

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN

VOL. 5 No. 11

NOVEMBER 2016

“Quantum of Quality Neonatal Care-Way Forward” (NNF)


We are happy to convey you of our satisfaction of the transactions of the XXVI TNAI (75th) Biennial Conference held in Jaipur during 15-19 October. All its sessions – the Pre-Conference, Conference and Post-Conference – were relished by the participants. Thus, it was success by all counts, enriching the participants in several ways.

I request all SNA Units to kindly remit the subscription fees by 31 December, 2016 positively. The Members who have not yet obtained the New computerised Membership Card, are advised to procure the same, the application format is given at page 175 of this issue. Members are also requested to have their address updated whenever there is change, else they may not get copies of *TNAI Bulletin*.

The most crucial period of life for healthy growth of families and nations is the 0-4 weeks of life (also called the neonatal period) that sets the foundation for individual's well being. Unfortunately, in our country, out of every 1000 newborn babies, 39 die during the first year of life and two-third of all newborn deaths occur during the first week of life. Although infant mortality has declined significantly over the last decade yet it is still very high, main causes being Infections, Premature deliveries, Insufficient oxygen to foetus and newborn, Complications during delivery and Birth defects. New Born Care Week (15-21 November) celebrated annually throughout the country aims to create awareness about urgency to take appropriate measures for prevention of neonatal deaths.

To a great extent, socio-cultural factors – unscientific prejudices and myths – predispose the newborn to various infections contributing to 52 percent of neonatal deaths besides asphyxia (20 percent). It is therefore imperative to educate the mothers about the various problems during pregnancy which affects the health of baby. Further, premature deliveries account for 15 percent neonatal deaths and congenital malformations, birth defects and other causes, contribute 13 percent. From antenatal (pregnancy), and intra-partum to post-partum & postnatal stage, women should be properly explained about identification of danger signs and prompt referrals; clean delivery; and importance of skilled care during delivery. Some basic Do's include: proper and timely vaccination, hygienic handling of baby, supporting the baby's head and neck, starting breastfeed within an hour of the birth and exclusive breastfeeding for first 6 months, feeding the child on demand or at least thrice daily, never feeding water or honey even as ritual. November 14th is World Diabetes Day: Eye on Diabetes.

A serious health challenge that planners and health functionaries in country have to face is the menace of Diabetes since it is related to hypertension and many other diseases. And though over 30 million people in the country have been diagnosed with diabetes in India, its Crude prevalence rate (CPR) in the urban areas of India hovers above 9 percent. That simply means that India is home to the highest number of diabetics in the world. Impaired glucose tolerance (IGT) is also a mounting problem in India. Another discerning feature associated with diabetes is its onset much earlier in life in India implying that chronic long-term complications shall become more common. Taking sugar-free sweets and eatables is no solution either since they contain fats, which can lead to heart failure and paralysis. The most effective way to ward off diabetes is improvement in the lifestyle of our populations especially the young ones.


(Evelyn P. Kannan)
Chief Editor, TNAI

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Anti-Obesity Day: 26 November

Anti-Obesity Day is an international observance held on November 26. It is organised by healthcare organisations primarily in India and the Gulf Cooperation countries states. The Day seeks to raise awareness of obesity as a public health threat, and treat obesity as a medical condition.

Obese persons have excess body fat accumulated in their body to the extent that it may cause serious health problems like heart disease, diabetes, osteoarthritis and other diseases as well as reduced life expectancy. Barring sub-Saharan Africa region, obesity is being considered as the most formidable public health problems of our age, already recognised as a global epidemic by the World Health Organisation. For first time, the Anti-Obesity Day campaign was launched in 2001 by VLCC, an Indian wellness brand.

बच्चों का मोटापा बन सकता है मौत का कारण

एक नए अध्ययन से पता चला है कि बचपन में मोटापे के शिकार बच्चों की अघेड़ उम्र में डायबिटीज़ से मौत होने की भारी आशंका रहती है। अध्ययन में दो लाख मोटे बच्चों को लंबी अवधि तक देखरेख में रखा गया।

जेरूसलम स्थित एक स्वास्थ्य संस्थान के हगाई लेवाइन, जो अध्ययन के सह-लेखक हैं, ने बताया कि बाल्यावस्था में मोटे रहे बच्चे भले ही बाद में सामान्य हो जाएं किंतु डायबिटीज़ टाइप 2 तथा इससे संबद्ध बीमारियों से मौत होने के मामले ऐसे लोगों में ज्यादा होते हैं। अध्ययन में जिन लोगों की मृत्यु हो गई उनकी औसत आयु 50 वर्ष थी।

New Discount Rates on Publications

Discount for Institutions:

Books 1 - 24 -- 10%; 25 and above -- 30%

Booksellers / Agents:

Sl. No.	No. of copies	Discount
i.	1 to 5	10%
ii.	6 to 14	15%
iii.	15 to 24	20%
iv.	25 to 49	25%
v.	50 to 99	30%
vi.	100 to 199	33.3%
vii.	200 to 499	40%
viii.	500 and above	50%

New Email ID for TNAI Publications

Attention - Authors, Contributors, Institutions, Advertisers, Book sellers, NJI subscribers, buyers of publications and individuals!

Kindly note that The Trained Nurses Association has a new Email ID now (i.e. **publicationstnai@yahoo.com**), exclusively for matters related with TNAI publications.

