



Volume : 1 Issue : 8

September to December

AL SHIFA COLLEGE OF NURSING

LEMON VALLEY, ANGADIPPURAM P.O,
PERINTALMANNA, MALAPPURAM DT.,
KERALA – 679321



Vision

Our vision is to be a distinctive institution to prepare global nurses by commitment to provide positive, safe and stimulating learning environment which promotes pertinent cognitive, competent skills and advancement to engage in nursing services to a state that enriches our state, nation and health profession along with achievement of high standards of academic and administrative capacities.

- Our college is committed to serving students academically through promotion of life long learning among faculty of nursing and also to connect with challenging students personally.
- Our college stimulates students to achieve their academic goals by creating a positive learning environment by way of highly efficient teachers, latest and modern learning resources, well equipped class rooms, virtuous clinical setting and embrace student centric teaching methods.
- Our college strives for professional competency among student nurses by inculcates combined abilities of skills, knowledge, attitudes, and values in nursing.

Mission

Our Mission is to create competent nurses by providing high quality value-based nursing education services in a safe, respectful, academic rich and conducive environment which fosters every nursing student's intellectual, social, physical and moral development that builds a foundation for life-long learning and their professional development.



Dr. P. Unneen

Managing Trustee / Shifa Medicare Trust

I am honoured and delighted to be the Al Shifa College of Nursing Perinthalmanna's Managing Trustee. Since I began working at this responsibility in 2002, it has been an exciting and lively period. We work hard to sustain the purpose of our impoverished service, as reflected in our motto "Lighten to Enlighten." Connecting with and actively incorporating former students and friends in our exceptional programmes is one of my most important task, as is keeping you up to date on all the exciting things going on at our college. Furthermore, I am concerned with ensuring that our students, Faculties , and staff honourably respected and represented. We take tremendous delight in providing our services.

I hope you enjoy reading this newsletter. I am convinced that you will collaborate with me to strengthen our present educational activities as well as build and broaden projects to address our community's, state's, and nation's expanding healthcare concerns. I am eager to collaborate with you in creating a legacy in nursing education at Al Shifa College of Nursing. Best wishes for "**Phoenix Reviews**".



Prof. Josephine Jacqueline Mary.N.I

Principal, Al Shifa College of Nursing

I believe that education should encourage one to explore many pathways and not just be limited to books. Young people with original ideas and creative minds make up the institute's student body. They all possess inherent talents and unique skills. It is our obligation as a facilitator, mentor, and educator to stimulate their interest and to foster and instill the proper ideals in them. The institute places a strong emphasis on personality development in order to produce nurses who are knowledgeable, compassionate, and professional.

We put an emphasis on the students' whole personality development by encouraging them to participate in co-curricular and extracurricular activities in addition to academics. We are committed to establishing in our students the solid moral and ethical values required of a nurse. By planning numerous workshops, seminars and observing national and international health day with relevant themes, we also help to advance the nursing profession.

“If you don’t go after what you want, you’ll never have it. If you don’t ask, the answer is always no. If you don’t step forward, you’re always in the same place.”
-Nora Roberts-

Dear reader,

Greetings to you...

Very few have fully realized the wealth of sympathy, kindness and generosity hidden in the soul of a child. The effort of every educator should be to unlock that treasure and Al Shifa College of Nursing is an excellent example where everyone strives indefatigably for this. The institution has been nurturing young minds of the town for the past 20 years.

We are pleased to present to you the **“Phoenix Reviews”** the newsletter of Al Shifa College of Nursing. As we all know, a newsletter mirrors a college- its vision and mission. It also highlights events, activities and achievements. In this edition, we have tried to capture last four months excitement and activities. I do hope that the newsletter encourages many more including students to use it as a platform to express their creativity. I sincerely hope that this edition makes for an interesting read.

The Editorial Board

Happy Reading.....

