

VALUE ADDED COURSE

DETAILS

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.




THIS DOCUMENT INCLUDES THE FOLLOWING DETAILS OF VALUE ADDED COURSES

2020-2021

- EFFECTIVE COMMUNICATION
- FUNCTIONAL ERGONOMICS
- MYOFASCIAL RELEASE THERAPY
- HAND WASHING
- SOCIAL AND EMOTIONAL LEARNING
- DIGITAL EMPOWERMENT IN PATIENT CARE
- PERSONAL PROTECTIVE EQUIPMENT

AND IT IS ARRANGED IN FOLLOWING ORDER;

- CIRCULAR
- PROGRAM SCHEDULE
- PRETEST -POSTTEST QUESTIONNAIRE
- CERTIFICATES


Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



SNNC/ACD/VAC/2020-2021/14.

Date: 13/09/2021

CIRCULAR

The Medical Surgical Nursing Department is planned to conduct value added course on "EFFECTIVE COMMUNICATION FOR NURSES" From 17/09/2021 To 18/09/2021. The II B.Sc., Nursing students are instructed to attend the course without fail.

V. Jayanti
Principal

Copy To:

1. IQAC Co-Ordinator
2. Class Co-Ordinator
3. Notice Board



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



COURSE TITLE: EFFECTIVE COMMUNICATION FOR NURSES

AIM:

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:

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.
4. Foster a caring environment that encourages patient trust, satisfaction, and adherence to care plans.

COURSE OUTCOMES:

Upon completing this course, nurses 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.
4. Establish rapport with patients, fostering trust and a positive therapeutic relationship.



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



PROGRAM SCHEDULE:

DATE	TOPICS	SESSION & DURATION
17/09/2021 (FRIDAY)	Introduction to communication in nursing	F.N (9:00 A.M. to 1:00 P.M.)
	Verbal or Nonverbal communication	
	Active Listening	A.N (2:00 P.M. to 6:00 P.M.)
	Patient Education	
18/09/2021 (SATURDAY)	Communication with health care	F.N (9:00 A.M. to 1:00 P.M.)
	Conflict resolution	
	Therapeutic communication	A.N (2:00 P.M. to 6:00 P.M.)
	Assessment	



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



EFFECTIVE COMMUNICATION FOR NURSES PRETEST/ POST TEST QUESTIONNAIRE

1. Which of the following is the most effective way for a nurse to communicate with

a patient who has difficulty hearing?

- A) Speak loudly and slowly
- B) Use written communication or a hearing aid
- C) Speak in a high-pitched voice
- D) Avoid eye contact

2. When a nurse is conducting a patient interview, which of the following is an essential component of active listening?

- A) Interrupting the patient to ask clarifying questions
- B) Focusing solely on the patient's physical symptoms
- C) Reflecting back what the patient has said to confirm understanding
- D) Looking at your watch frequently to check time

3. What is the primary goal of using therapeutic communication techniques with patients?

- A) To gather as much information as possible
- B) To build a trusting and supportive relationship
- C) To complete documentation quickly
- D) To avoid addressing emotional concerns

4. Which communication strategy should a nurse use when dealing with a patient who is anxious about a medical procedure?

- A) Minimize explanations to avoid overwhelming the patient
- B) Provide clear and detailed information about the procedure
- C) Use medical jargon to sound professional
- D) Avoid discussing the procedure altogether




Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



5. In which situation is it most appropriate for a nurse to use nonverbal communication?

- A) When providing detailed written instructions
- B) When delivering complex medical information
- C) When offering emotional support and reassurance
- D) When explaining the side effects of a medication

6. What should a nurse do if they do not understand a patient's cultural practices and beliefs?

- A) Ignore the differences and proceed with standard care
- B) Ask the patient respectfully about their cultural practices
- C) Assume the patient will adapt to the nurse's practices
- D) Refer the patient to another healthcare provider without discussion

7. When working with a patient who speaks a different language, which of the following is the best practice for effective communication?

- A) Relying solely on family members to translate
- B) Using a professional medical interpreter
- C) Using gestures and body language exclusively
- D) Avoiding complex medical discussions

8. How should a nurse respond to a patient who is expressing anger about their treatment?

- A) Tell the patient to calm down and accept the treatment
- B) Listen actively to the patient's concerns and validate their feelings
- C) Dismiss the patient's concerns as unimportant
- D) Avoid discussing the issue and change the subject

9. Which technique is important for effective communication when providing discharge instructions to a patient?

- A) Speaking in medical jargon to ensure accuracy



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- B) Providing a written summary of instructions and confirming understanding
- C) Giving all instructions verbally without documentation
- D) Assuming the patient understands without asking for feedback

10. Why is it important for nurses to be aware of their own nonverbal communication?

- A) It helps to maintain a formal and distant relationship with patients
- B) It ensures that verbal messages are consistent with nonverbal messages
- C) It allows nurses to avoid making eye contact
- D) It prevents patients from expressing their emotions

KEY:

1. B
2. C
3. B
4. B
5. C
6. B
7. B
8. B
9. B
10. B



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



EFFECTIVE COMMUNICATION FOR NURSES PRETEST/ POST TEST QUESTIONNAIRE

01
10

1. Which of the following is the most effective way for a nurse to communicate with

a patient who has difficulty hearing?

- A) Speak loudly and slowly
- B) Use written communication or a hearing aid
- ✓ C) Speak in a high-pitched voice
- D) Avoid eye contact

2. When a nurse is conducting a patient interview, which of the following is an essential component of active listening?

- A) Interrupting the patient to ask clarifying questions
- B) Focusing solely on the patient's physical symptoms
- ✓ C) Reflecting back what the patient has said to confirm understanding
- D) Looking at your watch frequently to check time

3. What is the primary goal of using therapeutic communication techniques with patients?

- ✓ A) To gather as much information as possible
- B) To build a trusting and supportive relationship
- C) To complete documentation quickly
- D) To avoid addressing emotional concerns

4. Which communication strategy should a nurse use when dealing with a patient who is anxious about a medical procedure?

- A) Minimize explanations to avoid overwhelming the patient
- B) Provide clear and detailed information about the procedure
- ✓ C) Use medical jargon to sound professional
- D) Avoid discussing the procedure altogether



Handwritten signature

Handwritten signature
Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



5. In which situation is it most appropriate for a nurse to use nonverbal communication?

- A) When providing detailed written instructions
- ✓ B) When delivering complex medical information
- C) When offering emotional support and reassurance
- D) When explaining the side effects of a medication

6. What should a nurse do if they do not understand a patient's cultural practices and beliefs?

- A) Ignore the differences and proceed with standard care
- B) Ask the patient respectfully about their cultural practices
- ✓ C) Assume the patient will adapt to the nurse's practices
- D) Refer the patient to another healthcare provider without discussion

7. When working with a patient who speaks a different language, which of the following is the best practice for effective communication?

