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4th INTERNATIONAL CONFERENCE (1st WEBINAR) "CLINICAL SEQUELAE OF COVID -19 SURVIVAL WOMB TO TOMB" WEBINAR REPORT

Narayana College of Nursing had conducted a Webinar on "Clinical sequelae of COVID -19 survival Womb to Tomb" organized by Ph.D. Scholars, on 16th& 17th of June 2021 at 9 am -5 pm. Part of this Webinar an E-poster competition was also conducted and 13 participants have partaken in the competition.



The Webinar began with the prayer song by 4th-year B. Sc Nursing students and was followed by a welcome song. A Pre-test was conducted on the topic using a

questionnaire before the scientific session. Professor A. Latha M. Sc(N) delivered the welcome address.

The objectives of the Webinar were to improve knowledge on the prevention of COVID-19 survival Womb to Tomb.

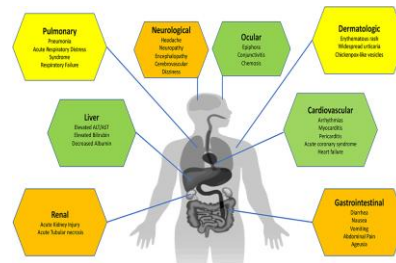
To collaborate with theory and practice, research on the prevention of COVID -19 survival Womb to Tomb. Totally 517 participants were registered in this Webinar.

Dr. Indira. A. Ph. D, Principal, organizing chairperson, welcomed the resource persons and all participants. In the inaugural address, the principal described the clinical sequelae of COVID -19 survival womb to tomb. In addition, she explained COVID -19 importance and current statistics of recovery or death rate from womb to the grave.



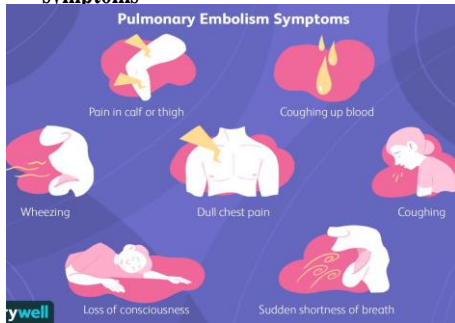
• Globally, as of 6:45pm CEST, 14 June 2021, there have been 175,686,814 confirmed cases of COVID-19, including 3,803,592 deaths, reported to WHO. As of 13 June 2021, a total of 2,187,874,534 vaccine doses have been administered.

• COVID-19, the disease caused by the SARS-CoV-2 virus has been infecting the human anatomy, leading to infections like pneumonia, respiratory failure, Cardiac, Respiratory, Neurological and Endocrinological, Mental Health issues etc. in major cases, death.



Dr. B. Valli. Ph. D mentioned pathological immunity, hypersensitivity, individual responsibility. She expressed risk factors, a balanced diet, and modified lifestyle habits in cardiovascular and pulmonary patients.

Observe for pulmonary embolism symptoms



Cardiac rehabilitation



Dr. S. Vasantha Kumari, Ph. D, discussed the epidemiology of COVID-19 in the 2nd wave. She explained the second wave COVID -19, regional distribution of COVID -19, characteristics' of the second wave, virology, and transmission dynamics very well.



**Dr.Vasanthakumari ,Associate Professor,
Wollega University , Ethiopia**



Wollega University
TOP OF QUALITY AND EXCELLENCE

**Dr.Vasanthakumari ,Associate Professor,
Wollega University , Ethiopia**



GEOGRAPHIC DISTRIBUTION



On January 11, the first case was reported outside mainland China in Thailand, and within months, the disease spread to all the continents except Antarctica. **India reported its first case of COVID-19 on January 30, 2020.** This rose to three cases by February 3, 2020. By mid-March, the number of infected cases started to increase, and many cases were reported from all over India.

The first COVID-19 related death in India was reported on March 12, 2020. By the second week of April, the disease spread to all states in India.

