described by the following characteristics: value, volume, velocity, variety, veracity and variability, denoted as 6 “Vs”.

- The volume of health and medical data is expected to raise intensely in the years ahead, usually measured in terabytes, petabytes even yottabytes.
- Volume refers to the amount of data, while velocity refers to data in motion as well as to the speed and frequency of data creation, processing and analysis.
- Complexity and heterogeneity of multiple datasets, which can be structured, semi-structured and unstructured, refer to the variety.
- Veracity refers to the data quality, relevance, uncertainty, reliability and predictive value, while variability regards about consistency of the data over time.
- The value of the big data refers to their coherent analysis, which should be valuable to the patients and clinicians.

Sources of big data in health care:

Electronic health records (EHRs) and huge amounts of complex biomedical data and high-quality omics data are the major sources of big data in health care. Contemporarily *genomics* and *post genomics technologies* produce huge amounts of raw data about complex biochemical and regulatory processes in the living organisms.

The main aims of the variety of -omics disciplines:

- omics	The aim of study
Genomics	Study of the set of all genes in an organism, in a broader context non-coding parts of DNA are subject of study
Epigenomics	Study of all epigenomic modifications on the genetic material within a cell
Transcriptomics	Study of the expression level of all RNAs in particular cell, or cell population
Proteomics	Study of all possible interactions that a protein can present, complete set of proteins expressed by a genome in a given cell type or organism, under defined conditions, at a given time
Metalobomics	Study of the whole set of the metabolites (small-molecule compounds) within a cell, an organelle, a tissue, an organ or an organism
Interactomics	Study of the entire set of interactions (both: physical and indirect interactions) between and among proteins and other molecules within a particular cell and consequences of those interactions. These interactions are displayed as graphs and called biological networks
Pharmacogenomics	Study which combines pharmacology and genomics in order to analyse the role of the genome in individual's drug response
Diseasomics	Study of all diseases and disorders of an organism, often focusing on those diseases and disorders caused by genetic modifications

These omics data are heterogeneous, and very often they are stored in different data formats. Similar to these – omics data, the EHRs data are also stored in heterogeneous formats. The EHRs data, which can be structured, semi-structured or unstructured; discrete or continuous, contain personal patients’ data, clinical notes, diagnoses, administrative data, charts, tables, prescriptions, procedures, lab tests, medical images, magnetic resonance imaging (MRI), ultrasound, computer tomography (CT) data.

Big data analytics:

Big data analytics provides comprehensive knowledge discovering from the available huge amount of data. Particularly, big data analytics in medicine and healthcare enables analysis of the large datasets from thousands of patients, identifying clusters and correlation between datasets, as well as developing predictive models using data mining techniques.

Big data analytics in medicine and healthcare integrates analysis of several scientific areas such as bioinformatics, medical imaging, sensor informatics, medical informatics and health informatics.

Data science and big data analytics can provide practical insights and aid in the decision-making of strategic decisions concerning the health system. It helps build a comprehensive view of patients, consumers, and clinicians.

The new knowledge discovered by big data analytics techniques should provide comprehensive benefits to the patients, clinicians and health policy makers.

Application of big data analytics in health care:

Applications of big data analytics can improve the patient-based service,

- to detect spreading diseases earlier,
- to generate new insights into disease mechanisms,
- to monitor the quality of the medical and healthcare institutions as well as provide better treatment methods.

Data mining techniques employed on EHRs, web and social media data enable

- identifying the optimal practical guidelines in the hospitals,
- identifying the association rules in the EHRs
- revealing the disease monitoring and health-based trends.

Moreover, integration and analysis of the data with different nature, such as social and scientific, can lead to new knowledge and intelligence, exploring new hypothesis, identifying hidden patterns.

