



VALUE ADDED COURSE BROCHURES 2020-2021



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

Ph No: 0861-2318300 | Fax: 0861-2318300.

e-mail: sreenarayana.nursing12@gmail.com | principal.snncc@narayanannursingcollege.com

Website: <https://sreenarayanannursingcollege.com>

Recognized by Indian Nursing Council vide letter No. 02/Sep/2006 INC dated : 29.09.2006

A.P. Nurses & Midwives Council Letter No. APNMC/CON/5212/2006, dated: 4/11/2006

Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.



VALUE ADDED COURSES 2020-2021

BROCHURE & COURSE CONTENT

S.NO	COURSE CODE	DATE	NAME OF THE VALUE-ADDED COURSE
1.	VAC-008	17/09/2021 to 18/09/2021	EFFECTIVE COMMUNICATION FOR NURSES
2.	VAC-009	20/08/2021 to 21/08/2021	FUNCTIONAL ETGONOMICS
3.	VAC-010	09/07/2021 to 10/07/2021	MYOFASCIAL RELEASE THERAPY
4.	VAC-011	18/06/2021 to 19/06/2021	HAND WASHING
5.	VAC-012	16/03/2021 to 17/03/2021	SOCIAL AND EMOTIONAL LEARNING
6.	VAC-013	22/01/2021 to 23/01/2021	DIGITAL EMPOWERMENT IN PATIENT CARE
7.	VAC-014	15/12/2020 to 16/12/2020	PPE (PERSONAL PROTECTIVE EQUIPMENT)


Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002

AIM OF THE COURSE

The aim of this course is to equip nurses with the communication skills necessary to provide compassionate care, enhance patient outcomes, and improve teamwork in healthcare settings.

COURSE OBJECTIVES

The students will be able to:

1. Teach nurses how to communicate clearly and effectively with patients, families, and colleagues.
2. Improve nurses' ability to listen empathetically and respond appropriately to patients' needs and concerns.
3. Equip nurses with skills to educate patients about their conditions and treatments in an understandable manner.

COURSE OUTCOMES:

Upon completion of this course, students will be able to:

1. Communicate clearly and confidently with patients, families, and healthcare professionals.
2. Show empathy and understanding through attentive and responsive listening.
3. Simplify complex medical information and provide clear instructions to patients and their families.

Target Group : II B.Sc. (N)

Total allotted Hours: 16

Mode of presentation: Lecture cum discussion

Evaluation Method: Multiple choice questions (MCQ).

Grade Score :

Level of knowledge (Grade)	Percentage
A	> 75 %
B	61% - 75%
C	50% - 60%
Fail	<50%

CERTIFICATION: All participants will get certificate of participation after successful completion of the course.

RESOURCE PERSONS:

Dr. K. Uday Kumar, Professor, Dept. of Psychiatry, NMCH.

Mrs. T. Lalitha Kumari, Asso. Professor, Dept. MHN, SNNC.

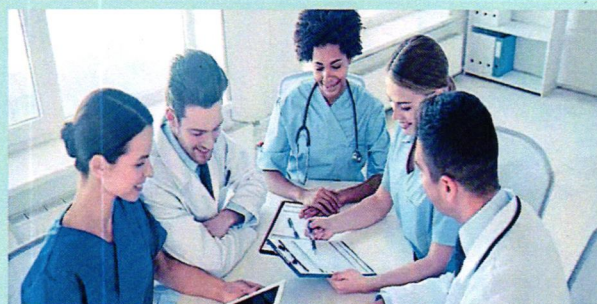


SREE NARAYANA NURSING COLLEGE



Stonehousepet,
Chinthareddypalem, Nellore - 524 002,
Andhra Pradesh, India.

VALUE ADDED COURSE ON EFFECTIVE COMMUNICATION



Date : 17.09.2021 to 18.09.2021 || Time : 09:00 am to 06:00 pm
Venue : Auditorium, III Floor
Sree Narayana Nursing College.

COURSE COORDINATOR: Ms. K. MEENAKSHI, (B.Sc (N))

Tutor / Clinical Instructor, Sree Narayana Nursing College,
Stonehousepet, Chinthareddypalem, Nellore.

SREE NARAYANA NURSING COLLEGE, was established by Narayana Educational Society in the year 2006 in Nellore; which offers four-year undergraduate degree course leading to B.Sc. Nursing and PBBSC nursing 2 YDC. The courses are affiliated to Dr. NTR University of Health Sciences, Vijayawada and recognized by Indian Nursing Council, New Delhi.

The college offers world class infrastructure, unparalleled technical expertise, a diligent faculty and above all a stimulating environment for students to pursue their nursing and acquire hands-on training under the guidance of senior faculties of nursing and at Narayana Super Specialty Centre.

At **SREE NARAYANA NURSING COLLEGE**, Nursing students are provided comprehensive education, both theoretical and practical, designed to sharpen critical thinking skills, stimulate scientific inquiry, develop effective practice and cultivate qualities of compassion and caring, fully integrating theoretical learning with clinical experiences within a caring environment. The healthcare delivery system demands sophisticated, competent professionals with a background that enables them to work in varied settings.