— Members of Editorial Board —

Patron



Dr. P. Unneen

Managing Trustee | Shifa Medicare Trust

Editorial Board Chairperson



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*Asso. Professor, Dept. of obstetrical &
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Executive Editor



Mrs.Baby.Jose.NJ

*Asso. Professor,
Dept. of Medical Surgical Nursing*

Executive Editor



Mrs.Sheeba.S

*Asst. Professor, Dept. of obstetrical &
gynaecological Nursing*

CURRICULAR ACHIEVEMENTS



First Semester Students (Eonians 20th Batch)

UTHARAM

On behalf of National AIDS Control Society a district level intercollegiate quiz competition was conducted on 11/05/22 in ACN auditorium .



Mr.MOHAMMED SHAMEEM & Mr.MOHAMMED SHERBIN.K

First Prize - Regional Level
Second Prize - District Level
Third Prize - Grand Finale

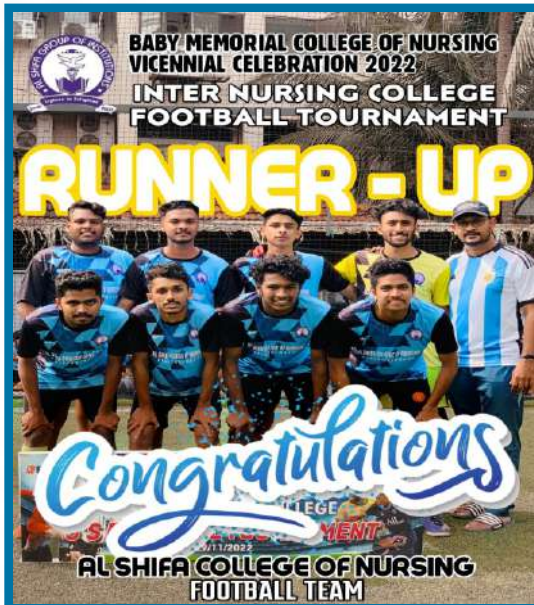
**NEWBORN CARE WEEK OBSERVANCE
INTER COLLEGIATE QUIZ COMPETITION WINNERS 2nd PRIZE**



Mr.MOHAMMED SHAMEEM & MS. BIBINA NASSAR

EXTRA CURRICULAR ACHIEVEMENT

FOOTBALL



SNA ZONAL



ALUMNI ACHIEVEMENTS

APPRECIATION CEREMONY

Congratulations

3 PM
30
SEPTEMBER
2022
ACN AUDITORIUM

Ms.SHAMLA CHOLASSERI
(Alumna , 10th batch BSc Nursing)

Malta National Women
Cricket team Captain &
Women's Continental cup
2022 Champion

Alshifa College of Nursing
Angadipuram, Perinthalmanna

GRADUATION

Graduation ceremony was conducted on 15/09/2022 for 16th batch BSc nursing, 11th batch MSC nursing and PBBSc nursing students at Shifa convention center, Perinthalmanna.



INDUCTION PROGRAMME

An induction programme was conducted for the 21st batch BSc nursing students on 30/11/2022 in ACN auditorium.



MAKE MENTAL HEALTH AND WELLBEING A GLOBAL PROPERTY

Mental Health Day was observed by distributing Pamphlet by 2ndyr PBBSc students in Perinthalmanna ward 3 on 10/10/2022.

Department of Mental Health Nursing, SSGP&IQAC observed Mental Health day on 14/10/22 by organizing a seminar by **Mrs. FAHAMI THABASSAM**, clinical psychologist of KIMS ALSHIFA hospital, Perinthalmanna .



NEW BORN CARE WEEK

Department of Child Health Nursing and Department of Obstetrics & Gynecological nursing observed new born care week from 15/11/2022 to 21/11/2022 .

Intercollegiate quiz competition, clay modelling competition and puppet show were the events of the week.



COPD DAY

Medical Surgical Nursing department observed COPD day by conducting an exhibition on smoking in District Hospital, Parinthalmanna, in collaboration with District medical office ,Malappuram .Exhibition was conducted by 2nd year BSc nursing students.





