



## Nurses and Midwives: The Pillars of Health System

On 12 May every year nurses, midwives and other healthcare functionaries worldwide celebrate International Nurses' Day (IND) to pay tributes to Florence Nightingale, the founder of modern nursing Florence Nightingale who was born on this day in 1820. She was named 'The Lady with the Lamp' after her habit of routinely taking rounds at night to tend to injured soldiers. The varietal activities of the IND are organised by the International Council of Nurses (ICN), the umbrella body of nurses' federations. The IND theme for 2022 is, Nurses: A Voice to Lead - Invest in Nursing and Respect Rights to Secure Global Health. The need for "real investment" to be made into the nursing workforce around the world will be the call to action from this year's International Nurses' Day, organisers said. Aware of strengthening nurses and nursing profession, we at TNAI conduct relevant programmes & activities to groom nurses as future leaders and superior delivery of services.

Highlighting the significance of theme, the ICN Chief Executive Howard Catton told Nursing Times: "The pandemic has shown us only too clearly that we need a real investment in the profession of nursing in order to secure global health. And nurses' rights, safety and wellbeing must be protected as well". As for availability of nurses, the pillars of health system, he said, "The nursing shortage is a serious threat to public health and must be addressed now." The ICN will be publishing a report on 12 May which Mr Catton said would spell out "exactly what steps we must all take to 'invest in nursing and respect rights to secure global health'." (Meanwhile, the Royal College of Nursing will be marking the day with its own campaign titled #BestOfNursing, promoting case studies about the positive difference made by nursing staff. The RCN general secretary & chief executive, Pat Cullen said, "Nurses' Day is an opportunity to showcase the amazing work of our members).

*International Midwives Day:* Worldwide, an estimated 3 lakh women die each year, with millions more suffering infection and disability as a result of preventable maternal causes. The International Confederation of Midwives (ICM), alongside UN agencies, WHO and other partners addresses maternal mortality and morbidity through greater access to essential midwifery services worldwide. Annually International Midwives Day is organised on 5 May to highlight the important role midwives play in improving the health of

mothers and children all around. For the third year in succession, India's maternal mortality rate (MMR) improved to 103 in 2017-19, from 113 in 2016-18, as per figures released by the Registrar General of India recently. Given the overall good outcomes, India may set to achieve SDG of bringing MMR to 70 well before the target year of 2030.

*HOD Meeting:* The meeting of HODs, the highest managing body of TNAI is being held after considerable gap on 30 April 2022 in usual (offline) way. The members shall be apprised of recent developments and plans of TNAI including the upcoming Nursing Museum in TNAI's Greater Noida premises, which is likely to be operational in June or July this year.

Wishing you a Happy International Nurses & Midwives day.

Evelyn P Kannan  
Chief Editor & Secretary-General

### INSIDE

- 66 Wanted - Assistant Secretary for TNAI State Branches
- 68 TNAI Headquarters - Contact Details
- 69 Nursing Journal of India (NJI) - Author Guidelines
- 71 Community Health Nursing Manual: Completely Revised 4th Edition
- 72 Provisional Ballot Paper - TNAI Tamil Nadu State Branch
- 74 TNAI - Why Devon NHS Trust
- 75 TNAI - Upcoming Mental Health Nurses Recruitment to NHS-UK
- 76 Health Events of the Month
- 78 Obituary
- 79 Hindi Matter

# Wanted

## Assistant Secretary for TNAI State Branches

(Karnataka, Kerala, Maharashtra, Madhya Pradesh, Punjab, Tamil Nadu, Telangana, West Bengal)

(Full time salaried post)

The Trained Nurses' Association of India (TNAI) requires a dynamic and mature person for a regular post as an Assistant Secretary to work at TNAI State Branch Office for a salary of Rs. 40,000/- per month.

### Essential Qualifications

1. Registered Nurse and Registered Midwife
2. MSc Nursing in any specialty with five years of experience in Education/ Clinical/ Public Health/ Administration.
3. Member of the Trained Nurses' Association of India (Minimum 5 years).
4. Applicants shall hold the TNAI Membership of the respective state branch where they wish to apply.

### Preference

Candidates with at least 5 years of experience and active participation in the TNAI activities at National/State level will be given preference.

### Other Requirements

- Proficiency in written and spoken English language.
- Proficiency in computer skills (MS Office and other online submissions).
- Upper age limit is 30 years, relaxable upto 35 years if the candidate is found otherwise well suitable.
- Name and addresses of 3 referees not related to the candidate, one of whom should be the present employer if in service-otherwise last employer.
- One referee shall be preferably from TNAI State level office bearers/ executives.

### Job Requirement

- She/he shall co-ordinate with the National office of TNAI by acting in liaison with Secretary General, Dy. Secretary General and Assistant Secretary General to implement the programmes and activities (pertaining to the State) assigned by the management of TNAI.
- She/he shall co-ordinate with the State Branch President and Secretary to implement TNAI's programmes and welfare activities.
- She/he shall be responsible for such other works and duties in the TNAI State Branch Office as assigned by the state office bearers including state level publication and research activities.
- Her/his scope of duties will include planning and implementation of various activities in the state branch (TNAI and SNAI) in consensus with TNAI Hqrs / State President / Secretary.
- She / he shall prepare, keep all necessary records, reports & minutes of every meeting related to state branch functioning.
- She/he shall co-ordinate with state SNA Advisors.
- She/he should establish/activate/rejuvenate SNA Units in educational institution of branches.
- She/he should encourage and motivate the nurses and nursing students to become life members of TNAI.
- She/he shall assist in organizing state SNAI/ TNAI Conferences in the respective state branch with the guidance of the state branch executives.
- She/he shall assess and identify the continuous professional development needs of all categories of nursing personnel.
- She/he shall assist in organising the continuous professional development programmes in their respective state branches.
- She / he shall visit the Institution/Hospital to conduct orientation programme of TNAI/SNAI.
- She / he shall initiate the SNAI/ TNAI membership drive in the respective branches.

The last date for receiving the application via post/email is **30 June, 2022**.