GENETIC FACTORS

ACE2 and TMPRSS2 polymorphisms have been shown to be strongly associated with susceptibility, severity, and clinical outcomes.

Genetic factors may also explain why males are at higher risk of infection and poor outcomes.

A novel susceptibility locus has been detected at a chromosome 3p21.31 gene cluster in patients with respiratory failure, which may confirm the involvement of the ABO blood-group system.

Dr. Rames Prasath MahatamRai, Ph. D, presented Neglected tropical diseases in the context of COVID-19 and clearly expressed how the COVID -19 pandemic has impacted neglected low diseases activities. It was mentioned in the presentation that NTD activities can be adapted to ensure safe implementation in the context of the COVID -19 pandemic.

Strategic Preparedness and Response Plan for COVID-19 as a communicable NTD

- a) Suppress transmission
- b) Reduce exposure
- c) Empower communities
- d) Counter misinformation and disinformation
- e) Protect the vulnerable through vaccination
- f) Reduce mortality and morbidity from all causes

(Ministry of Health Malaysia, 2020; World Health Organization, 2021b)

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Maintaining essential health services: operational guidance for the COVID-19 context

- Adjust governance and coordination mechanisms to support timely action
- Prioritize essential health services and adapt to changing contexts and needs
- Optimize service delivery settings and platforms
- Establish safe and effective patient flow at all levels (screening, triage, and targeted referral)
- Rapidly optimize health workforce capacity
- Maintain the availability of essential medications, equipment and supplies
- Fund public health and remove financial barriers to access
- Strengthen communication strategies to support the appropriate use of essential services
- Use digital platforms to support essential health service delivery

(World Health Organization, 2021b; World Health Organization, 2021c)

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Prof. V. Jayanthi, M. Sc (N), elaborated on the role of a nurse-led clinic in post-COVID-19 sequelae services in a different population. The key challenges faced by the nursing profession during COVID-19 include preventing staffing shortages and providing psychological and social support to the nurses, essential criteria for NLC.

Long-term organ damage in COVID-19 [Multiorgan dysfunction]

Severe acute respiratory syndrome corona virus 2 (SARS-CoV-2) infection triggers long-lasting changes in the immune system, it primarily affects the lungs.


Conditions associated with long COVID-19 may be the result of injury to multiple organs, including the lungs, brain, blood vessels, skin, nerves, kidney and heart.

This can be seen as metabolic, musculoskeletal, cardiovascular, and neurological complications secondary to the disease.

Organ damage may increase the risk of long-term health issues.

Organ damage may increase the risk of long-term health issues. As per recent data COVID-19 mainly affect these organs and body parts:

Types of nurse led clinics and services



Generic e.g. frailty clinics, falls clinics, intermediate care, long term conditions in primary care
 Specific e.g. diabetes, chronic heart failure
 Follow up e.g. post operative, prostatectomy
 Diagnostic e.g. endoscopy

Prof. A. Viji, M. Sc (N), discussed clients' actual versus optimal health habits with COVID-19. She explained clearly optimum health habits, WHO guidelines for balanced diet and exercises, food handling practices, etc.

Create good habits for good health and survivorship.

- ✓ Physically active
- ✓ Balanced diet
- ✓ Sound sleep
- ✓ Breathing exercises
- ✓ Meditation
- ✓ Spirituality
- ✓ Medication adherence
- ✓ Vaccine



Follow safe food handling practices

- The key principles of good food hygiene include:
 - keep your hands, kitchen and utensils clean
 - separate raw and cooked food, especially raw meat and fresh produce
 - cook your food thoroughly
 - keep your food at safe temperatures, either below 5 °C or above 60 °C; and
 - use safe water and raw material.



Associate Prof. K. Kantha M. Sc (N) presented on COVID-19 hypertension guidance and its importance, general recommendations, etc.

HYPERTENSION: ACT NOW!

What is hypertension?

Blood pressure is the force of circulating blood against the walls of the body's arteries, the major blood vessels in the body. Hypertension is when the force of the blood pressure is excessive.