- A) Relying solely on family members to translate
- B) Using a professional medical interpreter
- C) Using gestures and body language exclusively
- ✓ D) Avoiding complex medical discussions

8. How should a nurse respond to a patient who is expressing anger about their treatment?

- ✓ A) Tell the patient to calm down and accept the treatment
- B) Listen actively to the patient's concerns and validate their feelings
- C) Dismiss the patient's concerns as unimportant
- D) Avoid discussing the issue and change the subject

9. Which technique is important for effective communication when providing discharge instructions to a patient?

- A) Speaking in medical jargon to ensure accuracy



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepef (po), Chinthareddypalem, Nellore - 524002.

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

e-mail: sreenarayana.nursing12@gmail.com | principal.snncc@narayanannursingcollege.com
Website: <https://sreenarayannursingcollege.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.



- B) Providing a written summary of instructions and confirming understanding
- ✓ C) Giving all instructions verbally without documentation
- D) Assuming the patient understands without asking for feedback

10. Why is it important for nurses to be aware of their own nonverbal communication?

- ✓ A) It helps to maintain a formal and distant relationship with patients
- B) It ensures that verbal messages are consistent with nonverbal messages
- C) It allows nurses to avoid making eye contact
- D) It prevents patients from expressing their emotions

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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

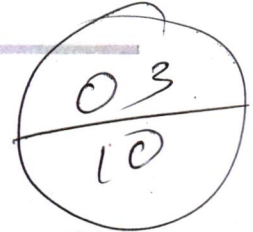
Recognized by Indian Nursing Council vide letter No. 02/Sep/2006 INC dated : 29.09.2006

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.



EFFECTIVE COMMUNICATION FOR NURSES PRETEST/ POST TEST QUESTIONNAIRE



1. Which of the following is the most effective way for a nurse to communicate with

a patient who has difficulty hearing?

- A) Speak loudly and slowly
- B) Use written communication or a hearing aid
- ✓ C) Speak in a high-pitched voice
- D) Avoid eye contact

2. When a nurse is conducting a patient interview, which of the following is an essential component of active listening?

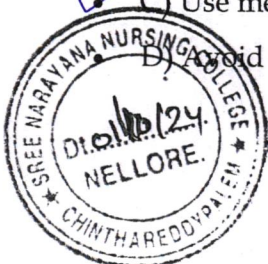
- ✓ A) Interrupting the patient to ask clarifying questions
- B) Focusing solely on the patient's physical symptoms
- C) Reflecting back what the patient has said to confirm understanding
- D) Looking at your watch frequently to check time

3. What is the primary goal of using therapeutic communication techniques with patients?

- A) To gather as much information as possible
- ✓ B) To build a trusting and supportive relationship
- C) To complete documentation quickly
- D) To avoid addressing emotional concerns

4. Which communication strategy should a nurse use when dealing with a patient who is anxious about a medical procedure?

- A) Minimize explanations to avoid overwhelming the patient
- B) Provide clear and detailed information about the procedure
- ✓ C) Use medical jargon to sound professional
- D) Avoid discussing the procedure altogether



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



5. In which situation is it most appropriate for a nurse to use nonverbal communication?

- A) When providing detailed written instructions
- B) When delivering complex medical information
- C) When offering emotional support and reassurance
- ✓ D) When explaining the side effects of a medication

6. What should a nurse do if they do not understand a patient's cultural practices and beliefs?

- A) Ignore the differences and proceed with standard care
- ✓ B) Ask the patient respectfully about their cultural practices
- C) Assume the patient will adapt to the nurse's practices
- D) Refer the patient to another healthcare provider without discussion

7. When working with a patient who speaks a different language, which of the following is the best practice for effective communication?

- A) Relying solely on family members to translate
- B) Using a professional medical interpreter
- ✓ C) Using gestures and body language exclusively
- D) Avoiding complex medical discussions

8. How should a nurse respond to a patient who is expressing anger about their treatment?

- A) Tell the patient to calm down and accept the treatment
- ✓ B) Listen actively to the patient's concerns and validate their feelings
- C) Dismiss the patient's concerns as unimportant
- D) Avoid discussing the issue and change the subject

9. Which technique is important for effective communication when providing discharge instructions to a patient?

- A) Speaking in medical jargon to ensure accuracy



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- B) Providing a written summary of instructions and confirming understanding
- C) Giving all instructions verbally without documentation
- ✓ D) Assuming the patient understands without asking for feedback

10. Why is it important for nurses to be aware of their own nonverbal communication?

- A) It helps to maintain a formal and distant relationship with patients
- B) It ensures that verbal messages are consistent with nonverbal messages
- C) It allows nurses to avoid making eye contact
- ✓ D) It prevents patients from expressing their emotions

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



SNNC/ACD/VAC/2020-2021/13.

Date: 16/08/2021

CIRCULAR

The Community Health Nursing Department is planned to conduct value added course on "FUNCTIONAL ERGONOMICS" From 20/08/2021 To 21/08/2021. The IV B.Sc., Nursing students are instructed to attend the course without fail.

V. Jayanthi
Principal

Copy To:

1. IQAC Co-Ordinator
2. Class Co-Ordinator
3. Notice Board



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



COURSE TITLE: FUNCTIONAL ERGONOMICS

AIM:

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:


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.
4. Educate students on the importance of ergonomics in preventing workplace injuries and enhancing overall well-being.

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.
4. Promote the integration of ergonomic principles in everyday activities and professional environments.




Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



PROGRAM SCHEDULE:

DATE	TOPICS	SESSION & DURATION
20/08/2021 (FRIDAY)	Introduction to Functional Ergonomics	F.N (9:00 A.M. to 1:00 P.M.)
	Anatomy and Biomechanics	
	Ergonomic risk factors	A.N (2:00 P.M. to 6:00 P.M.)
	Promoting Awareness	
21/08/2021 (SATURDAY)	Ergonomic solutions	F.N (9:00 A.M. to 1:00 P.M.)
	Ergonomic assessment	
	Ergonomics in special Environment	A.N (2:00 P.M. to 6:00 P.M.)
	Assessment and reflection	



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



FUNCTIONAL ERGONOMICS

PRETEST/ POST TEST QUESTIONNAIRE

1. Which of the following is the primary goal of ergonomics in nursing?

- A) Increasing the number of patients seen per day
- B) Reducing physical strain and injury among nurses
- C) Enhancing the aesthetic appeal of the nursing units
- D) Expanding the range of medical equipment

2. What is the most common musculoskeletal injury among nurses?

- A) Carpal tunnel syndrome
- B) Lower back pain
- C) Shoulder tendinitis
- D) Neck strain

3. Which of the following ergonomic principles is most important for lifting patients safely?

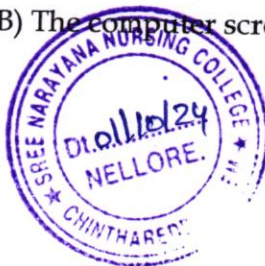
- A) Lifting with the back
- B) Using a high lift
- C) Keeping the back straight and bending the knees
- D) Twisting the body while lifting

4. Which device can significantly reduce the risk of back injuries when transferring patients?

- A) A standard wheelchair
- B) A patient lift or hoist
- C) A manual transfer board
- D) A rolling desk

5. What ergonomic consideration should be made for a nurse's workstation?

- A) The desk should be at eye level
- B) The computer screen should be placed directly on the floor



Principal

SREE NARAYANA NURSING COLLEGE

Chinthareddypalem,

NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



- C) The chair should be too high to avoid slouching
- D) The keyboard should be positioned far from the edge of the desk

6. When standing for long periods, which ergonomic practice can help prevent discomfort?

- A) Remaining stationary without shifting weight
- B) Using a footrest or anti-fatigue mat
- C) Leaning on the desk while working
- D) Wearing high heels

7. What role do ergonomic gloves play in nursing?

- A) They enhance dexterity for handling small instruments.
- B) They provide additional support for the wrist and hand.
- C) They reduce exposure to pathogens.
- D) They improve grip on wet surfaces.

8. Which of the following is an effective ergonomic strategy for reducing eye strain during computer work?

- A) Increasing the brightness of the screen
- B) Positioning the screen at a 90-degree angle to the eyes
- C) Taking regular breaks and using the 20-20-20 rule
- D) Using a magnifying glass

9. In the context of patient handling, what is the primary benefit of using mechanical aids?

- A) Faster completion of tasks
- B) Reduced need for patient consent
- C) Decreased physical effort and injury risk
- D) Increased patient discomfort

10. Which ergonomic principle should be applied when arranging equipment and supplies in a nursing station?

- A) Place frequently used items out of reach to encourage exercise



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- B) Arrange items to minimize reaching and bending
- C) Keep everything in a single, large drawer
- D) Position heavy items at the top shelves

KEY:

1. B
2. B
3. C
4. B
5. A
6. B
7. B
8. C
9. C
10. B



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



FUNCTIONAL ERGONOMICS

PRETEST/ POST TEST QUESTIONNAIRE

04
10

1. Which of the following is the primary goal of ergonomics in nursing?

- A) Increasing the number of patients seen per day
- B) Reducing physical strain and injury among nurses
- C) Enhancing the aesthetic appeal of the nursing units
- D) Expanding the range of medical equipment

2. What is the most common musculoskeletal injury among nurses?

- A) Carpal tunnel syndrome
- B) Lower back pain
- C) Shoulder tendinitis
- D) Neck strain

3. Which of the following ergonomic principles is most important for lifting patients safely?

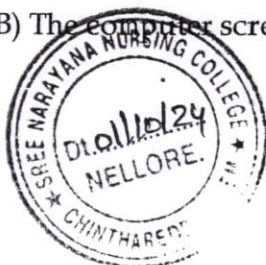
- A) Lifting with the back
- B) Using a high lift
- C) Keeping the back straight and bending the knees
- D) Twisting the body while lifting

4. Which device can significantly reduce the risk of back injuries when transferring patients?

- A) A standard wheelchair
- B) A patient lift or hoist
- C) A manual transfer board
- D) A rolling desk

5. What ergonomic consideration should be made for a nurse's workstation?

- A) The desk should be at eye level
- B) The computer screen should be placed directly on the floor



[Handwritten signature]

[Handwritten signature]
Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



- C) The chair should be too high to avoid slouching
- ✓ D) The keyboard should be positioned far from the edge of the desk

6. When standing for long periods, which ergonomic practice can help prevent discomfort?

- A) Remaining stationary without shifting weight
- ✓ B) Using a footrest or anti-fatigue mat
- C) Leaning on the desk while working
- D) Wearing high heels

7. What role do ergonomic gloves play in nursing?

- A) They enhance dexterity for handling small instruments.
- B) They provide additional support for the wrist and hand.
- ✓ C) They reduce exposure to pathogens.
- D) They improve grip on wet surfaces.

8. Which of the following is an effective ergonomic strategy for reducing eye strain during computer work?

- A) Increasing the brightness of the screen
- ✓ B) Positioning the screen at a 90-degree angle to the eyes
- C) Taking regular breaks and using the 20-20-20 rule
- D) Using a magnifying glass

9. In the context of patient handling, what is the primary benefit of using mechanical aids?

- A) Faster completion of tasks
- B) Reduced need for patient consent
- ✓ C) Decreased physical effort and injury risk
- D) Increased patient discomfort

10. Which ergonomic principle should be applied when arranging equipment and supplies in a nursing station?

- A) Place frequently used items out of reach to encourage exercise



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



-
- B) Arrange items to minimize reaching and bending
 - ✓ C) Keep everything in a single, large drawer
 - D) Position heavy items at the top shelves
-

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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://sreenarayannursingcollege.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

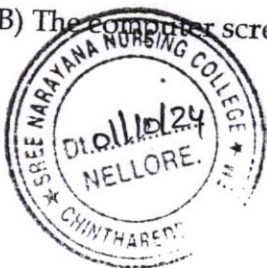
Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.



