



Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

AMALA COLLEGE OF NURSING

AQAR (2022-2023)



CRITERION 3– Research, Innovations and Extension

Key Indicator 3.4 – Extension Activities

Metric No. 3.4.4 - Institutional social responsibility activities in the neighbourhood community in terms of education, environmental issues like Swachh Bharath, health and hygiene awareness and socio-economic development issues carried out by the students and staff during the year.

SUBMITTED TO



National Assessment and Accreditation Council

ACTIVITIES OF STUDENTS & FACULTY
(2022-23)



AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

VISIT TO OLD AGE HOME

As a part of the Christmas celebration, NSS volunteers visited an old age home in Thalakkottukara on 15/12/2022. Fifty students were accompanied by the NSS program officer and Associate Professor sister Jyotish CSC. Students celebrated Christmas with this group and arranged games and talent sessions in between. The programs were warmly received by all in such a way that everyone could enjoy them.



Objectives:

The primary objective of our visit to the old age home was to gain insights into the living conditions, emotional well-being, and healthcare provisions for the elderly residing there. Additionally, we aimed to understand the challenges faced by the elderly in such facilities and explore opportunities for community engagement and improvement.



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Event Highlights:



All the members of the old age home were enthusiastic and participated in all the activities. The students were informed that it was a great opportunity to mingle with Society and the needy in society and thank the organizers of the old age home.



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CLEAN INDIA CAMPAIGN AND ACTIVITIES IN THE ADOPTED VILLAGE


The Clean India campaign and activities in the adopted village of Elavally Gramapanchayath have made significant strides in promoting cleanliness, sanitation, and hygiene. The family health centre and its surroundings were cleaned on October 1, 2022, as a part of the Gandhi Jayanti Day celebration.

Objectives:

- Improving solid waste management practices.
- Promoting hygiene and sanitation awareness.
- Enhancing cleanliness and aesthetic appeal of the village.
- Inculcating a sense of responsibility and community participation.


The village's achievement status, coupled with improved waste management practices and increased awareness, highlights the positive impact of community-driven initiatives. Continued efforts and community engagement are essential to sustain and build upon these achievements, ensuring that the adopted village remains a model of cleanliness and sanitation for the broader community. The campaign serves as a testament to the importance of grassroots initiatives in improving the living conditions and well-being of residents in rural areas.




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Event Highlights:




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MAINTENANCE OF THE GARDEN AND CLEANING OF THE COLLEGE PREMISES

NSS volunteers took part in the maintenance of the garden, which is on the 28 August campus in front of the College of Nursing. They also clean and maintain the area on a routine basis. They also clean and maintain the area on a routine basis.

OBJECTIVES

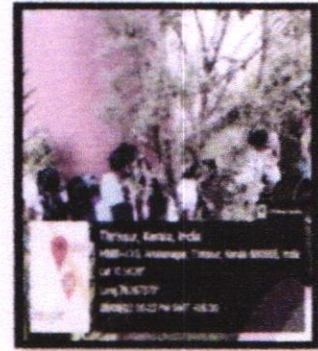
- Improve the visual appeal of the college premises through regular maintenance of the garden, ensuring a clean, green, and vibrant atmosphere.
- Create an inviting and positive ambiance that contributes to a conducive learning environment.
- Instill a sense of pride and ownership among the college community by maintaining a well-kept garden and premises.
- Implement eco-friendly practices in garden maintenance, such as composting, water conservation, and the use of sustainable landscaping techniques.

These efforts not only ensured the garden's aesthetic appeal but also contributed to its safety and functionality. Regular maintenance is essential to sustain the beauty and vitality of outdoor spaces, create enjoyable environments for visitors, and promote the well-being of plants and ecosystems. Garden maintenance serves as an ongoing commitment to the care and stewardship of this valuable community asset.




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Event Highlights:



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REPORT ON NUTRITION PROGRAM


As a part of the fourth-year BSc. Nursing Community posting, the NSS unit conducted the nutrition awareness program 'RUCHIKOOTU'. The program was conducted on August 23, 2022, from 10 a.m. to 12 p.m. at Suvarna Anganavadi of Elavally Grama Panchayath.

Objectives

- Reduce the prevalence of malnutrition among children and mothers.
- Improve the overall health and development of children.
- Enhance the nutritional knowledge of mothers and caregivers.
- Assess the frequency and thoroughness of health check-ups for children and mothers.
- Highlight any specific health issues identified and addressed.
- Determine the level of understanding and application of nutritional knowledge by mothers and caregivers.

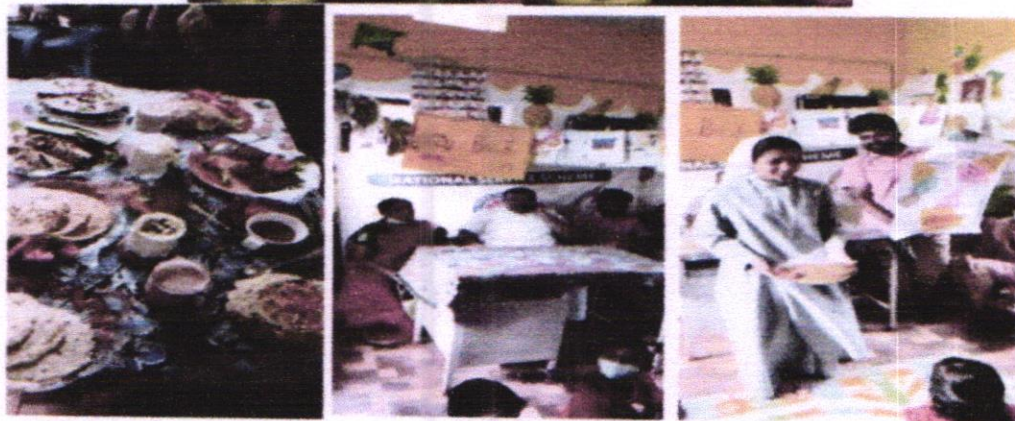
For this, the students were divided into groups focusing on the dietary problems of preschoolers, adolescents, pregnant women, and lactating mothers. Their recipes required to meet the dietary needs were discussed. The program was inaugurated by Mr. Jio Fox, the panchayath president. The welcome address was by Mr. Arun Mohan. Felicitation was done by Mrs. Annie, the Anganavadi teacher. Ms. Anitta Johny delivered the vote of thanks.




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The program had an audience of 18 people belonging to different age groups. The beneficiaries were mothers and elderly citizens. An interactive session was conducted, and feedback was collected. The program was a successful endeavor.

PHOTOGRAPHS



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VAYOJANA SANGAMAM, THANNAL

Amala College of Nursing, in collaboration with Community Health Nursing and Mental Health Nursing, organized 'VAYOJANA SANGAMAM - THANNAL' on August 11, 2022, from 10 a.m. to 1 p.m. at Marcena Home Chowannur.


Objectives:

- To raise awareness about the issues affecting the elderly population. Through informational sessions, participants were informed about common health concerns, legal rights, and available support service.
- To promote the physical and mental well-being of old age people.
- To facilitate knowledge exchange among professionals, caregivers, and seniors, fostering a collaborative environment to address the challenges of aging.

The program begins with the prayer song, and Ms. Sandhra Benny welcomes the gathering. The program was inaugurated by Rev. Sr. Nivya, and she introduced the members and also explained about the functioning of the institution.

In the home, there were a total of 30 members, and they were very happy with good co-existence. The third-year BSc nursing students provided the health awareness class. The major topics were sleep hygiene, mental wellness, a healthy diet, and personal hygiene. The session was very interesting with the wide interaction of residents.




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Thereafter, fourth-year BSC nursing students demonstrated muscle-building exercises, and the residents joined in the exercises. There were also group dances and songs, and residents enjoyed it very well. The program was concluded at 1.00 p.m., and the vote of thanks was given by Ms. Antreeza, a third-year BSC nursing student. Overall, the program was well conducted, and all enjoyed it very well.

PHOTOGRAPHS



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REPORT ON SCHOOL HEALTH PROGRAMME


As a part of our fourth-year Community Health Nursing posting, we got an opportunity to conduct a school health program on August 10, 2022, at 10 a.m. in Mary Rani L. P. School, Amala Nagar, Thrissur. The school health program mainly focused on the topics of personal hygiene, mobile phone addiction, and a healthy diet.

Objectives:

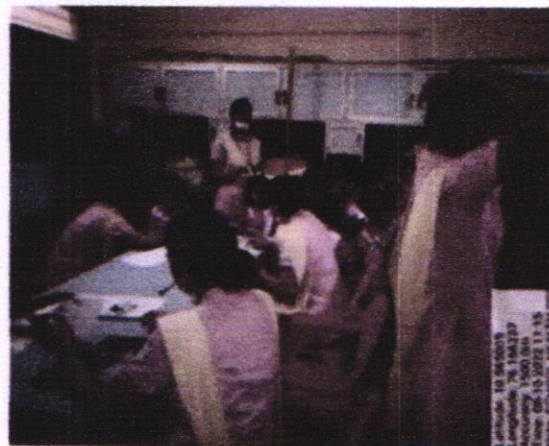
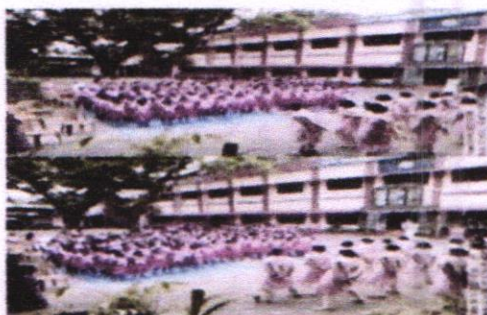
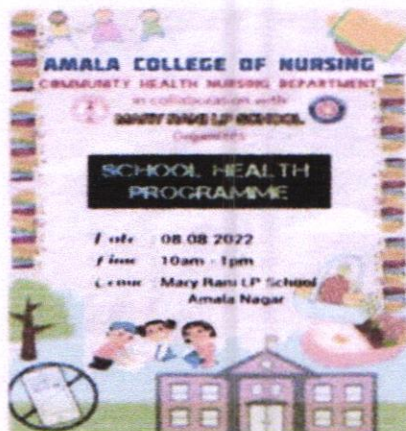
- To educate students about the importance of personal hygiene and instill habits that contribute to overall health.
- To create awareness about the potential risks associated with excessive mobile phone use and promote responsible usage.
- To foster a culture of healthy eating habits among students and educate them about the benefits of a balanced diet.

The program was started with a prayer song by fourth-year BSN students. Ms. Diona Ann Joseph, the student representative, welcomed the gathering. Mr. Nitheesh, a ward member of ward-10 Adat Gram Panchayat, delivered the inaugural address. Rev. Sr. Ally Therese F.C.C., Head Mistress of Mary Rani LP School, delivered the felicitation. Thereafter, a puppet show including the topics of personal hygiene, mobile phone addiction, and a healthy diet was conducted by the fourth-year BSC nursing students. After the puppet show, a health checkup for first-to fourth-grade students was done. 172 students participated in the health checkup. Mrs. Shaly Joseph Asst. Professor and Mrs. Rinu David Asst. Professor supported us with their valuable suggestions in conducting the program. The awareness session and health checkup were a great success. The program was concluded at 1.00 pm by the vote of thanks of Ms. Keerthi M. Surendran, a fourth-year BSC nursing student.




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PHOTOGRAPHS



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Report on the Nutrition Day Program

"SWAD" (2022)

"Good nutrition creates health in all areas of our existence; all parts are interconnected."

Today, the world faces a double burden of malnutrition and overnutrition. Taking this into consideration, we, the fourth-year BSC students of Amala College of Nursing, in association with the community health nursing department, conceded that advertising is incumbent in the panchayath, especially where we had posted for community practice. On July 1, 2022, at 10:00 a.m. in Navodaya Anganawadi, almost all fourth-year students steered the nutritional program "SWAD: Good Food for Good Health 2022." The inauguration was done by the panchayath president, Mr. Geo Fox, and the felicitation was delivered by Mrs. Lalitha.

Objectives:

- Increase awareness among the general population about the importance of nutrition in maintaining good health and preventing various diseases.
- Encourage individuals to adopt and maintain healthy eating habits, including a balanced and varied diet rich in essential nutrients.
- Provide education on nutritional principles, the benefits of different food groups, and the impact of nutrition on overall well-being.
- Raise awareness about the risks of malnutrition and provide information on how to prevent and address nutritional deficiencies.
- Focus on specific nutritional challenges or issues prevalent in the community, such as obesity, diabetes, vitamin deficiencies, or other nutrition-related health concerns.



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The students were divided into five groups, and each group acquainted themselves with a healthy diet for preschoolers, schoolers, adolescent girls, pregnancy and lactation, and finally for the elderly. The presentation was bestowed with alluring charts, a prepared one-day menu plan for each category, and the details of the RDA for each group. The food items prepared by the students spread to the participants in the program. The program ended with a vote of thanks.

Event Highlights:



സ്വാദ് പോഷകാഹാര ക്ലാസ്

എറണാകുളം • അമ്മ കോളേജ് ഓഫ് നഴ്സിംഗ് കോളേജിൽ പങ്കെടുത്ത അമ്മകൾക്ക് പഞ്ചായത്തിൽ നൽകാൻ പോകുന്ന ഹെൽത്തികാണ ക്ലാസ് നൽകി. സ്ത്രീ പഞ്ചായത്തിൽ ഒരു ആരോഗ്യകരമായ ഭക്ഷണത്തിന് പഞ്ചായത്തിൽ ഉണ്ടാകാൻ പറ്റിയ ഉപദേശം നൽകി. പഞ്ചായത്തിൽ ഉണ്ടാകാൻ പറ്റിയ ഉപദേശം നൽകി. പഞ്ചായത്തിൽ ഉണ്ടാകാൻ പറ്റിയ ഉപദേശം നൽകി.



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International Day Against Drug Abuse and Illicit Trafficking 2022


The International Day Against Drug Abuse and Illicit Trafficking event at the Amala campus and its premises on June 27, 2022, was a powerful and informative occasion that emphasized the importance of drug prevention, rehabilitation, and international cooperation. It provided attendees with valuable knowledge and resources to combat drug abuse and promote healthier communities.

Objectives:

- Promoting awareness about the dangers of drug abuse and the importance of prevention.
- Advocating for international cooperation to address the challenges posed by illicit drug trade.
- Encouraging communities, governments, and organizations to take proactive measures in the fight against drug abuse.
- Highlighting the global impact of drug abuse and illicit trafficking on individuals and societies.

Moreover, the event underscored the collective responsibility of individuals, communities, and nations to address the drug problem. As drug-related issues continue to affect societies worldwide, events like these serve as a reminder of the need for education, prevention, treatment, and cooperation in the fight against drug abuse and illicit trafficking. The International Day Against Drug Abuse and Illicit Trafficking celebration reinforced the message that drug abuse is a global issue that demands a unified response to protect individuals and communities from its devastating effects.




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NSS volunteers prepared awareness charts and posters regarding the topic. The charts are published in front of the hospital, and awareness pamphlets are distributed to the public.

PHOTOGRAPHS



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PHOTOGRAPHS



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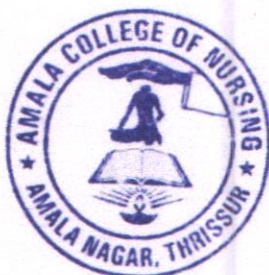
Yoga training on June 17, 2022


The International Day of Yoga is celebrated annually on June 21st. Yoga is a physical, mental, and spiritual practice that originated in India. Yoga is an integral part of medical care as well. In order to raise awareness about yoga and its benefits, Amala College of Nursing, a college union, in collaboration with NSS, organized a yoga training camp on May 17, 2022, at 10 a.m. at Amala Auditorium.

Objectives:

- Encourage individuals to adopt a healthy lifestyle through regular physical activity.
- Raise awareness about the positive impact of yoga on mental health.
- Highlight the various physical benefits of yoga, such as increased flexibility, strength, and balance.
- Highlight the meditative aspects of yoga that contribute to mindfulness and self-awareness.

The resource person was Mrs. Deepthy C. (M.Sc. Yoga), Yoga Trainer, Vaidhyaratnam Ayurveda College, Ollur. The program began with a prayer song, followed by a welcome speech by Ms. Blessy Maria Chacko, a 4th year B.Sc. Nursing student, and an inaugural address by Professor Dr. Rajee Reghunath, Principal, Amala College of Nursing. The session began at 10:00 a.m. with a brief history, followed by asanas and pranayamaas to enhance health. Finally, the program was conducted with a vote of thanks by Jimimol M. Jiji, a 3rd year B.Sc. Nursing student.




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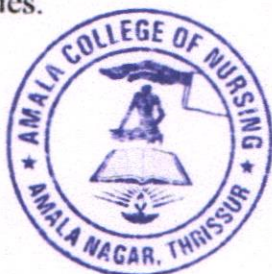
World blood donors' day - camp

Amala Medical College celebrated the silver jubilee of its blood bank unit on June 14, 2022. Their proud moment was celebrated with the union of Amala Blood Bank and the Amala College of Nursing NSS Unit. The event commenced with a rally to Chavara Block at 7.45 a.m., followed by flying hydrogen balloons. At 10.30 a.m., third-year B.Sc. nursing students performed a flash mob to raise awareness about blood donation.

The official meeting was conducted in the chapel of Chavara Block at 11 a.m. It was inaugurated by Shri. Aadhithya R., IPS District Police Chief, Thrissur. The dignitaries included Rev. Fr. Julius Arakkal CMI, Director, Amala Institute of Medical Sciences; Zone Senior Drug Inspector Mr. Saju R; Fr. Jaison Mundanmanny CMI, Associate Director, Amala Institute of Medical Sciences; Fr. Deljo Puthoor CMI, Associate Director, Amala Institute of Medical Sciences; Dr. Rajee Reghunath, Principal, Amala College of Nursing; Dr. Rennis Davis, Vice Principal, Amala Institute of Medical Sciences; Sri Tinny Francis, who donated blood 122 times; Transfusion Medicine HOD Dr. Vinu Vipin; and Blood Bank Incharge Sr. Elizabeth SH.

Objective:

The World Blood Donors' Day Camp was organized with the primary objectives of promoting awareness about the importance of blood donation, encouraging voluntary blood donation, and recognizing and appreciating the invaluable contribution of blood donors worldwide. The event aimed to address the ongoing challenges in ensuring a steady and safe blood supply for medical treatments and emergencies.



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Environment Day Celebration

The Environment Day celebration at Amala College of Nursing in 2022 was held on June 6th 2022, which was a resounding success in promoting environmental awareness, sustainability, and community engagement. It provided attendees with valuable knowledge and resources to take meaningful actions to protect the environment.

Objectives:

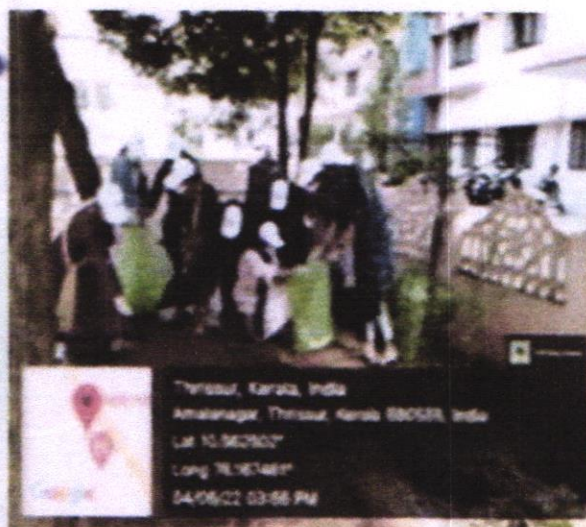
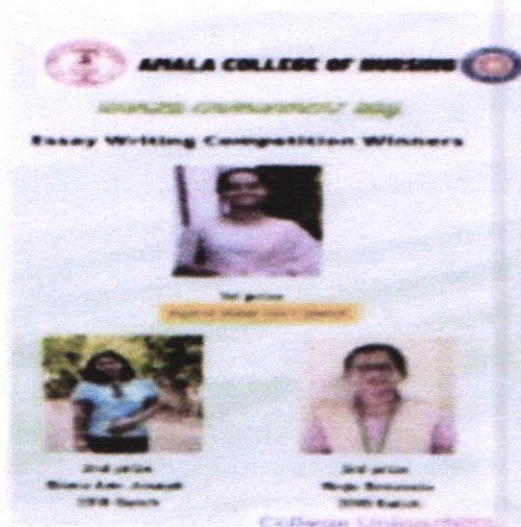
- Create awareness among the community about environmental issues
- Educate participants about the importance of individual and collective actions in preserving and protecting the environment.
- Encourage the adoption of sustainable practices in daily life, such as reducing waste, conserving energy, and using eco-friendly products.
- Undertake a tree plantation drive to contribute to the increase in green cover and combat deforestation.
- Launch a waste management campaign to promote proper waste disposal, recycling, and reduction of single-use plastics.




