



# NARAYANA COLLEGE OF NURSING



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COLLEGE OF NURSING

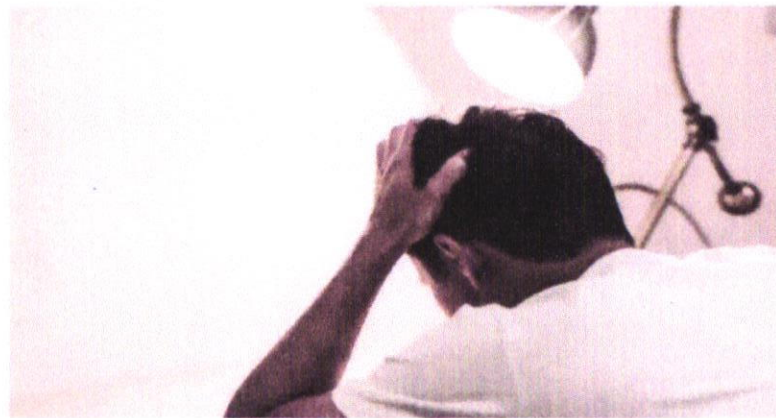


**Chinthareddypalem, Nellore.**

**Department of Mental Health Nursing**

**WORLD BIPOLAR DAY**

**Theme : "Strength for Today, Hope for Tomorrow"**



**Date: 30. March. 2022 || Time: 11:00 am - 01:00 pm || Venue: III Floor, Auditorium, NCON.**



*B. Anj*  
Principal  
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Chinthareddypalem,  
NELLORE - 524 003



# NARAYANA COLLEGE OF NURSING

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Chinthareddypalem, Nellore, Andhra Pradesh, India.

## Department of Mental Health Nursing

### WORLD BIPOLAR DAY

30<sup>th</sup> Marh 2022 | 11:00 am - 01:00 pm | III Floor Auditorium, NCON.



Time	Agenda	Participants
11:00 - 11:10 am	Pre - test	All Participants
11:10 - 11:15 am	Prayer Song	3rd Year B.Sc Nursing
11:15 - 11:20 am	Welcome Address	Prof. Smitha, HOD, Dept. of MHN, NCON.
11:20 - 11:25 am	Welcome Note	Dr. Indira. A, Ph.D, Principal, NCON.
11:25 - 11:35 am	Introduction	Dr. Seshamma. V. HOD, Dept. of Psychiatry, NMCH.
11:35 - 12:05 pm	Unveiling the Theme: Strength for Today, Hope for Tomorrow	Dr. V. Harshitha, Senior Resident, Dept. of Psychiatry, NMCH
12:05 - 12:35 pm	Quiz Program on Bipolar Disorder	Ms. K. Deepa, Dept. of MHN, NCON.
12:35 - 12:50 pm	Post Test	All Participants
12:50 - 12:55 pm	Vote of thanks	Mrs. Chandana. T, Dept. of MHN, NCON.
12:55 - 01:00 pm	National Anthem	

*Bodhi*  
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**Introduction:** Narayana College of Nursing was established under the aegis of Dr. Narayana R by Narayana educational society in the academic year of 2002-03 with the vision of offspring's world class nurses through provision of conducive environment of learner's choice functioning within its scope of practice. The institution is approved by Indian Nursing council and affiliated to Dr. NTR UHS, Vijayawada. It offers undergraduate, Post graduate, Ph.D Scholar programmes for Nursing. Narayana College of Nursing also been recognized for merits like India education excellent award 2014, one among the top 10 promising nursing colleges in India 2017, marked the best nursing college in south India by IAA in 2018, certificates of international accreditation by IAO and Grand jury award by education world in 2019-20.





**NARAYANA**  
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Chinthareddypalem, Nellore - 524003, A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: [www.narayanannursingcollege.com](http://www.narayanannursingcollege.com) | e-mail: [narayana\\_nursing@yahoo.co.in](mailto:narayana_nursing@yahoo.co.in)