Mr. Prasanth.K

Asst. Professor, Dept. of Child Health Nursing

TMAU - SYNDROME

Introduction

Trimethylaminuria is a disorder in which the body is unable to break down trimethylamine, a chemical compound that has a pungent odor. Trimethylamine has been described as smelling like rotting fish, rotting eggs, garbage. As this compound builds up in the body, it causes affected people to give off a strong odor in their sweat, urine, and breath. The intensity of the odor may vary over time.

Meaning

Trimethylaminuria (TMAU) is a very rare condition that makes your sweat, breath, saliva and urine smell like rotten fish or rotten eggs. Some people have TMAU due to defective genes passed down from their parents that affect their metabolism. Some illnesses and medications can cause trimethylaminuria. Some people have TMAU due to defective genes passed down from their parents that affect their metabolism. Some illnesses and medications can cause trimethylaminuria. The odor can interfere with many aspects of daily life, affecting a person's relationships, social life, and career. Some people with trimethylaminuria experience depression and social isolation.

Incidence

Trimethylaminuria is very rare, with healthcare providers reporting a few hundred cases in the 30 years they've tracked the condition. Female are more likely to have TMAU than male.

What causes trimethylaminuria ?

If you have trimethylaminuria, it means your body can't process a bad-smelling chemical called trimethylamine. Your intestines produce trimethylamine when you eat some foods, including liver, legumes and eggs. Normally, your body produces an enzyme called flavin-containing monooxygenase 3 (FMO3). This enzyme breaks down certain chemicals, including trimethylamine. But when this enzyme doesn't work, your trimethylamine levels build up and make your breath, sweat and pee smell bad. Trimethylaminuria happens when something changes in the FMO3 gene. This gene carries instructions on making the FMO3 enzyme. Without correct instructions, your body can't make an effective enzyme.

People with TMAU are born with a defective version of the gene that codes for FMO3 and the resulting faulty FMO3 enzyme is unable to completely break down trimethylamine. Depending on the type of mutation in the FMO3 gene, the amount of unmetabolized trimethylamine (and related odor) varies from person to person. People with TMAU give off a strong unpleasant smell that becomes more noticeable after exercise or when they're under stress. Female may have more severe symptoms just before and during their periods, after taking oral contraceptives and as they go through menopause. People who inherit trimethylaminuria often struggle with significant psychological and social issues.

TMAU symptoms often get worse during puberty, making children vulnerable to being bullied, shunned or ridiculed. Some children with TMAU respond by becoming aggressive and disruptive.

Other ways TMAU may affect people's wellbeing include

1. Avoiding people because they're embarrassed about their condition.
2. Being socially isolated can lead to depression, frustration and loneliness.
3. Having a hard time developing or maintaining relationships.
4. Rarely, showing signs of paranoia and suicidal tendencies.

How do healthcare providers diagnose trimethylaminuria?

Healthcare providers diagnose TMAU by measuring the amount of trimethylamine in your blood & urine. In normal subjects, 80% of the TMA is oxidized and then excreted mainly in the urine. In individuals with TMAU, less than 25% of the TMA is oxidized.

Can trimethylaminuria be cured ?

Trimethylaminuria can't be cured. But a combination of diet, hygiene and some medications can help make trimethylaminuria symptoms less noticeable. Healthcare providers may recommend you avoid the following foods:

- Milk from wheat - fed cows
- Eggs
- Liver
- Peas
- Beans
- Peanuts
- Soya products
- Sprouts
- Broccoli
- Cabbage
- Cauliflower
- Seafood
- Fish oil supplements

Your healthcare provider may prescribe a short course of antibiotics to reduce your gut bacteria, so you have less trimethylamine in your gut.

What else helps with trimethylaminuria symptoms ?