All concerned are therefore requested to address their queries and correspondence at the new email ID.

TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India
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Nursing Administration and Supervision for Effective and Efficient Patient Care – Workshop Report

A five-day workshop on Nursing Administration and Supervision for Effective and Efficient Patient Care was organised by TNAI during 29 August - 2 September 2016 at its Central Institute of Nursing & Research & Elderly Care Home in Greater Noida (UP).

This workshop was organised for the nurse leaders and nurse educators in hospitals, community or educational institutions. The desired objectives of the workshop were achieved through Lecture-cum-discussion sessions, PPT presentations, group activity and field visit to a renowned hospital in Delhi.

The specific objective of the workshop was to update and strengthen the managerial skills of nurse professionals working at various levels to enable them to render efficient and effective nursing care. The evaluation of the workshop was done through pre-test and post-test evaluation.

TNAI awarded 40 credit hours for five days participation in the workshop.

The broad objectives of the workshop were to:

- * Identify the importance of modern nursing management techniques
- * Highlight various styles and qualities of a nurse leader/manager
- * Recognise the significance of human relations in nursing management
- * Appreciate the role of performance appraisal for nurses
- * Promote human resource development in different areas of nursing practice
- * Appraise nurse professionals on gender issues and its management
- * Show the application of principles of nursing management and administration in effective patient care.

The Course Content of the workshop included:

- * Concept, Principles, Theories of management and its relation to nursing.
- * Principles, techniques and types of nursing supervision and the factors affecting it.
- * Management by Objective (MBO) and system approach to management in nursing.
- * Concepts, techniques, models of decision making in nursing administration.
- * Current trends in information management system and patient records system in hospitals.
- * Importance of communication and human relations in nursing
- * Factors influencing effective leadership, leadership styles & characteristics and qualities of a nurse leader.
- * Transactional analysis and total quality management in patient care.
- * Group dynamics in nursing (Conflict management, collective bargaining and problem solving techniques.
- * Human Resource Development (Selection, recruitment, promotion, deployment, CEP) in nursing.
- * Organising patient care; nursing care standards; performance appraisal.
- * Laws related to establishment of hospitals, nursing homes and nursing practice.
- * Hospital Waste management and infection control measures in hospitals.
- * Current issues in nursing service and administration.
- * Health care delivery system in India at State and district levels, Panchayat Raj, PHC, CHC, block level.

Participants: A total 27 participants, 25 from various States/ UTs (Andhra Pradesh-4, Delhi-8, Pondicherry-11), and significantly, four from Bhutan, attended the workshop.

Inaugural Session: Mrs Evelyn P Kannan, Secretary-General, TNAI welcomed the Chief Guest Mr VK Jaitly, President IIT Kharagpur Alumni Foundation (India) & Chairman, C



Cube Consultants. Mrs Sanghamitra Sawant, Asst Secretary-General at TNAI's CIN-ECH gave an Introduction and Overview of the workshop. In his motivational address through PPT, Mr VK Jaitly demonstrated how the dreams can be converted into action through commitment. He explained how to set SMART goals to become a good administrator and the role of Seven 'C's formula for success i.e. Communication, Concentration, Courtesy, Culture, Common sense, Collaboration and Confidence, and concluded "Excellence is a journey of doing ordinary thing in extraordinary manner". The inaugural session was concluded with A vote of thanks by Mrs S Vatchala Dinakaran, Asst-Secretary General, TNAI.

After a short break Scientific session started with a Pre-test, and a session on getting to know to build familiarity among participants and the organisers. The first session on Current Trends and Administrative Issues in Nursing Services and Education taken by Mrs Thankam Gomez, Chief in Nursing, Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi. The afternoon session on Principles, Concept Techniques, Types of Nursing Supervision and Factors Affecting It was taken by Mrs Rina Bhowal, Director, Principal Ved Nursing College, Panipat (Haryana).

Day 2 started with a session on Man Power Planning, Inventory Control, Competency, Mapping, Performance Appraisal, Evaluation and Credentialing by Mrs Sandhya Shankar Pandey, DGM- Human Resource Nursing (Pan MHC) & Head Nursing Quality, Education & Training, Max Healthcare Ltd, followed by a session on Factors Influencing Effective Leadership, Leadership Styles & Characteristics and Qualities of a Nurse Leader by Mrs Surekha Sama, Vice President, North Region, TNAI.

The two afternoon consecutive sessions were on Organisation of Patient Care, Nursing Care Standards and Laws Concerning the Establishment of Hospitals, Nursing Homes and Nursing Practice by Ms Radha Saini, Fellow UICC Geneva and Management by Objectives (MBO) and System Approach to Management in Nursing by Prof (Mrs) Deepa A, Vice Principal, SON, Galgotias University, Greater Noida.

Day 3: The day started with a session on Importance of Communication, Human and Public Relations in Nursing by Mrs Deepika Cicil Khakha, Lecturer, College of Nursing, AIIMS, New Delhi. Dr Snehlata Manocha, Ahilyabai College of Nursing, Lok Nayak Hospital, New Delhi took session on Concept, Principles, Theories of Management and Its Relation to Nursing.