Most people with high blood pressure **DO NOT KNOW THEY HAVE IT.**

140
90

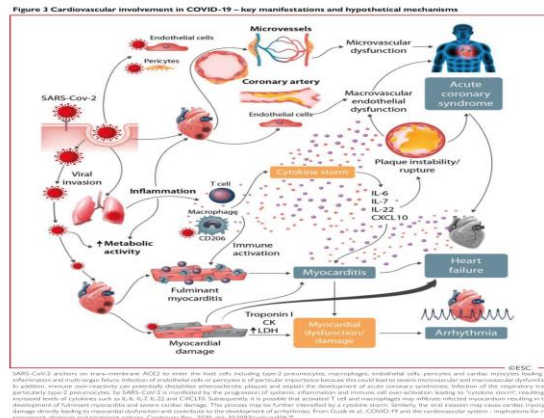
Hypertension is diagnosed if blood pressure readings are **140-90** or above on two different days.

How many people have high blood pressure?

1.13 BILLION PEOPLE have hypertension

1 in 5 WOMEN HAVE HYPERTENSION

1 in 4 MEN HAVE HYPERTENSION



Dr. Miriam Carole, Ph.D., discussed the impact of COVID-19 on mental health services. She elaborated innovations in mental health services, challenges in uptake of innovations, preventive aspects including nutrition, supplementation, balanced diet, protecting the immune system, etc.

COVID-19 AND MENTAL HEALTH: MECHANISMS OF CONSEQUENCES

COVID-19 has caused a lot of mental health problems globally because of fear of contracting the contagion, related transmission prevention measures and the subsequent economic recession

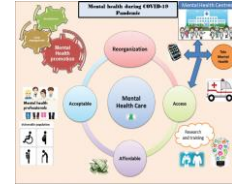
* As at 6:45pm CEST, 14 June 2021, WHO reported over 175 million confirmed cases 3 million deaths,

MENTAL HEALTH SERVICES AND COVID-19

DISRUPTIONS IN MENTAL HEALTH SERVICES



INNOVATIONS IN MENTAL HEALTH SERVICES



Day: 2

The session commenced with recapping the previous day's events by Prof. Smitha P.M, M. Sc (N), followed by **Dr. Rajeswari. H, Ph. D**, highlighted about Psychic sequelae of COVID -19. She discussed the etiology of Neuropsychiatric symptoms, neurocognitive disorders, mood and anxiety disorders, Post-Traumatic Stress Disorder, substance use disorders, Virtual Recovery Programs, promotion of health and mental health, coping during COVID-19, etc. She explained the importance of positive mental health, human rights, coping strategies, etc.

Virtual Recovery Programs

- Sober City: Offers an online support and recovery community <https://www.sobercity.com/>
- Sober grid: Offers an online platform to help anyone get sober and stay sober <https://www.sobergrid.com/>
- Soberistas: Provides a women-only international online recovery community <https://soberistas.com/>
- Sober Recovery: Provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forums/>

10 WAYS TO BUILD PERSONAL RESILIENCE

Making connections	Self Discovery	Accepting & managing change	Keeping things in perspective	Taking decisive actions
Moving toward goals	Nurturing self- esteem	Maintaining hope and positivity	Taking care of oneself	Seeing crises as surmountable problems

Source : APA

Dr. Duke Ph.D. presented a topic on pulmonary sequelae among clients with COVID-19. He highlighted symptoms, investigations, nurses' primary role, post ICU nursing care, and challenges.

Investigation for Pulmonary Sequelae among COVID Cases

Breathlessness

Out-Patient or Clinic

Purposes – instruct upright breathing

Breathing control

- Comfortable position, relaxed shoulder
- Hand on tummy & chest for pregnancy
- Steady breaths in through the nose, feel tummy rise
- Relaxed breathing inhale through the nose and breathe out through the mouth.

Rectangular breathing - Focus on extending the breathing-out.

Blow as you go – the main effort is on the breathing-out usually for 10-16 yrs old

Pacing – Slow down, break tasks down, regular short breaks as opposed to fewer prolonged breaks especially for pregnancies.