Healthcare providers may recommend using low-pH (acidic) soaps and lotions to reduce odor. They may also suggest ways you can avoid sweating, like changing your exercise routine. Sometimes, stress makes people sweat. Your healthcare provider can recommend ways to manage your stress. Changing your diet and some personal habits will make a big difference. You may also benefit from some mental health support. Many people with trimethylaminuria can struggle with social isolation, loneliness, poor self-image and depression.

Conclusion

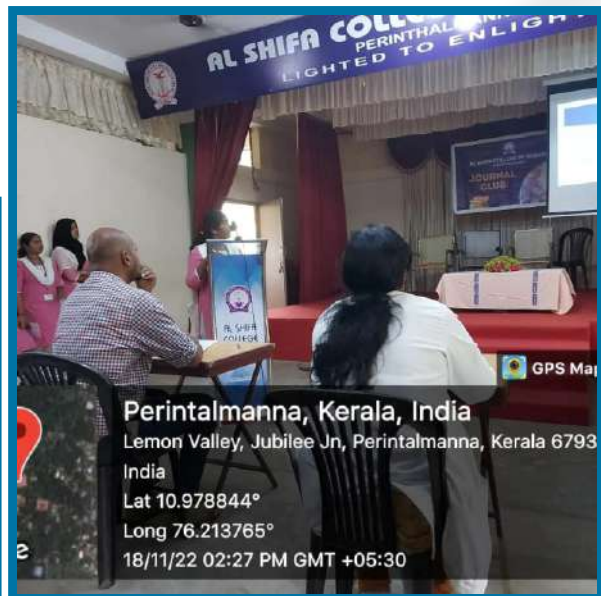
Trimethylaminuria is a rare condition that produces a fish-like odor. Experts believe a mutation to the FMO3 gene causes it. This mutation leads the body to not being able to break down the chemical compound trimethylamine (TMA). Although there's no cure for trimethylaminuria, changes to your eating habits may help manage it. Therapy and online support groups can also provide important emotional support if you find that your mental and social health are impacted by the condition.

Article resources

1. <https://www.genome.gov/Genetic-Disorders/Trimethylaminuria>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4483192/>
3. <https://microbiomejournal.biomedcentral.com/articles/10.1186/s40168-017-0271-9>

JOURNAL CLUB

Journal club presentation was done by first year MSc nursing and second year PBBSc Nursing students in ACN auditorium.



EQUALIZE

on behalf of the Department of Community Health Nursing, the Red Ribbon Club, and the National Service Scheme, the first and second-year PBBSc nursing students, observed World AIDS Day On December 1st.



INSERVICE EDUCATION

MSc.nursing,PBBSc nursing & BSc nursing students conducted in-service education program on tracheostomy care , pre and post operative care & ward management respectively for staff nurses of KIMS ALSHIFA HOSPITAL at conference hall on 14/09/2022.





Mrs. Sinitha.K.B

Asst. Professor, Dept. of Medical Surgical Nursing

WHY YOU TUBE & HOW DOES A TEACHER TO BE PREPARED TO DEVELOP CONTENT IN YOU TUBE

We live in an era where technology can be used to improve our everyday lives if we know how to use it properly. Many online tools and applications have emerged in recent years that can be used to make teaching and learning in the classroom considerably easier and more interesting.

It can be used to make classroom lessons more entertaining and keep students entertained while they are still learning. Youtube is very beneficial for visual learners. Teachers can use youtube to find videos that will help make their lessons more understandable and enjoyable.

HOW IS YOUTUBE BENEFICIAL TO TEACHERS ?