A handwritten signature in green ink, likely belonging to the Principal of the college.

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002

AIM OF THE COURSE

The aim of this course is to provide students with an understanding of functional ergonomics and its applications in daily life, workplaces, and therapeutic settings.

COURSE OBJECTIVES

The students will be able to:

1. Teach the basics of ergonomics and human factors, focusing on how they enhance productivity, comfort, and safety.
2. Recognize ergonomic risk factors such as repetitive motions, poor posture, and improper workstation setup.
3. Equip students with skills to assess and analyse workspaces and activities for ergonomic improvements.

COURSE OUTCOMES:

Upon completion of this course, students will be able to:

1. Understand and articulate the principles of functional ergonomics and their application.
2. Perform assessments to identify ergonomic risks in various settings, such as offices, industrial environments, and at home.
3. Suggest and implement changes to workstations, tools, and tasks to reduce ergonomic risks.

Target Group : IV B.Sc. (N)

Total allotted Hours: 16

Mode of presentation: Lecture cum discussion

Evaluation Method: Multiple choice questions (MCQ).

Grade Score :

Level of knowledge (Grade)	Percentage
A	> 75 %
B	61% - 75%
C	50% - 60%
Fail	<50%

CERTIFICATION: All participants will get certificate of participation after successful completion of the course.

RESOURCE PERSONS:

Dr. C. Jyothi, Professor & HOD of Community Medicine, NMCH.

Mrs. G. Shanthi, Asso. Professor, Dept. of Com.HN, SNNC.



SREE NARAYANA NURSING COLLEGE



Stonehousepet,
Chinthareddypalem, Nellore - 524 002,
Andhra Pradesh, India.

VALUE ADDED COURSE ON FUNCTIONAL ERGONOMICS



Date : 20.08.2021 to 21.08.2021 || Time : 09:00 am to 06:00 pm

Venue : Auditorium, III Floor
Sree Narayana Nursing College.

COURSE COORDINATOR: Ms. K. MEENAKSHI, (B.Sc (N))

Tutor / Clinical Instructor, Sree Narayana Nursing College,
Stonehousepet, Chinthareddypalem, Nellore.

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AIM OF THE COURSE

The aim of this course is to educate students about Myofascial Release Therapy, a manual therapy technique used to treat muscle pain and dysfunction.

COURSE OBJECTIVES

The students will be able to:

1. Learn the anatomy of fascia and its role in muscle function and pain.
2. Gain hands-on skills in different myofascial release techniques to address musculoskeletal issues.
3. Understand when myofascial release therapy is appropriate and when it should be avoided.

COURSE OUTCOMES:

Upon completing the course, students will be able to:

1. Perform key myofascial release techniques safely and effectively.
2. Evaluate patients/clients for fascial tightness and dysfunction.
3. Create individualized treatment plans based on assessment findings.
4. Recognize the therapeutic effects and potential risks of myofascial release.

Target Group : III B.Sc. (N)

Total allotted Hours: 16

Mode of presentation: Lecture cum discussion

Evaluation Method: Multiple choice questions (MCQ).

Grade Score :

Level of knowledge (Grade)	Percentage
A	> 75 %
B	61% - 75%
C	50% - 60%
Fail	<50%

CERTIFICATION: All participants will get certificate of participation after successful completion of the course.

RESOURCE PERSONS:

Dr. M. Rajesh Kumar, Professor, HOD of General Medicine, NMCH.

Mrs. D. Sai Dharanija, Asst. Professor, Dept. of MSN, SNNC.

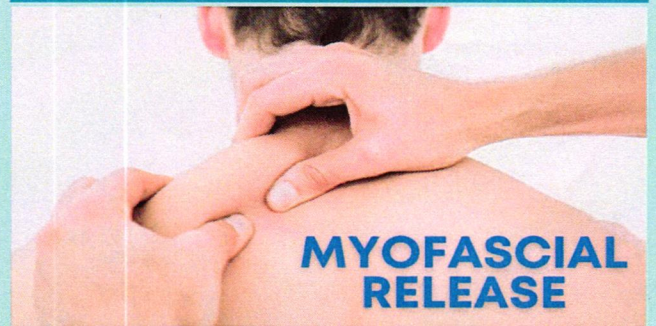


SREE NARAYANA NURSING COLLEGE



Stonehousepet,
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Andhra Pradesh, India.

VALUE ADDED COURSE ON MYOFASCIAL RELEASE THERAPY



Date : 09.07.2021 to 10.07.2021 || **Time :** 09:00 am to 06:00 pm

Venue : Auditorium, III Floor
Sree Narayana Nursing College.

COURSE COORDINATOR: Ms. K. MEENAKSHI, (B.Sc (N))

Tutor / Clinical Instructor, Sree Narayana Nursing College,
Stonehousepet, Chinthareddypalem, Nellore.

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AIM OF THE COURSE

The aim of this course is to equip students with comprehensive knowledge and practical skills related to hand hygiene.