Other Hints and tips - cool wet cloths on cheeks and nose, fresh air, relaxation/mindfulness, encourage staying calm/controlling anxiety

Dr. Gopichandran Ph.D. gave a detailed explanation of COVID -19 vaccine myths and facts, including types and differences between Covishield and COVAX in, the number of doses required, route, actions, benefits, contraindications, side effects, etc.

DIFFERENCE BETWEEN COVISHIELD & COVAXIN	
COVISHIELD	COVAXIN
<ul style="list-style-type: none"> • Produced by- oxford AstraZeneca in collaboration with the serum institute of India. • Known as AZD1222 globally • Uses a replication-deficient chimpanzee viral vector, based on a weakened version of a common cold virus, also called the Adenovirus • It contains the genetic material of the SARS-CoV-2 virus spike protein 	<ul style="list-style-type: none"> • Produced by Hyderabad based Bharat Biotech in collaboration with ICMR (Indian council of medical research) & National Institute of Virology. • It is an inactivated form of the novel coronavirus itself. The strain was isolated from an asymptomatic COVID-19 patient • The vaccine uses an inactivated form of the virus to produce an immune response

COVID-19 VACCINE Mythbusters

MYTH
Anyone with immediate or delayed allergic reaction to vaccines or injectable therapies can be vaccinated

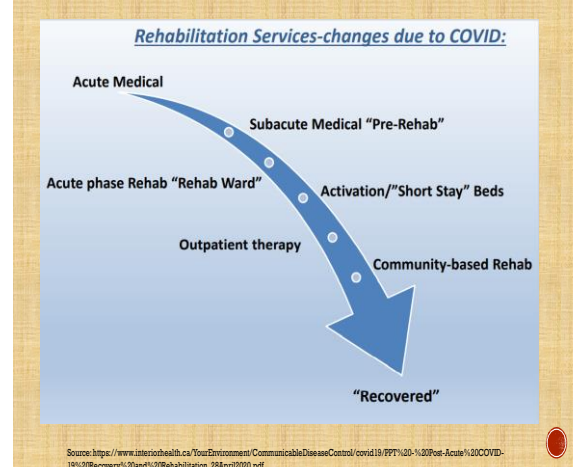
FACT
This is incorrect. Persons with history of immediate or delayed allergic reaction to vaccines or injectable therapies should avoid getting vaccinated

Source: Ministry of Health & Family Welfare

Mr. S. Shareef Mohammad presented on post COVID rehabilitation includes types, multi-organ effects, challenges, aims and benefits of rehabilitation, services, etc.

OUTLINE...

- Define Post COVID
- Types of Post COVID Conditions
- Long COVID
- Multiorgan effects of COVID19
- Challenges of Post COVID19
- Rehabilitation
- AIMS of Rehabilitation
- Benefits of rehabilitation
- Misconception of rehabilitation
- Rehabilitation Team
- Areas of concern rehabilitation
- Pulmonary Rehabilitation
- Rehabilitation services changes due to COVID
- References

Participants were encouraged to participate in the discussion, and the experts cleared queries. A post-test was conducted to assess the program's effectiveness, and the feedback was also duly collected for evaluation.

