



COVID DIARY 2020

**Govt College of Nursing
Thiruvananthapuram**



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CCOVID-19 pandemic has challenged the healthcare systems across the world. Kerala could contain the spread of the virus under an able administration with a well-developed public health system. Govt College of Nursing initiated stringent measures along with Govt. Medical College, Thiruvananthapuram in mitigating the crisis of COVID -19 pandemic since February 2020. This institution is the pioneer institution of Nursing Education in Kerala which accommodate largest number of nursing students and faculty and set a model for pandemic preparedness of nursing institution in the state.

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1. COVID team

A COVID team was set up on 11th March 2020 as per the order No A1/649/GCNT/2020. The team will conduct meeting in alternate days for the analysis of the situation and submit detailed report to the college.

Patron



Dr Bincy R Principal Convenor

Vice Principal



Prof. Suseela P
Professor



Dr Lucyamma Joseph
Associate Professor

Nodal Officer



Dr Athirarani.MR
Assistant professor

Team members



Dr Rajalekshmi K
Asso. Professor



Dr Premalatha.T
Asso. Professor



Mrs. Omana.K
Asso.Professor



Mrs.Chithralekha. L
Asst. professor



Mrs Anitha.K
Asst. professor



Dr Swapna KG
Asst. professor



Mrs. Aseela S
Asst. professor



Mrs. Suja.J.S
Asst. professor



Mrs Beena Koshy
Asst. professor



Mrs Jayalekshmy.R
Senior Supdt



During May 2020, the team have expanded by adding more members, class coordinators of all batches and MSc Nursing student representative were included. In August Dr Lucyamma Joseph was designated as convenor of the COVID team and subgroups were formulated

Group A – COVID 19 Core team

- Dr Lucyamma Joseph- Convenor
- Dr Athirarani.M.R- Nodal Officer
- Dr Beena. M.R
- Dr Rajalekshmi.K
- Dr Swapna.K.G
- Ms Suja J.S
- Ms.ChithraIekha.L
- Ms Beena Koshy

Group B – COVID -19 Coordination

- Dr Athirarani.M.R
- Dr Beena. M.R
- Dr Swapna.K.G
- Ms.ChithraIekha.L

Group C- Procurement of Mask, Face Shield & PPE

- Dr.Lucyamma Joseph
- Ms.Anitha K.S
- Ms.Chithralekha .L

Group D- Members of Break the chain activity in the institution

- Dr Sindu.
- Ms Anitha. K.S
- Ms Reena Thankaraj
- Ms Bindu.P.S
- Ms Beena Koshy

Group E- Observation of Infection Control Practices



- Dr.Swapna.K.G
- Ms.Beena Koshy
- Ms.Jalaja.K.N

Group F – Faculty duty scheduling

- Prof Suseela.P
- Dr.Rajalekshmi.K
- Ms. Jalaja.K.N

Group G- Members of Counseling and guidance team

- Dr.Preetha.S
- Ms.Saira George
- Ms.Kavitha Chandran.C
- Ms.Meeralakshmi.G
- Ms.Jija. D
- Ms.Radhika.C.K

Group H – CNE series on infection control

- Mrs Sreedevi Amma C
- Dr Sindu.L
- Mrs Priya JR
- Mrs Meeralekshmi.G
- Mrs. Radhika.CK

Group I – Motivational Priming

- Mrs Omana.K
- Dr Jija D

Group I – Communication and research

- Dr P.A Sarala
- Ms Aseela.S

Group I – Members of counselling patients, relatives and public

- Mrs. Saira George
- Dr Aneesa SA
- Dr Preetha S
- Dr Aswathy.KL
- Dr Jija D



2. Covid-19 surveillance

The students of our institution create a COVID barrier by screening all patients coming to the Outpatient Department and Casualty. From March 16th onwards four students are posted in each OPDs of Medical College, Super specialty Block and Radiotherapy. In casualty two students are posted in three shifts. In SAT hospital, one student each is posted in Gynaecology OPD and Paediatric OPD. These students are doing the first line COVID screening based on the current Govt. guidelines. The high-risk patients are identified and they are directed to COVID OPD or Transit OPD.



Casualty



Radiotherapy OPD



Medical College OPD



SSB OPD

3. Patient care in COVID area

BSc Nursing internship students are posted in MCH and SAT hospital, they are 64 in number. They have completed 5 rounds of COVID area posting till November 2020. These students are posted in COVID ICUs and wards. MSc Nursing and Post Basic students were also posted in COVID areas during emergency.