Post-lunch, Mrs Pauline Sharmila, Principal Sharda University, Greater Noida took

a session on Group Dynamics in Nursing: Conflict Management, Collective Bargaining, Decision Making and Problem Solving Techniques.

Day 4: Mrs Raminder Kalra, Principal, School of Nursing, Holy Family Hospital, New Delhi conducted a session on Transactional analysis; Mrs Geetha Raj Kumar on Total Quality Management in Patient Care; and Mr Gopi Chandran, Lecturer, College of Nursing, AIIMS, New Delhi on Current Trends in Hospital Information Management System (HIMS), Patient Records System.

In the afternoon, TNAI Orientation was taken by Mrs Evelyn P Kannan, Secretary-General, TNAI, after which participants went to St Stephens Hospital, New Delhi where Ms AT Kora took a sessions on (a) Nursing Audit and Root Cause Analysis in Hospitals and Use of Health Records in Nursing and (b) Bio Medical Waste Management.

Day 5: The day started with session on Healthcare Delivery System in India by Ms Mili Bhattacharya. Next, Stress Management was covered by Ms BK Sushma, Noida, followed by Post-test of the participants.

Concluding Session: Mrs Evelyn P. Kannan, Secretary-General, TNAI welcomed the Chief Guest Mrs. Bandana Bhattacharya, former INC President & former Principal, RAK College of Nursing, New Delhi. In her address, she advised nurses to serve the society with passion and commitment and also establish leadership skills to render quality nursing care to the patients. The workshop resume was presented by Mrs S Vatchala Dhinakaran, Asst Secretary-General, TNAI. Certificates were distributed by the Chief Guest. The Session concluded with vote of thanks by Mrs S Vatchala Dhinakaran.

Mrs Evelyn P Kannan
Secretary-General, TNAI

Touching Farewell to Mr Joga Singh



After putting in 33 years of service at TNAI, Mr Joga Singh, Peon, was retired from TNAI services on 31 Aug 2016 after attaining the age of superannuation.

Born on 7 August 1956 in Uttarakhand, Mr Joga Singh joined TNAI on 4 April 1983. Well known for his hospitality and kind attitude towards entire TNAI staff and visitors, he was treated as family member by every body at TNAI.

At a farewell get together & lunch organised on 8 September 2016, at this occasion, the TNAI members wished Mr Joga Singh good health and happiness in his post-retirement life.

Nomination Sheet: TNAI Mizoram State Branch Election-2016

Office	Present Office Holder	Name and address of the Nominee with TNAI No.
President	Ms Lalfamkimi, Principal, College of Nursing, RIP ANS Post Box-131, Aizawl-796 017, Mizoram.	
Vice-President	Mrs Lalremmawii, Nursing Superintendent, Civil Hospital Aizawl-796001, Mizoram.	
Secretary	Ms Lalrinhlui, Asst Professor, College of Nursing, RIPANS Post Box-131, Aizawl-796017, Mizoram.	
Joint Secretary	Mrs T Rozami, Tutor, Mizoram College of Nursing, Aizawl-796001, Mizoram.	
Treasurer	Mrs Mary Ramte Pachuau, Nursing Superintendent, Civil Hospital Aizawl-796 001, Mizoram.	
Financial Secretary	Ms Thandingliani, Dy. Director (N), Directorate of Health Services, Aizawl-796001, Mizoram.	
SNA Advisor	Mrs Mary Lalhlimpuii, Asst Professor, College of Nursing, RIP ANS Post Box-131, Aizawl-796 017, Mizoram.	
Chairperson (Nursing Education & Research)	Mrs C Lalrintluangi, Nursing Superintendent, Synod Hospital, Durtlang-796025, Mizoram.	
Chairperson (Nursing Service Section)	Mrs Lalbiaksangi, Joint Director (N), Directorate of Health Services, Aizawl-796001, Mizoram.	
Chairperson (Public Health Section)	Mrs Rosailovi, Assistant Nursing Superintendent, Synod Hospital, Durtlang-796025, Mizoram.	
Chairperson Economic Welfare	Mrs Lalchhanhimi, Principal, Mizoram College of Nursing, Aizawl-796001, Mizoram.	
Chairperson Membership Committee	Ms F Biakzauvi, Tutor, School of Nursing, Synod Hospital, Durtlang-796025, Mizoram.	
Chairperson Programme Committee	Mrs Ramfangzauvi, Nursing Superintendent (Retd), Durtlang-796025, Mizoram	

Nominator's Signature.....
 Nominator's TNAI No.....
 Nominator's Name and Address.....

[As per the TNAI Constitution Rules & Regulations and Bye-Laws (Revised and approved by Council / HOD 2012)

1. Last date for receiving Nominations is **18 December, 2016** (6 weeks from the date of publication).
2. The election of all the offices of the Branch shall be held at the annual or biennial meeting of the Branch.