ANALYSIS

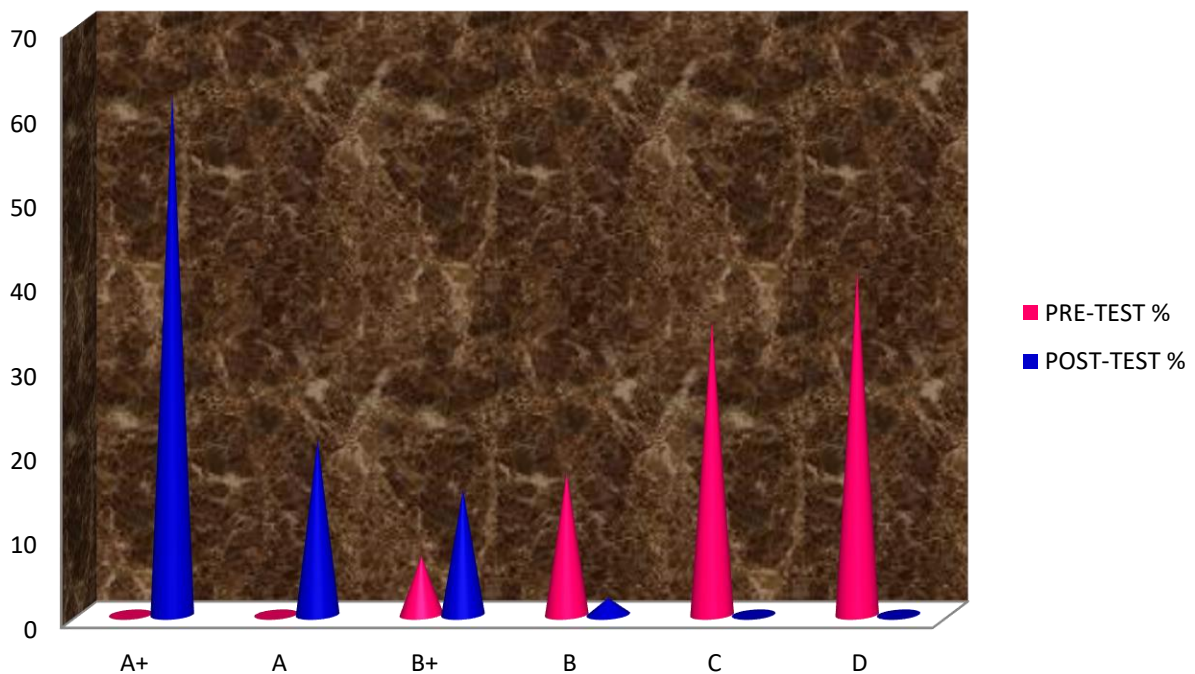
Table 1: Frequency & percentage distribution of level of knowledge among participants regarding Webinar on "Clinical Sequelae of Covid -19 survival Womb to Tomb"

N= (517)

GRADE	PRE-TEST		POST-TEST	
	F	%	F	%
A+	0	0	320	62
A	0	0	110	21
B+	36	7	76	15
B	86	17	11	2
C	180	35	0	0
D	215	41	0	0
TOTAL	517	100	517	100

Concerning the level of knowledge on the Webinar among participants, the pre-test results show that 36(7%) participants scored B+ grade, 86(17%) participants scored "B" grade, 180 (35%) participants scored "C" grade, 215 (41%) achieved "D" grade, and no participants scored A+ and A. While in the post-test, the knowledge level improved as 320 (62 %) participants scored "A+" grade, 110 (21 %) participants scored "A" grade, 76(15%) participants scored B+ grade, 11(2%) participants scored B grade, and there were **no participants in C and D grades**. The results indicate that participants' level of knowledge of the Webinar on "Clinical sequelae of COVID -19 survival womb to the Tomb" has increased, and participants have benefited from the program.

Fig: 1 Frequency & Percentage distribution of knowledge on Clinical sequelae of COVID-19 survival Womb to Tomb