The filled applications with relevant documents should be sent to the Secretary General, L-17, Florence Nightingale Lane, Green Park Main, New Delhi-110016 **OR** sent the application with the relevant documents to **[secgen@tnaionline.org](mailto:secgen@tnaionline.org)**.

**PS:** All claims for educational, professional and TNAI activities shall be supported by attaching the copies of the relevant certificates.

## Application form for the post of Assistant Secretary for the TNAI State Branches

Name			
TNAI Number			
Address with Pincode			
Applying for (Tick the state you are applying for).	Karnataka	Kerala	Maharashtra
	Madhya Pradesh	Punjab	Tamil Nadu
	Telangana	West Bengal	
Email ID			
Mobile Number			
Professional Qualification			
<b>Experience</b>	<b>Years</b>	<b>Months</b>	
A. Clinical			
B. Teaching			
C. Public Health			
D. Administration			
Post held in TNAI with year and duration	1.		
	2.		
	3.		
TNAI programme attended 1. National/State level Conference 2. TNAI- House of Delegates meeting 3. Any other programmes			
<b>Reference 1</b>			
Name of the Referee			
Address with Pincode			
Signature			
<b>Reference 2</b>			
Name of the Referee			
Address with Pincode			
Signature			
<b>Reference 3</b>			
Name of the Referee			
Address with Pincode			
Signature			
<b>Self-declaration</b>			
I hereby declare that the above-mentioned details are true to my best of knowledge and faith.			
Signature of the Applicant:			Date:

# THE TRAINED NURSES' ASSOCIATION OF INDIA

L-17 Florence Nightingale Lane, Green Park (Main), New Delhi – 110016

## TNAI Headquarters - Contact Details

### Contact Numbers

S No	Department	Phone
1	TNAI Headquarters	011-40195407 / 40195409 / 40196690 / 26534765
2	TNAI's Greater Noida Office	0120 - 2977797 / 2977481
3	WhatsApp numbers	Recruitment: 8287374228 SNAI: 8587825407 Membership: 8588885409

### Email IDs

S No	Department	Email
1	Administration (General)	tnai_2003@yahoo.com
2	Help Desk	helpdesk@tnaioonline.org
3	Membership	membership@tnaioonline.org
4	Student Nurses Association	sna@tnaioonline.org
5	Publication	publicationstnai@yahoo.com
6	ELearning	tnaielearning@gmail.com
7	Recruitment	General: tnairecruitment@gmail.com Arab countries: tnaiksajobs@gmail.com
8	Grievances	tnaioincovid19@gmail.com
9	TNAI's Greater Noida Office	tnai.cin.ech@gmail.com
10	TNAI's for BLS / ACLS – International Training Centre	tnaiitc@gmail.com
11	Accounts	hqaccounts@tnaioonline.org

### Websites

S No	Department	Website
1	Public Relation	www.tnaioonline.org
2	Publication	www.tnaipublications.in
3	ELearning	www.elearning.tnaioonline.org
4	Recruitment	www.tnairecruitment.com
5	International Training Center	www.tnaiitc.com

# Nursing Journal of India (NJI)

## Author Guidelines

The Nursing Journal of India is a nursing journal with National and International circulation. It publishes original communications of nursing research that advance or illuminate Health science, that educate the journal readers. It is published bimonthly.

The NJI strongly discourages duplication/reduplication of data already published in other journals (even when certain cosmetic changes/additions are made). If and when duplication is detected after publishing in NJI, the journal will be forced to 'retract' such articles.

### EDITORIAL PROCESS

- Copy Right: Authors need to certify in the covering letter that this manuscript has not been published elsewhere/submitted to any other journal simultaneously for consideration.
- Manuscripts are screened initially at the editorial office for suitability of publication. Those found provisionally suitable are sent to three peer reviewers. The journal follows the double blind peer review process.
- After peer review process, selected manuscripts for publication are edited before publication.
- The processes of submission of manuscript, peer review, communication of final decision and sending proofs are managed through online platform.

### SUBMISSION OF MANUSCRIPT

All manuscripts submitted for publication to the NJI should include the following:

1. Cover page file
2. Article file including tables and figures
3. A scanned copy of ethical clearance certificate
4. Undertaking by authors & copyright transfer agreement

**1. Cover Page File:** Covering letter should include (i) name(s) of author(s); (ii) TNAI number; (iii) Educational qualification (iv) Designation of authors; (v) complete postal address, mobile number and e-mail id of all authors; (vi) name of corresponding author with all above mentioned details. (vii) Title of the article/Problem Statement. It should be addressed to the Chief Editor, NJI at The Trained Nurses' Association of India L-17 Florence Nightingale Lane, Green Park New Delhi-110016.

**2. Article File:** Manuscripts must be submitted online through the website: <https://review.jow.med-know.com/ijmr>. First time users will have to register at this site. Registration is free but mandatory. Registered authors can keep track of their articles after logging into the site using their user name and password. Manuscripts should be presented in concise form within the word limits of 2000-2500 maximum. Pages should be numbered consecutively and the contents arranged in the following order:

#### Sequence of Research Article (Maximum 2000-2500 words)

**I. Title:** The title of manuscript shall not exceed 15 words, shall be given on top of the title page. Information regarding authors shall be given in a separate page which shall include the following; Name, Academic degree, Designation/position, name of Institution. Address for correspondence including telephone number & email. In case of group of authors the names shall be listed in the order of authorship. Cover letter should include statements regarding authorship.

**II. Abstract and Key Words:** The abstract must be in one-paragraph with self-contained summary of the most important elements of the paper. The abstract shall not exceed 250 words. All numbers in the abstract (except those beginning a sentence) should be typed as digits rather than words.

Key words: provide 4 to 6 key words which can be used for indexing purposes.  
Text: IMRAD format.

**III. Introduction:** It shall be 3-4 paragraphs which consists of brief background of the problem studied, critique of relevant research articles that are referenced as per Vancouver/ APA style. Clearly state the purpose / objectives and hypotheses tested.

