



**MIMS**  
College of Nursing

A MIMS CON Publication

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# REFLECTION REFLECTION

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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
- ❖ To encourage the students for professional writing

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- *Article can only be submitted via email or online ([publications@mimscon.com](mailto:publications@mimscon.com))*
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- *Departmental and other news must be send within 2 days after the programme along with photographs*
- *Article should be the individual`s original work only*
- *Proper reference should be given for Quotes*
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- *Use Times New Roman font 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 friends,

I am happy to inform you that the news letter committee of MIMS CON had kept their promise of continuing their work. They face difficulty in getting articles from staff and students. So I make an appeal to all staff and students to generously contribute to `Reflection`. I am sure this edition will throw light on quality education with a contribution from Mr. Madhu T on value based education. I appreciate him for his contribution as it is the need of the hour.

Best wishes

**Dr. Assuma Beevi T.M**  
(Chief Editor)

# Nursing practice excellence through the use of quality indicators

Dr. Assuma Beevi T M ( Joint Director; MIMS Academy & Principal, MIMS CON )

Achieving excellence in nursing practice is a multi faceted process. It includes many items like use of evidence based practice, identifying and using quality indicators as markers of excellence, competence of nurses providing patient care, the leadership provided to them and cost effective care, nurses and patient satisfaction etc. in this article we will discuss the role of quality indicators in deciding nursing practice excellence.

## What are quality indicators?

**Quality indicators** (metrics) are evidence based measures of care that can be used to benchmark, monitor and improve clinical outcomes and patient experiences.

## What are nurse- sensitive quality indicators?

Nursing sensitive indicators reflect the structure, process and outcomes of nursing care. It is an indicator which is sensitive to the input of Nursing Care. It demonstrates that RN's make cost effective difference in providing safe, high quality patient care. Indicators should be meaningful to practitioners and measure aspects of care over which nurses have real influence.

## How will you identify quality indicators?

This is possible by a review of clinical records and assessment processes. The indicator topics are usually emerged from patient complaints. They are common to most clinical scenarios. Indicators reflect the performance of the health system. They measure directly quantify quality of care.

## Indicator Selection Criteria

**They must be** Specific to nursing, Traceable **and have** Strong link to nursing quality.

**Three types indicators ::** Patient Focused Outcome, Process of Care and Structure of Care

## Components of quality indicators

### Structure of Nursing care

Indicated by the supply of nursing staff, the skill level of the nursing staff and the education / certification of nursing staff/ skill mix. Total Nursing Care Hours Provided per Patient Day

### Process Indicators of Nursing Care

It measure aspects of nursing care such as assessment and intervention and RN job satisfaction. Example: Maintenance of skin integrity.

### Outcome Indicators of Nursing Care

The patient outcomes that are determined to be nursing sensitive improve if there is a greater quantity or quality of nursing care.

Examples - Number of hospital acquired pressure ulcers, patient falls and intravenous infiltrations

## How will you implement quality indicators?

Implementing an indicator is a **multi step process**. It includes **evaluating the evidence** that a specified indicator is nurse sensitive and then **pilot testing** of the indicator by health care facilities. In addition, there is **ongoing monitoring** and **testing for validity and reliability** per standard operating procedure of the facility.

## Process indicators- implementation

Implementation of process quality indicators are done by implementing CPGs, Protocols or Standards of nursing care practice according to hospital policies. Example- Falls Bundle- CPGs. Implementing a quality process indicator is challenging as it is through implementation of CPGs, Protocols, standard etc-- Here the nurse need to implement CPG / protocol or standard related to specific indicator to resolve nursing care problems. This means acknowledging high risk, high volume or problem prone areas of care in the hospital such as falls, pain, or pressure ulcers. To define problem areas, **analyze the data** that is easily available. This can be done by looking at the quality indicator report to see if you are in 70<sup>th</sup> percentile in any area. If you are in the 70<sup>th</sup> percentile or higher in the area of falls, you may want to implement a fall and fall risk CPG/ protocol. Once you have made the decision on which CPG/ standards/protocol to implement, the next step is to **identify and overcome** any obstacles that might hinder implementation. Identify and overcome obstacles by forming an **interdisciplinary task force** while gaining support from administration. The medical director, administrator and director of nursing all need to support the implementation of a protocol. Identifying a champion by finding natural leaders staff that team members already look up and follow. Next, Identify the skill levels and knowledge deficit of the staff to see if they are capable of implementing the protocol/ CPG selected. Example- Altered Nutritional Status protocol, is the staff competent in basic skills, such as weighing the patients, calculating feed requirements, preparing NG feeds and feeding techniques etc. If they have minimum competency the next step is **motivating the staff**. Once you have picked up the Protocol/ CPG you are going to implement, you have got your champions ready to lead. Staffs are educated and their skill levels are in par for the guidelines. Next, you need to inform the attending physicians, patient relatives and patients about the implementation of the project. This can be done through a letter from quality head or medical director to all attending physicians .

