



AL SHIFA COLLEGE OF NURSING

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

(Approved by INC, KNMC and Affiliated to KUHS)



Volume : 1 Issue : 9

January to April

NEWSLETTER



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 serve 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.

MESSAGE FROM MANAGING TRUSTEE



Dr. P. UNNEEN

Managing Trustee | Shifa Medicare Trust

Dear readers,

I consider it a privilege to interact through this newsletter of Al Shifa College of Nursing. We take utmost care in providing our students constant exposure to activities that help in their physical and mental well being. When we look back, we are content that we organized programmes of varied kinds which benefits our students in different ways. The College aims at educating the students in a new perspective, so that they can bring about a change in the dynamics of human relation in the world outside. We intend to strengthen the positive character traits in our students.

The college Newsletter “**Phoenix Reviews**” will definitely help showcase the culture of the campus to the outside world. This would also leave an impact in the minds of the larger public, providing visibility and awareness about the quality initiatives in the campus.

Wishing you all a happy reading!

MESSAGE FROM PRINCIPAL



Dr. JOSEPHINE JACQUINE MARY.N.I

Principal, Al Shifa College of Nursing

I am privileged to be a part of this magnificent institution. At this juncture I gratefully recognize the dedicated teachers, ever supporting ancillary staff who have worked selflessly and tirelessly to bring glory to God and honor to our college. We are living in a “fast forward” age. Everything is changing at a speed which could not have been imagined in the past few years. Our homes, our work places and society at large is constantly changing. Increasingly, students are now exposed to the omnipresence of mass media. The bombarding by an ever growing volume of information through newspapers, magazines, TV channels, Interactive TV, Internet etc. has established the fact that access to knowledge is free and quick.

In spite of the rapid progress in the information received by the students and society at large there is a gaping void is felt as regards to holistic and integral development of the personality of an individual. I personally a firm believer of an educational system which gives not the mere information to students but works towards their formation whereby stress is laid not just on academic excellence but on “character formation with academic excellence”

Best wishes for “Phoenix Reviews”

Message from the Editor's Desk

Welcome to all the readers.

"This world demands the qualities of youth: not a time of life but a state of mind, a temper of the will, a quality of imagination, a predominance of courage over timidity, an appetite for adventure over the life of ease."

- Robert Kennedy -

We are very happy to introduce a new volume of our newsletter, "Phoenix Reviews". As we all know, a college's newsletter mirrors its vision and mission. It also highlights the events, activities, academic progress, and achievements of students. The contributions of teachers and other crucial information related to Nursing field are also incorporated into it.

Youth is an experience that may shape an individual's level of dependency, which can be marked in various ways according to different cultural perspectives. Personal experience is marked by an individual's cultural norms or traditions, while a youth's level of dependency means the extent to which they still rely on their family emotionally and economically. They need to learn skills to do the job that their country's economy needs. They also need to know how to read, write, think, understand, analyse, and discuss the issues their country faces. However, in order for continuous success to take place, it is the responsibility of our college to provide the youth with proper facilities for getting equipped with the knowledge of the modern era. We do hope that the newsletter encourages many more, including students, to use it as a platform to express their creativity. Please feel free to offer any suggestions for improvement.

— Members of Editorial Board —

Patron



Dr. P. Unneen

Managing Trustee | Shifa Medicare Trust

Editorial Board Chairperson



Dr. Josephine Jacqueline Mary.N.I

Principal, Al Shifa College of Nursing

Chief Editor



Prof. Sini.Neezruzhi

Vice Principal,
Dept. of Child Health Nursing

Executive Editor



Mrs. Rincy Alex

Asso. Professor, Dept. of Obstetrical &
Gynaecological Nursing

Executive Editor



Mrs. Baby Jose.NJ

Asso. Professor,
Dept. of Medical Surgical Nursing

Executive Editor



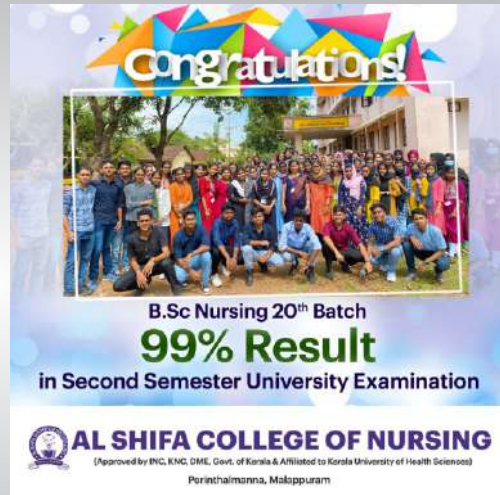
Dr. Sheeba.S

Asst. Professor, Dept. of Obstetrical &
Gynaecological Nursing

FACULTY ACHIEVEMENTS



CURRICULAR ACHIEVEMENTS



CO-CURRICULAR



First prize for Rally Competition in District level National TB day observance

EXTRA CURRICULAR ACHIEVEMENTS

STUDENT NURSES ASSOCIATION OF INDIA
KERALA STATE NORTH WEST ZONE
SNA NORTH WEST ZONAL ARTS FESTIVAL

NADIYA K ASHRAF
BHARATHANATYAM
1st PRIZE

MUHAMMAD SHAMEEM
FANCY DRESS (BOYS)
3rd PRIZE

Bravo winners!
"Go forth and conquer"

