

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN**VOL. 6 No. 9****SEPTEMBER 2017****Nothing is More Ennobling than Saving Lives**

Human life, a gift of God, is the most precious entity on earth!

We do not come in the world of our own volition; this is something according to the design of the Creator. Since each human being is His image, he is also imbued with enormous potential. As a corollary, none has right to end it; suicide is therefore as much inhuman act as contravention of the desire of the Creator, the God.

This is something that individuals contemplating suicide or sometimes just executing this heinous act do not understand; they seem to be at loss the infinite possibilities that the world offers. Most of the perpetrators of suicide perceive themselves as lonesome, isolated from others, and believe that they have none to share their intrinsic concerns and miseries. For each suicide committed, there are 25 attempted but unsuccessful ones. The scenario implies that relief is essential for warding off suicidal tendencies. That is why the aptness of this year's theme of World Suicide Prevention Day (WSPD) i.e. Take a Minute, Change a Life. WSPD is jointly celebrated annually on 2nd Saturday of September by the International Association for Suicide Prevention (IASP) and the World Health Organisation.

It is quite concerning to learn that the suicide rate among Indian youth particularly in the age group 15 to 29 years is among the highest in the world; there were 8,934 student suicides in 2015.

Incidentally, another life saving day i.e. World First Aid Day also falls on same date (9 September). This day has been instituted by the International Federation of Red Cross and Red Crescent Societies (IFRC), and is being organised since 2000 on second Saturday of September with a view to increase awareness on how first aid prevents injuries and saves lives of those in critical conditions. 'Be a hero, save lives; First aid is for everyone, everywhere', says an IFRC message. Founded in 1919 in Paris,

IFRC is the world's largest humanitarian network that reaches 150 million people in 190 National Societies through over 17 million volunteers.

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Imparting the young ones and others values, knowledge and skills that enhances their capabilities is the greatest gift for them, reason enough for teaching being reckoned as noblest profession. Acknowledging the role teachers render in nation building, India celebrates Teachers' Day on 5 September as token of respect to former President Dr S Radhakrishnan, himself a great teacher.

Nurses in their role as counsellor can educate those having lost hope in life due to critical illness or whatever. Saving one's life is the noblest and most meaningful task one can ever do.

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

World Heart Day: 29 September

Heart disease and stroke constitute as the biggest killer, claiming 17.3 million lives world-wide every year. It is in the backdrop of reducing the menace of heart disease that the World Heart Federation (WHF) instituted 29 September every year to be observed as World Heart Day, since 2000.

According to WHF, not less than 80 percent of the premature cardiovascular deaths can be protected by controlling four main risk factors, viz. unhealthy diet, tobacco consumption, lack of physical activity and use of alcohol. The WHF therefore urges all to become proactive about reducing heart disease and stroke. The WHF campaign is conducted in more than 100 countries. The activities include: Health checks; Stage shows and concerts; Sports events, including walks, runs and fitness sessions; Public talks and science forums; and Exhibitions. Many of these activities are conducted in partnership with World Health Organisation (WHO) or other entities.

Studies have established that overeating, sedentary lifestyle & lack of physical exercise, unhealthy diet, high blood pressure, raised cholesterol and glucose levels are conducive factors for developing heart disease.

Lodging at TNAI Headquarters Made Easier

TNAI Hqrs has expanded its capacity to accommodate more of TNAI members visiting Delhi. The TNAI members including students visiting Delhi on official or professional tours can avail the lodging facility, within the TNAI Hqrs premises at reasonable charges. The per day charges are as under:

TNAI Members: Rs. 600/-

SNA Members: Rs. 250/-

Non-Members: Rs. 900/-

Children below 5 yrs: No charges

Children 6-12 yrs: Rs. 150/-

However, due to limited beds, interested members may get the booking done in advance.

Secretary-General, TNAI

ATTENTION MEMBERS !

Although we take utmost care in checking the veracity of facts mentioned in the advertisements, yet readers are requested to make appropriate enquiries and satisfy themselves before acting upon any advertisement.

- Chief Editor

TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India

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REGISTRATION FORM

XXVII SNA BIENNIAL CONFERENCE, GUNTUR (AP)

DECEMBER 1 - 3, 2017

Full Name (Block Letters) : Miss/Mrs/Sr/Mr _____

Executive/Council Member/TNAI Member/SNA Delegate/SNA General Committee Member

Designation _____ Office held in TNAI/SNA _____

Full Address _____

For Resident Delegates

Do you require accommodation ? { } Yes { } No

If yes, indicate the period of your stay from _____ to _____

Indicate the mode of travel { } Rail { } Bus { } Air

Arrival at Guntur: Date _____ Time _____ Name/No. of Train / Flight _____

Departure from Guntur: Date _____ Time _____ Name/No. of Train/Flight _____

Would you like to join Sight Seeing? { } Yes { } No

Charges	SNA Members (Rs.)	TNAI Members(Rs.)	Non-TNAI Members (Rs.)
Registration Fee + Breakfast + Tea Two times + Lunches + Dinner	1700/-	2000/-	2200/-
Late Registration fee + Breakfast + Tea Two times + Lunches + Dinner	1900/-	2200/-	2400/-
Sight Seeing	To be announced later		
Accommodation as per request	Double room sharing Rs. 900/-per day/student	3 star hotel - Single room Rs. 3000/-per day/per person Double room sharing Rs. 1600/-per day/per person	3 star hotel - Single room Rs. 3000/-per day/per person Double room sharing Rs. 1600/-per day/per person
	Double room sharing Rs. 900/-per day/student	3 star hotel - Single room Rs. 2300/-per day/per person Double room sharing Rs. 1300/-per day/ per person	3 star hotel - Single room Rs. 2300/-per day Double room sharing Rs. 1300/-per day/per person

