

VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF NURSING

A constituent college of

Vinayaka Mission's Research Foundation

(Deemed to be University)

THE RIGHT MENTOR.....



DEEDS OF CHN.....

NEWS LETTER

COMMUNITY HEALTH NURSING-2018



PREVENTIVE CARE



HOME VISITING



OCCUPATIONAL HEALTH



FAMILY HEALTH SERVICES



SCHOOL HEALTH



REHABILITATION



MCH SERVICES



ENVIRONMENTAL HYGIENE



MENTAL HEALTH

The department caters to the needs of the students who specializing in Community Health Nursing offer diverse learning experience. It includes preventive, therapeutic, and rehabilitative actions and helps to promote physical and emotional well being, as well as provide guidance.

“Preventive education and care to families and society”



**Prof. Dr. Mrs. V. Selvanayaki Ph.D. (N),
Principal**

One, who knows the way, goes the way and shows the way.

EMINENT STARS OF CHN

Prof.Dr.Mrs.S.Malathi - Head of the Department

Mrs.U.Palaniyammal - Assistant Professor

Mr.A.Prabhakaran - Tutor

Mrs.A.Sakthi - Tutor

Mrs.C.Sennammal - Tutor

Ms.B. Saranya - Tutor

Editor's Desk



Dear Readers....

Once again, it is an immense pleasure to release the deeds of CHN 2018 issue. It is also high lights the events and activities of community health nursing department. I do hope that the news letter for an interesting read.

I would like to take this opportunity to express my gratitude to our principal who has supported and guided for doing this newsletter.

Also I thank my department staff involved in finishing the news letter.

Thank you,

Dr.S.Malathi

HOD Department of Community Health Nursing

VMACON,Salem.

POST GRADUATE FACULTIES



Prof. Dr. Mrs. S. Malathi



Mrs. U. Palaniyammal



Mr. A. Prabhakaran

Events of the year

- | | |
|-----------------|--|
| February | – Continuing Nursing Education |
| March | – Field visit and journal club presentation |
| April | – Faculty Skill Development Programme |
| June | – Journal club presentation and world environmental day celebration |
| August | – World Breast Feeding Week - Nutritional Exhibition |
| October | – Guest Lecture |
| November | – Bicycle Awareness Rally on prevention of air pollution |
| December | – World AIDS Day (Dump show) and journal club presentation |

VARIOUS POSITIONS HELD BY THE FACULTY

Prof.Dr.Mrs.S.Malathi

- Research co-ordinator (VMRF-DU)
- Academic committee member
- IQAC member
- Anti ragging committee squad and member
- Continuing nursing education committee member
- Disciplinary committee member
- Class committee member
- Hostel committee member
- Admission committee member
- Website upgrading committee member
- Curriculum committee member
- Faculty empowerment committee member

Mrs.U.Palaniyammal

- NSS (National Service Scheme) programme officer
- RRC (Red Ribbon Club) programme officer
- Internal complaints committee member
- Environmental committee member
- Health committee member

Mr.A.Prabhakaran

- Alumni association- treasurer
- Sports committee member

Research publication

Dr.S. Malathi, HOD & Professor

- Comparative study to assess the nutritional status by physical examination of children age between 3-5 years in urban and rural areas, Salem. International journal on emerging technologies and innovative research
- Knowledge and perception regarding childhood pneumonia among mothers of Under-five children in a selected rural areas, Salem. International journal for advanced research in applied science

Mrs. U. Palaniyammal. Assistant professor

- Assess the knowledge the knowledge on home care management of dengue fever among people residing in peramachur village, Salem. International journal on emerging technologies and innovative research

Mr.A. Prabhakaran, Tutor

- A study to identify the health problems on consanguineous marriage among people in rural community. International journal of science and applied research

ENRICHING THE STUDENTS

Continuing Nursing Education regarding “**Public Health Challenges**” on 13.02.2018. The topic was presented by Mrs.S.Kavitha M.Sc Nursing, Vice Principal Bharani College of Nursing, Kollapatty, Salem, regarding “Public Health challenges”. Followed that Mrs.U.Palaniyammal, Asst. Professor, Department of Community Health Nursing, VMACON, Salem presented “Overview of Public Health challenges” and Mr.A.Prabhakaran, Tutor, Department of Community Health Nursing, presented “Health Problems in India”. Students were involved in open discussion and clarification of doubts.



Department of Community Health Nursing, Vinayaka mission's Annapoorana college of Nursing, Salem, has organized a guest lecture on 11.10.2018 at 11.00 am to 12.00 noon. The guest speaker was Dr.P.Hemavathi, MBBS, Public health services, Government of India, Salem, delivered the lecture on the topic of "Population and its Impact". IV-Year and II year B.Sc (N) Students and faculty members were attended the lecture class.