4. Patient care in Non-COVID area

MSc Nursing, Post Basic BSc Nursing, GNM and Post Basic Diploma students are regularly posted in Non COVID area. Every day 30 students are posted in Medical College irrespective of their concerned clinical specialty posting. These students help the Nursing Department to cope with unexpected shortage of staff due to contracting COVID infection.

5. COVID Information Cell

The core team for the initiation of the cell is Mrs Aseela.S and Mrs Priya JR. The COVID Information Cell is a family support initiative by the Nursing College, which will function as the locus of family communication, through which the family will get reliable information about the patient from the hospital authorities. This



has started functioning on 21st October 2020 at the CNE Hall of Medical College. An updated patient list of COVID patients admitted in hospital will be collected from PEID Cell and majority of them does not have a bystander, so the cell contacts the family member and share the information related to COVID, it also provides an opportunity for Information Education and Communication regarding various aspects of COVID containment measures to be followed in the household. The cell also receive call from public and other departments for the identification of patients. The cell is manned by two faculty and two junior lectures. The details of calls are recorded in the register.

6. PEID cell activities

Three MSc Nursing students in Community Health Nursing specialty is posted in PEID cell from March 16th onwards. They are involved in collection and reporting of results of individuals on home quarantine, COVID Record keeping, identifying contacts from the wards, planning IEC activities and guidelines for hospital and



Telephone counselling to contacts- regarding quarantine and follow up. These students also facilitate in risk assessment of primary contacts and are acting as a liaison for arranging institutional quarantine for those students who do not have facility for home quarantine.

7. Facilitating accommodation to hospital staff

The college has provided the facilities for accommodation of lady staff working at Medical College Hospital at Ladies' Hostel from April 2020 onwards. By October it has stopped as the students are coming back to hostel.

8. Facilitating transportation

As per the direction from Principal, Govt Medical College, Thiruvananthapuram Mr Sinu Robinson, Driver, Govt College of Nursing, Thiruvananthapuram with vehicle (college bus) no : KL01-BD8988 was assigned for transporting Staffs of Govt Medical College Hospital on 26th March 2020. This has been withdrawn on lifting of lockdown and initiation of public transportation.

9. Behavior Change Communication activities (BCC)

Behaviour Change Communication is an effective tool in preventing the spread of COVID 19 pandemic. Govt Nursing College Thiruvananthapuram initiated Behaviour Change Communication activities from February 15th 2020 onwards. Third Year BSc Nursing Students organised an awareness programme for the public in the Medical College Campus.



Health Education on COVID 19 in Medical College

Community awareness campaigns were organized in the Medical College Health Unit Pangappara and Puthenthope Community Health Centre. Health education activities were arranged in all wards of Medical College Hospital and SAT hospital. Every day health education programmes were arranged in different wards by the MSc Nursing students. As the cases began to increase during March to April, the target audience were patients and bystanders attending the outpatient departments.



Health Education at PHC, Pandappara

In response to the surge of cases the post graduate students and post Basic BSc Nursing students heightened the BCC activities across the campus on Social Distancing, washing hands and wearing mask. Educational materials have been distributed to staff/students about preventative healthcare. They focused on the following points

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your cough/sneeze with tissue or sneeze into your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.
- Don't touch your eye, nose or mouth, especially with unwashed hands.
- Avoid close contact with sick people.
- Clean high-touch surfaces often.
- Stay home when you are sick.
- Avoid close contact with people who are showing symptoms of the illness.



Demonstrating 5 steps of Hand washing near SAT hospital Thiruvananthapuram



Health Education at PHC, Pangappara



Health Education for inpatients at SAT hospital, Thiruvannathapuram



Health Education on Break the Chain to the Police men and Auto drivers



Skit on COVID 19

10. Capacity Building

Training on 'Infection Control related to COVID-19' by State PEID Cell organized in February. Re-training given to all faculty during March and April by the infection control team, MCH, Thiruvananthapuram. Training on "Infection control and use of PPE" given to all MSc Nursing, Post Basic BSc Nursing and Post basic BSc Nursing students by the infection control of SAT hospital on 15th, 16th and 18th of April. All the faculty members and students were shared with link to attend the online training

organized by Indian Nursing Council, Kerala University of Health Sciences and other official link suggested by UGC and State Disaster Management Team.

