



MIMS
College of Nursing

A MIMS CON Publication

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KEEFECTION

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Incharge

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Objectives of the News letter

-  To encourage the creative writing of faculty & other staff members
-  To develop journaling technique among faculty members
-  To communicate the activities done by the college

Guidelines for authors

-  Articles can only be submitted via email or online (mimsreflection@gmail.com)
-  Articles should be concise, brief and comprehensive
-  Drawing and paintings can be scanned and save it as 'jpg' format
-  Departmental and other news must be send within 2 days after the programme along with photographs
-  Articles should be the individual's original work only
-  Proper references should be given for Quotes
-  Copyright must be given to the publishers upon acceptance of the article
-  Use Times new Roman with font size 12
-  The decision of Editor in chief will be the final for the publication of manuscripts

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Editor`s Desk

Dear Colleagues,

I am happy to say the 2nd edition of reflections – your newsletter is getting released. I personally believe that journaling is an excellent method for developing writing skills.

So request you to start journaling. If so our newsletter will be rich with classic articles.

I also would like to inform you all about our plan for conducting research on standard setting and developing bench marks for clinical teaching.

I hope the second edition of reflections will inform some new concepts and help you to go forward with good articles for the coming editions.

I congratulate Mr. Abidfaheem being the charge of newsletter and hope he will motivate all you to contribute “reflections”.

Dr. Assuma Beevi T.M
(Chief Editor)

Food adulteration- A social cancer

Abidfaheem TK (Senior Lecturer, Dept. Of Community Health Nursing, MIMS CON)

One works hard and earns to satisfy his/her hunger. But at the end of the day, many of us are not sure of what we eat. We may be eating a dangerous dye, sawdust, soapstone, industrial starch, aluminum foil and so on! Contaminated foods and drinks are common sources of infection. Often, we invite diseases rather than good health. It has become very difficult for the consumer to select food items because of misleading advertisements, improper media emphasis and food adulteration. As a result the ultimate victim is a consumer, who innocently takes adulterated food and suffers

Due to the greater importance to food safety, in 2006 the World Health Assembly adopted resolution in which, the World Health Organization (WHO) was asked “to give greater emphasis on food safety with the goal of developing suitable, integrated food safety systems for the reduction in health risk along the entire food chain, from primary producer to the consumers

Enhancing awareness of consumers related to adulteration and its detection is useful to identify the awareness among public as well as improving the knowledge and awareness about food adulteration

Why food adulteration.....???

Many factors contributing for adulterating food substances, including availability of too many products in the market, poor buying practices of consumer, consumer mentality of bargaining availability of adulterants , shortage of food , increasing prices, consumer demands for variety in foods, lack of awareness, negligence, inadequate enforcement of food laws and food and so on...

Some common adulterations and their health effects		
Adulterant	Food commonly involved	Disease or health effects
Argemone oil	Mustard oil	Cardiac arrest, blindness
Metanil yellow	Turmeric powder	Cancer
Dung	Coriander powder	Tetanus
Iron filling	Tea leaves	Tetanus
Pesticide residue	All types of foods	Poisoning
Lead chromate	Turmeric and powder mixed spices	Foot drop, anemia, brain damage
Antibiotics	Meats from antibiotic fed animals	Multiple drug resistance
Food flavors beyond safe limit	Flavored food	Liver cancer
Poly aromatic hydrocarbons	Smoked fish and meat	Cancer
White powdered stone	Common salt	Ulcers

Shall we able to detect adulteration of commonly used food items?????.....Yes !!!!!

(These simple tests are not conclusive tests for detection of food adulteration. But it helps in creating a reasonable amount of suspicion on the purity of food items. Report to your food inspector if you feel any food is adulterated.)

1. Common salt:

Stir a spoonful of sample salt in water. Chalk will make the solution white and other insoluble impurities will settle down.

2. Chilli powder :

Take a spoon of chilli powder in a glass of water. Colored water extract will show the presence of artificial color. Any grittiness that may be felt on tubbing the segment at the bottom of glass confirms the presence of brick powder, and smooth and soapy touch of white residue at the bottom indicates the presence of soapstone.

3. Tea powder :

Take a filter paper and spread a few tea powder. Sprinkle with water to wet the filter paper. If color is present it would immediately stain the filter paper, while tea leaves shall not stain it. Move a magnet through the sample. Iron fillings will stick to the magnet.

4. Coriander powder :

Take a teaspoonful of coriander in a glass of 100ml of water. The inferior materials float on the surface, impurities mainly includes dung.

5. Sugar :

Take a spoonful of sugar and dissolve in a glass of water . chalk powder will settle down at the bottom.

