

AMALA COLLEGE OF NURSING AQAR (2022-2023)



CRITERION 3– Research, Innovations and Extension Key Indicator 3.3– Research Publications and Awards

Metric No. 3.3.1- The Institution ensures implementation of its stated Code of Ethics for research.

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AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar, Thrissur - 680 555, Kerala

Affiliated to Kerala University of Health Sciences and recognized by Kerala Nurses and Midwives Council & Indian Nursing Council (Certificate No. 18-16/2893-INC)

Date: 18.01.2022

To

The Principal St. Thomas College (Autonomous) Thrissur

Dear Sir / Madam,

Greetings from Amala College of Nursing!!

We are extremely privileged to be mentored by St. Thomas College (Autonomous), Thrissur under UGC Paramarsh Scheme. With the able guidance of our mentor Rev.Fr.Dr. Anil George Konkoth CMI and constant support from the faculty and Librarian Shri. Sanjo. Jose of St. Thomas College (Autonomous), Thrissur we are planning to file our IIQA by Feb 2022.

As a part of our SSR, under criteria 4.3.3 under e-library resources, we would like to request your kind permission to access N-List (National Library and information services infrastructure for scholarly content through St.Thomas E-Library) as the same cannot be directly accessed through E- Shodh Sindhu Portal For non aided colleges. It would be a great blessing and privilege for faculty and students of Amala College of Nursing if they could get an username and password through the St.Thomas College (Autonomous), Thrissur library N-List portal. Also we would like to have permission to use the plagiarism check software which is coming under criteria 3.3.1.

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With warm regards

Dr. Rajee Reghunath

Principal

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I RISK PREDICTORS OF HYPERTENSION AMONG THE NON-CLINICAL HEALTHCARE WORKERS IN A SELECTED HOSPITAL NEETHU ANTO Amala College of Nursing, Thrissur DISSERTATION SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF SCIENCE IN NURSING KERALA UNIVERSITY OF HEALTH SCIENCES THRISSUR 2022

II RISK PREDICTORS OF HYPERTENSION AMONG THE NON-CLINICAL HEALTHCARE WORKERS IN A SELECTED HOSPITAL BY NEETHU ANTO

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of MASTER SCIENCE In MEDICAL SURGICAL NURSING Under the guidance of Mrs. RINU DAVID, MSc (N) Asst. Professor Department of Community Health Nursing Amala College of Nursing Thrissur 2022

iii DECLARATION BY THE CANDIDATE I hereby declare that this dissertation entitled, Risk predictors of hypertension among the non-clinical healthcare workers in a selected hospital " is a bonafide and genuine research work carried out by me under the guidance of Mrs.Rinu David, Asst. Professor, Department of Community Health Nursing, Amala College of Nursing, Thrissur. Date: 16-09-2022 Place: Thrissur Neethu Anto

iv CERTIFICATION BY THE GUIDE This is to certify that the dissertation entitled "Risk predictors of hypertension among the non-clinical healthcare workers in a selected hospital" is a bonafide and genuine research work done by Neethu Anto in partial fulfillment of the requirements for the degree of Masters of Science in Medical Surgical Nursing. Date: 16-09-2022 Mrs. Rinu David, MSc (N) Place: Thrissur Asst. Professor Department of Community Health Nursing Amala College of Nursing Thrissur

v ENDORSEMENT BY THE PRINCIPAL This is to certify that the dissertation entitled "Risk predictors of hypertension among the non-clinical healthcare workers in a selected hospital" is a bonafide research work done by Neethu Anto in partial fulfillment of the requirements for the degree of Master of Science in Medical Surgical Nursing. Date: 16-09-2022 Prof. Dr. Rajee Reghunath MSc (N), PhD Place: Thrissur Principal Amala College of Nursing Thrissur