**IV. Materials and Methods:** It should highlight the setting where the study was done, sample size and method of selection. A brief description of the demographic variables of the sample could be provided in 2-3 sentences. It should also have a description of the design, tools/ instruments used for collecting data; ethical approval and ways by which privacy and confidentiality of subjects were maintained; how data were collected; pilot study (if done) with any modifications made thereof and any methodological limitations.

**V. Results:** It must be presented in a logical sequence. Only such data as are essential for understanding the discussion and main conclusions emerging from the study should be included. Data presented in tables and figures should not be repeated in the text. Only important observations need to be emphasized or summarised. The same data should not be presented both in tabular and graphic forms. Interpretation of the data should be taken up only under the Discussion and not under Results.

**VI. Discussion:** The discussion should deal with the interpretation of results without repeating information already presented under Results. It should relate new findings to the known ones and include logical deductions. The conclusions can be linked with the goals of the study but unqualified statements and conclusions not completely supported by the data should be avoided. Recommendations may be included as part of the Discussion, only when considered absolutely necessary and relevant.

**VII. References:** The total number of References should normally be restricted to a maximum of 20.

**VIII. Illustrations:** Illustrations must be electronically prepared and we prefer them in soft copy either by mail / disc. Tables and figures must be numbered.

**IX. Acknowledgement of Receipt:** The decision of acceptance/ rejection/ recommendation for resubmission will be intimated to the corresponding author.

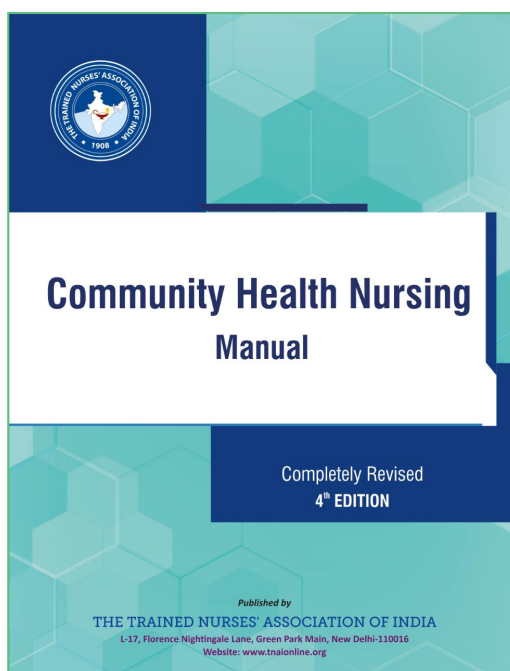
**3. ETHICAL CLEARANCE CERTIFICATE:** All research articles submitted shall be accompanied by a copy of certificate issued by the institutional ethical committee

**4. UNDERTAKING BY AUTHOR(S) Downloadable form:** It is necessary that all the authors give an undertaking (in the format specified by the journal) indicating their consent to be co-authors in the sequence indicated on the cover page. All authors must sign the undertaking letter.

**Note:**

1. The NJI does not charge any Fee for submission and processing of the Manuscript.
2. Life membership of TNAI is mandatory for primary Author and all Nurse researchers in the team of authors.
3. No addition/deletion/ or any change in the sequence of the authorship will be permissible at a later stage, without valid reasons and permission of the Editor-in-Chief.
4. If the authorship is contested at any stage, the article will be either returned or will not be processed for publication till the issue is solved.

# Community Health Nursing Manual: Completely Revised 4th Edition



Released on 4-5 September 2021 the long-awaited revised version of TNAI's prestigious classic publication, 'Community Health Nursing Manual' is available for readers.

Compared to past editions the 4th revised edition is multi-coloured, and in larger size with additional contents. The continued popularity of this valuable publication can be adjudged by its running into 14th reprints after its first publication way back in 1959. This edition has been enriched with valuable inputs by such nursing luminaries like Prof Rajeshwari Siva (former Vice-President TNAI South Region, former Head, CHN Department CMC Vellore, TN) and Dr Chellarani Vijayakumar (Consultant & Editor). It covers latest thinking on theory and practice of community health nursing.

Health experts and others are aware of the preemptive approach of adopting Community health approach that ward off several later-stage complications; the whole world is witness to a weak community health system in place when it came to combating Covid-19 pandemic that beset the entire world.

The 632-page manual divided into 27 chapters covers all major aspects of community health like health education, nutrition, family health, maintenance of health records, reproductive & child health, family welfare services, school health, communicable diseases, STDs, tuberculosis, leprosy, AIDS, occupational health nursing, public health - organisation, administration and programmes, alternative medicine systems. Interspersed with relevant tables and pictures, the presentation of each topic is lucid and easy to understand, particularly for nursing undergraduate and post-graduate students.

Though highly useful for students of Nursing and other health education programmes for high scholastic score, it also serves as a reference book for all health care functionaries. The book is priced at Rs. 850/- besides handling and dispatch charges.

The orders for copies can be placed directly with the exclusive distributor for all TNAI publications (contact details: Mr Prabhat Sharma, I-2/16, Ansari Road, Darya Ganj, New Delhi 110 002; Phone: 011-45045302, Mob: 9811449591, 8130304347; E-mail: perfectbookdist@gmail.com; Website: <http://www.pbdonline.in>).



