

TNAI BULLETIN



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World Diabetes Day 2020 Theme: The Nurses and Diabetes

One in every 10 persons globally is living with diabetes, a disease of metabolic disorder that is the leading cause of kidney failure, blindness, amputation, heart attack, and nerve damage. Its onset is marked by the body's inability to turn food into energy. The numbers of diabetes victims, presently pegged at 287 million, is likely to cross 435 million by 2030. The Centre for Diseases Control & Prevention (CDC) puts deaths due to diabetes at 79,535 each year.

Considering the growing incidence of diabetes and the varied health threats that it triggers, World Diabetes Day (WDD) is being celebrated annually since 1991 on 14 November jointly at the instance of the World Health Organisation and International Diabetes Federation (IDF). Thanks to Frederick Banting, who jointly with Charles Best conceived an idea leading to the discovery of insulin in 1922, a boon for diabetics. The date of WDD i.e. 14 November coincides with the birthday of Frederick Banting. As half the diabetics are unaware of their blood sugar status, the awareness campaign on WDD includes health camps for screening for diabetes, features educating on diabetes, press conferences, poster & visual shows, etc. The WDD theme for 2020 i.e. The Nurses and Diabetes places the nurses at centre stage for raising awareness about the crucial role nurses play in the WDD campaign by educating the people about diabetes.

Newborn Care Week in India from 15 to 21 November aims to raise awareness about the importance of newborn care for child survival and development. The neonatal period (0-28 days of life) is the crucial period for child survival as it has the highest risk of death. The goal of reducing under-five mortality to 20 or less per 1000 live births by 2035 can only be attained with specific efforts to reduce newborn mortality.

Salute to Corona Warriors: In their discharge of duties as active front-line warriors in the fight against Covid-19, several nurses made the supreme sacrifice. TNAI joins the nation paying tribute to the nursing bravos! We have published photographs of some of the great heroes based on information received from our State Branches.

Group Insurance for TNAI Members: With a view to provide cover to its members, after the approval of TNAI Council, TNAI Members Group Insurance Scheme (TGIS) is in the pipeline. The interested members are advised to submit their particulars (details available at page 155 in this issue) by the stipulated date.

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Membership concession till 31 January 2021: In view of 2020 as the Year of Nurse, concessionary rates for TNAI Membership were already approved to be valid till 31 January 2021. Now, due to the financial crunch faced by prospective members due to Covid-19, the matter of extending the concessional facility shall be considered by the EC, and communicated accordingly.

Free online Continuous Professional Development (CPD) campaign: After collaboration with World Continuing Education Alliance (WECA), the TNAI members can now join this online programme free of cost (for registration, kindly send email to: tnaiwcea@gmail.com).

Evelyn P Kannan
Chief Editor & Secretary-General

Saluting the Covid-19 Nurse Martyrs

Even as the entire medical and health care personnel including nurses continue to be actively engaged in diagnosis and management of Covid-19 cases, in performance of their hard duties some have already lost their life. While actual figures must be on quite high side, we have been informed of following nurses who are no more amongst us.

The TNAI and the entire nurse community convey their heartfelt tributes to these nurses who made supreme sacrifice in bringing life to the victims and set an example of service to mankind.



Mrs Seema Vineet Sukumaran
Senior Staff Nurse, Jabalpur Medical College and
Super Specialty Hospital



Mrs Geetha
Nursing Officer, PHC Kawloor
Tq/Distt. Yadagir, Karnataka



Ms Pratita Das
Nursing Superintendent, Howrah District Hospital,
Howrah, West Bengal



Mr Pawan Kumar
Staff Nurse
Govt. Medical College Hospital, Jammu



Mr Lunkaran Soni
Staff Nurse Grade-I, Barmer Medical College
Hospital, Rajasthan



Mrs J Satyavathi Rao
Chief Nursing Superintendent, East Coast Railway
Hospital, Visakhapatnam, Andhra Pradesh



Mr Anup Tirkey
Staff Nurse, District Hospital
Jashpur, Chhattisgarh



Mrs Namita Jadhav
Staff Nurse, Govt. Medical College and Hospital,
Nagpur, Maharashtra



Mrs Kiran Kaushik
Senior Nursing Officer
Sanjay Gandhi Post Graduate Institute of Medical
Sciences, Lucknow, Uttar Pradesh



Mr Vikrant Gardia
Staff Nurse, Community Health Centre
Pithora, Chhattisgarh

World Diabetes Day: 14 November

Considering the growing incidence of diabetes and the varied health threats that it triggers, World Diabetes Day (WDD) is being celebrated every year since 1991 on 14 November at the instance of the World Health Organisation and International Diabetes Federation (IDF). Diabetes is a leading cause of kidney failure, blindness, amputation, heart attack and stroke as also a major cause of death similar to HIV/AIDS.