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As a part of Environment Day, students actively participated in campus cleaning. As a part of the celebration, students also conducted an essay writing competition. Students have also prepared awareness posters regarding the importance of the day.

Event Highlights:



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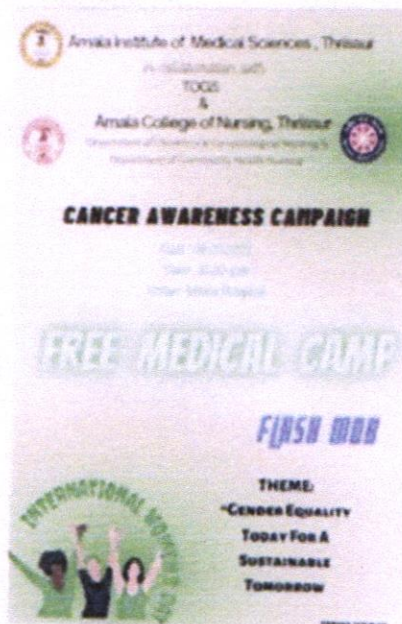


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Cancer Awareness Campaign

As a part of the Women's Day celebration, Amala Institute of Health Sciences and Amala College of Nursing, in association with TOGS, organized a cancer awareness campaign on 08 March 2022 at 10.00 am. It was a resounding success in raising awareness about cancer and its impact on individuals and communities. It provided attendees with valuable knowledge about prevention, early detection, and available resources. By offering free screenings and emotional support through survivor stories, the campaign not only educated the public but also made a tangible difference in the lives of those affected by cancer. It reinforced the importance of proactive healthcare, community support, and ongoing research in the fight against cancer. The program included a free medical camp along with health education and a flash mob. The program was a success, and students actively participated in it.



International Women's Day

Programme Schedule

Prayer	Dr. Anil Kuttan
Welcome Speech	Dr. Anil Kuttan HEAD, Dept. of Obstetrics & Gynaecology Amala Institute of Medical Sciences
Presidential Address	Rev. Fr. Julius, Bishop CM Director Amala Institute of Medical Sciences
Inauguration	Ms. Sandhya Menon Guest Artist
Exhibition	Rev. Fr. Daniel Ruffalo CM Associate Director Amala Institute of Medical Sciences
	Dr. Anand KJ Principal Amala School of Nursing
Vote of Thanks	Dr. Anand KJ Principal Amala School of Nursing
Health Education Flash Mob	10th Nursing Students - 2018 batch 12th Nursing Students - 2018 batch



Legal
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Event Highlights:



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Pulse Polio Immunization Programme – 2022

As a part of pulse polio immunization programme, 50 NSS volunteers were posted in different places (Chittatukara Janashakthi Anganavadi, kakkasseri, Vaka Subcentre, Ellavally FHC, Poovathur Bus stand, UHC Patturaikkal and Amala Hospital, Thrissur) for participating in the programme in 6 booths.

Objectives:

- To ensure that every child under the age of five within the target population receives the polio vaccine.
- To sustain the polio-free status achieved through previous vaccination efforts.

A total number of 303 children get vaccinated from all the six booths. Two drops of polio were given to the child and all guidelines were followed for vaccine safety and following vaccine administration.

Through this programme students got a great opportunity to learn about vaccination process, vaccine vial monitoring and cold chain system. The programme was exciting, knowledgeable, and memorable.



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Photographs



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BEST PRACTICE-1

APSARA

DESCRIPTION



Amala COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar, Thrissur – 680 555, Kerala

First Nursing College accredited by NAAC with A grade in the first cycle (RAF)

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

Best practice-1

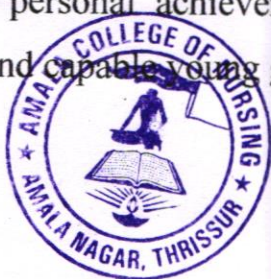
APSARA (ACON PALLIATIVE SERVICES AND REACHOUT ACTIVITIES)

Objectives

1. To instil human values and compassion for nursing students
2. To improve the nursing care skills of the students in a home-based setting
3. To sense the needs of society and be a part of the institutional social responsibility by offering **free** nursing services.

The Context

- Amala College of Nursing, Thrissur initiative on palliative services is a noble venture of Amala College of Nursing in **collaboration with department of palliative medicine** of Amala Institute of Medical Sciences, Thrissur in 2019.
- The college has evolved the concept of APSARA from the thought that the nursing education is strengthened by institutional social responsibility like participating in palliative care home visits and outreach activities. Thus the implicit aim of APSARA is the **holistic development of students**.
- Moreover, Amala being **a treatment centre for cancer patients**, there is a huge scope for the students of the college in gaining new **knowledge and skills about palliative care** and imparting this knowledge and skills in caring for the terminally ill patients within their **door steps**.
- Through the **constant support of the management and staff** the college strives, for the sense of social responsibility and team spirit in the students in tandem with personal achievement, to prepare them for life as mature, responsible, and capable young graduates



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(Certificate No. 18-16/2893-INC)

Practice

- The students and faculty of Amala College along with the palliative department of Nursing conducts **regular home visit** and provides **free service** to **terminally ill and bed ridden patients** who are residing within **20 kms radius** of the hospital on every Thursdays.
- Till date APSARA has covered 115 patients through visiting 2 elderly care homes and direct family care .
- The **team is accompanied by a UG or PG students, a teaching faculty**
- (nurse), a doctor, social worker and a chaplain. The nursing team provides the needed nursing care to the patients.
- The resources required for palliative care including transportation is offered by the parent hospital.
- Amala College of Nursing also initiates outreach activities in which the students help the needy families by providing **adequate nursing care, health education**.

Evidence of success

- Palliative care is a multidisciplinary health care process to improve patient's quality of life and their families by alleviating or reducing suffering.
- Evidence of success is measured in terms of satisfaction of patient and family who are facing challenges associated with life threatening illness ,stake holders and through student feedback.
- The society recognises the value of nursing care and nursing education in this paradigm shift.



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PRINCIPAL

AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555

**APSARA
FEEDBACK REPORT OF
STUDENTS**



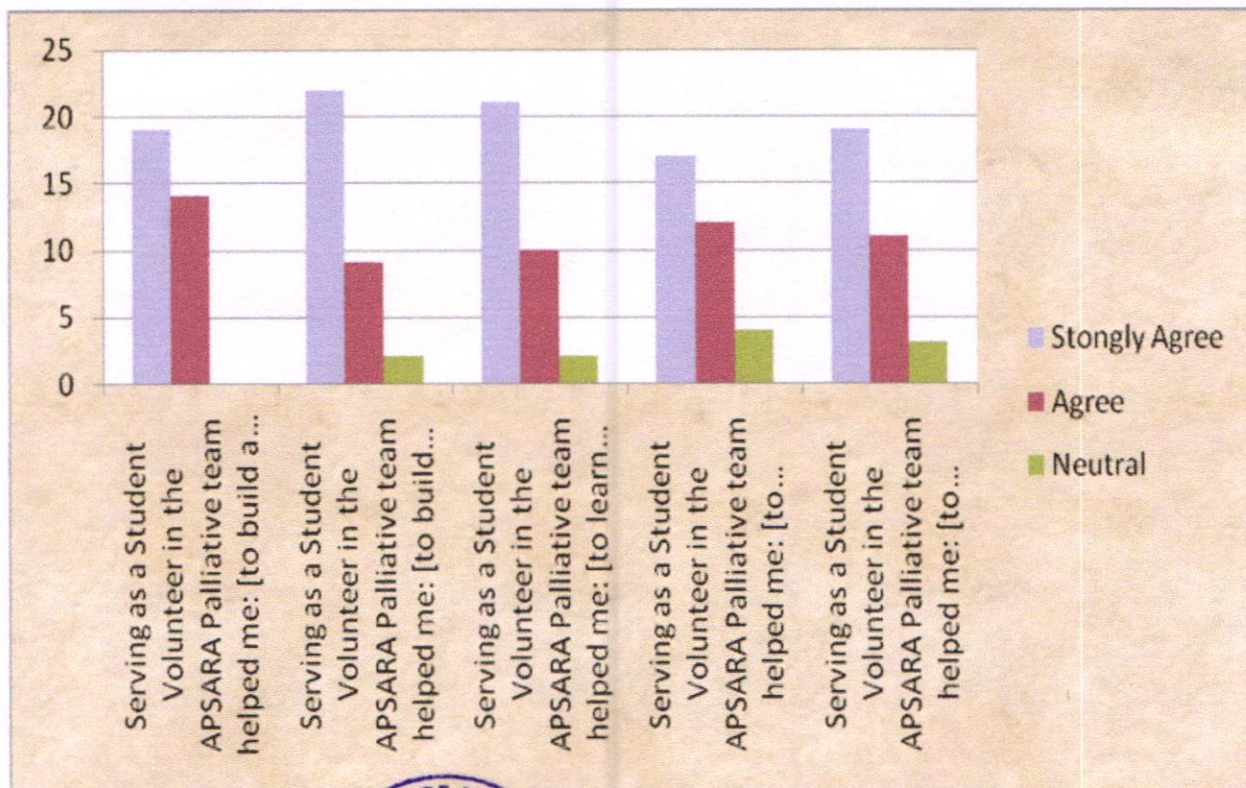
AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

APSARA Feedback

Criteria	Strongly Agree	Agree	Neutral
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to build a strong self esteem]	19	14	0
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to build compassion to the poor and sick]	22	9	2
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to learn the art of helping society and communities]	21	10	2
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to improve knowledge and confidence in my ability to care for terminally ill patients]	17	12	4
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to improve my skill level by doing nursing procedures in home setting]	19	11	3



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APSARA

GUIDELINES

AMALA COLLEGE OF NURSING , THRISSUR

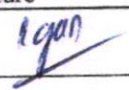
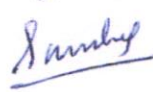
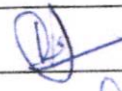
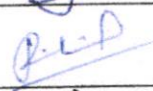


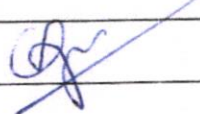
GUIDELINES FOR APSARA (ACON PALLIATIVE AND REACH OUT ACTIVITIES)

APSARA is a specialist home- based palliative care initiative by Amala College of Nursing aimed at instilling a sense of compassion among the nursing students by providing palliative care to the patients suffering from chronic end stage disease.

Objectives

1. To instil human values and compassion for nursing students
2. To improve the nursing care skills of the students in a home-based setting
3. To sense the needs of society and be a part of the institutional social responsibility

Committee members

	Members	Signature
Chairperson	Prof Dr Rajee Regunath, Principal	
Faculty representatives	Dr Sr Merly John, HOD Community Health Nursing	
	Mrs Shaly Joseph	
	Mrs Rinu David	
	Mrs Aswathy Gopi	
Student representatives	Reshma Babu Fourth Year BSc Nursing student	
	Chinju K Paul MSc Nursing student	

Activity

- Members of the APSARA committee meets every 6 months.
- Students provide home based care to the needy patients at the end stage of a disease like cancer.
- Students provide supervised care by a teaching faculty from the college of nursing.
- Students provide basic care like monitoring vital signs, wound dressing, catheter insertion, catheter care, NG tube feeding etc



Prof. Dr. RAJEE REGUNATH

Principal

Amala College of Nursing

Amala Nagar, Thrissur

- Students take part actively in assisting the palliative care team which includes doctors, registered nurses and social worker.
- The palliative team will be equipped with a medical kit which includes all articles for the basic care.
- Transportation facilities will be arranged from the college to the desired area of visit.
- The allotted areas for the home visit is within 20 km of the college.



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AMALA NAGAR PO., THRISSUR-680 55

BEST PRACTICE-1

APSARA

PHOTOGRAPHS



Amala COLLEGE OF NURSING

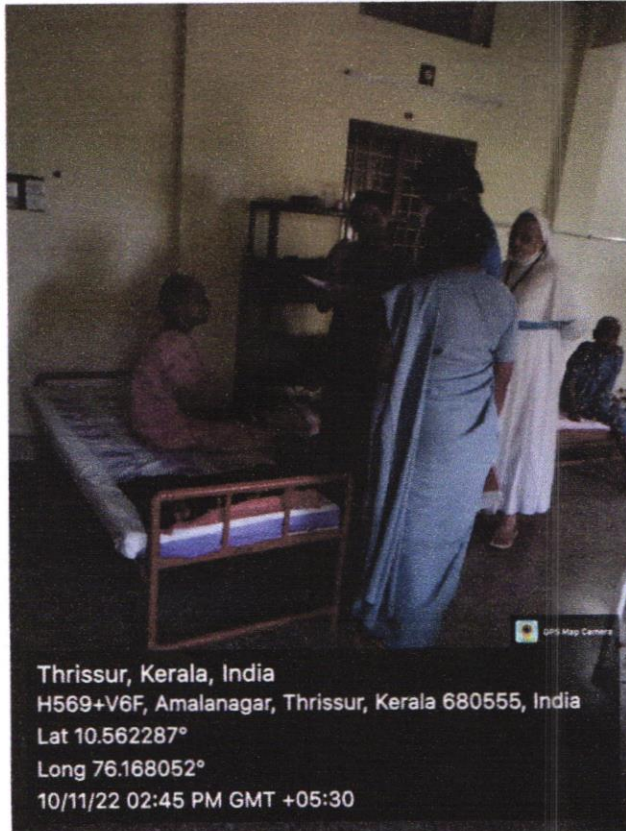
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GEO-TAGGED PHOTOS SHOWING THE APSARA ACTIVITIES



Thrissur, Kerala, India
H569+V6F, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.562287°
Long 76.168052°
10/11/22 02:45 PM GMT +05:30



Thrissur, Kerala, India
H569+V6F, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.562287°
Long 76.168052°
10/11/22 02:45 PM GMT +05:30



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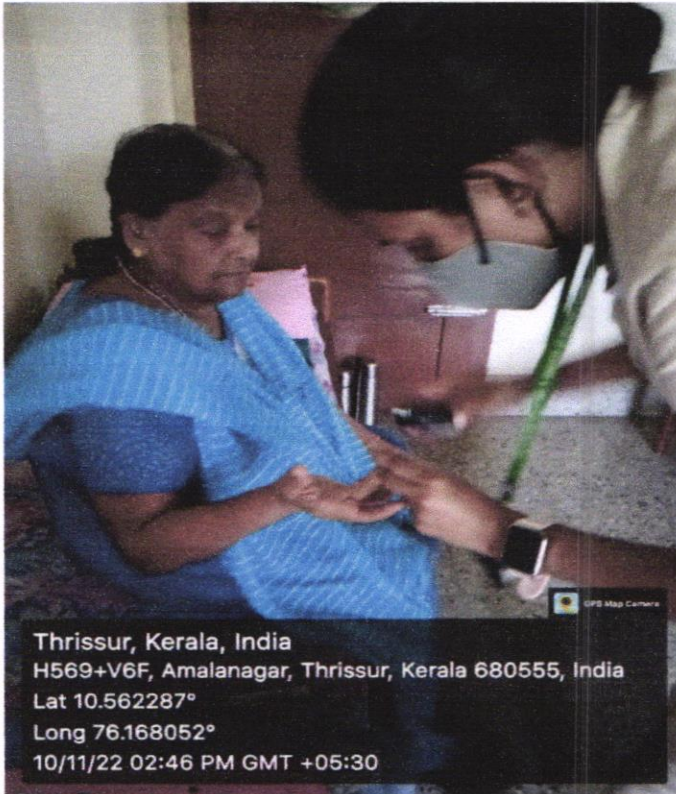
Amala COLLEGE OF NURSING

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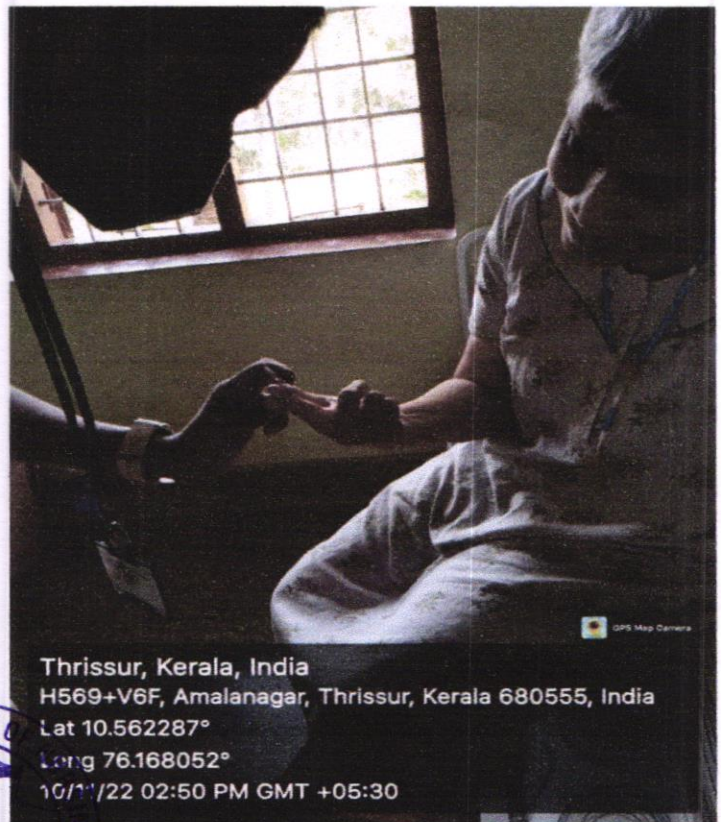
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Thrissur, Kerala, India
H569+V6F, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.562287°
Long 76.168052°
10/11/22 02:46 PM GMT +05:30



Thrissur, Kerala, India
H569+V6F, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.562287°
Long 76.168052°
10/11/22 02:50 PM GMT +05:30