**PROVISIONAL BALLOT PAPER**  
**TNAI Tamil Nadu State Branch Election 2022**

Post	Name and Address of the Contestant	Voter's X
<b>President</b>	Dr (Mrs) Ani Grace Kalamathi, TNAI No. 58898, Address: Old No.140, 56, Santhome High Rd, Kuil Thoppu, Mylapore, Chennai, Tamil Nadu-600004.	
<b>Vice President</b>	Dr Esther Rakel, TNAI No. 49360, Address: Ganga College Of Nursing, NGGD Colony Post, Vattamalai Palayam, Coimbatore- 641022, Tamil Nadu.	
	Dr T R Udaya Kumar, TNAI No. 80112, Address: K Mottor Village Kallapadi Post Gudiyattam Tk- 632601, Tamil Nadu.	
	Dr Celina D , TNAI No. 96721, Address: Flat No 5/9, Vadivel Mudhali St, Venkatapuram, Ambattur, Thiruvallur- 600053, Tamil Nadu.	
<b>Secretary</b>	Dr (Mrs) Vijayalakshmi, TNAI No. 69894, Address: No 10 Vijiravel Nagar, First Street, Kolathur, Chennai- 600099, Tamil Nadu.	
<b>Joint Secretary</b>	Vacant	
<b>Treasurer</b>	Prof. Amutha T, TNAI No. 143313, Address: Plot No 51- 52, Flat No F2, Grace Citadel Apartmen, 3rd St, Thirumalai Priya Nagar, Pudur, Ambattur, Chennai- 600053, Tamil Nadu.	
	Dr (Mrs) Annie Raja, TNAI No. 87177, Address: A 2 VENSON PARK 10 EAST CIRCULAR ROAD SANTHOME, Tamil Nadu- 600028.	
	Mrs H Sheeba Jeni, TNAI No. 149762, Address: L. S. R. DLLAM SOO-RAPALLAM, Tamil Nadu- 629201.	
<b>SNA Advisor</b>	Mrs Leena Francis, TNAI No. 109750, Address: No.56 SIVARAM NAGAR, South Enclave Ramanathapuram Post, Coimbatore- 641045, Tamil Nadu.	
	Dr (Mrs) R Sudha, TNAI No. 93149, Address: No.1 Elimnagar II Main Road Perungudi, 600096, Tamil Nadu.	
	Mrs S. Saradhadevi, TNAI No. 87852, Address: 2/946 Xallvvar Nagar 1st Street, Sithalapakkam- Tamil Nadu.	
<b>Chairperson - Programme Committee</b>	Mrs S Abirami, TNAI No. 171368, Address: 163/82 Big Street Agaram Via Kalavai-632506, Tamil Nadu.	
	Dr V Hemavathy, TNAI No. 206689, Address: No.7 Works Road, Sree Balaji College of Nursing, Chrompet, Chennai- 600059, Tamil Nadu.	
<b>Chairperson - Membership Committee</b>	Mrs Meera Sarvana, TNAI No. 189393, Address: 29/15D Railway, Feeder Road, Periyanaicken Palayam-641020, Tamil Nadu.	
	Dr Anitha Rajendra Babu, TNAI No. 48569, Address: 10/12, East Park Road, F2 Pace East Park Apartments, Shenoy Nagar, Chennai-600030, Tamil Nadu.	
	Dr Ciby Jose, TNAI No. 69901, Address: PLOT NO 37 & 38, Adithya Nagar, 2nd Street, Ananda Avenue Main Road, Noothanchery, Madambakkam, Tambaram, Chennai- 600126, Tamil Nadu.	
<b>Chairperson - Public Health Nursing Section</b>	Vacant	



Post	Name and Address of the Contestant	Voter's X
<b>Chairperson - Nursing Service Section</b>	Dr S Suganthi, TNAI No. 116029, Address: H NO 18/35, 3rd Street, Kamarajar Colony Kodambakkan, Chennai-600024, Tamil Nadu.	
	Mrs Joy Kezia, TNAI No. 106387, Address: Staff Nurses Hostel Christian Medical College Hospital, 632004, Tamil Nadu.	
	Mrs Christy B Beulah, TNAI No. 84075, Address: Room No. 531 Nurses Hostel Christian Med. Coll. & Hospital, -632004, Tamil Nadu.	
<b>Chairperson - Nursing Education Committee</b>	Mrs Amlith Vimala, TNAI No. 14007, Address: Pandravilai Kandavilai PO Kandavilai-629810, Tamil Nadu.	
	Dr A Jaya Sudha, TNAI No. 49762, Address: H No. 2/224, Kumudham Nagar, Vilankurichi Road, Coimbatore- 641035, Tamil Nadu.	
	Mrs Ajithakumari, TNAI No. 99377, Address: Plot No 23 Skylabavenue II Street Valluvur Nagar PO Sithalapakkam, Tamil Nadu.	
<b>Chairperson - Economic Welfare Committee</b>	Dr JK Devi, TNAI No. 97751, Address: NO. 60/10 Arunachalam Street Chintadripet- 600002, Tamil Nadu.	
	Dr A Reena Evency, TNAI No. 52941, Address: St. Xavier's Catholic Collage of Nursing Chunkankadi, Nagercoil- 629807, Tamil Nadu.	
	Dr S Suganthradevi, TNAI No. 206519, Address: Nadar Street Manikollai Post-608501, Tamil Nadu.	
<b>Chairperson - LHV/ANM Committee</b>	Vacant	

As per the TNAI Constitution Rules & Regulations & Bye-Laws page no 56-64 State Branch Election Procedure (Revised and approved by Council/HOD 2012).

- Election will be held during General Body Meeting on Saturday, 4th June 2022 from 10:00 am to 3:00 pm at VHS - MA Chidambaram College of Nursing, Voluntary Hospital Services Hospital campus, TTTI post, Taramani, Chennai- 600 113, Tamil Nadu.
- The Provisional Ballot Paper is published only for the information of the members. A separate Ballot Paper will be distributed to the voters on the day of Election.
- Only Life members of TNAI are eligible to vote.
- All the Voters are requested to bring their TNAI Membership card provided by the TNAI Headquarters along with Photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
- No one shall be allowed to vote before or after the schedule time of voting.
- Names of the contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
- No addition of the contestant shall be made to the final ballot paper.
- It is expected that the Voters/Members are well versed with the TNAI Rules and Regulation and Byelaws. A copy of the same shall be available with the Returning Officer for ready reference.
- The person so elected for a particular office at branch level shall hold the office for the full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing office.
- On the day of election during the General Body meeting, open election will be conducted for the following vacant post(s):**

- Joint Secretary**
- Chairperson - Public Health Nursing Section**
- Chairperson - LHV/ANM Committee**

11. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer at least 20 days prior to the election date in writing to the following address:

**Mrs Annie Kumar, Returning Officer - TNAI Tamil Nadu State Branch,  
C/o The Trained Nurses' Association of India, L-17 Florence Nightingale Lane,  
Green Park Main, New Delhi- 110016.**



**The Trained Nurses' Association Of India**

Estd: 1908



**NHS**

Devon, South West England  
Alliance for International Recruitment

# Why Devon NHS Trust.

## Living:

Devon is a fantastic place to live, with one of the mildest climates in the UK, plenty of sunshine and a good mix of coast, countryside and city living. Whatever your interests, there really is something for everyone.

