



# The Stephen's Chronicle

Official Magazine of St. Stephens Hospital College of Nursing

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## Principal's Ink

### The Lord gives strength to his people; the Lord blesses his people with peace. ( Holy Bible )

The quality of Nursing education is essential to be maintained and is dependent on many factors. Nursing education has progressed in many ways from the past and one has to keep abreast of the latest developments in this field. Publications in Nursing journals and presentations in Conferences are good methods to disseminate activities and ideas for improving Nursing education. Evidence based approach and innovations in education will pave a long way towards Nursing education. Nursing students today are the future Nurses tomorrow and what is learnt by them in their formative years will guide them further. Nursing educators and faculty will leave a lasting impression in their hearts and minds and groom them to be great nurses!



**Prof. Dr. Feba Geevarghese**  
Principal  
St. Stephen's Hospital College of Nursing

## World Population Day 2022

“Every year World Population Day is celebrated on 11th of July in a view to focusing on the importance of “population issues”. Population issues cover a lot of territories, from family planning, gender equality, and environmental impacts to human rights concerns.

According to the United Nations Population Fund, the world population will hit the 8 billion mark in 2022. This comes after the world achieved the seven billion-mark in 2011 only.

To make the people aware about various issues such the importance of family planning, poverty, gender equality, maternal health, and human rights, and their relation to a country's population, World Population Day is celebrated every year.

Community Health Department, St. Stephen's Hospital College of Nursing was organized a Roleplay on 26th July, 2022, on the occasion of “World Population Day”. Roleplay was organized at Community Health Center, Sunder Nagri, Delhi, by the students of St. Stephen's Hospital College of Nursing.

Theme for Roleplay “A world of 8 billion”: Towards a resilient future for all - Harnessing opportunities and ensuring rights and choices for all”. B.Sc. 4th year half of the students i.e., roll no (25-49), M.Sc. 2nd year (02) and M.Sc. 1st year (01) students had participated in Roleplay.

Faculty from College of Nursing, Dr. Abha Mangal (HOD, Community Health Centre, Sundernagari) and staff members from CHC Sundernagari have also attended the Roleplay. Group project was conducted under the supervision of Ms. Mala, Assistant Professor of St. Stephens Hospital, College of Nursing.

After role play, question - answer session and feedback was taken from the staffs as well as public. Programme was supported by Dr. Abha HOD, of CHC Sunder Nagri. Feedback from all the dignitaries and participants was satisfactory.



At the end of group project, refreshments to all the participants and staff members of Community Health department, St. Stephen's Hospital, Sunder Nagri, Delhi were distributed.



### REPORT ON CELEBRATION OF WORLD ORS DAY

World ORS Day was celebrated in St. Stephen's Hospital on 29.07.2022. Posters were prepared regarding same. The event was organized under the Pediatrics Department, St. Stephen's Hospital College of Nursing.

#### Organizing Committee:

1. Ms. Shweta, Asst. Professor, Dept of Child Health Nursing.
2. Ms Harshita Negi, Nursing Tutor, Dept of Child Health Nursing.
3. Ms. Shiney Luke, Clinical Instructor, Dept of Child Health Nursing
4. Ms. Amita, Clinical Instructor, Dept of Child Health Nursing
5. Students of B. Sc. (Hons.) Nursing 3rd year (2019-2023)

#### Programme schedule:

- The program was started with prayer by Pastor Bendang Lemtor.
- Students of B. Sc. (Hons.) Nursing 3rd year conducted role play for the general population regarding importance of ORS.
- Information was disseminated by Students of B. Sc. (Hons.) Nursing 3rd year through posters on importance of ORS.

#### Venue:

The event was organized in 2 different areas of Hospital that is General OPD and public waiting area.

### GLIMPSES OF WORLD ORS DAY





### Breastfeeding week

**1 August 2022- 6 August, 2022**

**Organized by**

**OBSTETRICS & GYNAECOLOGICAL  
DEPARTMENT**

#### **Organizing Members**

- Prof. Dr. Feba Geevarghese
- Prof. Sheeba P. Joseph
- Ms. Rana Kamar
- Ms. Rency Jaboi
- Ms. N. Grace Amitha

St. Stephen's Hospital College of Nursing celebrated breastfeeding week of this academic year (2021-22) from the period of 01 August 2022 to 06 August, 2022.