NOTE: HOTEL DETAILS WILL BE PRODUCED FOR ONLINE BOOKING

The fee are payable in advance and should be sent by Demand Draft/NEFT/ECS drawn in favour of XXVII SNA Biennial Conference 2017, Name of the Bank : State Bank of India, G.G.H Branch, Guntur, Andhra Pradesh, Ac/No:37045936840, IFSC:SBIN0010278, please confirm by e-mail after payment renimadugu@gmail.com, suganthik1971@yahoo.com, Mobile: 09912647895, 09441207717, 0998569950 alongwith duly filled in Registration form. It is to be sent to the Conference Registration Chairperson latest by November 15, 2017 after which late Registration Fee will be charged.

Computerisation and layouts: anupamkamal@hotmail.com

NOTE: After submitting the fee paid through NEFT you are required to provide the UTR number to the above email id.

The Registration Form alongwith the payments to be sent to **Mrs V Jhansi Lakshmi Bai, Chairperson, Registration Committee, NT Gr II, Government College of Nursing Guntur, Andhra Pradesh (Mobile No.09912647895, 09985679850, e-mail ID: vjhansilakshmibai65@gmail.com)**

N.B.

- Due to accommodation constraints SNA members' participation is restricted to three members from each SNA Unit, SNA Unit Advisor, Vice President and Secretary and students taking part in Exhibition, Competition, making presentations at the Plenary Sessions and ANM programme. However, there is no restriction for the local SNA Members provided appropriate adjustment is made with the Conference Organisers.
- If you do not have the information regarding your date and mode of travel at the time of sending registration form, please provide the details to the registration committee immediately after the travel arrangements are made by you. It will help them to make arrangements to receive you.
- It is regretted that no accommodation arrangements will be possible for members accompanied by families/friends/relations. They will have to make arrangements on their own. However, they may get information about accommodation facilities available in the city by writing to the (Chairperson, Registration Committee).
- The Registration Form can be downloaded from the TNAI website.

Obituaries

Capt Vandana Thomas

A very young military nursing officer, Capt Vandana Thomas left for heavenly abode! She breathed her last on 25 June 2017, at age of 28 years at Army Hospital, R&R, where she was under treatment for acute liver failure. She was serving as Senior Sister in Command Hospital, Central Command, Lucknow (UP).

Born on 26 September 1989, Capt Thomas was graduate nurse trained at College of Nursing, Safdarjang Hospital New Delhi. She was Clinical Instructor at Soni Nursing School Jaipur prior to joining Military Nursing Service, in which she was commissioned on 15 November 2014. Captain Thomas was humble, pleasant, and compassionate and performed her duties with utmost dedication and devotion. Her untimely demise is an irreparable loss as much to the organisation as to the family. She is survived by her husband Mr Dajeesh and parents. Maj Gen Sushila Shani, VSM Addl DGMNS and officers of MNS alongwith entire Nursing fraternity mourn her earthly exit and pray to Almighty grant of eternal peace to the departed noble soul.



Mrs Satyawati Samson

A compassionate and intelligent Nursing Administrator, Tutor and Clinical Nurse passed away on 15 June 2017. Born on 24 November 1940 in Shahjhanpur district (UP), she had early education in Lucknow and her General Nursing Diploma from SN Medical College, Agra and Midwifery from Dufferin Hospital, Lucknow in 1964. She acquired Ward Administration Certificate from LLR PC School, Kanpur and Diploma in Nursing Education from RAK College of Nursing, New Delhi in 1971.

In her distinguished nursing career, she served in various capacities: as Staff Nurse, Midwife, Tutor and Administrator. She retired as Senior Matron from King George Medical College Lucknow in 1998. A TNAI member, she is survived by husband, a son and a daughter. May her soul rest in peace.

XXVII SNA BIENNIAL CONFERENCE 2017

Dear SNA Members,

New Year Greetings from TNAI Headquarters!

May this year be the year of blessings and prosperity for all of us from the Lord Almighty. May God inspire us to work with dedication, commitment and compassion. Let this year bring personal and professional growth and progress to each and everyone.

The XXVII SNA Biennial Conference 2017 will be held at **GMCANA Auditorium, Guntur Medical College Campus, Guntur (Andhra Pradesh) from 29 November 2017 to 3 December 2017** (Pre-conference meetings: 29-30 November 2017; Inauguration of Conference: 1 December 2017; Valedictory: 2 December 2017; Sight-seeing: 3 December 2017). We request all State branches to plan and work on State Level Competitions and wholeheartedly co-operate with the host branch to make it a grand success. Additional relevant information will appear periodically in the forthcoming issues of the *Nursing Journal of India*, *TNAI Bulletin* and TNAI website (www.tnaionline.org).