## Working:

Devon will provide all the support you need to travel to the UK with your family, where you will be well paid for your skills and experience, and enjoy living in one of the most beautiful parts of the UK.

## Relocation Package

IELTS/OET Training	Immigration Skills Surcharge
IELTS/OET Test	Airline ticket to London
NMC Application Cost (First Stage, CBT and Second Stage)	Airport transfer
NMC Test of Competence – Part 2 - OSCE	Accommodation (minimum 2 months pre-booked)
Health clearance/TB testing	Advance of first wages on arrival and bank account set up
Immigration Certificate of Sponsorship	COVID quarantine hotel (if applicable)
Skilled Worker UK visa (3 years)	COVID international travel test (if applicable)
Immigration Health Surcharge (as at March 21)	

Visit us:

Moving ahead with commitment and dedication since 1908

by Secretary - General





The Trained Nurses' Association of India

Estd: 1908

## Upcoming

# Mental Health Nurses recruitment to NHS- UK

## Southern Health NHS Trust

### Locations

Basingstoke, Havant, Southampton, New Forest, Winchester, Fareham.

## Solent NHS Trust

### Locations

Portsmouth, Southampton

## Isle of Wight NHS Trust

## Benefits

### Refund of

- OET Training fees
- IELTS/ OET exam fees
- NMC Application fees (First and Second stage)
- CBT Exam fees
- Verification charges

### Paid

- Visa
- Flight ticket
- Immigration skills charge
- 03 Months accommodation
- 03 months accommodation
- Pick up from the Airport to trust.

Send your CVs to : [tnairecruitment@gmail.com](mailto:tnairecruitment@gmail.com)

TNAI, L-17 , Florence Nightingale Lane, Green Park, New Delhi  
Ph: 011-40196690 Web: [www.tnaionline.org](http://www.tnaionline.org)

Call or Whatsapp

**+91 8287 374 228**

by Secretary-General

**Moving ahead with commitment and dedication since 1908**



## HEALTH EVENTS OF THE MONTH

### **World Asthma Day: 3 May**

Celebrated on the first Tuesday of May each year (this time on 3 May), World Asthma Day (WAD) seeks to promote alertness and concern globally about asthma, a common chronic respiratory disease. The difficulty in breathing of asthmatic persons is attributed to the inflammation and narrowing of the airways that may result in wheezing, coughing, shortness of breath and tightness in the chest. Asthma is also named as 'bronchial asthma'. Asthma can be intermittent, mild persistent, moderate persistent, and severe persistent.

Contrary to earlier thinking, asthma is now recognised as a spectrum of diseases in which genetic and environmental factors have a role. It has been shown that if one or both parents have asthma-related Type-2 inflammation, their child has four times more likelihood of having asthma or an allergic disorder. An estimated that 5-10 percent of people with asthma have severe asthma. According to WHO, asthma affected an estimated 262 million people in 2019 and caused 461000 deaths. Asthma remains under-diagnosed and under-treated, generating a considerable load to persons and families.

WAD is observed around the globe by the Global Initiative for Asthma (GINA). GINA undertakes collaborative activities with health care professionals and civic health officials the world over to bring down incidence, morbidity and deaths related to asthma. The theme of World Asthma Day 2022 is, Closing Gaps in Asthma Care. GINA campaigns to reduce the incidence of asthma attacks (also called episodes or exacerbations) and asthma hospitalisation. Asthma is not curable, yet with good management and use of inhaled medications, the patient can lead a normal, active life. The two main types of inhaler are: (1) bronchodilators (such as salbutamol), that open the air passages and relieve symptoms and (2) steroids (such as beclometasone) that reduce inflammation in the air passages. People with asthma may need to use inhaler daily.

### **International Midwives Day: 5 May**

It is estimated that worldwide around 3 lakh women die each year, with millions more suffering infection and disability as a result of preventable maternal causes. The International Confederation of Midwives (ICM), alongside UN agencies, WHO and other international partners, is committed to addressing maternal mortality and morbidity through greater access to essential midwifery services worldwide. Every year since 1991, International Midwives Day is organised on 5 May to highlight the important role in care midwives play in improving the health of mothers and children all around – in hospitals, community health institutions, maternity and health centres and in home settings.

The maternal mortality rate (MMR) i.e. maternal deaths per lakh in a given time period, is an important barometer of health of women and child. Among developed countries those faring best on MMR scale are, Italy, Norway, Poland and Belarus showed lowest MMR of 2, while in Germany and UK it is 7, Canada at 10, US 19. Among India's neighbours Nepal fares worst at 186, Bangladesh 173, Pakistan 140. China is way ahead at 18.3, and Sri Lanka at 36.

For third year in succession, India's maternal mortality ratio (MMR) improved to 103 in 2017-19, from 113 in 2016-18, as per data released by the Registrar General of India in March this year 14, 2022. However, some states with very high maternal mortality are: West Bengal, Haryana, Uttarakhand and Chhattisgarh. India may set to achieve SDG of bringing MMR to 70 well before the target year of 2030.

Midwives offer affordable, compassionate and culturally-appropriate care to women during pregnancy, birth and the post-partum period. The world needs more midwives than are available. UNFPA says, "... investing in midwifery saves lives".