03
10

FUNCTIONAL ERGONOMICS PRETEST/ POST TEST QUESTIONNAIRE

1. Which of the following is the primary goal of ergonomics in nursing?
 - A) Increasing the number of patients seen per day
 - B) Reducing physical strain and injury among nurses
 - C) Enhancing the aesthetic appeal of the nursing units
 - D) Expanding the range of medical equipment
2. What is the most common musculoskeletal injury among nurses?
 - A) Carpal tunnel syndrome
 - B) Lower back pain
 - C) Shoulder tendinitis
 - D) Neck strain
3. Which of the following ergonomic principles is most important for lifting patients safely?
 - A) Lifting with the back
 - B) Using a high lift
 - C) Keeping the back straight and bending the knees
 - D) Twisting the body while lifting
4. Which device can significantly reduce the risk of back injuries when transferring patients?
 - A) A standard wheelchair
 - B) A patient lift or hoist
 - C) A manual transfer board
 - D) A rolling desk
5. What ergonomic consideration should be made for a nurse's workstation?
 - A) The desk should be at eye level
 - B) The computer screen should be placed directly on the floor



Signature

Signature
Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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/5212/2005, dated: 4/11/2006

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



- C) The chair should be too high to avoid slouching
- D) The keyboard should be positioned far from the edge of the desk

6. When standing for long periods, which ergonomic practice can help prevent discomfort?

- A) Remaining stationary without shifting weight
- B) Using a footrest or anti-fatigue mat
- ✓ C) Leaning on the desk while working
- D) Wearing high heels

7. What role do ergonomic gloves play in nursing?

- A) They enhance dexterity for handling small instruments.
- B) They provide additional support for the wrist and hand.
- C) They reduce exposure to pathogens.
- ✓ D) They improve grip on wet surfaces.

8. Which of the following is an effective ergonomic strategy for reducing eye strain during computer work?

- A) Increasing the brightness of the screen
- B) Positioning the screen at a 90-degree angle to the eyes
- ✓ C) Taking regular breaks and using the 20-20-20 rule
- D) Using a magnifying glass

9. In the context of patient handling, what is the primary benefit of using mechanical aids?

- A) Faster completion of tasks
- ✓ B) Reduced need for patient consent
- C) Decreased physical effort and injury risk
- D) Increased patient discomfort

10. Which ergonomic principle should be applied when arranging equipment and supplies in a nursing station?

- A) Place frequently used items out of reach to encourage exercise



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



-
- B) Arrange items to minimize reaching and bending
 - ✓ C) Keep everything in a single, large drawer
 - D) Position heavy items at the top shelves
-

Principal

SREE NARAYANA NURSING COLLEGE

Chinthareddypalem,
NELLORE-524 002



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.



SNNC/ACD/VAC/2020-2021/12.

Date: 05/07/2021

CIRCULAR

The Medical Surgical Nursing Department is planned to conduct value added course on "MYOFASCIAL RELEASE THERAPY" From 09/07/2021 To 10/07/2021. The III B.Sc., Nursing students are instructed to attend the course without fail.

U. Jayanti
Principal

Copy To:

1. IQAC Co-Ordinator
2. Class Co-Ordinator
3. Notice Board



[Signature]
Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



COURSE TITLE: MYOFASCIAL RELEASE THERAPY

AIM:

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:


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.
4. Develop the ability to assess fascial restrictions through touch and observation.

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.




Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



PROGRAM SCHEDULE:

DATE	TOPICS	SESSION & DURATION
09/07/2021 (FRIDAY)	Introduction to Myofascial Release Therapy	F.N (9:00 A.M. to 1;00 P.M.)
	Anatomy and Physiology of Myofascia	
	Assessment and palpation skills	A.N (2:00 P.M. to 6:00 P.M.)
	Myofascial Release techniques	
10/07/2021 (SATURDAY)	Indications and contra indications	F.N (9:00 A.M. to 1;00 P.M.)
	Treatment Planning	
	Case studies	A.N (2:00 P.M. to 6:00 P.M.)
	Assessment and Reflection	



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



MYOFASCIAL RELEASE THERAPY PRETEST/ POST TEST QUESTIONNAIRE

1. What is Myofascial Release Therapy primarily used for in nursing practice?

- A) Increasing muscle mass
- B) Improving joint flexibility
- C) Reducing pain and improving function
- D) Enhancing cardiovascular endurance

2. How does Myofascial Release Therapy benefit patients with chronic pain conditions?

- A) By strengthening the immune system
- B) By releasing myofascial restrictions and improving tissue mobility
- C) By increasing bone density
- D) By enhancing cognitive function

3. Which of the following is a key principle of Myofascial Release Therapy?

- A) Applying heat to muscles
- B) Using deep tissue massage
- C) Gentle, sustained pressure to the myofascial tissues
- D) High-intensity stretching

4. In what way can Myofascial Release Therapy support patients with post-surgical recovery?

- A) By preventing wound infections
- B) By reducing scar tissue formation and enhancing range of motion




Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- C) By accelerating bone healing
- D) By improving nutritional absorption

5. Which patient population might benefit the most from Myofascial Release Therapy in a nursing setting?

- A) Patients with acute respiratory infections
- B) Patients with fibromyalgia or chronic pain syndromes
- C) Patients undergoing chemotherapy
- D) Patients with diabetes mellitus

6. What role does Myofascial Release Therapy play in managing stress and tension in nursing practice?

- A) It increases the metabolic rate
- B) It enhances muscle strength
- C) It helps to release muscle tightness and promote relaxation
- D) It improves blood glucose levels

7. Which of the following best describes the technique used in Myofascial Release Therapy?

- A) Rapid, forceful manipulation of muscles
- B) Application of cold packs to affected areas
- C) Slow, sustained pressure to the myofascial tissues
- D) Electrical stimulation of muscle groups

8. What is one of the benefits of integrating Myofascial Release Therapy into patient care plans?

- A) Decreased need for medication
- B) Increased recovery time




Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- C) Enhanced patient mobility and comfort
- D) Reduced patient engagement in therapy

9. Which condition is least likely to benefit from Myofascial Release Therapy?

- A) Acute sprains and strains
- B) Chronic back pain
- C) Recent surgical wounds
- D) Asthma

10. How can nurses incorporate Myofascial Release Therapy into their practice?

- A) By providing home exercise programs
- B) By delivering direct Myofascial Release Therapy sessions
- C) By referring patients to physical therapists specializing in Myofascial Release
- D) By administering medications for pain relief

KEY;

- 1. C
- 2. B
- 3. C
- 4. B
- 5. C
- 6. C
- 7. D
- 8. C
- 9. D
- 10. C



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



06/10

MYOFASCIAL RELEASE THERAPY PRETEST/ POST TEST QUESTIONNAIRE

1. What is Myofascial Release Therapy primarily used for in nursing practice?
 - A) Increasing muscle mass
 - B) Improving joint flexibility
 - C) Reducing pain and improving function
 - D) Enhancing cardiovascular endurance