The choice of the date i.e. 14 November marks the birthday of Frederick Banting who, jointly with Charles Best conceived an idea leading to the discovery of insulin in the year 1922, a master drug for diabetes. The WDD theme for the period 2020 is, The Nurse and Diabetes underscoring the important role of nurses in supporting the diabetics by educating them on managing this metabolic disorder. Globally, the WDD is celebrated by 200+ member associations of the IDF in member nations of the UN and other groups including healthcare organisations and people living with diabetes and their families. Activities organised on WDD include: health camps for screening for diabetes, media campaigns, features educating about diabetes, press conferences, poster & visual shows, radio & TV programmes, etc.

There is no definitive cure for diabetes yet significant improvement has been. In India, dubbed as the diabetic capital of the world, an estimated 77 million people are living with diabetes and this figure is continuously growing. Lifestyle modification, diet control, exercise and Yoga exercises have demonstrated clear benefits among diabetics. Common symptoms of diabetes are: polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger). It has three main types: Type 1 diabetes occurs due to body's failure to produce insulin thus requiring insulin administration; Type 2, arising from insulin resistance i.e. cells fail to use insulin properly, and; Type 3 (also called gestational diabetes) that occurs when pregnant women develop high blood glucose during pregnancy without history of the disease.

State SNA Advisors Meeting (Virtual) Conducted on 13 October 2020

The State SNAI Advisors (virtual) meeting was conducted on 13 October 2020 (Tuesday) from 11.00 am to 12.30 pm from TNAI Hqrs. The objective of the meeting was to orient State SNA Advisors regarding SNAI past and the continuing activities, benefits available for SNAI members and updating SNA units of their respective states. Out of 33 states, SNA advisors of 22 States UTs attended the meeting.

The members present in the meeting are as follows: Dr M Satyavalli (Assam); Ms Lony Chongroju (Arunachal Pradesh); Ms Pooja Thakur (Bihar); Mrs V Indumathy (Delhi); Mrs Shakuntla Arora (Haryana); Ms SonaSamul (Jharkhand); Dr Laishram Debashini Devi (Karnataka); Mr Aneesh D (Kerala); Mrs Jessy Philip (Madhya Pradesh); Mrs Ratna R Deore (Maharashtra); Ms Thiyariyne Nongkhlaw (Meghalaya); Smt Philanim A Shimray (Nagaland); Dr KalyaniMoharana (Odisha); Prof (Mrs) Ramandeep Kaur Dhillon (Punjab); Mr Anil Kumar Choudhary (Rajasthan); Sr Bandhavi Sikha (Telangana); Mrs Hansi Negi (Uttarakhand); Mrs Bhumika Singh (Uttar Pradesh); Mrs Krishna Banerjee (West Bengal). Apologies were received from Andaman & Nicobar and Sikkim.

The meeting started with a welcome address by Mrs Evelyn P Kannan, Secretary-General TNAI. During his presidential address, Prof Dr Roy K George, National President TNAI mentioned that SNA Advisors are the pillars for implementing SNA activities, and also increasing SNA memberships in their respective state. SNA members are the future leaders of the profession, he said. He added that during the lingering Covid 19 pandemic, students are also contributing to the mission of SNAI by providing care to Covid patients by the proper guidance of nursing faculties. By involving students to be more active in SNA, we can have more vibrant SNAs in every state, he said.

Members-Attended



Andhra Pradesh

Arunachal Pradesh

Bihar

Delhi

Goa

Haryana

Kashmir



Jharkhand

Karnataka

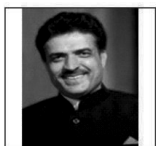
Kerala

Madhya Pradesh

Maharashtra

Meghalaya

Nagaland



Orissa

Punjab

Rajasthan

Telangana

Uttar Pradesh

Uttarakhand

West Bengal

Mrs Vatchala Dhinakaran, Assistant Secretary-General briefed the participants about SNA activities, its functions and benefits for SNA members. This was followed by description of TNAI's foreign recruitment service by Mr Ajinas AM, Assistant Secretary-General. The details of Continuous Professional Development programme by upskilling the nurse members through World Continuing Education Alliance (WCEA) and TNAI's AHA (American Heart Association)- approved BLS, ACLS courses and RMNCH +A and other facilities at TNAI's CIN&ECH were presented by Mrs Sanghamitra Sawant, Assistant Secretary-General.

The Secretary-General stressed the importance of augmenting memberships in the Association so that TNAI is enabled to provide increased and wider welfare activities. Besides, every nursing institution should establish the SNA unit and motivate students and in-service nurses to become a SNAI and TNAI member. If the membership increases, additional benefits can be extended to our fellow nurses. She also informed that TNAI can organise the orientation programme with the Unit SNA Advisors of the States through Zoom and that TNAI Hqrs is ready to participate and contribute for the same.

