



# THE NURSING JOURNAL OF INDIA

BIMONTHLY ORGAN OF  
THE TRAINED NURSES' ASSOCIATION  
OF INDIA

L-17  
Florence Nightingale Lane  
Green Park  
New Delhi - 110016

Phone : 26566665, 26858304  
E-mail: helpdesk@tnaionline.org,  
membership@tnaionline.org,  
sna@tnaionline.org, prim@tnaionline.org  
publicationstnai@yahoo.com  
Website: www.tnaionline.org

SEPTEMBER-OCTOBER 2019

VOL. CX NO. 5

ISSN 0029-6503

## Editorial Advisory Board

Prof (Dr) Roy K George  
Dr A Indira  
Mrs Avani Oke  
Dr Larissa Martha  
Dr G Hemavati  
Mrs Mehmooda Reghu  
Mrs Evelyn P Kannan

Consulting Editor  
Mr HK Barthwal

Chief Editor  
Mrs Evelyn P Kannan

The views expressed in the various articles are the views of the authors and do not necessarily represent the policy of The Trained Nurses' Association of India.

## Mind, Body and Spirit in Place is Key to Quality Life

I believe all of you have made necessary arrangements for proactively participating in the forthcoming (XXVIII) SNA Biennial Conference being hosted by Tamil Nadu state branch during 2-6 November 2019 at PSG College of Nursing, Coimbatore (TN). Since the theme (Nursing Harmony of Mind, Body and Spirit) relates to all of us, you shall find the deliberations quite interesting and educative. In case some of you missed completing the registration formalities, go ahead without further delay. Details of Conference programme and Registration Form appear in inside pages of this issue as well in TNAI's website ([www.tnaionline.org](http://www.tnaionline.org)).

The major health events in the period, of significance to nursing are: World Suicide Prevention Day, World Alzheimer's Day, World Heart Day, International Day for the Elderly and World Mental Health Day. Mind that all these issues are linked to malfunctioning of mind and heart, and also our SNA Conference theme this year.

**World Suicide Prevention Day:** Celebrated annually on 10 September it draws attention to the dismal fact of 8 lakh suicides every year (such attempts are many times the actual suicides), most of which could be averted. **World Heart Day:** Heart disease and stroke constitute as the biggest killer claim around 18 million lives worldwide every year besides morbidity on still higher side. World Heart Federation says that at least 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. **World Alzheimer's Day:** Alzheimer's Day (21 September) creates awareness about this progressive and irreversible disease which has millions of victims globally. One out of every ten adults over 65 are affected by Alzheimer's; the incidence increases with age and time.

**International Day for the Elderly:** In most regions, the elderly continue to suffer neglect and discrimination and marginalisation. On 1 October, the day of the elderly, the contribution of the elderly persons is acknowledged. The growing population of the elderly calls for redesigning the social systems so that the wisdom and expertise of the oldsters is utilised to the advantage of all. Presently, about 700 million people are over 60. Living up to the UN Secretary-General's guiding principle of "Leaving No-One Behind" necessitates the understanding that demography matters for sustainable development.

**World Mental Health Day:** This is being increasingly realised that by looking at body and mind as holistic entity rather than as discrete entities, health can be better more effectively. Observed on 10 October every year, World Mental Health Day cautions health policy makers and nations to develop appropriate facilities to minimise the incidence of mental sicknesses.

Kindly note that with renovation of Hqrs premises duly completed, guest rooms can be booked by the members, as usual.

Evelyn P Kannan  
Chief Editor & Secretary-General, TNAI

# CONTENTS

| Page No.                | Particulars   | <i>Authors Name</i>                           |
|-------------------------|---|---|
| 195                     | Editorial   | <i>Evelyn P. Kannan</i>                       |
| 194                     | Content   |   |
| 195                     | Foetal Therapy  | <i>Suvashri Sasmal</i>                        |
| 199                     | Assessing the Knowledge and Perception of Risk Factors to Heart Disease in Hypertensive Clients in Pune City                              | <i>Anita Sali, Shubhangi Haribhakt</i>        |
| 203                     | Effect of Benson's Relaxation Therapy on Pain among Post-Caesarean Mothers Admitted in a Selected Hospital                                | <i>Sindhumul P K</i>                          |
| 207                     | Stay Stress-Free Life for Healthy living  | <i>P Maria Ignatius, Nirmala Mary Syamala</i> |
| 210                     | Assessing the Effect of Planned Teaching on Knowledge Regarding 'Human Milk Banking' among Staff Nurses in Selected Hospital of Pune City | <i>Samruddhi Suresh Bhakare</i>               |
| 213                     | Orientation Programme for State Branch Executives at Headquarters   |   |
| 214                     | Call for Collective Actions to Protect, Promote and Support Breastfeeding   |   |
| 215                     | Report on Meeting regarding National Consultation on Roadmap for Midwifery in India   |   |
| 216                     | IELTS Training Centre at TNAI Headquarters-Green Park   |   |
| 216                     | Revised Rates for NJI Subscription  |   |
| 217                     | Events of the Month   |   |
| 219                     | Hindi Matter  |   |
| 221                     | Effect of Buerger Allen Exercise on Lower Extremity Perfusion Among Patients with Diabetes Mellitus-Randomized Clinical Trial             | <i>Prajnya Elinar Digal</i>                   |
| 226                     | Level of Depression and Self Esteem Among Students  | <i>Conceicao Vaz</i>                          |
| 229                     | Hindi Matter  |   |
| 230                     | Assessing the Knowledge on Vitamin 'D' Deficiency among Adults in Nellore (Andhra Pradesh)  | <i>Smitha PM, Katari Kantha</i>               |
| 235                     | Prevalence of Hypertension and its Association with Stress among Police Personnel   | <i>Blaicy F, Manju Mahima</i>                 |
| 238                     | Prevalence of Depression in Diabetes Mellitus and its Determinants  | <i>Akilandeswari R, Aruna S</i>               |
| Last Inside Cover       | TNAI Recruitment  |   |
| Last Cover              | Benefits of TNAI Membership   |   |
| <b>ADVERTISERS LIST</b> |   |   |
| 1st Inside Cover        | Johnson & Johnson Private Limited, Mumbai   |   |
| 198                     | Maharshi Karve Stree Shikshan Samstha's, Smt. Bakul Tambat Institute of Nursing Education, Karvenagar, Pune, Maharashtra                  |   |
| 240                     | R.D. Memorial College of Nursing, Bhopal, Madhya Pradesh  |   |