2. How does Myofascial Release Therapy benefit patients with chronic pain conditions?
 - A) By strengthening the immune system
 - B) By releasing myofascial restrictions and improving tissue mobility
 - C) By increasing bone density
 - D) By enhancing cognitive function

3. Which of the following is a key principle of Myofascial Release Therapy?
 - A) Applying heat to muscles
 - B) Using deep tissue massage
 - C) Gentle, sustained pressure to the myofascial tissues
 - D) High-intensity stretching

4. In what way can Myofascial Release Therapy support patients with post-surgical recovery?
 - A) By preventing wound infections
 - B) By reducing scar tissue formation and enhancing range of motion
 - C) By accelerating bone healing
 - D) By improving nutritional absorption

5. Which patient population might benefit the most from Myofascial Release Therapy in a nursing setting?
 - A) Patients with acute respiratory infections
 - B) Patients with fibromyalgia or chronic pain syndromes
 - C) Patients undergoing chemotherapy
 - D) Patients with diabetes mellitus

Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



6. What role does Myofascial Release Therapy play in managing stress and tension in nursing practice?

- A) It increases the metabolic rate
- B) It enhances muscle strength
- C) It helps to release muscle tightness and promote relaxation
- D) It improves blood glucose levels

7. Which of the following best describes the technique used in Myofascial Release Therapy?

- A) Rapid, forceful manipulation of muscles
- B) Application of cold packs to affected areas
- C) Slow, sustained pressure to the myofascial tissues
- D) Electrical stimulation of muscle groups

8. What is one of the benefits of integrating Myofascial Release Therapy into patient care plans?

- A) Decreased need for medication
- B) Increased recovery time
- C) Enhanced patient mobility and comfort
- D) Reduced patient engagement in therapy

9. Which condition is least likely to benefit from Myofascial Release Therapy?

- A) Acute sprains and strains
- B) Chronic back pain
- C) Recent surgical wounds
- D) Asthma

10. How can nurses incorporate Myofascial Release Therapy into their practice?

- A) By providing home exercise programs
- B) By delivering direct Myofascial Release Therapy sessions
- C) By referring patients to physical therapists specializing in Myofascial Release
- D) By administering medications for pain relief

Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

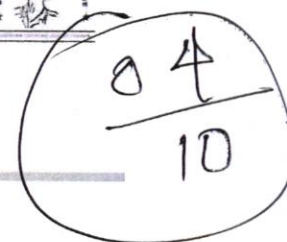
e-mail: sreenarayana.nursing12@gmail.com | principal.snncc@narayanannursingcollege.com

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.



MYOFASCIAL RELEASE THERAPY

PRETEST/ POST TEST QUESTIONNAIRE

1. What is Myofascial Release Therapy primarily used for in nursing practice?

- A) Increasing muscle mass
- B) Improving joint flexibility
- C) Reducing pain and improving function
- D) Enhancing cardiovascular endurance

2. How does Myofascial Release Therapy benefit patients with chronic pain conditions?

- A) By strengthening the immune system
- B) By releasing myofascial restrictions and improving tissue mobility
- C) By increasing bone density
- D) By enhancing cognitive function

3. Which of the following is a key principle of Myofascial Release Therapy?

- A) Applying heat to muscles
- B) Using deep tissue massage
- C) Gentle, sustained pressure to the myofascial tissues
- D) High-intensity stretching

4. In what way can Myofascial Release Therapy support patients with post-surgical recovery?

- A) By preventing wound infections
- B) By reducing scar tissue formation and enhancing range of motion
- C) By accelerating bone healing
- D) By improving nutritional absorption

5. Which patient population might benefit the most from Myofascial Release Therapy in a nursing setting?

- A) Patients with acute respiratory infections
- B) Patients with fibromyalgia or chronic pain syndromes
- C) Patients undergoing chemotherapy
- D) Patients with diabetes mellitus

Principal

SREE NARAYANA NURSING COLLEGE

Chinthareddypalem,
NELLORE-524 002



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.



6. What role does Myofascial Release Therapy play in managing stress and tension in nursing practice?

- A) It increases the metabolic rate
- B) It enhances muscle strength
- C) It helps to release muscle tightness and promote relaxation
- D) It improves blood glucose levels

7. Which of the following best describes the technique used in Myofascial Release Therapy?

- A) Rapid, forceful manipulation of muscles
- B) Application of cold packs to affected areas
- C) Slow, sustained pressure to the myofascial tissues
- D) Electrical stimulation of muscle groups

8. What is one of the benefits of integrating Myofascial Release Therapy into patient care plans?

- A) Decreased need for medication
- B) Increased recovery time
- C) Enhanced patient mobility and comfort
- D) Reduced patient engagement in therapy

9. Which condition is least likely to benefit from Myofascial Release Therapy?

- A) Acute sprains and strains
- B) Chronic back pain
- C) Recent surgical wounds
- D) Asthma

10. How can nurses incorporate Myofascial Release Therapy into their practice?

- A) By providing home exercise programs
- B) By delivering direct Myofascial Release Therapy sessions
- C) By referring patients to physical therapists specializing in Myofascial Release
- D) By administering medications for pain relief

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



SNNC/ACD/VAC/2020-2021/11.

Date: 14/06/2021

CIRCULAR

The Nursing Foundation Department is planned to conduct value added course on "HAND WASHING" From 18/06/2021 To 19/06/2021. The I B.Sc., & II P.B.B.Sc., Nursing students are instructed to attend the course without fail.

V. Jayanti
Principal

Copy To:

1. IQAC Co-Ordinator
2. Class Co-Ordinator
3. Notice Board



[Signature]
Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



COURSE TITLE: HAND WASHING

AIM:

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

COURSE OBJECTIVES:

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.
4. Differentiate between hand washing and the use of alcohol-based hand sanitizers, and when each method is appropriate.

COURSE OUTCOMES:

Upon completing the course, students 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.



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



PROGRAM SCHEDULE:

DATE	TOPICS	SESSION & DURATION
18/06/2021 (FRIDAY)	Introduction Hand Hygiene	F.N (9:00 A.M. to 1:00 P.M.)
	Science of Hand Hygiene	
	Hand washing techniques	A.N (2:00 P.M. to 6:00 P.M.)
	When to wash hands	
19/06/2021 (SATURDAY)	Hand sanitizers	F.N (9:00 A.M. to 1:00 P.M.)
	Barriers to overcome	
	Promoting Hygiene	A.N (2:00 P.M. to 6:00 P.M.)
	Assessment	



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



HAND WASHING

PRETEST/ POST TEST QUESTIONNAIRE

1. Why is hand washing considered the most effective method for preventing the spread of infection in healthcare settings?