### Suggested time frame for implementation

Weeks 1-8: development and approval of protocol or guideline by interdisciplinary team and administration. Weeks 8-14: staff education. Weeks 14- 16: implementation. Week 16+ : Monitoring results

### Why is it important to implement quality indicators?

#### Benefits / Importance

- Improve quality care provided
- Facilitate adherence to external requirements of quality assurance
- Help to identify areas of concern and make changes
- Provide guidelines for staff that can improve performance and satisfaction
- Cost effectiveness

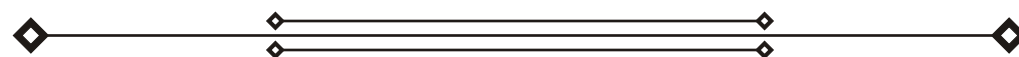
### Which are the common quality indicators that a front line nurse should consider?

#### Seven major indicators

- Falls assessment
- Food and nutrition
- Pressure area care
- Pain management
- Patient observations
- Infection prevention and control
- Medicine prescribing and administration

### Conclusion

It is vital that care indicators and the data generated by them are 'owned' and understood by staff at all levels, not only to raise awareness but also to help and support them to improve their own areas. Nursing's foundational principles and guidelines identify that as a profession, nursing has a responsibility to measure, evaluate, and improve practice. The current consumer-driven health care environment requires accountability for the health care decisions made and the impact of these decisions on patients.



## VALUE BASED EDUCATION

### Mr. Madhu (Administrative Officer, MIMS Academy)

The real meaning of education fades from time to time and in present scenario it is merely an exercise to brighten our grey cells. Students learn more and more to end up in deeper and deeper confusion. if one mode of education fails to satisfy the material benefits they switch over to another mode ,with out realizing their own potential.

From time immemorial education is considered to be a dedicated way of living in which “shishya” or student learns even intrinsic aspects of life from the relationship with “Guru” or Teacher. Teacher mould the student to a good human being. Student becomes a fruitful citizen to the society. Teacher is capable of showing the strength of a student and helps him to recover from his weakness. At the end of the education process teacher advises the student to be a responsible person for the societal wellbeing.

But now we are far away from the 'value based education'. In our primary school education we learn certain values need to be followed in life. In later stages of education we forget about this and wallow in the mud of scientific and numerical theories. Though our educational system thrives to create umpteen numbers of intellectuals we fail to bring up human being those who are compassionate to fellow being.

Value based education only makes the education a complete one. If our skills and knowledge need to be beneficial to the society it should have a strong hold on value based education. In our brick and mortar educational system we produce mindless Frankenstein's who later wander in search of their bewildered past.

People are the building blocks of the society. If these blocks are fragile in core, society will collapse with no time. Value based education cultivate honesty, sincerity, empathy and courage among students. They become fearless to fight against the evils of the society.

But our present generation is considering education as a cash cow. Higher education guarantees you a snobbish and lucrative job.

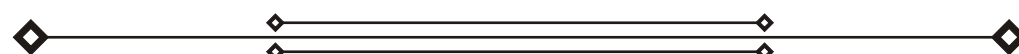
Now a day's education is synonymous with competition. As a student you have to compete with millions of others to reach a position. It never stops. When you educate more you compete with the outer world for existence. Whether the competition requires for our growth? Among the four stages of human life bachelor life (Brahma charya) is one stage where we learn about ourselves. We realize our strength and weakness. Then only we move to learn about one other person. But in present education where we have the time to learn about ourselves? With our haphazard knowledge we are in a hurry to teach others..!

