

BMCON BLOOMS

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DECEMBER 2020

A newsletter from BMCON Alumni



Success Stories of Alumni



STORIES

POEMS

NEWS

AWARENESS

GALLERY

For private circulation only

MESSAGE FROM CMD



I feel privileged to write few lines for this news letter released by Alumni Association of Baby Memorial College of Nursing (BMCON). From its humble beginning in 2002, Baby Memorial College of Nursing has made commendable growth to become one of the best nursing colleges in the country offering all types of nursing courses including part time PhD. I am delighted to know that our Alumni are making commendable achievements in their professional career and is bringing credits to your alma mater.

On behalf of your mother institution I wish you all the best and congratulates the Alumni Association for their efforts in bringing out this news letter.



Dr. K.G. Alexander
Chairman & Managing Director

PRINCIPAL'S MESSAGE



Greeting to you from your Alma mater. It's really a pleasure to pen a few lines in the Alumni newsletter 2020. All of us in Baby Memorial College of Nursing (BMCON) are really happy to hear from our former students and are excited to hear about your big achievements in professional career. By your great work, all of you continue to be ambassadors of this institution bringing name and fame to this institution.

In the last 10 months of COVID - 19 pandemic, we were getting gratifying reports of excellent services rendered by our Alumni in every part of the world.

I would like to remind you once more that we are always ready to help and support you in your professional growth. Please try to keep in touch and let us know your requirements if any from our side. We will be always happy to help. All the best for professional growth and development in all your future ventures. I take this opportunity to thank and congratulate each alumni for their contribution to this college and also appreciates the office bearers of Alumni Association for releasing this newsletter.



Prof (Dr.) Roy K. George MSc. Nursing, PhD
Academic Director, BMH & Principal,
College of Nursing, National President,
TNAI & Member, Indian Nursing Council

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Editorial Board

Mrs. Anju Radhika S D (Chief Editor)

Mrs. Bincy. N. Baby (Member)

Mrs. Anu Thomas V (Member)

Current Office Bearers of Alumni Association

Mr. Mathew Varghese V (President)

Mr. Mohammed Jesal H (Vice President)

Mrs. Anju Radhika S D (Secretary)

Mrs. Jyothsna P (Joint Secretary)

Mrs. Anu Thomas V (Treasurer)

Ms. Pallavi Muraleedharan (Media Coordinator)

Mrs. Bincey N Baby

Mrs. Sneha Sara

Mrs. Rejina Ravindran

Mrs. Amrutha K

Mrs. Neena P K

Mrs. Hafsitha K C



Updates on BMCON



Baby Memorial College is completing 18 years of commendable contribution to the field of nursing education. College which started only with BSc. Nursing course, now offers MSc. Nursing in all specialities, PBBSc. Nursing and PhD (part time). BMCON is the first research centre in nursing approved by Kerala University of Health Sciences. As all alumni may be aware affiliation of the college was shifted from University of Calicut to KUHS in 2010. Also this college is sanctioned to start Nurse practitioner in critical care programme. By 2020 15 batches of BSc, Nursing, 10 batches of MSc. Nursing and 8 Batches of PBBSc. Nursing completed course and is working in different parts of the world bringing name and fame to the institution.

Envisioned by the founder of Baby Memorial Hospital, we are committed towards achieving and maintaining excellence in education and research so as to benefit humanity.

Development in Academic Campus

Baby Memorial College of Allied Medical Sciences (BMCAMS) a sister institution of College of Nursing was started in 2012 is offering three degree courses (Bsc. MLT, Bsc. MRT & BASLP) and four diploma courses (DDT, DOTAT, DRT & DMLT). Hence our academic campus has now nearly 1000 students undergoing various courses.