The theme of the Conference is: **Empowering Nurses through Advanced Technology.**

A. SNA Competitions

1. The Scientific Paper Presentation will be based on the Conference theme
2. Debate on "Power Conflict and Challenges in Empowerment of Nurses"
3. Quiz competition on various Nursing subjects including General Knowledge
4. Essay Competition
5. Poster Presentation
6. On-the-Spot Painting
7. Floor Decoration (Rangoli)
8. Sports: The events are: 100 Meters Race/ Discus throw and Javelin throw
9. Personality Development Competitions (Mr SNA and Ms SNA)
10. Biennial SNA Diary Evaluation 2017 based on 2015 & 2016
11. Talent Night

B. Criteria for the Competitions

1. Scientific Paper Presentation: The Scientific Paper Presentation will be made by the Student Nurses on the Conference theme.

1. The paper should contain Introduction, Need and significance in Nursing, Statement of the Problem, Objectives, Review of Literature, Brief description of Methods and Procedures, Findings and Interpretation to be placed in one or two tables, Recommendation, Conclusion and Bibliography.
2. One hard copy and soft copy in CD of the Scientific Paper containing not more than 1500 words (4-5 pages in A-4 size) should be submitted to the **State SNA Advisor by 31 July 2017**, before the State SNA Conference of the respective State.
3. Best three Scientific Papers, selected at the State Level have to be forwarded by the State SNA Advisor to the **TNAI Headquarters by 31 August 2017** for final evaluation at national level.

The author(s) of best papers, selected by the TNAI Headquarters, will be intimated for presentation at National Level SNA Conference 2017.

2. Debate: "Power Conflict Challenges the Empowerment of Nurses". Two participants (one to 'support' and one another to 'oppose') will be allowed from each State which may be either in Hindi or English. Time allotted will be 5 minutes (**First bell at 4 minutes and Final bell at 5 minutes**).

3. Quiz Competition: Quiz competition on various Nursing subjects including General Knowledge.

General Rules

1. Direct questions will get 10 marks.
2. Pass on questions will get 5 marks.
3. Direct questions will have 30 seconds for answering and no extra time will be allowed for pass on questions.

4. First answer from each team will be entertained.
5. Scorer will be there and score will be displayed on a board.
6. The decision of the Quiz masters at the National level will be the final.

Six Teams/ 3 members per team

Rounds

1. Preliminary Round for all – 25 MCQ questions
2. 30 minutes will be given – Put tick mark (✓) against correct answer.
3. On the basis of the result, top 6 teams will be selected.

Round One (Passing round) – General Round

- Current affair round
- Sports round
- Cinema round
- Literature round

Round Two (Passing round)

- Audio Round – One audio for each team
- Audio related to medical / nursing conditions

Round Three (Non-passing round) – Subject round

5 questions per team

Subjects

1. Medical Surgical Nursing
2. Child Health Nursing
3. OBG Nursing
4. Mental Health Nursing
5. Community Health Nursing

Round Four (Passing round) – Visual Round

One question per team

Round Five (Non Passing round) – Rapid Fire Round

Ten questions per team (Max 1 minute for 10 questions)

4. Essay Competition

Only one individual entry either in Hindi or English will be permitted from each State. The topic will be given just before the commencement of the competition. Words limit is 1000. Candidate can write in Hindi or English. Evaluation is done by 3 experts. Time allotted will be one hour.

Criteria for Evaluation: Introduction; Relevance to the Topic; Organization of the content (Grammar, Language, Vocabulary, Spelling); Use of Examples and Current Trends; Implications; Conclusion.

5. Poster Presentation

The criteria for Poster Presentation

Size: Standard size (approx. 22"x26") for both individual and group poster presentation.

Topics: Ideas depicted in the poster should be relevant to the topics given above.

Lettering and design of the poster should be bold and big enough to be seen from a distance.

Clarity: For bringing clarity of the poster, restrict yourself to one idea relevant to the topic.

Layout of pictures in the poster must be properly balanced to give a correct sense of proportion.

No Extra fixing of clippings/cuttings or any other form on the poster.

The poster should depict originality and innovative ideas.

6. On-the-Spot Painting: The topic will be announced just before the competition. Only one individual entry will be permitted from each State. Participants should bring their own painting materials, the organisers will provide only the paper. No Mechanical devices, e.g. use of stencils, etc. will be permitted. Time allotted will be **One Hour**.

7. Floor Decoration (Rangoli): The size is 3x3 feet. Participants will bring their own material. No mechanical

Topics for Poster Presentation

S.No.	Category Code	Section	Topic	Mode of Presentation	Award
1	001	MCH Section	Dehydration in children: ANMs responsibilities	Poster	Sr Elizabeth Shield
2	002	Midwifery	Promotion of institutional deliveries	Poster	Ms H Chabook Shield
3	003	Anatomy and Physiology	Structure of eye	Poster	Indira Dorabji cup
4	004	First Aid & Basic Nursing Procedures	First Aid management in poisoning	Poster	Dufferin cup-1
5	005	Medical & Surgical Nursing	Organ Donation : Nurses' Responsibilities	Poster	Ms Edith Paul Shield
6	006	Paediatric Nursing	Neonatal Resuscitation	Poster	Dufferin cup-4
7	007	Psychiatric Nursing	Primary Prevention	Poster	Pramda Bajaj Shield
8	008	Community Nursing	Bioterrorism preparedness	Poster	General Chakravarty cup
9	009	Obstetrical Nursing	Monitoring fetal well being	Poster	Dettol Shield (1 st Prize) Mac Naughton Lamp (2 nd Prize)
10	010	SNA activities in India	SNA: Preparing future leaders	Poster	Ms Adranvala Shield
11	011	History & Trends in Nursing in India	Trends in nursing documentation	Poster	

Note:

Section 1-2 are for ANM students / MPHw (F) students.

