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OBJECTIVES OF THE NEWSLETTER

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

From the Principal's desk



Dear All,

I am so happy to see that MIMS College of Nursing is releasing its 6th newsletter this month. I appreciate the initiative taken by Mrs. Alphilin Jose as editor of the newsletter. I wish the very best to all who had contributed for this venture.

Dr. Assuma Beevi.T.M

Principal

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Dr Shejila C H, Professor, Department of Medical Surgical Nursing

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Author Guidelines

Dear Author

- 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
- 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

ARTICLES

A clinical update on cytotoxic extravasation prevention

Dr Shejila C H, Professor, Department of Medical Surgical Nursing



Introduction

Cytotoxic extravasation is the “inadvertent infiltration of a cytotoxic drug into subcutaneous or subdermal tissues surrounding the intravenous or intra-arterial administration site”. It is often under diagnosed, under reported and under treated.^[1]

Incidence

Incidence of peripheral line extravasation ranges from 0.1% to 6% and extravasation through a central venous access device varies from 0.3% to 4.7%.^[1-3]

Risk factors

The risk factors of extravasation can be classified into four types i.e.; device related, drug related, patient related and clinician related factors.^[3-5,6-11]

Table 1 Risk factors of extravasation

Device related	Drug related	Patient related	Clinician related
Peripheral IV access	Vesicant potential of drug	Age (very young, old)	Untrained /inexperienced
Metallic/steel	Concentration of drug	Small and fragile veins	personnel
needles(butterfly)	Volume of drug infiltrated	Hard/sclerosed veins	Multiple attempts at
Large gauge cannula	Cytotoxicity of drug	Impaired communication	cannulation
Inadequately secured cannula	pH of drug	Agitated/confused patients	Unfamiliarity with
Unfavourable site location	Osmolarity of drug	Compromised circulation	CVAD use and
Clot formation above	Vasoconstrictive potential of	Altered sensory perception	management
cannulation site	drug	Bleeding/Coagulation	Interruptions or
High flow pressure		abnormalities	distractions during
		Patient movement	procedure
		Prolonged infusion	
		Obesity	

Consequences of extravasation

Pain, scarring, sensory and motor impairment, damage to tendons, nerves and joints, infection, disfigurement and amputation. Sometimes treatment may be discontinued or postponed for further wound care or debridement. [3-5]

Recognition of extravasation

Extravasation can be early detected by patient reporting, visual assessment and monitoring the infusion line. [1, 2,7,9,12]