### **International Nurses' Day: 12 May**

To nurses, along with other healthcare workers the world over, 12th of May every year happens to be a sacred date to pay high tributes to Florence Nightingale, the founder of modern nursing, as the nurse legend was born on this day. It is celebrated universally as the International Nurses' Day

by the International Council of Nurses (ICN), the umbrella body of nurses' federations. Apart from seminars, workshops, talks, academic programme and public recognition to nurses for having performed outstanding duties, street shows and cultural events are also conducted by health promotion organisations. On this day, ICN also releases an IND Kit that contains a region-wise summative profile of achievements and targets in various health indicators as also the comments on the current strategies especially from the nurse perspective.

Florence Nightingale has been known as 'The Lady with the Lamp' after her habit of routinely taking rounds at night to tend to injured soldiers. The varietal activities of the IND are organised by the International Council of Nurses (ICN). The IND theme for 2022 is, Nurses: A Voice to Lead - Invest in Nursing and Respect Rights to Secure Global Health. Highlighting the significance of 2022 theme, the ICN Chief Executive Howard Catton told Nursing Times: "The pandemic has shown us only too clearly that we need a real investment in the profession of nursing in order to secure global health. In the two pandemic years 2020 & 2021, the entire world witnessed the dedication and the prowess of nurses, the Corona warriors, some of whom lost their own lives in saving life of others. A big salute to the brave souls!

In India, the Presidents confers Florence Nightingale National Awards to the select nurses for the outstanding contribution made in discharge of their duties.

---

### **World Schizophrenia Day: 24 May**

World Schizophrenia Day on 24 May is observed to pay tribute to Dr Philippe Pinel, an eminent psychiatrist and Chief Physician of France, who in 18th century unchained and let 200 men to be free like other human beings. Some of these were confined due to mental illness for 30 to 40 years, like wild beasts.

Schizophrenia is marked by diminished ability to work, socialise; loss of attention, concentration and memory; neglect of health care & personal hygiene; psychosis (comprising hallucinations and delusions) and disorderly thinking. It affects about 24 million people (1 in 300 people i.e. 0.32%) worldwide and such people are 2 to 3 times more likely to die early than the general population, often due to cardiovascular, metabolic, and infectious diseases.

---

### **No Tobacco Day: 31 May**

The World Health Organization (WHO) and partners everywhere observe World No Tobacco Day (WNTD) every year on 31 May to highlight the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption. Tobacco use is the second largest preventable cause of death (after hypertension) accounting for 10 percent adult mortality worldwide. The theme selected for 2022 is, Tobacco's Threat to our Environment.

Each over 5 million people will die from a tobacco-related heart attack, stroke, cancer, lung ailment or other disease. That does not include the more than 6 million people – more than a quarter of them children – who will die from exposure to second-hand smoke. The annual death toll from the global epidemic of tobacco use is estimated to rise to 8 million by 2030. Over 80 percent of these preventable deaths will be among people living in low- and middle-income countries.

The 2022 global campaign aims to raise public awareness about the environmental impact of the entire tobacco cycle, from its cultivation, production and distribution to the toxic waste it generates. The campaign will also endeavour to expose the tobacco industry's effort to camouflage its reputation and to make its products more appealing by marketing them as environmental-friendly.

It is so unfortunate that across the globe around 3.5 million hectares of land are used to grow tobacco each year. Growing tobacco also contributes to the deforestation of two lakh hectares a year and soil degradation. Further, tobacco production depletes the planet of water, fossil fuel and metal resources. The brunt of tobacco use lies on smoking; 4.5 trillion cigarette butts are not disposed of properly every year across the globe, generating 1.69 billion pounds of toxic waste and releasing thousands of chemicals into the air, water and soil.

WHO recommends that countries fully ban tobacco advertising, promotion and sponsorship, including advertising CSR programmes, in accordance with the Framework Convention on Tobacco Control (WHO FCTC).

## OBITUARY

### Capt Tandra Chakroborty

The Military Nursing Officer and a TNAI Life Member, Capt Tandra Chakroborty left for heavenly abode at a tender age of 32 years on 28 March 2022 at Command Hospital, Eastern Command, Kolkata. She was born on 10 March 1992 and commissioned in the Military Nursing Service (MNS) on 8 February 2017. An alumni of College of Nursing Midnapore (WB), she began her career at Tata Medical Centre, Kolkata and later joined Military Nursing Service. She had served two Military Hospitals in her five years of dedicated service. A young and brilliant nursing officer known for her clinical acumen and thorough professionalism, she was pursuing her post graduation in Psychology (N) from College of Nursing, Command Hospital, Kolkata.



She is survived by her parents, sister and brother. Her unexpected demise is an irretrievable loss to Military Nursing Service. Even the best of words cannot pay enough tribute or truly capture the sense of loss that we feel today. Maj Gen Smita Devrani, Additional Director General MNS and all officers of MNS are profoundly aggrieved at the untimely demise of Capt Tandra Chakroborty. May God Almighty grant peace to the noble soul and strength to the family to sail through this difficult time. She will be deeply missed and her memories will be cherished forever.

## ठान लें तो छूट सकती है तंबाकू की लत

तंबाकू के सेवन से कैंसर तथा हृदय संबंधित अनेक बीमारियों का सच किसी से छिपा नहीं है, इन से दुनिया में लाखों जानें चली जाती हैं। तंबाकू का सर्वाधिक सेवन धूम्रपान के रूप में किया जाता है। इसलिए धूम्रपान से होने वाले नुकसानों के प्रति सचेत रहना आवश्यक है। तंबाकू के शरीर पर पड़ने वाले कुप्रभावों के प्रति जागरूकता बढ़ाने के लिए प्रतिवर्ष 31 मई का दिन तंबाकू निषेध दिवस के तौर पर मनाया जाता है।

**तंबाकूजन्य बीमारियाँ:** धूम्रपान या मुंह में तंबाकू चबाने से आप घातक बीमारियों की चपेट में जल्दी आ जाते हैं। वास्तव में तंबाकू का नियमित सेवन शरीर को इसका आदी बना देता है। तंबाकू में निकोटिन होता है, जो शरीर के रक्त में प्रवाहित होता है और शरीर को इसकी लत लग जाती है। मुंह के माध्यम से प्रवेश करके तंबाकू के फेफड़ों, हृदय, आमाशय और रक्त नलिकाओं में पहुंच कर भारी नुकसान पहुंचाता है।