COURSE OBJECTIVES

The students will be able to:

1. Highlight the role of hand washing in reducing the spread of infections and maintaining overall health.
2. Teach step-by-step techniques for effective hand washing as recommended by health authorities.
3. Recognize situations and times when hand hygiene is crucial to prevent contamination.

COURSE OUTCOMES:

By the End of the Course, Participants Will be able to:

1. Perform correct hand washing techniques to ensure maximum effectiveness.
2. Recognize when hand washing or hand sanitizing is necessary to prevent infection transmission.
3. Appreciate the role of hand hygiene in public health and personal safety.
4. Advocate for hand hygiene in community, educational, and professional environments.

Target Group : I B.Sc.(N) & II PB.B.Sc.(N)

Total allotted Hours: 16

Mode of presentation: Lecture cum discussion

Evaluation Method: Multiple choice questions (MCQ).

Grade Score :

Level of knowledge (Grade)	Percentage
A	> 75 %
B	61% - 75%
C	50% - 60%
Fail	<50%

CERTIFICATION: All participants will get certificate of participation after successful completion of the course.

RESOURCE PERSONS:

Mrs. T. Suseela, Nursing Superintendent, NMCH.

Mrs. V. Rupa Saritha Reddy, Asso. Professor, Dept. of MSN, SNNC.



SREE NARAYANA NURSING COLLEGE



Stonehousepet,
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VALUE ADDED COURSE ON HAND WASHING



Date : 18.06.2021 to 19.06.2021 || Time : 09:00 am to 06:00 pm
Venue : Auditorium, III Floor
Sree Narayana Nursing College.

COURSE COORDINATOR: Ms. K. MEENAKSHI, (B.Sc (N))

Tutor / Clinical Instructor, Sree Narayana Nursing College,
Stonehousepet, Chinthareddypalem, Nellore.

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NELLORE-524 002

AIM OF THE COURSE

The aim of this course is to equip students with the skills to understand and manage their emotions, establish positive relationships, and make responsible decisions..

COURSE OBJECTIVES

The students will be able to:

1. Help students recognize their emotions, strengths, and areas for growth, fostering self-confidence and self-reflection.
2. Teach students techniques for managing stress, regulating emotions, setting goals, and maintaining focus.
3. Encourage students to develop empathy, appreciate diversity, and understand the dynamics of social interactions.

COURSE OUTCOMES:

By the End of the Course, Participants Will be able to:

1. Demonstrate increased self-awareness and emotional regulation techniques to handle various life challenges.
2. Utilize effective communication skills, including active listening, empathy, and conflict resolution.
3. Establish and maintain healthy and respectful relationships with peers, colleagues, and others.

Target Group : II B.Sc.(N)

Total allotted Hours: 16

Mode of presentation: Lecture cum discussion

Evaluation Method: Multiple choice questions (MCQ).

Grade Score :

Level of knowledge (Grade)	Percentage
A	> 75 %
B	61% - 75%
C	50% - 60%
Fail	<50%

CERTIFICATION: All participants will get certificate of participation after successful completion of the course.

RESOURCE PERSONS:

Dr. P. Nagendra Babu, Professor, S.V.Engineering College, Nellore.

Dr. Ramesh. S, Professor (Dept. of MSN), SNNC.

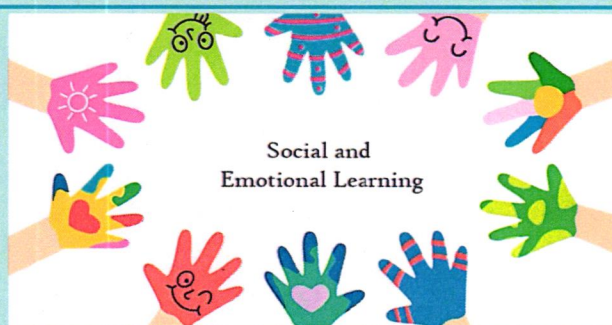


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VALUE ADDED COURSE ON SOCIAL AND EMOTIONAL LEARNING



Social and
Emotional Learning

Date : 16.03.2021 to 17.03.2021 || Time : 09:00 am to 06:00 pm
Venue : Auditorium, III Floor
Sree Narayana Nursing College.

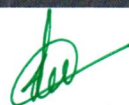
COURSE COORDINATOR: Ms. K. MEENAKSHI, (B.Sc (N))

Tutor / Clinical Instructor, Sree Narayana Nursing College,
Stonehousepet, Chinthareddypalem, Nellore.

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NELLORE-524 002

AIM OF THE COURSE

The course aims to equip healthcare professionals with digital skills and competencies to enhance patient care, streamline clinical workflows, and improve communication within healthcare teams.

COURSE OBJECTIVES

The students will be able to:

- Understand the Role of Digital Technology in Healthcare
- Utilize Electronic Health Records (EHRs) Effectively
- Enhance Patient Engagement through Digital Tools

COURSE OUTCOMES:

Upon successful completion of this course, participants will be able to:

- Recognize how digital transformation is reshaping healthcare delivery, with a focus on patient-centred care.
- Demonstrate proficiency in navigating EHR systems for accurate patient documentation and information retrieval.
- Employ telemedicine, patient portals, and mobile health apps to engage patients in their healthcare journey.