3. Returning Officer and Election Committee Members are not eligible to contest for election.
4. Both the Nominator as well as Nominee shall be a life member of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations and vice versa. For acquiring the new post the members will have to relinquish the former post.
6. A member working and residing in a State or Union Territory shall be the member of that branch of TNAI. In case of temporary change of residence e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing her/his membership to the temporary place of residence after informing the Headquarters and the former and latter state branches.
7. The Nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
8. The members who are residing outside the country and State shall not be eligible for contesting election.
9. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.
10. Outgoing office bearers shall be eligible for re-election for one more term.
11. Any life member of TNAI may make nominations for all the offices of the TNAI State/UT Branch, but the nomination for the **President** and **Secretary** shall be made only from those who have served for one term (four years) as the EC members/office bearers at any time. A break of four years after two consecutive terms (8 years) is necessary for the President / Secretary of the branch.
12. For the offices of President and Secretary all valid nominations shall be included in the Provisional Ballot Paper. For other offices the names of three members having highest number of nominations shall be included in the Ballot paper.
13. The Nomination Sheet duly filled and completed by the nominator i.e. complete address, TNAI number along with the signature shall be sent to the Returning Officer within six weeks of its publication in the TNAI Bulletin.
14. Please mark the envelope "Nomination Sheet – **TNAI Mizoram State Branch Election 2016**"
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs C Lalramdini, Assistant Professor, College of Nursing, RIPANS Post Box-131, Aizawl-796017, Zemabawk, Mizoram. Contact No. 09436152891.**

Election result: TNAI Haryana State Branch

The elections of TNAI Haryana State Branch were held on **26 July 2016 at Rural Nursing Training Institute, Sonipat, Haryana**. The following office bearers were declared elected. **1. President:** Mrs Kulwant Kaur, TNAI No. 22903, H.No. 24, Basant Vihar, Ambala City-134 003. **2. Vice President:** Dr Vidya Deshwal, TNAI No. 3688, H.No. 890/28, Bharat Colony Near Shiv Mandir Rohtak-124001. **3. Secretary:** Mrs Sheela Dhingra, TNAI No. 27781, H.No. 848, Sec 14, Hisar-125005. **4. Treasurer:** Mrs Kamlesh Tuli, TNAI No.271567, H.No. 266, New Prem Nagar, Karnal. **5. SNA Advisor:** Mrs Shakuntala Arora, TNAI No. 44531, H.No. 253 PLA Kaimri Road, Hisar. **6. Chairperson Programme Committee:** Mrs Balwinder Kaur, TNAI No. 12811, H.No. 20 CHD City, Karnal. **7. Chairperson Membership Committee:** Vacant. **8. Chairperson Education Section:** Mrs Rajender Kaur Bhatti, TNAI No.211241, H.No.14/84 C, Street No. 3, Ram Colony, Barnala Road, Sirsa. **9. Chairperson Nursing Service Section:** Mrs Parveen, TNAI No. 21430, H.No. 150, Krishna Nagar, Ram Nagar, Karnal-132 001. **10. Chairperson LHV/ANM Section:** Mrs. Balwinder Kaur, TNAI No. 129069, H.No. 139, Sector 7, LHV/ANM Section, Urban Estate, Karnal.

Mrs Krishna Kataria,
Returning Officer, TNAI Haryana, State Branch Election 2016
Dy. Director Nursing, Rural Nursing Training Institute
Gohana Road Hulleri More, Barwasni
Sonipat, Haryana

Nomination Sheet: TNAI Gujarat State Branch Election-2016

Office	Present Office Holder	Name and address of the Nominee with TNAI No.
President	Mr IA Kadiwala, C/11, Vrundavan Block, New Civil Hospital Campus, Majuragate, Surat-395001.	
Vice-President	Mr Dipkamal B. Vyas, "Bansikamal" C/33 Shyamsundar Society, B/H Rangvatika Near BapondJakat Naka, Waghodia Road, Vadodara-390019.	
Secretary	Mr Kiran Domadia, B/302, Abhishek Apartment, Near Vaishali Cinema, Umiyadhan- Varachha Road, Surat-395 006.	
Treasurer	Mr Vinod N Patel, Male Nurse, SSG Hospital, Vadodara.	
SNA Advisor	Mr Hitesh R. Bhatt, Male Nurse, Hospital for Mental Health, Karelibaug, Vadodara.	
Chairperson Nursing Education & Research Committee	Mr Kamalkant B Halvadiya, Govt. College of Nursing, Sir T Hospital, Bhavnagar.	
Chairperson Programme Committee	Mr Samir Kumar R Patel, 56, Ashirwad Kunj, Althan Canal Road, Surat.	
Chairperson Membership Committee	Mr Dharmendra H Rawal, GG Hospital, Jamnagar.	
Chairperson Nursing Service	Mr Jitendra R. Meh, 17Jagnath Plot, Rajkot.	
Chairperson Socio-Economic Welfare Committee	Mr Dinesh Agarwal, Male Nurse, New Civil Hospital, Surat.	
Chairperson ANM/LHV Section	Ms Jyotsanaben Pandya, A/4, Panjari Apprt, Near Chintan Park Society, Vasana, Ahmedabad.	
Zonal Representaive (Saurashtra & Kutch Zone)	Mr Jayesh Andharia, Staff Nurse, Sir T Hospital, Bhavnagar	
Zonal Representative (South Zone)	Mr Sunil C Modi, Nursing Tutor, C/o College of Nursing, New Civil Hospital, Surat.	
Zonal Representative (Central Zone)	Mr Hasmukh D Patel, A/14, Deep Mangal Society, Near Railway Station, Padara, Vadodara.	

Nominator's Signature.....
 Nominator's TNAI No.....
 Nominator's Name and Address.....