Many events were conducted with the aim to make nursing students to understand and acquire knowledge on breastfeeding that will contribute to clinical knowledge and skill.

The programme was conducted as per direction of principal Prof. Dr. Feba Geevarghese and guided by Prof. Sheeba P. Joseph, HOD of Obstetrics & Gynaecological department.

The activities planned for the week were :-

*Day 1 (01 August 2022) - Webinar*

The webinar was conducted on the theme “Step up for breastfeeding- educate and support”.

The aim of the virtual continuing nursing education was to make nursing students and faculty to understand and acquire knowledge on breastfeeding, importance, benefits, challenges and the role of different health care professional in supporting breastfeeding that will contribute to clinical knowledge and skill to deal with the clients.

The online audience for the event was B.Sc Nursing, G.N.M, P.B.B.Sc, Nursing Students and faculty from nursing college. More Than 100 participants were present in the event.

The programme was commenced by Ms. Rency Jaboi, M.Sc Tutor, Dept of obstetrics & gynecological nursing followed by welcome speech by Ms. Rana Kamar, M.Sc Tutor. The key note address was given by Prof. Dr. Feba Geevarghese highlighting the importance of breastfeeding and the significance of celebrating breastfeeding week.

The eminent speaker for the day were Prof. Dr. Manju Chhugani, Dean, School of Nursing sciences and Allied Health, Jamia Hamdard, Dr. Pinki Bahl, Senior Consultant, St. Stephen's Hospital and Prof Sheeba P. Joseph, Vice-Principal cum HOD, Obstetrics and Gynecological Department, St. Stephens' Hospital College of Nursing.

The first session was taken by Prof. Dr. Manju Chhugani and the topic for the session was “Galvanise action on strengthening capacity of actors and systems for transformation change”. She explained importance of breastfeeding and the role of different actors in promoting breastfeeding. She also discussed about different programmes related to breastfeeding and human milk banking.

The second session was taken by Dr. Pinki Bahl, Senior Consultant and the topic for the session was

*Day 2 (02 August 2022) – Demonstration of breastfeeding techniques.*

“Anchor breastfeeding as a part of good nutrition, food security and reduction of inequality”. She started the session by discussing about WABA (World Alliance for breastfeeding actions) and emphasized on benefits of breast milk for new-born. She also focused on inequalities of breastfeeding and effect of Covid -19 pandemic on breastfeeding.

*Day 3 (04 August 2022) – Inter-class Quiz Competition.*

And the last session was taken by Prof. Sheeba P. Joseph, Vice Principal on the topic “Inform people about their role in strengthening the warm chain of support for breastfeeding”. She started by discussing the basics of breastfeeding which included anatomy of breast and physiology of breastfeeding. She spoke on the warm chain and the various role that the individuals play in bolstering the warm chain of breastfeeding, placing particular emphasis on the function of student nurses.

The questions raised by the participant were taken up at the end of the each session. The webinar ended by proposal by vote of thanks.

On day 2 Post Basic. B.Sc 1st year students demonstrated breastfeeding techniques to antenatal and postnatal mothers in Gynae ward St. Stephen's Hospital. They talked about what breast feeding is, different types of breast milk, preparing for nursing through out pregnancy, breastfeeding practices, benefits of breastfeeding for mother and the baby, and managing breastfeeding difficulties. They ended the programme by distributing the refreshment to the audience.

On Day 3 inter class quiz competition was organized for B.Sc. 4th year (Ms. Akansha Gaur, Ms. Divya, Ms. Bhawna, Ms. Kezia), B.Sc 3rd year (Ms. Nidhi S, Ms. Prabhadeep, Ms. Priyanka, Ms. Himani Khaneja), P.B.B.Sc 1st year (Ms. Shivani, Ms. Ghanakshi, Ms. Priyanka Saini, Ms. Varsha) and G.N.M 3rd year (Ms. Suchitra, Ms. Roshni, Ms. Roshani) batches in Library from 2:00 P.M to 4:00 P.M. Each class had 4 participants each.