11. Training for students on infection control

Infection control training was organized for the students by the CNE team, the members were Mrs. Sreedevi Amma C, Dr. Sindhu , Mrs. Priya JR , Mrs. Radhika CK and Mrs. Meeralakshmi G. The group members prepared PPT on Infection prevention and control - COVID-19 and took classes to all students of the college- GNM, B. Sc Nursing, Post Basic B.Sc. Nursing, M.sc Nursing and Post Basic Diploma students via online platform. The sessions started with pretest. After the class students were allowed to clarify their doubts. The area covered were COVID- 19, general information, infection prevention and control precautions for covid-19, proper use of Personal Protective Equipment, Disinfection, Biomedical Waste management, sample collection, packing, transport protocol and procedure guidelines for novel corona virus (covid-19). This CNE series helped students to get an overview on infection prevention and control measures. The CNE was from 30th July 2020 to 10th August 2020.

12. Counselling

There was a dedicated team of five faculty, Dr Preetha S and Ms Saira George, Ms Aneesa S.A, Dr Aswathy KL and Dr Jija D.

Aim of the counseling cell

COVID-19 has brought out significant mental health impact on the society. The WHO recommends that the additional mental health support is to be



provided along with the general health services. Counseling cell, in our college aimed at addressing mental health issues of students and their care givers affected with COVID-19. Lockdown due to COVID-19 has brought out subtle mental disturbances like fear of the disease, loneliness and boredom among the students who were at home. The services provided by the cell are

- **Individual counseling for students tested positive and on quarantine**

Team members of the counseling cell contacted students admitted in ward and also in-home isolation/Quarantine through telephonic calls/social media platforms once in 2-3 days and assessed their mental health for symptoms of anxiety and worry. If they had any emotional issues, counseling was given over the phone. Mobile numbers of team members were given, so that students could contact the team members at all time in time of any crisis.

- **Counseling for the students**

Counseling cell gave special impetus to the concerns of students who were at home . Concerns of students of each course was also addressed by counseling cell along with their respective class teachers.

- **Health education to the public**

As per the direction from Dr.Bincy.R, Principal of our College , videos were prepared by nursing faculty and students on the following aspects

- Mental health of COVID affected patients
- Mental health of relatives of COVID affected patients



- Effective utilization of Quarantine period
- Engaging in creative activities during COVID-19.

13. Resource Mobilization

- March - 1500 clothe mask distributed to Faculty and students using PD account.
- April - 1000 surgical mask to students by KGCNTA Thiruvananthapuram unit
- June - 100 - N-95 mask , 100 – triple layer mask , 20 – sanitizer from DHS
1000 triple layer surgical mask by NSS unit, Thiruvananthapuram
- July - 200 face shield purchased by utilizing PTA fund
- August - Rs.15650/ issued from PTA fund and purchased the following items N95 mask-10,face shield-140,gloves-300, Hand sanitizer-5 litres, PPE kit-2,soap with soap dish-10 . These items were distributed to I and II MSc Nursing, Third year GNM students, I&II year PBBS Sc Nursing students for COVID posting at MCH and SAT posting. Sanitizer is distributed for college sanitizer dispensing unit regularly provided hand washing facility in front of the college and PG block.
- September- PPE is purchased from PD Account for the clinical posting of II year PBBS Sc, Third year GNM, II year MSc students. The following items were purchased. N95 mask-175, sanitizer -5 litres, face shield -50,soap solution-2 litres, clean gloves-1 packet, Bleaching powder-15 packets. Bleach solution is prepared for the cleaning of college and disinfecting



the campus. sanitizer and gloves and face shield were distributed for University examination for the whole staff.

October- Rs.5093/ is issued from Alumnae fund for purchasing sanitizer-10 litres,face shield-33 and distributed for the COVID clinical posting of II PBBS Sc , Third year GNM and MSc Nursing students at MCH & SAT hospital.

November - Rs.15000 issued from PTA fund for purchasing the following PPE . Face shield-50,surgical gloves-75,N95 mask-100.,clean gloves-300, sanitizer - 20 litres, Thermal Scanner-2 . Thermal scanners were distributed to office for screening staff and faculty and students at the time of admission. PPE is distributed for clinical posting of students and University examinations - MSc, BSc Nursing

14. Communication Team

Dr Sarala, Ms Aseela and Radhika are the members of the team; they have to maintain the communication as per the instruction of the principal. Informing students and faculty about the relevant webinar related to COVID and Non-COVID. Contacting nursing officers daily at 9 am for ascertaining posting of students. The team also sorted out the student's issues on non-availability of PPE in the clinical area

Another responsibility of the team was to identify relevant Webinars related to COVID 19 or other topics and informing the faculty and students. They also arranged journal clubs on COVID related topics.



