



A Healing Touch Is What We Most Need Today

The worst manifestation of Covid-19 pandemic has been the large scale morbidity and the mortality of a magnitude that caught the entire world unawares. The threat still lingers with resurgence of pandemic in many parts of the world and in our country. As the health planners work for universal vaccination to curb its further spread, a lesson that everyone learnt is to listen to one's body. Sadly, in our pursuit for material affluence, better prospects and image-building, 'health' has never been a priority. With Covid-19 people learnt the food habits and the stuff that must not be compromised; obviously, those particular about eating and living in sync with nature have lesser chances of contracting Corona or other infections.

Considering that good health is not only essential for our growth, development and well being but also right of all, the World Health Organisation (WHO) observes 7 April as World Health Day to promote awareness about origin, control and prevention of diseases for healthy living. It develops evidence-based guidelines and issues advisories related to the topical health problems to be followed. Every year, a topical issue is picked to focus upon, the theme for 2021 is, Building a Fairer, Healthier World for Everyone; the assumption behind this theme is that our world is an unequal one. The impact of Covid-19 has been harshest on vulnerable communities already more exposed to the diseases and little or no access to proper health care services.

Crucial in securing health for all is the emphasis on Universal Health Coverage and Primary Health Centres, the agencies that work at ground level where nurses & midwives contribute the utmost as acknowledged by the WHO fact sheet. It states that these two health care workers account for nearly half the global health workforce. Recall, well before the nurses and midwives earned the 'warriors of Covid-19 war' title, the WHO had designated 2020 as the International Year of the Nurse and the Midwife. The subsequent phases of Covid-19 with positive cases once again increasing by the day enjoins upon nurses to be at tenterhooks.

As an apex agency committed to ensure that everyone, everywhere, can realise the right to good health, WHO calls health workers to work hand in hand with affected communities and individuals to address the root causes of inequities in health services. In line with nurses' tradition of contributing immensely in alleviating the suffering of those facing emergent and routine health conditions, last year the TNAI took up cudgels to provide services and wherewithals to inadequately covered areas through its State Branches. Besides encouraging people for vaccination against coronavirus, the formidable task of attending to the second phase of Covid-19 is still in front of nurses. We believe you shall continue their efforts relentlessly to provide relief to the ailing and the vulnerable, something the world always needs.

Evelyn P Kannan
Chief Editor & Secretary-General

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THE TRAINED NURSES' ASSOCIATION OF INDIA

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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



Health Education England

The Trained Nurses' Association of India

Estd: 1908

Free Recruitment for Nurses to United Kingdom, NHS Trust Hospitals

-----Eligibility-----

1. GNM or Above
2. Six months of Experience
3. Language Requirement

	R	L	S	W
IELTS	7	7	7	6.5
OET	B	B	B	C+

Interested Candidates are requested to send:

1. Updated CV
2. IELTS or OET result
3. Experience Certificate

To below mentioned email:

tnairecruitment@gmail.com

For more details contact:
Secretary-General, TNAI
 L-17, Florence Nightingale Lane,
 Green Park, New Delhi-16
 Ph: 01140195409, 40195407
 WhatsApp: 8287374228

Benefits

Refund of:

- IELTS/ OET Training Fees*
- IELTS/OET Exam Fees
- NMC Full application fees
- CBT Exam fees
- Certificate Verification Charges*
- Visa Charges*
- NMC Registration fees

Additional Benefits:

- Certificate of Sponsorship
- Flight Ticket
- Immigration Skills Charge
- Airport Pickup
- Accommodation support/ Settling Package
- Training for CBT and OSCE
- Fees for OSCE*

* Conditions apply

Moving ahead with committment and dedication since 1908

By Secretary-General

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-specialities. 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.

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.

Meetings on Benefits of TNAI Membership & TNAI's Recruitment Services

With the objective of disseminating the numerous benefits of becoming TNAI Member, two one-day virtual meetings on Meeting on Benefits of TNAI Membership & TNAI's Recruitment Services, one on 18 February 2021 from 11.30 am to 01.00 pm, and another on 26 February 2021 from 2.00 to 4.00 pm, were conducted.