There were total five round :- Round 1 - Anatomy of breast.

Round 2 – Physiology of breastfeeding. Round 3- Breast feeding and breast milk.

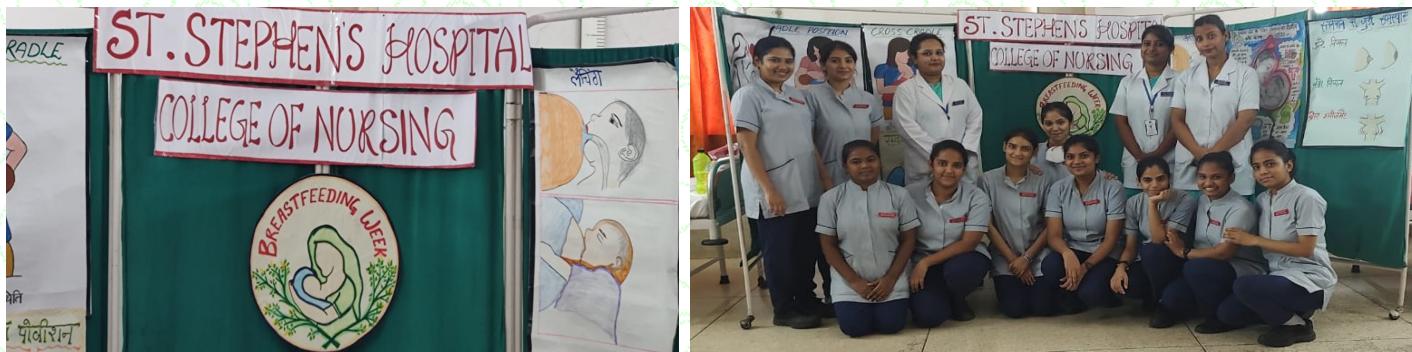
Round 4 – Visual round for breastfeeding techniques.

Round 5 – Breastfeeding programme in India and Human milk banking.

Round 1,2,3 and 5 had 8 questions each and round 4 had 4 question. The winner of the quiz competition were B.Sc. 4th year. And the winners were awarded with Certificates.

**Day 4 (05 August 2022) – Role Play**

The week was culminated by a role play on importance of breastfeeding by B.Sc. 4th year students in front OPD registration counter at 10:30 A.M. The play was well received by the audience.



**MOCK DRILL ON “CODE RED”**

A Mock drill on ‘Code Red’ was conducted under the supervision and guidance of Madam Principal, Prof. Dr. Feba Geevarghese in College of Nursing on 13<sup>th</sup> August 2022 at 11:30 A.M. The Drill was attended by the faculty members, students, wardens and staff of College of Nursing.

**Participants:** 127 students of various batches and Faculty members.

**Time Keeper:** 4 Faculty members

**Areas involved in the drill:**

Groups	Evacuation Plan
Group 1	Area>>Classrooms>>Stairs before Library>> Volleyball court (Assembly point)
Group 2	Area>>Library>>Ramp connecting hostel>> Exit from Hostel First floor>>Hostel Quadrangle (Assembly point)
Group 3	Area>>Community Lab>>Nutrition Lab>> Exit from Stairs>> Gate no. 4 (Assembly point)
Group 4	Area>>Hostel New Block>>Balcony on First Floor>> Emergency Exit >>Old Block First floor>> Hostel Quadrangle (Assembly point)

The participants were divided into 4 groups which consisted of students and faculty members. 4 teachers were assigned at the exit areas as time keepers to record the exit timing of the groups during emergency evacuation.

The drill began with the announcement of 'Code Red'. The time taken by the groups to complete the drill was as follows:

**Group 1- 22 seconds**

**Group 2- 58 seconds**

**Group 3- 41 seconds**

**Group 4- 47 seconds**



After all groups gathered at hostel quadrangle, the evacuation plan had been reviewed and instructed the students to focus on safe evacuation. All students followed the instructions and participated enthusiastically.