SNA - AL SHIFA COLLEGE OF NURSING

THE STUDENTS NURSES ASSOCIATION OF INDIA
KERALA STATE BRANCH
STATE LEVEL COMPETITIONS

Umasa
കളമുതലം 2k23

BHARATHANATYAM
1st prize
NADIYA K ASHRAF

Congrats!
On your well deserved success!
You're an inspiration!

SNA - AL SHIFA COLLEGE OF NURSING

ALUMNI ACHIEVEMENTS

CONGRATULATIONS

MOHAMMED SAHEL
(16th Batch BSc Nursing)

OET 'A' GRADE

AL SHIFA COLLEGE OF NURSING
(Approved by INC, KNC, DME, Govt. of Kerala & Affiliated to Kerala University of Health Sciences)

Mr. Rishikesh P M

Congratulations!

OET
A Grade

Career Guidance and Placement cell
AL SHIFA COLLEGE OF NURSING
Angadipuram P. O, Perinthalmanna

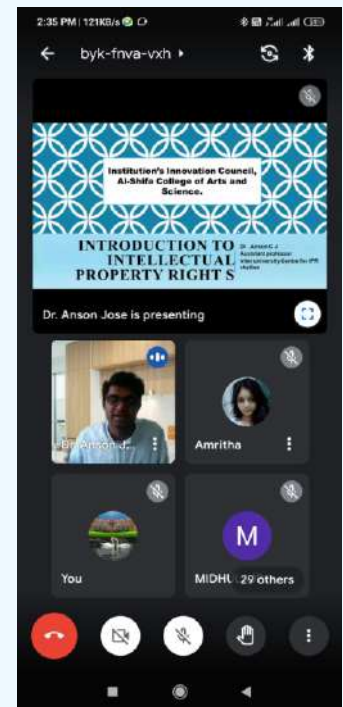
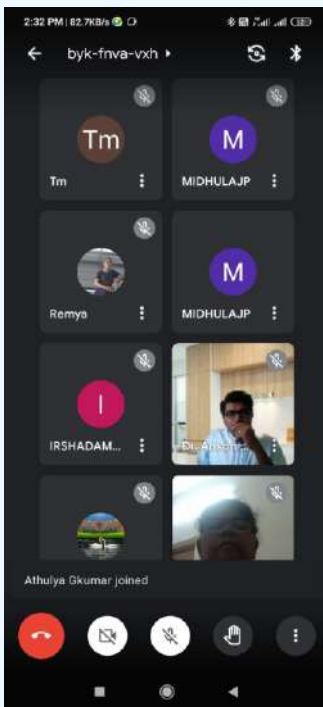
Happy New Year

New year 2023 was celebrated in the presence of Dr. P. Unnen, Managing Trustee, Shifa Medicare Trust.



Awareness on Intellectual property rights

A session on intellectual property rights was organized by Institution Innovation Cell and Research Cell for the teaching faculty at AI Shifa College of Nursing through online platform, Google meet. The resource person was Dr. Anson C. J., Assistant Professor, Inter - University Centre for IPR Studies, CUSAT.



Impetus

A motivational session for newcomers (21st batch 1st Semester B. Sc. Nursing students) was taken by Mr. Anand Nair, Personality trainer cum motivator on 6th January at ACN auditorium.





Nutrifest

Nutrition fest was organized by 2nd Semester B.Sc. Nursing and first year P.B.Sc Nursing students as a part of Nutrition and Dietetics practical at Nutrition lab. Students prepared diet for all the categories based on the requirements.




**ALSHIFA COLLEGE OF NURSING,
PERINTHALMANNA**

**ORIENTATION
SESSION ON
INSTITUTION
INNOVATION
COUNCIL**

**THURSDAY
11. 01. 23
AT 11:00 AM
GOOGLE MEET**

**Organized by
Innovation cell**



Institution Innovation Council

An orientation session on institution innovation council was organized for the faculty and student representatives of Al Shifa College of Nursing by Innovation cell on 11.01.23 at 10 am through Google meet.





