



**Seva Mandal Education Society's  
Smt. Sunanda Pravin Gambhirchand  
Institute of Nursing & Paramedical Sciences**

## **BEST PRACTICE I**

### **TITLE OF THE PRACTICE**

Project of SEVA SaHYOG (Sunanda Health Youths for orphans and geriatrics) to develop a sense of responsibility towards serving the society.

### **OBJECTIVES**

- To offer consistent, unconditional care.
- To improve physical and emotional well-being.
- Training of scholars regarding health habits through health education.

### **THE CONTEXT**

Nursing is the nation's largest healthcare profession, with nearly 5.2 million registered nurses nationwide. The work of nurses is still driven by protocols. The concept of "nurse led" is not exclusive of medical staff being present or participating as appropriate. In this model, a nurse is responsible for the overall co-ordination, educating, management, treatment and continuity of care.

### **PRACTICE**

MOU for **Old Age Home and Orphanage** are obtained from Manav Seva Sangh, Matunga. MOU for **School Health** from M.P.Bhutta School at Sion. Activities includes preparing Individual health card, need based nursing care, entertainment activities, games, distributing snacks and referral to Lions Tarachand Bapa Hospital for further management with free of cost. **Nurse-Led Clinic** provides first aid, routine checkup and referral services for both- in house students and SMES Campus both staff and students.

### **EVIDENCE OF SUCCESS:**

- 4 program to old age inmates with 42 beneficiaries
- 2 programs to orphanage children with 116 beneficiaries.
- 1 School health program with 436 beneficiaries.

### **PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:**



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- Arranging funds.
- To convince elderly people for regular check- up
- Permission to conduct health check- ups in school and orphanage due to time schedule

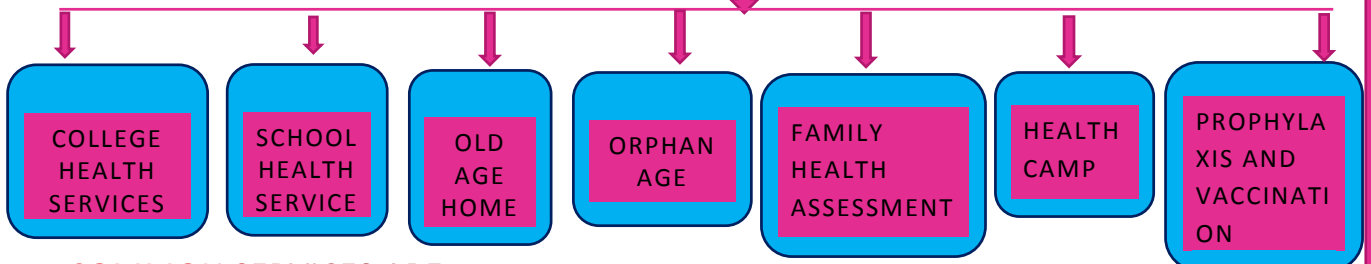
**Nurse Led Clinic**

**Target group-** employees and Students in campus

Independent Nurse Practitioner

- Standing order
- Strengthening referral services

**Free Services** includes observation, admission, investigation, medication, referral and health education



**COMMON SERVICES ARE:**

- Health assessment
- Medication
- First aid
- Child health
- Referral services
- Reinforcement
- Nutritional Status
- Entertainment program
- Reinforcement

**Evaluation through**

- Beneficiary rate increases,
- Number of services increases,
- satisfaction of beneficiary/ reviews.



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## **BEST PRACTICE II**

### **ASSET: Advance Strategies for Skill Empowerment through Training**

#### **OBJECTIVES**

- To motivate people to adopt health-promoting behaviors through training
- To assist individuals in making health decisions and gaining the necessary confidence and skills to implement these decisions effectively.

#### **CONTEXT**

There are several reasons why the individuals may be unaware or less informed about health-related topics such as information overload, misinformation, limited health literacy, lack of access to reliable sources, cultural and language barriers, time constraints, fear and avoidance, prioritization of other topics. People may prioritize other aspects of their lives over health-related information. This could be due to competing priorities, such as work, family, or social activities, leading to a lack of attention to health matters. However, training on health-related topics for the individuals is essential for promoting health literacy, preventing diseases, fostering healthy lifestyles, and ultimately improving the overall well-being of communities. Thus, the institute started with ASSET in and outside campus to adopt health promoting behaviours. In this training both the students and faculties are involved to keep them updated and for continuity of their practice.

#### **PRACTICE**

The ASSET stand for Advance Strategies for Skill Empowerment through Training. Empowering skills through training is a multifaceted process that requires careful planning, execution, and ongoing assessment. To achieve the objectives of ASSET, the institute follows advanced strategies to enhance skill empowerment through training.

ASSET in campus include-

- **First Aid lectures cum demo sessions**  
To put the injured person under professional medical care at the earliest is the purpose of the training. The institute conducts first aid lectures for other departments in campus with actively participation of nursing faculties.
- **Career counseling**  
The purpose of training is to provide right directions towards choosing right career. Institute provides career guidance in campus for other department students to provide right choice of career
- **Skill courses under Unnati project** such as lab technician, dialysis, radiology technician , Cath lab technician ,ECG technician  
Under Unnati project above courses training is held in our institute to empower the students to actively participate in their health care and contribute towards better



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health outcomes. Institute provides various skill enhancement course for other students with active participation of all the faculties.

- **Oncology course for staff nurses and our students**

It is designed to equip staff nurses and students with the specialized knowledge, skills, and attitudes needed to provide high-quality, compassionate care to patients with cancer.

Institute provides certified oncology course in collaboration with Mumbai Oncology Centre to the staff nurses and students to provide high quality care to patients with cancer.

ASSET **outside the campus** include- Specially to maintain the continuity of care and practice our students are trained to provide efficient health care in the community.

- **School health programs**

Institute organizes the school health programs such as health checkups, health talk on personal hygiene with the help of Community health nursing faculties and final year students to encourage the students towards healthy practices.

- **Maternal health programs**

To improve practices in maternal health institute organizes the maternal health programs such as antenatal and postnatal checkups, health education and role play on breastfeeding, contraception etc.

- **Geriatric health programs**

Institute organizes various health related programs such as health checkups and entraining programs to the geriatric inmates of Manav Seva Sangh, Matunga with the help of faculties and students.

- **Prevention and management of high risk disease** such as Diabetes, Hypertension Cancer

Institute organizes various awareness programs such as health education, check-ups, and role play on high risk diseases in the community.

## **EVIDENCE OF SUCCESS**

Feedback and 100% participation of students and faculties for training programs

Appreciation letters received to the students and staff for training

## **PROBLEMS ENCOUNTERED**

Lack of time

Sometimes unavailability of teachers and students due to academic plan

## **RESOURCES REQUIRED**

Internal and external faculties and trained final year students

Premises like classrooms, nursing laboratories



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**ASSET: Advance Strategies for Skill Empowerment through Training**

### **In Campus**

- \*First Aid lectures cum demo sessions**
- \*Career counseling**
- \*Skill courses under Unnati project**
- \*Oncology course for staff nurses and our students**

### **Outside the Campus**

- \*School health programs**
- \*Maternal health programs**
- \*Geriatric health programs**
- \*Prevention and management of high risk disease**



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