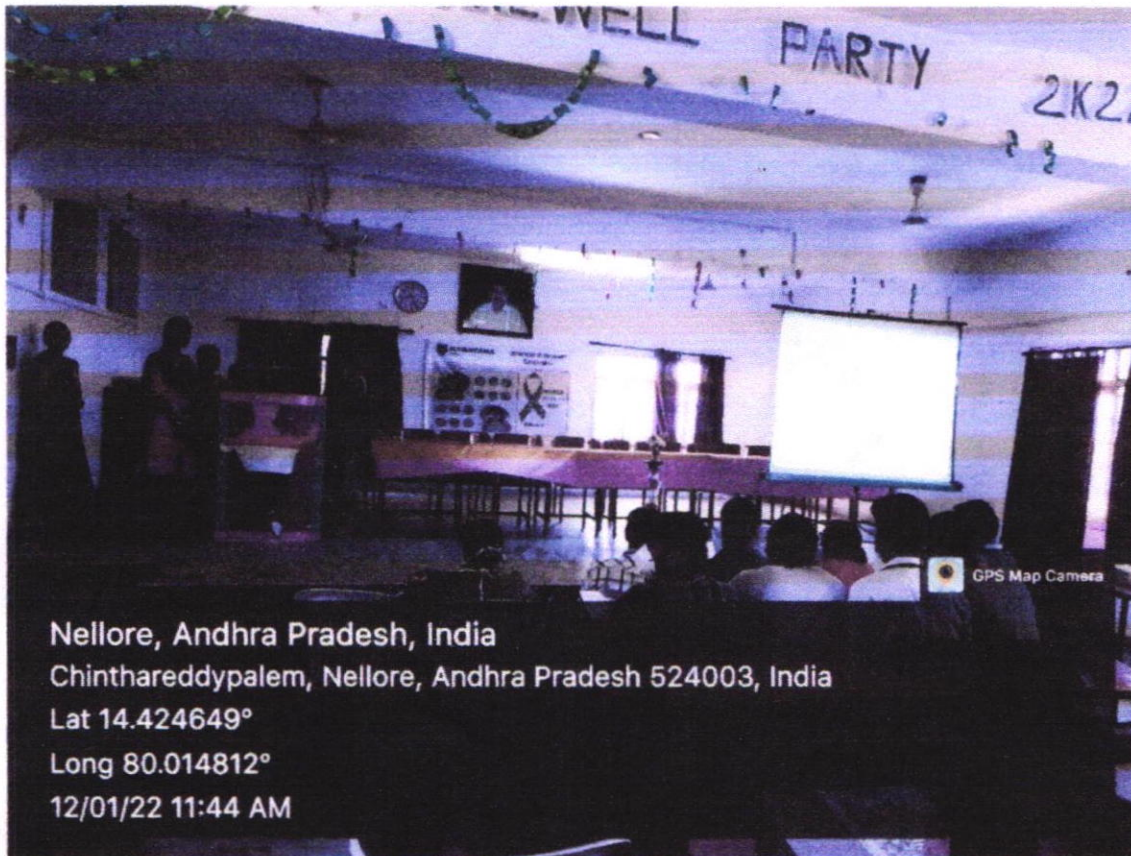


## DEPARTMENT OF MENTAL HEALTH NURSING

### REPORTON WORLD BIPOLAR DAY

2022

Department of Mental Health Nursing organized **WORLD BIPOLAR DAY** along with department of psychiatry, Narayana medical college, hospital on **30/03/2022 (11 am to 1 pm)** at Narayana College of Nursing 3<sup>rd</sup> floor auditorium. The program started at 11am with the prayer song and welcome song by 3<sup>rd</sup> Year B. Sc Nursing students. A pretest was conducted for all the participants.