तंबाकू के सेवन से हृदय रोगों की संभावना बढ़ जाती है, फेफड़े क्षतिग्रस्त हो जाते हैं। परिणामस्वरूप फेफड़ों की रोग प्रतिरोधी क्षमता घट जाती है तथा कैंसर होने की संभावना बढ़ जाती है। लिवर कैंसर तथा मुंह के कैंसर के मामलों में मुख्य कारण तंबाकू का दीर्घकालीन सेवन बताया गया है। कोलन कैंसर और ब्रेस्ट कैंसर के लिए भी तंबाकू को दोषी माना जाता है। दिलचस्प यह है कि धूम्रपान करने वाले उन बेचारों को भी (सेकंडरी एक्सपोजर) बीमार करते हैं जो स्वयं धूम्रपान नहीं करते।

**प्रजनन क्षमता पर कुप्रभाव:** तंबाकू के सेवन का पुरुषों व महिलाओं दोनों में नपुंसकता (इनफर्टिलिटी) से सीधा संबंध पाया गया है। तंबाकू पुरुषों के शुक्राणुओं की गति और संख्या को कम कर देती है, जिससे वे नपुंसकता का शिकार हो जाते हैं और पिता बनने में असमर्थ हो जाते हैं। लैंगिक अक्षमता (इरेक्टाइल डिसफंक्शन) के शिकार वे पुरुष अधिक होते हैं तथा निम्न प्रजनन क्षमता की क्षमता उन महिलाओं में ज्यादा देखी जाती है जो तंबाकू का अधिक सेवन करते रहे हैं। ऐसी कुछ महिलाएं तो निःसंतानता रह जाती हैं।

ऐसा नहीं कि तंबाकू और धूम्रपान के आदी इसे छोड़ना नहीं चाहते किंतु इस लत से निजात पाने के लिए तीव्र इच्छाशक्ति चाहिए। जरूरत है, मन पक्का करने की।



## स्वास्थ्य तंत्र की धुरी हैं नर्स

अस्पतालों तथा अन्य स्वास्थ्य केंद्रों आदि में दिन-रात मरीजों की टहल में कोई व्यस्त रहता है तो वह नर्स है। बीमारी या अन्य आपदाओं से जूझ रहे मरीजों की तकलीफ की साक्षी हैं देश की 14.31 लाख नर्सें। पेशेवरों में ऐसा अन्य वर्ग न होगा जो बीमारों से निरंतर संपर्क में रहती हैं। आपदाओं में राहत प्रदान करने वालों में भी दारोमदार नर्स पर रहता है।

कोविड-19 के दो वर्षों में विश्वव्यापी प्रकोप में अन्य स्वास्थ्यकर्मियों के साथ कदम से कदम मिला कर, चौबीसों घंटे व्यस्त नर्स ही थी। उनके दायित्वों में संक्रमण की जांच, रोगियों की देखभाल तथा कोरोना रोगियों तथा परिजनों को उचित परामर्श देना सम्मिलित रहा। इस दौरान उन्हें सांस लेने की फुर्सत न रहती थी। रोगियों की टहल में अनेक नर्सें अपनी जान तक गंवा बैठीं। मानवजाति उनकी उनकी ऋणी है। उनके समर्पण और निष्ठा का भारत सहित समूचे विश्व ने लोहा माना तथा उन्हें कोनोना योद्धा कहा जाने लगा।

नर्सिंग की स्वतंत्र, प्रोफेशनल अस्मिता की आधारशिला रखने में फ्लोरेंस नाइटिंगेल का नाम सर्वोपरि रहेगा। सेवा प्रदायगी के क्षेत्र में ऐतिहासिक भूमिका निभाने वाली फ्लोरेंस नाइटिंगेल को श्रद्धांजलि स्वरूप उनकी जन्मगांठ 12 मई का दिन समूची नर्स बिरादरी तथा अन्य स्वास्थ्यकर्मियों द्वारा अंतर्राष्ट्रीय नर्स दिवस बतौर मनाया जाता है। इस दिन के मुख्य समारोह अंतर्राष्ट्रीय नर्स परिषद के तत्वाधान में संपन्न होते हैं। यह परिषद विभिन्न देशों के 130 संस्थाओं की 1.30 करोड़ सदस्यों का फेडरेशन है। इन आयोजनों में विश्व के विभिन्न अंचलों में नर्सिंग दृष्टि से एसडीजी लक्ष्यों की प्राप्ति, मौजूदा हालातों का आकलन और मौजूदा तौरतरिकों की समीक्षा करते हैं। नर्सिंग स्कूल, कॉलेज व अन्य संस्थाएं संगोष्ठियां, परिचर्चाएं आदि संचालित करती हैं। हमारे देश में, राष्ट्रपति भवन में, उत्कृष्ट सेवाओं के सम्मान में चुनींदा नर्सकर्मियों को राष्ट्रीय फ्लोरेंस नाइटिंगेल पुरस्कार प्रदान किया जाता है।

कोरोना की भयावह आपदा में सामाजिक दूरी की अनुपालना में पिछले दो वर्षों में कोई आयोजन करना संभव न रहा तथा कार्यक्रमों को डिजिटल तरीके से संचालित किया गया है। देश के सभी राज्यों व संघशासित क्षेत्रों में नर्सिंग छात्रों सहित लगभग पांच लाख सदस्यों की 112 वर्ष पुरानी ट्रेन्ड नर्सिस एसोसिएशन ऑफ इंडिया (टीएनएआई) शिक्षा, प्रशिक्षण और परामर्शी कार्यक्रमों के जरिए नर्सों को कौशलों से सुसज्जित करती है। यह संगठन सैकड़ों डाक्टरों-नर्सों को जरूरी कौशलों में प्रशिक्षित कर चुका है।