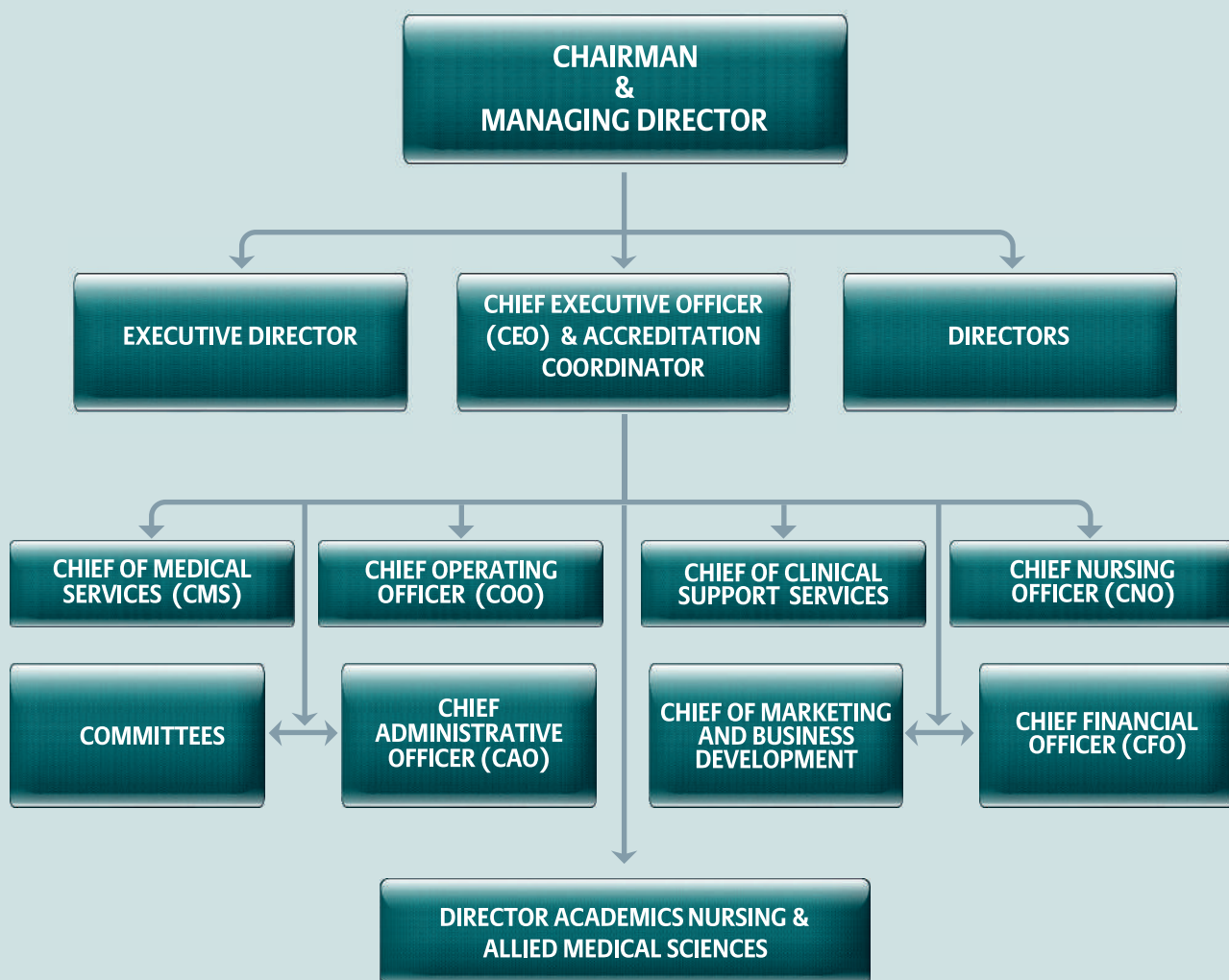
BMH on its growth spurt

BMH in its 33rd year is continuously developing and has emerged as one of the best hospitals in South India. With commencement of ultra modern new block (C Block) the hospital has 600 beds and 40 medical & surgical departments, 16 world class operation theatres and 11 fully equipped ultramodern ICUs, thus delivering excellent medical care to our patients. As you are aware we have NABH, ISO certifications and has received many awards yearly for quality and safety. We have also NABH certification for nursing excellence.