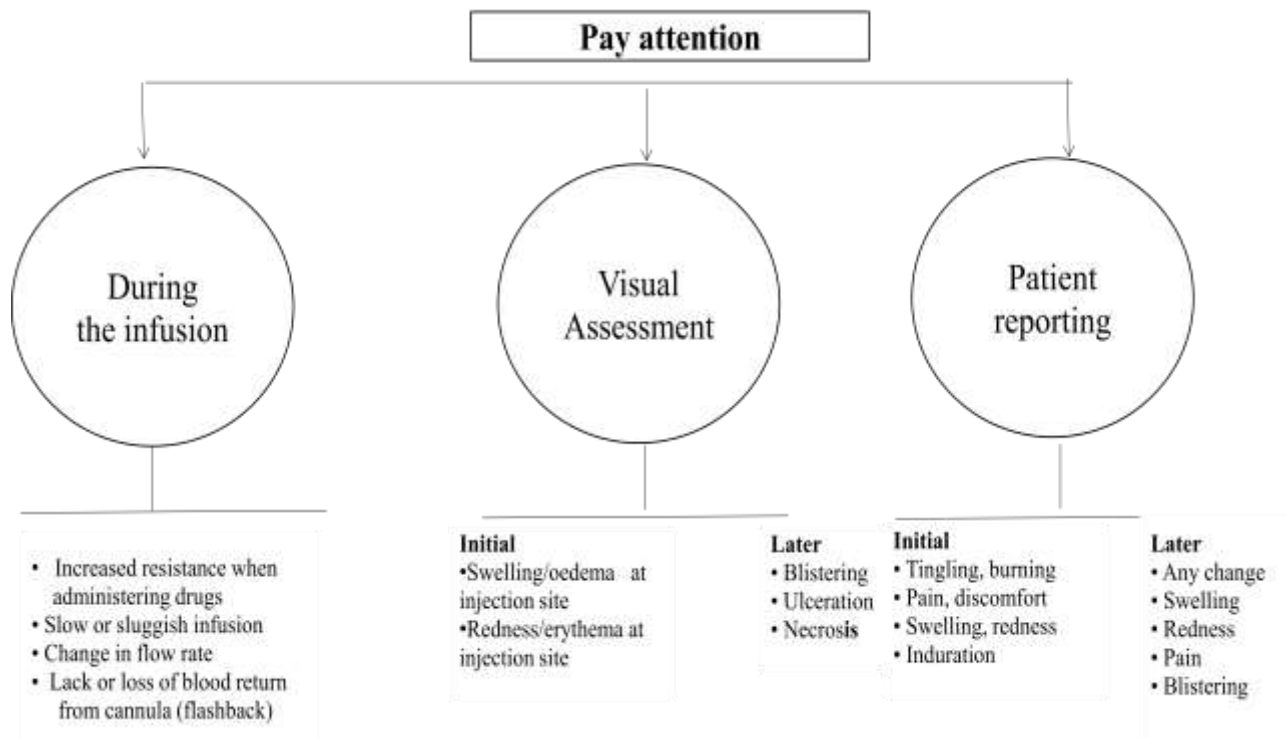


Figure 1 Recognition of extravasation

Prevention of extravasation

The main areas in prevention are establishment of protocols for administration of chemotherapy, prevention and management of extravasation, staff training and patient education. [1, 2,,12-15]

ARTICLES

Table 2 Preventive strategies for extravasation

During Insertion	Device selection	Procedure	Monitoring treatment
<p>Avoid</p> <ul style="list-style-type: none"> • Small and fragile veins • Veins adjacent to tendons, nerves ,arteries, joints & dorsum of hands • Limbs effected by sclerosis,thrombosis, scar formation, lymphedema ,lymph node dissection neurological weakness and impaired circulation • Recent venipuncture in same vein within the last 48 hours 	<ul style="list-style-type: none"> • Avoid butterfly needles • Use the smallest gauge and shortest length cannula • Use a freshly sited cannula • Never use an infusion pump to administer vesicants • CVAD-Implanted port or peripherally inserted central catheter(PICC) <ul style="list-style-type: none"> ▶ Use appropriate needle length for access device 	<ul style="list-style-type: none"> • Access vein using single approach • Avoid cannulation below a previous venipuncture site • Check for blood flow from cannula or CVAD prior to administration • Secure cannula with appropriate dressing • Flushing with 10-20ml saline solution between different drug infusions .Flush at the end of administration • Administer bolus dosage of vesicant drugs concurrently with fast running infusion of compatible IV fluid • Administer peripheral vesicants by gravity infusions • Administer vesicant drugs first 	<ul style="list-style-type: none"> • Check site for swelling, inflammation redness or pain around site • Ask patient about any possible symptoms • Pressure of infusion pump must be monitored • Set pressure alarm • Discontinue infusion in case of pain or discomfort

Implications for practice

A Collaborative approach from an interdisciplinary team is required for all aspects of chemotherapy preparation, administration and post care monitoring. The key points for practice implication are given in **Figure 2**.