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7. The Nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
8. The members who are residing outside the country and State shall not be eligible for contesting election.
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14. Please mark the envelope "Nomination Sheet – **TNAI Gujarat State Branch Election 2016**"
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs Niranjana E. Amdavadi, TNAI No.157436, Retired Nursing Superintendent, B/38, Rajnagar Society College Road, Vyara Dist. Tapi, Gujarat. Contact No. 09825277625**

OBITUARY

Mrs S Stanley

Born on 13 August 1929, a sterling nursing person with wide exposure and experience, Mrs S Stanley breathed her last on 17 August 2016, at 87 years.

She had her academic attainments in General Nursing & Midwifery Education from JJ Group of Hospitals, Mumbai and in Public Health Nursing from All India Institute of Public Health & Hygiene, Kolkata. She attended short courses of Sister Tutor from Gwalior, Nursing Administration from PGI Chandigarh and Hospital Management & House Keeping from Osmania Medical College, Hyderabad conducted by WHO.

Mrs Stanley served as Staff Nurse at North Cot Police Hospital Mumbai and at Bombay Hospital from 1952 to 1955. After joining Madhya Pradesh Nursing services she worked as Staff Nurse (1955 to 1958), Sister Tutor (1959-1963), Matron (1963-1981), Nursing Superintendent (191981-1985) and as Asst Director- Nursing (1981-1985).

An active TNAI member, she was State Branch Secretary for 10 years, Vice Present and President for five years each.

In all her 32-year career, Mrs Stanley was known for her discipline, commitment, integrity, dutifulness and administrative skills. She was instrumental in creating class II grade Nursing posts in Madhya Pradesh.



EVENTS OF THE MONTH

World Diabetes Day: 14 November

The incidence of diabetes shows a continuous increase worldwide, with India among top three over China and USA. At the instance of World Health Organisation and International Diabetes Federation (IDF), World Diabetes Day (WDD) is organised every year on 14 November. This choice of this day is attributed to birth day of Frederick Banting, who, along with Charles Best, discovered insulin way back in 1922. The World Diabetes Day theme for the years 2014-2016 is *Healthy Living and Diabetes*.

India is home to 69.1 million persons with diabetes and 10.27 lakh deaths as in 2015. According to the Lancet, there has been fourfold rise in the number of diabetics – from 108 million in 1980 to 422 million in 2014, and half of these live in India, China, USA, Brazil and Indonesia.

The World Health Organization (WHO), the International Diabetes Foundation (IDF), and JDRF also conduct activities for educating the public on preventing and managing this widespread disease. Mass education and awareness campaigns are conducted by 200 IDF member organizations spread in over 160 countries on this day for control of diabetes, which is mainly a lifestyle disease.

COPD Day: 16 November

Held annually on the second or third Wednesday of November (this year on 16 November), Chronic Obstructive Pulmonary Disease (COPD) Day is a global effort to widen people's understanding of COPD and lobby for appropriate management of persons with this condition. The Global Initiative for Chronic Obstructive Lung Disease (GOLD) works with organizations such as the World Health Organization (WHO). WHO predicts that COPD will be the third leading cause of death worldwide by the year 2030. The key risk factors for COPD include tobacco smoking, air pollution – both indoor and outdoor, and exposure to occupational chemicals and dust.

COPD covers a group of long term lung conditions which are characterised by short breath like chronic bronchitis, emphysema and chronic asthma which are not fully reversible. It occurs more usually among past or current smokers. Exposure to smoking has also been noted to increase the risk of developing COPD. The activities of the day, conducted in over 50 countries, include: educational programmes for COPD patients and the general public; free pulmonary function tests; live shows on quitting smoking, etc.

World Toilet Day: 19 November

Cleanliness is next to Godliness, say the sages. For, it is the uncluttered, clean dirt- and dust-free ambience that keeps our body and mind in positive and favourable mode. Scientifically too, filth and unclean atmosphere is conducive for proliferation of diarrhoea and numerous other diseases. Bad sanitation is unequivocally the second most common cause of child mortality, killing more than HIV/AIDS, malaria and measles do clubbed together, in developing countries. Bad sanitation is also linked with poverty.

A third of world population i.e. some 2.5 billion people around the world either do not have clean toilet or no toilet even at all, and they resort to defaecation in open, most of such people reside in sub-Saharan Africa and Asia. UN believes that provision of proper toilets can save lives of 2 lakh-plus children.

World Toilet Day, being observed every year since 2001 on 19 November endeavours to increase consciousness about good sanitation and hygienic toilets. It is the initiative of the World Toilet Organisation in collaboration with a host government. So far, the World Toilet Summit has been held in ten countries across the world viz. Singapore, South Korea, Taiwan, China, Ireland, Russia, Thailand, USA, South Africa, Indonesia and India.