Target Group : IV B.Sc.(N)

Total allotted Hours: 16

Mode of presentation: Lecture cum discussion

Evaluation Method: Multiple choice questions (MCQ).

Grade Score :

Level of knowledge (Grade)	Percentage
A	> 75 %
B	61% - 75%
C	50% - 60%
Fail	<50%

CERTIFICATION: All participants will get certificate of participation after successful completion of the course.

RESOURCE PERSONS:

Dr. P. Nagendra Babu, Professor, S.V.Engineering College, Nellore.

Mrs. V. Jayanthi, Principal, SNNC.

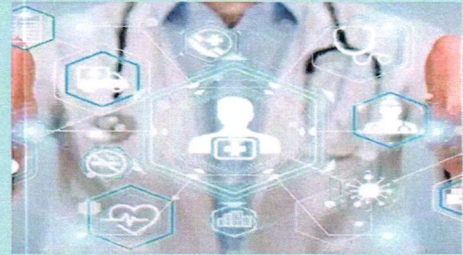


SREE NARAYANA NURSING COLLEGE



Stonehousepet,
Chinthareddypalem, Nellore - 524 002,
Andhra Pradesh, India.

VALUE ADDED COURSE ON DIGITAL EMPOWERMENT IN PATIENT CARE



Date : 22.01.2021 to 23.01.2021 || Time : 09:00 am to 06:00 pm

Venue : Auditorium, III Floor
Sree Narayana Nursing College.

COURSE COORDINATOR: Ms. K. MEENAKSHI, (B.Sc (N))

Tutor / Clinical Instructor, Sree Narayana Nursing College,
Stonehousepet, Chinthareddypalem, Nellore.

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NELLORE-524 002

AIM OF THE COURSE

The aim of this course is to enhance the knowledge, skills, and competencies of healthcare professionals, particularly nurses, in the proper use, maintenance, and management of Personal Protective Equipment (PPE).

COURSE OBJECTIVES

The students will be able to:

- Understand the Importance of PPE
- Identify Types of PPE
- Demonstrate Correct Use of PPE
- Understand relevant safety guidelines

COURSE OUTCOMES:

Upon successful completion of this course, participants will be able to:

- Recognize the different types of PPE and their applications in various healthcare environments.
- Select appropriate PPE based on the type of exposure risk and task requirements.
- Perform correct procedures for putting on (donning) and removing (doffing) PPE to minimize contamination risk.

Target Group : I B.Sc.(N) & I PB.B.Sc.(N)

Total allotted Hours: 16

Mode of presentation: Lecture cum discussion

Evaluation Method: Multiple choice questions (MCQ).

Grade Score :

Level of knowledge (Grade)	Percentage
A	> 75 %
B	61% - 75%
C	50% - 60%
Fail	<50%

CERTIFICATION: All participants will get certificate of participation after successful completion of the course.

RESOURCE PERSONS:

Dr. P. Sasikala, Professor & H.O.D, Dept. of Physiology, NMCH.

Mrs. N. Subhashini, Asst. Prof., Dept. of MSN, SNNC.



SREE NARAYANA NURSING COLLEGE



Stonehousepet,
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Andhra Pradesh, India.

VALUE ADDED COURSE ON PERSONAL PROTECTIVE EQUIPMENT



Date : 15.12.2020 to 16.12.2020 || **Time :** 09:00 am to 06:00 pm

Venue : Auditorium, III Floor
Sree Narayana Nursing College.

COURSE COORDINATOR: Ms. K. MEENAKSHI, (B.Sc (N))

Tutor / Clinical Instructor, Sree Narayana Nursing College,
Stonehousepet, Chinthareddypalem, Nellore.

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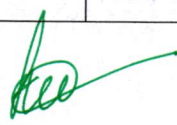


VALUE ADDED COURSE

COURSE CONTENT: EFFECTIVE COMMUNICATION FOR NURSES

S.NO	DURATION	CONTENT	TEACHING & LEARNING ACTIVITIES
1.	2 hours	<u>INTRODUCTION TO COMMUNICATION IN NURSING</u> <ul style="list-style-type: none">• Importance of communication in nursing practice.• Overview of communication models: Sender, receiver, message, and feedback loop.• Barriers to effective communication in healthcare settings.	Lecture Method
2.	2 hours	<u>VERBAL AND NON-VERBAL COMMUNICATION SKILLS</u> <ul style="list-style-type: none">• Verbal Communication: Using clear, concise, and respectful language.• Non-Verbal Communication: Understanding body language, facial expressions, gestures, and tone of voice.• Cultural Sensitivity: Adapting communication styles to respect cultural and linguistic differences.	Discussion
3.	2 hours	<u>ACTIVE LISTENING AND EMPATHY</u> <ul style="list-style-type: none">• Techniques for active listening:	Interactive Learning