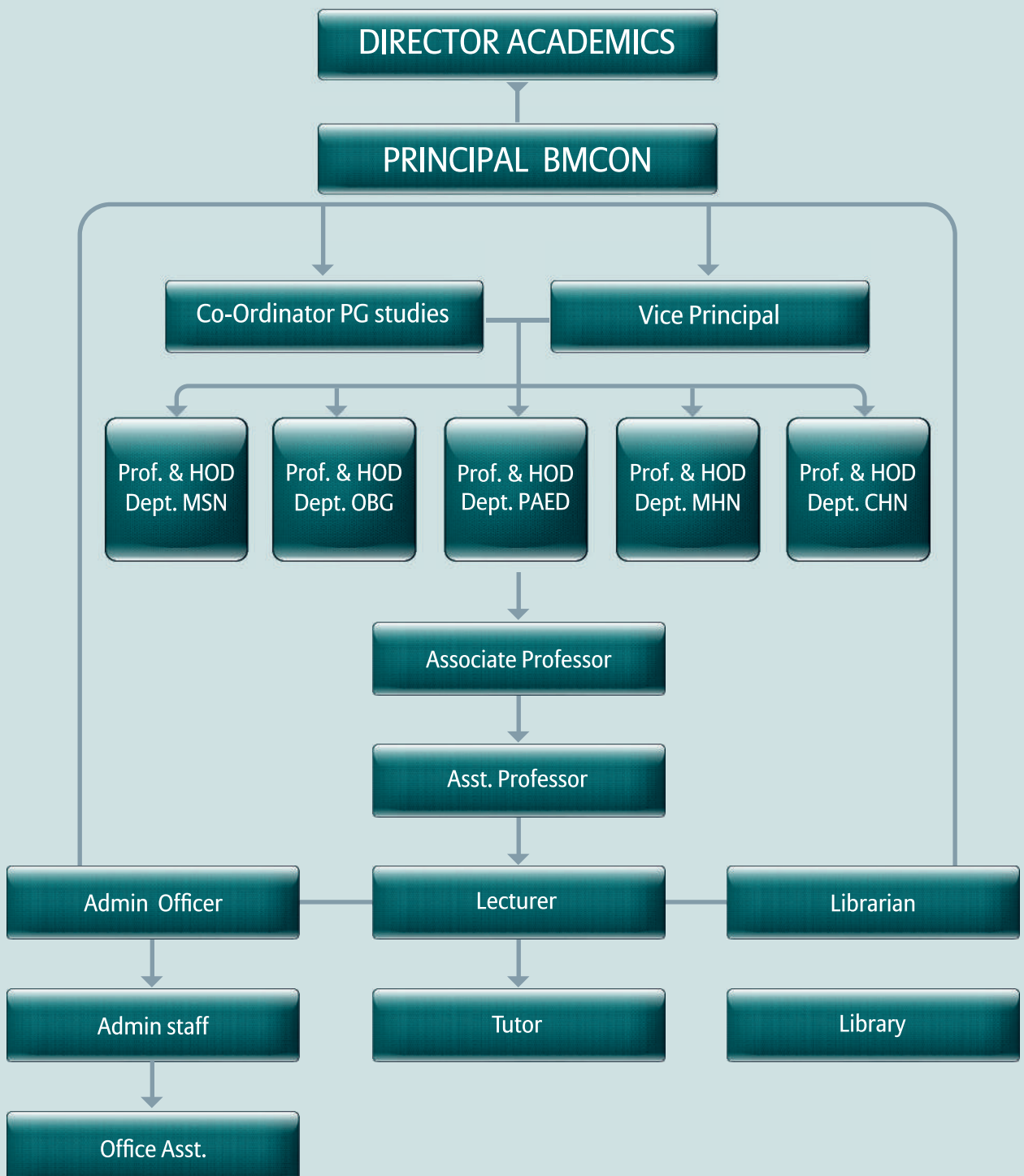
We are happy to inform you that the second generation of founding family of BMH are now part of the top management as Directors- Dr. Anju Miriam Alex and Dr. Vineeth Abraham.