Applications for Big Data in Healthcare

Diagnostics
Data mining and analysis to identify causes of illness

Preventative medicine
Predictive analytics and data analysis of genetic, lifestyle, and social circumstances to prevent disease

Precision medicine
Leveraging aggregate data to drive hyper-personalized care

Medical research
Data-driven medical and pharmacological research to cure disease and discover new treatments and medicines

Reduction of adverse medication events
Harnessing of big data to spot medication errors and flag potential adverse reactions

Cost reduction
Identification of value that drives better patient outcomes for longterm savings

Population health
Monitor big data to identify disease trends and health strategies based on demographics, geography, and socio-economics

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6 ways in which big data can transform healthcare:



Big Data Privacy and Security

Two important issues towards big data in healthcare and medicine are security and privacy of the individuals/patients. All medical data are very sensitive and different countries consider these data as legally possessed by the patients. To address these security and privacy challenges, the big data analytics software solutions should use advanced encryption algorithms and pseudo-anonymization of the personal data. These software solutions should provide security on the network level and authentication for all involved users, guarantee privacy and security, as well as set up good governance standards and practices.

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HEALTH ECONOMICS IN NURSING AND RESEARCH

ABSTRACT

Health economics is a branch of economics that studies and evaluates the quantity, quality, and value of the limited resources available to healthcare systems, as well as determining how these factors best combine to produce certain services, with the aim of maximizing effectiveness and efficiency. Health Economics & Outcomes Research plays an important role in meeting patient demands, keeping in mind budget constraints. Economics & Outcomes Research provides an efficient way of allocating scarce healthcare resources to ensure optimal treatment to patients. Nurses should upgrade their basic knowledge of economics, cost saving, and optimal usage of equipment and resources. This would eventually improve their clinical behavior, while maintaining the required quality standards. Health economics generally deals with the purpose and planning of budgeting which is required to be done in the health care delivery system for providing care.

Keywords: Health, Economics, Health economics, Effectiveness, Efficiency.

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Recently, healthcare industry is undergoing a paradigm shift. There is an increasing patient need. Patient satisfaction has become more important to hospitals' bottom line. Healthcare budget constraints are increasing across developed and developing countries. Payer dilemma is "not everything is affordable for all patients". Health Economics & Outcomes Research plays an important role in meeting patient demands, keeping in mind budget constraints. Economics & Outcomes Research provides an efficient way of allocating scarce healthcare resources to ensure optimal treatment to patients. Health economics is the study of how scarce resources are allocated among alternative uses for the care of sickness and the promotion, maintenance and improvement of health, including the study of how health care and health-related services, their costs and benefits, and health itself are distributed among individuals and groups in society. has been variously described as the study of wealth, study of welfare and study of scarcity. Health

economics generally deals with the purpose and planning of budgeting which is required to be done in the health care delivery system for providing care.

DEFINITION:

- Health economics is the study of distribution of health care. It is a branch of economics concerned with issues related to efficiency, effectiveness, value and behavior in the production and consumption of health and health care.

AIMS OF HEALTH ECONOMICS

- To quantify overtime the resources used in health service delivery.
- To organize, allocate and manage the resources.