Here are all of the advantages that youtube will provide to teachers who want to use the platform in their classroom:

- **Sense Of Community** : Teachers from all around the world can use the comment area of youtubevideos to ask and answer questions. This will foster a feeling of community, and teachers will be able to voice their opinions on any topic imaginable.
- **It Is Free** : Youtube is entirely free to use. There is a premium option, however, it only removes ads from the platform. The free version of youtube allows you to access all of its features.
- **Easy To Use** : Youtube is really simple to use in the classroom. Simply go to the website and type the type of video you want into the search bar. To use the platform, you do not even need to create an account!
- **Easy To Incorporate** : Youtube has videos on almost every topic. So, if you want to add youtube videos to your classes, simply type what your lesson will be about into the youtube search bar and find appropriate videos to incorporate into your classes
- **Demonstrative** : When a teacher lacks the materials or space to demonstrate a specific activity, youtubevideos could be a great way to demonstrate things like scientific experiments or cooking techniques.
- **Reward Students** : Teachers who want to reward their students for outstanding work can do so by completely replacing or partially replacing the day's lesson with a youtube video.

HOW DOES A TEACHER BE PREPARED TO DEVELOP CONTENT IN YOU TUBE IN ITS EASIER WAY

For creating a video all we need is our lap top/mobile phone with screen recorder. The content should be developed before the recording itself in the form of power point slides. These slides can be presented by switching on the screen recorder as if presenting in the real class room. After completing the topic presentation switch off the screen recorder and save the recorded video into the device. The video can be edited and uploaded in the youtube channel.

CAMPUS PLACEMENT DRIVE

Career guidance and placement cell conducted campus placement drive for 4th year BSc Nursing students in association with KIMS Al Shifa hospital at Al Shifa College Of Nursing.



NATIONAL CROSS WORD PUZZLE DAY

Literature club observed National Cross Word Puzzle day for students on 20/12/2022.



TEAM JERSEY UNVEILING CEREMONY

Department of physical education and sports club of Al Shifa College of Nursing donated Jersey to the football team.





Mrs. Rincy Alex

Asst. Professor, Dept. of Medical Surgical Nursing

PRECEPTORSHIP IN NURSING - NEED TO BRIDGE THE GAP BETWEEN NURSING THEORY AND PRACTICE

INTRODUCTION

- Preceptorship helps the professionals to translate their knowledge into everyday practice, grow in confidence and understand how to apply in their day to day work.

PRECEPTOR

- A preceptor is a practitioner (nurse/ midwife) who assumes his/her daily work routines in addition to being a role model, socialiser and an educator of nursing/ midwifery students.
- EG: Qualified nurses and mid wives are practitioners/ preceptor.

PRECEPTEE

Preceptee is a nursing or midwifery student undergoing clinical rotation and being guided by a preceptor.

Eg: The nursing students newly registered nurse (entering into practice for first time) are the trainees/ preceptees.

PRECEPTORSHIP

Preceptorship is the process where a more experienced practitioner (preceptor) provides training and observation to a less experienced trainee (preceptee).

IMPORTANCE OF PRECEPTORSHIP IN NURSING

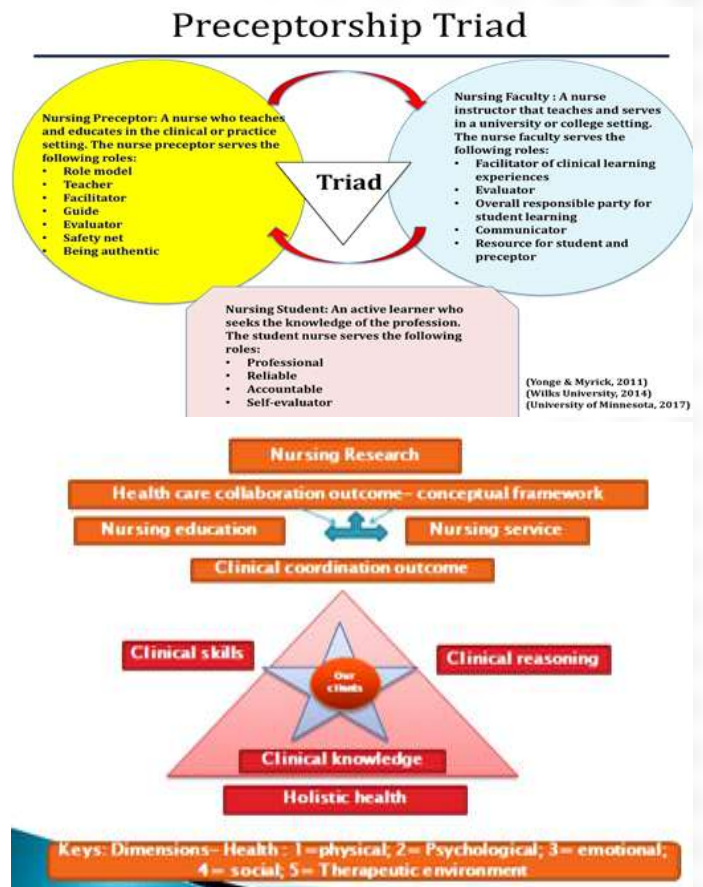
- It assists nursing students to incorporate theory into practice.
- Integrates students into the practice setting within the organization.
- Allows the student to apply learning and internalize the role and values of the profession within a nurturing and supportive relationship.
- Assists in recruiting nursing students into the profession.