The meeting began with welcome of dignitaries and participants by Mr Dip Kamal Vyas, President - TNAI Gujarat State Branch, Mrs Rajeswari M, President - TNAI Telangana State Branch. This was followed by address by Prof (Dr) Roy K George, National President TNAI.

The orientation about TNAI was given by Mrs Evelyn P Kannan, Secretary-General TNAI. Mr Ajinas AM, Asst Secretary General TNAI spoke about the multiple benefits of TNAI membership as also the promising results of TNAI's foreign recruitment services being undertaken by TNAI. In yet another session, Mrs Sanghamitra Sawant, Asst Secretary General TNAI briefed the participants about TNAI's Central Institute of Nursing & Research (CIN&R) and the International Training Centre where programmes on BLS ACLS are also conducted. Highlights of other activities of TNAI including publications were covered by Mrs Vatchala Dhinakaran, Asst Secretary General TNAI.

Towards the end of programme, there was an interactive Q&A session followed by Vote of Thanks by Mr Kiran V Domadia and Mrs T Swarajyavani, Secretaries- TNAI Gujarat and Telangana State Branch respectively.

Covid Warrior Completes 3313 km Journey in 11 days

Bike rider Akash Salve, a male nurse of Rameshwari (Nagpur, Maharashtra) set an example of completing 3313 km journey from Delhi to Nagpur from 14 October to 24 October in 11 days by bike.

Mr Akash, fond of adventure, also the President of Orange City Riders Club is a registered mail nurse at Mayo Hospital Nagpur. After putting in seven months hard duties of Corona, he proceeded to fulfil his dream of biking in northern mountains. Starting his journey from 1 pm on 14 October after Corona RTPCR test done (with negative report) he took the route of Atal Tunnel (Manali), Shinkula Mountain Pass (16,580 ft), Lingshed Village, Shige La Mountain Pass (16500 ft), Sirli La Mountain Pass (15800 ft) and New Zanskar Valley. A 300 km ride of this journey was through inaccessible dangerous snowy paths. Recalling his thrilling experience he said, mountain people have big hearts and are very helpful.

Back home, the driving gloves, jacket, helmet and shoes are replaced again with PPE Kit to help recover the Covid patients.

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हाथ में कटोरा थामे या खिलौना, नैपकिन, कंघी आदि बेचते अनेक बच्चे आपको चौराहों, मंदिर—मस्जिदों, रेलवे स्टेशन या बस डिपो के आसपास मिल जाते हैं। किसी निश्चित ठिकाने के इन “फुटपाथी बच्चों” में से बहुतेरे पुल—पुलियाओं के नीचे, पाइपलाइनों, पाकों, बाजारों—पायदानों में रहने को विवश हैं। समाज से तिरस्कृत ये बेघर बच्चे रोजाना आजीविका की तलाश में भटकते रहते हैं। दुर्भाग्यपूर्ण यह है कि फुटपाथी बच्चों की सुध लेना तो दूर, उनसे घृणा की जाती है। इनकी हिफाजत के बारे में फादर एडवार्ड फ्लैनागन ने कहा, “निर्धनता और बदकिस्मती के मारे ये मासूम बच्चे हम सभी के हैं और यह हमारी फिक्र होनी चाहिए कि उन्हें कैसे बालिग के तौर पर उनकी सही परवरिश की जाए”। इन बच्चों की स्थिति खतरनाक तब हो जाती है जब ड्रग या अंडरवर्ल्ड के माफिया इन्हें अपने ग्रुप में शामिल कर देते हैं और ये नरकीय जीवन बिताने के लिए मजबूर हो जाते हैं।