15. Break the chain at the campus

The college and hostel premises were decontaminated with the help of Thiruvananthapuram, Corporation on 26th July 2020. A hand washing facility in front of the college and hostel and it was entrusted to Dr Beena M.R, by utilizing the fund from PTA. Two hand-washing areas set up in front of college and one handwashing area at the entrance of the hostel on 31st July. Measures were taken for minimum handling of common registers; class coordinators were entrusted with online attendance tracking. For the time being the classroom on the first floor of PG block can be utilized as a common room for students. Directed to exhibit posters on break the chain at the entrance.

Besides this with the help of college union two hand sanitizer dispensing units were placed in front of college and PG block. Supply of soap, water, hand sanitizers in these areas were ensured.



Visitors book was maintained in front of college and security staff was entrusted with checking of temperature of all visitors to the institution and visitors phone number, temp etc were recorded. Thermal scanning was

done for all the faculty, staff, students on entering the institution. Social distancing was followed during meetings and faculty meetings were done by zoom. Posters on COVID-19 prevention placed in college and hostel premises. Supervision of staff and students regarding COVID 19 protocol was done. During admissions limited every day admission of students and clear instructions given regarding COVID 19 prevention protocol. Admission was conducted in a well-ventilated room. All staff involved in admission were provided with gloves, face shield etc. Hall and tables used were properly disinfected. Social distancing was maintained in the hall and waiting area.

16. Academic activities & conduct of examination.

The college is conducting online classes and exams for students from March 2020 onwards and the details of the classes taken are submitted to the University periodically. Infection control training programs are regularly organised for students during COVID-19 pandemic period. As per the KUHS examination guidelines, both theory and practical examinations were conducted in the college. Strict maintenance of COVID 19 protocol was ensured including social distancing, hand washing facilities, wearing gloves and masks etc.

Due arrangements were made for conduct of university examination for COVID positive students. The exam hall was set up outside the main building so that there wont of mingling of other students and teachers. The college took stringent COVID protocol for the conduct of theory exams in well-ventilated room, separate invigilator, provision for video recording etc.



17. Research related to COVID 19

Faculty of Government College of Nursing initiated COVID related studies to gather background data and creating new evidences which may enable in taking policy regarding the prevention and control of the pandemic.

- Psychosocial adaptation of people undergone COVID 19 quarantine, Mrs. Radhika C.K.
- Knowledge, Attitude and Practice of the public on use of face mask during pandemic by Dr.Athirarani M R, Co-investigator.
- Challenges, anxiety, stress and coping strategies of health care workers in the government sector at the time of COVID 19 pandemic in Kerala-A mixed method cross sectional survey by Dr.Athirarani M R –Co-investigator.
- Risk perception, knowledge, attitude and preventive practice of people of kerala towards COVID 19 outbreak immediately after the fourth phase of lockdown- A cross sectional online survey.
- Synthesis and validation of epidemic preparedness guidelines for nurses at primary, secondary & tertiary levels of health care in kerala by Dr.Athirarani M R, Co-investigator.(KUHS funded project). Dr.Swapna K G & Dr.Sindhu.L
- Social distancing and Break the chain acceptability, attitude and experience of common men during the COVID pandemic in kerala by Dr.Athirarani M R Co-investigator.



18. Community Activities

The BSc Nursing students and GNM students were send home during the lock down period. But the during April the list of III year and IV year BSc Nursing students were forwarded to district collector, Thiruvananthapuram as per the direction from JDNE. 200 BSc Nursing students of our institution enrolled in Sannadasena, the initiate of the Govt. of Kerala. While the students were away from the campus, they engaged in various activities of community mobilization, participation in Community Kitchen etc.

Conclusion

of Govt College of Nursing are striving hard to bring about positive changes in the health care environment. With the conjoined effort of faculty and students along with other health care team members Govt Medical college hospital is rendering quality services to patients with COVID 19. Our institution is extending the services to the family by proving guidance. The responsibility and commitment headed upon us as a health care professional has been successfully and fruitfully rendered with must contentment and passion. Our dedicated team is very vigilant in providing support to the health care team of our state.