The State SNAI Advisors suggested that the information regarding Scholarship awardees should be informed to the principals and heads of the nursing institutions. The Secretary-General informed that it has been conveyed through TNAI website too. She also advised participants to make use of the online payment link for paying SNA subscription.

The meeting adjourned with a vote of thanks to the National President, TNAI and all the State SNA Advisors.

- Report by Mrs Vatchala S Dhinakaran
Assistant Secretary-General, TNAI

EVENTS OF THE MONTH

Universal Children's Day: 14 November

In our country, Children's day on 14 November has special significance for children. For school-goers, it is full of festivity. This date was chosen to coincide with the birth anniversary of great freedom fighter and independent India's first Prime Minister, Pt Jawaharlal Nehru. Due to his immense love for children, he was addressed as "Chacha Nehru" by them. On Children's Day, schools distribute sweets to the students and indulge in fun & entertainment. This day is a reminder to us to renew our commitment to the welfare and development of children; we have not to lose sight of the fact that the best growth and development of a society or nation depends on the healthy growth of children.

World Toilet Day: 19 November

Not many are aware that worldwide, 4.2 billion people do not have a safe, clean and private toilet and about 673 million people practice open defecation, mostly in fields or along rail tracks that not only impinges on privacy of women in particular but also renders them vulnerable to sexual assault. Lack of proper toilets pave the way for diarrhoeal diseases, the second most common cause of death of children in developing countries. It is to promote hygienic habits that World Toilet Day is observed annually on 19 November; it is United Nations international observance day. The Sustainable Development Goal 6 endeavours to "Ensure availability and sustainable management of water and sanitation for all". As of now, most of the people with unsatisfactory toilet conditions live in sub-Saharan Africa and Asia. The premise is, a proper toilet can be a stepping stone to a healthy life, greater human dignity, freedom, equality between women, men, girls and boys, and finally, a catalyst to the development of communities and countries. The day's celebrations seek to break the taboo around toilets and draw attention to the global sanitation challenges. Bad sanitation affects the quality of life of millions of people around the world, especially children. In India, the Swachh Bharat Swachh Bharat Mission (or Clean India Mission) is a nation-wide campaign initiated by the Government of India in 2014 to eliminate open defecation and improve solid waste management; the mission has borne phenomenal results. Phase 2 of the campaign shall run between 2020-21 and 2024-25.

Meeting of Chairpersons Membership Committee (Virtual) State / UT Conducted on 23 October 2020

A virtual meeting of the Chairpersons- Membership Committee of TNAI State/UT Branches was conducted on 23 October 2020. The meeting was attended by 17 members, and presided by Prof (Dr) Roy K George, National President TNAI.

The meeting started at 11.00 am with the welcome note by Mrs Evelyn P Kannan, Secretary-General TNAI. She stated that membership is the life line of the association, and that the CPs have a crucial role in improving the financial status of the association. Here is the list of participants. Ms K Jhansi Lakshmi Bai (Andhra Pradesh); Ms Anita Choudhury (Assam); Ms Reeta Sharma (Ad- Hoc) (Delhi) Mrs LC Borges Barneto (Goa); Mr Dharmendra Rawal (Gujarat); Ms Jay Sumani Ekka (Jharkhand); Mr Guru Prasad TR (Karnataka); Mr Ameer Ali KE (Kerala); Mr Rajabhau P Rathod (Maharashtra); Smt A Jamuna Devi (Manipur); Ms Queencina Dkhar (Meghalaya); Mrs Surama Dash (Odisha); Ms Rajwinder Kaur (Punjab); Mr Hemant Kumar Tank (Rajasthan); Sr Vasantha (Telangana); Sr Ancy Alex (Uttar Pradesh); Ms Mamta Kaperwal (Uttarakhand). Apologies were received from Madhya Pradesh, west Bengal, Jammu & Kashmir.

In his presidential address, the National President explained that numbers matter in strengthening the organisation making it imperative to increase the membership. He said, with a larger membership base TNAI shall be enabled to better represent the concerns and issues of the nurses to the concerned authorities. With enhanced members TNAI also has a strong financial base to expand its ambit of plans including welfare activities for nurses more effectively. He also suggested the participating members to stay active in the branch activities and create awareness in the nurses regarding the various benefits available after acquiring TNAI membership.

In the meeting, the Assistant Secretary-Generals briefed about developments at TNAI in the Q & A session. Mr Ajinas AM explained about the status of membership,

Members-Attended



Grievance Cell, Signature campaign, Language learning (requirement for foreign deputation). Mrs Sanghamitra Sawant dwelt upon Continuous Education Programme, AHA (American Heart Association)-approved BLS and ACLS courses, RMNCH+A and other facilities at TNAI's CIN&ECH. The progress under various departments of the TNAI and the various updates were presented by Mrs Vatchala Dhinakaran.

During the interactive session, members from states raised their queries.

Mr Guruprasad (Karnataka): Difficulties in online payment - It was assured that after switching over to the changed Payment Gateway, accepting the online payment towards membership or on any other count shall be hassle-free.