जीने का मकसद तब है जब घर—परिवार हो। घर हमें तब आसरा और सुकून देता है जब हर कोई ठुकरा देता है। फुटपाथी बच्चों में खासी संख्या उनकी है जो अपने घर—परिवार से जुदा हैं, कल्पना करें उन पर क्या गुजरती होगी। बेघर बच्चों की दशा—दिशा में सुधार के लिए आस्ट्रियाई संस्था जुगेंड आइन वेल्ट 2009 से और फुटपाथी बच्चों का कन्सोर्टियम 2011 से विश्वस्तर पर प्रतिवर्ष क्रमशः 31 जनवरी और 12 अप्रैल को नीति निर्माताओं, स्वैच्छिक संगठनों, लोकप्रिय हस्तियों, कॉर्पोरेट समूहों आदि के सहयोग से अंतराष्ट्रीय फुटपाथी बच्चों का दिवस के तहत विभिन्न आयोजन करता है। चूंकि 80 फीसद फुटपाथी बच्चों का लेखाजोखा जनगणना या अन्य दस्तावेजों में नहीं होता, इन्हें “गुमशुदा बच्चे” की श्रेणी में रखा जाता है। विश्व के 10 करोड़ अनुमानित फुटपाथी बच्चों में सर्वाधिक, करीब 1 करोड़ 10 लाख भारत में है। कारण कुछ भी हो, गरीबी, पारिवारिक कलह, कोई दर्दविदारक घटना, रोजगारहीन पिता, उसकी शराबखोरी या बच्चे से गाली गलौज, प्रताड़ना या शहर की चकाचौंध, इनमें से एक तिहाई बच्चे असामाजिक तत्वों के मार्फत चोरी, उठाईगिरी, वेश्यावृत्ति या नशे जैसे अवैध धंधों में जुड़ कर शोषण, अपमान और दुर्व्यवहार का शिकार होते हैं। करीब 89 प्रतिशत फुटपाथी बच्चे भीख मांगने, बूट पॉलिश करने, खिलौने, धूपबत्ती बेचने जैसे कमाई के धंधे के बाद रात को परिवार में लौटते हैं। उम्रवार, 40 प्रतिशत फुटपाथी बच्चे 11—15 आयुवर्ग के होते हैं। गरीबी के बाद बच्चों को फुटपाथों पर धकेलने वाले अन्य कारण हैं: शहरी विस्तार, पारिवारिक विघटन, शैक्षिक संस्थाओं का अभाव, स्कूल बीच में छोड़ना। अधिकांश फुटपाथी बच्चे कामगर हैं। अमूनन बगैर शेल्टर खुले आसमां तले रहने को अभिशप्त ये बच्चे गर्मी, ठंड, बारिश और अनेक बीमारियों के जोखिम में रहते होते हैं। नियोक्ताओं, पुलिस, और नगर निगम के स्टाफ इन्हें परेशान, जलील, प्रताड़ित और शोषित करते हैं। एक तिहाई फुटपाथी बच्चे कम से कम एक बार पुलिस द्वारा घर दबोचे जाते हैं।

बच्चों को उनके अधिकार दिलाने के लिए कार्यरत अंतराष्ट्रीय बाल अधिकार कन्वेंशन (सीआरसी) के अनुच्छेद 27 के अनुसार “सभी भागीदार राज्यों को हर बच्चे के भौतिक, मानसिक, आध्यात्मिक, नैतिक और सामाजिक विकास के जरिए बेहतर जीवन बिताने के अधिकार को मान्यता देनी चाहिए।” बेघर बच्चा इस अधिकार से वंचित रहता है। आपदाग्रस्त फुटपाथियों को तुरंत राहत प्रदान करने के लिए भारत सरकार स्वैच्छिक व सामुदायिक संगठनों, कॉर्पोरेट समूहों के सहयोग से तथा भारत सरकार के महिला एवं बाल विकास विभाग द्वारा समर्थित सेवा चाइल्डलाइन 1996 से देश के 34 राज्यों व संघ क्षेत्रों के 366 शहरों में 700 पार्टनरों के साथ चाइल्डलाइन सेवा चला रही है। चौबीसों घंटे कभी भी

टोल-फ्री नंबर 1098 डायल करने से चालू इस सेवा का लाभ लिया जा सकता है। सुप्रीम कोर्ट के निर्देश हैं कि महानगरों में प्रति एक लाख की आबादी पर चौबीसों घंटे खुले रहने वाला, भोजन की सुविधायुक्त आश्रयगृह होना चाहिए।