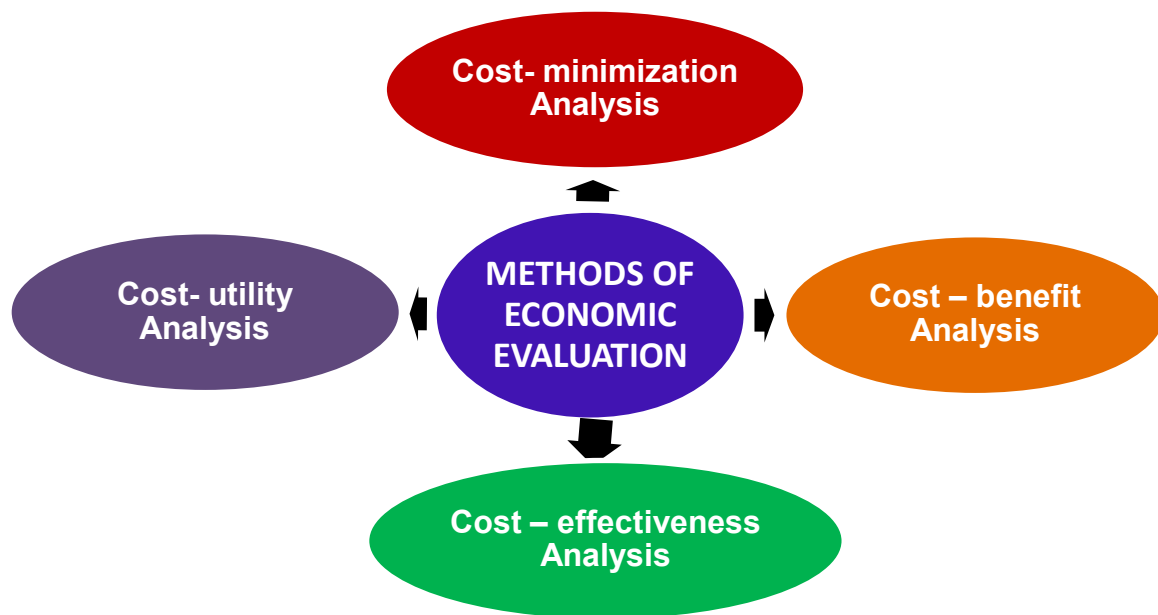
GOAL OF HEALTH ECONOMICS

- To provide the best quality health care to the largest number of people, given available financial resources.

METHODS/ TYPES OF ECONOMIC ANALYSIS

There are four main types of economic analysis in health:

- Cost- minimization Analysis:** - In this the inputs are compared and outputs are considered to be equal, which rarely so.
- Cost – benefit Analysis:** - In this type of analysis all outputs are measured in monetary terms.
- Cost effectiveness Analysis:** - Here a clinical output such as morbidity, mortality, reduction in blood pressure, or quality of life, etc. is measured as a measure of the effectiveness.
- Cost-utility Analysis:** - It weighs costs and quality adjusted health outcome of each intervention in order to take the decision for the program to be implemented.



PRINCIPLES OF HEALTH ECONOMICS

Health economics works on two principles:

1. **Microeconomics:** - It deals with the behaviors of the individuals and organizations and the effects of those behaviors on prices, costs, and the allocating and distributing resources.

It has following factors: -

- **Supply and demand:** - Supply and demand: - These both factors are interrelated to each other because if there is no demand then there is no supply, but if there is good demand then there is a good supply and the cost of demanding objects will be higher.
- **Efficiency:** - It refers to producing maximal output, such as good or services, using a given set of resources, such as labor, time, and money.
- **Effectiveness:** - It refers to the extent which a health care services meets a stated goal or objective.

2. **Macroeconomics:** - It deals with the large- scale or general economic factors, such as interest rates and national productivity.

It has two factors: -

GNP & GDP: - The National Product and Gross Domestic Product are the conventional terms used to understand the performance of the economy. These indicate the sum total of three components in a country: -

- Personal consumption;
- Expenditure of goods and services;
- Investment expenditure. GNP & GDP serves as measures of total production of goods and services in a country during year.

FACTORS INFLUENCING HEALTH CARE COSTS

- Price Inflation
- Changes in population demography
- Technology
- Chronic illness
- Lack of education
- Environmental degradation
- Ignorance and lethargic attitude.

HEALTH ECONOMICS AND WHY IS IT IMPORTANT TO NURSES?

- Health costs have risen everywhere, worldwide, and Nurses play a pivotal role in cost savings and in contributing to the financial stability of hospitals. Nurses care about their patients.
- Indeed, earlier generations of nurses, physicians, and other providers were socialized to believe that it is unethical to even consider the cost of care when making treatment decisions.
- Contemporary nurses know better. They know that resources both within and beyond health care are not unlimited. They know that choices among alternatives will be, and need to be, made.
- What Nurses often lack is the tools to help them think about ethical and practical ways in which scarce resources are managed, allocated, and used to maximize value and outcomes.
- This competency is an essential element of contemporary nursing practice, because the societal transition from a world of certainty and perceived abundance to one of multiplicity and perceived scarcity illustrated in the opening scenarios characterizes today's health care delivery.
- Health care is too expensive, fragmented, and characterized by irregular quality.

- Luckily, there is a whole discipline—complete with theories, research, and practical applications—that provides foundational nursing knowledge in the contemporary era of health reform. This discipline is economics.
- The over-arching field of economics is concerned with the question of how goods and services are produced, organized, and delivered to maximize efficiency and value.
- The emphasis on value is important: Economics is not necessarily concerned with *more*, but *better*, a concern that nurses share as a fundamental value.