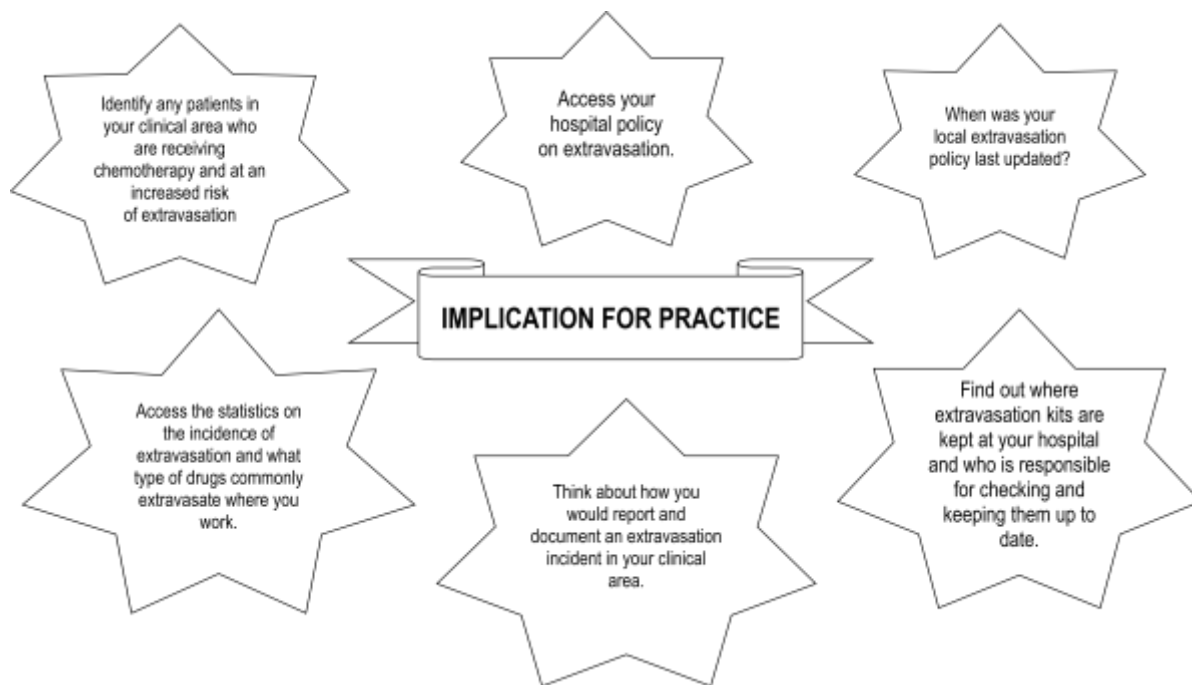


Figure 2 Implications for practice

Conclusion

Extravasation of cytotoxic drugs can be a distressing complication for patients and health care team. Extravasation cannot always be prevented but safe administration, guidelines or protocols for prevention help to reduce its incidence.

References

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Activities

COLLEGE UNION COUNCIL / STUDENT NURSES ASSOCIATION

Quiz Competition

The SNA of the College conducted a quiz competition in the college auditorium on 19.9.18. Dr. Assuma Beevi T.M, Principal MIMSCON inaugurated the programme. Dr. Sheeja CV, Vice Principal and Ms Elizabeth Xaviour, Associate Professor were the quiz masters. The first prize was bagged by 3rd year B.Sc Nursing students.

Farewell programme 'CIAO 2K18'

A farewell programme was arranged for the 12th batch of B.Sc and 8th Batch of M.Sc Nursing. Programme began with a welcome march of outgoing students. Dr Assuma Beevi TM addressed the gathering and inspired them to keep up the name of their Alma Mater. Students shared their memories in the college.

Debate competition

The SNA unit of the College participated in a debate competition (Speak for India 2018) organized by Mathrubhoomi and Federal bank on 10.12.2018. Ms Toney Thomas, Ms Elizabeth Donna and Ms Anna Jose participated in the competition held at Unity College Manjeri. Ms. Toney Thomas was selected for the district level competition.

Republic Day Celebration and College Union Inauguration

Republic Day 2019 was passionately celebrated by the SNA unit. Dr Assuma Beevi TM, Principal hoisted the flag and Mr Binoy Prasad, Administrator inspired the students with a prodigious message. This was followed by College Council Inauguration. Ms Ashly Zacharias, The newly elected College Union Chairperson and other office bearers took the oath. Students of 13th batch mesmerized the minds with a cultural programme.

Activities

Annual Sports Meet 2019

The annual sports meet of the college was conducted on 16-02-2019. The meet started at 7.30 am with March Past. The guard of honor was received by Dr Assuma Beevi TM Principal MIMSCON. Students had an active participation in various events. the Overall championship trophy was lifted by the blue squad.