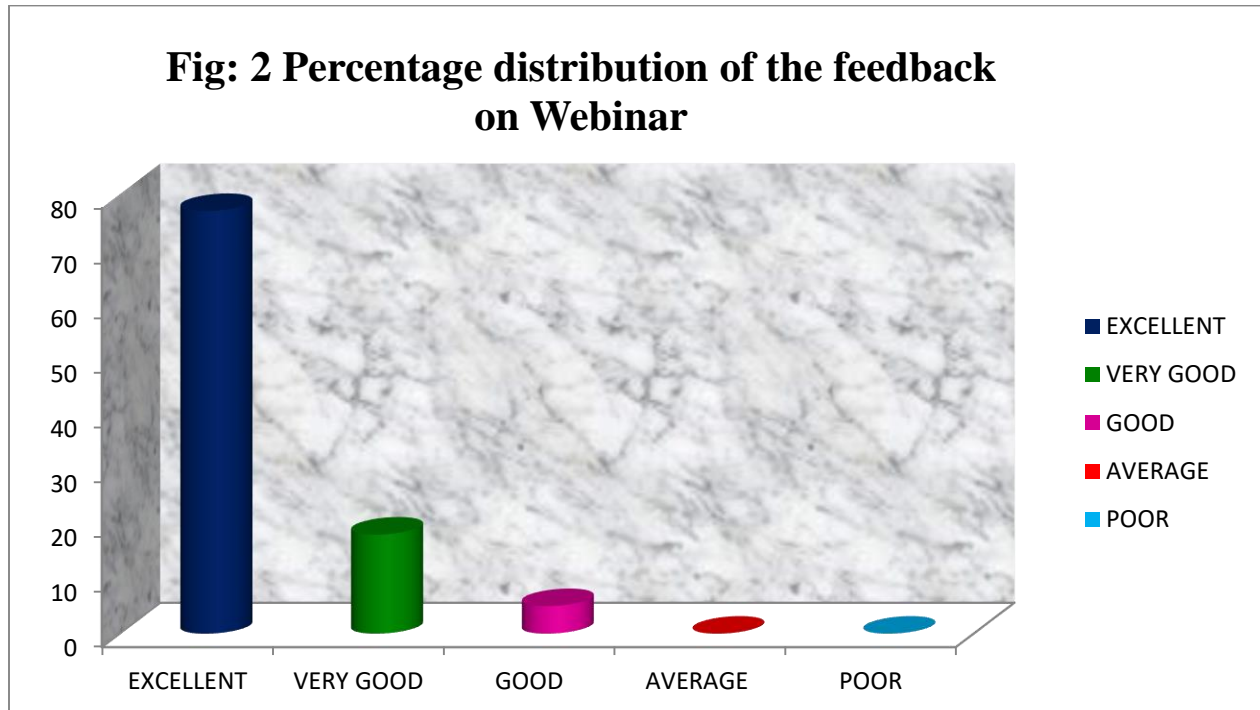


FEEDBACK ANALYSIS;

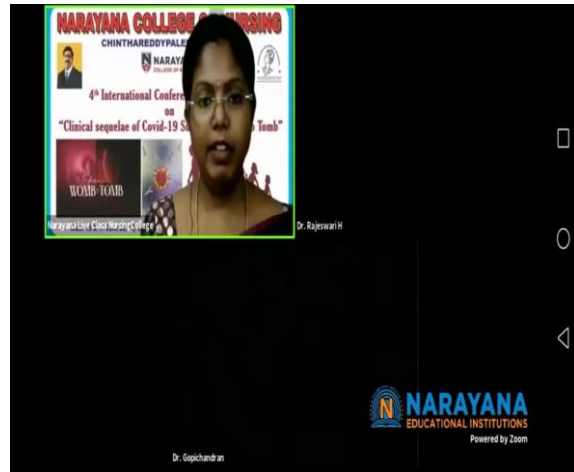
Table:2 Frequency and Percentage Distribution of the feedback on Webinar:

CATEGORY	FREQUENCY	PERCENTAGE
EXCELLENT	400	77
VERY GOOD	95	18
GOOD	22	5
AVERAGE	0	0
POOR	0	0
TOTAL	517	100

The feedback analysis shows, 400(77%) were mentioned as excellent, 95(18%) very good, and 22(5%) mentioned as a good experience.



At the end of all the above sessions **Prof. Smitha P.M M. Sc (N)**, Conference Coordinator summarized the two days sessions. E- poster competition's winners were announced by Prof. V. Jayanthi, M. Sc (N) at the time of the valedictory session. The audience participation was too appreciable and they contributed their viewpoints during the valedictory session. After the program, it was intimated that all the registered participants will be provided an e- certificate.



Signature of the Conference Coordinator

Signature of the Principal

Signature of the IQAC Coordinator