जिन मासूमों ने अपनों को खोया या जिनके कोई कभी न थे, उनके प्रति समाज की विशेष जिम्मेदारी है। एक नामी साहित्यकार की राय में, “मानवजाति को बच्चे के लिए वह सब करना चाहिए जो उसके बस में है।” फुटपाथी बच्चों से घृणा और तिरस्कार से पेश आने के एवज में उन्हें घर में बसाने की सुध लेना सभी के हित में होगा।

— प्रकाशन एकक, टीएनएआई

vPNh l gr ds fy, t: jh gS ; fjd , fl M Lrj ij dA/ksy

पहले जान लें, क्यों शरीर में यूरिक एसिड का स्तर बढ़ जाता है।

भोजन की पाचन क्रिया के दौरान प्यूरिन नामक रसायन को विघटित कर दिया जाता है। रक्त में घुल चुका अधिकांश खून में अवशोषित हो जाता है। सामान्य शारीरिक प्रक्रिया में यूरिक एसिड किडनी से गुजरते हुए छन कर शरीर से बहिष्कृत कर दिया जाता है। प्यूरिन-बहुल खाद्यों जैसे समुद्री भोजन, रेड मीट, उच्च फ्रक्टोज के खाद्य (जैसे कॉर्न सीरप, बीयर) रक्त में यूरिक एसिड का स्तर बढ़ा देते हैं। शरीर में यूरिक एसिड का स्तर बहुत ज्यादा होने से हाइपरयूरिमीया हो जाता है और यूरिक एसिड के थक्के (क्रिस्टल) जोड़ों में जमा हो जाते हैं। ये क्रिस्टल किडनी में चले जाएं तो पथरी हो सकती है।

उच्च यूरिक एसिड का उपचार न किया जाए तो हड्डियों और जोड़ों में स्थाई समस्या हो सकती है, एडियों व अन्य शारीरिक अंगों और मांसपेशियों में सूजन और दर्द होता है, कालांतर में गठिया या अन्य बीमारियां भी हो सकती हैं। एक अध्ययन के अनुसार उच्च यूरिक एसिड के चलते व्यक्ति में न केवल डायबिटीज़, हार्ट की बीमारी, स्ट्रोक आदि की संभावना बढ़ती है बल्कि उसकी आयु 11 वर्ष घट जाती है।

दिलचस्प बात यह है कि अनेक देसी नुस्खों से उच्च यूरिक एसिड को नियंत्रित किया जा सकता है। हरी सब्जियां – इनमें पर्याप्त मात्रा में आयरन, कैल्शियम, विटामिन बी और सी मौजूद रहते हैं जो यूरिक एसिड को निराकृत करते हैं।

लौकी का रस – लौकी विटामिन सी, विटामिन बी और लौह तत्व से परिपूर्ण होने से यूरिक एसिड के प्रभाव को खत्म करने में कारगर है।

अजवाइन – कैम्फीन, क्यूमिन, डाईपेन्टीन, फिनोल, ओलिक, लिनोलिक तथा ओमेगा 3 फैटी एसिड जैसे रसायनों की मौजूदगी के कारण अजवाइन यूरिक एसिड के कुप्रभाव को शिकस्त देता है।

अतः यूरिक एसिड की बढ़त को कंट्रोल करने के लिए अपने दैनिक आहार में हरी सब्जियों तथा किसी भी रूप में लौकी और अजवाइन की मात्रा सुनिश्चित कर लें। इन देसी उपायों से अतिरिक्त लाभ यह है कि रोगी को एलोपैथिक दवाओं के साइड इफेक्टों से बचा रहता है।

— प्रकाशन एकक, टीएनएआई



THE TRAINED NURSES' ASSOCIATION OF INDIA

Estd:1908



Grievances Cell

The TNAI is committed to the growth and wellbeing of nurses all over India. Nurses play a critical and valuable role in the existing health care system and the life of the people at large. The COVID crisis has impacted the functioning and work environment of health care personnel in unprecedented ways.

Representing the voice of nurses, we advocate for improved facilities, systems and policies which will support the work of nurses in colleges and health care institutions. We plan to raise issues concerning nurses in educational and health care institutions at the larger level and draw attention to their problems as well as work towards a deeper understanding of their current work situation.