We compete with others with a blind eye towards us. Lack of self realization throw us in the dungeons of failure.

From child hood onwards we need to inculcate values in the minds of students. Along with our subject knowledge inculcation of values in the minds of students should also have a pivotal role in education.

The business of education provide as an Augean stable to clean up. Only through value based education we can dream about the societal harmony.

Our first woman IPS officer Kiran Bedi wrote in her autobiography (I Dare) that before a professional one should be a human being...That is all about value based education.



## Workshop & CNE Reports

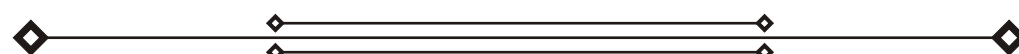
### Nursing Quality Indicators “Evidence Based Quality Care” - *Workshop report*

A workshop on Nursing Quality Indicators “Evidence Based Quality Care” was organized by Department of Nursing, MIMS Hospital in collaboration with MIMS college of nursing on 30/09/2013. The workshop was inaugurated by Prof.(Dr.) Karthikeya Varma, Director, MIMS Academy by delivering lecture on Introduction to Quality Nursing Indicators.

The faculty for the workshops includes Dr. Assuma Beevi T.M, Joint Director, MIMS Academy and Principal, MIMS CON, Ms. Reena George, Vice Principal, MIMS CON, Ms. Sheelamma T.J, Chief Nursing Officer, MIMS Hospital, Calicut and Ms. Binitha A.N, Infection Control Nurse, MIMS Hospital, Calicut.

A total of 215 delegates attended the workshop from various parts of the state. The learning sessions were organized in the form of Lectures, Audio - Video presentation and practical workstation. The work station provided hand on training for the delegates on Basic Life Support, Safe injection practices, Central line care, Tracheostomy care including Suctioning and Hand Hygiene.

The workstation was lead by expert nursing personnels from various wards and ICUs. A post test was conducted at the end of the session and prizes were distributed to Jobish N.G, Staff Nurse, DM WIMS Wynad and Ms. Meenu P. Shaju, Staff Nurse, MIMS Hospital Calicut. The workshop was credited with CNE hours by Kerala Nurses and Midwives Council, Thiruvananthapuram. The delegates were appreciated the programme in their feedback form and demanded more sessions on Quality nursing.



## Inauguration of Academic Year for 11<sup>th</sup> Batch BSc Nursing & 5<sup>th</sup> Batch Msc Nursing

Academic year for XI<sup>th</sup> batch BSc Nursing course was inaugurated by Dr.Assuma Beevi TM, Principal MIMS CON on 29/8/2013. Ms Reena George, Vice principal welcomed the gathering.

The principal discussed about the college rules, regulations and policies. Students and their parents introduced by themselves followed by the self introduction of all faculty members of MIMS CON.

PTA Executive members from the group; Mr.Achuthan P.K F/o Ms.Anusree and Mrs.Preetha Gopiram M/o Ms.Devika.V were unanimously elected as PTA executive members.

The meeting came to an end with the vote of thanks by Mr.Madhu, Administrative Officer,MIMS Academy at 4 pm. V<sup>th</sup> batch MSc Nursing was started on 23/09/2013. The principal, The vice principal, Administrative officer,HODs were attended the course orientation programme.

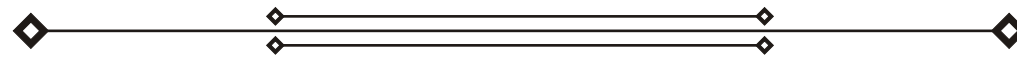
## Departmental (Speciality wise) news / Activity reports

### World Schizophrenia Day observed

Department of Mental Health Nursing conducted an awareness programme on World Schizophrenia Day. The programme was started at 3.30 pm. Dr. Assuma Beevi T M, Joint director, MIMS Academy, Principal, MIMSCON was the chief guest and delivered the message of the day.