Continuation of the membership fees concession beyond 31 January 2021: The concessional membership charges (in view of 2020 as The Year of Nurse) were valid till 31 January 2021. However, the issue of extending the date for concessional membership rates beyond 31 January 2021 (due to Covid-19 and subsequent financial crisis shall be considered by EC and conveyed to all.

Mr Hemant Tak (Rajasthan): Online availability of Membership card and Membership details - Currently the membership card is issued by TNAI Hqrs and the process takes a few days; however, it cannot be obtained immediately in emergency situations or in case of loss. He requested an online system to download the membership card. This was not perceived feasible at this stage.

Research Cell and grant for Research activities: With a research cell already at place at the national level, it was suggested that grant proposals may be submitted by the States to the Hqrs.

To a query about Membership campaign, Mr Tak was informed that a membership campaign can be started, and conducted at state level.

Mr Jitendra Raval (Gujarat) requested to be provided the Presentation of TNAI with the updated activities to motivate more nurses to become TNAI members.

Secretary-General informed that the Presentation of TNAI with the activities and benefits will be sent to the members through email.

Ms Vasantha (Telangana) desired to make TNAI membership mandatory for the State Nursing Council registration.

The Secretary-General informed that the points having merit shall be taken to the forthcoming EC meeting and the decision taken shall be conveyed accordingly.

The meeting adjourned at 1.00 PM with thanks to the National President and the participants.

- Report by Mr Ajinas AM,
Assistant Secretary-General TNAI

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/- + GST per item including one photograph. The payment should be through a demand draft in favour of The Trained Nurses' Association of India (TNAI), New Delhi. Neatly spaced out hand-written matter, preferably typed in double space on one side of paper with photograph may be sent, along with requisite charges, to the Editor, TNAI Bulletin.



NHS
Health Education England

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Upcoming Recruitment to UK NHS Trust Hospitals

Interviews for the month of November 2020

Trusts:

1. Solent NHS Hospital Trust (Mental Health)
2. Worcestershire Hospitals NHS Trust
3. University Hospitals Coventry & Warwickshire
4. Leeds Teaching Hospitals NHS Trust
5. Blackpool NHS Trust

Eligibility:

1. Recent six months of clinical experience as Staff Nurse
2. Valid IELTS or OET Score
IELTS (L-7, R-7, W-6.5, S-7)
OET (L-B, R-B, W-C+, S-B)
3. Professional Qualification
GNM or above

Experience: All departments including Psychiatric ward

Candidates with minimum 6 months of clinical experience and valid IELTS & OET score can send your CV and other required documents to tnairecruitment@gmail.com

For more details contact:

The Secretary-General, TNAI
L-17, Florence Nightingale Lane, Green Park, New Delhi
Ph: 01126566665, 40195409,

WhatsApp: 8287374228

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by Secretary-General, TNAI

BENEFITS FOR TNAI & SNAI MEMBERS

Welfare	Educational	Awards																														
<div>1. TNAI & SNA Scholarship (Rs. 24,000/ Year)</div> <div>2. Medical Assistance (Maximum upto Rs. 1,00,000)</div> <div>3. Critical illness assistance (Rs. 1,00,000)</div> <div>4. Nurses Welfare Grant</div> <div>5. Subsidized accommodation at TNAI guest houses (helpdesk@tnaionline.org)</div> <div>6. Railway Concession (25%)</div> <div>7. Free recruitment for European Countries - <u>Click for more details</u></div> <div>8. Day Care centre for the Elderly</div> <div>9. Disaster Relief fund for individual/ state/national</div> <div>10. Addressing grievances of nurses at various levels</div>	<div>1. Concession for:<div>✓ Conference Registration fee for participation in TNAI's national and state Conferences.</div><div>✓ Continuing Education Programmes; American Heart Association (AHA) approved Basic Life Support (BLS) / Advance Cardiac Life Support (ACLS), Reproductive, Maternal, Neonatal, Child Health and Adolescent (RMNCH+A)</div></div> <div>2. Scientific Paper Presentation at TNAI / SNA National Conferences.</div> <div>3. Participation of competitions at State and National level</div> <div>4. Publication of articles in NJI and Bulletin – <u>Click for more details</u></div> <div>5. Free online/E-learning courses with credit hours - <u>Click for more details</u></div> <div>6. Concession on TNAI publications</div>	<div>1. Life time achievement award</div> <div>2. Incentives for motivator for enrolling TNAI membership<table><tr><th>S. No.</th><th>Membership category</th><th>Fee</th><th>Rate of Incentive</th><th>Incentive per membership</th></tr><tr><td>1</td><td>HVL/ANM</td><td>Rs 1500</td><td>2%</td><td>Rs 30/-</td></tr><tr><td>2</td><td>SNA to TNAI</td><td>Rs 2200</td><td>1%</td><td>Rs 18/-</td></tr><tr><td>3</td><td>TNAI</td><td>Rs 3000</td><td>2%</td><td>Rs 60/-</td></tr><tr><td>4</td><td>ANM/HVL New Scheme</td><td>Rs 1000</td><td>1%</td><td>Rs 8/-</td></tr><tr><td>5</td><td>SNA New Scheme (SNA-TNAI membership)</td><td>Rs 2000 (paid at the time of admission)</td><td>1%</td><td>Rs 17/-</td></tr></table></div>	S. No.	Membership category	Fee	Rate of Incentive	Incentive per membership	1	HVL/ANM	Rs 1500	2%	Rs 30/-	2	SNA to TNAI	Rs 2200	1%	Rs 18/-	3	TNAI	Rs 3000	2%	Rs 60/-	4	ANM/HVL New Scheme	Rs 1000	1%	Rs 8/-	5	SNA New Scheme (SNA-TNAI membership)	Rs 2000 (paid at the time of admission)	1%	Rs 17/-
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5	SNA New Scheme (SNA-TNAI membership)	Rs 2000 (paid at the time of admission)	1%	Rs 17/-																												
From 2020, the incentives will be released within 4-6 months to the motivators																																

