

NARAYANA COLLEGE OF NURSING
CHINTHAREDDY PALEM, NELLORE

“WORLD MENTAL HEALTH DAY - 2019”

With the concept of Raising *awareness for the psychiatric patients and their relatives in an empathetic way*, *Department* of Mental Health Nursing and NSS unit has organized an awareness programme on World Mental Health Day on 10th October 2019 in the Psychiatric ward, Narayana Medical College Hospital, Nellore. The theme of World Mental Health Day was “**Focusing on Suicide prevention**”. A total of **30** psychiatric patients and their relatives and **20** health care professionals were participated in the programme.

The programme started at 11 am with the prayer song by Mrs. Smitha P.M., Professor, Department of Mental Health Nursing, Narayana College of Nursing. Welcome address was proposed by Mrs. Smitha P.M., Professor, Department of Mental Health Nursing, Narayana College of Nursing.

Dr. Sheshamma, Professor and HOD, Department of Psychiatry, gave brief information about the awareness programme. Explained meaning of suicide and mentioned about types of Suicide.

Dr. Subhhani, Associate Professor, Dept of Psychiatry, enlightened on the Risk and Etiological Factors of suicide like age, gender, season, history of Substance abuse and previous suicide attempts.

Dr. Ranjith Kumar, Associate Professor, Dept of Psychiatry, recited on warning signs of suicide related to Mood, Talk and Behaviour with examples.

Dr. Anand Kumar, Associate Professor, Dept of Psychiatry, narrated on Preventive aspects of suicide, Suicide prevention methods and treatment are based on patient risk factors. He stressed on the most common suicide prevention techniques is psychotherapy, also known as talk therapy in the form of Cognitive Behavioural Therapy (CBT)

Dr. V.J. Reddy, Clinical Psychologist, Department of Psychiatry, discussed on recited on need and importance of importance of counselling in suicide prevention and also mentioned on Suicide prevention helpline in Narayana hospital.

Dr. Rajeswari, Prof, HOD, Dept of Mental health nursing, Narayana College of Nursing, explained on medical stabilization in the event of a suicide attempt, initial stabilization and improvement of suicidal ideation and coping abilities.

Mr. Govardhan, Patient of Male psychiatric ward, Narayana Medical College Hospital, shared about his previous suicide attempts and how he improved coping abilities.

Mr. Venkata Subbareddy, relative of Mr. Raja shekar (Patient of Male psychiatric ward), shared his views in relation to risk factors of suicide among youth. He stressed on mobile addiction, Face book addiction among youth and importance of social awareness.

Motivational videos were played by Mrs. Smitha. P.M., Prof, Dept of Mental health nursing, Narayana College of Nursing, on Suicide prevention.

Mrs. Anjani Devi. N, Assistant professor, narrated on Suicide prevention Helplines and NGOs like Roshni helping centre, Macro foundation, I call centre, 1 life and Kisan Mithra. A video on Roshni helping centre were played.

Mrs. Suchitra, Assistant professor, Narayana College of Nursing, explained on importance of Personal development, Positive and respectful relationships, Identify, understand and manage emotion, Communication, Develop supportive system, Solve problems, make decisions, take responsibility, Set goals, Sufficient sleep, Healthy eating, Regular physical activity and Managing stress in promotion of mental health.

Table 1: Frequency and Percentage distribution of level of awareness on suicide prevention among Participants. (N=30)

GRADE	PRETEST		POST TEST	
	f	%	f	%
A+	0	0	9	30
A	1	3	5	17
B+	0	0	9	30
B	3	10	5	17
C	9	30	2	7
D	17	57	0	0
TOTAL	30	100	30	100

In relation to the level of awareness on suicide prevention among participants, the pretest results shows that 1(3%) scored “A” grade, 3 (10%) participants scored “B” grade, 9

(30%) participants scored “C” grade, 17 (57%) scored “D” grade and no participants scored A+ and B+. While in the post test, the awareness level improved as 9 (30%) participants scored “A+” grade, 5 (17%) scored “A” grade, and 9 (30%) of participants scored “B+” grade, 5 (17%) of participants scored “B” grade, and 2 (7%) participants scored “C” grade and there was **no participants in D grade**. The results indicate that participants level of awareness on suicide prevention has increased and participants has benefited from the programme.