Fresher's Day Celebration

The College Union organized Fresher's Day programme for the 16th Batch of B.Sc Nursing students on 02.02.2019 Dr Assuma Beevi TM, Principal inaugurated the programme. Performance of the fresher's were highly appreciated by the audience.

Seminar on 'Myths of Cancer'

A seminar on Myths of Cancer was organized by the SNA on 23.2.2019 in the college auditorium. The representatives from each batch presented regarding the different aspects of the topic such as cancer epidemiology, myths on cancer, pathology and innovative treatment measures of cancer

International Women's Day 2019

As part of International Women's day, SNA organized an awareness talk on 'The adverse effects of cosmetics 09.03.2019. Dr.Preethy M Cheriyan, Consultant, Aster MIMS Hospital delivered an interactive lecture regarding the topic. This was followed by a debate competition on 'women empowerment'. Ms Anna Jose of I year B.Sc Nursing received the first prize.

Activities

International Nurses Day 2019

International Nurses Day was celebrated on 11.05.2019. Dr Assuma Beevi TM, Principal MIMSCON inaugurated the programme and unveiled the theme of the day. A seminar on ‘Sustainable Development Goals’ was done by representatives from different batch which was followed by a panel discussion by faculty on the theme ‘ Nurses a voice to lead: Health for all’. The scientific sessions were followed by a cultural programme by 13th Batch.

Collage competition

As a part of Blood donation day, the College union organized a collage completion on ‘Blood donation’ on 01.06.2019. Ms Vismaya of 15th batch received the prize for best collage.



NSS ACTIVITIES

Free medical camp

A free Medical Camp was conducted by NSS unit of the college in association with Aster MIMS Hospital, Calicut and Aster MIMS Charitable Trust on 11.11.2018 at Ajmeer Gate Campus, Karad. The camp was inaugurated by Mr. Bhagyanathan, Vice president, Vazhayoor Panchayath.. Community leaders, representatives of Ajmeer gate campus, faculty from College of Nursing were present during the inauguration. Three doctors from different department such as General Medicine, Obstetrics and Gynecology and Pediatrics were consulted the patients. Total 321 patients were registered in the camp including 163 males and 158 females.

Residential Camp

The NSS unit organized a 7 days special residential) camp at Govt. UP School, Chembukadavu, Calicut from 29.04.19 to 05.05.19. The camp was inaugurated by Dr. Assuma Beevi TM, Principal MIMS College of nursing. With the help of local youth and ward members, NSS volunteers conducted house to house health survey. Total 308 families with a population of 1200 were surveyed during these 2 days. On the 7th of residential camp, a free medical camp was conducted at Govt. UP School, Chembukadavu. Total 170 patients benefited from the camp.

Activities

World No Tobacco Day

As a part of World No Tobacco Day observance, the NSS volunteers and other students of the college took a pledge against the use of tobacco on 31.05.2019. Dr. Assuma Beevi TM, Principal emphasized the importance of keeping our campus desist from Tobacco use.



World Environmental Day

MIMS College of Nursing NSS Unit observed World Environmental Day on 8th June 2019. The programme was inaugurated by Dr. Assuma Beevi TM, Principal, MIMS College of Nursing and Mr Jibin V Varkey, NSS Programme NSS volunteers, students and faculty/Staff actively participated in the campus cleaning programme. Volunteers and faculty were divided in to 18 groups and cleaned the college and hospital premises. Tree sapling were planted by NSS volunteers and faculty.



Activities

OTHER COLLEGE ACTIVITIES

MIMS Academy Day

MIMS Academy day was celebrated on 01.01.2019. The occasion was graced with the presence of Padmasree Dr. Azad Moopen, Chairman & Managing Director of Aster DM Health care, Engr. Abdurahman K P, Prof. Dr K Karthikeya Varma Director, Research Foundation and other eminent personalities of the management. Dr. Assuma Beevi.T.M. Director MIMS Academy welcomed the gathering. The Chairman appreciated the effort of staff and students to bring this institute to one of the top ranking institute in the country. This was followed by a spectacular cultural programme by students of the academy.