Nellore, Andhra Pradesh, India

Chinthareddypalem, Nellore, Andhra Pradesh 524003, India

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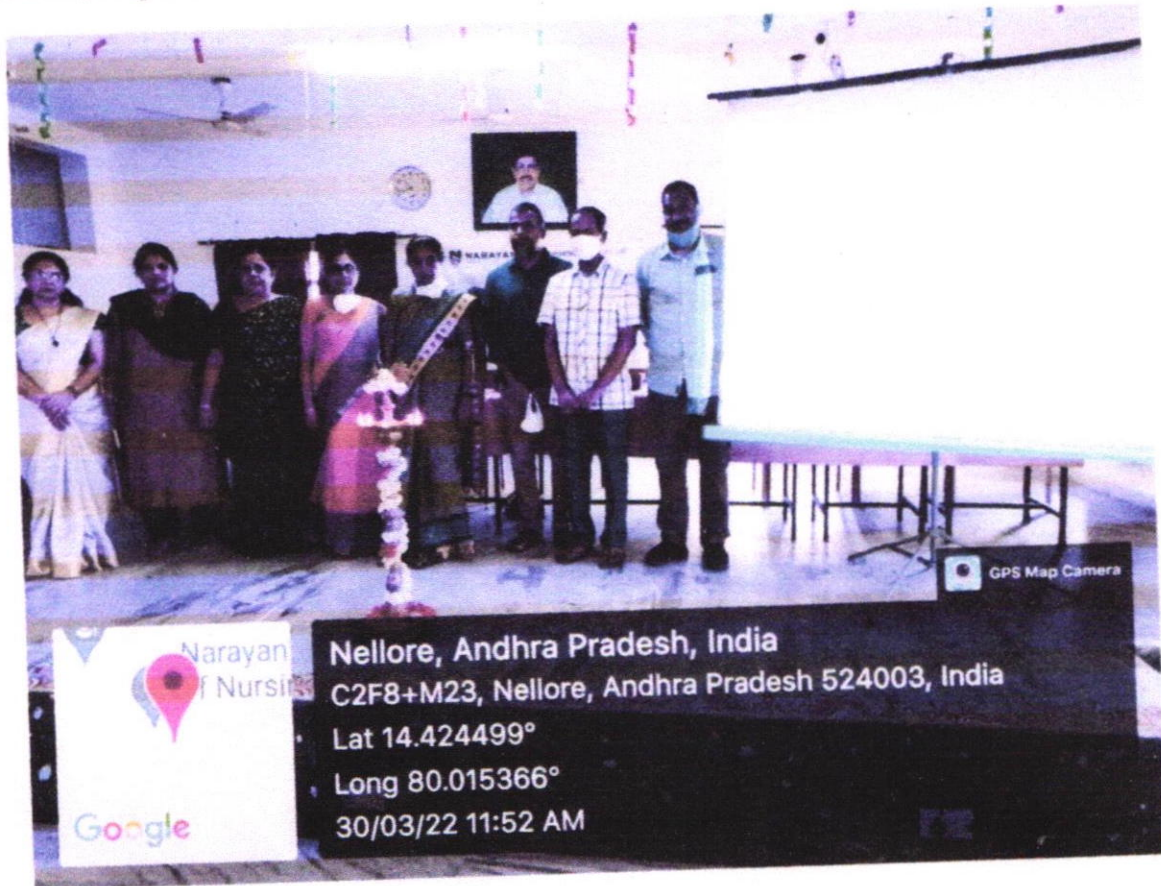
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*B. S. Srinivas*  
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Principal

Dr. Indira A. Principal, Narayana College of Nursing, and HODs of all the departments lightened the lamp and inaugurated the program. Prof. Smitha, HOD, Department of Mental Health Nursing delivered a welcome address.