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		<p>Paraphrasing, reflecting, and summarizing.</p> <ul style="list-style-type: none"> • Demonstrating empathy: Validating patient feelings and building connections. • Avoiding common listening pitfalls: Interrupting, judging, and giving unsolicited advice. 	
4.	2hours	<p><u>PATIENT EDUCATION AND HEALTH LITERACY</u></p> <ul style="list-style-type: none"> • Simplifying Medical Information: Breaking down complex terms and using layman's language. • Teaching Techniques: Using visual aids, teach-back methods, and demonstrations. • Assessing Patient Understanding: Ensuring patients comprehend their diagnosis, treatment, and care plans. 	Discussion
5.	2 hours	<p><u>COMMUNICATION WITH THE HEALTHCARE TEAM</u></p> <ul style="list-style-type: none"> • Team Collaboration: Effective communication strategies for interdisciplinary teams. • Handovers and Reporting: Structured communication tools like SBAR (Situation, Background, Assessment, Recommendation). • Documentation: Writing clear and accurate patient notes and records. 	Interactive Learning
6.	2 hours	<p><u>CONFLICT RESOLUTION AND DIFFICULT CONVERSATIONS</u></p>	Lecture Method



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		<ul style="list-style-type: none"> • Handling Difficult Patients and Families: Techniques for de-escalating tense situations. • Conflict Resolution Strategies: Approaching disagreements professionally and finding common ground. • Delivering Bad News: Communicating with compassion and maintaining emotional control. 	
7.	2 hours	<p><u>THERAPEUTIC COMMUNICATION TECHNIQUES</u></p> <ul style="list-style-type: none"> • Building Trust and Rapport: Strategies for developing a therapeutic nurse-patient relationship. • Motivational Interviewing: Techniques to encourage patient engagement and adherence to treatment. • Emotional Support: Providing comfort and support during distressing times. 	Demonstration
8.	2 hours	<p><u>ASSESSMENT AND REFLECTION</u></p> <ul style="list-style-type: none"> • Role-Playing and Simulations: Practice scenarios to refine communication skills. • Reflective Journals: Encouraging self-reflection on communication practices and areas for improvement. • Feedback Sessions: Constructive feedback from peers and instructors. 	Group Discussion



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VALUE ADDED COURSE

COURSE CONTENT: FUNCTIONAL ERGONOMICS

S.NO	DURATION	CONTENT	TEACHING & LEARNING ACTIVITIES
1.	2 hours	<u>INTRODUCTION TO ERGONOMICS</u> <ul style="list-style-type: none">• Definition and history of ergonomics.• The importance of ergonomics in everyday life and workplaces.• Overview of human factors and their impact on productivity and safety.	Lecture Method
2.	2 hours	<u>ANATOMY AND BIOMECHANICS IN ERGONOMICS</u> <ul style="list-style-type: none">• Basic anatomy of the musculoskeletal system.• Understanding body mechanics and movement efficiency.• How poor ergonomics contribute to musculoskeletal disorders.	Discussion
3.	2 hours	<u>ERGONOMIC RISK FACTORS</u> <ul style="list-style-type: none">• Identifying common risk factors: repetitive strain, awkward postures, and forceful exertions.• Case studies on common ergonomic issues: back pain, carpal tunnel syndrome, and eye strain. Recognizing early signs of ergonomic-related	Interactive Learning



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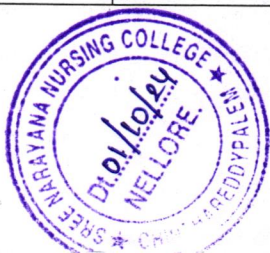
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		injuries.	
4.	2 hours	<p><u>ERGONOMIC ASSESSMENT TECHNIQUES</u></p> <ul style="list-style-type: none"> • Workstation Analysis: Assessing office setups, including chairs, desks, and computer placement. • Task Analysis: Evaluating tasks in industrial, healthcare, and other settings to identify ergonomic risks. • Tool and Equipment Evaluation: Analyzing the use of tools and equipment to improve safety and efficiency. 	Demonstration
5.	2 hours	<p><u>ERGONOMIC SOLUTIONS AND MODIFICATIONS</u></p> <ul style="list-style-type: none"> • Workstation Design: Principles of designing user-friendly work environments. • Posture and Movement: Techniques to maintain proper posture and reduce strain. • Assistive Devices and Tools: Using ergonomic accessories like keyboard trays, footrests, and anti-fatigue mats. 	Discussion
6.	2 hours	<p><u>ERGONOMICS IN SPECIFIC ENVIRONMENTS</u></p> <ul style="list-style-type: none"> • Office Ergonomics: Setting up an ergonomic office, including desk, chair, and computer adjustments. • Industrial Ergonomics: Addressing manual handling, lifting techniques, and machinery use. • Home Ergonomics: Applying ergonomic 	Interactive Learning



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		principles to daily activities like cooking, cleaning, and home offices.	
7.	2 hours	<u>PROMOTING ERGONOMIC AWARENESS</u> <ul style="list-style-type: none">• Educating individuals and organizations on the benefits of ergonomics.• Implementing ergonomic training programs and workshops.• Creating ergonomic policies and guidelines in workplaces.	Discussion
8.	2 hours	<u>ASSESSMENT AND REFLECTION</u> <ul style="list-style-type: none">• Practical assessments: Analyzing real-life scenarios for ergonomic risks.• Reflection on personal ergonomic practices and improvements.• Feedback and setting goals for implementing ergonomic changes.	Lecture Method