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vii ACKNOWLEDGEMENT "No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude" - Alfred North Whitehead - The investigator is grateful to God Almighty, without his benevolent blessings this study would not have been possible. With much pleasure the investigator conveys her gratitude to all those who have indulged themselves in supporting for her welfare and progress. The investigator wishes to express her sincere gratitude to Rev. Fr. Julious Arakkal CMI, Director, Amala Institute of Medical Sciences for giving the opportunity to utilize all facilities in the reputed institution for the successful completion of this dissertation. The investigator wishes to express her sincere gratitude to Prof. Dr. Rajee Reghunath, MSc (N), PhD, Principal, Amala College of Nursing for his wise support, genius suggestions for completing the study. The investigator is extremely thankful to Sr. Litha Lizbeth, MSc (N), Professor, Vice Principal and HOD of Obstetrics and Gynecological Nursing department, Amala College of Nursing, for her general support and valuable suggestions for completion of the study. The investigator owes her sincere appreciation and heartfelt gratitude to Mrs.Rinu David, MSc (N), Assistant Professor, Community Health Nursing department, Amala College of Nursing for spending her valuable time, expert suggestions, constant encouragement, patience and prayerful support from the



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ii THE IMPACT OF COVID -19 PANDEMIC ON PHYSICAL AND MENTAL HEALTH AMONG STAFF NURSES WORKING IN COVID CARE AREA AND NON- COVID CARE AREA By SEENA A F Dissertation submitted to the Kerala University of Health Sciences Thrissur In partial fulfillment of the requirements for the degree of MASTER SCIENCE In MEDICAL SURGICAL NURSING Under the guidance of Mrs. Bincy A P, MSC (N) Associate Professor Department of Mental Health Nursing Amala College of Nursing Thrissur 2022

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IMPACT OF CHEMOTHERAPY INDUCED NAUSEA AND VOMITING ON QUALITY OF LIFE

AMONG PATIENTS RECEIVING CHEMOTHERAPY. Surya K,1Moly Thomas,2 Rajee Regunath3 ABSTRACT Newer findings of many oncology studies reveal that chemotherapy-induced nausea and vomiting (CINV) is a distressing and common adverse event associated with cancer treatment. Objectives of the study was the association between impact of chemotherapy induced nausea and vomiting and selected baseline and disease related variables among patients receiving chemotherapy. The study was conducted as a descriptive design. One hundred and twenty-three samples were selected by purposive sampling technique from the oncology department of Amala Institute of Medical Sciences, Thrissur. Descriptive statistics, inferential statistics and regression analysis were used for data analysis. Among the baseline & disease related variables, gender (p=0.005), name of chemotherapy drug used in chemotherapy treatment (p=0.001) and emetogenic potentiality of anticancer drug (p=0.001) and association between impact of CINV and nausea (p=0.027) and history of nausea and vomiting (p=0.001) were statistically significant at 0.05 level. Introduction Cancer is a major health problem that occur in all ethnicities. According to the world health organization (2018) the global cancer burden is estimated to have risen to 18.1 million new cases and 9.6 million deaths. Approximately 4 million people per year receiving chemotherapy for the treatment of cancer, chemotherapies are one of the most commonly used therapies to help patients fight against cancer.

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Nausea and vomiting can result in anorexia, decreased performance, metabolic imbalance, wound dehiscence, oesophageal tears, and nutritional deficiency.

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The use of emerging antiemetic medications has reduced the incidence of vomiting substantially, but evaluations shows that approximately 30% to 60% of patients still experience either acute or delayed nausea

and vomiting after chemotherapy.

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Quality of life is the general well-being of individual and society, outlining negative and positive features of life. It observes life satisfaction including everything from physical health, family, education, employment, wealth, safety, security, freedom, religious belief and the environment.

An increasingly it is an important issue in oncology patient to evaluate the Quality of life. Although chemotherapy-induced vomiting can be prevented in almost 70 % to up to 80 % of the patients with the correct use of antiemetics but management of nausea is more limited Statement of problem A study to assess the

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impact of chemotherapy induced nausea and vomiting on quality of life

among patients receiving chemotherapy in Amala Institute of Medical Science, Thrissur. Objective To find out the association between

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impact of chemotherapy induced nausea and vomiting on quality of life and

selected baseline and disease related variables among patients receiving chemotherapy. Hypotheses H1-There will be significant association between