6. Rawa:

Take some rawa in a piece of paper. Then move a piece of magnet through it. If iron fillings are present, it easily get attach to the magnet.

7. Rice :

A sample test is to place a small quantity of rice on the palm of the hand and gradually immerse the same in water. Marbles or other stones will sink.

8. Honey:

Take a piece of cotton and immerse it in honey. Fire that cotton, if the cotton is not burning properly with a crackling sound, then it is adulterated with water.

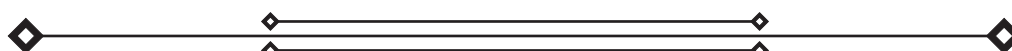
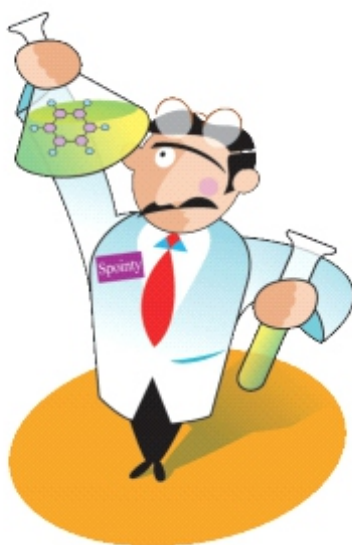
9. Milk :

Put drops of milk on a vertical glass surface and allow to flow it. The drop of pure milk either stops or flows slowly leaving a white trail behind it, whereas milk adulterated with water will flow immediately without leaving a mark.

10. Coconut Oil :

Place a small bottle of oil in refrigerator. Coconut oil solidifies leaving the other oils as a separate layer.

These simple testing methods to detect adulterants can be practiced by health care provider or public in day today practice and keep their hands together to thrown away the social cancer.



Still there is 'HOPE' in 'HOPELESSNESS'

Ms. Reena George (Associate Professor & Head , Dept. of Mental Health Nursing, MIMS CON)

“Always the thought of tomorrow has buoyed me up. I have looked to the future all my life. I still do, I still believe that with courage and intelligence we can make the future bright with fulfillment”.

— Barnie Baruch



Over the past 20 years of nursing life I do hear from people “I lost hope in my life” or “I have no hope of recovery”.

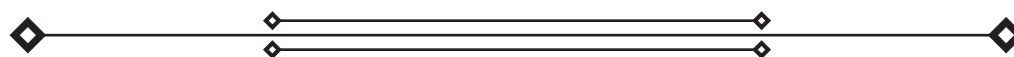
I wish to bring your attention to the ray of hope which we don't identify in the midst of our stress. Stress makes us blind, imbalanced, weak... No matter how bold and educated we are. But stress fails before a person who has hope in the midst of hopelessness.

The thought of anticipatory success should boost you up to break the black blanket of despair and come out with more energy, robustness to face world with a smile, and have a strong faith in God. Here are some tips which I have applied in my life to overcome hopelessness I hope at least one person will get the benefit out of any one of the following tips.

10 golden tips to defeat hopelessness

1. Respect yourself and feel that you are valid by yourself
2. Love yourself unconditionally
3. Never speak that “ I am not ok but you are OK” or vice Versa but feel that “we can become ok “
4. Take care of your health (food, exercise, relaxation techniques)
5. Respect others without expecting it back
6. Love your friends and family without expecting it back
7. Consider human beings have limitations.... faults...impatience and individual differences
8. Hope that you can do wonders from failures
9. Celebrate your success by a self pat on your shoulder
10. Always try to make your 'better' best than to defeat someones 'better’

I always felt that “No one bring failure to our life... no one can put us down... you can only make your life a failure or a success”



Why short cuts?

Madhu.T (Administrative officer - MIMS Academy)

Before travelling to a destination we always enquire about the short cut. Short cuts become a habit of human mind. We always think about the easiest path to reach a place. Every short cut is designed to minimize the traveler's fatigue. Shortcuts provide us effortless method to achieve the end result.

Nowadays the corporate jargon is “work smart, not work hard”. From this connotation, it states that smarter persons are those persons who achieve the target in the shortest way. Easy money, rag to riches on a wink, effortless gain etc. are the buzz words of today. Sometimes you will be discouraged by friends and relatives from indulging in a challenging task. The ultimate benefit is measured against the quantity of material gain. Thus people are reluctant to engage in charitable works which nullify the material gain.

If we obtain one object without much sweat and pain, why we look for the tedious path? In this world of pace, who should require the lengthiest path? Here we face some rational doubts. If there are short cuts to every destination why and how the paths to destination were lengthier and narrower at the start up?