Section 3-9 are for GNM / BSc Nursing Students.

Section 10-11 are for all categories (ANM / GNM / BSc) Nursing students.

devices e.g., use of stencils etc. will be allowed. Theme/Topic will be given on the spot. Only one individual entry will be permitted from each State. Time allotted for Rangoli will be **Two Hours**.

8. Sports: The events are: 100 Meters Race/ Discus throw and Javelin throw. Competitions for these events will be held separately for **male and female contestants**. The entries selected at the state level are to be sent by the State SNA Advisor to the TNAI Headquarters for national level competition.

9. Personality Development Competitions: As per the Minute No.SNA/G.C./37/2007/5(ii) **Mr and Ms SNA** Beauty Pageant Competition has been renamed as Personality Contest. The best entries (one female and one male) selected at the state level are to be sent by the State SNA Advisor to the TNAI Headquarters for national level competition.

10. Biennial SNA Diary Evaluation for (2015 & 2016)

Unit Level: SNA units should record the activities and to be signed by the unit SNA Secretary and unit SNA Advisor and the same to be forward to the State SNA Advisor for evaluation by **31 July 2017**.

State Level: After receiving the SNA Diary from each unit it should be evaluated at the State level. The State SNA Advisor should write remarks and with the seal and signature then, the two outstanding diaries from each State should be sent to the TNAI Headquarters by **31 August 2017** for the final evaluation.

Note: Since 1988 [Minute No. SNA-GC/18/88/3(i)], Diaries of MPHw(F)/ ANM students are evaluated separately.

Criteria: These diaries are assessed keeping in view the various unit activities, viz., professional, educational, extra-curricular, social, cultural and recreational. Proper maintenance of diary is another criterion. In general the focus of assessment is on the diversity of activities carried out by the units as reflected in the Diary. SNA to TNAI membership enrollment for two years.

11. Talent Night: Each State will be given one item for presentation at the national level. Only one best folk or classical dance either individual or group (not more than 8 members) from each State will be accepted for competition at the national level. Time: **3 Minutes** for Classical and **7 minutes** for Folk Dance. ■

XXVII SNA Biennial Conference

Venue: GMCANA Auditorium, Guntur Medical College Campus, Guntur (AP)

SCIENTIFIC PAPER PRESENTATION

REGISTRATION FORM

Problem Statement: _____

Names of the Student Researcher(s) : _____
(in CAPITAL LETTERS): _____

Name of the Guide: _____

Course & Year of Study: _____

SNA Unit Address & State: _____

Last SNA Unit Subscription Paid on: _____ TNAI Receipt No. _____
Date: _____

Entry Fee: Rs.100/- (Individual Entry) sent by D.D. / Paid in cash _____
(tick (✓) as applicable)

Date: _____ Receipt No: _____

CERTIFICATE OF RECOMMENDATION

This is to certify that the above mentioned research is a bonafide work of the student(s) who is/are member(s) of the above SNA Unit and have paid subscription for the year 2017.

The Scientific Paper was contested at the State Level Competition and selected for presentation at the National Level. To the best of my knowledge this paper will be presented for the first time at the National Level.

Student(s) Signature

Seal & Signature of Principal SON/CON

Forwarded by:

Signature of Unit SNA Advisor

Seal and Signature of the State SNA Advisor

XXVII SNA Biennial Conference

Venue: GMCANA Auditorium, Guntur Medical College Campus, Guntur (AP)

EXHIBITION REGISTRATION FORM (Poster Presentation)

Topic of the Poster: _____

Category Code: _____ Section Code: _____

Name of the Student Artist(s) (In Capital Letters): _____

Course & Year of Study _____

SNA Unit Address & State: _____

Last SNA Unit Subscription Paid on: _____

TNAI Receipt No. _____ Date _____

Entry Fee: Rs.25/- (individual entry) _____ Rs.50/- (group entry) _____ sent by
D.D. (tick (✓) as applicable)

Date: _____ Receipt No.: _____

CERTIFICATE OF RECOMMENDATION

This is to certify that the above mentioned exhibit is a bonafide work of the student (s) who is/are member(s) of the above SNA Unit and have paid their subscription for the year 2016-2017.

The exhibit was contested at the State level competition and selected for display at the National level. To the best of my knowledge this exhibit will be displayed for the first time at the National level.