With this in mind, we appeal to nurses in the Private/ Government Sector/ Hospitals, Colleges and Public Health Institutions to share concerns, problems in relation to work situation, remuneration, work environment etc during the COVID -19 crisis. Also your ideas or suggestions which may help to solve these problems.

We at TNAI will definitely address this issues and represent at appropriate authorities with all possible type of organisational activities. Hence your cooperation is earnestly solicited.

Contact Details:

Email: tnaioncovid19@gmail.com | Mob: 8287374228 | WhatsApp: 8287374228 | Landline: 011-40196690/40195407

Mrs. Evelyn P Kannan
Secretary General

Prof(Dr) Roy K George
President- TNAI

Moving ahead with commitment and dedication since 1908



The Trained Nurses' Association of India

Estd: 1908



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: 30-04-2021

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

Connect with TNAI TNAI TNAINationalHq PresidentTnai

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

Moving ahead with committment and dedication since 1908

Workshop on 'Neonatal Resuscitation Programme India'

A one-day workshop on 'Neonatal Resuscitation Programme India' was organised by National Reference Simulation Centre (NRSC) of SGT University Gurugram in collaboration with the Indian Association of Neonatal Nurses (IANN) on 25 March 2021.

The workshop was inaugurated by Dr Joginder Yadav, Registrar and Dr Pankaj Abrol, Head, Department of Paediatrics at SGT University, the chief



guest and the honour of guest respectively. Earlier, the dignitaries and the participants were welcomed by Dr Manju Vatsa, Director - NRSC.

The special feature of the workshop was hands-on training at five workstations including birth preparedness and initial steps, positive pressure ventilation, chest compression, drug and vascular access, and endotracheal intubation.

Valedictory address was delivered by Dr Roy K George, National President, TNAI and Mrs Evelyn P Kannan, Secretary-General, TNAI.

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 12 May 2021. Prospective members can avail of the discounted membership charges.

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 during December 11-16, 2018 at Goa (Minutes No. EC/CL/2018/4, the advertisement rates for the NJI and TNAI Bulletin have been modified from April 2019 issue onward, as under.

Advertisement for Website only

Products	-	Rs. 30,000/- per month
Institutions (Admission Notices, Staff Vacancies)	-	Rs. 15,000/- per month
Institutions (Workshops / Conferences / News)	-	Rs. 10,000/- per month

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)	35,100	38,300	2,880
Half Page (Colour)	19,100	26,500	1,440
Quarter Page (Colour)	12,800	19,100	720
Full Page B/W	25,100	27,300	2,070
Half Page B/W	15,200	20,300	1,080
Quarter Page B/W	10,200	15,200	540
Job Work		Rs. 1530/- per column per centimeter with minimum size as 7 cm i.e. Rs. 10,700/- minimum charges	

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	27,300	32,800	2,025
Full Page B/W	20,000	21,900	1,620
Half Page B/W	11,000	14,600	810
Quarter Page B/W	7,300	11,000	405
Job Work		Rs. 1215/- per column per centimeter with minimum size as 7 cm i.e. Rs. 8,500/- minimum charges	

- 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 April, 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 in the favour of TNAI, payable at New Delhi.
- Kindly note that GST, as relevant (presently 5%) shall be chargeable on the rates mentioned.

Telephone: 011-26966873, 26566665, 26534765; Email: publicationstnai@yahoo.com

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



EVENTS OF THE MONTH

World Health Day: 7 April

The date 7 April is global health awareness day celebrated every year under the auspices of the World Health Organization (WHO), as well as other related organisations. Every year, an issue considered of worldwide significance is identified to focus upon. The theme for 2021 is, Building a Fairer, Healthier World.

Considering good physical and mental health as right of all in village Earth, the WHO develops evidence-based guidelines and recommendations to be adopted by member-states; it also urges governments to formulate appropriate policies and monitoring mechanisms for the well being of the people. Pivotal in securing health for all has been emphasis on Universal Health Coverage and Primary Health Centres, the agencies that work at ground level. The WHO fact sheet states that nurses and midwives account for nearly half of the global health workforce. Even before the nurses and proved their mettle as warriors to fight Covid-19, the WHO had designated the 2020 International Year of the Nurse and the Midwife. The 'second phase' of Covid-19 with positive cases once again increasing by the day continues to keep the nurses at tenterhooks.