Those who paid the tougher and lengthier paths were fools or blinds? No. The answer is, they give importance to intrinsic benefits rather than extrinsic. They believe in inculcation of long term values instead of short term gains.

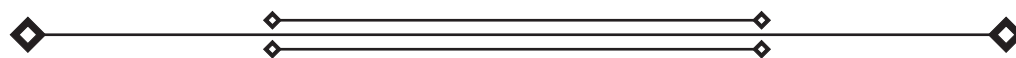
Though we have some tangible gains by adopting the short cuts we lose several other aspects like experiential knowledge, ability to cope with challenges and endurance capacity. Seeking for shortcuts to anything and everything is now become a fashion. Like an instant coffee the short cut experience will not make any long lasting impression in our life. When we accept a short cut we are compromising to some of the intangible qualities in our life.

Before entering to a tedious path we require to make up our mind. Will power of a person should be in higher state to face any sort of struggle. It's like the treatment of raw iron to the toughest steel. If we follow the short cut, though the steel may seem to be good in appearance, but the inner core will be brittle.

Every activity has a gestation period. Though shortcuts may provide the feeling of end result, in reality it might have some inherent deficiencies. There is another school of thought that life is very short, so always adopt ways to reach faster. Otherwise you cannot experience the life at the fullest. But the achievement of a toughest destination by conquering all hurdles will provide you immense gratification in comparison with easy gains. Do you imagine how much pleasure and buoyancy that might have experienced by Hilary and Tensing by reaching on top of Mount Everest? This cannot be experienced by reaching at the top of Everest by a helicopter.

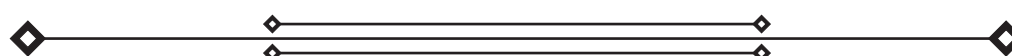
When we always go for short cuts, our ability to fight against the odds will naturally diminish. Short cuts in life succumb ourselves to a state of lethargy where we compromise our values to personal gain. Our intrinsic qualities will drain and we cherish for the material gain only. Such a society of selfish behaviors collapses the whole world.

Old and experienced persons, those who are frequently travelled through the toughest routes can once in a while think about short cuts as an alternative. But the new comers, the new travelers those who are inexperienced in beaten tracks can keep away from shortcuts for their own benefits. Now they can travel through the tedious, toughest, narrow paths to prove their own mettle. Why to go for short cuts?



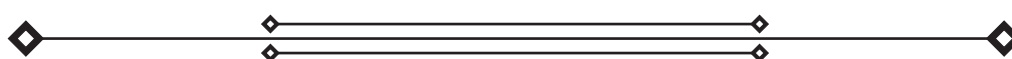
RHC relocation and Medical camp on 30th July,2015

The RHC under MIMS, was relocated to Karad and began to serve the public on 30th July, 2015 and was inaugurated by Padmasree Dr. Azad Moopen, Chairman, Aster DM Health Care. In association with this, a free medical camp on life style diseases was also arranged. 282 patients sought treatment during the camp. Students from MIMS College of Nursing actively participated in the camp and health education thereafter.



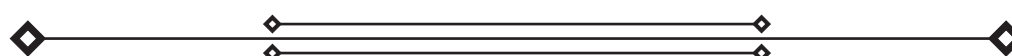
Report of Workshop on 'Stress Management for Nurses' on 13th August, 2015

A workshop for nurses on 'Stress management' was organized by the 5th batch MSc students of MIMS College of Nursing on 13th August, 2015 at MIMS Hospital auditorium. Honorable District Collector Sri. Prasanth N., inaugurated the event. Around 100 staff nurses and 60 nursing students attended the workshop. Delegates found the scientific sessions extremely useful and requested for similar sessions in future.



Report of National Conference on 'Taking the Crab Out of the Way- An Oncological Nursing Perspective' on 27th and 28th November, 2015

The National Conference on 'Taking the Crab Out of the Way- An Oncological Nursing Perspective' was held on 27th and 28th November, 2015 at MIMS Hospital auditorium, Calicut. Dr. Rahul R.Menon, CEO, MIMS, Calicut inaugurated the conference. Dr. V.P. Gangadharan, released the Souvenir of the conference. Experts from the field of Oncology shared their knowledge and expertise during the scientific sessions. About 250 delegates attended the conference. Poster and paper presentations were organized and winners were awarded.



Faculty Outreach Programs

Mr. Abidfaheem, Assistant Professor, MIMS College of Nursing conducted class on Communicable diseases at Padma A.U.P School, Karad. Nearly 300 students attended the class.

On 26th November, 2015 Ms. Soumya Jacob, Assistant Professor, MIMS College of Nursing conducted counseling services to students of Al-Farook Residential Higher Secondary School, Faroke.