19/11
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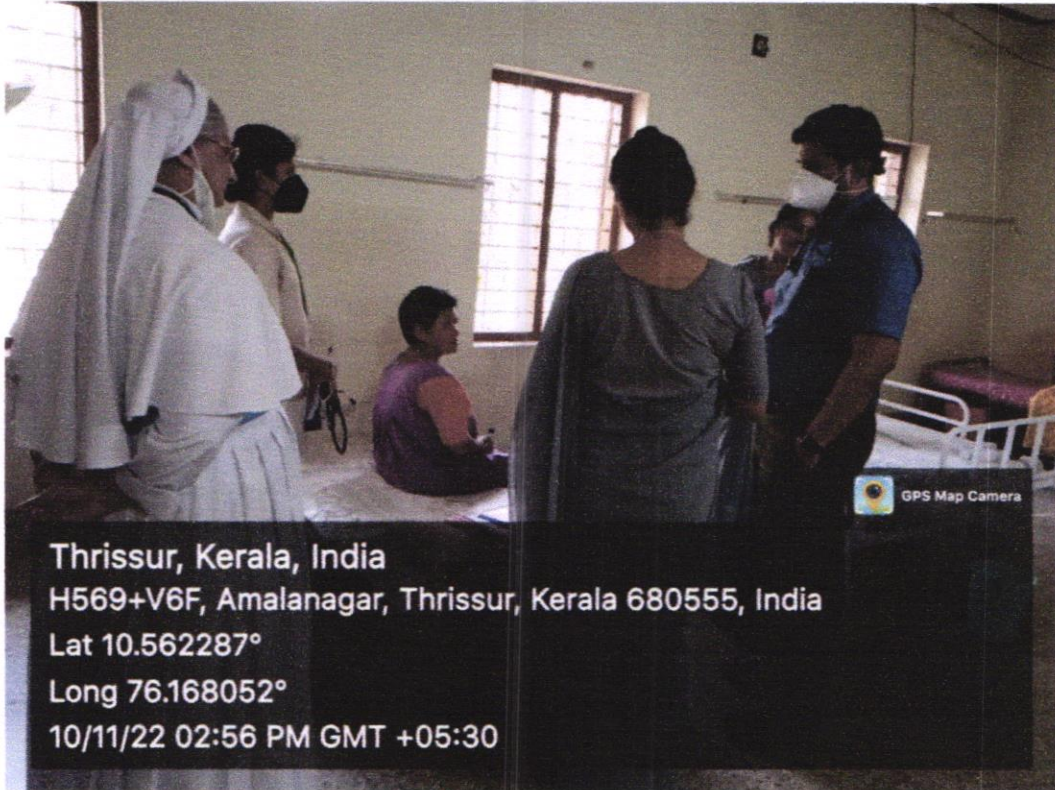
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Thrissur, Kerala, India
H569+V6F, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.562287°
Long 76.168052°
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Kaiparambu, Kerala, India
J4FV+69R, Kaiparambu, Kerala 680501, India
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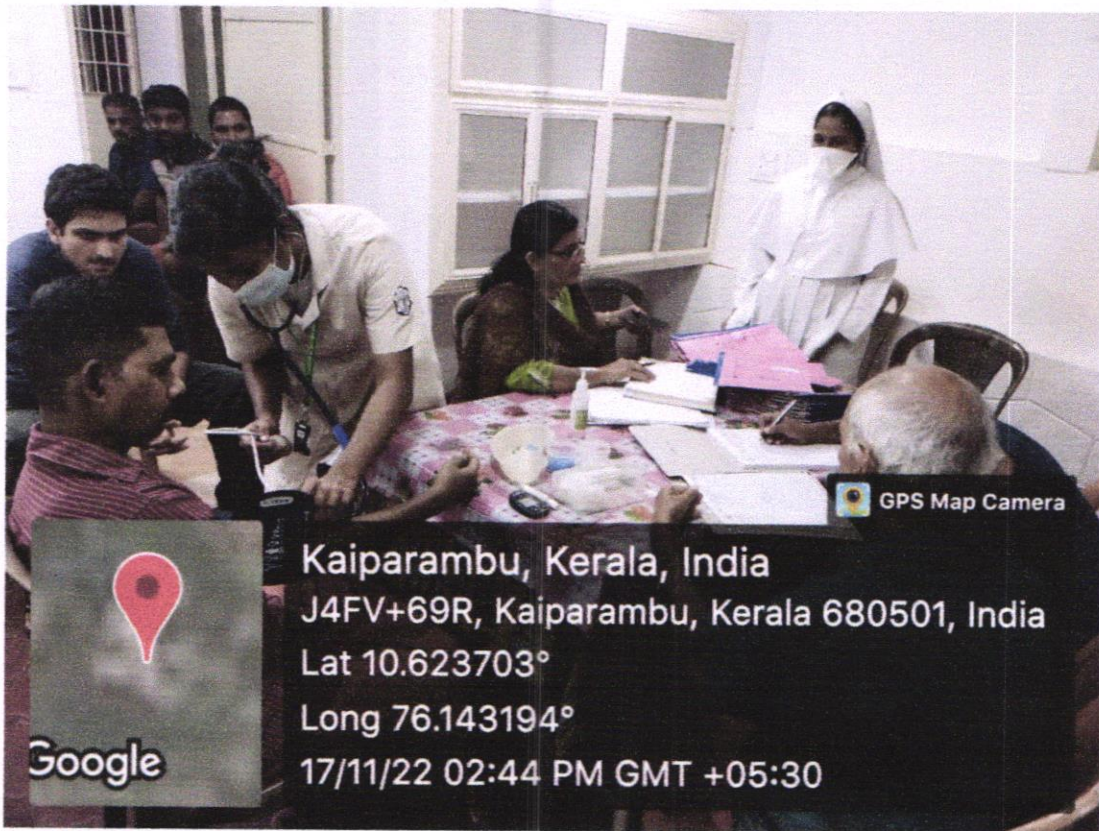
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Rgao
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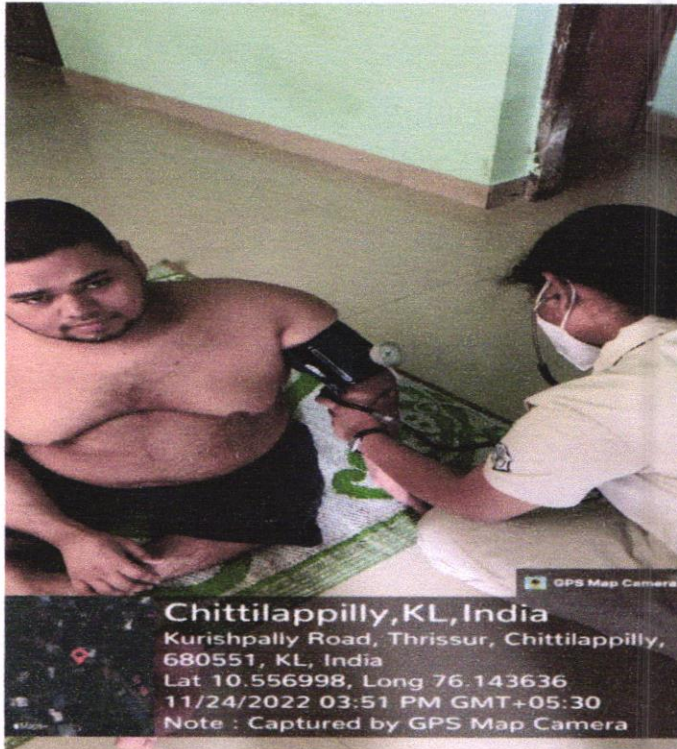
Amala COLLEGE OF NURSING

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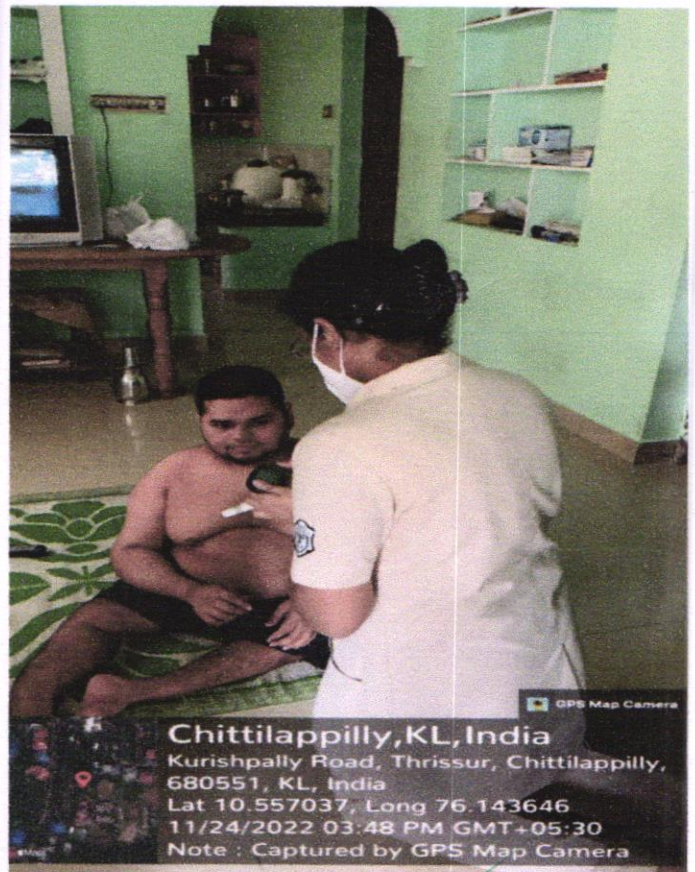
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Chittilappilly, KL, India
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680551, KL, India
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11/24/2022 03:51 PM GMT+05:30
Note : Captured by GPS Map Camera



Chittilappilly, KL, India
Kurishpally Road, Thrissur, Chittilappilly,
680551, KL, India
Lat 10.557037, Long 76.143646
11/24/2022 03:48 PM GMT+05:30
Note : Captured by GPS Map Camera



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AMALA COLLEGE OF NURSING
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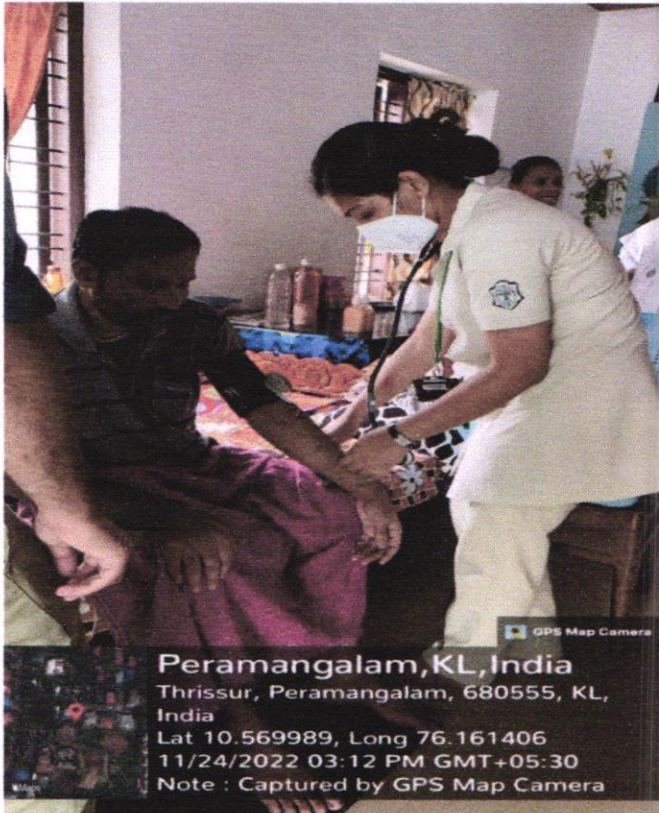
Amala COLLEGE OF NURSING

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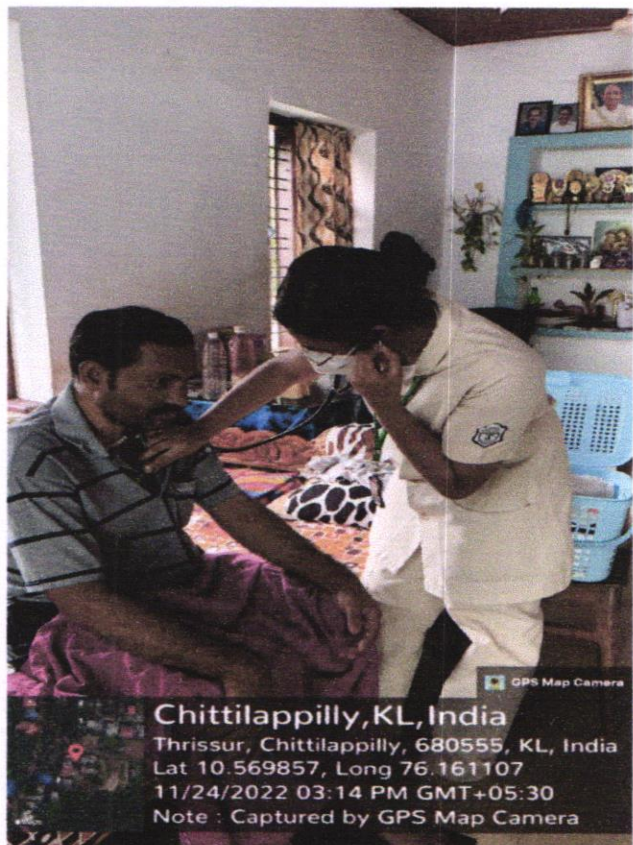
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Peramangalam, KL, India
Thrissur, Peramangalam, 680555, KL,
India
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Note : Captured by GPS Map Camera



Chittilappilly, KL, India
Thrissur, Chittilappilly, 680555, KL, India
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Note : Captured by GPS Map Camera

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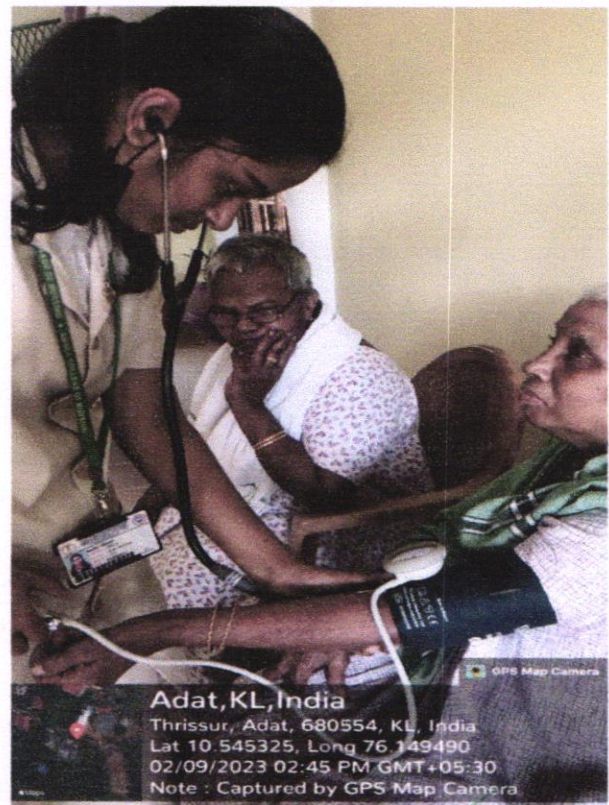
Adat, KL, India

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Note : Captured by GPS Map Camera



Adat, KL, India

Thrissur, Adat, 680554, KL, India

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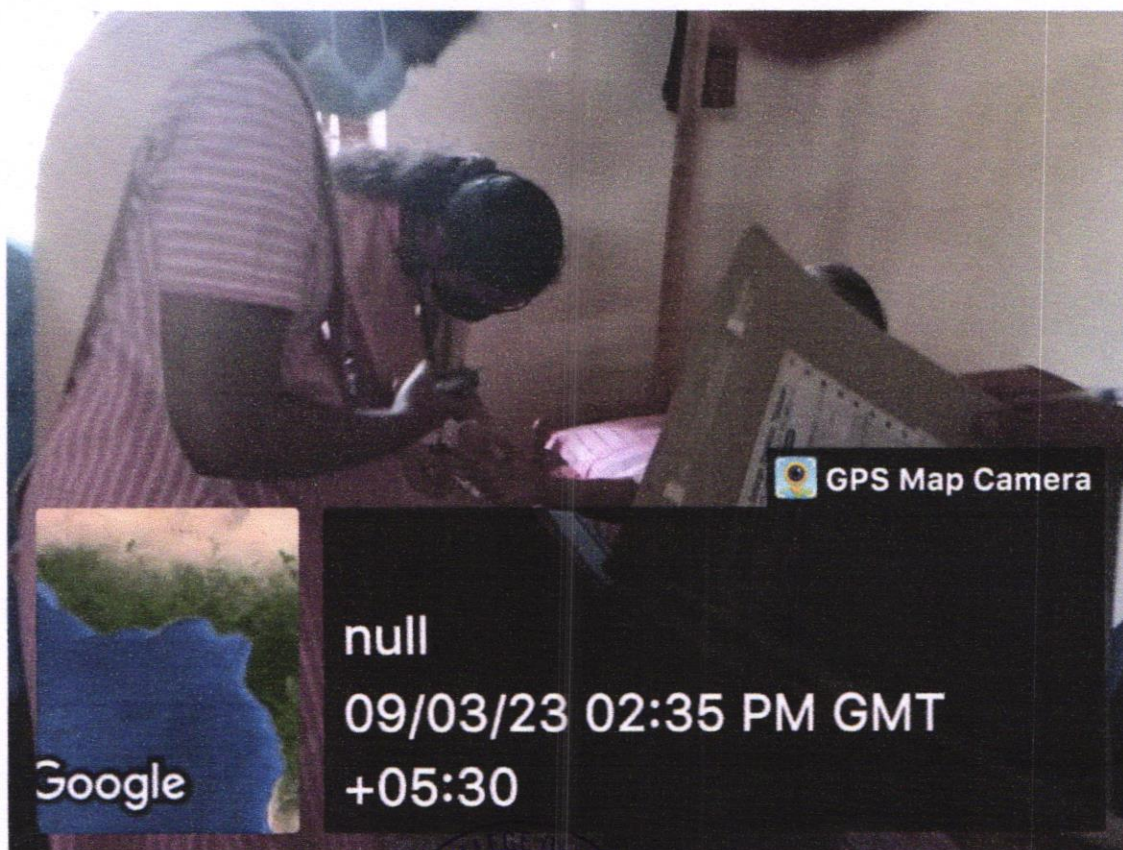
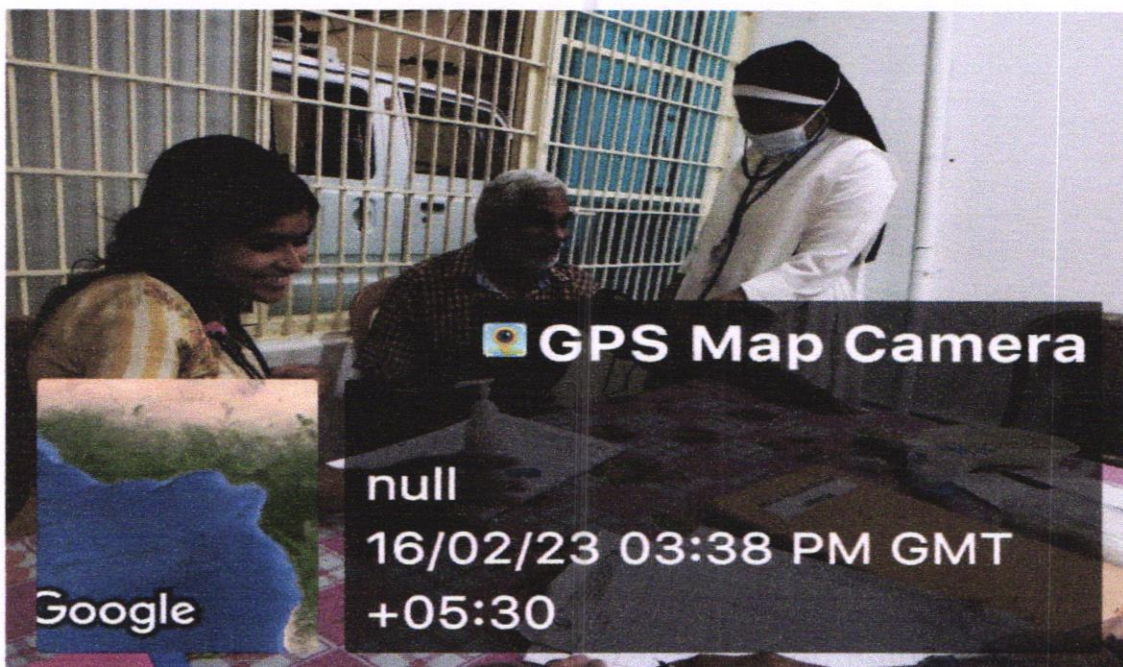
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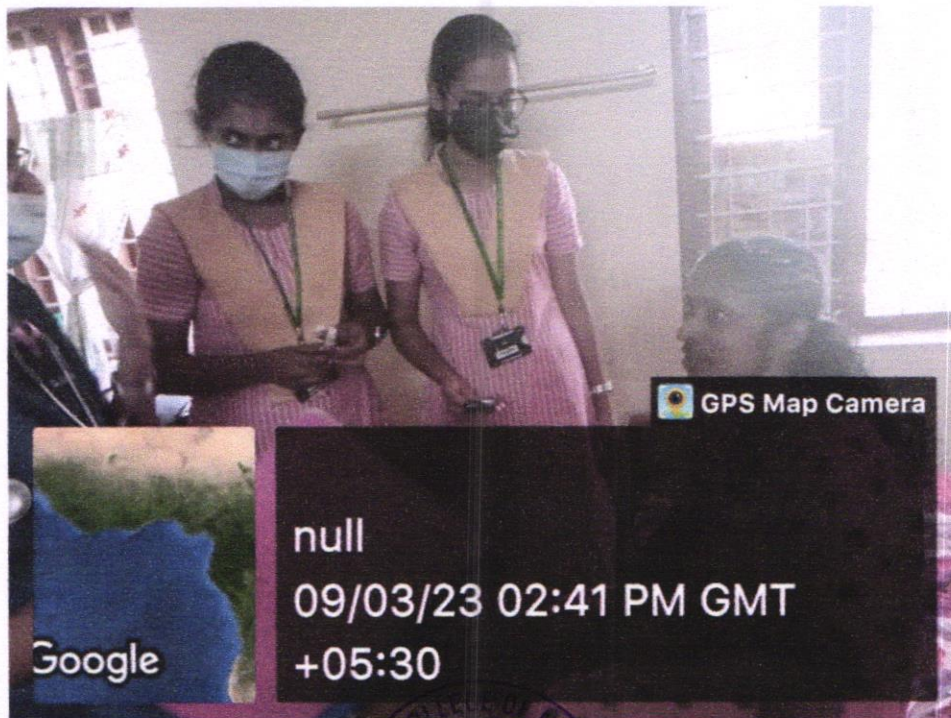
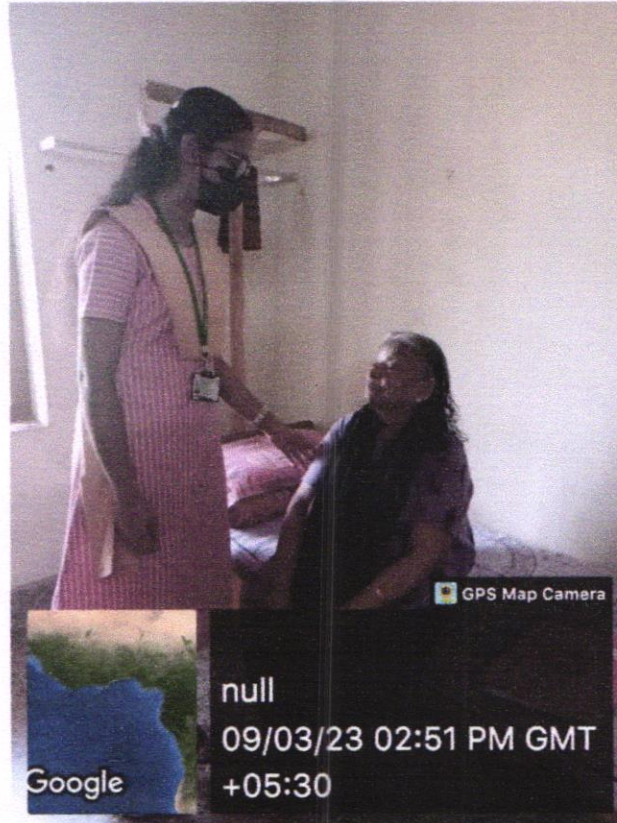
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Prof. Dr. RAJEE REGHUNATH
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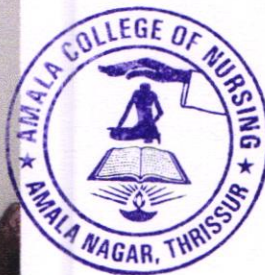
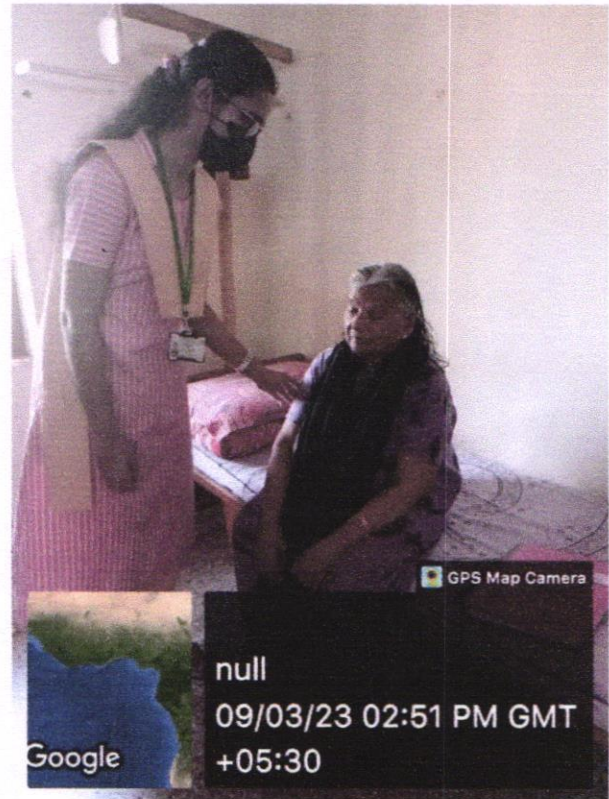
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Kgaur
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Amala Nagar P.O., Thrissur-680 555, Kerala, India.