The assumption behind this year's theme (towards building a fairer, healthier world) is that our world is an unequal one. Covid-19 has highlighted that some people are able to live healthier lives due to better access to health services than others. Some population groups struggle to make ends meet with low daily income, poorer housing conditions and education, fewer employment opportunities, experience greater gender inequality, and have little or no access to safe environments, clean water and air, food security and health services. This leads to avoidable suffering, illness, and premature death, and impinge upon our societies and economies.

As a world agency committed to ensuring that everyone, everywhere, can realise the right to good health, WHO calls for (i) working hand in hand with affected communities and individuals to address the root causes of inequities and to implement solutions, (ii) collecting reliable data disaggregated by gender, age, income, education, migratory status, disability, geographic location and other characteristics relevant to the national context, (iii) tackling the root causes of inequities and increase investment in primary health care, and (iv) acting beyond since it is only by protecting, testing and treating the entire global population that pandemics like Covid-19 can be curbed.

World Parkinson's Disease Day: 11 April

Parkinson's is a neurological condition with its incidence increasing very fast. Most affected are those 50 years or older but younger ones are not spared. People living with Parkinson's disease (PD) do not have required chemical (dopamine) in their brain due to death of nerve cell substantia nigra; without dopamine one cannot perform daily activities in a normal manner; their movements become slow and they take longer to perform any task. Other symptoms include, difficulty in bathing, dressing, eating, sleeping and even walking.

At the end-stage (Stage Five), the person faces severe posture issues in their back, neck, and hips, and often requires a wheelchair and may be bedridden. Patients with PD show craving for sweets. They experience difficulties with their sleep due to the disease itself and the medications that treat it. This can lead to increased sleepiness during the day.

World over, the neurological disorders are the leading cause of disability; among these, PD is the fastest-growing. During 1990-2015, the number of people living with Parkinson's doubled to more than 6.2 million. Experts predict this number to reach 12 million by 2040. Interestingly, smoking tobacco appears to reduce the risk of Parkinson's disease. Some studies have shown that smoking can reduce risk of PD by more than 40 percent. So it is feared that reducing tobacco consumption may be raising the overall prevalence of Parkinson's disease. Parkinson's Awareness Day seeks to promote advocacy and influence the decision of relevant policy makers where appropriate.

National Conference on Opportunities for Nurses in Advanced Liver Care

Considering the growing incidences of liver complications, a one-day national level liver conference, 'Basic and Advanced Liver Intensive Care: Newer Opportunities for Nurses' was held at Gleneagles Global Hospitals and Health City (GGHHC), Chennai on 25 January 2020. It was attended by 280 participants.

Liver Nursing, a speciality involves cutting edge technology and innovative approaches, opens broad opportunities for nurses. It includes monitoring, predicting and proactively detecting deviations in patient response to treatment.

The Conference started with an overview of Liver Transplant by Dr Rajnikant Patch, Senior Consultant- HPBT Liver & Transplant Consultant at Gleneagles Global Health City (GGHC), Chennai GGHC that covered sources of transplants, organs used, graft rejection and graft vs host disease, organ allocation, pre-transplant screening, infection & immunosuppression. The session, 'Liver Donor Management' was covered by Dr Ellango AP, Senior Consultant- Liver, Anaesthesia and Critical Care at GGHC. Ms Anila Merlin George, Deputy Chief of Nursing at GGHS enlightened the participants on nursing management for the patient with cirrhosis of liver. The subject, 'Intensive Care Management of ALF' using practical clinical approaches was dealt by Dr Sevakumar Malleeswaran, HCO-Liver Anaesthesia & Critical Care, GGHS while Ms Poornima, senior RN LICU, GGHS focussed on assessment, respiratory, circulatory, renal haemodynamic and neurological supports and monitoring.

These sessions were followed by inaugural programme presided by Dr Dileep Kumar, President- Indian Nursing Council & Chief Guest. Speaking on role of nurses and care & cure of liver transplant, he appreciated initiation of Liver Nurse Practitioner course. He also commended the efforts of GGHS to implement the Nightingale Challenge 2020.