- A) It eliminates all germs from the skin.
- B) It reduces the number of pathogens on the skin.
- C) It prevents the transmission of airborne diseases.
- D) It replaces the need for antibiotics.

2. What is the primary benefit of using soap and water for hand washing over hand sanitizers in a healthcare setting?

- A) Soap and water are more convenient than hand sanitizers.
- B) Soap and water are more effective at removing certain types of germs, such as those that cause gastrointestinal infections.
- C) Hand sanitizers are better for removing dirt and visible soil.
- D) Hand sanitizers require less time for hand hygiene.

3. When should a nurse perform hand hygiene according to the standard protocols?

- A) Only before and after patient contact.
- B) Before and after patient contact, after contact with bodily fluids, and before handling medications.
- C) Only before and after eating.
- D) Only when hands are visibly dirty.

4. What is the minimum recommended duration for washing hands with soap and water to ensure effective cleaning?



Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- A) 5 seconds
- B) 10 seconds
- C) 20 seconds
- D) 30 seconds

5. What is the role of alcohol-based hand sanitizers in infection control in nursing?

- A) They are used to replace hand washing in all situations.
- B) They are effective against most bacteria and viruses when soap and water are not available.
- C) They are used to clean visibly soiled hands.
- D) They are ineffective against bacteria.

6. Which of the following is NOT a step in proper hand washing technique?

- A) Wetting hands with warm water.
- B) Applying a generous amount of soap and scrubbing for at least 20 seconds.
- C) Rinsing hands with cold water.
- D) Drying hands with a clean towel or air dryer.

7. How does hand washing contribute to reducing healthcare-associated infections (HAIs)?

- A) It reduces the need for isolation precautions.
- B) It decreases the likelihood of pathogen transmission between patients and healthcare providers.
- C) It eliminates the need for vaccinations.
- D) It ensures that all surfaces in the healthcare environment are sterile.

8. What should a nurse do if soap and water are not available for hand hygiene?

- A) Use an alcohol-based hand sanitizer with at least 60% alcohol.



Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



- B) Wait until soap and water become available.
- C) Use a damp paper towel.
- D) Use an antiseptic hand wipe.

9. Which of the following is a common misconception about hand hygiene in nursing?

- A) Hand washing is only necessary before and after patient contact.
- B) Hand sanitizers are effective against a wide range of pathogens.
- C) Hand washing with soap and water is preferred when hands are visibly soiled.
- D) Proper hand hygiene reduces the risk of cross-contamination.

10 What is the impact of proper hand washing on patient outcomes in healthcare settings?

- A) It has no impact on patient outcomes.
- B) It can significantly reduce the incidence of infections and improve overall patient safety.
- C) It increases the frequency of medication errors.
- D) It leads to longer hospital stays.

KEY:

- 1. B
- 2. B
- 3. B
- 4. C
- 5. B
- 6. C
- 7. B
- 8. A
- 9. A
- 10. B



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



05
10

HAND WASHING

PRETEST/ POST TEST QUESTIONNAIRE

1. Why is hand washing considered the most effective method for preventing the spread of infection in healthcare settings?

- A) It eliminates all germs from the skin.
- B) It reduces the number of pathogens on the skin.
- C) It prevents the transmission of airborne diseases.
- D) It replaces the need for antibiotics.

2. What is the primary benefit of using soap and water for hand washing over hand sanitizers in a healthcare setting?

- A) Soap and water are more convenient than hand sanitizers.
- B) Soap and water are more effective at removing certain types of germs, such as those that cause gastrointestinal infections.
- C) Hand sanitizers are better for removing dirt and visible soil.
- D) Hand sanitizers require less time for hand hygiene.

3. When should a nurse perform hand hygiene according to the standard protocols?

- A) Only before and after patient contact.
- B) Before and after patient contact, after contact with bodily fluids, and before handling medications.
- C) Only before and after eating.
- D) Only when hands are visibly dirty.

4. What is the minimum recommended duration for washing hands with soap and water to ensure effective cleaning?



[Handwritten signature]

[Handwritten signature]
Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



- A) 5 seconds
- ✓ B) 10 seconds
- C) 20 seconds
- D) 30 seconds

5. What is the role of alcohol-based hand sanitizers in infection control in nursing?

- A) They are used to replace hand washing in all situations.
- B) They are effective against most bacteria and viruses when soap and water are not available.
- ✓ C) They are used to clean visibly soiled hands.
- D) They are ineffective against bacteria.

6. Which of the following is NOT a step in proper hand washing technique?

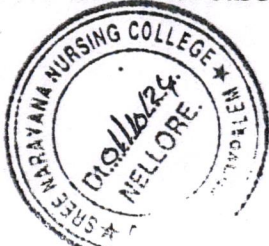
- A) Wetting hands with warm water.
- B) Applying a generous amount of soap and scrubbing for at least 20 seconds.
- ✓ C) Rinsing hands with cold water.
- D) Drying hands with a clean towel or air dryer.

7. How does hand washing contribute to reducing healthcare-associated infections (HAIs)?

- A) It reduces the need for isolation precautions.
- ✓ B) It decreases the likelihood of pathogen transmission between patients and healthcare providers.
- C) It eliminates the need for vaccinations.
- D) It ensures that all surfaces in the healthcare environment are sterile.

8. What should a nurse do if soap and water are not available for hand hygiene?

- A) Use an alcohol-based hand sanitizer with at least 60% alcohol.



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



- B) Wait until soap and water become available.
- C) Use a damp paper towel.
- D) Use an antiseptic hand wipe.

9. Which of the following is a common misconception about hand hygiene in nursing?

- A) Hand washing is only necessary before and after patient contact.
- B) Hand sanitizers are effective against a wide range of pathogens.
- C) Hand washing with soap and water is preferred when hands are visibly soiled.
- D) Proper hand hygiene reduces the risk of cross-contamination.

10 What is the impact of proper hand washing on patient outcomes in healthcare settings?

- A) It has no impact on patient outcomes.
- B) It can significantly reduce the incidence of infections and improve overall patient safety.
- C) It increases the frequency of medication errors.
- D) It leads to longer hospital stays.