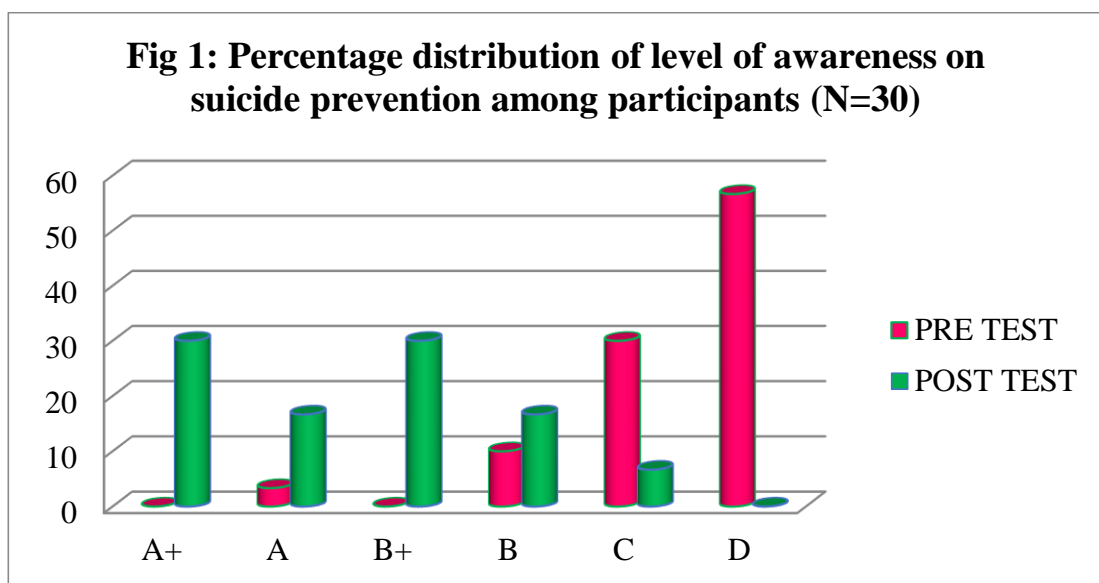
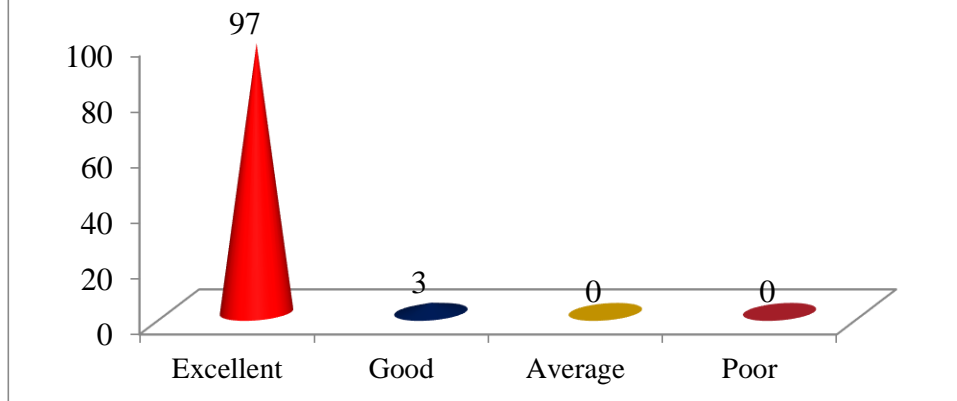


Table 2: Frequency and Percentage distribution of feedback on level of awareness on suicide prevention among Participants. (N=30)

Feedback	f	%
Excellent	29	97
Good	1	3
Average	0	0
Poor	0	0
Total	30	100

Fig 2: Percentage distribution of feedback on level of awareness on suicide prevention among participants (N=30)



Refreshment was provided to the participants. Feedback about the programme was taken from participants where 29 (97%) felt that programme is excellent, and 1 (3%) expressed that programme is good.

Finally, vote of thanks was delivered by Mrs. Anjani Devi. N, Asst. Professor and the programme ended with National Anthem.







“WORLD ALZHEIMERS DAY - 2019”

With the concept of Raising *awareness and challenging stigma*, *Department of Mental Health Nursing* has organized a screening and awareness programme on 8th World Alzheimer's Day on 21st September 2019 in the Dakkilivari palem, Nellore. The theme of World Alzheimer's Day was **"Look at stigma and attitudes to dementia"**.

DAY 1: SCREENING FOR ALZHEIMERS DISEASE (20.09.2019, 9AM-12.00PM)

To find out cognitive impairment, faculty of Department of Mental Health Nursing and III year B.Sc Nursing students screened 44 members above the age of 55 years in Dakkilivari palem, Nellore, by using Mini Mental Status Examination (MMSE). To complete MMSE 10 minutes were spent for each person.

Prior intimation has given to the people who are residing in Dakkilivari palem, Nellore about awareness programme on next day i.e 21.09.2019 at Angawadi centre.

DAY 2: AWARENESS PROGRAMME ON ALZHEIMERS DISEASE (9AM-12.00PM)

The programme started at 9.00 am with the prayer song by Ms.Aiswarya, Ms. Jyothi and Ms.Sandhya III Year B.Sc(N) students. Welcome address was proposed by Mrs. Suchithra. S, Asst. Professor, Department of Mental Health Nursing, Narayana College of Nursing.

Dr. Rajeswari, HOD, Department of Mental Health Nursing, Vice Principal, Narayana College of Nursing, gave brief description on Alzheimer's disease between 9.31AM-10.00 AM

Human puppetry on Clinical manifestations of Alzheimer's disease was performed by Ms.Vaishnavi, Ms. Asha, Ms.Sandhya, Ms.Jyothi, Ms. Sushma, Ms. Aiswarya, III Year B.Sc (N) students between 10.01 AM- 10.30AM.

Mrs. Lalitha, Associate professor, Department of Mental Health Nursing, enlightened a speech on the management of Alzheimer's disease between 10.31 AM- 11.00AM.

Ms.Vaishnavi, Ms. Asha, Ms.Sandhya, III Year B.Sc (N) students were projected a power point presentation on preventive aspects like life style modification, diet and activities of Alzheimer's disease between 11.01 AM-11.30AM.

Tea and Snacks were served to the participants. Oral feed back about the programme was taken from participants. Finally, vote of thanks was delivered by Mrs. Anjani Devi. N, Asst. Professor and the programme ended with National Anthem.