बचत करना निहायत जरूरी है किंतु जमाखोरी अपराध है

उम्र के ढलते ढलते जिंदगी में एक मोड़ ऐसा आता है जब शरीर के अंग प्रत्यंग जवाब देने लगते हैं। तब बच्चे और अपने अन्य लोग भी कन्नी काटने लगते हैं, वे अपने अपने रूटीन में व्यस्त जो हो जाते हैं। उस वक्त हमारी गांठ की जमापूंजी सहारा देती है। पैसे की जरूरत हर कदम पर पड़ती है। उस दौर में हाथ में, घर पर तथा बैंक में एक रकम पड़े रहना निहायत जरूरी होता है।

यों बचत करना मनुष्य की ही नहीं, सभी प्राणियों की मूलभूत प्रवृत्ति है, खासकर महिलाओं में। इसकी वजह है कि उसे परिवार के नन्हे-मुन्नों तथा अन्य सदस्यों के खानपान व परवरिश का खयाल रखना पड़ता है। परिवार के सदस्यों को पालना है तो घर में आकस्मिक जरूरतों की आपूर्ति के लिए अन्न, धन व अन्य चीजों का अतिरिक्त स्टॉक चाहिए जो तभी संभव है जब वक्त रहते बचा कर रखा गया हो। धीमे धीमे उपलब्ध संसाधनों का एक हिस्सा बचा कर भविष्य के लिए रख देना उनके स्वभाव में आ गया। याद करें, पहले की माताएं और दादियां-नानियां आड़े वक्त गद्दों के नीचे से, किसी आले या लकड़ी के बक्से में से अपनी बचत की पोटली पेश कर देती थीं और परिवार को आड़े वक्त में भारी राहत मिलती थी। आहार संचित करने की सुदृढ़ प्रथा अन्य प्राणियों में भी है। वे अपने भंडारगृहों में इतनी मात्रा खाद्य सामग्री आदि एकत्रित किए रखते हैं कि बेमौसम या आपदा में काम चलता रहे। चींटियों में तो भोजन संग्रहण और इसके भंडारण की व्यवस्था बड़े गजब की है जिनसे बहुत कुछ सीखा जा सकता है।

निधियों को बचा कर सुरक्षित रखना किसी भी देश की अर्थव्यवस्था के सुसंचालन के लिए जरूरी है चूंकि सभी विकास कार्यों तथा अन्य आकस्मिक जरूरतों का दारोमदार रिजर्व फंड पर टिका रहता है। दर असल किसी राष्ट्र के पुख्ता होने का पैमाना उसके निधियों के रिजर्व ही होते हैं। कारोबारी जगत में भी रिजर्व फंड रीढ़ की हड्डी होते हैं। इसी आशय से कंपनियां गैरजरूरी खर्चों में कटौती के उपाय करते रहती हैं और जो कंपनियां ऐसा नहीं कर पातीं उनके लिए बाजार में टिके रहना कठिन हो जाता है। संचय का यह नियम व्यक्तिगत और पारिवारिक स्तर पर भी लागू होता है। याद रहे, संचित पूंजी किसी भी राष्ट्र, समाज, व्यक्ति या परिवार को विकट दिनों में राहत दिलाने के साथ साथ सुरक्षा भाव व नैतिक संबल प्रदान करते हैं। हमारे मौजूदा प्रधानमंत्री मोदी के नेतृत्व में सभी नागरिकों के बैंक खाता खुलवाना अनिवार्य करवाया है तो इसका एक मकसद लोगों को बचत की आदत डलवाना है। इस पहल के बाद संदूकों, पोटलियों आदि में रखा गया धन बैंकों में आ कर देश की आर्थिक व्यवस्था को गति देने में योगदान दे रहा है।

बचत की आदत में इजाफा करने के उद्देश्य से ब्रूसेल्स (बेल्जियम) स्थित विश्व बचत बैंक संस्थान (डब्ल्यूएसबीआई) 1925 से प्रति वर्ष 30 अक्टूबर को विश्व बचत दिवस प्रायोजित करता रहा है। इसका मकसद है, आम लोग बचत की धारणा को समझें और नियमित रूप से हर माह आमदनी का एक हिस्सा बैंक में जमा करने की आदत डालें। बचत करना और बर्बादी रोकना एक स्वस्थ प्रथा है। किंतु बटोरते रहने की वृत्ति मानवीयता के विरुद्ध अपराध, बल्कि पाप है चूंकि इसमें आप दूसरों के निमित्त अंश हथियाते हैं।

आज अनेक व्यक्ति, विशेषकर युवा लोग भविष्य की जरूरतों की अनदेखी करते हुए खुला खर्च करने में अपनी शान समझते हैं। क्रेडिट कार्ड कंपनियां इस भावनात्मक कमजोरी का लाभ उठाती हैं। आने वाले वक्त में हर व्यक्ति कर्जदार होने को है। मसलन किसी भी कार्यालय में प्रति 100 कर्मचारियों पर करीब 150 क्रेडिट कार्ड हैं। मोटिवेशन के लेखक नेपोलियन हिल ने कहा, “गाड़ियां हासिल करने का जुनून लोगों में इस कदर है कि कार के मालिक बनने के लिए उन्हें अपने भविष्य को गिरवी रखना जायज लगता है। अमेरिका का 80 वर्ष पुराना सामाजिक परिदृश्य कमोबेश हमारे वर्तमान जैसा है। बचत की आदत परिपक्व, दूरगामी सोच का संकेतक है, इसके जरिए आप राष्ट्र विकास में परोक्ष रूप से योगदान करते हैं। ■

Advertisement Rates

Monthly TNAI Bulletin and Bi-Monthly The Nursing Journal of India (NJI)

Consequent upon the decision of TNAI Executive Committee/ Council meeting held on November 18-19, 2014 at Lucknow (Minute No. EC/CL/2014/30, the advertisement rates for the NJI and TNAI Bulletin have been modified from April 2015 issue onward, as under.

