

SCHOOL OF NURSING NEWS BULLETIN

ILMY FOVAHI

“Ilmy” fovahi is a series of educational/awareness sessions conducted by the Maldives National University. Each month a special topic of interest is presented by one of its Faculties/Centers and these forums are open to the public. They are later telecasted by Raajje TV.

The School of Nursing presented their Ilmy Fovahi on the 12 th June 2022. The topic selected for the session was Quality of Nursing care “Naruhunge Hidhumai loabaai Ihuthiraamaa eku”. The main focus of the session was on the importance of communication skills, patient safety and team work towards maintaining quality of nursing care.



The panel members were Uz. Thasleema Usman, Commissioner of Quality Control, the Ministry of Health, Ms. Nazeera Najeel, Assistant Director of Nursing, Tree Top Hospital and Ms. Salma Hassan, Lecturer, School of Nursing. Salma Hassan moderated the session. And the Master of the ceremony was Ms. Sobira Ismail. The panel members discussed the importance of the above areas in relation to quality of nursing care. The audience was given chances to ask questions and interactions with the members of the Panel. The staff, students and the audience commented that this was a very useful and interesting session.

Orientation to Term2



Orientation Term 2 2022 at SN Auditorium

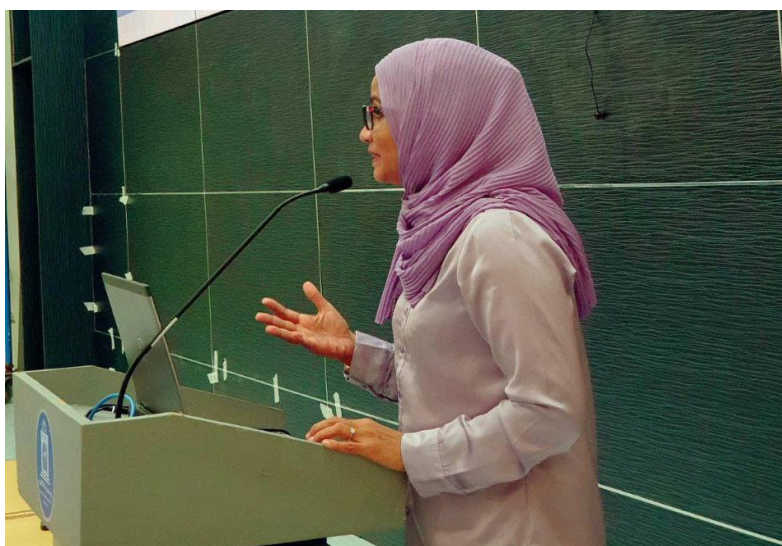
The Term2 Orientation for students of School of Nursing (SN) was held from 16th-31st August 2022. It was organized and conducted in a unique way to help students get oriented, inspired and also enjoy their student life at SN.

Several programmes and activities were organized by the School of Nursing. The main teachers who organized the Orientation events were Lecturer Ms. Sizna Mohamed and Lecturer Ms. Fathimath Haleem. One of the main activities was a two-day fitness session held by the Elite Fitness and Staff Club. A total of 75 students and lecturers participated in the events.

A Study Skills class was conducted for the same group of students by Mr. Mohamed Ifreen, lecturer from the Centre for Foundation Studies. Topics such as note taking, smart ways of reviewing lessons and time management were included in the sessions.

A "Self Care" session was conducted on the following day, facilitated by Lecturer Ms. Fathmath Haleem and Lecturer Ms. Hafeeza Ibrahim. The concepts, due to its sensitive nature were discussed through activities which made the students comfortable to discuss them.

Another interesting session was an inspirational speech given by an alumna of the School of Nursing, currently working in the MNDF, SRN LT Firushana Thaufeeq. She focussed on resilience, team work, and self-efficacy; lessons she learned during journey from a student nurse to an



Dean Asiya Ibrahim addressing the new students at Orientation Term 2 2022

army nurse. The School of Nursing is proud to have her as a role model.

We were honoured to have Dr. Abdul Sattar, Dean of Faculty of Shariah & Law, to address the students. His speech was based on the importance of maintaining confidentiality while caring for the sick. 80 students attended this session.

One of the most important concepts for a Nursing student is Team building. A very interesting and participative session was conducted by Lecturer Ms. Sizna Mohamed. It was facilitated by two more lecturers Ms. Saadhath Moosa and Lecturer Ms. Thasneem Ahmed

Overall it was a very useful and enjoyable programme.