Orientation Session on IIC5.0 (2022 - 23)

All IIC Members are Requested to Join us on MIC YouTube Channel

Mr. Dipan Kumar Sahu

Wednesday, 11th January 2023

11:00 AM

Join Us on **YouTube LIVE** @MoEInnovationCall

Thanks for tuning in Stream ended 11 minutes ago WATCH REPLAY



National Youth Day Observance

Red ribbon club organized blood donation campaign, hair donation, reels competition and essay competition. as a part of National Youth Day Observance on 12 January 2023.



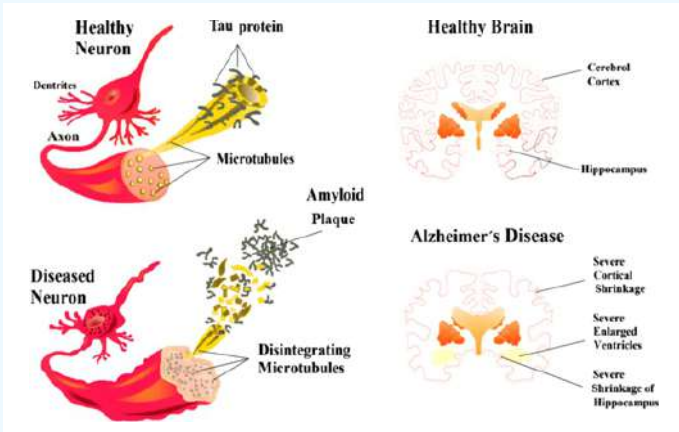
Ms. NADHA.TF

Associate Professor
HOD of Psychiatric Nursing
AI Shifa college of nursing

BREAKTHROUGH IN THE TREATMENT

Alzheimer’s disease is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. In most people with the disease – those with the late-onset type symptoms first appear in their mid-60s. Early-onset Alzheimer’s occurs between a person’s 30s and mid-60s and is very rare. Alzheimer’s disease is the most common cause of dementia among older adults. The disease is named after Dr. Alois Alzheimer. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness.

A Kerala University (KU) faculty, along with her former colleague at the National Institute of Immunology (NII), New Delhi, has received a U.S. patent for ‘peptide complex with immunomodulatory and anti-inflammatory function.’ Viji Vijayan, an assistant professor in Kerala University’s Biochemistry department, and Sarika Gupta, staff scientist, NII, had collaborated on the discovery as principal investigator and scientist mentor respectively. Their research, Dr. Viji Vijayan says, focused on identifying a biological mechanism that could be explored further to evolve a technology that held potential in treating



Osteocalcin, a bone peptide, which can cross the blood brain barrier interacts with amyloid beta peptide to form pre-fibrillar structures. These intermediary structures have immunomodulatory and anti-inflammatory functions. Their formation can enable the clearance of amyloids and thereby, aid the improvement in learning and memory. Such a mechanism that can happen inside a biological system during a healthy state was identified during the study.

At present, chemical substances used to treat Alzheimer’s have several adverse effects on patients during clinical trials. However, the use of osteocalcin, which is produced in the human body, will not lead to such complications, as was demonstrated in pre-clinical experiments on mice.

The study also indicates that bone strength could also have a bearing on brain health. A large number of trials have shown that bone loss is very prominent in Alzheimer’s patients. Researchers are examining if this loss in bone density happens due to a deficit of osteocalcin. “Osteocalcin deficiency in children can be used as a marker for the possible occurrence of Alzheimer’s disease in old age. This could be helpful in taking corrective measures at an early stage.

The Food and Drug Administration on 6th January 2023 approved a new Alzheimer’s drug that may modestly slow the pace of cognitive decline early in the disease but also carries risks of swelling and bleeding in the brain. The approval of the drug, lecanemab, to be marketed as Leqembi, is likely to generate considerable interest from patients and physicians.

Eisai, a Japanese pharmaceutical company, led the development and testing of the drug. It is partnering with the US company Biogen, maker of the controversial Alzheimer’s drug Aduhelm, for its commercialisation and marketing, and the companies will split the profits equally.

How effective is it?

In Eisai’s 18-month study of nearly 1,800 people, Leqembi appeared to delay early-stage patients from getting worse by about five months. Like other amyloid-targeting medications, Leqembi can cause brain swelling or small brain bleeds. In Eisai’s study, 13% of drug recipients had swelling and 17% has small brain bleeds.

How does the new drug work?