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VALUE ADDED COURSE

COURSE CONTENT: MYOFASCIAL RELEASE THERAPY

S.NO	DURATION	CONTENT	TEACHING & LEARNING ACTIVITIES
1.	2 Hours	<u>INTRODUCTION TO MYOFASCIAL RELEASE THERAPY</u> <ul style="list-style-type: none">• Definition and history of myofascial release.• The role of fascia in the body: structure, function, and importance.• Overview of myofascial pain syndrome and common conditions treated with myofascial release.	Lecture Method
2.	2 hours	<u>ANATOMY AND PHYSIOLOGY OF FASCIA</u> <ul style="list-style-type: none">• Detailed anatomy of the fascial system.• The relationship between fascia, muscles, and the nervous system.• Understanding fascial restrictions: causes, symptoms, and effects on movement and pain.	Discussion
3.	2 hours	<u>ASSESSMENT AND PALPATION SKILLS</u> <ul style="list-style-type: none">• Techniques for assessing fascial restrictions through observation and palpation.• Identifying trigger points, areas of tension, and movement dysfunctions.• Use of assessment tools: postural analysis,	Interactive Learning




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		range of motion tests, and palpation techniques.	
4.	2 hours	<p><u>MYOFASCIAL RELEASE TECHNIQUES</u></p> <ul style="list-style-type: none"> • Direct Myofascial Release: Applying sustained pressure to restricted areas. • Indirect Myofascial Release: Gentle stretching and holding techniques to allow fascia to relax. • Instrument-Assisted Techniques: Using tools to assist in the release of fascia. • Hands-on practice of each technique with demonstrations and partner work. 	Demonstration
5,	2 hours	<p><u>INDICATIONS AND CONTRAINDICATIONS</u></p> <ul style="list-style-type: none"> • Common conditions treated with myofascial release: chronic pain, fibromyalgia, headaches, sports injuries, etc. • Contraindications: when not to perform myofascial release (e.g., fractures, infections, severe inflammation). • Modifications and precautions for specific populations (e.g., elderly, pregnant women). 	Lecture Method
6,	2 hours	<p><u>TREATMENT PLANNING AND INTEGRATION</u></p> <ul style="list-style-type: none"> • Creating individualized treatment plans based on assessment findings. • Integrating myofascial release with other therapeutic modalities (e.g., massage, physiotherapy, chiropractic). • Techniques for self-myofascial release: foam 	Discussion



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		rollers, balls, and other self-care tools.	
7,	2 hours	<p><u>CASE STUDIES AND PRACTICAL APPLICATIONS</u></p> <ul style="list-style-type: none">• Analysis of case studies to understand real-world applications of myofascial release.• Practicing techniques in simulated clinical scenarios.• Developing communication skills to educate clients about the benefits of myofascial release.	Hands on sessions
8.	2 hours	<p><u>ASSESSMENT AND REFLECTION</u></p> <ul style="list-style-type: none">• Practical exams: hands-on demonstration of myofascial release techniques.• Reflective practice: journaling on personal experiences and challenges encountered during training.• Feedback sessions to refine techniques and build confidence.	Lecture Method



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VALUE ADDED COURSE

COURSE CONTENT: HAND WASHING

S.NO	DURATION	CONTENT	TEACHING & LEARNING ACTIVITIES
1.	2 Hours	<u>INTRODUCTION TO HAND HYGIENE</u> <ul style="list-style-type: none">• Definition and significance of hand hygiene.• Historical perspective: The evolution of hand hygiene practices.• Overview of hand hygiene guidelines by WHO and CDC.	Lecture Method
2.	2 Hours	<u>THE SCIENCE OF HAND HYGIENE</u> <ul style="list-style-type: none">• How germs spread: Understanding pathogens and transmission.• The impact of hand hygiene on public health.• Common misconceptions about hand washing.	Interactive Learning
3.	2 Hours	<u>HAND WASHING TECHNIQUES</u> <ul style="list-style-type: none">• Step-by-Step Hand Washing: Detailed demonstration of the correct method (wet, lather, scrub, rinse, and dry).• Areas Often Missed: Tips to ensure thorough washing (thumbs, fingertips, between fingers).• Use of Soap: Types of soap (antibacterial vs. regular) and their effectiveness.	Demonstration
4.	2 Hours	<u>WHEN TO WASH HANDS</u>	Discussion