CHRISTMAS CELEBRATION IN GAGULTHA RENEWAL CENTRE

Little deeds of kindness is what makes this world beautiful. A Christmas celebration was celebrated by the second semester students of Amala College of Nursing in Gagultha Renewal Centre, Kaiparambu on 15/12/2022. The students celebrated Xmas with the residents of Gagultha. The students were guided by Sr Jyothish CSC, Associate Professor, Amala College of Nursing, Thrissur and under the leadership Rev Fr Jaison Mudanmany, Associate Director, Amala Institute of Medical Sciences, Thrissur. Students gifted them with sweets, gifts and recreational activities.



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Amala Nagar P.O., Thrissur-680 555, Kerala, India.



Thalakottukara, Kerala, India

Kurumal, J4FV+P44, Gagultha Renewal Centre

Rd, Thalakottukara, Kerala 680501, India

Lat 10.624208°

Long 76.142901°

15/12/22 03:44 PM GMT +05:30

GPS Map Camera



Thalakottukara, Kerala, India

Kurumal, J4FV+P44, Gagultha Renewal Centre

Rd, Thalakottukara, Kerala 680501, India

Lat 10.6242°

Long 76.142868°

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GPS Map Camera

[Signature]
Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555

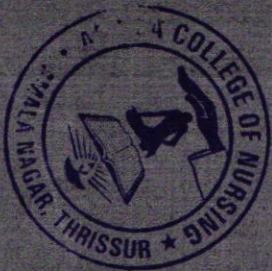


SUPPORTING DOCUMENTS OF APSARA

1. Supporting register of APSARA
2. Feedback report of students
3. APSARA Health education leaflet for patients prepared by students
4. APSARA skill training manual for students

**SUPPORTING REGISTER
OF APSARA BEST PRACTICE-1**

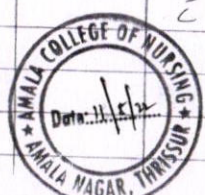
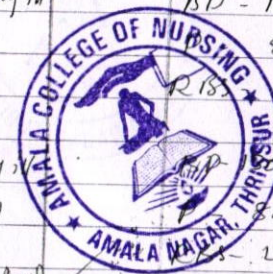
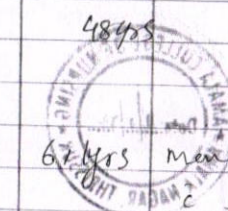
PALLIATIVE CARE REGISTER (APSARA)



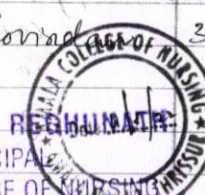
**PALLIATIVE CARE VISIT
APSARA REGISTER**

Prof. Dr. RAJEE BECHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THIRISSUR 680 451

Date	Name	Age	Diagnosis	Treatment	Procedure
24/3/22	Gagulla				
	Chandran	65 yrs	Mentally ill C DM	T. risperidone 2mg. T. metformin - B.P 140/80 Socmg 2-0-2 RBS - 185	
31/3/22	Davis			B.P - 130/100 RBS - 184 P - 86/mf	
31/3/22	Mathan	42 yrs		B.P - 150/100 PPBS - 214 P - 88/mf	
31/3	Rajendran			BP - 20/110 P - 78/mf RBS - 131	
31/3/22	Chorly	48 yrs		BP - 140/90 P - 86/mf RBS - 131	
31/3/22	Kochumon	62 yrs	Mentally ill C DM	BP - 110/80 86/mf RBS - 203	
31/3/22	Mathan	51 yrs	Mentally ill C DM	BP - 110/80 86/mf RBS - 203	

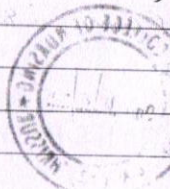


Name	Age	Diagnosis	Treatment	Procedure
Sanurh	38 yrs	Mentally ill C DM		BP - 120/80 P - 80/mf. RBS - 141/mf
Harish	48 yrs	Mentally ill C DM		BP - 150/100 P - 82/mf RBS - 163/mf
Thomas	50 yrs	Mentally ill		BP - 150/100 P - 78/mf RBS - 163/mf
Linto Antony	37 yrs	mentally ill		BP - 120/80 P - 92/mf RBS - 188/mf
Binnerh	32 yrs	mentally ill		BP - 137/80 P - 86/mf RBS - 140/mf
07/04/2022				
Jinto Sunny	28 yrs	mentally ill + MR		BP - 110/90 P - 80/mf
Jose varghese	28 yrs		continuing same treatment	BP - 120/90 P - 86/mf
John	60 yrs			BP - 130/70 P - 78/mf
Balakrishnan	64/m	mentally ill	T. Lora 115 T. THP - 100	BP - 120/80 P - 80/mf
Gorind	38/m	mentally ill	Tab. Doxaprine 100mg 1-0-1 T. TP2 - 2mg 100	BP - 140/80 P - 132/mf

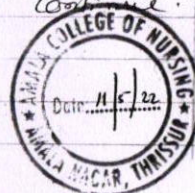
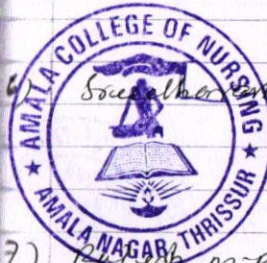


Prof. Dr. RAJEE RAGHUNATH
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Date	Name	Age	SOS	Treatment	Procedure
<u>21/04/2022</u>					
21/4/22	Johnson	64 yrs	CRF	% elimination Tab. Gortiso 1 stat	BP 110/90 P - 78/ml
21/4/22	Mary Joseph	61 yrs	Ca Lung	Tab. Tapcal Some SOS Tab. Pantocid 100	BP 120/85 P - 82/ml URBS - 124
21/4/22	Laxar	60 yrs	DM/HTN	Same Rj Continue	BP 150/90 P - 88/ml URBS - 180mg/dl
21/4/22	Mercy Laxar	58 yrs	DM	Tab. Metformin 500mg 1BD	BP 120/80 Pulse - 80/min URBS - 160/mg/dl
21/4/22	Mrs. Sunny P.P	58 yrs	Electric Shock Hemiplegia on catheter	Palpitation care physio therapy catheter care given	BP - 120/80 P - 78/ml Catheter care



Date	Name	Age	Diagnosis	Treatment	Procedure
<u>28/04/2022 Thursday - Chaguttha</u>					
1)	Harish		Mentally ill DM	Same Rj	BP 120/90 P - 82/ml URBS - 120
2)	Johny	61 yrs	mentally ill % fever	Tab. Dolo 650 SOS	GRBS - 144 mg/dl BP - 120/80 P - 88/ml
3)	Chendrasen	65 yrs	mentally ill DM	Same Rj	BP - 126/80 P - 78/ml URBS - 128 mg/dl
4)	Linto Antony	31 yrs	% diarrhoea Abdo. Pain mentally ill	T. metrogyl 400 mg BID Tab. cyclopar L SOS	GRBS - 99 mg/dl BP - 130/80 mm/leg
5)	Balamurugan	34 yrs	mentally ill DM & HT	Continue DM - medicines	BP: 120/80 P - 90/ml URBS - 240 mg/dl
6)	Prof. M.R	61 yrs	stroke	Same Rj Continue	BP - 170/100 P - 86/ml URBS - 128 mg/dl
7)	Prof. M.R	52 yrs	mentally ill DM	Same Rj Continue	BP - 150/90 P - 86/ml URBS - 146 mg/dl



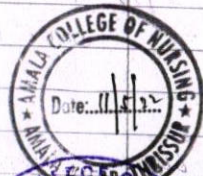
Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR PO., THRISUR-6

5/5/2022

Date	Name	Age	Diagnosis	Treatment	Procedure
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5/5/2022

5/5/22	Vimala	66yrs	Dissinure 4 days Regmization	Dissinure T. clozapine 75mg 1-0-0 B.P. 150/86 T. Vortin 16 mgss P- 82/mf T. Nubistao 2.5mg 1/0-1/2 T. omer 4mg B	
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AMALA NAGAR P.O., THRISSUR-680 555



12/2/2022

Date	Name	Age	Diagnosis	Treatment	Procedure
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12/05/22

12/5/22	Ms. Ruma	52yrs	HT/DM 2 Mental illness	T. clozapine 100mg 0-0-1 P- 88/mf. T. Risperidone 2mg 1-0-1 T. B.C 1-0-0 T. Lesar 50mg 1-0-0	
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	Mrs. Leela	64yrs	Fatigue Anxiety's Mental illness	T. Joon 1-0-0 B.P. 120/70 T. Folate 1-0-0 P- 80/mf Tab. Olanzapine 10mg 1/2-0-2 Tab. Levipril 50mg - 1-0-1	
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	Mrs. Shreela	70yrs	Age related fatigue leg pain	T. For lued B.P. 120/87 1-0-1 P- 80/mf Tab. Rantel 150mg 1-0-0	
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	Kamala	80yrs	Stroke	T. Levipril 50mg B.P. 138/40 1/2-0-1/2 P- 78/mf Tab. For lued 1-0-1 Tab. Rantel 150mg 1-0-1	
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Maelhade

HTN

			T. Telma 40mg B.P. 110/76 1/2-0-0 P- 80/mf	
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13/5/22

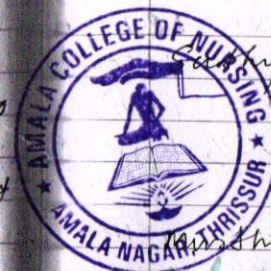
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19/5/2022

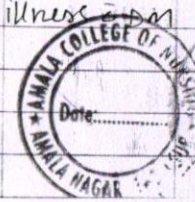
Date	Name	Age	SS'S	Treatment	Procedure
19/5/22	Anilan	42/45	DM/H7N	T. Amlod 5mg stat.	BP 180/110 CRBS - 143 mg/dl
19/5/22	Balamurugan	39/45	DM/H7N mental illness	T. Lisinpride 1mg 1-0-0 T. metformin 500mg 2-1-2 T. TPZ 2mg 1-0-0 T. Ampicillin 100mg 1-0-1	BP 160/80 CRBS - 286 mg/dl P - 80 mg/dl
	Kandamuth	66/45	1/2 ear pain discharge	Lipitor 40mg drops TID x 5 days	BP 110/70 CRBS - 151 P - 82 mg/dl
	1 Logan Ravi	64/45	Asthma	T. mucuna 600mg HS x 5 days in water Tab. M210ral 500mg 1-0-0 x 5 days	BP 130/90 CRBS - 183 mg/dl P - 78 mg/dl
	Sugunan	55/45	mental illness DM	T. Amlodipine 1/2 HS	BP 140/90 CRBS - 141 P - 84 mg/dl
	Thomas mulla	66/45	mental illness DM	Tab. metformin Continue other medicines	BP 150/100 CRBS - 166 mg/dl P - 78 mg/dl



Date	Name	Age	SS'S	Treatment	Procedure
19/5/22	Kochurappi	52/45	DM/H7N	Tab. Lisinpride 2mg Tab. metformin 500mg Tab. Amlod 5mg HS	BP 150/90 P - 92 mg/dl CRBS - 276 mg/dl
	Shaji Jacob	39/45	DM	Tab. metformin 500mg BD Tab. Lisinpride 2mg BD Continue	BP 120/80 P - 82 mg/dl CRBS - 325 mg/dl
	Rajesh	61/45	DM/H7N mental illness	Tab. Losartan Tab. metformin 500mg Continue	BP 130/80 CRBS - 153 mg/dl
	Chomethan	55/45	mental illness DM/H7N	Tab. metformin 500mg 2-0-1 T. Lisinpride 1mg BD T. Amlodipine 5mg BD	BP 140/90 CRBS - 206 mg/dl P - 82 mg/dl
	Prasanna	47/45	mental illness DM	T. metformin 500mg 2-0-2 T. Lisinpride 2mg BD	BP 120/80 CRBS - 151 mg/dl P - 82 mg/dl
	Prasanna	69/45	mental illness	T. metformin 500mg 1-0-0	BP 110/70 P - 76 mg/dl CRBS - 139 mg/dl



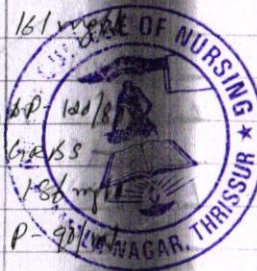
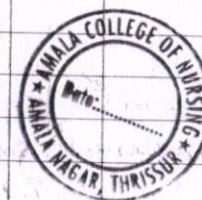
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Date	Name	Age	SSS	Treatment	Procedures
19/5/08	Linto	31/45	mental illness E DM	T. metformin 500mg KD T. Chimi-2mg KD	BP-130/90 P-82/mf URBS- 139 mg/dl
	Nagarsuj	65/45	mental illness	Continue same treatment	BP-120/80
	Thomas	60/45	mental illness	T. TTP 2mg 1-1-0 T. Lithium 300mg 1-0-1	BP-120/90 URBS- 119 mg/dl P-80/mf
	Bineesh	64/45	mental illness E DM	T. TTP 2mg 1-0-1 Tab. metformin 500mg 1-0-1	BP-110/70 URBS- 132 mg/dl P-80/mf
	George	68/45	mental illness with DM	T. metformin 500mg KD T. Quetiapine 25mg 1-0-1/2	BP-150/110 P-80/mf URBS- 161 mg/dl
	Joshi	70/45	mental illness	T. TTP 2mg 2-0-0 T. Pantop 700	BP-120/80 URBS- 158 mg/dl P-90/mf



Date	Name	Age	SSS	Treatment	Procedures
1/5/08	Vyshak	48/45	mental illness E DM	T. metformin 500mg 2-0-1 Continue other medicines	BP-120/80 P-72/mf URBS- 253 mg/dl
	Sreedharan	64/45	Mental illness E HTN/DM	T. Chimi 2mg KD T. Amla 5mg KD T. metformin 500mg 2-0-1 T. Losartan 50mg	BP-160/100 P-88/mf URBS- 118 mg/dl
	Saneesh	60/45	Mental illness E DM	T. metformin 500mg KD T. Chimi 2mg KD Continue other medicines	BP-120/80 P-72/mf URBS- 173 mg/dl



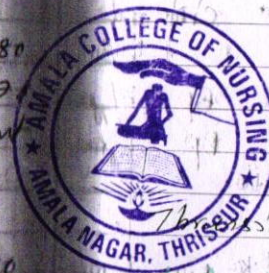
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Date	Name	Age	Diagnosis	Treatment	Procedure
	Sunny	47yrs	Paraplegia	T. Nizdor 10mg BD x 5 days T. mucronal P-82/ml 60mg, 3 days T. Azithromycin 50mg x 5 days T. Dextrophenol (R) 150mg x 5 days	RP 120/80 CRBS-217 P-82/ml
	Mrs. Mary	72yrs	H/o Hemiplegia	T. Urant 50mg BD T. Ranitidine T. Renormel 10mg BD T. Ibuprofen BD x 3 days	K.P 170/110 P-80/ml CRBS-117
	Mrs. K.L. Laxmi	77yrs	General weakness	T. Anglon 5mg BD T. Ranitidine 10mg 1/2 - 0-1/2	CRBS-80 BP-130/70 P-82/ml
	Mrs. Mary Joseph	60yrs	Ca Lung	Same R	BP-120/90 CRBS-133 P-88/ml
	Mrs. Mary Doris	75yrs	Paranousia	T. Thiamine 10gm BD x 5 days T. Elavon	BP-130/90 P-80/ml CRBS-125