The drug, made by Japan’s Eisai and its U.S. partner Biogen, is designed to target and clear away a sticky protein called beta-amyloid that builds up into brain-clogging plaques – one key hallmark of Alzheimer’s disease. It targets a slightly different form of that amyloid, possibly explaining why it proved successful in a rigorous study while a long list of prior amyloid-targeting drugs have failed, said Dr. Sam Gandy, an Alzheimer’s expert at New York’s Mount Sinai Hospital. The likely reason: Amyloid plaques usually form around nerve cells in the brain but sometimes the gunk gets inside blood vessels, too. Pulling amyloid out of those blood vessels can weaken them, making them leaky, Gandy explained. The drug isn’t a cure, it’s only intended for early-stage patients, requires IV doses every two weeks, and comes with some safety concerns.

Who is eligible?

The drug is only intended for people in the very early stages of Alzheimer’s who also have that tell-tale amyloid buildup. The FDA warned doctors to use caution if they prescribe Leqembi to people who use blood thinners. Patients also will be urged to get brain scans several times over the course of treatment. As patients gradually worsen, it’s not clear how long they should continue getting the twice-a-month IV infusions.

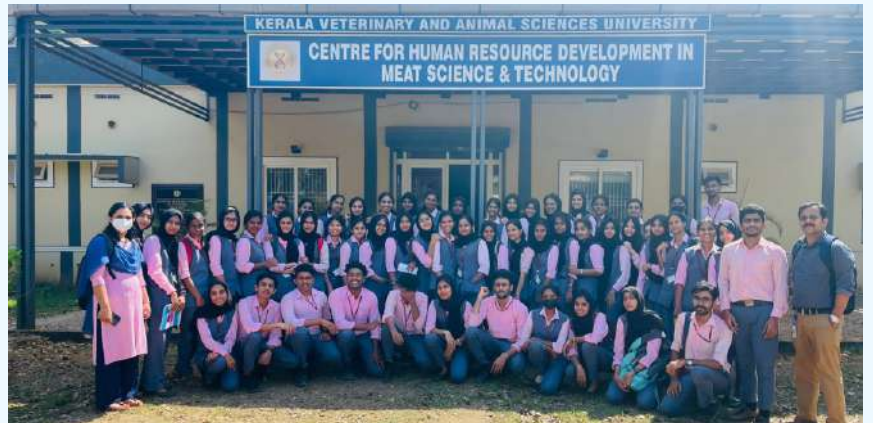
SOP for DVV and Benchmarking

The Internal Quality Assurance cell of Al Shifa College of Nursing arranged a session on SOP for DVV and Benchmarking on 12 January 2023. The resource person was Dr. Babu P. K., Principal, Al Shifa College of Arts and Sciences.



Meat Technology Unit Visit

Second year B. Sc. Nursing students visited Meat Technology unit, Veterinary College Campus, Mannuthy on 16 January 2023.



Communicative English

Communicative English session was conducted on 19th January 2023 by Career Guidance and Placement cell for 1st Semester B. Sc. Nursing students. The resource person was Mr. Joseph Varghese, Chief Programme Officer, Overseas English Institute, Ernakulam.





Prof. JANSAN MATHEW

Associate Professor
HOD of Community Health Nursing
Al Shifa college of nursing

“HOW TO GENERATE E-CERTIFICATE”

Guide to develop e -certificate

Create new folder in Google drive



Start a blank presentation

Upload image of certificate designed /design new certificate using the templates in google slide

Add desired inputs such as name, college name in <<name>>, <<collegename>> etc in the respective areas.

Make a copy of template of certificate in the newly created folder in google drive

Create google form for registration /feedback information

Open the spread sheet of G form

Select extension and add on in google form spread sheet

Download ‘autocrat’ in add ons

View and open an and use add on

Assign new job to add on

Assign job name

Choose template from drive

Merge source data to template like name, institution

Provide file name

Select file type

Provide output as multiple/single

Choose destination folder (optional)

Add folder reference (optional)

Set merge condition(optional)

Select Share docs and send email

Add /remove job triggers-form, time trigger

And save documents

Valedictory function: MLHP, Adolescent Health (Add on Courses) and OET

Valedictory function of MLHP, Adolescent Health (Add on Courses) and OET was conducted on 21/01/23 at ACN auditorium. Mr. Rasaque, secretary, Shifa Medicare Trust was the chief guest. Certificates were distributed for the students as well as Mrs. Jissa, OET trainer cum Nursing Tutor, ACN.



Session on Benchmarking Academic programs

The Internal Quality Assurance cell of AI Shifa College of Nursing arranged a session on Benchmarking Academic programs on 23 January 2023. The resource person was Dr. Babu P. K., Principal, AI Shifa College of Arts and Sciences.



Career Guidance and Placement cell

An orientation session on resume writing, Interview skills and competitive exams was organized by Career Guidance and Placement cell on 23 January 2023. The session was dealt by Mr. Anish Kurian, Managing Director, Ezra Consultancies.