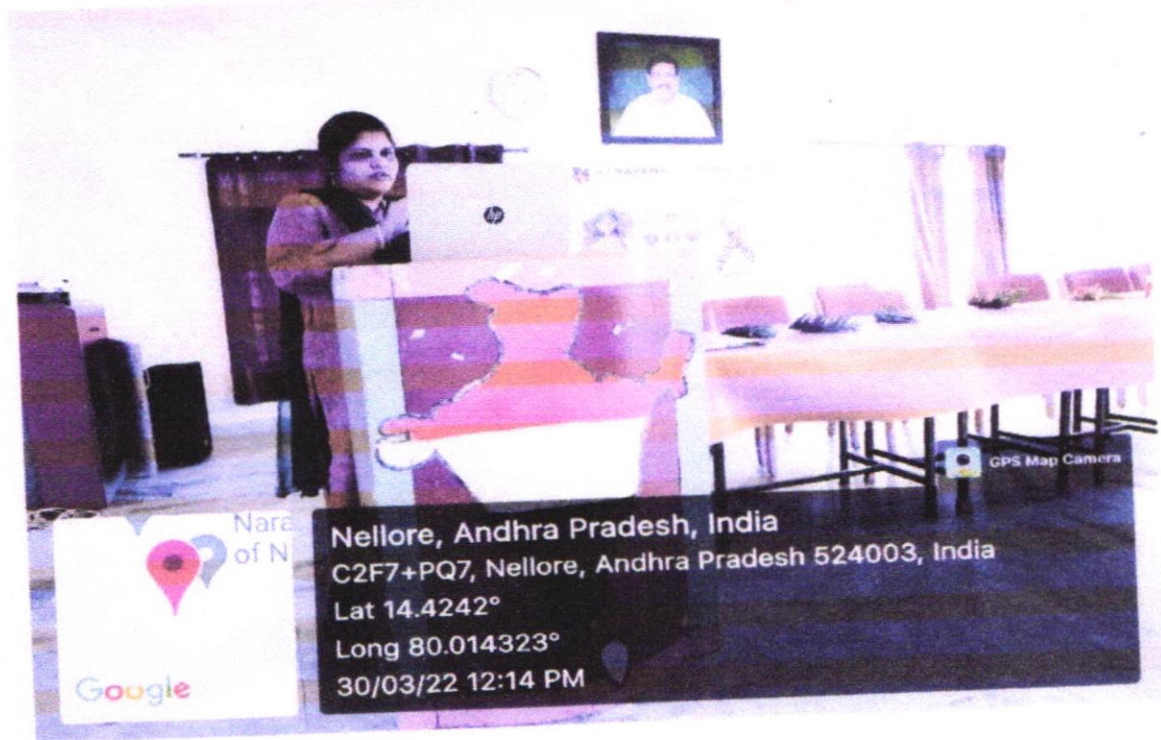
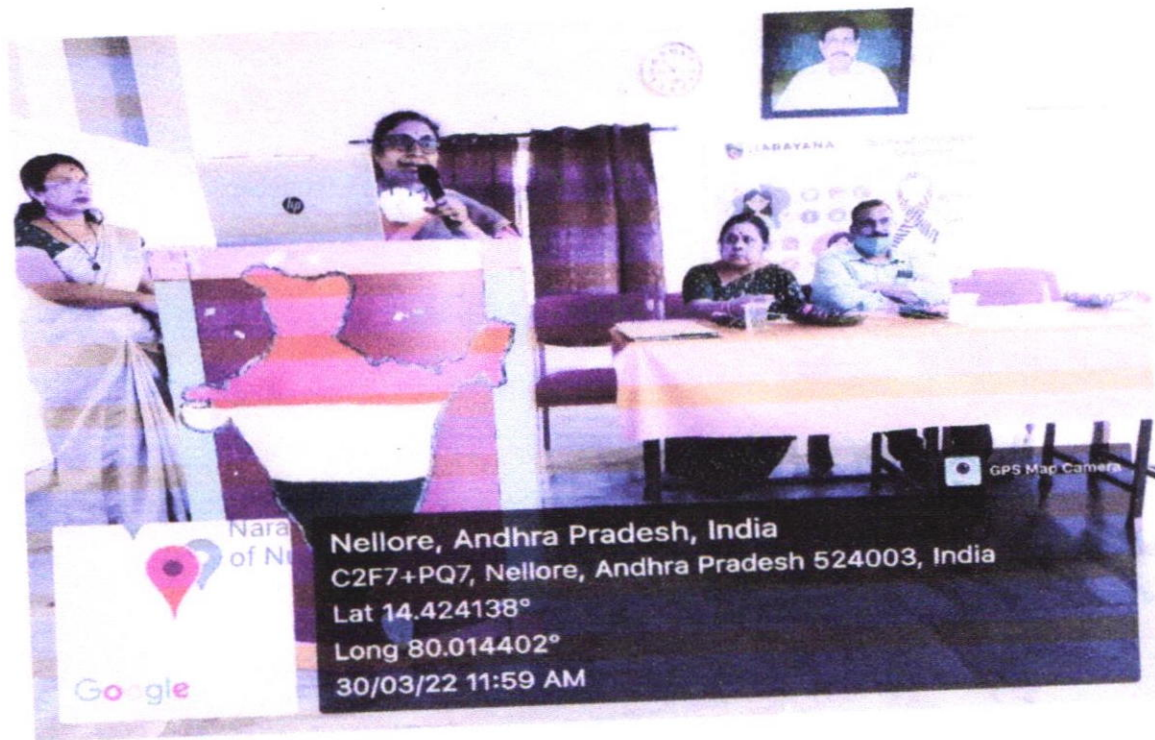


Dr. Seshamma. V, HOD, Department of Psychiatry, Narayana Medical College Hospital, dealt with the topic of Introduction to **WORLD BIPOLAR DAY**. Dr. V. Harshitha, Senior Resident, Department of Psychiatry, Narayana Medical College Hospital explained about Unveiling the Theme: Strength for Today, Hope for Tomorrow.