MYELITIS" on 17.12

Myelitis (AFM) is a rar

It affects the nervous system, specifically the area of the spinal cord called gray matter, which causes the muscles and reflexes in the body to become weak. All the faculty

UPDATING THE KNOWLEDGE

members attended the programme



On 29.06.2018 Mrs.U.Palaniyammal, Assistant professor, Community Health Nursing Department, organized a journal club meeting and presented a journal article regarding “**NIPHA VIRUS INFECTION (NVI)**”. All the faculty members attended the programme

On 22.03.2018 Mrs.C.Sennammal, Tutor, Community Health Nursing Department, organized a journal club meeting and presented a journal article regarding “**VANBANDHU KALYAN YOJANA (VKY)**”. All the faculty members attended the programme



**SERVICES RENDERED TO THE
COMMUNITY**

OUT REACH PROGRAMMES

Vinayaka Mission's Annapoorana College Of Nursing , Salem conducted **"Bicycle Awareness Rally"** regarding prevention of air pollution on 12-11-2018 in lieu Disaster Management measures inaugurated by Dr. V. Selvanayaki, Principal, VMACON, Salem.. Students carried the slogan which was related to air pollution and its prevention



Department of Community Health Nursing organized a Nutrition exhibition on 03-08-2018. The student have prepared various food stuff used for lactation and it was exhibited and explained to the antenatal mother..

Department of Community Health Nursing organized a Dump Show on 01-12-2018 at Periyar Nagar, Salem, on the eve of World AIDS Day to create awareness among youth club members regarding HIV infection, its prevention, treatment and care services.



Department of Community Health Nursing organized a campus cleaning and tree plantation in lieu of world environmental day on 05-06-2018 at veerapandi village, Salem.

ART OF IMPARTING KNOWLEDGE AND SKILL...

FACULTY SKILL DEVELOPMENT PROGRAMME



Faculty Skill Development Programme was organized on 25.04.2018. The resource person Dr.k.Ganeshkumar, MBBS, D.T.C.D, Deputy Director of Medical and Rural Health services (TB), Salem, presented on “**Multi Drug Resistant- TB Drugs**”, has delivered a lecture on “Drug Resistant, 99DOTS App and Daily Regimen FDC Drugs”, was dealt for all the faculty members.

INNOVATIVE TEACHING

GUIDED LECTURER METHOD

Introduction:

It is a small group instruction facilitated by the teacher for the short period of time meant to develop the meaningful understanding of concept.

Steps of guided lecturer

The teacher used the guided lecturer method for teaching the topic of communicable diseases.

Step 1: Teacher taken 20 minutes lecture class regarding the communicable disease with the use of posters during that time the student listened the class without taking the notes



Step 2: Students divided in small groups and given posters for each group to discuss.



Step 3: Students discussed about the lecture class for 10 minutes with poster and made one group leader to conclude the discussion.



Steps 4: After discussion students taken notes for 20 minutes.



Step 5 : Last 10 minutes the teacher checked the notes of the students and guided them to understand the topic



FIELD TRIAL



Our B.Sc Nursing II year students (95) and DGNM I year (20) members went to Aavin dairy farm to visit the milk pasteurization along with our faculty members on at 24.03.2018. During the visit the section engineer given orientation about dairy farm followed that section engineer given brief explanation and live demonstration about the process and steps milk pasteurization, storage and distribution of pasteurized milk at the end of the visit our students cleared their doubts and got more knowledge about milk pasteurization.

ACHIEVEMENTS



100% of students got result in **Community Health Nursing-II** and 95% result in **Community Health Nursing-I** by our special coaching and question based teaching.

HEALTH TIPS

6 NUTRIENTS WOMEN NEED MOST

VITAMIN B6



Regulates mood, appetite & sleep

VITAMIN B12



Fights fatigue + improves alertness

FOLATE



Prevents brain and spinal defects in first weeks of pregnancy + lowers risk of colon & breast cancer

VITAMIN D3



Strengthens bones, teeth, muscles + protects against autoimmune diseases + breast & ovarian cancer

CALCIUM



Reduces PMS symptoms + maintains blood pressure

IRON



Proper brain function + boosts energy levels + prevents anemia



6 WAYS TO Naturally Relieve MOSQUITO BITES



Rub area
with inside of
banana peel



Create paste
of Baking Soda
and H₂O and
apply to area.



Apply apple cider
vinegar to area



Lavender essential
oil and tea tree oil
relieves sting



Apply lemon
slice to
affected area



A slice of onion
will immediately
remove pain from
insect bites

6 STEPS TO STRENGTHEN MIND-BODY CONNECTION

1. CLOSE YOUR EYES AND
TAKE A DEEP BREATH
2. SCAN THE BODY
3. BE AWARE OF ANY SENSATIONS,
PLEASANT OR UNPLEASANT
4. NOTICE WHERE THE SENSATIONS
ARE COMING FROM
5. LET YOUR AWARENESS TRAVEL
AROUND THE BODY
6. FOLLOW THESE SENSATIONS
UNTIL THEY DISAPPEAR