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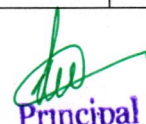
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		<ul style="list-style-type: none"> • Key moments for hand hygiene: Before eating, after using the restroom, after sneezing or coughing, before and after patient care, etc. • Special situations: Hand hygiene in healthcare, food preparation, and child care settings. 	
5.	2 Hours	<p><u>HAND SANITIZERS</u></p> <ul style="list-style-type: none"> • Alcohol-Based Hand Sanitizers: When and how to use them effectively. • Limitations of Hand Sanitizers: When they should not replace hand washing (e.g., visibly dirty hands). • Comparison between hand washing and hand sanitizing. 	Interactive Learning
6.	2 Hours	<p><u>OVERCOMING BARRIERS TO HAND HYGIENE</u></p> <ul style="list-style-type: none"> • Common barriers to proper hand hygiene (e.g., time constraints, lack of facilities). • Strategies to improve compliance: Education, reminders, and accessibility. 	Discussion
7.	2 Hours	<p><u>PROMOTING HAND HYGIENE IN VARIOUS SETTINGS</u></p> <ul style="list-style-type: none"> • Healthcare Settings: Hand hygiene protocols for healthcare workers. • Community Settings: Promoting hand hygiene in schools, workplaces, and public places. 	Discussion




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		<ul style="list-style-type: none">• Global Health Campaigns: Awareness programs like Global Handwashing Day.	
8.	2 Hours	<p><u>ASSESSMENT AND REFLECTION</u></p> <ul style="list-style-type: none">• Practical hand washing demonstrations and peer assessments.• Reflective journals on personal hand hygiene practices and improvements.• Feedback sessions and setting personal hand hygiene goals.	Simulation Lab




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VALUE ADDED COURSE SOCIAL AND EMOTIONAL LEARNING

COURSE CONTENT

S.NO	DURATION	CONTENT	TEACHING & LEARNING ACTIVITIES
1.	2 Hours	<p><u>INTRODUCTION TO SOCIAL AND EMOTIONAL LEARNING</u></p> <ul style="list-style-type: none">• Definition of Social and Emotional Learning (SEL).• Importance of SEL in personal, academic, and professional life.• Overview of the five core SEL competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.• The role of SEL in mental health and well-being.	Lecture Method
2.	2 Hours	<p><u>SELF-AWARENESS</u></p> <ul style="list-style-type: none">• Understanding Emotions: Identifying and naming emotions; the impact of emotions on behavior.• Self-Reflection: Techniques for self-reflection; using journals and self-assessment tools.• Recognizing Strengths and Areas for Growth: Identifying personal strengths, interests, and areas that need improvement.• Building Self-Confidence: Strategies to boost	Lecture Method




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		self-esteem and personal efficacy.	
3.	2 Hours	<p><u>SELF-MANAGEMENT</u></p> <ul style="list-style-type: none"> • Emotional Regulation: Techniques to manage strong emotions like anger, frustration, and anxiety. • Stress Management: Coping mechanisms such as mindfulness, deep breathing, and relaxation techniques. • Goal Setting and Achievement: SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) and action planning. • Time Management: Prioritizing tasks, avoiding procrastination, and maintaining focus. 	Lecture Method
4.	2 Hours	<p><u>SOCIAL AWARENESS</u></p> <ul style="list-style-type: none"> • Empathy Development: Understanding and sharing the feelings of others. • Appreciating Diversity: Respecting and valuing differences in culture, background, and perspectives. • Social Cues and Non-Verbal Communication: Reading body language, facial expressions, and tone of voice. • Building a Sense of Community: Creating inclusive environments and fostering a sense of belonging. 	Group Discussion
5.	2 Hours	<p><u>RELATIONSHIP SKILLS</u></p> <ul style="list-style-type: none"> • Effective Communication: Verbal and non-verbal communication skills, including active 	Role Playing



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		<p>listening and clear expression.</p> <ul style="list-style-type: none"> • Conflict Resolution: Strategies for resolving disagreements respectfully and finding mutually beneficial solutions. • Teamwork and Collaboration: Working effectively in groups, sharing responsibilities, and supporting others. • Building Supportive Relationships: Establishing trust, maintaining healthy boundaries, and seeking help when needed. 	
6.	2 Hours	<p><u>RESPONSIBLE DECISION-MAKING</u></p> <ul style="list-style-type: none"> • Problem-Solving Skills: Steps to identify problems, brainstorm solutions, and evaluate outcomes. • Ethical Decision-Making: Understanding moral principles and making choices aligned with personal and societal values. • Evaluating Consequences: Analyzing potential risks and benefits of decisions. • Goal-Oriented Decision-Making: Making choices that align with long-term goals and values. 	Interactive Learning
7.	2 Hours	<p><u>PRACTICAL APPLICATIONS OF SEL</u></p> <ul style="list-style-type: none"> • Real-Life Scenarios and Role-Playing: Simulating situations to practice SEL skills. • Case Studies: Analyzing examples of effective and ineffective SEL in various contexts (school, workplace, personal life). 	Demonstration



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		<ul style="list-style-type: none">• Group Discussions and Feedback Sessions: Sharing experiences and learning from peers.	
8.	2 Hours	<p><u>ASSESSMENT AND REFLECTION</u></p> <ul style="list-style-type: none">• Self-Assessment Tools: Using surveys, questionnaires, and reflections to measure SEL growth.• Reflective Journals: Documenting personal progress, challenges, and strategies for improvement.• Feedback and Continuous Improvement: Setting new SEL goals based on assessment outcomes.	Group Discussion