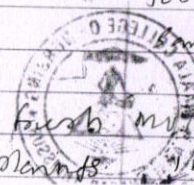


Date	Name	Age	Diagnosis	Treatment	Procedure
	Vimala	66yrs	Joint Pain	T. Lyser-D BD x 3 days T. Veribon 16mg BD x 3 days	BP-150/90 P-82/ml
	Rosy	83yrs	Joint Pain MTN	T. shuleal 50mg T. Lyser-D BD x 3 days T. Losarben 50mg KD x 1 month T. Abira 10mg 0-0-1-1 month T. Rental 150mg BD x 3 days	BP-170/100 P-80/ml CRBS-202 mg/dl
	Sasa	73yrs	Dry cough Itching both legs	T. metoprolol 50mg BD x 30 days T. Amlo-S-10-0 x 30 days Syp. Ascoril-D 5ml TDS x 7 days T. mucronal AS BD x 7 days Columine L/A	BP-160/90 P-82/ml CRBS-127 mg/dl
	64yrs	DM/MTN	Joint Pain	3 Rumol-D for L/A	130/80 P-82/ml CRBS-125 mg/dl
	75yrs	No fever	Complains	Same R	BP-120/90 P-82/ml

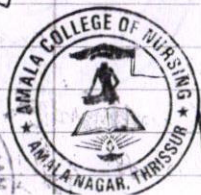
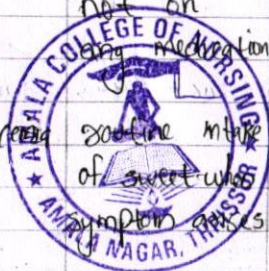


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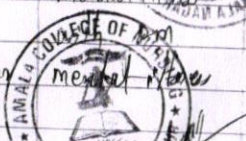


Date	Name	Age	Sex	Treatment	Procedure
	Alize	52 yrs	DM / HTN	continue regular metformin	BP - 130/80 P - 74/min URBS - 120 mg/dl
17/6/22	Mr. Elianamma	65 yrs	DM / HTN	H. actrapid 16 unit BD x 2 years	BP - 130/70 DM - 100 mg/dl
	Preetha	52 yrs	Bipolar affective disorders	Benzodiazepine 50mg OD x 2 years	BP - 110/70 min
	mas. geary	68 yrs	psychosis	dozopine Raptac - 20mg	BP - 110/70 min DM - 107 mg/dl
	mas. Annamma	61 yrs	HTN	Telmisartan - 40mg BD x 17 years	BP - 114/70 min
	ms. Leela	58 yrs	Cholesterol	atorvastatin 20mg x 18 month	cholesterol - 238mg/dl BP - 120/70 min
	mas. Cicilykutty	64 yrs	anemia	not on medication	BP - 30/60 min
	mas. mary	70 yrs	hypoglycemia	not on medication	DM - 72 mg/dl

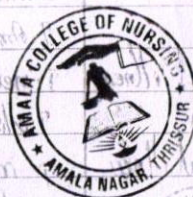


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Date	Name	Age	Sex	Treatment	Procedure
	Ms. Rosamma	42 yrs	MR	not on medication	BP - 100/80 min P - 92 b/m
	Mr. Balaraman	37 yrs	DM / HTN	T. metformin 500mg T. Amlopin 10mg (x1)	BP - 121/90 min URBS - 219 mg/dl
	Mr. Karan Ravi	61 yrs	asthma	T. mucinac - 60mg its x 2 days	BP - 111/70 min RBS - 157 mg/dl
	Mr. Bandamuthu	61 yrs	mental illness	No medicine	BP - 112/70 min
	Mr. Thomas Ravi	61 yrs	mental illness	T. Amlopin 10mg E HTN	BP - 150/100 min URBS - 160 mg/dl
	Mr. Shaji Jacob	39 yrs	DM	T. metformin 500mg BD	BP - 130/80 min RBS - 300 mg/dl
	Mr. Rakesh	50 yrs	DM / HTN	T. Losartan T. metformin	BP - 116/70 min URBS - 150 mg/dl
	Mr. Suresh	58 yrs	mental illness	T. Amlopin 10mg V2 HTN	BP - 160/90 min URBS - 145
	Mr. Kanchappa	52 yrs	DM / HTN	T. Cilom 2mg BD T. metformin 500mg	BP - 160/80 min URBS - 260 mg/dl
	Mr. Sathyan	49 yrs	mental illness	T. Amlopin 10mg T. metformin 500mg	BP - 120/70 min URBS - 160 mg/dl
	Mr. Sathyan	31 yrs	mental illness	T. Cilom 2mg BD T. metformin 500mg	BP - 130/80 min URBS - 130 mg/dl
	Mr. Sathyan	69 yrs	mental illness	T. Cilom 2mg BD T. metformin	BP - 110/70 min URBS - 170 mg/dl



Date	Name	Age	Sex	Treatment	Procedure
10/1/22	Thomas	50 yrs	male	mental illness	Lithium 300mg BP: 120/80mmHg URBS: 12mg/dl
	Nagorai	60 yrs	male	mental illness	Continue same BP: 120/80mmHg treatment
	George Thalyath	60 yrs	male	mental illness with dm	Glucotrol BP: 110/70mmHg 500mg BD URBS: 146mg/dl
	Mr. Joshy	70 yrs	male	mental illness	750mg BP: 120/80mmHg d-r-b URBS: 10mg/dl
				Relaxing	
23/6/22	Mary Joseph	60 yrs	F.	Ca of lung	Tab: Topical BP: 130/80 50mg 80s mmHg Tab: Paracetamol RBS: 1 OD 132mg/dl
	Mr. Sunny	58 yrs	male	Electric Shock Hemiplegia	BP, URBS BP: 120/80 Physiotherapy mmHg RBS: 181mg/dl



Date	Name	Age	Diagnosis	Treatment	Procedure
	Mr. Joshy	70 yrs	Mentally ill.	Advised to increase intake of fluid.	BP: 120/70mmHg RBS: 124mg/dl
				Provided Psychological Support to wife.	
	Mr. Johnson	64 yrs	Kidney Failure.	Advised to check urine output.	BP: 100/100mmHg
				Advised to consult a nephrologist	RBS: 108mg/dl



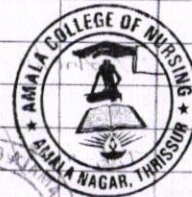
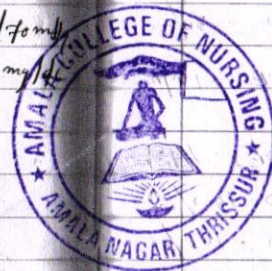
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Date	Name	Age	Diagnosis	Treatment	Produce
30/06/22	Mrs. Rugmini	75 yrs	Bronchial asthma Hypertension Muscle cramps.	T. Desiphylline T. Amlol Diclogel (H/A) fomez.	BP: 120/70 mmHg GRBS: 129 mg/dl
	Mrs. Theresia	94 yrs	Hypertension CAD, Muscle Pain.	T. Amlol T. clopiket T. Ecospirin Rumol (H/A)	BP: 110/70 mmHg GRBS: 120 mg/dl
	Mrs. Sosa	73 yrs	Bronchial asthma Hypertension	Syp. Asuvayl T. Mounai T. Desiphylline T. Metoprolol T. Amlol	BP: 140/70 mmHg GRBS: 197 mg/dl
	Mrs. Alice	59 yrs	COPD	T. Desiphylline T. Ceraffu	BP: 130/90 mmHg GRBS: 215 mg/dl
	Mrs. Vimala	66 yrs	Vestigo	T. Vestin	BP: 120/70 GRBS: 76 mg/dl
	Mrs. Rosy	83 yrs	Hypertension Arthritis Hypertension	T. Losactan T. Atolva T. Rantau T. Lybes	BP: 180/80 mmHg GRBS: 110 mg/dl
	Mrs. Thantamami	75 yrs	Bronchial asthma	Theophylline Desiphylline Inh. Steroid	BP: 110/70 mmHg GRBS: 75 mg/dl
	Mrs. Theresia C.R.	77 yrs	Hypertension	T. Sorbitrate T. Ecospirin T. Telma T. Amlol T. Rameluc	BP: 100/70 mmHg GRBS: 140 mg/dl



Date	Name	Age	Diagnosis	Treatment	Produce
10/07/22	Mrs. Piji	46 yrs	DM	Metformin	BP: 130/80 mmHg GRBS: 132 mg/dl
	Mrs. Mahau	70 yrs	HTN	T. Telma 400 mg	GRBS: 124 mg/dl BP: 180/90 mmHg
	Mrs. Rooba	50 yrs	HT/DM Mental illness	T. Clozapine T. Risperidone T. Ceraon	BP: 120/60 mmHg GRBS: 187 mg/dl
	Mrs. Leela	64 yrs	Fatigue Mental illness	T. Iron T. Folate Tab. Leocipil	GRBS: 193 mg/dl BP: 130/80 mmHg
	Mrs. Sheela	70 yrs	Fatigue leg pain DM	Tab. Rantau T. Metformin	GRBS: 279 mg/dl BP: 130/60 mmHg
	Mrs. Manishangam	70 yrs	DM	Tab. Metformin	GRBS: 251 mg/dl BP: 120/70 mmHg
	Mrs. Salerna	64 yrs	HTN	T. Telmisartan	GRBS: 126 mg/dl BP: 160/90 mmHg



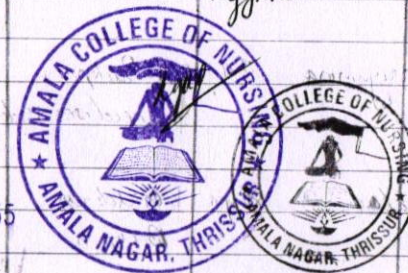
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DATE	NAME	AGE	DIAGNOSIS	TREATMENT	PROCEDURE
11/7/22	Mr. Thomas	67	Menstrual illness	BP, RBS	BP, RBS
	Mr. Nunu	46	Hypertension	T. capilet T. Escaprim T. Metformin	BP - 140/80 RBS - 147
	Mr. Kochumari	70	Capd Hypertension	T. Desiphyllane T. Telmisartan	BP - 130/60 RBS - 120
	Mr. Suresh	60y	menstrual illness	T. metformin	RBS - 173 BP - 140/60
	Mr. Varghese	48	menstrual illness	T. metformin	RBS - 263 BP - 130/70
	Mr. Thomas	50y	menstrual illness	T. Lithium 300mg	BP - 120/80 RBS - 132
	Mr. Bimech	64y	menstrual illness DM	T. TMP mg T. metformin	BP - 110/70 GRBS - 150
	Mrs. Goshi	70y	menstrual illness	T. TB 2 mg T. parafop	BP - 140/80 RBS - 156
	Mrs. Linto	31y	menstrual illness T DM	T. metformin Aminipen	BP - 130/60 GRBS - 139mg/L
	Mrs. Sathya	40y	DM / HTM	T. Amlo	GRBS - 143mg/L BP - 140/60
	Mrs. Thomas Male	60y	menstrual illness T DM	T. Amlo	BP - 150/60 GRBS - 166

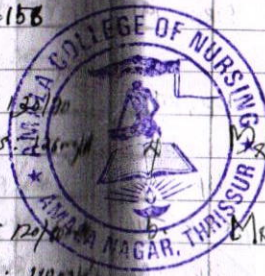
DATE	NAME	AGE	DIAGNOSIS	TREATMENT	PROCEDURE
11/7/22	Mr. Joseph	64y	Ca Lung	Tab. Tapical 50mg sos Tab. pantorid 100	Bp - 130/70 GRBS - 114
	Mr. Sunny	58y	Electro Shock Hemiplegia	Bp, GRBS physiotherapy	Bp - 120/70 GRBS - 104
	Mr. Johny	70y	mentally ill	Advised to increase intake of fluid. provided psycho- logical support for work.	Bp - 130/60 GRBS - 118
	Mr. Johnson	64y	kidney failure	Advice to avoid foods from cur- ide. Advice for consultant doctor	Bp - 130/70 GRBS - 112
	Mr. Pushpa	72y	physical disability	Advised for small exercises & Hygiene	Bp - 90/60 GRBS - 108

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DATE	NAME	AGE	DIAGNOSIS	TREATMENT	PROCEDURE
28/7/22	Mrs. Mani	55yrs	Hypertension	T. Clopilot T. Ecospirin	Bp: 130/100 GRBS: 114
	Mrs. Madhavi	60yrs	Mental illness Hypertension	T. metformin	Bp: 150/100 GRBS: 112
	Rooma	58yrs	Mental illness	Advised to Increase the Intake of fluids Provided psycho social support	Bp: 100/70 GRBS: 110
	Mrs. Leela Joseph	60yrs	Mental illness	T. metformin	Bp: 110/60 GRBS: 158
	Seline	48yrs	DM	T. metformin	Bp: 140/90 GRBS: 150
	Sheela	50yrs	Mental illness	Advised to Increase the Intake of fluids Provided psychological support	Bp: 100/70 GRBS: 117
	Tiji	54yrs	Hypertension	T. Clopilot T. Ecospirin	Bp: 120/80 GRBS: 102
	Leela	60yrs	DM	T. metformin	Bp: 120/80 GRBS: 158
4/8/22	Mrs. Mariyamma	74yrs	BP, Backpain, General weakness	T. Ecospirin T. Clopilot	Bp: 120/80 GRBS: 120
	Mrs. Virajale	80yrs	Gravidity Backpain	T. Verdo	Bp: 120/80 GRBS: 110

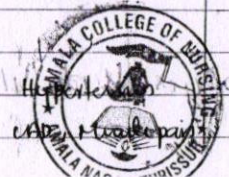
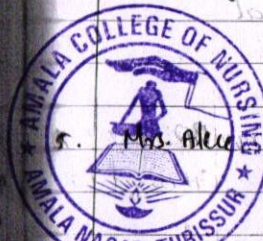
DATE	NAME	AGE	DIAGNOSIS	TREATMENT	PROCEDURE
	Mrs. Thresia C.R.	74yrs	Heartburn, DM Regurgitation	T. Metformin	Bp: 130/90mmHg GRBS: 120mg/dl
	Mrs. Thresia Agasthey	72yrs	HTN	T. Clopilot T. Captopril	Bp: 130/90mmHg GRBS: 90mg/dl
	Mrs. Alice	70yrs	COPD	T. Doxiphillin	Bp: 120/80mmHg GRBS: 112mg/dl
	Mrs. Menkamen	80yrs	HTN	T. Captopril T. Metformin	Bp: 110/70mmHg GRBS: 130mg/dl
	Mrs. Madhavi	60yrs	Mental illness Hypertension	T. metformin	Bp: 140/70 GRBS: 110
	Mrs. Salena Paul	48yrs	DM	T. metformin	Bp: 140/90 GRBS: 152
	Rooma	58yrs	Mental illness Provided Psychological support		Bp: 100/80 GRBS: 120
	Mrs. Leela	60yrs	DM	T. metformin	Bp: 110/80 GRBS: 160
	Mrs. Leela K.V.	60yrs	DM	T. metformin	Bp: 120/80 GRBS: 160



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Sl No	Name	Age	Diagnosis	Treatment	procedure
6	Mrs. Nani	55 years	hypertension	T. Ecosprin	BP - 140/90 GRBS - 120
1	Mrs. Mary	60 year	Mental illness	provided psychological support	BP - 130/80 GRBS - 150
2	Mrs. Mercy	62 yr	Hypertension DM	T. Ecosprin T. Glipizide	BP - 140/110 GRBS - 201
3	Mrs. Sudha	70 yr	COPD	T. Deniphyllis	BP - 120/80 GRBS - 140
4	Mrs. Thressiamma	74 yr	Mental illness DM	psychological support T. Metformin	BP - 130/110 GRBS - 201
5	Mrs. Reclamma	78 yr	cough	Syrup. Ascoril	BP - 120/80 GRBS - 110
6	Mrs. Thankamam	80 yr	COPD DM	T. Deniphyllis T. Metformin	BP - 140/110 GRBS - 240
1	Mrs. Madhavi	66 yrs	Mental illness Hypertension	T. Metformin	BP = 130/80 GRBS - 191
2	Mr. Thomas	67 years	Mental illness	BP, RBS	BP, RBS
3	Mr. Sameesh	60 yrs	Mental illness	T. Metformin	BP = 140/90 GRBS = 210
4	Mr. Shaji	54 yrs	Mental illness	T. Metformin	BP = 140/90 GRBS = 210

Sl No	Name	Age	Diagnosis	Treatment	procedure
1	Mr. Bineesh	64 yrs	Metalliness DM	T. Tmp mg T. metformin	Bp = 110/60 GRBS = 282
6	Mrs. Lento	81 yrs	DM	T. metformin	BP = 120/60 GRBS = 217
X					
ADATT (HOME VISIT)					
3/1/2022	Name	Age	Diagnosis	Treatment	procedure
1	Mrs. Sosa	73 yrs	Bronchial asthma, Hypertension	syp. ascoril T. munece T. Deniphyllis T. Metoprolol	BP: 140/90 mmHg GRBS: 197 mg/dl 626/11/20
2	Mrs. Rosy	53 yrs	Hyperlipidemia Arthritis	T. Losartan T. Atorva	BP: 150/80 mmHg
3	Mrs. Thresia	77 yrs	Hypertension	T. Rantae T. Iqev	GRBS: 110 mg/dl
4	Mrs. Thresia	77 yrs	Hypertension	T. soribate T. Eosprin T. Telma T. Amlo T. Rantae	BP: 110/70 mmHg GRBS: 140 mg/dl
5	Mrs. Rugmani	75 yrs	Bronchial asthma, Hypertension, muscle cramps	T. Deniphyllis T. Amlo Dulogel T. omez	BP: 120/80 mmHg GRBS: 129 mg/dl
6	Mrs. Alice	59 yrs	COPD	T. Deniphyllis T. Canthrin T. VC	BP: 130/90 mmHg GRBS: 210 mg/dl
7	Mrs. Thresia	94 yrs	Hypertension	T. Amlo T. clopid	BP: 120/70 mmHg



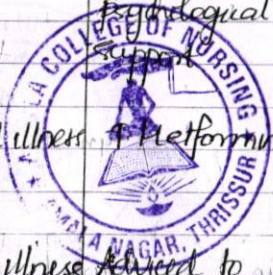
Date	Name	Age	Diagnosis	Treatment	Procedure
				T. Eosiprim	GRBS: 120
				Rumal (4/6)	mydri
7.	Mrs. Thankamasi	75yrs	Hypertension	T. Theophylline	Bp: 140/70
			Bronchial asthma	T. Dexamethasone	mmthly
				Shuntan	GRBS: 70mg/d

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ST MARIA DE MATTHIAS CONVENT

10/11/2022

1.	Mrs Mani	55yrs	Hypertension	T. clopilot	BP= 140/80
				T. Eosiprim	GRBS 115
2.	Mrs Madhavi	60yrs	Mental illness	T. Metformin	B.P = 140/90
			Hypertension		GRBS = 120
3.	Roopa	58yrs	Mental illness	Advised to	BP= 110/80
				Exercise	GRBS = 121
				Intake of	
				foods	
				provide	
				Psychological	
				support	
4.	Mrs Heela Jacob	62yrs	Mental illness	T. Metformin	BP= 140/80
					GRBS = 147
5.	Sheela	50yrs	Mental illness	Advised to	BP= 110/80
				Exercise	GRBS = 98



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AMALA NAGAR PO., THIRUVANANTHAPURAM - 680 555
24/11/2022

Thiruvananthapuram 30/11/2022

Name	Age	Diagnosis	Treatment	Procedure
			fluid intake	
6.	heela	6yrs	DM	T. Metformin
				BP= 120/70
				GRBS = 147
7.	Seline	48yrs	DM	T. Metformin
				B.P = 130/90
				GRBS = 170
17/11/2022				
1.	Hanish	KAIPARAMBU - Home visit		
		Mentally ill		Bp: 120/80
		DM		GRBS - 180
2.	Chandrasekhar	65yrs	Mentally ill	Same as
			DM	continue
				Bp = 130/80
				GRBS - 175mg/d
3.	Hydarnesi	61yrs	Mentally ill	Continue
			DM	
				Bp - 110/70
				GRBS - 216
4.	Kochumalai	61yrs	Mentally ill	Advised to reduce
			DM	sugar continue
				food
				Bp - 120/80
				GRBS - 191
5.	Binnesh	81yrs	Mentally ill	Continue drugs
				Bp - 130/70
				GRBS - 136mg/d
6.	Thomas	50yrs	Mentally ill	
				Bp - 110/70
				GRBS - 140mg
				Bp - 120/80
				GRBS - 21mg
1.	Laxar	78yrs	Mentally ill	Same as
			DM	continue
				Bp - 120/80
				GRBS - 21mg
Home visit - CHITILAPILLY				
2.	Tishnu	28yrs	Diabetes mellitus	T. Linsipride
			HTN	
				BP: 110/70
				GRBS: 114mg/d
3.	Sunny P.P	54yrs	Osteogenesis	T. Metformin
			Diabetes mellitus	
				BP: 110/60
				GRBS: 140mg/d
				Bp: 120/70
				GRBS: 130mg/d