LEGAL CONSIDERATIONS

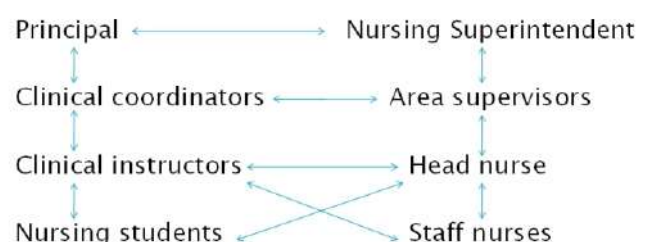
- A student nurse must always have a preceptor present.
- The student's preceptor and the faculty supervisor are responsible for ensuring that the actions of a student nurse are conducted in safe manner for the patient.
- The nursing student must be deemed competent by the preceptor or faculty prior to delegation of tasks.
- A student should not participate in a level of practice for which he or she is not prepared or supervised. When in doubt of legalities surrounding a student's performance, preceptor should take over patient care and never jeopardize patient safety.
- Always follow the four basic principles of nursing ethics: justice, autonomy, beneficence, and non maleficence.

PRECEPTING: GUIDELINES

- The student is responsible and accountable for the safe performance of those direct client care tasks to which he or she has been assigned.
- Faculty are responsible to ensure students are only performing skills for which they have received instruction and have been found proficient.
- Skills checklist shall be maintained by each student in project concert.
- Preceptors/faculty shall monitor clinical performance and intervene if necessary for the protection of clients.
- Preceptors have current license and national certification.



Channel of communication to bridge the gap between theory and practice



A DAY WITH ELDERLY

Geriatric cell of Al Shifa College of Nursing observed international day of older persons by honoring the oldest person at Angadipuram on 1st Oct 2022.



VITA AUXILIUM


State level workshop was conducted by MSc nursing students on "TRAUMA CARE-The need of the hour" on 15/10/2022 at ACN auditorium.



SKILL LAB TRAINING ON MATERNAL AND LABOUR SIMULATOR


Dept of Obstetrical and Gynaecological nursing conducted skill lab training on maternal and labour simulator at OBG LAB by Mrs Shinu Xavier, Lecturer, Al Shifa college of nursing.