The programme started with a prayer song. The gatherings were welcomed by the students of 3<sup>rd</sup> year BSc Nursing. The theme of the day ``**Mental health in daily life**`` was unfolded by Mrs.Reena George, Vice Principal and presented by Ms. Auxilia, Asst. Professor, Department of Mental Health Nursing.

The message of the day was delivered by the chief guest. Students were participated with interest and enthusiasm, and the events such as song, poem and role play were presented by the 3<sup>rd</sup> year BSc N students. The winners were announced by Ms.Aswathy, Senior Lecturer and awarded with prizes.

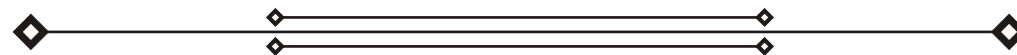


### Breast Feeding Week Observance- 2013

On behalf of MIMS College of Nursing, The department of Obstetrics and Gynecological nursing and Child Health Nursing joined together to organize the breast feeding week from 1/8/2013 to 7/8/2013. Theme for the year 2013 was ``**Breast feeding Support- Close to mothers**``. It highlights Breastfeeding Peer Counselling. Even when mothers are able to get off to a good start, all too often in the weeks or months after delivery there is a sharp decline in breastfeeding rates, and practices, particularly exclusive breastfeeding.

The Peer Counselling Program is a cost effective and highly productive way to reach a larger number of mothers more frequently. Peer Counsellors can be anyone from the community who is trained to learn to support mothers. Trained Peer Counsellors, readily available in the community become the lifeline for mothers with breastfeeding questions and issues. "The key to best breastfeeding practices is continued day-to-day support for the breastfeeding mother within her home and community."

An awareness programme has been conducted based on the theme. The goal of the program was to empower the mothers and the anganwadi teachers as peer counsellors. The program was held in Paramel Anganwadi. Final year Bsc Students and Second year MSc Students presented a role play emphasizing the importance of breast feeding. An exhibition on the breast feeding techniques was also held. Thirty mothers participated in the programme which lasted for 2 hours. The department has recieved a positive feedback from the group after the program.



### Achievements by faculty members of CON / Higher Education

Ms Reena George, Vice principal has secured **2<sup>nd</sup> rank** in PG Dip. in Counseling ( 2013) from University of Calicut, Kerala

The institute has sent Mrs. Shejila C.H, Associate Professor & HOD of Medical Surgical Nursing for **PhD in Nursing** conducted by Manipal University, Manipal, Udupi District, Karnataka.

Ms. Sithara, Senior Lecturer, Department of Child Health Nursing honoured **with Best paper presentation Award** in the 4<sup>th</sup> annual conference of Indian Association of Neonatal Nurses (IANN) held at Bharathi Vidyapeeth Medical College, Pune, Maharashtra.

Topic: *Epidemiology of breast feeding problems and its impact on exclusive breast feeding rate at months*

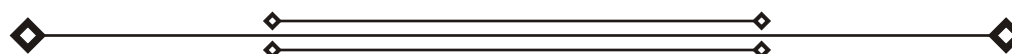
Ms. Shinju Mol, Clinical Instructor and alumna of MIMS CON has **selected for MSc Nursing (Medical surgical nursing) course** at Govt. Nursing College, Calicut through entrance examination which is conducted by Govt. of Kerala.

Ms. Neethu Jose, Senior Lecturer, Department of Medical Surgical Nursing awarded with **Best Teacher of the Year MIMS CON**.