The mock drill was successfully conducted with no Non Conformities with the protocol.

The drill was called off by 11:45 A.M.

### **WORKSHOP ON "ECG: DEMYSTIFYING THE HEART"**

One day workshop was being organized by students of M.Sc. 1<sup>st</sup> and 2<sup>nd</sup> year on 14<sup>th</sup> of September 2022.

Registration for the Workshop was being done by Ms. Anjali Tyagi on the day of workshop i.e., on 14<sup>th</sup> September 2022. The conference witnessed a participation of nearly forty-eight students of B.Sc. Nursing 2<sup>nd</sup> year of St. Stephen's Hospital College of Nursing.

There was a brief pre-test conducted by Ms. Shilpa. S which consisted of ten questions and was aimed at analyzing the previous existing knowledge of the subject matter.

The moderator of the webinar was Ms. Bhoomika (M.Sc. N. 2<sup>nd</sup> year), St. Stephen's Hospital College of Nursing. She welcomed the Participants for the webinar at 9:15 am and gave the welcome speech and introduction of the topic i.e., ECG: Demystifying the Heart.

After that she welcomed the B.Sc. 2<sup>nd</sup> year students for the invocation song. After that Ms. Bhoomika welcomed our Honorable Principal Mam Prof. Dr. Feba Geevarghese who provided us the words of wisdom along with welcome remark. It was half an hour session from 9:30 am to 10:00 am.

After that our First speaker was Ms. Israt Hina, M.Sc. Nursing Tutor. She discussed about the Anatomy and Physiology of Heart. The session started at 10 am and ended at 11 am. She discussed about the anatomy of heart and their functions along with the cardiac cycle and how the heart beats.

Next session was taken by our second Guest speaker Dr. JPN Gupta, CMO at St. Stephen's Hospital. The topic he covered was Understanding the Basic concepts and Interpretation of ECG. The session started at 11:05 am till 12:00 pm. He imparted knowledge about the normal rhythms, placement of ECG leads and all the segments and waves on ECG paper, conduction system and how to calculate the heart beats on ECG paper.

At 12:10 pm Group Activity was conducted by Ms. Anjali and Ms. Bhoomika, M.Sc. Nursing 1st & 2nd year, St. Stephen's Hospital College of Nursing, for half an hour. They made the workshop interesting by including activities like Quiz competition with prize distribution, asking riddles and solving their queries about how to calculate the heart beats.

Ms. Bhoomika then announced the lunch break for the participants after two long sessions. The break time was for 45 min., starting from 12:30 pm and ends at 1:15 pm.

Ms. Bhoomika then introduced our next speaker Prof. Dr. Feba Geevarghese, Principal of St. Stephen's Hospital College of Nursing for 3rd session on Topic: Identification and Management of Dysrhythmias. This session was started at 1:30pm and ends at 2:20 pm. She discussed about the arrhythmia, dysrhythmia, how to identify and what all the measures should take.

Then at 2:30 pm our Last speaker Dr. Manu Gupta Consultant, Internal Medicine and Critical Care St. Stephen's Hospital was introduced to participants The topic for 4th session was ACLS Approach towards ECG changes. He has covered the true facts related to the topic with the suitable examples and for the better understanding of the participants he also showed several images. This last session ends at 4:00 pm. It was 1 hour & 30 mins session and covered all the aspects that helped the participants to get a clear picture of the topic and the identification of the regular and irregular ECG patterns along with their ACLS & BLS approaches.

The organizers then also conducted the post-test on these above topics and feedback responses were being taken by the participants. The post-test mean score was significantly higher than the pre-test mean score which showed that the webinar was effective.

Then valedictory session of the conference was started from 4:00 pm to 4:15 pm by Ms. Bhoomika, Ms. Kirtika and made the vote of thanks to Our Principal Ma'am Prof. Feba Geevarghese, the Organizing faculty Ms. Sheljy Shajan (Associate Professor) & Ms. Rana Kamar (M.Sc. Nursing Tutor), the attending faculty and the participants for their participation in the Workshop and making it the success and effective by increasing the knowledge on the Topic ECG.

The program ended by 4:30pm.





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