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

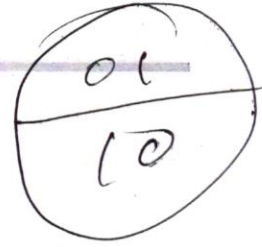
e-mail: sreenarayana.nursing12@gmail.com | principal.snnc@narayanannursingcollege.com

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.



HAND WASHING

PRETEST/ POST TEST QUESTIONNAIRE

1. Why is hand washing considered the most effective method for preventing the spread of infection in healthcare settings?

- A) It eliminates all germs from the skin.
- B) It reduces the number of pathogens on the skin.
- C) It prevents the transmission of airborne diseases.
- D) It replaces the need for antibiotics.

2. What is the primary benefit of using soap and water for hand washing over hand sanitizers in a healthcare setting?

- A) Soap and water are more convenient than hand sanitizers.
- B) Soap and water are more effective at removing certain types of germs, such as those that cause gastrointestinal infections.
- C) Hand sanitizers are better for removing dirt and visible soil.
- D) Hand sanitizers require less time for hand hygiene.

3. When should a nurse perform hand hygiene according to the standard protocols?

- A) Only before and after patient contact.
- B) Before and after patient contact, after contact with bodily fluids, and before handling medications.
- C) Only before and after eating.
- D) Only when hands are visibly dirty.

4. What is the minimum recommended duration for washing hands with soap and water to ensure effective cleaning?



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



- A) 5 seconds
- ✓ B) 10 seconds
- C) 20 seconds
- D) 30 seconds

5. What is the role of alcohol-based hand sanitizers in infection control in nursing?

- A) They are used to replace hand washing in all situations.
- B) They are effective against most bacteria and viruses when soap and water are not available.
- C) They are used to clean visibly soiled hands.
- ✓ D) They are ineffective against bacteria.

6. Which of the following is NOT a step in proper hand washing technique?

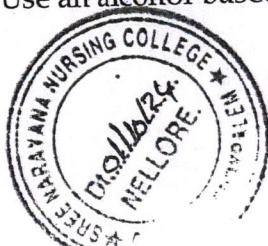
- ✓ A) Wetting hands with warm water.
- B) Applying a generous amount of soap and scrubbing for at least 20 seconds.
- C) Rinsing hands with cold water.
- D) Drying hands with a clean towel or air dryer.

7. How does hand washing contribute to reducing healthcare-associated infections (HAIs)?

- A) It reduces the need for isolation precautions.
- ✓ B) It decreases the likelihood of pathogen transmission between patients and healthcare providers.
- C) It eliminates the need for vaccinations.
- D) It ensures that all surfaces in the healthcare environment are sterile.

8. What should a nurse do if soap and water are not available for hand hygiene?

- A) Use an alcohol-based hand sanitizer with at least 60% alcohol.



Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



B) Wait until soap and water become available.

C) Use a damp paper towel.

D) Use an antiseptic hand wipe.

9. Which of the following is a common misconception about hand hygiene in nursing?

A) Hand washing is only necessary before and after patient contact.

B) Hand sanitizers are effective against a wide range of pathogens.

C) Hand washing with soap and water is preferred when hands are visibly soiled.

D) Proper hand hygiene reduces the risk of cross-contamination.

10. What is the impact of proper hand washing on patient outcomes in healthcare settings?

A) It has no impact on patient outcomes.

B) It can significantly reduce the incidence of infections and improve overall patient safety.

C) It increases the frequency of medication errors.

D) It leads to longer hospital stays.

Principal

SREE NARAYANA NURSING COLLEGE

Chinthareddypalem,

NELLORE-524 002



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.



SNNC/ACD/VAC/2020-2021/10.

Date: 12/03/2021

CIRCULAR


The Mental Health Nursing Department is planned to conduct value added course on "SOCIAL AND EMOTIONAL LEARNING" From 16/03/2021 To 17/03/2021. The III B.Sc., Nursing students are instructed to attend the course without fail.

V. Jayanthi
PRINCIPAL

Copy To:

1. IQAC Co-Ordinator
2. Class Co-Ordinator
3. Notice Board




Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



COURSE TITLE: SOCIAL AND EMOTIONAL LEARNING

AIM:

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:

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.
4. Train students to make ethical, thoughtful, and constructive decisions in personal, social, and professional contexts.

COURSE OUTCOMES:

Upon completion of this course, students 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.
4. Show resilience in facing setbacks and adaptability in changing circumstances.




Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



PROGRAM SCHEDULE:

DATE	TOPICS	SESSION & DURATION
16/03/2021 (FRIDAY)	Introduction to Social and emotional learning	F.N (9:00 A.M. to 1:00 P.M.)
	Self-awareness	
	Self-Management	A.N (2:00 P.M. to 6:00 P.M.)
	Social awareness	
17/03/2021 (SATURDAY)	Relationship skills	F.N (9:00 A.M. to 1:00 P.M.)
	Responsible decision making	
	Practical application	A.N (2:00 P.M. to 6:00 P.M.)
	Assessment	



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



SOCIAL AND EMOTIONAL LEARNING

PRETEST/ POST TEST QUESTIONNAIRE

1. What is a primary benefit of social and emotional learning (SEL) for nursing professionals?

- A) Increased technical skills
- B) Enhanced communication and empathy
- C) Better understanding of medical jargon
- D) Improved physical strength

2. Which of the following SEL competencies is most directly related to managing stress in a nursing environment?

- A) Self-awareness
- B) Relationship skills
- C) Self-management
- D) Responsible decision-making

3. How can SEL improve patient care in nursing?

- A) By reducing the need for medical equipment
- B) By fostering better patient-nurse relationships and communication
- C) By increasing the number of hours nurses work
- D) By simplifying the clinical documentation process

4. Which SEL skill helps nurses effectively handle conflicts with colleagues?

- A) Self-awareness
- B) Relationship skills
- C) Social awareness
- D) Self-management

5. In what way does SEL contribute to reducing burnout among nurses?



Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- A) By improving physical stamina
- B) By enhancing emotional resilience and coping strategies
- C) By increasing administrative support
- D) By minimizing the number of patients seen per shift

6. What role does self-awareness play in a nurse's professional development?

- A) It helps in understanding medical procedures better.
- B) It enables nurses to recognize their own emotions and their impact on their work.
- C) It improves physical coordination during procedures.
- D) It simplifies the technology used in patient care.