Republic Day

Flag Hosting ceremony was Organised by NSS at ACN college ground on Republic day.



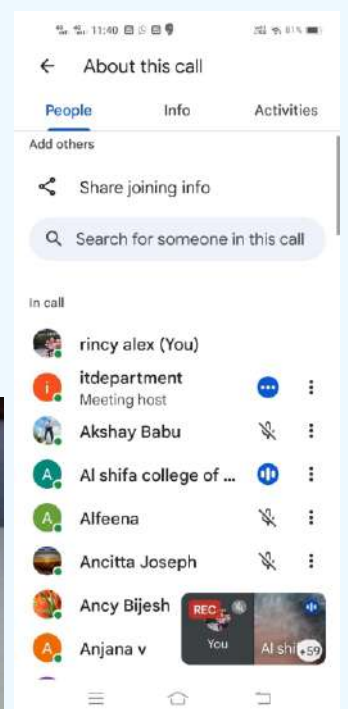
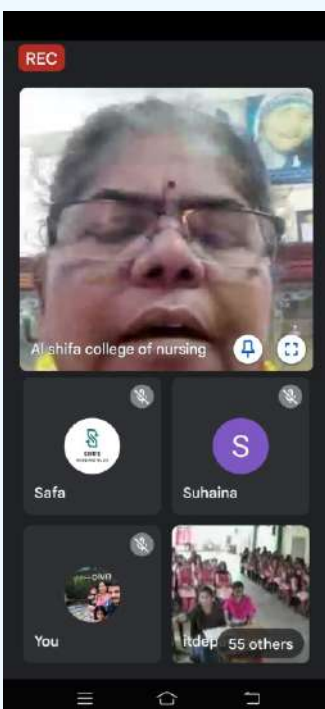
Literature Club

Literature competition was conducted on 9th February at ACN Auditorium. The events were poem writing and literature quiz competition.



International Webinar

Alumni association and Career Guidance and Placement cell organized an international webinar on career opportunities in Middle East on 10th February for 4th year B. Sc. Nursing students through google meet. The resource person was Ms. Jafsi K P., Quality coordinator, AL NAQAHA hospital, K.S.A.



Infection Control

An orientation program on infection control was conducted for 19th and 20th batch B. Sc. Nursing students at KIMS Al Shifa Hospital.



Hugs better than drugs

An awareness campaign on drug abuse was organized by SSGP, NSS and department of Mental Health Nursing in association with Bharat Sarkar Nasha Mukt Bharat Abhiyan on 14 February 2023. Mr. Philip Mampad was the chief guest.



Kilikkudam

NSS and Nature Club arranged kilikkudam (water for birds during summer) on 14th February and Mr. Philip Mampad inaugurated the same.





JISS GEORGE

Associate Professor
Dept. of Community Health Nursing
Al Shifa college of nursing

H1N1 TO H3N2 : SWINE FLU AN UPDATE

Swine flu outbreak is the epidemic spread of a new strain of influenza virus that was clinically identified in April 2009. The virus strain is a type of influenza A (H1N1) virus, commonly called the swine flu. The outbreak has also been called the H1N1 influenza, 2009 H1N1 flu, Mexican flu, or swine-origin influenza.

Out breaks among Pigs normally occur in colder weather months (late fall and winter) and sometimes with the introduction of new pigs into susceptible herds. Studies have shown that the swine flu H1N1 is common throughout pig populations worldwide, with 25% of animals showing antibody evidence of infection.

Swine flu –An Acute respiratory infection

Swine flu is an infection caused by a virus. It's named for a virus that pigs can get. People do not normally get swine flu, but human infections can and do happen. The virus is contagious and can spread from human to human. Symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Swine flu spreads through Respiratory route. The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes.

Pigs a Mixing vessel

Pigs can catch human and avian or bird flu. When flu viruses from different species infect pigs, they can mix inside the pig and new, mixed viruses can emerge.

Pigs can pass mutated viruses back to humans, and these can be passed from human to human.

Diagnosis

To diagnose swine influenza A infection, a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding virus). However, some persons, especially children, may shed virus for 10 days or longer. Identification as a swine flu influenza A virus.

RT PCR can make rapid diagnosis.

Prevention is best option

- Covering nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Washing your hands often with soap and water, especially after you cough or sneeze. You can also use alcohol-based hand cleaners.
- Using N95 mask reduces the Risk
- Avoid close contact with people who are sick.

Swine flu vaccination

Everyone 6 months of age and older should get vaccinated against the flu. People at high risk of serious flu complication include young children pregnant women, people with chronic health conditions like Asthma, Diabetes, or Health and Lung diseases and people 65 years and older.

What is H3N2?