National Conference

The College of Nursing in collaboration with Oncology department Aster MIMS Hospital, Calicut, organized its 7th Annual National Conference on **‘Transforming health care: Living with and beyond cancer’** on **24th and 25th January 2019**. The aim of the conference was to empower nursing fraternity with current trends and practice in oncology nursing concepts and the essential requirements in meeting the needs of patients with cancer and its survivors. The conference was inaugurated by Prof. Dr K Karthikeya Varma, Director, Research Foundation. The conference was enriched with scientific sessions, skill stations, scientific paper and poster presentations, symposium and panel discussion.



Activities

NRSI South regional conference

The College of Nursing in collaboration with JDT Islam College of Nursing, Calicut and West Fort College of Nursing, Thrissur convened the 5th South Regional Conference of Nursing Research Society of India on 1st and 2nd May 2019 at ASTER MIMS Auditorium, Calicut. The theme of the conference was “Innovations, Future Challenges: Exploring new horizons in Nursing Research”. The pre-conference day was on 01.05.2019 and 70 delegates attended the event. The conference was inaugurated by Dr.



Porkodi Arjunan, Associate Professor, College of Nursing, Sri Ramachandra Institute of higher education and Research. Eminent speakers from various disciplines dealt the scientific sessions.

Graduation Ceremony

MIMS College of Nursing organised the graduation ceremony of 12th batch of B.Sc. Nursing on 05.01.2019 in the college Auditorium. The program commenced with the procession of 59 graduates accompanied by the faculty and dignitaries. Ms Sandhya Varma, Founder of Learning Arena was the Chief Guest. Graduates took the Nurses’ oath and received the certificates.



Exhibition

Students of IV year B.Sc Nursing and I year M.Sc Nursing organized Audio Visual Aids exhibition on 01.06.2019 on the topic teaching learning methods and Curriculum under the guidance of Prof. Isha S and Ms Shine Thomas, Associate Professor MIMSCON. Dr Assuma Beevi TM, Principal MIMS College of Nursing inaugurated the function.



FACULTY IN NEWS

Dr. Assuma Beevi TM, Principal met Honorable Governor of Kerala P.Sathasivam who is also the Chancellor of Kerala University of Health Sciences to clear the uncertainties related to Nurse Practitioner Course (NPCC)



Dr. Sheeja CV, Vice Principal obtained her Doctorate degree in Nursing under INC Consortium from Rajiv Gandhi University of Health Sciences for the research titled ' Effectiveness of comprehensive Nursing intervention program on the enhancement of interpersonal relationship skills, emotion regulation and job satisfaction among staff nurses'

Dr Shejila CH, Professor, Department of Medical Surgical Nursing attended a conference organized by Union for International Cancer Control (UICC) 2nd Leadership in Action meeting - Asia Pacific Region held at Farrer Hotel,Singapore with UICC travel grant.



Ms Mary Elizabeth Tidiya Valarine, Assistant Professor Department of Medical Surgical Nursing received research grant from ICMR for the project titled ' awareness on stroke among adults'

STUDENTS IN NEWS

Ms Megha Thomas, Ms Keerthi Muraleedharan and Ms Sneha Johnson of III year B.Sc Nursing and Mr Bibeesh P of II year M.Sc Nursing were selected for a scientific paper presentation organized by Pushpagiri College of Nursing, Thiruvalla on 03.11.2018. **Ms Sneha Johnson** and **Mr Bibeesh P** received third prize in their respective category.



Ms Sneha Johnson



Mr Bibeesh P

Ms Ayana Binoy and **Ms Surumi K** of IV year B.Sc Nursing received second prize for a quiz competition on vaccination organized by Indian Indian Medical Association, Calicut



Ms Ayana Binoy



Ms Surumi K

B.Sc NURSING CLASS TOPPERS 2017-2018



Ms Athulya P Shaji
I Year



Ms Arya K
II Year



Ms Megha Thomas
III Year



Ms Sona Anil Joseph
IV Year