BABY MEMORIAL HOSPITAL ORGANOGRAM



BABY MEMORIAL COLLEGE OF NURSING ORGANOGRAM



Success Stories of Alumni

Research paper presentation Event via Zoom virtual platform & result declaration

Gwalior: The Nursing Teachers Association, India organized two days research paper Event presentation via zoom platform under esteemed nursing personalities & Jury members, Dr. Neerja Sood, Associate professor, School of health sciences, IGNOU, New Delhi, Dr. (Mrs.) Bharti Suresh Batra, Professor, RKDF College of Nursing, Bhopal, Dr. Maya E. Patila, Senior advisor, NTAI & Dean, Nursing Research Dept., Malwanchal university, Indore (M.P.), and Dr. Vasantha kumari, Associate professor, Department of pediatric Nursing, Institute of health sciences, Wollega university, Ethiopia, East Africa. Whole event has been coordinated by Prof. Binu Joe, President, NTAI, Gujarat branch & Principal, Christ college of nursing, Rajkot, Gujarat.

On 1st day research Event began with inaugural session which was done by Prof. Poonam Thakur, National Treasurer, NTAI & HOD of OBG department, The Academy of Nursing sciences & Hospital, Gwalior, while ten participants presented their research abstract on first day, presentation session was moderated by Dr. Malvi Lodhi, Jabalpur and Mrs. Geetanjali Kalyan, President, Chandigarh District Nursing faculty, National Institute of Nursing Education



“NTAI initiative
Two days Research
paper presentation”



Chandigarh, Remaining 17 participants presented their research abstract on 2nd October 2020. Judges gave valuable suggestions and made the presentation session very interactive.

As per rubric evaluation criteria, on 6th October result was declared, Mrs. Sheba Elsan Mathew (AP09/2020) scored highest marks and got 1st position then Mrs. Rita Lakhani (AP12/2020) bagged 2nd position while 3rd position is tie-up between Mrs. Muttam Laxmi Devi (AP08/2020) & Mr. Mathew Varghese (AP16/2020) grabbed 3rd position. It was really a worth valuable presentation as per the research scholars' point of view and actually as per the judge's views all were winners, however it was really very hard to evaluate them.

NTAI President, Dr. Farukh Khan, explained that the learning phase of nursing fraternity during lockdown, must not be stopped, NTAI believes that with this initiative nursing professionals will get platform for research presentation periodically.

Dr. Maneesh Kumar, General secretary, NTAI described the need of nursing research & generalizing the findings in our country, with the support of experienced & nursing fraternity would help to strengthen the nursing profession.

Mr. Mathew Varghese V I Batch Bsc Nursing

The nursing teachers association organised research paper presentation via zoom platform, in that Mr. Mathew Varghese V grabbed 3rd position



Ms. Deepa Thomas 13th batch Bsc Nursing student of BMCON won miss southindia 2019 2nd runner up also awarded as miss best smile and miss photogenic.



Mr. Mohammed Shafi PBBSc Alumini. receiving certificate of the best employee of the November 2020. (Security Forces Hospital) MAKKAH.



Mathew Varghese V
Nursing officer
AIIMS New Delhi

The Role of the Nurse in Cancer awareness

The World Health Organization observed that around 50% of all cancer cases are preventable. But between modifiable and non modifiable risk factors of cancers, the common people find it mostly unprepared to handle the cancer prevention and screening. The nurses especially oncology nurses have a tremendous role in cancer prevention—not only to follow cancer prevention and screening recommendations, but also to educate public about the importance of cancer awareness. The term public can be a broad group, but it includes everyone from patients and family members to other nurses (Non oncology nurses) in all fields of practice to providers to community organizations.

One of the most important tools nurses have in their profession is the ability to build deep professional relationships with their clients and family members, along with other caregivers. Using the cancer-specific expertise and experience, along with the ability to build those trusting relationships, oncology nurses can convey the importance of cancer prevention and screening across countless different settings.