In the last session, 'Promotion of Healthy Liver, Towards Prevention of Non-alcoholic Liver Disease by Dr Joy Varghese, Director-Hepatology & Transplant Hepatology, GGHS, said that a healthy liver can readily handle a lifetime's dietary fat but a failing heart cannot. Other experts who covered GI Bleeding, Tubes & Drains, Diet & Nutrition, Infection Prevention and Paediatric Transplant were: Dr Jothi Clara Michael, Dr Balajee G, Dr Harikumar R Nair, Ms Jessica D'Souza, Dr Venkatalakshmi C, Dr Subramaniam Swaminathan, Ms Sheela P, Dr Karnan, Ms Vanaja Bolineni. Two other highlights of the Conference were: (i) conduct of Skillathon (launched by Dr Girdhar Gyani, President- AHPI) for better care of liver patients and (ii) showcasing of benching of the graft through blanket technique; four exclusive stations to make sure that delegates get experiential learning.

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.

NOTICE TO ADVERTISERS

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.



Free Recruitment for Nurses to UK

Upcoming Interviews

Date	Name of NHS Trust
25-26th February	Devon
1 st -3rd March	Shrewsbury and Telford
3rd March	Calderdale and Huddersfield
3rd March	Devon
3rd, 4th March	Robert Jones & Agnus Hunt Orthopaedic Hospital
5th March	Devon
9th March	South Warwickshire
15-16TH March	Shrewsbury and Telford
16th March	Lancashire Teaching
16-17th March	East Lincs
17th March	Shrewsbury and Telford
18 th March	Lancashire Teaching
23rd March	Lancashire Teaching
25th March	Lancashire Teaching
23rd March	South Warwickshire
27th April	South Warwickshire
26th May	South Warwickshire

Eligibility:

1. Qualification: GNM or Above | 2. Experience: Six months of recent
3. Valid IELTS or OET Score - **IELTS** (L-7, R-7, W-6.5, S-7) | **OET** (L-B, R-B, W-C+, S-B)

Candidates with experience in the above mentioned speciality and meeting the other eligibility criteria can please share the updated CV to

tnairecruitment@gmail.com

For more details contact:

The Secretary-General, TNAI
L-17, Florence Nightingale Lane, Green Park, New Delhi
Ph: 01140195409, 40195407,

WhatsApp: 8287374228

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BENEFITS FOR TNAI & SNAI MEMBERS

Welfare	Educational	Awards																														
<p>1. TNAI & SNA Scholarship (Rs. 24,000/ Year)</p> <p>2. Medical Assistance (Maximum upto Rs. 1,00,000)</p> <p>3. Critical illness assistance (Rs. 1,00,000)</p> <p>4. Nurses Welfare Grant</p> <p>5. Subsidized accommodation at TNAI guest houses (helpdesk@tnaionline.org)</p> <p>6. Railway Concession (25%)</p> <p>7. Free recruitment for European Countries - Click for more details</p> <p>8. Day Care centre for the Elderly</p> <p>9. Disaster Relief fund for individual/ state/national</p> <p>10. Addressing grievances of nurses at various levels</p>	<p>1. Concession for:</p> <ul style="list-style-type: none"> ✓ Conference Registration fee for participation in TNAI's national and state Conferences. ✓ 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) <p>2. Scientific Paper Presentation at TNAI / SNA National Conferences.</p> <p>3. Participation of competitions at State and National level</p> <p>4. Publication of articles in NJI and Bulletin – Click for more details</p> <p>5. Free online/E-learning courses with credit hours - Click for more details</p> <p>6. Concession on TNAI publications</p>	<p>1. Life time achievement award</p> <p>2. Incentives for motivator for enrolling TNAI membership</p> <table border="1" data-bbox="448 92 1010 730"> <thead> <tr> <th>S. No.</th> <th>Membership category</th> <th>Fee</th> <th>Rate of Incentive</th> <th>Incentive per membership</th> </tr> </thead> <tbody> <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> </tbody> </table> <p><i>From 2020, the incentives will be released within 4-6 months to the motivators</i></p>	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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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). 12. 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).

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.

TNAI BULLETIN

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