In 2011, a specific H3N2 virus was detected with genes from avian, swine and human viruses and the 2009 H1N1 pandemic virus M gene. The virus was circulating in pigs in 2010 and was first detected in people in 2011.

Is there a vaccine for H3N2v?

Early steps to make a vaccine against H3N2v have been taken. A pilot H3N2v vaccine was produced and preliminary clinical studies indicated that it leads to a significant immune response.

Will this season's flu vaccine protect against H3N2v?

Seasonal flu vaccine will not protect against H3N2v. Seasonal flu vaccines protect against seasonal influenza viruses. CDC recommends that everyone 6 months and older get a seasonal flu vaccine each year.

Can I get H3N2v from eating pork?

No. Influenza viruses have not been shown to be transmissible to people through eating pork (pig meat).

Should I avoid agricultural fairs where swine are present?

It's not necessary to avoid agricultural fairs where swine are present. However, you should take steps to protect yourself against H3N2v if you do attend agricultural fairs, particularly where swine are present.

Should people avoid pigs and swine barns?

People with health or age factors that put them at higher risk for serious flu complications should avoid pigs and swine barns.

Can you tell if a pig has the flu?

No, you cannot always tell if a pig has a flu virus just by looking at the pig. Some pigs infected with influenza may have no signs of illness at all.

Is H3N2v the same as the H3N2 flu virus that makes people sick each flu season?

No, H3N2v is different. H3N2v is a variant virus that is in pigs and has infected some humans and there is no specific season for H3N2.

Is the H3N2 is dangerous?

Infections with influenza viruses (including variant viruses like H3N2v) can sometimes cause severe disease, even in healthy people. This can include complications (like pneumonia), which can require hospitalization, and sometimes result in death. This virus seems to spread more easily to humans from pigs than other swine influenza viruses. Influenza viruses are always changing.



Alvidha & Spaciba

Farewell to 17th batch Bsc Nursing, 13th batch M. Sc. Nursing and 13th batch P.B.B.Sc. students.

Alumni Meet

Alumni Association was conducted an alumni meet on 21st February for 17th batch B.Sc nursing and 13th Batch M.Sc. Nursing Students.



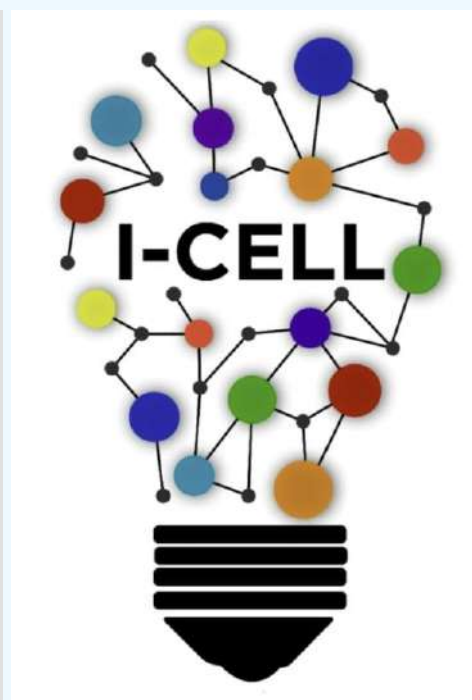

**AL SHIFA COLLEGE OF NURSING
PERINTHALMANNA**


**"Design Effective
Innovation & Startup Policy in
HEIs"**

Date: 16th February, 2023
 Time: 11:00 AM


 MCN YouTube Channel: <https://www.youtube.com/MoEInnovationCell>


 Organised by: Innovation Cell



Innovation cell

Innovation cell organized a programme on "Design Effective Innovation & Startup policy in HEIs" on 16th February 2023.

Obrigado & Slan

Thanksgiving ceremony to 17th batch Bsc Nursing, 13th batch M. Sc. Nursing and 13th batch P.B.B.Sc. students.



Valedictory function

Valedictory function of add on course on Customized Crash Course Program for Covid Warrior was held on 22 February 2023. Certificates were distributed for the students as well as for the trainers.



International webinar series-1

An international webinar series on Good Clinical Practice was organized by Al Shifa College of Nursing, joint together with faculty of nursing, King Khalid University, Saudi Arabia on 24th February. Dr. Selvarani P., Associate Professor, King Khalid University, Saudi Arabia was the resource person for the same.

Al Shifa College Of Nursing
Perintalmanna, Malappuram District, Kerala State 679321

INTERNATIONAL WEBINAR SERIES -1
GOOD CLINICAL PRACTICE

JOIN US On 24/02/2023 @ 2 PM to 4 PM
YouTube
registration link
<https://surveyheart.com/form/63f48fcc53c767071dad7ea4>

Joint together with Faculty of Nursing
King Khalid University, Saudi Arabia

Thoofan

Freshers day programme was conducted for 21st batch B. Sc. Nursing students.