*B. Seshamma*  
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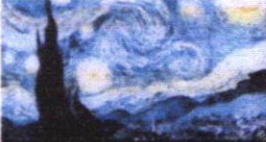
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A post-test was conducted for all the participants after the session. Lastly, the vote of thanks was delivered by Ms. Chandana, Asst. Professor, and the program adjourned with the National Anthem, at 1 pm.


## HIGHLIGHTS OF PRESENTATION

### HISTORY OF BIPOLAR:





## HISTORY OF BIPOLAR

- ◆ Famous painter *Vincent Van Gogh* is popular all around the world for his creation of *The Starry Night*.
- ◆ Not commercially successful initially, he struggled with severe depression and poverty, eventually leading to his suicide at age thirty-seven, but not many know the fact that he suffered from bipolar disorder.
- ◆ This is because the mental health issue was diagnosed after the artist's death.
- ◆ In honor of Van Gogh, his *birthday on March 30* is celebrated as World Bipolar Day every year.



### DEBUNKING HARMFUL BIPOLAR DISORDER MYTHS

MYTHS	VS	FACTS
Bipolar disorder cannot be easily diagnosed		Bipolar disorder can be easily diagnosed like any physical illnesses. The diagnosing process does not involve any physical test and is based on standard criteria.
Children do not suffer from bipolar disorder		It is seen in children as young as 6 years of age especially when parents have illness. Children tend to have very fast mood swings within a day.



*B. Anuj*  
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## EPIDEMIOLOGY

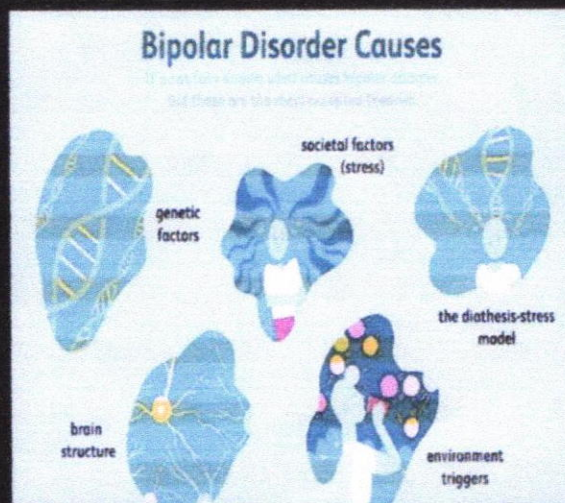
### EPIDEMIOLOGY



- ◆ Globally, 46 million people around the world have bipolar disorder.
- ◆ Prevalence in India is 6.9% as compared to other psychiatric illness.
- ◆ The average age of onset is 25 years old.
- ◆ The risk of suicide is high in people with bipolar disorder with 15% to 17% committing suicide.

- ❑ The risk of bipolar disorder is 10-25% when one parent has a mood disorder. Twin studies have shown 70-90% concordance rates in monozygotic twins

- ❑ Structural and brain abnormalities: amygdala, prefrontal cortex, putamen, anterior cingulate cortex, thalamus and hypothalamus



- ❑ Dysregulation of neurotransmitters that have been implicated in this disorder include dopamine, serotonin, and norepinephrine

- ❑ Hormone Regulation Imbalance like Adrenocortical hyperactivity. Chronic stress decreases neurokinin brain-derived neurotrophic factor (BDNF)



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## SIGNS TO LOOK FOR IN A DEPRESSIVE EPISODE

### Signs to look for in a depressive episode

- ✦ • Low mood and feelings of sadness.
- ✦ • Loss of interest in doing day to day tasks that were earlier pleasurable.
- ✦ • Feelings of restlessness and being agitated
- ✦ • Low self-confidence
- ✦ • Feelings of hopelessness & helplessness
- ✦ • More than usual irritability
- ✦ • Suicidal ideas or thinking.

## SIGNS TO LOOK FOR IN A MANIC EPISODE

### Signs to look for in a manic episode

- ✦ • Feeling overly happy or "high" for long periods of time.
- ✦ • May also feel irritable, agitated or may also become very sensitive on certain issues
- ✦ • Having a decreased need for sleep
- ✦ • Talking in a very fast manner, often with racing thoughts where the person feels that his/her thoughts go faster than the ability to talk about them.
- ✦ • Moving from one idea to another while talking.