Student(s) Signature

(Seal and Signature of the State SNA Advisor)

RULES FOR ENTRY

1. No Exhibition form will be entertained after **October 31, 2017**.
2. All the exhibits are to be registered. Registration fee is Rs.25/- (individual entry) and Rs.50/- (for group entry) per exhibit. The money should be sent by D.D. payable at the Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi – 110016. Use separate form for each entry.
3. Name of the exhibitor and the SNA Unit should not appear on the exhibit.
4. Each exhibit must be accompanied by a card bearing: (i) Name of Exhibitor; (ii) Name of SNA Unit; (iii) Topic of the Exhibit; (iv) Category & Section; (v) Size of the exhibit should be strictly adhered to or else exhibit may be disqualified for competition. The size for both individual and group poster presentation will be same i.e. one standard size poster 22" x 26" approx.
5. Completed form(s) (with signature of the State SNA Advisor) alongwith entry fee to be sent to the **TNAI, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016**. Entry fee payable to the Trained Nurses' Association of India.
6. For each poster presentation only one entry, either individual or group will be allowed from each State.
7. Group entry should not have more than three students.

NOTE: In any group item, each contestant should give his/her name & address in the entry form, for issuing merit certificates.

XXVII SNA Biennial Conference

Venue: GMCANA Auditorium, Guntur Medical College Campus, Guntur (AP)

COMPETITION REGISTRATION FORM

Competition item(s): Please Tick (☐)

1. On-the-Spot Painting { ☐ }
2. Floor Decoration { ☐ }
3. Debate (English/Hindi) { ☐ }
4. Essay Competition (English/Hindi) { ☐ }
5. Quiz Competition { ☐ }
6. Personality Contest (Mr. SNA & Ms. SNA) { ☐ }
7. Sports: 100m Race { ☐ } (Male/Female), Discuss Throw { ☐ } (Male/Female)
Javelin Throw { ☐ } (Male/Female).
8. Talent Night { ☐ }

Participant(s) has/ have competed at State level: Yes/No. Tick (☐) as applicable)

Name of Individual Participant _____

Names of Group Participants _____

Name and Address of the SNA Unit: _____

SNA Unit Subscription Fee Paid on _____ TNAI Receipt No. _____

Entry Fee: Rs.25/- (individual entry) (☐) and Rs.50/- (group entry) sent by DD (☐)
Tick (☐) as applicable)

Date _____ Receipt No. _____

RECOMMENDATION

This is to certify that the above stated competition item(s) has/have been competed at the State level and qualified for entering at the National level competition. The competitor(s) is/are from SNA Unit which has paid subscription for 2016-2017.

Student(s) Signature

(Seal and Signature of the State SNA Advisor)

RULES OF ENTRY FOR THE COMPETITION

1. Every institution should have SNA units and paid the subscription fee for the period of 2016-2017.
2. All entries must have competed at the State level. Only one entry from each State/UT should be sent for the National competition.
3. In Debate and Essay competition, only one entry either in English or Hindi will be allowed from each State.
4. In any group item, only three participants will not be permitted to participate from each State.
5. Entry fee for Individual entry is Rs.25/- and Rs.50/-for group entry. The money to be sent through Demand Draft in favour of the Trained Nurses' Association of India payable at New Delhi.
6. For group dance not more than eight members.
7. Last date of receiving the duly filled form is **October 31, 2017**.
8. One form for each item (group or individual).
9. Completed form(s) (with signature of the Participants and State SNA Advisor) along with entry fee to be sent to the **Dy. Secretary-General-cum-SNA Advisor, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016**.

NOTE: In any group item, each contestant should give his/her name & address in the entry form, for issuing merit certificates.

Invitation for XXVII SNA Biennial Conference Guntur (Andhra Pradesh)

29 November - 3 December 2017

On behalf of SNA members of the Andhra Pradesh State Branch of TNAI, we cordially invite all members to the XXVII SNA Biennial Conference to be held at Guntur from 29th November 2017 to 3rd December 2017.

We look forward to your esteemed presence on this gracious occasion.



Ms. G Anusha
SNA Vice President
Govt. College of Nursing
Guntur (AP)



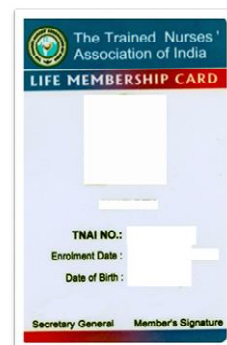
Ms. V Sandhya
SNA Secretary
Narayana College of Nursing
Nellore, Andhra Pradesh

Attention: TNAI Members

It is mandatory to have the new TNAI Life Membership Card to cast your vote at the State and National TNAI elections. Kindly download the application form from the TNAI website and send it to TNAI HQ after duly filling up the particulars. The charges for Photo Identity Card are Rs. 150/- which may be remitted through DD in favour of "The Trained Nurses Association of India, New Delhi".

THE TRAINED NURSES' ASSOCIATION OF INDIA
LIFE MEMBERSHIP CARD

NAME
TNAI No.
Date of enrolment
Member's Signature
(See instructions overleaf) SECRETARY GENERAL



Call for News Items from Nursing Institutions

Schools and Colleges of Nursing are welcome to submit for publication in monthly *TNAI Bulletin*, the news items and write ups about observances of Graduation Ceremony, Annual Day, Seminars, Conferences, important workshops, etc. The charges are Rs 1000 per item including one photograph. The payment should be through a demand draft in favour of **The Trained Nurses' Association of India (TNAI)**, New Delhi. Neatly spaced out hand-written matter, preferably typed in double space on one side of paper with photograph may be sent, along with requisite charges, to the Editor, TNAI Bulletin.