Lamp Lighting Ceremony

Lamp Lighting Ceremony was conducted for 21st batch B.Sc. Nursing students. Dr. Angela Gnanadurai, Principal, Jubilee College, Thrissur was the chief Guest and Smt. Saeeda Teacher, Panchayath President, Angadipuram Gramapanchayath inaugurated the function.



Physical and mental health of children

An awareness session on Physical and mental health of children was conducted at SMUP School, Perinthalmanna. This was organized by the department of Child Health Nursing and the resource persons were Mrs. Nasheeda K., Asst. Professor and Mrs. Sinsha K., Nursing Tutor, ACN.



MOU Signing Ceremony



Sarojini Memorial U P School, Perinthalmanna

MOU was signed between Al Shifa College of Nursing and Sarojini Memorial U P School, Perinthalmanna by Child Health Nursing Department for School Health programmes.

Arista centre for Psychotherapy and Rehabilitation, Perinthalmanna



MOU was signed between Al Shifa College of Nursing and Arista centre for Psychotherapy and Rehabilitation, KSHB Colony, Perinthalmanna by SSGP for Counselling, Personality development and Motivational sessions.

CAS Club, Perinthalmanna



MOU was signed between Al Shifa College of Nursing and C A S Club, Perinthalmanna by Sports Club for Sports and Arts Training Programmes and Community Health Awareness Programmes.

Pain and Palliative Clinic, Perinthalmanna



MOU was signed between Al Shifa College of Nursing and Pain and Palliative Clinic, Perinthalmanna by Community Health Nursing department for palliative care services.



Blood Bank, Govt. District Hospital, Perinthalmanna

MOU was signed between Al Shifa College of Nursing and Blood Bank, Govt. District Hospital, Perinthalmanna by Red Ribbon Club for blood donation.

International Women's Day Observance

Student exchange programme and workshop on video editing

Student exchange programme was arranged with Majlis College of Arts and Science, Valachchery. Students of BA visual communication had taken a session on video editing for the students of Al Shifa College of Nursing.



Shifa Mart

Shifa Mart instagram page was opened for students of Alshifa college nursing to buy and sell products.



MOU Signing ceremony

MOU Signing ceremony was done with KVR driving school on women's day.



Women Empowerment Talk

Women cell organized Women Empowerment Talk by Adv. Najma Thabsheera on women's day.



Heed and Heal

Innovation cell launched a counselling application "Heed and Heal" for students.

MOU Signing Ceremony

ARMC AEGiS Hospital

MOU was signed between Al Shifa College of Nursing and ARMC AEGiS Hospital by OBG Nursing department for skill based training, Education, Research and Public Awareness Programmes.



Ascent ENT Hospital

MOU was signed between Al Shifa College of Nursing and Ascent ENT Hospital by Medical and Surgical Nursing department for clinical postings and to conduct staff development programmes.



Ezra Consultancies

MOU was signed between Al Shifa College of Nursing and Ezra Consultancies by Career Guidance and Placement cell, Davengare to conduct career guidance training programmes and campus interview for the students .



KPM School of Nursing

MOU was signed between Al Shifa College of Nursing and KPM School of Nursing by IQAC for campus visits and faculty exchange programmes.



Majlis Arts and Science College, Valanchery

MOU was signed between Al Shifa College of Nursing and Majlis Arts and Science College, Valanchery by FON department for training on mass media and communication, First aid and Basic Life Saving, Faculty and student exchange programmes.



Alumni Executive Meeting

Alumni association of Al Shifa college of Nursing arranged an Alumni Executive Meeting on 10th March.



Say Goodbye to Exam Phobia

Career guidance and placement cell organized a session on Say Goodbye to Exam Phobia on 18 March by Mr. Anish Kurian, Managing Director, Ezra Consultancies for first semester B.Sc. Nursing students.



Visit to Poonthanam Illam

Literature Club arranged a visit to Poonthanam Illam on behalf of read aloud month “A walk through the memories of legendary poet”.





ATHIRA SURENDRAN

Assistant Professor
Dept. of OBG nursing
Al Shifa college of nursing

ASHERMAN'S SYNDROME

It is a rare, acquired, gynecological disorder of the uterus but there is no clear consensus about the management and treatment. It is also known as intrauterine synechiae or uterine synechiae.