Orientation: Inspirational Speech by SRN Lieutenant Firushana Thaufeeq (SN Graduate)



Team building session by Sizna Mohamed (Lecturer)

THEVELI CONFERENCE

The Theveli Conference is the international multidisciplinary research event organised annually by the Maldives National University (MNU) which is aimed to bring together the “best brains” across the country and the globe, to disseminate their priceless knowledge. This year two research papers were presented by the School of Nursing (SN) in the Theveli Conference 2022 which was held from 22 nd -23rd August. The first paper from the SN was presented by Lecturer Ms. Aminath Rinzy on the topic “A Qualitative Study on Lived-Experiences of Maternal and Child Health Nursing Students using the process of Self-determined Learning in Clinical Practice. The second paper was presented by Ms. Fathmath Sajidha on the topic “Lived experience of relapse among substance abuse clients in Drug Detoxification and Community Rehabilitation Centre in G. DH. Thinadhoo”, which was her Master’s degree student project on Nursing research: a project conducted in 2021 under the supervision of Ms. Asiya Ibrahim, Dean SN.



Theveli Conference Presenter Fathmath Sajidha (Masters of Nursing Graduate)



Research papers presented at the Theveli conference 2022 by School of Nursing

Theveli Conference Presenter Aminath Rinzy (Lecturer)

The paper on “Lived- Experiences of Maternal and Child Health Nursing Students” was aimed to explore the process of self-determined learning in clinical practice of Maternal and Child health Nursing (MCH). An interpretive phenomenological approach was utilised to analyse the factors which motivates students to learn in nursing education and how the practice of self-determined learning is applied in clinical nursing education. The study was based on students who completed clinical practice in MCH in Advance Certificate in Nursing program offered in SN, MNU. The outcome of the study reported enhanced heutagogy in nursing education. Precisely, defining self-determined learning (SDL) in nursing in relation to clinical areas specialized such as MCH. Also, the study findings revealed that the student nurses developed knowledge of person-centered care and an extensive skill set over the schedule clinical posting through self-determined learning activities. Some of the SDL activities identified were following procedures, content, study programs, connecting with others on social media platforms, discovering and sharing information, creating, performing online tasks, individual content collection and adaptation and finally completing the course work on due time. Thus, the paper brought insightful experiences of nursing students by applying self-determined learning in both classroom and clinical settings while they studied MCH. The recommendations from the study included more hours of practice in Nursing Art laboratory for the students before they physically

join the hospital clinical posting.

The paper on “Lived experience of relapse among substance abuse clients” was a qualitative research based on phenomenological approach aimed to explore the lived experience and to explore the contexts and situations that influence relapse among substance abuse clients in Drug Detoxification and Community Rehabilitation Centre (DDCRC) in G. DH. Thiruvananthapuram. The study findings reported five major themes that emerged from data analysis which were: “Feeling of distress and being overwhelmed,” “Situations leading to relapse,” “Constant stigmatization from community,” “Reactions from the family,” and “Struggling to sustain sobriety”. The results revealed the need for nurses at the DDCRC to better assess and comprehend the clients’ experiences in identifying the situations that cause relapse, and also the importance of understanding them in a more compassionate way. The two papers presented provided insightful knowledge for much needed areas in nursing. Staff and students of SN are encouraged to present more research papers in the upcoming Theveli Conference next year and conferences elsewhere.

Student seminar



A seminar was organized by the Diploma in Nursing, 5th Semester students which was based on Change Management and held on 17 October 2022. A total of 67 students participated and presented the seminar in 7 groups. It is part of the assessment of the subject, “Nursing Leadership & Management”. The theme for the seminar was: “Change: a step towards progress.” By doing the seminar, students were expected to be able to identify changes needed to improve nursing care in our context, explore the issues with the help of recent literature and present their recommendations. As a result of the project work, students learnt several management concepts which include planning, time management, building team spirit and effective communication to name a few. Students also improved their skills of presenting and discussion.

Clinical orientation to IGMH

Clinical Orientation was held for the first-year students starting their clinical placement in IGMH. The Director of Nursing, Deputy Directors of Nursing and Ward Managers of IGMH participated in the event. The Dean of School of Nursing Asiya Ibrahim, Director of Nursing IGMH Mariyam Shifa, and Lecturer Fathimath Haleem addressed the students. Nurse Manager from IGMH, Faruhana Waheed did a presentation to share some important information with the students. A total of 75 students participated in the clinical orientation.



Director of Nursing, IGMH, Mariyam Shifa



Clinical Orientation at School of Nursing Auditorium



Workshop for Reproductive Health and Midwifery Examiners

A workshop was conducted for registered nurses from Indira Gandhi Memorial Hospital and Hulhumale' Hospital, to train Clinical Examiners for Reproductive Health and Midwifery Examination of students. A total of 12 nurses participated in the workshop. The Workshop was conducted by Lecturer Salma Hassan and Lecturer Fathimath Haleem.



Fathimath Haleem (Lecturer, Mentor Trainer)



Salma Hassan (Lecturer, Midwifery Examiner)

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رنگیناؤس گھوڑے - سائنس دانوں کے ساتھ



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