Nomination Sheet: TNAI Kerala State Branch Election 2017

Post	Name and Address of the Nominee
President	
Vice President	
Secretary	
Joint Secretary	
Treasurer	
SNA Advisor	
Chairperson - Programme Committee	
Chairperson - Nursing Service Section	
Chairperson - Public Health Section	
Chairperson - Nursing Education Section	
Chairperson - Membership Committee	
Chairperson - Socio Economic Welfare	

Nominator's Signature
 Nominator's TNAI No.
 Nominator's Name and Address

[(As per the TNAI Constitution Rules & Regulations and Bye-laws (Revised and approved by Council/ HOD 2012)]

1. Last date for receiving Nominations is **19th October 2017** (6 weeks from the date of Publication)
2. The election of all the office of the Branch shall be held at the annual or biennial meeting of the Branch.
3. Returning Officer and Election Committee Members are not eligible to contest for election.
4. Both the nominator as well as nominee shall be a life member of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations and vice versa. For acquiring the new post the members will have to relinquish the former post.
6. A member working and residing in a state or Union Territory shall be the member of the branch of TNAI. In case of temporary change of resident e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing his/her membership to the temporary place of resident after informing the headquarters and the former and latter state branches.
7. The nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
8. The members who are residing outside the country and state shall not be eligible for contesting election.

9. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.
10. Outgoing office bearers shall be eligible for re-election for one more term.
11. Any life member of TNAI may make nominations for all the offices of the TNAI State/UT Branch, but the nomination for the President and Secretary shall be made only from those who have served for one term (four years) as the EC members/office bearers at any time. A break of four years after two consecutive terms (8 years) is necessary for the President/Secretary of the branch.
12. For the offices of President and Secretary all valid nominations shall be included in the Provisional Ballot Paper. For other offices the names of three members having highest number of nominations shall be included in the Ballot Paper.
13. The nomination Sheet duly filled and completed by the nominator i.e. complete address, TNAI number along with the signature shall be sent to the Returning Officer within six weeks of its publication in the TNAI Bulletin.
14. Please mark the envelope "Nomination sheet – TNAI Kerala State Branch Election 2017". Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Dr Philomina Jacob, Returning Officer, Kerala State Branch Election 2017, Principal, Well care College of Nursing , Mulanthuruthy, Ernakulam (Dist) , Kerala -682301.**

आपको मासिक पत्रिका टीएनएआई बुलेटिन मिलने में शिकायत तो नहीं है

टीएनएआई के कुछ आजीवन सदस्यों से हमें यदा कदा शिकायत मिलती रहती है कि उन्हें मासिक बुलेटिन की प्रतियां नहीं मिल रही हैं। सभी आजीवन सदस्यों को अधिसूचित किया जाता है कि मासिक टीएनएआई बुलेटिन की प्रतियां नियमित रूप से भेजने की व्यवस्था है। आपको यदि इसकी प्रति नहीं मिल रही है तो:

1. स्थानीय डाकघर में पूछताछ करें और प्रतियां नहीं मिलने की शिकायत दर्ज करें।
2. यह सुनिश्चय करें कि टीएनएआई मुख्यालय को दिया गया आपके नाम और पता के विवरण में कोई त्रुटि नहीं है और यह संपूर्ण है। इसमें पिन कोड का उल्लेख किया जाना अनिवार्य है। मासिक बुलेटिन की सभी प्रतियां मुख्यालय से महीने के पहले सप्ताह में भेज दी जाती हैं। फिर भी किसी माह की प्रति आपको नहीं मिलती है तो उसी माह की 15 तारीख तक मुख्यालय को आवेदन करें, यदि संभव हुआ तो हम इसकी प्रति दोबारा भेजने का प्रयत्न करेंगे। याद रहे, उक्त तारीख के बाद मिली शिकायतों पर विचार नहीं किया जाएगा।

Members, Kindly Inform us Your Latest Address

We at TNAI Hqrs want your latest address.

It is observed that some members are not receiving copies of TNAI Bulletin because they are actually not residing at the address given to TNAI.

All members are requested that any change in their address may be communicated to us immediately so that copies can be sent at their new address. Such members who are not interested in getting copies of TNAI Bulletin may inform us immediately.

Further, if any member in the family knows that the subscriber is not in position to use it, this fact may be informed to us for deletion of that name from mailing list. We shall be grateful to you for it by avoiding wastage.