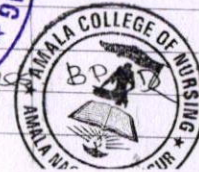
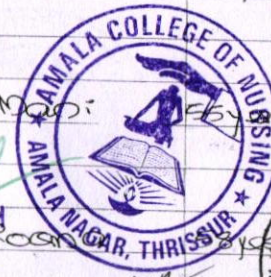
02/01/22

ST. MARIA DE MATTIAS CONVENT

Name	Age	Diagnosis	Treatment	Procedure
1. Mary Joseph	61 yrs	ea. lung	T. Tapal 50mg	BP - 120/80 mmHg P - 102 bpm CRBS - 122 g/dl
2. Mrs. Mani	55 yrs	Hypertension	T. Clopidet T. Ecospirin	BP - 120/90 CRBS - 150 mmHg
3. Mrs. Madhavi	60 yrs	Mental illness Hypertension	T. Metformin	BP - 110/70 CRBS - 140 g/dl
4. Mr. Rooma	55 yrs	BPAD	T. clonazepam provided Psychological support	BP - 110/80 CRBS - 110 g/dl
5. Ms. Leela Jacob	62 yrs	Mental illness DM	T. Metformin	BP - 120/80 CRBS - 150 g/dl
6. Ms. Sheela	50 yrs	mental illness	provided Psychological support	BP - 100/70 CRBS - 95 g/dl
7. Leela	60 yrs	DM	T. Metformin	BP - 110/80 CRBS - 150 g/dl
8. Ms. Seline	45 yrs	DM	T. Metformin	BP - 130/90 CRBS - 150 g/dl
9. Annie	90 yrs	Joint pain	T. Ramol	BP - 110/80 CRBS - 140 g/dl

Name	Age	Diagnosis	Treatment	Procedure
2. Alice	64 yrs	COPD	im. Foralox	BP - 140/90 mmHg CRBS - 145 mg/dl
3. Thirisha	94 yrs	Requig Phalson	T. Ecospirin	BP - 130/70 mmHg CRBS - 118 mg/dl
4. philomina	74 yrs	Dry cough, itching	T. metoprolol T. mucuna	Bp - 130/70 CRBS - 111
5. Sisily	73 yrs	Breathlessness	T. neumbien	Bp - 130/80 CRBS - 111
6. mariyamma	74 yrs	Dyspnea	T. dextrophenyl T. Amlo	Bp - 110/80 CRBS - 82

05/01/23 ST. MARIA DE MATTIAS CONVENT ARAMPILLY				
Name	Age	Diagnosis	Treatment	Procedure
1. Ms. sheela	50 yrs	Psychotic symptoms	T. Alprax T. Quetiapine	BP - 110/80 CRBS - 110 mg/dl
2. Mrs. leela	60 yrs	DM	T. Metformin	BP - 120/80 CRBS - 200 mg/dl
3. Mrs. Madi	65 yrs	Hypertension	T. Clopidet T. Telma	BP - 130/90 CRBS - 172 mg/dl
4. Mrs. Madi	65 yrs	Hypertension	T. Clopidet T. Telma	BP - 130/90 CRBS - 128 mg/dl



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5. Mrs. Madhavi	60yrs	Hypertension	T. Telma T. Clonidine Neb. Budesonide	BP: 100/60 mmHg GRBS: 118 mg/dl
6. Mrs. Selma	75yrs	DM	T. Metformin	BP: 130/90 mmHg GRBS: 131 mg/dl
7. Mary Joseph	61yrs	Ca lung	T. Tapal	BP: 120/70 mmHg GRBS: 106 mg/dl

(16/2/2023)	Name	Age	Diagnosis	Treatment	Procedures
1.	Mr. Birmish	34yrs	Mentally ill.	Same Rx	BP - 100/60 mmHg RBS - 119 mg/dl
2.	Mr. Anil	40yrs	Mentally ill	Same Rx	RBS - 135 mg/dl BP - 130/90 mmHg
3.	Balamurukan	39yrs	Mentally ill	Same Rx	BP - 100/80 mmHg RBS - 470 mg/dl
4.	Sethyan	47yrs	Mentally ill	Same Rx	BP - 120/80 mmHg RBS - 210 mg/dl
5.	Mr. Hydrali	38yrs	Mentally ill	Same Rx	BP - 110/70 mmHg RBS
6.	Mr. Kochurappi	54yrs	Mentally ill	Same Rx	BP - 130/70 mmHg RBS - 142 mg/dl
7.	Mr. Linto Antony	81yrs	Mentally ill	Same Rx	BP - 130/80 mmHg RBS - 291 mg/dl
8.	Mr. Kiron Rana	41yrs	Mentally ill	Same Rx	BP - 120/80 mmHg RBS - 104 mg/dl
9.	Mr. Kandamuthu	66yrs	Mentally ill	Same Rx	BP - 100/60 mmHg RBS - 84 mg/dl
10.	Mr. Rajesh	54yrs	Mentally ill	Same Rx	BP - 110/80 mmHg RBS - 129 mg/dl
11.	Mr. Sugunan	55yrs	Mentally ill	Same Rx	BP - 110/70 mmHg RBS - 96 mg/dl



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S.No	Name	Age	Diagnosis	Treatment	Procedure
12	Mr. Nandu	45 yrs	Mentally ill	Same Rx	BP-120/80 mmHg RBS-126 mg/dl
13	Mr. Sarvesh	38 yrs	mentally ill	Same Rx	BP-120/80 mmHg RBS-125 mg/dl
14	Mr. Chandran	55 yrs	Mentally ill	Same Rx	BP-160/110 mmHg RBS-200 mg/dl
15	Mr. Kochumon	61 yrs	Mentally ill	Same Rx	BP-130/80 mmHg RBS-128 mg/dl
16	Mr. Shaji Jacob	49 yrs	Mentally ill	Same Rx	BP-110/80 mmHg RBS-125 mg/dl
17	Mr. Mathai	50 yrs	Mentally ill	Same Rx	BP-120/80 mmHg RBS-265 mg/dl
18	Mr. Babo M-S	30 yrs	Mentally ill	Same Rx	BP-110/80 mmHg RBS-73 mg/dl
19	Mr. Devassy Kutty	61 yrs	Mentally ill	Same Rx	BP-160/80 mmHg RBS-162 mg/dl
20	Mr. Moorthy	69 yrs	Mentally ill	Same Rx	BP-110/80 mmHg RBS-101 mg/dl
21	Mr. Pavlose	78 yrs	Mentally ill	Same Rx	BP-130/80 mmHg RBS-297 mg/dl
22	Mr. Jinto Sonny	28 yrs	Mentally ill	Same Rx	BP-120/80 mmHg RBS-125 mg/dl

S.No	Name	Age	Diagnosis	Treatment	Procedure
23	Mr. Thomas	50 yrs	mentally ill	Same Rx	BP-120/80 mmHg RBS-81 mg/dl
24	Mr. Martin	42 yrs	mentally ill	Same Rx	BP-120/80 mmHg RBS-159 mg/dl
25	Mr. Prince M.V	54 yrs	mentally ill	Same Rx	BP-150/90 mmHg RBS-85 mg/dl
26	Mr. Vysakh	42 yrs	mentally ill	Same Rx	BP-120/80 mmHg RBS-107 mg/dl
27	Mr. Sreedharan	64 yrs	mentally ill	Same Rx	BP-140/80 mmHg RBS-129 mg/dl
28	Mr. Rajeev	52 yrs	mentally ill	Same Rx	BP-120/80 mmHg RBS-253 mg/dl
29	Mr. Ram	33 yrs	Mentally ill	Same Rx	BP-100/60 mmHg
23/2/2023		ADAIT HOME VISIT			
30	Mr. Lazar	47 yrs	Osteomalacia	Same Rx	GRBS-148 mg/dl BP-134/84 mmHg
31	Mr. Lazar	78 yrs	Spinal injury	Same Rx	GRBS-87 mg/dl BP-140/70 mmHg
32	Mr. Mercy Lazar	74 yrs	old age	Same Rx	BP-128/82 mmHg GRBS-126 mg/dl
33	Mr. Jishnu	24 yrs	Osteomalacia	Same Rx	BP-110/66 mmHg GRBS-135 mg/dl



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Principal

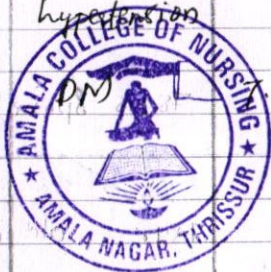
AMALA COLLEGE OF NURSING

AMALA NAGAR P.O., THRISSUR-680 555

9/03/2023 148

ST. MARIA DE MATTIAS CONVENT

Sr.No	Name	Age	Diagnosis	Treatment	Procedure
1.	Mary Joseph	62 years	Ca lung	T. Tapal 5mg	BP = 120/80 mmHg P = 102 bpm GRBS = 132 mg/dL
2.	Elsy Paulose	63 years	CVA/DM/HTN	T. Metformin	GRBS = 150 mg/dL BP = 140/80 mmHg
3.	Sy. Binoy	55 years	Seizure disorder	T. Levipil	GRBS = 140 mg/dL BP = 120/80 mmHg
4.	Roona	58 yrs	Mental illness / BPAD	T. Olanzapine	BP = 110/80 mmHg GRBS = 110 mg/dL
5.	Shaela	50 years	mental illness	provided Psychological Support	BP = 130/70 mmHg GRBS = 75 mg/dL
6.	Ms. Selina Paul	75 yrs	DM	T. Metformin	BP = 130/90 mmHg GRBS = 150 mg/dL
7.	Madhavi	60 years	mental illness hypertension	T. Metformin	BP = 110/70 mmHg GRBS = 140 mg/dL
8.	Leela	60 yrs	DM	Metformin	BP = 120/80 mmHg GRBS = 134 mg/dL



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16/03/2023

GRANULHTA

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Sr.No	Name	Age	Diagnosis	Treatment	Procedure
1.	Thomas K.A	50 yrs	mentally ill	Same Rx	BP = 110/70 mmHg GRBS = 105 mg/dL
2.	Babitha S	56 yrs	mentally ill	Same Rx	BP = 120/80 mmHg GRBS = 87 mmHg
3.	Paulose C.P	45 yrs	mentally ill DM	Same Rx	BP = 130/90 mmHg GRBS = 216 mg/dL
4.	Shajitha	47 yrs	mentally ill	Same Rx	BP = 120/70 mmHg GRBS = 94 mg/dL
5.	Sugam	60 yrs	mentally ill, HTN	Same Rx	BP = 150/70 mmHg GRBS = 92 mg/dL
6.	Kabirappa	64 yrs	mentally ill, HTN, DM	Same Rx	BP = 140/60 mmHg GRBS = 202 mg/dL
7.	Balamurugan	85 yrs	mentally ill	Same Rx	BP = 110/80 mmHg GRBS = 111 mg/dL
8.	Karan Raw	74 yrs	mentally ill	Same Rx	BP = 120/80 mmHg GRBS = 100 mg/dL
9.	Binresh	68 yrs	mentally ill	Same Rx	BP = 110/80 mmHg GRBS = 135 mg/dL
10.	Moorthy	55 yrs	mentally ill	Same Rx	BP = 110/70 mmHg GRBS = 110 mg/dL
	Kobunon	67 yrs	mentally ill, HTN, DM	Same Rx	BP = 140/70 mmHg GRBS = 191 mg/dL

SNO	Name	Age	Diagnosis	Treatment	Procedure
12	Rajesh	60 yrs	mental illness	Same Rx	BP = 120/80 mmHg GRBS = 101 mg/dl
13	Chandran	65 yrs	mental illness DM, HTN	Same Rx	BP = 140/90 mmHg GRBS = 208 mg/dl
14	Sreedharan	53 yrs	mental illness HTN	Same Rx	BP = 170/80 mmHg GRBS = 171 mg/dl
15	Anilar	62 yrs	mental illness	Same Rx	BP = 130/80 mmHg GRBS = 121 mg/dl
16	Neenu	67 yrs	mental illness	Same Rx	BP = 150/90 mmHg GRBS = 157 mg/dl
17	Devasagutty	74 yrs	HTN, DM Mental illness	Same Rx	BP = 150/80 mmHg GRBS = 202 mg/dl
23/03/2023					
1	Lazer	78 yrs	DM, HTN	Same Rx	BP = 130/64 mmHg GRBS = 132 mg/dl
2	Mercy	74 yrs	DM, HTN	Same Rx	BP = 128/64 mmHg GRBS = 77 mg/dl
3	Sunny	47 yrs	paraplegia	Same Rx	BP = 110/74 mmHg GRBS = 170 mg/dl
4	Jishnu	24	osteogenesis Imperfecta	Same Rx	BP = 110/74 mmHg GRBS = 159 mg/dl

22/4/2023

ADAIT HOME VISIT

Name	Age	Diagnosis	Treatment	Procedure
Jishnu	24 yrs	osteomalacia	Same Rx	BP = 110/66 mmHg GRBS = 135 mg/dl
Lazer	78 yrs	DM, HTN	Same Rx	BP = 110/70 mmHg GRBS = 114 mg/dl
Mercy Lazer	77 yrs	DM, HTN	Same Rx	BP = 128/82 mmHg GRBS = 126 mg/dl
Sunny P	47 yrs	paraplegia	same Rx	BP = 120/70 mmHg GRBS = 130 mg/dl
4/05/23				
Mrs. Thresa	77 yrs	Hypertension	T. telma + Amlo	BP = 110/70 mmHg GRBS = 106 mg/dl
Mrs. Alice	84 yrs	cop	T. Deoxyphen + Amlo	BP = 120/70 mmHg GRBS = 26 mg/dl
Mrs. Rejy	83 yrs	hyperlipidemia	T. Resatin	BP = 150/80 mmHg GRBS = 110 mg/dl
Mrs. Sudha	70 yrs	cop	T. Deoxyphen	BP = 120/70 GRBS = 141 mg/dl
25-5-23				
Jishnu	24 yrs	Osteomalacia	Same Rx	BP = 110/60 GRBS = 138 mg/dl
Sunny P	47	Paraplegia	Same Rx	BP = 120/70 GRBS = 135 mg/dl
Mercy Lazer	72 yrs	DM, HTN	Same Rx	BP = 120/70 GRBS = 106
8-06-23				
Rejy	83 yrs	HTN, DM	Same Rx	BP = 130/80 GRBS = 353
Mary	78 yrs	DM	Same Rx	BP = 110/60 GRBS = 76
Shoshama	70 yrs	HTN	Same Rx	BP = 130/90



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**APSARA
FEEDBACK REPORT OF
STUDENTS**



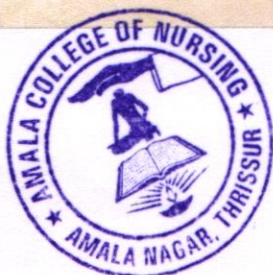
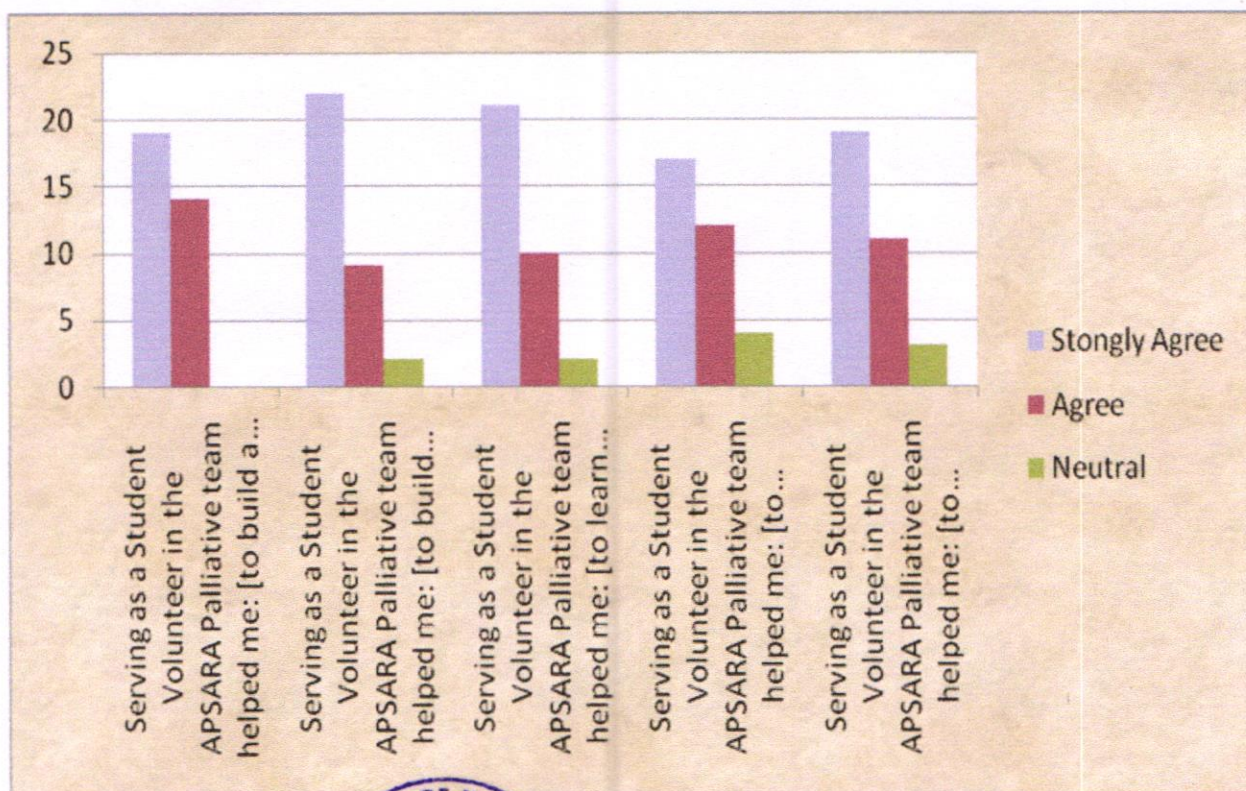
AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

APSARA Feedback

Criteria	Strongly Agree	Agree	Neutral
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to build a strong self esteem]	19	14	0
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to build compassion to the poor and sick]	22	9	2
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to learn the art of helping society and communities]	21	10	2
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to improve knowledge and confidence in my ability to care for terminally ill patients]	17	12	4
Serving as a Student Volunteer in the APSARA Palliative team helped me: [to improve my skill level by doing nursing procedures in home setting]	19	11	3



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**APSARA
HEALTH EDUCATION
LEAFLET**

ക്യാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണത്തെ എങ്ങനെ നിയന്ത്രിക്കാം?