देश में नर्सों की भारी किल्लत है। कार्यभार के अत्यधिक दबाव से उनके द्वारा दी जाती देखभाल और सेवाओं की गुणवत्ता प्रभावित होती है। संप्रति मिडवाइफ सहित पंजीकृत नर्सों की संख्या अट्ठारह लाख है जबकि आवश्यकता कम से कम 25 लाख की है। यही स्थिति डाक्टर-नर्स अनुपात की है जो अपने यहां 1-6 है जिसे इंडियन नर्सिंग कौंसिल के अनुसार 1-4 होना चाहिए। प्रति हजार जनसंख्या पर डब्ल्यूएचओ मानदंडों के अनुसार 2.5 नर्स चाहिए जब कि भारत में प्रति हजार जनसंख्या पर 1.7 नर्स हैं। नर्सकर्मियों की कमी का रुग्णता और मृत्युता से सीधा संबंध मानते हुए नर्स नेता लुई कैप्स और किस्टर्न गिलीब्रैंड सेवाओं की स्तरीय देखभाल सेवाएं सुनिश्चित करने के लिए उचित संख्या में नर्सों की उपलब्धता की पुरजोर मांग करते रहे हैं। देश में नर्सों की कमी का प्रमुख कारण नर्सों का अपेक्षाकृत कम वेतन और जर्जर कार्यदशाएं हैं, विशेषकर निजी क्षेत्र में। विकसित देशों में उम्रदारों की तेजी से बढ़ती संख्या और कैंसर, एड्स जैसी बीमारियों में इजाफे से कुशल नर्सों की मांग में निरंतर वृद्धि हो रही है जिसकी आपूर्ति भारत सहित अन्य विकासशील देश करते हैं। फलस्वरूप अवसर मिलते ही भारतीय नर्स नहीं चूकतीं और यहां नर्सों का अभाव हो जाता है।

अनेक कारणों से नर्सिंग को महिलाई क्षेत्र माना जाता रहा है। अभी भी पुरुष नर्स बमुश्किल 10-12 फीसद हैं, इसके बावजूद कि कैमिलस डे लेल्लिस, एडवार्ड लायोन, जो होगन सरीखे अनेक दिग्गज पुरुष नर्सों ने असाधारण योगदान से नर्सिंग परंपरा को समृद्ध किया। कैमिलस ने पहली बार नाजुक हालात के रोगी को राहत देने के लिए एंबुलेंस परिपाटी का श्रीगणेश किया; रेड क्रॉस का चिन्ह ईजाद करने का श्रेय उन्हीं को दिया जाता है। नर्सों अधिक निष्ठा से कार्य करते हुए बेहतर सेवाएं प्रदान करें, इस आशय से द्विस्तरीय कार्यनीति अपनानी होगी। पहला उनके अधिकारों का दायरा बढ़े, दूसरा आज की जरूरतों के अनुसार उनके कौशलों में वृद्धि सुनिश्चित की जाए। नर्सिंग रनातक के साढ़े चार वर्षीय कार्यकाल में उन्हें मेडिसिन, सर्जरी आदि का अच्छा खासा ज्ञान हो जाता है किंतु गंभीर रोगी को भी आईसीयू में दसियों साल के अनुभव के बावजूद स्वविवेक से सामान्य दर्दनिवारक दवा या इंजेक्शन देने की स्वतंत्रता नहीं होती, यह प्रथा उनका मनोबल गिराती है। अमेरिका में दो-तिहाई एनेस्थेसिया नर्सें देती हैं, तो अपने देश में ऐसा क्यों नहीं हो सकता? आधुनिक नर्सिंग की प्रणेता फ्लोरेंस नाइटिंगेल की राय में इस पेशे में उसी कठिनता और एकल तन्मयता से स्वयं को साधना पड़ता है जितना कलाकार को, चूंकि यहां उसे जीवंत शरीर से रुबरु होना पड़ता है जो प्रभु का मंदिर है। हम सभी का कर्तव्य इतना तो बनता है इन देखभालकर्ताओं को यथोचित सम्मान दिया जाए।



Registered with Registrar of Newspapers of India  
Regn No. DELBIL/2012/42030

Postal Regn. No. DL-SW-01/4166/2021-2023  
Date of Publication: May 5, 2022  
Date of Posting: May 6-7, 2022  
Posted at LPC Delhi RMS-110006

### **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**

### **NJI Contributors to Submit Articles through NJI Portal**

In case existing and prospective contributors of NJI and others may not aware, the online portal of TNAI's flagship periodical Nursing Journal of India was launched during an EC meeting on 4-5 September 2021.

With the NJI portal being fully functional authors are advised to use it for submission of articles. The peer reviewers shall also be enabled to offer their observations & comments. The portal can be accessed after logging in. The editorial team at Headquarters shall monitor the receipts at hand and onward action on the articles and related material, and queries of the contributors.

Authors may submit the manuscript via the link: <https://www.tnainjournal-nji.com>.

### **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**

Monthly Newsletter of  
The Trained Nurses' Association of India  
L-17 Florence Nightingale Lane, Green Park, New Delhi-16  
Phone: 011-40195409, 011-40195407  
E-mail: [helpdesk@tnaionline.org](mailto:helpdesk@tnaionline.org), [membership@tnaionline.org](mailto:membership@tnaionline.org),  
[sna@tnaionline.org](mailto:sna@tnaionline.org), [publicationstnai@yahoo.com](mailto:publicationstnai@yahoo.com)  
Website: [www.tnaionline.org](http://www.tnaionline.org)

#### **EDITORIAL ADVISORY BOARD**

*Prof (Dr) Roy K George, Dr Mehmooda Regu,  
Dr A Indira, Dr Larissa Martha, Mrs Avani Oke,  
Dr G Hemavati, Mrs Evelyn P Kannan*

*Consulting Editor: Mr HK Barthwal*

*Chief Editor: Mrs Evelyn P Kannan*

Published, printed and edited by Mrs Evelyn P Kannan for The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 and printed by her at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092. Computerisation and layouts by Anupam Kamal, Delhi