– Chief Editor

हृदय कार्ड: दिल के मरीजों की मानीटरिंग के लिए आरएमएल अस्पताल की पहल

दिल के मरीजों को बीमारी के बाबत रोगियों को शिक्षित और जागरूक रखने के लिए दिल्ली के आरएमएल अस्पताल ने हार्ट (हृदय) कार्ड के जरिए एक अच्छी मिसाल पेश की है।

दिल की बीमारियों खासकर हार्ट फेल्योर के मामलों में लगातार इजाफे को देखते हुए सकारात्मक पहल के तौर पर यह प्रयास किया गया है। दवाओं का नियमित सेवन; भोजन में तरल पदार्थों, नमक, वसा की कितनी मात्रा हो; परहेज; विशेषकर लाभदाई फल-सब्जियां; वजन में बढ़त का पैटर्न; न्यूमोकोक्कल, इंप्लुएंजा के टीके आदि जैसे अनेक विषय हैं जिनके बाबत हृदयरोगियों को उचित जानकारी होने से काफी हद तक मर्ज में राहत मिल सकती है।

आरएमएल के हार्ट फेल्योर क्लीनिक में दिल के मरीजों को विभागाध्यक्ष, नर्सिंग अधिकारी व उनकी टीम सभी रोगियों को दिल की बीमारियों खासकर हार्ट फेल्योर के कारणों, रोकथाम व निवारण के उपायों आदि के बारे में समझाया जाता है और उन्हें हृदय कार्ड जारी किया जाता है। यह योजना इसी साल अप्रैल से शुरू की गई है।

हृदय कार्ड में क्या होता है? इस कार्ड में मरीज का नाम, उम्र, लिंग, पता, मोबाइल नंबर, वजन, रक्तचाप, हृदय गति, इजेक्शन फ्रेक्शन आदि के अलावा रोगी की कोई पुरानी बीमारी यदि हो, व चल रही दवाएं, विशेष खानपान व आदतें, पारिवारिक ब्यौरा वगैरह का उल्लेख होता है। कार्ड में रोगी को स्वयं प्रति सप्ताह अपना रक्तचाप दर्ज करना होता है।

इस क्लीनिक ने “दिलखुश” नामक व्हाट्सएप ग्रुप की स्थापना की है जिसके जरिए रोगियों को समुचित जानकारी दी जाती है और उनकी शंकाओं के समाधान किए जाते हैं, तबीयत ज्यादा बिगड़ने पर उन्हें अस्पताल में बुलाया जाता है।

— राजबाला शर्मा, वरिष्ठ नर्सिंग अधिकारी, आरएमएल अस्पताल, नई दिल्ली

सभी जरूरतमंदों को सुलभ होनी चाहिए फर्स्ट एड

फर्स्ट एड का अर्थ है आपदा या बीमारी की नाजुक हालत में उन साधारण तरीकों को अपनाया जाना जिनसे न्यूनतम या बगैर उपकरणों के प्रभावित व्यक्ति के जीवन को बचाया जा सकता है। हकीकत तो यह है कि अनेक कालांतर में स्वयं दूर होने वाली बीमारियों या क्षतियों से बगैर मेडिकल हस्तक्षेप के निजात पाई जा सकती है। प्राकृतिक आपदाओं, बीमारियों की नाजुक हालत या अन्य दुर्घटनाओं में अनेक मौतें होती हैं जिन्हें रोका जा सकता है। मसलन कार दुर्घटनाओं मात्र में विश्व में सालाना साढ़े बारह लाख लोग जान गंवा देते हैं।

फर्स्ट एड के प्रति जागरूकता संवर्धित करने के लक्ष्य से प्रति वर्ष सितंबर माह के दूसरे शनिवार को रेड क्रॉस एवं रेड क्रीसेंट सोसाइटियों के अंतर्राष्ट्रीय फेडरेशन (आईएफआरसी) की पहल पर फर्स्ट एड दिवस मनाया जाता है।

आईएफआरसी का कहना है कि फर्स्ट एड विकास कार्यक्रम का अंग होना चाहिए, यह प्रत्येक जरूरतमंद को सुलभ होनी चाहिए और प्रत्येक वाहनचालक के लिए तो फर्स्ट एड का प्रशिक्षण अनिवार्य शर्त बनाई जाए।

Sustaining Breastfeeding - Together Report of the Workshop Held on 4 August 2017

A one-day workshop on the theme **Sustaining Breastfeeding - Together** was organised at TNAI headquarters. A total of 55 participants from various hospitals of Delhi like Batra, Apollo, RML, Safdarjung etc. attended the workshop. Pre-test was given to the participants by Mrs Sanghamitra Sawant, Asst Secretary General.

The programme started with prayer song followed by welcome address by Mrs Evelyn P Kannan, Secretary General. Mrs S Vatchala Dhinakaran gave the brief introduction about the workshop followed by remarks by Vice president Ms Surekha Sama.

Dr JP Daddhich, National Coordinator, BPNI unfolded the theme. Dr Poonam Joshi, Lecturer at College of Nursing, AIIMS spoke on Health and Well being of



**Resource persons of the Workshop along with
TNAI officials**



Group photograph of Workshop participants

Newborn, followed by address of Dr Priya, the Lactation Counsellor, on Nutrition and Poverty Reduction. The topic, Environment and Climate Change Influencing Breastfeeding was dealt by Ms Camilla Conti, Education and Training specialist. Counseling families before Discharge was handled by M Dana Hardy, Lactation specialist and Women's Employment and Breastfeeding by Dr Shacchee Baweja, BL Kapoor Hospital. At end, a post-test was held. Vote of thanks was proposed by Mr. Ajinas AM. Certificates were distributed to the participants with credit hours.