റൊസാരിയോ ആന്റോ
രണ്ടാം വർഷ എം.എസ്.സി നേഴ്സിംഗ് വിദ്യാർത്ഥിനി
അമല നേഴ്സിംഗ് കോളേജ്

ഉള്ളടക്കം

1. ആമുഖം
2. എന്താണ് ക്യാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണം
3. ക്യാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണത്തിന്റെ കാരണങ്ങൾ
4. പ്രോഗ്രാമിന്റെ ഗുണങ്ങൾ
5. സ്വയം വിലയിരുത്തൽ
6. ക്യാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണത്തിന്റെ സ്വയം പരിചരണം
 - വ്യായാമം
 - ഭക്ഷണക്രമീകരണം
 - ചർദ്ദിയും ഓക്കാനവും തടയാനുള്ള മാർഗ്ഗങ്ങൾ
 - വയനളക്കം തടയാനുള്ള മാർഗ്ഗങ്ങൾ
 - അണുബാധ തടയാനുള്ള മാർഗ്ഗങ്ങൾ
 - അനീമിയ തടയാനുള്ള മാർഗ്ഗങ്ങൾ
 - ശരീര ശുചിത്വം
 - വായ സംരക്ഷണം
7. ഉപസംഹാരം

ആമുഖം

ക്യാൻസർ ബാധിച്ചവരിൽ ബലഹീനത അല്ലെങ്കിൽ ക്ഷീണം അനുഭവപ്പെടുന്നത് സാധാരണമാണ്. എന്നാൽ ഇത് ഓരോ വ്യക്തിക്കും വ്യത്യസ്തമാണ്. ചിലരുടെ ചികിത്സ അവസാനിച്ചുകഴിഞ്ഞാൽ ക്ഷീണം കുറയുകയും അതേ സമയം മറ്റുള്ളവർക്ക് ചികിത്സ കഴിഞ്ഞ് നിരവധി മാസങ്ങൾ മുതൽ വർഷങ്ങൾ വരെ ക്ഷീണം നീണ്ടു നിൽക്കുകയും ചെയ്യും. ക്യാൻസറിനുള്ള വിവിധ ചികിത്സ രീതികൾക്ക് വിധേയരായ രോഗികൾക്ക് ക്യാൻസറുമായി ബന്ധപ്പെട്ട തളർച്ചയുടെ സ്വയംപരിചരണം നൽകാനാണ് ഈ പ്രോഗ്രാം ഉദ്ദേശിക്കുന്നത്. ക്യാൻസറിനുള്ള വ്യത്യസ്ത ചികിത്സാരീതികൾ നമുക്കറിയാം അതായത് കീമോതെറാപ്പി, റേഡിയേഷൻ തെറാപ്പി, ഇമ്മ്യൂണോതെറാപ്പി, ശസ്ത്രക്രിയ തുടങ്ങിയവ. ഈ ചികിത്സ രീതികൾക്ക് ചിലപ്പോഴെല്ലാം പാർശ്വഫലങ്ങൾ ഉണ്ടാകുന്നു. ഇത് രോഗിയുടെ ക്ഷീണത്തിന്റെ തോത് വർദ്ധിപ്പിക്കും. അതിനാൽ ഈ പ്രോഗ്രാം ക്ഷീണം കുറക്കാൻ വേിയുള്ള വിവരങ്ങളും ആക്റ്റിവിറ്റിസും വീട്ടിൽ തന്നെ പരിശീലിക്കാൻ കഴിയുന്ന രീതിയിൽ ചിട്ടപ്പെടുത്തിയിരിക്കുന്നു.

ക്യാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണം

ക്യാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണം അല്ലെങ്കിൽ ക്യാൻസർ ചികിത്സയുമായി ബന്ധപ്പെട്ട ക്ഷീണം എന്നത് വിഷമകരവും അത് സമീപാലത്തെ പ്രവർത്തനങ്ങൾക്ക് ആനുപാതികമാകാത്തതും രോഗിയുടെ നല്ലൊരം പ്രവർത്തനത്തെ തടസ്സപ്പെടുത്തുന്നതുമാണ്.

കാരണങ്ങൾ

- ക്യാൻസർ മൂലം രോഗിക്ക് ക്ഷീണം അനുഭവപ്പെടാം.
- ക്യാൻസർ ചികിത്സയുടെ ഭാഗമായി രോഗിക്ക് ക്ഷീണം അനുഭവപ്പെടാം.
- അനീമിയ, വയറിളക്കം, ഓക്കാനം കൂടാതെ രോഗലക്ഷണങ്ങൾ മൂലം രോഗിക്ക് ക്ഷീണം അനുഭവപ്പെടാം.

പ്രോഗ്രാമിന്റെ ഉദ്ദേശം

ക്യാൻസർ രോഗികൾക്ക് ഉണ്ടാകുന്ന തളർച്ച സ്വയം നിയന്ത്രിക്കുന്നതിനുള്ള മാർഗ്ഗ നിർദ്ദേശങ്ങളും മാനദണ്ഡങ്ങളും സ്ഥാപിക്കുക എന്നതാണ് ഈ പരിപാടി യുടെ ഉദ്ദേശം.

അസസ്മെന്റ്

സ്വയം വിലയിരുത്തൽ

0 മുതൽ 10 വരെയുള്ള സ്കെയിൽ ഉപയോഗിക്കുന്നതാണ് ഏറ്റവും എളുപ്പം അതിൽ 0 എന്നാൽ ഒട്ടും തളർച്ചയില്ലാ എന്നും 10 എന്നാൽ ഒരു വ്യക്തിക്ക് സങ്കൽപ്പിക്കാൻ കഴിയുന്ന ഏറ്റവും മോശം ക്ഷീണം എന്നതുമാണ്. 4 മുതൽ 6 വരെ എന്ന് രേഖപ്പെടുത്തിയാൽ ക്ഷീണം മിതമായതെന്നും 7 മുതൽ 10 വരെ എന്ന് രേഖപ്പെടുത്തിയാൽ ക്ഷീണം കഠിനമായതും എന്നാണ് മനസ്സിലാക്കേണ്ടത്. മിതമായതും കഠിനമായതുമായ ക്ഷീണം അനുഭവപ്പെടുകയാണെങ്കിൽ താഴെ കൊടുത്തിട്ടുള്ള വിവരങ്ങൾ ഓർമ്മിച്ച് ഒരു ഡയറിയിൽ എഴുതിവെക്കേണ്ടതാണ്.

- ക്ഷീണം ആദ്യം അനുഭവിച്ചതെപ്പോഴാണ്?
- ഈ ക്ഷീണം വ്യത്യസ്തമാണെന്ന് നിങ്ങൾ എപ്പോഴാണ് ശ്രദ്ധിച്ചത്?
- ക്ഷീണം എത്രത്തോളം നീണ്ടുനിന്നു?
- ഏതെങ്കിലും കാരണം കൊണ്ട് ക്ഷീണം കൂടുകയോ കുറയുകയോ ചെയ്തോ?

ക്യാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണത്തെ എങ്ങനെ നിയന്ത്രിക്കാം

നിങ്ങളുടെ ക്ഷീണം നിയന്ത്രിക്കാൻ നിങ്ങൾക്ക് നിരവധി കാര്യങ്ങൾ ചെയ്യാനാകും. വീട്ടിൽ ഇത് ചെയ്യാനുള്ള ചില നിർദ്ദേശങ്ങളും പ്രവർത്തനങ്ങളും ഇവിടെ നൽകുന്നു. അതുവഴി നിങ്ങളുടെ ക്ഷീണം കുറയ്ക്കാൻ കഴിയും. നിരവധി മിതമായ വ്യായാമങ്ങൾ ഭക്ഷണത്തിലുള്ള നിയന്ത്രണങ്ങൾ, ഓടലോ, ഛർദ്ദി, വിളർച്ച, വയറിളക്കം, ഉറക്കമില്ലായ്മ, അണുബാധ എന്നിവ കുറയുന്നതിനുള്ള മാർഗ്ഗങ്ങൾ, വായപരിചരണം, വ്യക്തിഗത ശുചിത്വം എന്നിവ ഇതിൽ ഉൾപ്പെടുന്നു.

വ്യായാമം

ക്ഷീണം അനുഭവപ്പെടുമ്പോൾ വ്യായാമം ചെയ്യുന്നത് ബുദ്ധിമുട്ടാണ്. നിങ്ങൾക്ക് വ്യായാമം എളുപ്പമാക്കുന്നതിനുള്ള ചില വഴികളിതാണ്.

- ഇഷ്ടപ്പെട്ട ലഘുവ്യായാമം തിരഞ്ഞെടുക്കുക (നടത്തം, യോഗ എന്നിവ).
- താങ്കൾക്ക് വ്യായാമം ചെയ്യുവാൻ അനുയോജ്യമായ സമയം കണ്ടെത്തുക, കാരണം വേദനയും ക്ഷീണവും ദിവസത്തിൽ പലതവണ അനുഭവപ്പെടാം.
- ക്യാൻസർ ചികിത്സയ്ക്ക് വിധേയനായ സമയത്തുതന്നെ മിതമായ വ്യായാമങ്ങൾ ചെയ്യാവുന്നതാണ്.
- സിംഗിൾ ലെഗ് സ്റ്റാൻഡിംഗ് - ഒരു വ്യക്തി ഒരു കാലിൽ 60 സെക്കന്റ് നിൽക്കുക, അത് നിങ്ങളുടെ ബാലൻസ് വർദ്ധിപ്പിക്കും.
- ഇടവേളകൾ എടുക്കുക.
- ഒരു ചാർട്ടിൽ നിങ്ങൾ ചെയ്യുന്ന വ്യായാമങ്ങളുടെ സമയവും പുരോഗതിയും രേഖപ്പെടുത്തുക.
- കഠിനമായ വ്യായാമം ഒഴിവാക്കുക.
- വ്യായാമങ്ങളുടെ ഇടയിൽ ക്ഷീണം കൂടുതൽ ഉണ്ടെങ്കിൽ ഇടവേളകൾ എടുക്കുക.
- വ്യായാമത്തിന് മുമ്പും, സമയത്തും അതിനുശേഷവും വെള്ളം കുടിക്കേണ്ടത് പ്രധാനമാണ്.
- പരന്ന പ്രതലത്തിൽ രാവിലെയും വൈകുന്നേരവും അരമണിക്കൂറെങ്കിലും നടക്കാൻ ശ്രമിക്കുക.

നിങ്ങൾക്ക് ചെയ്യാൻ കഴിയുന്ന തരത്തിലുള്ള വ്യായാമങ്ങളുടെ ചില ഉദാഹരണങ്ങൾ ഇതാണ്

- എയ്റോബിക് വ്യായാമങ്ങൾ
- എയ്റോബിക് വ്യായാമങ്ങൾ നിങ്ങളുടെ ഹൃദയമിടിപ്പിനേയും ഊർജ്ജത്തേയും വർദ്ധിപ്പിക്കുന്നു.

ഉദാഹരണങ്ങൾ

- വരന്തായിലൂടെ നടക്കുക.
- മിതമായ വ്യായാമങ്ങൾ.
- നീന്തൽ.

കണകാൽ തിരിക്കൽ

- നിങ്ങൾ കിടക്കുക അല്ലെങ്കിൽ ഇരിക്കുക.
- നിങ്ങൾ വലതു കണകാൽ വലത്തോട്ട് 10 തവണ തിരിക്കുക.
- നിങ്ങളുടെ വലതു കണകാൽ ഇടത്തേക്ക് 10 തവണ തിരിക്കുക.
- നിങ്ങളുടെ ഇടതു കണകാലിൽ വ്യായാമം ആവർത്തിക്കുക.



കണകാൽ പമ്പുകൾ

- നിങ്ങൾ കിടക്കുക അല്ലെങ്കിൽ ഒരു കസേരയിൽ ഇരിക്കുക.
- നിങ്ങളുടെ കാൽ വിരലുകൾ മുകളിലേക്ക് ചൂണ്ടുക, തുടർന്ന് തറയിലേക്ക് ചൂണ്ടുക. ഒരേസമയം രണ്ടു കാലിനും നിങ്ങൾക്കിതു ചെയ്യാൻ കഴിയും.
- പത്തു തവണ ഇത് ആവർത്തിക്കുക.



ഒരു സ്ഥലത്ത് മാർച്ച് ചെയ്യുക

- ഒരു കസേരയിൽ ഇരുന്ന് നിങ്ങളുടെ കാലുകൾ തറയിൽ വെക്കുക.
- ചരിഞ്ഞൊ പിന്നോട്ട് ചായാതെയോ ഒരു കാൽമുട്ട് പതുക്കെ ഉയർത്തിയതിനുശേഷം കാലുകൾ താഴ്ത്തി തറയിൽ വെക്കുക. ആം റെസ്റ്റുകൾ പിടിച്ച് നിങ്ങളുടെ മുകൾഭാഗം പിന്നിലേക്ക് ചായുന്ന തടയാൻ കഴിയും.
- അഞ്ച് തവണ ഇത് ആവർത്തിക്കുക.
- നിങ്ങളുടെ മറ്റേ കാല് ഉപയോഗിച്ച് ഇത് ആവർത്തിക്കുക.



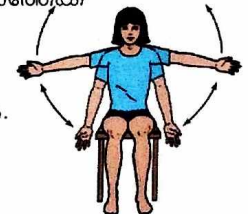
സിറ്റിംഗ് കിക്സുകൾ

- ഒരു കസേരയിൽ ഇരിക്കുക നിങ്ങളുടെ കാലുകൾ തറയിൽ വെക്കുക.
- നിങ്ങളുടെ ഒരു കാൽ നിവർത്തുക.
- കാല് നിവർത്തി പിടിച്ച് അഞ്ച് വരെ എണ്ണുക.
- നിങ്ങളുടെ കാൽ തറയിലേക്ക് താഴ്ത്തുക.
- 10 തവണ ഇത് ആവർത്തിക്കുക.
- നിങ്ങളുടെ മറ്റേ കാല് ഉപയോഗിച്ച് ഇത് ആവർത്തിക്കുക.



കൈ ഉയർത്തുന്നു

- ഒരു കസേരയിൽ നേരെ ഇരിക്കുക.
- നിങ്ങളുടെ തോളിന്റെ തലം വരെ കൈകൾ ഇരു വശത്തേക്ക് ഉയർത്തുക.
- 5 സെക്കന്റ് പിടിക്കുക അതിനു ശേഷം നിങ്ങളുടെ കൈകൾ പതുക്കെ ഇരു വശങ്ങളിലേക്ക് താഴ്ത്തുക.
- ഇത് 10 തവണ ആവർത്തിക്കുക.



ഭക്ഷണക്രമീകരണം

- ധാരാളം പാനീയങ്ങൾ കഴിക്കുക (ആറ് മുതൽ പത്ത് ഗ്ലാസ് വെള്ളം വരെ ദിവസവും കുടിക്കുക).
- എരിവ്, പുളി, മസാല എന്നിവ കൂടുതൽ അടങ്ങിയ ഭക്ഷണം ഒഴിവാക്കുക.
- പാൽക്കഞ്ഞിയും, റവ കാച്ചിയതും, നൽകുന്നത് ഉത്തമമാണ്.
- പച്ചക്കറികൾ, ഇലക്കറികൾ, പയറുവർഗങ്ങൾ, ധാന്യങ്ങൾ ഇവ ധാരാളമായി ഉൾപ്പെടുത്തുക.
- മത്സ്യം, കോഴിയിറച്ചി, ആട്ടിറച്ചി ഉപയോഗിക്കാം.
- മാട്ടിറച്ചി ഒഴിവാക്കുക.
- നന്നായി വേവിച്ച ഭക്ഷണം കഴിക്കുക.
- പ്രമേഹം, രക്തസമ്മർദ്ദം ഇവ ഉള്ള രോഗികൾ അതിനനുസരിച്ചുള്ള ഭക്ഷണം കഴിക്കുക.
- ചെറിയ അളവിൽ ഇടക്കിടെ ഭക്ഷണം കഴിക്കുക.
- നാറുകുളങ്ങരയായ ഭക്ഷണം ഉൾപ്പെടുത്തുക.
- പാലും നെയ്യും അടങ്ങിയ ഭക്ഷണം കുറയ്ക്കുക.
- കാപ്പിയും ചായയും ഒഴിവാക്കുക.



ചർദ്ദിയും ഓക്കാനവും തടയാനുള്ള മാർഗ്ഗങ്ങൾ

- ഇടക്കിടക്ക് ഭക്ഷണവും വെള്ളവും ചെറിയ തോതിൽ കഴിക്കുക.
- ഭക്ഷണത്തിന് ശേഷം ഇരുന്ന് വിശ്രമിക്കുക.
- ദീർഘശ്വാസം എടുക്കുകയും സാവധാനം പുറത്തേക്ക് വിടുകയും ചെയ്യുക.
- മധുരമുള്ളതും എണ്ണയുമടങ്ങിയ ഭക്ഷണങ്ങൾ ഒഴിവാക്കുക.
- നാറുകുളും പച്ചക്കറികളും ഭക്ഷണത്തിൽ ഉൾപ്പെടുത്തുക.

വയറിളക്കം തടയാനുള്ള മാർഗ്ഗങ്ങൾ

- മലദ്വാരം ശുചിയായി സൂക്ഷിക്കണം.
- നാറുകുറവുള്ള ഭക്ഷണം കഴിക്കുക.
- പഴം, ഓറഞ്ച്, വെള്ളരി, ആപ്രിക്കോട്ട് മുതലായ ഭക്ഷണം കഴിക്കുക.
- 8 മുതൽ 12 ഗ്ലാസ് വരെ വെള്ളം കുടിക്കുക.

വയറിളക്ക സമയത്ത് ഒഴിവാക്കേണ്ട ഭക്ഷണങ്ങൾ

- സ്പൈസി ഫുഡ്.
- ബിയറും വൈനും മറ്റു തരത്തിലുള്ള മദ്യവും.
- ഐസ്ക്രീം, വെണ്ണ, ചീസ് എന്നിവയും പാലും പാലുൽപ്പന്നങ്ങളും.
- കോഫി, ബ്രാക്ക് ടീ, സോഡ, ചോക്ലേറ്റ് എന്നീ കഫീനടങ്ങിയ ഭക്ഷണ പാനീയങ്ങൾ.
- ഫാസ്റ്റ് ഫുഡ്.

ശരീരശുചിത്വം

- രോഗി ദിവസവും കുളിക്കുന്നതാണ് ഉത്തമം.
- കൈകളിലെ നഖം വെട്ടി വൃത്തിയാക്കി സൂക്ഷിക്കുക.
- ഭക്ഷണത്തിനു മുമ്പും ശേഷവും കൈകൾ നന്നായി കഴുകുക.
- ദിവസവും കുളിക്കുക.
- വീര്യം കുറഞ്ഞ സോപ്പും ഷാമ്പുവും ഉപയോഗിക്കുക.
- പുക്കയില ഉൽപ്പന്നങ്ങൾ ഒഴിവാക്കുക.
- മദ്യം ഒഴിവാക്കുക.

വായ പരിചരണം

- ശരിയായ രീതിയിൽ വായ പരിചരണം സൂക്ഷിക്കുക.
- ഫ്ലൂറൈഡ് അടങ്ങിയ പേസ്റ്റ് ഉപയോഗിക്കുക.
- വായിൽ ജലാംശം നിലനിർത്തുക.
- വായിൽ ജലാംശം നിലനിർത്താൻ ഉപയോഗിക്കേണ്ടവ
- ഇടയ്ക്കിടക്ക് വെള്ളം കുടിക്കുക.
- ചെറിയ ഐസ് ചിപ്പുകൾ വായിൽ ഇടുക.
- പഞ്ചസാര രഹിത ചുവിയം ചവക്കുക.
- പഞ്ചസാര രഹിത മിഠായി ഉപയോഗിക്കുക.

രോഗാണു ബാധ തടയൽ

ചികിത്സ മൂലം രോഗാണുക്കളുടെ എണ്ണം കുറയുന്നതുകൊണ്ട് പ്രതിരോധ ശക്തി കുറയുകയും തന്മൂലം അണുബാധയുണ്ടാകാനുള്ള സാധ്യത ഏകദേശം ചെറുതാകുന്നു.

ഇത് തടയുന്നതിന് :

- വൃത്തിയും വെടിപ്പും ഉള്ള വസ്ത്രം ധരിക്കുക.
- ഇനിയും പരിസരവും വൃത്തിയാക്കി സൂക്ഷിക്കുക.
- ഭക്ഷണം പാകം ചെയ്ത് മാത്രം കഴിക്കുക.
- വായ ശുചിത്വം പാലിക്കുക.
- ആൽക്കഹോൾ അടങ്ങിയ മൗത്ത് വാഷ് ഒഴിവാക്കുക.
- പല്ലുകളുടെ സൂക്ഷ്മതയും ഉറപ്പുവരുത്തണം.