TNAI Bulletin – Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover	30,400	36,500	2,025
Full Page B/W	22,300	24,300	1,620
Half Page B/W	12,200	16,200	810
Quarter Page B/W	8,100	12,200	405
Job Work B/W	Rs. 1215 per column per centimeter with minimum size as 7 cm i.e. Rs. 8,500 minimum charge		-
Lost & Found B/W		900	

The Nursing Journal of India (NJI) – Bi-Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover (Colour)	53,200	63,800	3,600
Full Page (Colour)	39,000	42,600	2,880
Half Page (Colour)	21,300	28,400	1,440
Quarter Page (Colour)	14,300	21,300	720
Full Page B/W	27,900	30,400	2,070
Half Page B/W	15,200	20,300	1,080
Quarter Page B/W	10,200	15,200	540
Job Work B/W	Rs. 1530 per column per centimeter with minimum size as 7 cm i.e. Rs. 10,700 minimum charges		-
Lost & Found B/W		1200	

- Contractual rates applicable to a minimum of 6 insertions in twelve months.
- Advertisement matter mentioning the size of advertisement, month of publication along with payment should reach TNAI office latest by the first day of the previous month (e.g., for publication in June issue, the advertisement matter and payment etc., should reach us latest by May 1).
- Outstation cheques will not be accepted.
- Payment shall be made in advance through Demand draft payable at New Delhi.

For details, kindly contact: Telephone: 011-26966873, 26566665, 26534765; Fax: 011-26858304
Email: publicationstnai@yahoo.com & tnai_2003@yahoo.com

Revised Rates for NJI Subscription

It is to bring to notice of all NJI subscribers that as per decision of TNAI's EC (vide Minute No. EC/CL/2004/3 subsequent to meeting held on 18-19 Nov 2014) the yearly price of Nursing Journal of India shall be revised upwards from March-April 2016 issue, as under.

One-year subscription: For individuals Rs. 1,000/-; for Institutions Rs. 1500/-

Five-year subscription: For individuals Rs. 4,000/-; for Institutions Rs. 6,500/-

All payments shall be accepted in the form of demand draft in favour of **The Trained Nurses' Association of India** payable at **New Delhi**. Local subscribers can also deposit the subscription charges as cash at TNAI Headquarters.

All communication related to *NJI* should be sent to the following address:

Secretary General, The Trained Nurses' Association of India

L-17 Florence Nightingale Lane, Green Park, New Delhi-110016.

Phone: 011-26566665, 26966873

Fax: 011-26858304; Email: publicationstnai@yahoo.com, tnai_2003@yahoo.com

Website: www.tnaionline.org

NOTE: Those already enrolled for subscription of the Nursing Journal of India (NJI) may kindly ignore this communication.



You can also detach the proforma below, which should be duly filled in and sent along with demand draft of requisite value.

Name:

Complete address with pin code:

Phone No.

Fax:

Email id:

Demand Draft No.-dated

Drawn at (name of bank & branch)

Signature



Call for News Items from Nursing Institutions

Schools and Colleges of Nursing are welcome to submit for publication in monthly *TNAI Bulletin*, the news items and write ups about observances of Graduation Ceremony, Annual Day, Seminars, Conferences, important workshops, etc. The charges are Rs 1000 per item including one photograph. The Demand Draft should be sent in advance, in favour of **The Trained Nurses' Association of India** (TNAI), New Delhi.

Neatly spaced out hand-written matter, preferably typeset in double space on one side of paper with photographs may be sent, along with requisite charges, to the Editor, *TNAI Bulletin*.

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How to Receive Copies of *TNAI Bulletin*

TNAI Bulletin is a non-priced monthly organ of TNAI mailed to the members. In case you are not on mailing list of *TNAI Bulletin* but are not receiving the copies regularly, you may submit your request (addressed to the **Chief Editor, *TNAI Bulletin***) mentioning your full name, TNAI membership number, complete mailing address with Pin Code and landmark etc.

- Chief Editor

Attention Advertisers !

Advertisers of the Admission Notices in *TNAI Bulletin* for the academic year 2016-2017 for Schools/ Colleges of Nursing are required to submit the copy of Indian Nursing Council (INC) recognition certificate along with the advertisement matter and payment, otherwise the advertisement shall be summarily rejected.

- Chief Editor

ATTENTION MEMBERS !

Although we take utmost care in checking the veracity of facts mentioned in the advertisements, yet readers are requested to make appropriate enquiries and satisfy themselves before acting upon any advertisement.

- Chief Editor

Lost & Found

This is for information of all concerned that I have lost/ misplaced my original Diploma of General Nursing and Midwifery (2001) issued by Evengelical Mission Hospital, Tilda, Dt Raipur, under The Mid India Board of Education of he Nurses' League of India of the CMAI, and registered by The Mahakoshal Nurses Registration Council, Bhopal.