15 Warning signs of cancer

Since many forms of cancer are treatable if the cancer is detected early, it's important to pay attention to all of the possible warning signs. While we educate patients, we should emphasize the following warning signs

1. **Abnormal menstrual periods or pelvic pain** Many women have the occasional menstrual irregularities and abdominal cramps. But continuous and frequent abdominal pain and menstrual irregularities can be a warning sign of cervical, uterine or ovarian cancer.
2. **Changes in bathroom habits**
Persistent constipation or diarrhea; black or red blood in stool; and black or tarry stools are early signs of colorectal cancers. Warning signs Warning signs of bladder and prostate cancer include more frequent urination and blood in your urine.
3. **Breast abnormalities**
A new breast lump, dimpling, breast skin changes, inverted nipple or unusual nipple discharge that you didn't have before etc could be early signs of breast cancer
4. **Cough more than two weeks**
A cough that persists for more than two weeks, especially a dry cough, can be a sign of lung cancer. It doesn't mean that all chronic coughs are not sign of lung cancer. It could be a sign of TB or chronic bronchitis too.
5. **Persistent headache**
A headache that lasts more than two weeks and doesn't respond to the usual medications has to be evaluated. In brain tumor patients head ache is very common along with other symptoms such as nausea, vomiting, seizure and loss of consciousness.

6. **Dysphagia**
Difficulty in swallowing or trouble and pain during swallowing for more than two weeks can be a sign of throat, lung or esophagus cancer.
7. **Excessive bruising**
Sudden excessive bruising, bluish discoloration and red spots on skin could be a sign of blood cell abnormalities. Thrombocytopenia is very common in leukemia.
8. **Frequent infections and Fever**
Spiking a fever over and over, or going from one infection to the next can indicate an immune system defect. It is common in lymphoma or leukemia.
9. **Mouth and lip changes**
Persistent sores or lesions or painful areas in the mouth, white patches (Leukoplakia) in tongue, red patches (Erythroplakia) in oral mucosa especially in people who smoke or drink heavily, can indicate various mouth and lip cancer.
10. **Skin changes**
A shift in the appearance of a mole or birthmark should be assessed by a health care provider. Use this mnemonic, ABCDE to remember skin changes.

Asymmetry	:	One half of the mole or mark doesn't look like the other.
Border	:	The edges are irregular or blurred.
Color	:	It's varied or inconsistent, both black and brown.
Diameter	:	It's larger than the size of a pencil eraser.
Evolving	:	This refers to any mole that grows, bleeds or otherwise changes over time.
11. **Chronic pain**
Continuous pain anywhere in your body that has no clear cause and doesn't respond to standard treatments should be investigated.
12. **Persistent fatigue**
Continuous tiredness and drop in your energy level, no matter how much sleep you've been getting, can be a sign of leukemia or lymphoma.
13. **Postmenopausal bleeding**
There are a number of reasons for this, but if it persists, rule out for cervical or uterine cancer by an expert.
14. **Unexplained weight loss**
Unexplained sudden weight loss, or the loss of your appetite, can indicate many types of cancers, especially ones that have spread.
15. **Unusual lymph node lumps or lymph adenopathy**
Any new lump or mass that doesn't go away should be evaluated. Lymph nodes often become swollen when you have a cold, but if the swelling persists after you're well, you should seek medical aid.

Through cancer prevention conversations, oncology nurses can have a huge impact on the future of public health. Although the immediate benefits are difficult to observe, cancer prevention helps nurses save lives on a macro level. Educating public on above listed warning or early signs of cancer help them to seek medical aid at its early stage, which leads to speedy recovery and prevents advanced stages.

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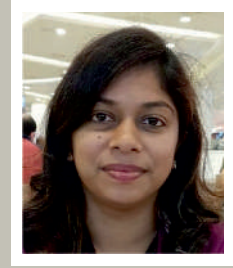


Sumy Philip
ER Nurse
Emirates Hospital, Dubai

Behind the Masks- The nurse caring for COVID-19 patients

I am an ER (Emergency Room) nurse and therefore right in the midst of unfolding events. I have to admit, I was initially terrified about the Covid situation. My normal work day is 12 hours per shift and I would wake up early to reach the hospital and prepare myself outside the hospital as per Covid guidelines. Wearing the PPE (Personal Protective Equipment) that has several layers, plus 2 pairs of gloves, hair cap, apron, gown, face mask and shields are part of the preventive measures that makes one incredibly hot within. Talking to patients or colleagues would be a challenge due to the masks and shields that would make communication difficult. Visibility would be poor at times when the shield fogs up. The end of each shift would be a mental, physical and emotional drain. Marks on the forehead, headaches due to the tight masks were routine. My family would call me 3 or 4 times every day to see how I was holding up. Calming them down was a huge challenge. But soon the fears settled and what came to the forefront was caring for the suffering patients and how to fully support them till their recovery. My resolve became stronger and soon my fears receded when I realized the patients were looking up to us like we were angels. The final message was loud and clear in our own minds. Those of us in the healthcare sector have a duty to perform and we were not going to shy away from doing it.