വിളർച്ച തടയാനുള്ള മാർഗ്ഗങ്ങൾ

നിങ്ങളുടെ ഭക്ഷണത്തിൽ ആവശ്യമായ പോഷകങ്ങൾ ലഭിക്കാത്തതിനാലോ, ക്യാൻസറായോ, ക്യാൻസർ ചികിത്സയുമായി ബന്ധപ്പെട്ടോ വിളർച്ച ഉണ്ടാകാം. അതിനാൽ നിങ്ങളുടെ ശരീരത്തിലെ അമ്ലമണ്ഡലം, അമ്ലമണ്ഡലം ഇരുമ്പിന്റെ അംശം ഉയർത്തുവാൻ വേണ്ടിയുള്ള മാർഗ്ഗങ്ങൾ :

- റൈബ്ബിറ്റ്, മത്സ്യം, കോഴി എന്നിവയിൽ വിറ്റാമിൻ ബി12 അടങ്ങിയിട്ടുണ്ട്.
- ഇരുമ്പ് വിറ്റാമിൻ ബി12 എന്നിവ മുട്ടയിലും പാലിലും കാണപ്പെടുന്നു.
- വിറ്റാമിൻ സി അടങ്ങിയ ഭക്ഷണങ്ങളായ കിവി, സിട്രസ് ഫ്രൂട്ട്സ്, സ്ത്രോബെറി, തക്കാളി, കുരുമുളക് എന്നിവയും നിങ്ങളുടെ ശരീരത്തിലെ അമ്ലമണ്ഡലം കുറയ്ക്കാൻ സഹായിക്കുന്നു.

ഉറക്കം മെച്ചപ്പെടുത്തുന്നതിനുള്ള മാർഗ്ഗങ്ങൾ

- 7-8 മണിക്കൂർ ഉറങ്ങുക.
- പകൽ സമയം ഉറക്കം പരിമിതപ്പെടുത്തുക.
- കഫീൻ ഉൽപ്പന്നങ്ങൾ ഒഴിവാക്കുക.

ഡോക്ടറെ എപ്പോൾ സമീപിക്കാം

രോഗിക്ക് പനി, വിറയൽ, ശ്വാസം തടസം എന്നിവ 24 മണിക്കൂറിൽ കൂടുതൽ അനുഭവപ്പെട്ടാൽ ഉടൻതന്നെ ഡോക്ടറെ സമീപിക്കാവുന്നതാണ്.

- രോഗിക്ക് ചൊറിച്ചിലോ, ശക്തമായ തലവേദനയോ, കൈതലമർദ്ദമോ അനുഭവപ്പെട്ടാലും ഡോക്ടറെ സമീപിക്കാവുന്നതാണ്.

ഉപസംഹാരം

ശരീരികമായും മാനസികമായും ഓരോ വ്യക്തിക്കും ക്ഷീണം എന്നത് വ്യത്യസ്തമായ ഒരു അനുഭവമാണ്. കാൻസറുമായി ബന്ധപ്പെട്ട വിവിധ ചികിത്സരീതികളിലൂടെ വ്യത്യസ്തമായ പാർശ്വഫലങ്ങളായിരിക്കും ഓരോ ക്യാൻസർ രോഗിക്കും അനുഭവപ്പെടുന്നത്. കാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണത്തെ തരണം ചെയ്യുന്നതിനായുള്ള അറിവ് രോഗികൾക്ക് കുറവായരിക്കും. കാൻസറുമായി ബന്ധപ്പെട്ട ക്ഷീണത്തെ എങ്ങനെ നിയന്ത്രിക്കാമെന്നുള്ള ഈ പ്രോഗ്രാം ക്യാൻസർ രോഗികളെ ക്ഷീണത്തിൽനിന്ന് അകറ്റാൻ സഹായിക്കുന്നു. അതുവഴി രോഗിയുടെ ജീവിതനിലവാരം മെച്ചപ്പെടുന്നു.



APSARA SKILL TRAINING MANUAL

**AMALA COLLEGE OF NURSING
THRISSUR**



**ACON PALLIATIVE SERVICES
AND REACHOUT ACTIVITIES
(APSARA)**

**SKILL LEARNING
MANUAL**

**ACON PALLIATIVE SERVICES AND REACHOUT ACTIVITIES
(APSARA)**

LIST OF PROCEDURES TO BE PERFORMED

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5. Spirit/alcohol.
6. Paper bag.
7. Soap

Procedure

1. Follow the steps involved in bag technique and open the top compartment of the bag.
2. Remove necessary articles.
3. Prepare a pledget of cotton.
4. Rinse the thermometer under cold running water and dry with cotton swab.
5. Place thermometer in axilla for 5 minutes.
6. Remove and wipe the thermometer with the same cotton from stem to bulb and read.
7. Return to the work area. Wrap the thermometer in cotton pledget with soap applied on it until completion of care.
8. After providing treatment and care, wash hands again.
9. Remove the thermometer from the pledget using spiral motion downward using friction to clean the thermometer.
10. Rinse under running water and dry. Wipe the thermometer with spirit from bulb to stem.
11. Wipe the outer surface of spirit bottle and replace into the top compartment after washing hands.
12. Close the bag. Record the temperature in the nurse's diary.

b) Measuring pulse

Articles

- Digital watch or watch with second hand
- Pencil
- Paper

Procedure

Assessment

1. Identify the person

Planning

2. Explain the procedure

Implementation

3. Wash your hands
4. Place the pads of two or three fingers lightly over the radial artery with the patient's hand, palm down
5. Count the pulsations for 1 minute and note the regularity, rate, strength and character of the pulse.

Evaluation

6. Jot down the count
7. Wash your hands

Documentation

9. Record the time and pulse rate on the graphic sheet. Note any abnormalities in quality or rhythm in the nurse's notes and report.

c) Measuring respiration

Articles

- Digital watch or watch with second hand
- Pencil and paper

Procedure

Assessment

1. Look for the way to distract the patient while you count respiration

Planning

2. Plan to count the respirations after measuring the radial pulse as if you were still counting the pulse

Implementation

3. Wash your hands and tell the patient you are going to take the vital signs
4. After taking the radial pulse with the wrist lying on the chest, continue holding the wrist while counting respirations. Position the watch so that you can see both its dial and the rise and fall of the chest
5. Count the respirations, noting rate, depth, pattern, and sounds count for 1 minute.
6. Jot down the measurement along with the pulse rate
7. Wash your hands

Evaluation

8. Ask yourself: Is the respiratory rate normal? Has it altered since the last measurement?

Documentation

9. Record the time and respiratory rate on the graphic record, on the patient's chart, or in the computer. If the character of respiration is abnormal or if the rate is irregular, document the findings in the nurse's notes.

d) Measuring blood pressure

Articles

- Stethoscope
- Sphygmomanometer with cuff
- Pencil and paper

Procedure

Assessment

1. Identify the patient. Check to see what is the patient's , blood pressure (BP).
2. Assess the size of the patient's arm to determine the size of cuff needed.
3. Assess if there is a contraindication to taking the blood pressure on either arm.

Planning

4. Provide privacy and reduce environmental noise. Explain the procedure and wash your hands.
5. Place the patient in comfortable position, sitting down or lying down and allow the blood pressure to stabilize for 5 minutes before measuring it.

Implementation

6. Apply the cuff smoothly to arm, positioning the center of the bladder over the brachial artery and placing the cuff 1-2 inches above the antecubital space. Wrap the cuff firmly and smoothly around the arm and fasten it.
7. Position the gauge so that it can be easily visualized
8. Position and support the patient's arm at the level of the heart.
9. Close the valve of the air pump by turning the screw valve clockwise until it is closed, but not so tightly that it cannot be easily released.

10. Palpate the radial artery/brachial artery. Pump up the cuff until the artery is occluded, then release the valve and let the air out of cuff.
 11. Direct the ear pieces of the stethoscope slightly forward, and place them in your ears. Place the diaphragm or bell of the stethoscope over the brachial pulse.
 12. When 30 seconds have passed, reinflate the cuff quickly, while watching the gauge, to at least 30 points higher than the point at which you no longer could feel the pulse
 13. Deflate the cuff at a constant rate of 2 mm Hg per second by unscrewing the valve on the bulb pump counter-clockwise.
 14. Listen for the first Korotkoff sound, and note this as the systolic BP. Continue to listen and steadily deflate the cuff until muffling is heard; note this point. Continue deflating until the last Korotkoff sound is heard; note this point. Replace the patient's clothing, if needed.
 15. Deflate the cuff completely and note down the reading of blood pressure.
- Deflate the cuff at a constant rate of 2 mm Hg per second by unscrewing the valve on the bulb pump counter-clockwise.
14. Listen for the first Korotkoff sound, and note this as the systolic BP. Continue to listen and steadily deflate the cuff until muffling is heard; note this point. Continue deflating until the last Korotkoff sound is heard; note this point. Replace the patient's clothing, if needed.
 15. Deflate the cuff completely and note down the reading of blood pressure.
 16. Wash your hands.

17. Ask yourself, is the blood pressure within normal range? Is it elevated? Is it dangerously low? Is there a difference between this reading and previous reading?
18. Document the time and pressure on graphics sheet; record in nurses notes with systolic BP as the top number and diastolic pressure as the bottom number, e.g., 128/80 mm Hg.

MEASURING BLOOD GLUCOSE LEVEL USING GLUCOMETER

Articles

1. Blood glucose meter.
2. Testing strips/reagent strips.
3. Sterile lancet.
4. Cotton balls.
5. Alcohol swab.
6. Disposable gloves.

Procedure

1. Check physician's order
2. Review manufacturer's instructions for glucometer use.
3. Gather articles at the bedside
4. Explain the procedure to the patient.
5. Have the patient wash hands with soap and water. Use warm water if available.
6. Position the patient comfortably in a semi-fowlers position or upright position
7. Wash hands. Don disposable gloves
8. Remove test strip from the container and recap container immediately
9. Turn monitor on and check whether the code number on strip matches with the code number on the monitor screen.
10. Take the lancet without contaminating it. Select appropriate puncture site.
11. Massage side of finger for adults (heel for children) toward puncture site and wipe with alcohol swab.
12. Hold lancet perpendicular to skin and prick site with lancet.

13. Wipe away the 1st drop of blood from the site.
14. Lightly squeeze or milk the puncture site until a hanging drop of blood has formed.
15. Gently touch the drop of blood to pad on the test strip without smearing it
16. Insert strip into glucometer according to directions for that specific device. Some devices require that the drop of blood is applied to a test strip that has already been inserted in the monitor.
17. Apply pressure to puncture site using a dry cotton ball.
18. Read blood glucose results displayed on the monitor and inform the patient about results.
19. Turn off the glucometer
20. Dispose supplies appropriately and discard lancet in sharp's container.
21. Remove gloves and discard. Wash hands.
22. Record blood glucose level in the chart

WOUND DRESSING

Wound dressings is done to clean, cover, and protect the wound from the external environment. A wound dressing must provide a moist environment, remove the excess of exudate, avoid maceration, protect the wound from infection and maintain an adequate exchange of gases.

Articles required

A sterile tray containing:

- Artery forceps- 2, Dissecting forceps -1, Scissors, Small bowl- 2, Gloves, Cotton balls, kidney tray, gauze pieces, cotton pads

A clean tray containing:

- Clean solutions as necessary, Ointment and powders as ordered, Gauze pieces in sterile containers, Swab sticks in a sterile container, Transfer forceps in a sterile container, Bandages, binders, adhesive plasters etc, A large bowl with disinfectant solution, Kidney tray and paper bag, Mackintosh and towel.

Procedure

- 1 Identify the patient
- 2 Assess the general condition of the patient
- 3 Explain the procedure to the patient
- 4 Assemble all the articles
- 5 Wash hands and wear clean gloves and arrange the articles 1 as the order of use
- 6 Position the client as required and drape the client appropriately
- 7 Place the mackintosh and towel under the site of wound and place a clean kidney tray over the mackintosh

- 8 Remove outer dressing. Leave the inner dressing. Remove clean gloves
- 9 Do surgical hand washing. Flip open the dressing pack cover and wear sterile gloves
- 10 Remove the inner dressing by using artery forceps and discard artery forceps.
- 11 Assess the wound site for size, appearance and drainage.
- 12 Clean the wound from clean area to contaminated area by using normal saline and betadine solution respectively.
- 13 Use one gauze piece for each stroke
- 14 Dry the wound with dry swabs in the same manner.
- 15 Apply medicine over the wound and cover with a dry sterile gauze pieces and cotton pads.
- 16 Secure the dressing with bandages or adhesive tapes.
- 17 Make the patient comfortable.
- 18 Replace equipment and record the type of dressing, condition of wound, type of exudate and patient's response.

CATHETER CARE

Definition

Cleansing the urethral meatus, the skin surrounding the catheter insertion site and perineum for patients with retention catheter who are bed ridden

Purposes

Promote patient comfort Reduces the chances of developing UTI

Articles Required

A tray containing Flash light

1. Adhesive tape and scissors Kidney tray
2. Antiseptic solution/betadine/NS Mask
3. Sterile tray with
4. Sterile gloves
5. 2 small bowl Gauze swabs
6. Artery forceps- curved and straight thumb forceps.

Procedure

1. Assess the episode of bowel or bladder elimination.
2. Prepare necessary equipment and supplies,
3. Explain the procedure to the patient.
4. Provide privacy
5. Wash hands
6. Position the patient:
 - Female: dorsal recumbent position with legs flexed
 - Male: supine position
7. Place mackintosh and draw sheet under the patient.

8. Drape the patient properly.
9. Remove anchor tapes
10. Apply sterile gloves Take sterile gauze and keep below the mons pubis Clean the area surrounding the urethral meatus and catheter insertion site.
11. Female: Clean the clitoris, labia minora opposite side, labia minora same side, labia majora opposite side, labia majora same side, vaginal introitus, orifice till the anus and clean catheter all sides.

Males: Retract the foreskin, clean the catheter insertion site, foreskin in rotating motion, clean the penis in a circular motion downwards or long strokes, then reposition the foreskin and clean catheter in 4 directions, clean scrotum Anchor the catheter tubing
12. Place the client in safe comfortable position.
13. Remove gloves, dispose contaminated supplies and wash hands
14. Record the procedure

BACK CARE

Back care consists of cleaning and massaging back (from shoulder to low level of the buttocks) by using scientific form of required strokes for maximum cutaneous stimulation, comfort and emotional relaxation as well.

Articles

A tray containing:

1. Basin 1 with warm water
2. Sponge cloth: 1
3. Small bowl: 1 Soap with soap dish
4. Towel: 1
5. A kidney tray with paper bag
6. Spirit
7. Talcum powder/lotion/oil
8. Mackintosh with cover A set of patient's clothes

Procedure

Assessment

1. Check the client's identification and condition
2. Explain the client about the purpose and the procedure

Planning

3. Put all required articles to the bedside and set-up

Implementation

4. Close all windows and apply screen
5. Perform hand hygiene with warm water
6. Place the client in an appropriate position

- Move the client toward your side
 - Turn the client to her/his side and put the mackintosh covered by big towel under the client's body
7. Expose the client's back fully and observe it whether there is any abnormality
 8. Wipe back with wet wash cloth. Lather soap on hands. Apply soap from down to upward direction in circular motion giving special attention to the pressure areas and rinse with plain warm water. Dry the area thoroughly.
 9. Put some lotion or oil into your palm. Apply the oil or the lotion and massage at least 3-5 minutes by placing the palms:
 - From sacral region to neck, use firm smooth strokes to massage over scapular area
 - From upper shoulder to the lowest parts of buttocks gently but firmly knead skin by grasping area between thumb and fingers, work across each shoulder and around nape of neck. Continue downward along each side to sacrum

Steps for back massage

10. Effleurage: Using your palm, stroke from the buttocks up to the shoulders, over the upper arms and back to the buttocks. Use slightly less pressure on the downward strokes
11. Petrissage: Using your thumb to oppose your fingers, knead and stroke half the back and upper arms, starting at the buttocks and moving towards the shoulder. Then knead and stroke the other half of the back, rhythmically alternating your hands.
12. Friction: Use circular thumb strokes to move from buttocks to shoulders; then, using a smooth stroke, return to the buttocks

13. Hand over Hand: Massage the back with short quick strokes using both hands
14. Brush Strokes: Lightly stroke the back with finger tips while massage
15. Kneading: Stroke the back with both hands together
16. Tapping: Tap the back with both hands
17. Help the client to put the clothes and return the client to comfortable position
18. Replace all articles in proper place
19. Perform hand hygiene

Documentation

20. On the chart with your signature, including date. Do time and skin condition. Report any findings to senior staff.

TEACHING BREAST SELF-EXAMINATION (BSE) FOR CARE GIVERS

Breast self-examination is a technique which women use to assess their own breasts to detect breast carcinomas at the earliest.

Articles

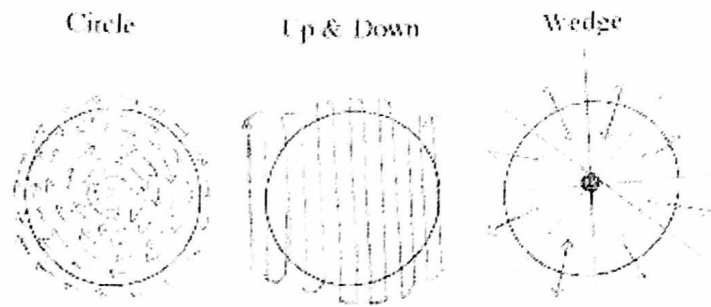
1. Mirror.
2. Gloves
3. Small pillow/rolled towel.

Procedure

Nursing action

1. Identify the patient and review personal history and family health history.
2. Explain procedure to the patient.
5. Explain and teach breast self-examination as you examine. For inspection, ask the patient to stand in front of the mirror and check both breasts for anything unusual with patients:
 - a. Arms at sides
 - b. Arms raised
 - c. Hands pressed on hips
 - d. Arms extended straight ahead as patient leans forward.
6. Explain and teach the palpation method. Teach the patient to use the right hand to palpate the left breast and vice versa. During the examination, place the patient's fingers under your fingers

7. Using the pads of the palmar surfaces of the fingertips, palpate the right breast by gently compressing the mammary tissues against the chest wall. Palpation may be performed from the periphery to the nipple, in either concentric circles, wedge sections or vertical strip.



8. Palpate areola and nipple using a similar circular technique as with breast. Pay special attention to subareolar part and gently press the nipple between the fingers
9. Palpate into axilla starting at anterior axillary line and continuing at an angle to the mid-axillary line and up into the axilla (using same circular fingertip motion). Have patient place arm at side and palpate deep into the axilla. Identify posterior axillary, central axillary, anterior axillary and lateral axillary node locations.
10. Repeat steps 7-9 on the left breast, areola, nipple and axilla. Identify normal versus abnormal as with the right breast. Compare breasts bilaterally.
11. Assist the patient to supine position. Place arm on examination side under the head, and place a small pillow under the same side scapula
12. Assist the patient to palpate the breast, areola and nipple as in steps 7-9 with the other hand and vice versa 13. Assist the patient to a sitting position. Review the steps and ask the patient to demonstrate breast self-examination

13. Allow patient to dress
15. Remove gloves and wash hands
16. Give the patient written materials to reinforce teaching
17. Record date, time, findings of abnormalities and absence of abnormalities, patient's response to findings and teachings.

PERFORMING HAND WASHING AT HOME

Hand washing is a vigorous, brief rubbing together of all surfaces of hands lathered in a soap, followed by rinsing under a stream of water

Purpose

1. To remove dirt and transient microorganisms from the hands.
2. To reduce total microbial counts over time.
3. To prevent cross-infection.

Articles

1. Soap in a soap dish.
2. Water.
3. Nail brush.
4. Hand towel.
5. Piece of paper/old newspaper.

Procedure

1. Place the bag on the newspaper, spread over a clean floor area or platform.
2. Remove wrist watch and keep in a safe place.
3. Open the bag and take out, soap dish, hand towel, nail brush and a small piece of paper to "wash area", spread the paper and place articles on the paper.
4. Select a place where water will drain off.
5. Moisten hands with water so that soap will lather well. Apply soap to the hands while holding hands down.
6. Rub together to work up a good lather. Rub palms, inter- digital areas, all sides of each finger, then back of hands, wrists, nails and cuticles.

7. Scrub for 2-3 minutes with nail brush if any surgical procedure to be conducted.
8. Wash soap off the hands and hold hands up to prevent water running from elbows to hands.
9. Dry hands using hand towel and place the towel on the clean area.
10. After the procedure, wash hands again and dry with towel.
11. Replace soap in soap dish and hand towel in bag. Close the bag.
12. Discard the paper on which soap dish was placed, and any other used materials.

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