Sustaining Breastfeeding- Together Report of the Conference Held on 6 August 2017

As part of observance of World Breastfeeding Week, a full day conference on the theme 'Sustaining Breastfeeding - Together: An Integrated Approach to Support Breastfeeding Families' was organised by TNAI in collaboration with Association of Lactation Professionals India on 6 August 2017.

A total of 65 participants including 22 doctors and nursing personnel working in NICU/ post natal wards/ labour rooms in different hospitals of NCR Delhi attended the conference.

The programme started with welcome address by Ms Dana Hardy, International & Partnership specialist after which the participants were addressed



Delegates of the Conference



**Resource persons of the Conference along with TNAI
officials**

on Advocacy by Ms Nupur

Bidla from Breastfeeding Promotion Network of India (BPNI). Different sessions of the conference were conducted by Dr Shilpi Sachdev, Gynaecologist, Dr Kumar Ankur- Paediatrician, Dr Shacchee Baweja, Ms Camilla Conti- Lactation Consultants and the Nursing faculty, Ms Surekha Sama.

In the post lunch session, Peer support groups' representatives shared their experiences and group activity was given to the participants after dividing them into six groups. The forum was open for Questions & Answers. Conclusion note-cum-vote of thanks was presented by Dr Priya Shashank, Promotion Specialist. Certificates were distributed to the participants.

EVENTS OF THE MONTH

World Suicide Prevention Day: 9 September

More than 80 lakh people worldwide commit suicide every year (that comes to one suicide every 40 seconds), as estimated by World Health Organisation (WHO). Worse, this rate has been rising steadily year by year. Further, the number of suicides attempted is 25 times than the actual suicides. WHO suggests that the actual death figures due to suicide may be on higher scale, since social stigma attached with reporting a suicide.

World Suicide Prevention Day (WSPD) on 2nd Saturday of September each year (this time on 9 September) is an initiative of the International Association for Suicide Prevention (IASP) and the WHO. It has been found that most ideas of suicide are generated on the spur of the moment. This sentiment is reflected in the theme of the 2017 WSPD, *Take a Minute, Change a Life.* As members of communities, it is our responsibility to look out for those who may be struggling in isolation. Offering a gentle word of support and listening in a non-judgemental way can make all the difference in their lives. India recorded has one of the world's highest suicide rates for youth in age group 15 to 29 years; there were 8,934 student suicides in 2015. Every hour, one student commits suicide, as revealed by the National Crime Records Bureau (NCRB).

Suicide has devastating implications for families, relatives, friends and community members. It is true, not all suicides are preventable but most of them can be checked by adopting appropriate strategies. There is strong evidence indicating that adequate prevention can reduce suicide rates. The activities of the day focus on raising awareness that suicide is preventable, improving education about suicide and reducing stigmatisation associated with it.

World First Aid Day: 9 September

Injuries afflict millions of people, many of them killing every year simply because timely response was inadequate or not just available. Immediate action by appropriate techniques could have improved the magnitude of injury or chances of survival. People living in disaster-affected or war-torn areas are often deprived of the opportunity to be trained in basic first aid. First aid awareness is lacking in many vulnerable communities.

As an initiative of the International Federation of Red Cross and Red Crescent Societies (IFRC) World, First Aid Day is being celebrated since 2000 on second Saturday of September each year (this year on 9 September) to increase awareness on how first aid prevents injuries and save lives in critical conditions. Be a hero, save lives; First aid is for everyone, everywhere, says an IFRC message. Founded in 1919 in Paris, IFRC is the world's largest humanitarian network that reaches 150 million people in 190 National Societies through the work of over 17 million volunteers.

First aid means administering initial care adopting few simple and sometimes, potentially life-saving techniques with minimal equipment. The fact is, medical management may not be required in some self-limiting illnesses or minor injuries after the first aid intervention.

Events and ceremonies on this day to raise public awareness of role of first aid can in saving lives in everyday and crisis situations. According to IFRC, First aid is a humanitarian act that should be accessible to all including the most susceptible ones and should also be an integral part of a wider developmental perspective.

World Alzheimer's Day: 21 September

Alzheimer's is the main cause of dementia; millions of lives are affected by it every year. A tenth of adults over 65 are affected by Alzheimer's and its incidence increases with age and time although cases of early onset are also seen among people aged 30 to 45 years. Besides memory loss, behavioural disorders are also witnessed; those with Alzheimer's are likely to forget one's own identity.

World Alzheimer's Day was launched on 21 September 1994 at the 10th anniversary of Alzheimer's Disease International (ADI) to spread the understanding of this irreversible, degenerating disease of the central nervous system. It is a day to involve people with dementia, their care givers & families, medical professionals, researchers, opinion leaders, policy makers and the media from all around the world to alert them emergence of dementia as a serious health issue and its implications on services and health systems around the world with growth in elderly population. The activities also seek to educate people about dementia and shed their misconceptions.

So far only symptomatic treatments are available and in most cases, often the early symptoms are mistaken for age-related forgetfulness and the disease is diagnosed only in its advanced stage making its management more difficult. ADI believes that the war against dementia can be fought by forging global strategy with local measures, so that Alzheimer associations have a significant role in promoting care and support for people with dementia as well as their care takers. ■