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5. Mock tests & Expert feedback

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by Secretary-General

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TNAI MEMBERS GROUP INSURANCE SCHEME (TMGIS)

**As approved by the TNAI Council, the
members interested to join the
TNAI Members Group
Insurance Scheme (TMGIS) shall
submit the following details to TNAI
HQs.**

Last Date: 30-11-2020

Required Details

1. Name
2. Complete address with PIN
3. Date of birth with proof
4. TNAI Membership Number
5. Date of enrollment as TNAI Member
6. E-mail and mobile number

Send the Information to - tmgis@tnaionline.org

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Note:

1. Details will be finalised based on number of members interested to join.
2. Planning for a Life Cover Insurance
3. The premium shall depend on the age period covered, and the number of members.
More the numbers, lower the premium

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TNAI's Plans for Professional Development of Nurses

In our age and era, with advancements in nursing and healthcare, it is imperative that one is abreast of the latest developments in concerned specialities and sub-specialties. Knowledge of advanced practices and techniques widens one's vision, approach and performance at the workplace and also helps individual's career growth.

Milestones Traversed in Upskilling of Nurses

As one of the major objectives towards fostering professionalism among nurses, the TNAI has been supporting, promoting and conducting programmes for upgrading the skills of nurses for better delivery of services.

In its onward journey, following events provided momentum to TNAI's activities related to educational development of nurses and upskilling them, which is also referred to as Continuous Professional Development (CPD).

- Instrumental in establishing the State Nursing Council in 1926
- Appointment of Education Committee by TNAI in 1933
- Instrumental in establishment of Indian Nursing Council in 1947
- Membership of the Commonwealth Nurses Midwives Federation (CNMF) in 1974

Considering the significant role of Continuous Professional Development, the TNAI has recently worked out partnership with the World Continuing Education Alliance (WCEA) that has already been providing all its members with an online CPD platform and its mobile application.

The App contains free 300-odd CPD courses from the Royal College of Nursing, Jhpiego, Aga Khan University and other eminent educators. The content material carries credit hours.

To take advantage of the WCEA facilities, one first needs to register with WCEA by following the steps as under.

1. Click on the link, <https://wcea.education/TNAI>
2. Register for CPD with your credentials: first name, last name, email id, mobile phone, and TNAI membership number (do not add LMT/ state code; only add).
3. After completing steps (1) and (2) you receive an email with user id and password in your email within 48 hours.
4. Click the play store/ app store button in your mobile phone and download the WCEA App.
5. After downloading the App, enter the user name & password, received in your email box.
6. Start using the App.

NOTICE TO ADVERTISERS

All advertisements published in TNAI Bulletin or Nursing Journal of India shall attract the provisions of GST. All advertisers including nursing institutions may kindly note that the current GST rate of 5% shall be compulsorily applicable on all transactions. The advertisers are requested to kindly furnish their GST number at the time of placing the order for publication of advertisement.

बेहतरी और खुशहाली के लिए स्वच्छता निहायत जरूरी है

कम ही लोग जानते हैं कि विश्व के 4.2 अरब लोगों को स्वच्छ, सुरक्षित, निजी शौचालय उपलब्ध नहीं हैं, जिनके हैं भी तो खस्ताहाल। इसके अलावा करीब 67.3 करोड़ लोग खुले में शौच के लिए जाते हैं। खुले में शौच की परिपाटी हमारे ही मुल्क की नहीं है। रेलयात्रा में तड़के सुबह खिड़की के बाहर के नजारे को याद करें, निवृत्त होने के लिए बच्चों से बूढ़ों तक, पानी का लोटा, डब्बा या बोतल हाथ में लिए लाइन से बैठी महिलाएं, पुरुष, बच्चे दिख जाएंगे।