## Conferences attended / Resource Person

1. **Dr. Assuma Beevi T.M.**
  - a. Resource person for 17<sup>th</sup> NRSI National Conference at Manikaka Topawala Institute of Nursing, Changa, Anand, Gujarath; topic - **Developing conceptual framework**
  - b. Resource person for workshop on NURSING QUALITY INDICATORS "Evidence- Based Quality Care" on 30<sup>th</sup> September 2013 organized by Department of Nursing and College of Nursing of MIMS Hospital Calicut; topic - **Quality indicators and implementation**
2. **Mrs. Reena George**
  - a. A National conference of ISPN organized by West Fort College of Nursing, Thrissur and presented a paper on **Impact of hypochondriacal traits on Quality of life of caregivers of mentally ill.**
  - b. Resource person for workshop on NURSING QUALITY INDICATORS "Evidence- Based Quality Care" on 30<sup>th</sup> September 2013 organized by Department of Nursing and College of Nursing of MIMS Hospital Calicut. topic **Patient safety measures**
3. **Mr. Mohammed Mustafa** attended Emergency medicine CME, held at MIMS Hospital Calicut.
4. **Mrs. Beena N.H.** attended a conference organized by Al-Shifa college of Nursing, Perinthalmanna on Innovative Research designs and statistics "NOVICE TO .....NINJA"
5. **Mr. Vishnu A.P.** attended a State level nursing conference on "Nursing theory: A guide to add quality" organized by KIMS College of Nursing, Trivandrum.
6. **Mrs. Neethu Jose**
  - a. A conference on theory development and application in nursing: successes and challenges organized by College of Nursing, CMC Vellore, Tamilnadu
  - b. Training for trainers in nurser raising and seminar on medicinal plants organized by KUHS.
  - c. A workshop on NURSING QUALITY INDICATORS "Evidence- Based Quality Care" on 30<sup>th</sup> September 2013 organized by Department of Nursing and College of Nursing of MIMS Hospital Calicut
7. **Mrs. Sithara S.**
  - a. Fourth annual conference of Indian Association of Neonatal Nurses (IANN) held at Bharathi Vidyapeeth Medical College, Pune, Maharashtra.
8. **Mrs. Manjula T.G.** attended a workshop on NURSING QUALITY INDICATORS "Evidence- Based Quality Care" on 30<sup>th</sup> September 2013 organized by Department of Nursing and College of Nursing of MIMS Hospital Calicut

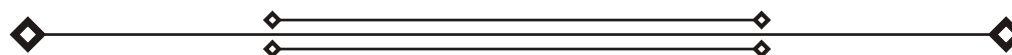


## Farewell to faculty members

The staff of MIMS College of Nursing bid farewell to Ms Shinju mol, Mrs. Shintu A E (Clinical instructors) who were leaving the institution.

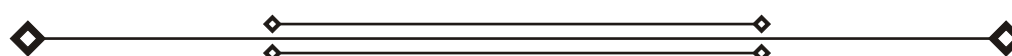
Principal, Dr Assuma Beevi TM delivered the presidential address. She wished good luck to them for their future and appreciated the efforts that they made for the college in her speech. . A memento was presented to them as a token of love.

The faculty members felicitated the gathering. The leaving faculty expressed their heartfelt thanks to principal and all other staff and students for their guidance, support and help during their period of job. All those gathered wished them a joyous future.



## SNA brief news on general activities Farewell, Freshers` day Farewell to outgoing batch

The SNA unit of MIMS CON organized the farewell function for the outgoing batch of B.Sc and M.Sc nursing students. It was organized by the 3<sup>rd</sup> year students of B.Sc and M.Sc nursing students. The programme was started by 9.30 am with the prayer. Ms. Anusree welcomed the gathering. Dr. Assuma Beevi TM presided the programme. It was followed by the nurses oath for the outgoing B.Sc nursing students. The organizing students presented various cultural extravaganza on the stage. The outgoing students shared their experiences in the college. The program came to an end by 1.30 pm.



## Fresher`s Day -2013

SNA members of the X<sup>th</sup> B.Sc Nursing students organised the fresher's day for the XI<sup>th</sup> batch B.Sc nursing students on 28/09/2013. The senior students welcomed their juniors with lighted candles and a gift. After that the official function was started with the prayer. Ms. Ashley welcomed the gathering. Dr. Assuma Beevi TM addressed the gathering. It was followed by various programs - dancing, singing and skits by the 1<sup>st</sup> years and 2<sup>nd</sup> years. Ms. Alphy of 2<sup>nd</sup> proposed the vote of thanks. The program came to an end by 4.30 pm.



## Workshop on Quality Nursing Indicators



## Breast Feeding Awareness Week