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## THE BUILDING BLOCKS OF LIVING WITH BIPOLAR

### ◆ Is Bipolar Disorder Curable?

◆ Bipolar Disorder is generally considered to be incurable but can be managed with treatment.

### ◆ How is Bipolar Disorder Treated?

## THE BUILDING BLOCKS OF LIVING WITH BIPOLAR

### MEDICATION

Mood stabilizers and antipsychotics control depressive, manic, and psychotic episodes. (Your doctor may prescribe other types of drugs, too.)

### ALTERNATIVE THERAPIES

Electroconvulsive therapy (ECT), transcranial magnetic stimulation, and clinical trials have pros and cons, but they may be worth considering when medication isn't an option.

### LIFESTYLE

Sticking to a regular routine can help sidestep unexpected triggers for mood swings. This can make a big difference in the severity and frequency of your symptoms.

### PSYCHOTHERAPIES

In tandem with drugs, a variety of talk therapies help you cope with the symptoms and challenges of bipolar.

## TIPS OF CARE GIVER

### Tips for the Caregiver

◆ There is something called as 'signal events' in which a patient might have a particular habit developing just prior to his / her episode of mania.

*Eg: patient would start buying 3-4 kgs of tomatoes daily whenever he/ she would go into an episode of mania and family members can make a note of such behaviors to identify them at a later stage to become aware of relapse of episode.*

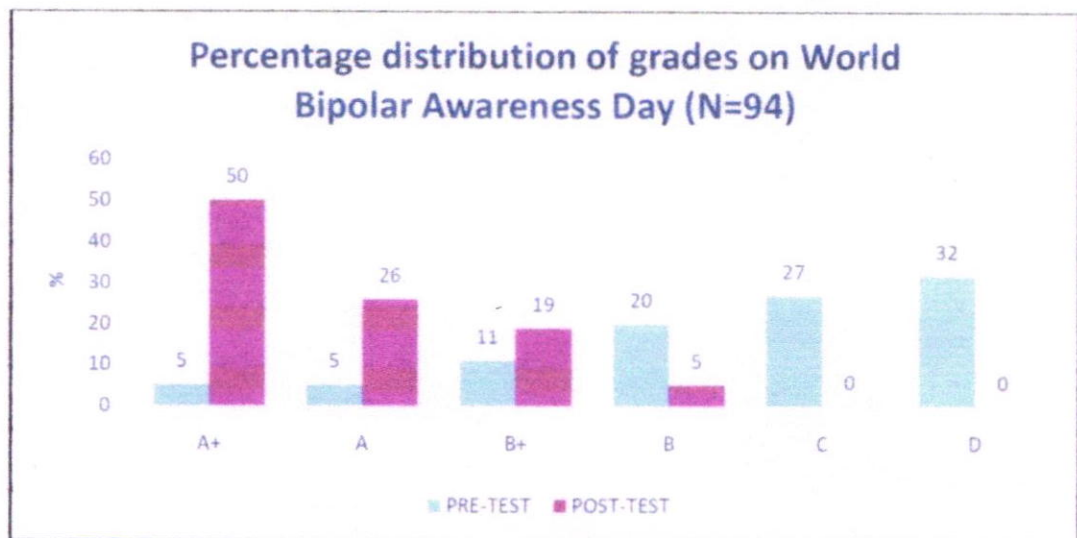


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## ANALYSIS


**Table 1: Frequency and Percentage distribution of participants Grades on World Bipolar Awareness Day (N= 94)**

GRADE	PRETEST		POST TEST	
	F	%	F	%
A+	5	5	47	50
A	5	5	24	26
B+	10	11	18	19
B	19	20	5	5
C	25	27	0	0
D	30	32	0	0
<b>TOTAL</b>	<b>94</b>	<b>100</b>	<b>94</b>	<b>100</b>