खुले में शौच जाना न केवल ऐसे व्यक्तियों के लिए हानिकर है बल्कि जनस्वास्थ्य के लिए चुनौती भी है। वह इसलिए कि मनुष्यों के मल का 80 प्रतिशत नदी नालों में पहुंच कर डायरिया तथा ऐसी अनेक बीमारियां पैदा करता है जो जानलेवा हो सकती हैं। इसी के साथ विकासशील देशों में शौचालय दुरस्त न होने से उपलब्ध जल का 30 प्रतिशत सीवर के जरिए नालों में बहा दिया जाता है। सार्वजनिक स्थलों में निबटने में महिलाओं को विशेषकर भारी दिक्कत झेलनी पड़ती है। एक लेबानी कहावत है, साफ-सफाई ठीकठाक सुनिश्चित कर ली जाए तो स्वास्थ्य की दो-तिहाई हिफाजत हो गई समझना चाहिए।

शौचालय के अभाव में या इनके असुरक्षित होने से महिलाओं और लड़कियों को बलात्कार और सेक्स दुर्व्यवहार का जोखिम बढ़ जाता है, अतः समाधान में देरी समाज के लिए ठीक नहीं है। दूसरा पक्ष उनके शैक्षिक पिछड़ेपन का है। लड़कियों के लिए स्कूलों में अलग से शौचालय होंगे तो उनकी पढ़ाई अधूरी छूटने की संभावना घटेगी। समाज और राष्ट्र की बेहतरी के लिए, वर्ष 2014 में प्रधानमंत्री बनने से कहीं पूर्व, मोदी जी ने नारा दिया था, “पहले शौचालय, फिर देवालय”। यह साफ-सफाई के प्रति उनकी दूरदृष्टि का संकेत था। उसी वर्ष 2 अक्टूबर गांधी जयंती के दिन प्रधानमंत्री मोदी द्वारा स्वच्छ भारत अभियान के औपचारिक उद्घाटन ने समूचे देश में घर-आसपड़ोस, स्कूल-कालेजों, कार्यस्थलों, गली-कूचों में सफाई बरतने की ललक जगा दी थी जो देश, समाज के लिए शुभ साबित हुई। गंदगी के कारण जिन गली-कूचों, मोहल्लों से गुजरना दूभर था वहां अब गजब की सफाई दिखती है। सड़कों, सरकारी व अन्य कार्यालयों, रेलगाड़ियों-प्लेटफार्मों का नजारा अब पहले जैसा नहीं रह गया है। स्वच्छता मुहिम की शुरुआत में प्रधानमंत्री ने स्वयं झाड़ू हाथ में पकड़ कर कहा कि सफाई करना केवल सफाई कर्मचारियों का दायित्व नहीं है। स्वच्छता अभियान का दूसरा चरण वर्ष 2020-21 से 2024-2025 तक चलेगा।

देश में लड़कियों के अक्सर स्कूली पढ़ाई अधूरी छोड़ देने का एक कारण स्कूलों में

उनके लिए समुचित शौचालय की व्यवस्था नहीं होना है। स्कूली शौचालयों की दुर्दशा को मद्देनजर रखते हुए सफाईप्रिय प्रधानमंत्री ने कारपोरेट जगत को स्कूलों में शौचालय निर्माण का सुझाव दिया था। फलस्वरूप देश की टीसीएस, भारती फाउंडेशन, कोका कोला, टोयोटा किलोस्कर, अंबुजा सीमेंट, कोका कोला जैसी नामी कंपनियां और सार्वजनिक उपक्रमों ने समर्थन देते हुए वित्तीय प्रतिबद्धता व्यक्त की।

निजी और सार्वजनिक जीवन में स्वच्छ मनोवृत्ति को संवर्धित करने की दृष्टि से संयुक्त राष्ट्र के तत्वाधान में प्रतिवर्ष 19 नवंबर का दिन विश्व शौचालय दिवस (वर्ल्ड टॉयलेट डे) बतौर मनाया जाता है। सस्टेनेबल डेवलपमेंट लक्ष्य 6 के तहत “सभी के लिए जल और समुचित साफ-सफाई सुनिश्चित करने” का निदेश है।

अन्य देशों की भांति अपने यहां भी कोरोना संक्रमण के पश्चात स्वच्छता के प्रति विशेष जागरूकता देखने को मिली है। निजी, पारिवारिक, सामाजिक जीवन और परिवेशगत स्वच्छता बरतने की संस्तुति सभी संप्रदायों और समुदायों में है। भारतीय जीवनशैली में पूजा-अर्चना व धार्मिक अनुष्ठानों में शरीर, वातावरण और सामग्रियों की शुद्धता और सफाई पर विशेष जोर है। शरीर का समुचित रखरखाव वैसे भी आवश्यक है, जैसा अमेरिकी मोटिवेटर लजिम रोह्म ने कहा, “यही एकमात्र स्थान है जहां तुम्हें रहना है”। सफाई बरतना प्रत्येक नागरिक अपना दायित्व समझे और स्वच्छता के बाबत संबद्ध शासकीय तंत्र सतर्क रहें तो हमारे शौचालयों और अन्य स्थलों की फिजाएं अवश्य सुंदर रहेंगी।