Causes

It may occur in up to 13% of women undergoing a termination of pregnancy during the first trimester, and 30% in women undergoing a dilation and curettage after a late spontaneous abortion. Women with placental abnormalities (e.g., placenta increta), Infections involving the uterus such as pelvic tuberculosis, puerperal infections and Schistosomiasis

Pathophysiology

Asherman syndrome occurs when trauma to or removal of the basal layer of endometrium in opposing areas within the uterine cavity. Such injury to the lining triggers inflammation that allows these adhesive bands to form from one side of the cavity to the other.. The adhesions can be thin or thick, spotty in location, or confluent.

Stages of Asherman syndrome

Stage I (Mild)

Minor scarring in either the cervical canal or the uterine cavity

Stage II (moderate)

Most frequently patients present at this stage and have more than 60% chance of conceiving

Stage III (Severe)

50 % of the uterus is blocked and less than 30% chance of successfully conceiving

Stage IV

More than 75 % of the uterus is blocked and it is smaller in size.

Symptoms

Asherman syndrome may go unrecognized in women who are not trying to conceive since they may not recognize or be concerned with the symptoms. These women may have hypomenorrhea, Changes in menstrual cycle.

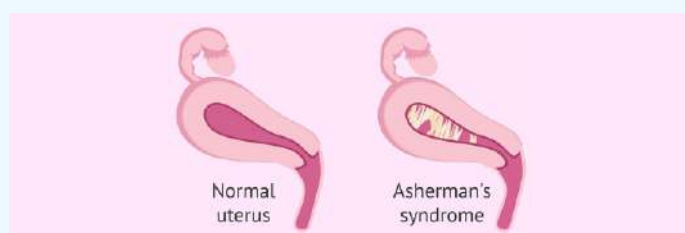
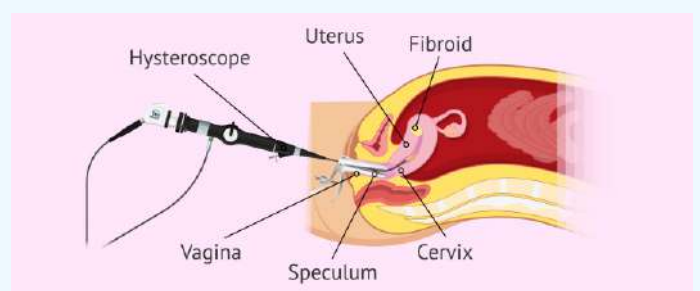
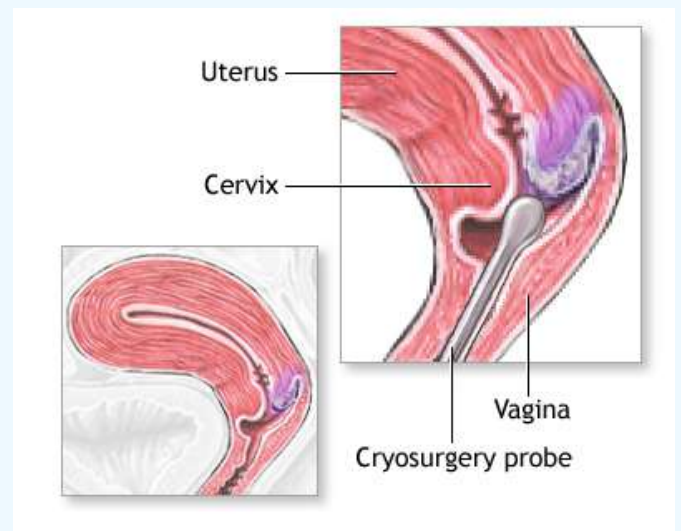
Diagnosis

Physical examination, Pelvic examination and Blood tests
Hysteroscopy, Hysterosalpingogram, Hysterosonogram ,Transvaginal ultrasound



Management

- Cervical probing
- Hysteroscopy with myometrial scoring
- Uterus restoration therapy
- Techniques to increase vascular flow to endometrium
- Stem cell therapy





Ideas to Startup

The Internal Quality Assurance Cell and Institution Innovation Council arranged a session on innovation and entrepreneurship for students and teaching faculty. The resource person was Mr. Bergin S. Russel, AN-Innovation and entrepreneurship development center, Kerala Start up mission.

National Safe Motherhood day

National Safe Motherhood day was observed by the department of Obstetrics and Gynaecological Nursing and 4th year B.Sc. Nursing students. The events were release and distribution of handouts, health awareness programme and demonstration of postnatal exercises.



Synergy-2K23

Student and faculty exchange programme was organized in collaboration with KPM School of Nursing, Malappuram. The events were orientation session, CPR- Skill Training.



STAFF TOUR



RETIREMENT FAREWELL TO Mr. AJITH KUMAR, OFFICE ASSISTANT



ZIKR 2K23

Iftar meet was organized by College Union, SNA, Cultural club and EONIANZ on 12th April 2023.