**Al Shifa College of Nursing
Perinthalmanna**

**SKILL LAB DEMONSTRATION ON ADVANCED
MATERNAL AND LABOUR SIMULATOR**



Resource person



**Mrs. Shinu Xavier
Lecturer
Dept. of OBG**

Date : 20/12/2022
Venue : OBG Lab
Time : 2pm

**Organized by
Department of Obstetrics and Gynaecological Nursing**



Mrs. Salini Mathew

Asst. Professor, Dept. of Medical Surgical Nursing

EXPERIENTIAL LEARNING

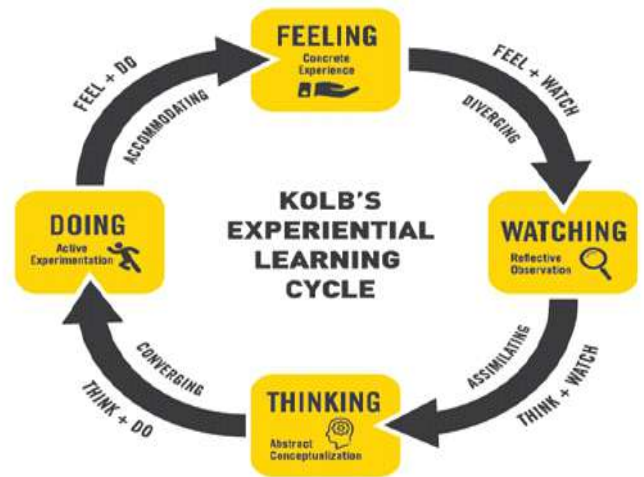
“For the things we have to learn before we can do them, we learn by doing them.” – Aristotle

DEFINITION

“Experiential learning is a philosophy and methodology in which educators purposefully engage with students in direct experience and focused reflection in order to increase knowledge, develop skills, and clarify values.”

PRINCIPLES OF EXPERIENTIAL LEARNING

- Motivation
- Active involvement
- Ability for reflective observation
- Analytical skills
- Decision-making skills
- Problem-solving skills
- One of the models of experiential learning was created and presented by David Kolb, 1984 an American educational theorist. The model emphasizes the importance of the following:
 - motivation to learn,
 - actively involved in their own learning,
 - ability to reflect on the experience,
 - analytical skills to conceptualize the experience,
 - decision-making skills, and problem-solving skills.



Phase 1: Concrete Experience - Feeling

The first stage is represented by the learner's concrete experience. At this stage, students learn intuitively and according to what they felt when they experienced any random or complex situation. Positive feelings are directly linked to motivation for further learning.

Phase 2: Reflective Observation - Watching

The second stage focuses on watching or observing the new situation. This involves evaluating, searching, and analyzing connections. Students begin to expand their perspective and develop different points of view, drawing new meanings from experiences.

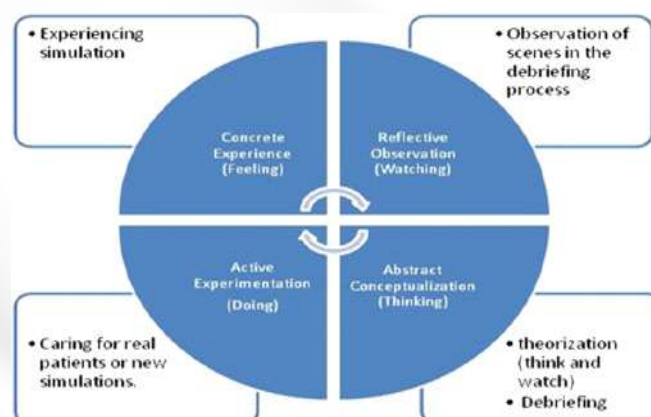
Phase 3: Abstract Conceptualisation - Thinking

At this stage students think about their experience and the situation. They fit new information into existing concepts. They then go on to create new concepts and ideas, or modify the existing concepts.

Phase 4: Active Experimentation - Doing

The final phase is much more than learning by doing. Students do not only influence other people /change the situation; they also apply new knowledge or skills in a new environment. Students use the theory of an existing concept & they actively apply the concept. In other words, based on concrete experience, thinking, and doing, they are able to create new concepts.

EXPERIENTIAL LEARNING IN NURSING



BOOK EXHIBITION

A book exhibition was conducted by library committee on 19/12/2022 & 20/12/2022 at Seminar hall of Al Shifa College of Nursing in collaboration with Jaypee publishers.



UNIVERSITY SPORTS MEET

Students of Al Shifa College of Nursing participated in university sports meet at Thrissur medical college Malabar dental college, Edappal.