बेहतर, खुशहाल जीवन बिताने के लिए मन और शरीर दोनों की साफ-सफाई अत्यंत आवश्यक है। वातावरण स्वच्छ नहीं होगा तो प्रभु में ध्यान कैसे लगेगा? इसीलिए एक संत ने कहा, साफ सफाई बरतना प्रभु की आराधना से कम पवित्र कार्य नहीं है।

MERITORIUS

Mrs Sangeeta Tiwari

Mrs Sangeeta Tiwari, a TNAI member, was awarded the degree of Doctor of Philosophy (PhD) by Sarvepalli Radhakrishnan University, Bhopal in June 2020. The topic of her thesis was, “Effectiveness of Nurse-led Intervention on Polycystic Ovarian Syndrome (PCOS) in Terms of Knowledge among Adolescent Girls (16 to 18 years) of Selected Schools at Dewas (MP).”

Mrs Tiwari completed her dissertation with Dr Bharati S Batra (Professor, RKDF College of Nursing, Bhopal) as Supervisor.

She is Professor & I/c Principal in Government College of Nursing, Ujjain (MP). She had completed her graduation and post-graduation from Government College of Nursing and RD Memorial College of Nursing, Bhopal, respectively.



Nursing Now / Signature Campaign:

In case you haven't yet joined it, please do it now!

One of the main objectives of TNAI is to advance the economic and general welfare of nurses. Since its inception, TNAI has been working on this area. TNAI also conducted surveys to study the socio-economic welfare problems of Nurses in India and recommended appropriate solutions. The TNAI Headquarters and the state branches have been representing SEW problems of Nurses to the authorities concerned and at different other fora.

Milestones of TNAI to Advance the Economic and General Welfare of Nurses

- 1970: A study of Socio-Economic status of Nurses in India: The research committee of the TNAI conducted a survey of socio economic status of nurses in India. The survey researched pay scales and working conditions of Nurses as well as important issues regarding the nurse-patient ratio and the place of nurses in society.
- 1973: Nursing Survey in India: It was conducted in collaboration with the Coordinating Agency for Health Planning (CAHP), now known as Voluntary Health Association of India. This was an important project on which the TNAI worked entirely on its own resources.
- 1989: After institution of a High-Power Committee (HPC) on nursing and nursing profession in 1987, its report was brought out; the two documents form an important basis for development of the Nursing profession.
- 2011: Filed a case in supreme court and recommendation were formulated.
- 2014: TNAI passed the resolution of Equal Pay for Equal Work.
- 2016: Supreme Court passed orders for action on writ of TNAI for improving salary structure and working conditions of nurses.

As you are aware, the Nursing Now/ Signature Campaign has been launched in the International Year of the Nurse & Midwife 2020 as a modality to empower nurses.

The campaign is in line with TNAI's mandate to raise the socio-economic status of the nursing workforce. Readers may recall, way back in 2011, TNAI had filed a case in Supreme Court to intervene in securing justice to the underpaid nursing personnel in certain parts of the country; subsequently, in 2016 the directions of the apex court passed orders for improving salary structure and working conditions of nurses. In the meantime, in 2014 TNAI passed a resolution of Equal Pay for Equal Work.

However, it is found that compensation offered to nursing personnel at many organisations is still far from adequate or reasonable levels, and not in keeping with accepted norms. We at TNAI are committed to fight the injustice to the nurses, including legal action. Yet, for us to work effectively we need your cooperation. We therefore urge you to provide the data from every nook & corner of the country regarding the salary and working conditions of nursing personnel.

We need solid data to represent this issue. Therefore, we request you all to join together to provide the data from every nook and corner of the country. We are in need of 10 lakhs signatures from nurses for positive results of the signature campaign. TNAI has started a signature campaign for the improvement of nurses' salary and working conditions for nurses working in the Private and Government Sectors. This survey has been initiated as a part of the TNAI activities for the Year 2020. You can lend support to this common goal of securing justice to nurses by affixing your signature to the campaign. All nursing and allied personnel, their friends and well-wishers are also invited to strengthen the Signature Campaign.

Kindly also tell others about this campaign and have their signatures. We request all of you to sign and share the word to maximum persons.

Steps to sign for Nursing Now Campaign / Signature Campaign

Kindly click on the link: <https://bit.ly/3dTrfH3>

Participate in Nursing Now Campaign:

☐ Nurse

☐ Non-Nurse

- If you are a Nurse, click on 'Nurse', fill in the form and at last click on 'Submit'. You will receive a certificate of signature support for the Nursing Now Campaign.
- If you are a Student nurse or from the general public click on the 'Non-Nurse', fill in the form and 'Submit'. You will receive a certificate of signature support for the Nursing Now Campaign.