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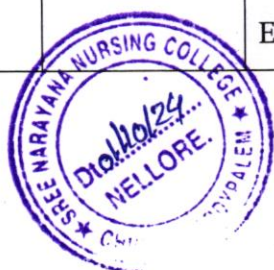
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VALUE ADDED COURSE DIGITAL EMPOWERMENT IN PATIENT CARE COURSE CONTENT

S.NO	DURATION	CONTENT	TEACHING & LEARNING ACTIVITIES
1.	2 Hours	<u>INTRODUCTION TO DIGITAL EMPOWERMENT IN HEALTHCARE</u> Definition and scope of digital empowerment Case studies highlighting digital transformation in healthcare The benefits and challenges of adopting digital technologies in patient care	Interactive Learning
2.	2 Hours	<u>ELECTRONIC HEALTH RECORDS (EHR) AND CLINICAL DOCUMENTATION</u> Hands-on training with EHR systems Guidelines for accurate and efficient clinical documentation Reducing errors and improving patient care through EHRs	Discussion
3.	2 Hours	<u>PATIENT ENGAGEMENT THROUGH DIGITAL TOOLS</u> Setting up and conducting telemedicine consultations Teaching patients to use digital tools for self-management Enhancing patient adherence and engagement	Lecture Method




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		through technology	
4.	2 Hours	<p><u>HEALTHCARE DATA ANALYTICS AND DECISION SUPPORT</u></p> <p>Basics of healthcare data analytics</p> <p>Case studies demonstrating the impact of data-driven decision-making</p> <p>Introduction to predictive analytics and patient risk assessment</p>	Lecture Method
5.	2 Hours	<p><u>DIGITAL COMMUNICATION AND COLLABORATION TOOLS</u></p> <p>Using secure messaging and video conferencing for patient communication</p> <p>Digital tools for case discussions and care coordination</p> <p>Managing virtual patient rounds and meetings</p>	Demonstration
6.	2 Hours	<p><u>DIGITAL SECURITY AND PRIVACY IN HEALTHCARE</u></p> <p>Identifying common cybersecurity threats in healthcare</p> <p>Implementing access controls, encryption, and secure data handling practices</p> <p>Conducting privacy audits and ensuring compliance</p>	Demonstration
7.	2 Hours	<p><u>EMERGING TECHNOLOGIES IN PATIENT CARE</u></p> <p>Overview of AI applications: from diagnostics to personalized care</p> <p>Case studies on the use of wearable devices in chronic disease management</p>	Discussion



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A.P. Nurses & Midwives Council Letter No. APNMC/CON/5212/2006, dated: 4/11/2006

Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.



		Exploring virtual reality (VR) and augmented reality (AR) in patient education and rehabilitation	
8.	2 Hours	<u>IMPLEMENTING DIGITAL HEALTH SOLUTIONS IN CLINICAL PRACTICE</u> Practical strategies for integrating technology into patient care Overcoming barriers to technology adoption among healthcare providers and patients Evaluating the effectiveness of digital health interventions	Demonstration



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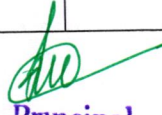


VALUE ADDED COURSE

COURSE CONTENT: PERSONAL PROTECTIVE EQUIPMENT (PPE) IN HEALTHCARE

S.NO	DURATION	CONTENT	TEACHING & LEARNING ACTIVITIES
1.	2 Hours	<u>INTRODUCTION TO PPE IN HEALTHCARE</u> Definition and purpose of PPE Case studies demonstrating the impact of PPE in healthcare Current trends and innovations in PPE technology	Lecture Method
2.	2 Hours	<u>TYPES OF PPE AND THEIR APPLICATIONS</u> Detailed descriptions of PPE types Usage scenarios for different PPE Matching PPE to clinical tasks and risk levels	Lecture Method
3.	2 Hours	<u>DONNING AND DOFFING TECHNIQUES</u> Visual and video demonstrations of donning and doffing Hands-on practice sessions Common errors and how to avoid them	Demonstration
4.	2 Hours	<u>PPE STANDARDS AND REGULATIONS</u> In-depth review of OSHA, CDC, and WHO guidelines Analysis of compliance requirements	Lecture Method




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		Discussions on ethical implications in PPE use	
5.	2 Hours	<u>MAINTENANCE, STORAGE, AND DISPOSAL OF PPE</u> Practical tips for extending the life of reusable PPE Interactive workshop on PPE storage solutions Waste management protocols for contaminated PPE	Demonstration
6.	2 Hours	<u>PPE IN SPECIAL AND EMERGENCY SITUATIONS</u> Role-playing and simulation exercises for emergency PPE use PPE protocols during infectious disease outbreaks (e.g., COVID-19, Ebola) Resource optimization during PPE shortages	Demonstration
7.	2 Hours	<u>INTEGRATING PPE WITH INFECTION CONTROL MEASURES</u> Aligning PPE use with infection prevention protocols Real-life case studies on PPE failures and successes Group discussions on improving infection control practices	Discussion
8.	2 Hours	<u>PROMOTING SAFE PPE PRACTICES IN HEALTHCARE TEAMS</u> Designing PPE training for peers and junior staff Methods for conducting PPE audits Building a safety-first culture in healthcare settings	Discussion



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