Mr Anurag Advin Emil
S/o Late Mr Advin Emil, Jindal Hospital Colony
Tehsil Raigarh, Dt Raigarh (CG). Mob: 999 3943382

हिन्दी रचनाएं आमंत्रित हैं

मासिक टी एन ए आई बुलेटिन के हिंदी खंड में प्रकाशन के लिए लघु रचनाओं का स्वागत है। प्रस्तुत की गई सामग्री नर्सिंग व्यवसाय, स्वास्थ्य शिक्षा से संबद्ध हो। आप इसमें अपने रोचक संस्मरण तथा अनुभव भी भेज सकते हैं। प्रकाशन के विचारार्थ सामग्री सकारात्मक सोच से परिपूर्ण होनी चाहिए। स्पष्ट लिखी या टाइप की गई रचनाएं संपादक के नाम भेजी जाएं।

— संपादक

The New Arrival of TNAI Publication

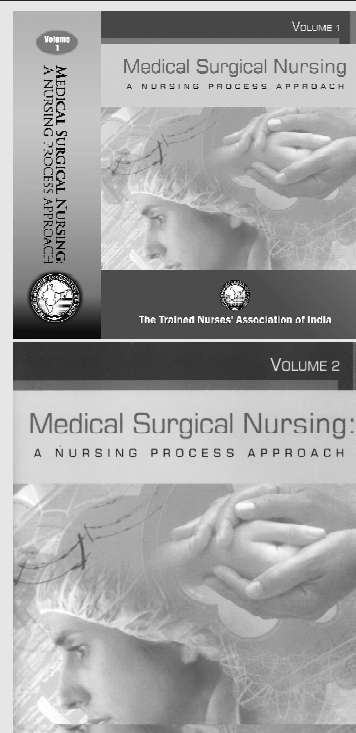
Medical Surgical Nursing: A Nursing Process Approach

Advances in medicine and nursing have led to emergence of medical-surgical nursing as a specialty of choice among nursing students, attracting them in large numbers. It is also being increasingly opted by as career. Considering the importance of the subject, TNAI took up the elaborate project of drafting and publishing a textbook on it.

Highly valuable publication for students of Nursing, this 2-volume text book has 15 units further divided into 47 chapters in both. Unit I dwells on concept of wellness and maintenance of Health including care of the elderly, Unit II, III and IV cover nursing processes, quality management, common problems of nursing practitioners and peri-operative nursing; Units V to XV describe various health disorders in surgical nursing and their management.

The anatomical and physiological aspects essential for grasp of health disorders as well as methods of assessment have been well covered in the book. The chapters of the book have been contributed by different experts acknowledged in their field, so that the information being conveyed through text and illustrations is authentic and relevant to the students.

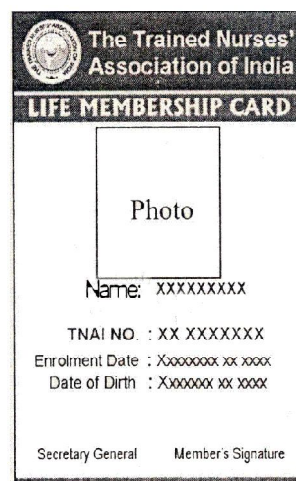
As the entire book is in multi-colour, the illustrations come out clearly for easy understanding of the students. It is a 'must' book for nursing students on all counts: contents, coverage, treatment of subject, clarity of expression and price.



Price: Rs. 2,400/-
(for 2 Volumes)

TNAI New Life Membership Card

Members who are already enrolled with TNAI and would like to have new Computerized photo-ID Membership Card, are requested to fill in the new Application Form along with a payment of Rs.150/- through Demand Draft, drawn in favour of "The Trained Nurses Association of India, New Delhi" and send it to TNAI Headquarters. Application Form can be downloaded from TNAI Website: www.tnaionline.org or write to us. Else, they may send their request in the following format.



Application form for New Computerized Membership Card



The Trained Nurses' Association of India
 Incorporating Student Nurses' Association, The Health Visitors' League and Midwives & Auxiliary Nurse – Midwives Association
 L - 17, Florence Nightingale Lane, Green Park, New Delhi – 110 016.
 Tel.: 91-11-26566665, 26966873, 26534765. Telefax: 91-11-26858304
 Email: membership@tnaionline.org, tnai_2003@yahoo.com, Website: www.tnaionline.org

APPLICATION FOR NEW MEMBERSHIP CARD

- Instructions for Applicants**
- Write with **ball pen (black)** in CAPITAL LETTERS only with one letter in one box.
 - Each word should be separated by one blank box.
 - Applicant should sign in full, clearly within the boxes provided.
 - Incomplete form will be rejected.

Applicant's full Signature

NO SIGNATURE

↓

Applicant's Passport size Photograph Only

↑

TNAI Membership No.							
NAME:							
Address :							
Date of Birth	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> </tr> </table>						
Please do-not sign on the photograph.							

Ph.....

Email:.....

World Prematurity Day: Worldwide, one among 10 babies is born premature, making it a total of 15 million pre-term children every year. i.e. earlier than the normal 40 weeks duration, thus making it about. Premature birth means a baby is born before the end of the 37th week of pregnancy; a normal pregnancy lasts 40 weeks. Such babies generally weigh less than 2,500 gm. Vaginal infections, smoking, stress, elderly prima gravida (mother carrying her first child after crossing 35 years); and multiple births are implicated in premature deliveries. Developmental delays, attention disorders, respiratory tract infections and motor disorders are more common among premature babies. World Prematurity Day on 17 November raises awareness about premature deliveries and the concerns of such families, as pre-term infants represent the largest child patient group.