Guidelines for Authors

The Nursing Journal of India (NJI) invites contributions for publication including original research article, case studies, review articles that may be relevant/related to Nursing Practice, Management, Education, Community.

Name(s) of author(s) with designation; TNAI Number; Author (s) and co-authors details; Email id and phone no.; Complete address for correspondence; mention the year in which the study was conducted; furnish an undertaking that the article has not been submitted elsewhere for publication; Institution Ethical Clearance (IEC) letter (whoever conducting interventional studies); If your research study is the part of MSc Programme mention the names of your guide and co-guide.

The articles should follow the following sequence: 1. Problem Statement; 2. Objectives; 3. Need of the study; 4. Review of Literature; 5. Methodology; 6. Result in two tables with interpretation below the table; 7. Discussion of your study finding to be based on the similar studies; 8. Recommendation ; 9. Nursing Implication; 10. Conclusion; 11. References-recent references (5-15) (references should be numbered and should follow the Vancouver Style). In case of websites: mention the retrieval date.

Note:

- The articles should be 1200 to 2000 words long. Illustrations, diagrams, photographs should be preferably in black and white; if in colour, these should have good reproducibility.
- Evidence-based studies are given priority
- Planned teaching programme studies are not accepted

Authors should send the soft copy through mail publicationstnai@yahoo.com along with a cover note addressed to the Chief Editor, The Nursing Journal of India (NJI).

For Existing and Prospective Members of TNAI

Concession on TNAI Membership Fee

The TNAI EC & Council has decided to offer a special concession in view of 2020, "The Year of the Nurse & Midwife" for becoming Life Member of TNAI.

For Life Member of TNAI (GNM, B.Sc (N), PB BSc & MSc (N))	-	Rs. 3,000/- / Member
For Associate Life Membership (ANM & HVL)	-	Rs. 1,500/- / Member

Note: This shall be applicable from 16 June 2020 to 31 January 2021.

SNA MEMBERSHIP FEE - GNM / BSc (NURSING)

SNA Subscription Plan (One Time Payment)		SNA - TNAI Membership Plan (One Time Payment)
Course	Subscription Fee (Rs)	<ul style="list-style-type: none"> • Rs 2000/- per student including SNA scholarship, SNA subscription fee. • Automatically becomes TNAI member without any fee. • SNA ID Card issued to individual student.
GNM	500.00 / Student	
BSc (N)	650.00 / Student	

SNA ASSOCIATE MEMBERSHIP FEE - ANM

SNA Subscription Plan (One time payment)		Associate Life Membership Plan
ANM	350.00 / Student	<ul style="list-style-type: none"> • Rs 1000/- per student including SNA scholarship, SNA subscription fee and life membership fee. • SNA ID Card issued to individual student. • Automatically becomes TNAI Associate member after completion of course.

Strengthening the TNAI Fold

Appeal for Enrolling Memberships

In our age, it is numbers that matter.

We at TNAI strongly feel that the number of non-TNAI member nurses is many times the TNAI members. This is quite disheartening, and a challenge considering the status, prestige of organisation TNAI is, and also the numerous advantages of acquiring TNAI Membership.

Membership is the backbone of an organisation, especially the one like the TNAI. Larger the members, stronger we become, better we can bargain for the justice and welfare of nurses, and secure what nurses rightfully deserve at various levels: local, State, national, regional and international.

We urge you to kindly help strengthen TNAI, an organisation that is yours, by requesting/ convincing/ persuading/ cajoling the non-member nurses to acquire TNAI membership. Also think of any other modality to this end, and write or mail to us.

You can help TNAI become a stronger and more effective body by contributing to TNAI membership enrolments.

As you are aware, TNAI Membership entitles one to exclusive online resources, networking opportunities, scope for professional development, educational advancement and skill upgradation, discounts on TNAI publications, proposed health insurance.

Revised Membership Fee

In view of the declaration of 2020 as The Year of the Nurse & Midwife by WHO, a significant discount is being offered for enrolment as a Member till 31 January 2021. Prospective members can avail of the discounted membership charges.

Lodging at TNAI Headquarters Made Easier !

TNAI Hqrs has expanded its capacity to accommodate more of TNAI members visiting Delhi. The TNAI members including students visiting Delhi on official or professional tours can avail the lodging facility, within the TNAI Hqrs premises at reasonable charges. The per day charges are as under:

TNAI Members: Rs. 600/-

SNA Members: Rs. 250/-

Non-Members: Rs. 900/-

Children below 5 yrs: No charges

Children 6-12 yrs: Rs. 150/-

However, due to limited beds, interested members may get the booking done in advance.

Secretary-General, TNAI

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