VALUE ADDED COURSE

Department of Obstetrics and gynecology Conducted value added course on communication skills for 3 yr BSc nursing students and 1st year PBBSc nursing students.



Arts fest was organized by cultural committee and students union at ACN auditorium,



FELIX NATAL

Christmas program was conducted at college auditorium on 22/12/2022.



WORLD CUP PREDICTION CONTEST



VISITS

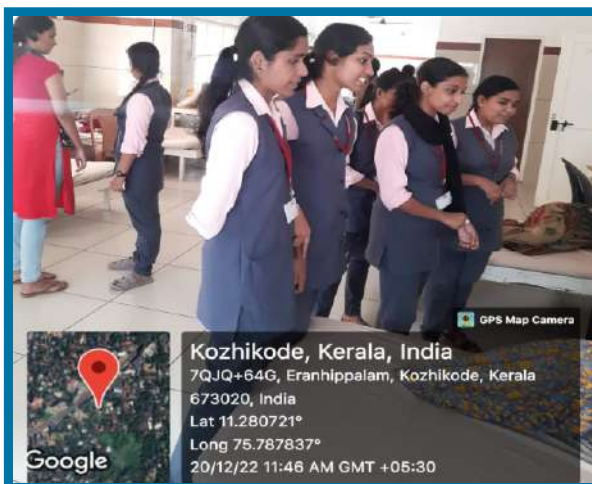
Community mental health center, Pakalveedu, Thirurkadu

2nd year PBBSc Nursing students visited Community mental health center, Pakalveedu, Thirurkadu.



Deaddiction center, IQRAA, Kozhikode

3rd year BSc Nursing and 2nd year PBBSc Nursing students visited Deaddiction center, IQRAA, Kozhikode.



Karunya Old Age Home, Nattukal, Palakkad

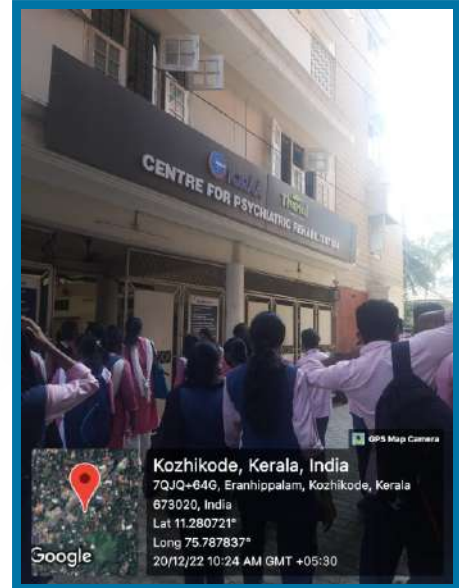
3rd year BSc Nursing students visited Karunya Old Age Home, Nattukal, Palakkad.



VISITS

Community Rehabilitation Center, Pakalveedu, Thrissur

3rd year BSc Nursing students visited Community Rehabilitation Center, Pakalveedu, Thrissur.



WORLD DISABILITY DAY OBSERVANCE

Special School, Ma'din, Malappuram

3rd year BSc Nursing students visited special school, Ma'din, Malappuram.



MOU

MOU signed with Amala College of Nursing, Thrissur & Al Shifa College of Nursing, Perinthalmanna.



GANDHI JAYANTHI OBSERVANCE DAY

Department of community health nursing and NSS unit of Al Shifa College of Nursing observed Gandhi Jayanthi on October 1st by cleaning the premises of Perinthalmanna KSRTC bus stand and painted the walls of the same.



CHARE 2K22

4 days camp was organized by NSS from December 10th to 13th at Snehatheeram tribal hostel Perinthalmanna and the participants were 3rd year BSc nursing students .



DARE

Drug Abuse Resistance Education class was conducted at Al Shifa College of Pharmacy which was inaugurated by Shri. Rishiraj Singh, Retd; IPS officer.



STAFF TOUR