WHY TO STUDY HEALTH ECONOMICS?

- The models and theories of health economics and the research they have spawned are useful to Nurses.
- Like a mirror or guidepost, understanding health economics helps the Nurse make sense of the often convoluted, paradoxical, and invisible yet pervasive ways economics shapes the organization, financing, and delivery of health care.
- Moreover, many of the policy decisions at institutional, state, and federal levels relate to economic incentives and how the money flows through the system. Thus, to serve patients and help shape a world in which the holistic, patient-/family-/community-centric vision of the profession of nursing can become a reality, Nurses need a confident command of economic terms and ideas and to be able to apply them in the practice setting.
- Nurses are the main users of resources in the hospital setting, by the virtue of their direct links with the patients, and because they constitute the largest group of healthcare professionals. Thus, nurses play an important role in the economic management of nursing services, and they must be capable of meeting the demands of healthcare organizations, which have been increasingly concerned with growing costs and wasted resources.
- Nurses must recognize the opportunity to represent their value in economic terms. Their awareness of, and participation in, logical justification of hospital costs, suitable use of resources, waste control, and providing high quality services is of vital importance.
- Although great emphasis has been placed on the importance of the control of hospital costs and productivity, as well as on positive attitudes toward nurses' participation in management and cost control, many Nurses unfortunately do not understand how their

work affects healthcare costs, or how Nurses contribute to healthcare revenues. Several studies have confirmed that Nurse have the insufficient knowledge of budget control and cost management.

- Nurses do not use cost management in their practice, because they focus only on the care issues.
- Therefore, given the importance of nurses' participation in cost efficiency activities and subsequent cost savings, it is necessary to determine their awareness and performance with regard to health economics, as a first step.
- Many research studies were conducted to evaluate the awareness and performance of Nursing staff with regard to health economics in teaching hospitals.

ROLE OF NURSE IN HEALTH ECONOMICS

- Nurses play a central role in cost containment, care quality, and patient safety.
- Nurses actively engages in leading efforts to improve patient care and reduce costs.
- Health care Issues and Trends
- Governing on Behalf of Stakeholders.
- Monitoring Financial Performance.
- Building a Culture of Quality and Safety.
- Monitoring Quality Performance.
- Set policy that guides care delivery.
- Set strategy to help ensure the future health of a Vital community resource.
- Assume a valued community leadership role.
- Help the boards identify, clarify, and focus on the wants and needs of the patients.
- Share patients' needs and concerns and ensure patient receives effective health services in affordable cost.

CONCLUSION:

Health economics is a branch of economics that studies and evaluates the quantity, quality, and value of the limited resources available to healthcare systems, as well as determining how these factors best combine to produce certain services, with the aim of maximizing effectiveness and efficiency.

- Nurses should upgrade their basic knowledge of economics, cost saving, and optimal usage of equipment and resources. This would eventually improve their clinical behavior, while maintaining the required quality standards.

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ARTICLE FROM STUDENT

The Pandemic (Covid - 19)

It started as only another virus infecting people in only one country.

Little that everyone realized

The virus began spreading rapidly,

Countries started to close borders

In order to keep the virus from advancing

Unfortunately to many others the virus began escalating

Number of people infected began to increase sadly,

So did the number of the decreased panic,

Worry and fear were triggering while governments worked to

Overcome the imminent warning.

However, behind every cloud there is a silver lining

Families became closer, nature began healing, many discovered

Surprising knack and bent.

They never know, nor had time to discover before them

Our main line of defense now is to stay at home to shop from spreading.

To always maintain a distance from people who might be coughing or sneezing

To always wash your hands, and have our temperature monitored

And to wear a mask as a preventive method

This pandemic has changed life as we have always been living

It Stopped us from doing normal undertakings, yet it also helped us

To re-learn and on earth many other things.

Hence let us hope that new normal will make us better human beings.

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**DESIGNED BY
JOURNAL COMMITTEE
APOLLO COLLEGE OF NURSING
MURUKAMBATTU
CHITTOOR - 517127.**