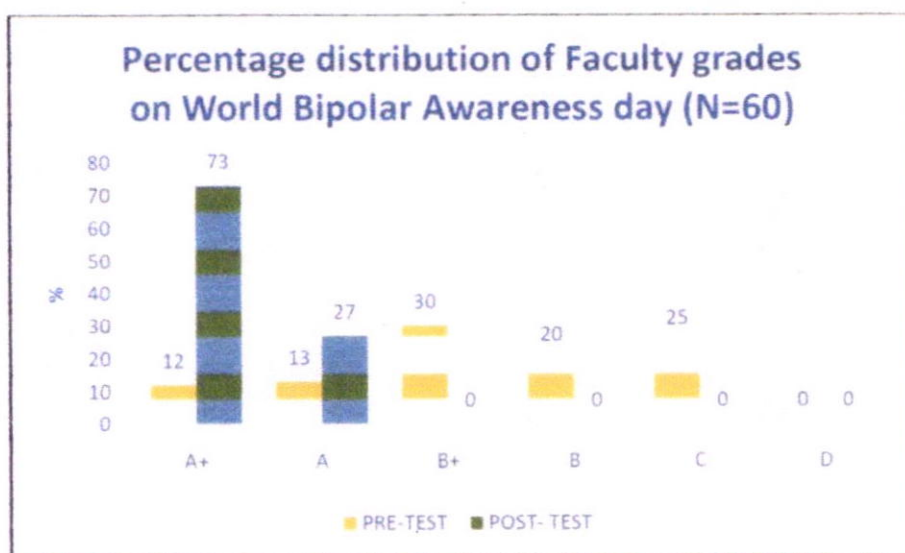
**Table 2: Frequency and Percentage Distribution of Faculty Grades on World Bipolar Awareness Day (N= 60)**



  
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GRADE	PRETEST		POST TEST	
	F	%	F	%
A+	7	12	44	73
A	8	13	16	27
B+	18	30	-	-
B	12	20	-	-
C	15	25	-	-
D	-	-	-	-
<b>TOTAL</b>	<b>60</b>	<b>100</b>	<b>60</b>	<b>100</b>

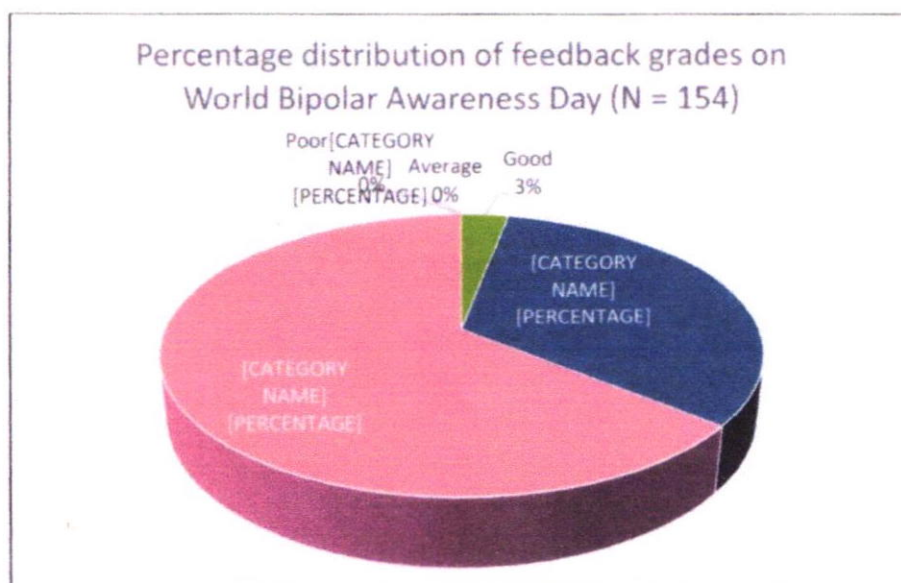


**Table:3 Frequency and percentage distribution of Feedback grades on World Bipolar Awareness Day (N= 154)**

	Feedback	
	Frequency(f)	Percentage (%)
Poor	0	0
Average	0	0
Good	5	3
Very Good	50	33
Excellent	99	64



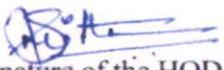
  
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The total student participants for the program were 94. In the pretest, the score was as follows: 5% A+, 5% A, 11% B+, 20% B, 27% C and 32% D and in the post test, the grade has improved such as 50 as A+, 26 as A, 19 as B+, 5 as B, and there are no participants in the C & D grade.


Out of the 60 faculty participants, the pretest score was 12% as A+, 13% as A, 30% as B+, 20% as B, 25% as C, and no participants with D grade. But in the posttest, the knowledge grade has improved as 73% - A+, 27% - A, and no participants in rest of the grades. This reveals the World Bipolar Day Awareness program was highly effective and useful for the participants.

The feedback analysis shows 64% as excellent, 33% as very good and 3% as good and this indicates that the Program feedback grade is extremely good.

  
Signature of the HOD  
HOD  
Dept. of Mental Health Nursing/Psychiatric  
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