Simble Sebastian
ER Nurse
Emirates Hospital, Dubai

The Admirable Heroes of 2020

Amidst the horrid mode
The global pandemic has entailed,
Not enough words are said
To the unseen hardship of teachers,
Who are merely greatly expected
To revive their lesson plans
And switch over to online teaching.
This cannot emerge overnight
Without a prodigious effort
And they just made it happen
Within a short span of time.
Travelling extra miles than ever before
To mould the best learning journey
In the never before seen pandemic.
Their patience, support & teamwork
Explored new ways for doing things
Without draining the essence of classroom teaching,
Where homes transformed to new classrooms
Let not a virus defeat us!
When these all draw to a close
The students will have cherished memories
To pass on to the next generation.
We are forever grateful dear teachers!



LIST OF TEACHING & ADMINISTRATIVE STAFF

Principal

Prof. (Dr.) Roy K George

Vice Principal

Prof. Soya Kattil

Coordinator of PG Studies

Prof. Agnet Beena Mani

DEPARTMENT OF MEDICAL SURGICAL NURSING

Professor

Prof. Pramina Mukkolath

Associate Professors

Mrs. Vinny Varghese

Mrs. Anju Radhika S D

Assistant Professors

Mrs. Shiny P George

Mrs. Ambili Alphonse Thomas

Mrs. Veena V G

Mrs. Reshmi R Nair

Mrs. Anju C M

Lecturers

Mrs. Amrutha K

Mrs. Merlin K Kunjumon

DEPARTMENT OF CHILD HEALTH NURSING

Associate Professor

Mrs. Elizabeth Varkey

Assistant Professors

Mrs. Sushmi M.S

Mrs. Manju Micle

Lecturers

Mrs. Shiji P

Mrs. Steffy David

DEPARTMENT OF MENTAL HEALTH NURSING

Professor

Prof. (Dr) Jibby Varghese

Assistant Professor

Ms. Rejina Ravindran

Lecturer

Mrs. Lithu G Nair

DEPARTMENT OF COMMUNITY HEALTH NURSING

Associate Professors

Mrs. Bindu S

Mr. Babu M

Lecturer

Mrs. Remya N Nair

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL NURSING

Associate Professors

Mrs. Lincy S Cheruvathur

Mrs. Manju S.S

Mrs. Anu Thomas

CLINICAL INSTRUCTORS

Mrs. Elizabeth A.B

Mrs. Neena P.K

Mrs. Aswathi P.S

Mrs. Hafsitha K.C

Mrs. Prajula M.P

Mrs. Bijimole Baby

LIST OF NON TEACHING STAFF

1.	Mr. Syed Kamal	Administrative Officer
2.	Mrs. Sheeba E	Sr. Clerk
3.	Mr. Mathew M M	Office Assistant
4.	Mrs. Beena V	Sr. Librarian
5.	Mrs. Ambili P M	Clerk
6.	Mrs. Sujana K	Cashier Cum Clerk
7.	Mrs. Reeja M	Office Assistant
8.	Mr. Shabeeb T A	Office Attender
9.	Mr. Praveen G Pillai	Hostel Supervisor
10.	Mrs. Shally Thomas	Library Asst.
11.	Mrs. Latha T	Hostel Warden
12.	Mrs. Shyni T	Hostel Warden



Graduation ceremony of 6th Batch PBBSc. Nursing Students.



Graduation ceremony of 13th Batch Bsc. Nursing Students



Graduation ceremony of 8th Batch Msc. Nursing Students



Faculty of BMCON with KUHS inspection Team.



Prof. Pramina Mukkolath being honoured with long service award (15 years) during BMH Day 2020.



Indira Gandhi Road, Kozhikode - 673 004,
Kerala, India. Call: +91 495 2777777 | www.babymhospital.org