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impact of chemotherapy induced nausea and vomiting on quality of life and

selected baseline and disease related variables among patients receiving chemotherapy. Methodology Nonexperimental quantitative approach was adopted. The sample for this study consists of 123 patients receiving highly emetogenic or moderately emetogenic chemotherapy in oncology department of Amala Institute of Medical Science, Thrissur. Nonprobability purposive sampling technique. Inclusion criteria was patients who are diagnosed with cancer receiving chemotherapy with age ≥18 years in Amala Institute of Medical Sciences, receiving any cycle of chemotherapy for any type of malignancies and receiving highly emetogenic or moderately emetogenic chemotherapy. Tool and technique Tool 1: Baseline and disease related variables Tool 2: Daily dairy Tool 3: Functional Living Index − Emesis Questionnaire Result There was an association between impact of chemotherapy induced nausea & vomiting on quality of life among patients receiving chemotherapy and selected baseline and disease related variables. The study findings reveals that association between impact of CINV on quality of life and selected baseline line and disease related variables include in gender (p=0.005), name of chemotherapy drug used in chemotherapy treatment (p=0.001) and emetogenic potentiality of anticancer drug (p=0.001) which is statistically significant at 0.05 Gender Impact of CINV on quality of life Chi -square Value df P value

mean \leq 6 mean <6 Male 8 26 7.331 1 0.005 Female 45 44 Association between impact of CINV on quality of life and gender Table indicates that calculated chi-square value is 7.33 and p value is 0.005. Hence the association between impact of CINV on quality of life and gender is statistically significant. Association between impact of CINV on quality of life and emetogenic potentiality of anticancer drug Emetogenic potentiality of anticancer drug Impact of CINV on quality of life Chie-square value df

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Conclusion Chemotherapy is the one of the treatment modalities for cancer patients. Cancer patients experience a considerable number of symptoms during chemotherapy treatment, mainly chemotherapy-induced nausea and vomiting (CINV). As per the findings of the study, it can be concluded that there is a significant

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impact of chemotherapy induced nausea and vomiting on quality of life

among patients receiving chemotherapy. The findings of study suggest that assessment of

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impact of chemotherapy induced nausea and vomiting on quality of life

will help to reduce CINV by using antiemetics combined with corticosteroid and proper guidelines. Limitation • Purposive sampling and single hospital setting limit the generalizability of findings. • The study would have been more effective if the quality of life assessment was planned in different time points of treatment. References 1, WHO, international agency for

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treatment on cancer: latest global cancer data. https://tomes.lndia.time.com. 2. Nair P. Cancer incidence rate highest in Kerala [Internet]: Times of India; 2018 [cited 2021 May 23]. https://timesofindia.indiatimes. Com /city/kochi/cancerincidence -rate-highest-in-Kerala/article show/65864713.cms. 3.

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Janelsins MC, Tejani MA, Kamen C, Peoples AR, Mustian KM, Morrow GR. Current pharmacotherapy for chemotherapy-induced nausea and vomiting in cancer patients. Expert

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Chan H-K, Ismail S. Side effects of chemotherapy among cancer patients in a Malaysian general hospital: Experiences, perceptions and informational needs from clinical pharmacists. Asian Pac J Cancer Prev. 2014;15(13):5305–9. 7.

Nausea and Vomiting [Internet]. Cancer.net. 2012 [cited 2021 Jun 1]. Available from:https://www.cancer.net/coping-with-cancer/physical-emotional-and-socialeffects-cancer/managing-physical-side-effects/nausea-and-vomiting.

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Chan H-K, Ismail S. Side effects of chemotherapy among cancer patients in a Malaysian General Hospital: experiences, percep- tions and informational needs from clinical pharmacists. Asian Pac J Cancer Prev 2014;15(13):5305-5309 6

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Nausea and vomiting can result in anorexia, decreased performance, metabolic imbalance, wound dehiscence, oesophageal tears, and nutritional deficiency.

nausea and vomiting can result in anorexia, decreased performance status, metabolic imbalance, wound dehiscence, esophageal tears, and nutritional deficiency.1,2

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The use of emerging antiemetic medications has reduced the incidence of vomiting substantially, but evaluations shows that approximately 30% to 60% of patients still experience either acute or delayed nausea

The use of emerging antiemetic medications has reduced the incidence of vomiting substantially, but evaluations show that approximately 30% to 60% of patients still experience either acute or delayed nausea

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https://en.wikipedia.org/wiki/Quality_of_life

Quality of life is the general well-being of individuals and societies, outlining negative and positive features of life. It observes life satisfaction, including everything from physical health, family, education, employment, wealth, safety, security to freedom, religious beliefs, and the environment.[1]

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