7. Which aspect of SEL is most crucial for effective team collaboration in nursing?

- A) Self-management
- B) Social awareness
- C) Relationship skills
- D) Self-awareness

8. How does SEL support the development of cultural competence in nursing?

- A) By increasing knowledge of different medical treatments
- B) By improving understanding and respect for diverse patient backgrounds
- C) By simplifying communication with patients
- D) By providing more detailed patient histories

9. Which SEL component is essential for nurses to effectively navigate emotional challenges in high-stress situations?

- A) Self-management
- B) Relationship skills
- C) Social awareness



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



D) Responsible decision-making

10. What is one way SEL can impact nurse-patient interactions?

- A) It can decrease the amount of paperwork required.
- B) It can enhance the nurse's ability to connect with and understand patients' emotional needs.
- C) It can increase the frequency of routine check-ups.
- D) It can improve the physical layout of patient care areas.

KEY:

- 1. B
- 2. C
- 3. B
- 4. B
- 5. B
- 6. B
- 7. C
- 8. B
- 9. A
- 10. B



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



02
10

SOCIAL AND EMOTIONAL LEARNING PRETEST/ POST TEST QUESTIONNAIRE

1. What is a primary benefit of social and emotional learning (SEL) for nursing professionals?
 A) Increased technical skills
 B) Enhanced communication and empathy
 C) Better understanding of medical jargon
 D) Improved physical strength
2. Which of the following SEL competencies is most directly related to managing stress in a nursing environment?
 A) Self-awareness
 B) Relationship skills
 C) Self-management
 D) Responsible decision-making
3. How can SEL improve patient care in nursing?
 A) By reducing the need for medical equipment
 B) By fostering better patient-nurse relationships and communication
 C) By increasing the number of hours nurses work
 D) By simplifying the clinical documentation process
4. Which SEL skill helps nurses effectively handle conflicts with colleagues?
 A) Self-awareness
 B) Relationship skills
 C) Social awareness
 D) Self-management
5. In what way does SEL contribute to reducing burnout among nurses?
 A) By improving physical stamina
 B) By enhancing emotional resilience and coping strategies
 C) By increasing administrative support
 D) By minimizing the number of patients seen per shift
6. What role does self-awareness play in a nurse's professional development?
 A) It helps in understanding medical procedures better.
 B) It enables nurses to recognize their own emotions and their impact on their work.


Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- C) It improves physical coordination during procedures.
- D) It simplifies the technology used in patient care.

7. Which aspect of SEL is most crucial for effective team collaboration in nursing?

- A) Self-management
- B) Social awareness
- C) Relationship skills
- D) Self-awareness

8. How does SEL support the development of cultural competence in nursing?

- A) By increasing knowledge of different medical treatments
- B) By improving understanding and respect for diverse patient backgrounds
- C) By simplifying communication with patients
- D) By providing more detailed patient histories

9. Which SEL component is essential for nurses to effectively navigate emotional challenges in high-stress situations?

- A) Self-management
- B) Relationship skills
- C) Social awareness
- D) Responsible decision-making

10. What is one way SEL can impact nurse-patient interactions?

- A) It can decrease the amount of paperwork required.
- B) It can enhance the nurse's ability to connect with and understand patients' emotional needs.
- C) It can increase the frequency of routine check-ups.
- D) It can improve the physical layout of patient care areas.

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

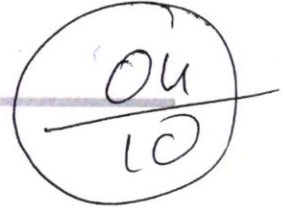
e-mail: sreenarayana.nursing12@gmail.com | principal.snn@narayanannursingcollege.com

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

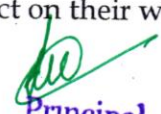
Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.



SOCIAL AND EMOTIONAL LEARNING

PRETEST/ POST TEST QUESTIONNAIRE

1. What is a primary benefit of social and emotional learning (SEL) for nursing professionals?
 - A) Increased technical skills
 - B) Enhanced communication and empathy
 - C) Better understanding of medical jargon
 - D) Improved physical strength
2. Which of the following SEL competencies is most directly related to managing stress in a nursing environment?
 - A) Self-awareness
 - B) Relationship skills
 - C) Self-management
 - D) Responsible decision-making
3. How can SEL improve patient care in nursing?
 - A) By reducing the need for medical equipment
 - B) By fostering better patient-nurse relationships and communication
 - C) By increasing the number of hours nurses work
 - D) By simplifying the clinical documentation process
4. Which SEL skill helps nurses effectively handle conflicts with colleagues?
 - A) Self-awareness
 - B) Relationship skills
 - C) Social awareness
 - D) Self-management
5. In what way does SEL contribute to reducing burnout among nurses?
 - A) By improving physical stamina
 - B) By enhancing emotional resilience and coping strategies
 - C) By increasing administrative support
 - D) By minimizing the number of patients seen per shift
6. What role does self-awareness play in a nurse's professional development?
 - A) It helps in understanding medical procedures better.
 - B) It enables nurses to recognize their own emotions and their impact on their work.


Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- C) It improves physical coordination during procedures.
D) It simplifies the technology used in patient care.

7. Which aspect of SEL is most crucial for effective team collaboration in nursing?

- A) Self-management
B) Social awareness
 C) Relationship skills
D) Self-awareness

8. How does SEL support the development of cultural competence in nursing?

- A) By increasing knowledge of different medical treatments
 B) By improving understanding and respect for diverse patient backgrounds
C) By simplifying communication with patients
D) By providing more detailed patient histories

9. Which SEL component is essential for nurses to effectively navigate emotional challenges in high-stress situations?

- A) Self-management
 B) Relationship skills
C) Social awareness
D) Responsible decision-making

10. What is one way SEL can impact nurse-patient interactions?

- A) It can decrease the amount of paperwork required.
B) It can enhance the nurse's ability to connect with and understand patients' emotional needs.
 C) It can increase the frequency of routine check-ups.
D) It can improve the physical layout of patient care areas.

Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



SNNC/ACD/VAC/2020-2021/09.

Date: 18/01/2021

CIRCULAR

The Community Health Nursing Department is planned to conduct value added course on "DIGITAL EMPOWERMENT IN PATIENT CARE" From 22/01/2021 To 23/01/2023. The IV B.Sc., Nursing students are instructed to attend the course without fail.

U. Jayanthi
Principal

Copy To:

1. IQAC Co-Ordinator
2. Class Co-Ordinator
3. Notice Board



ku
Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



COURSE TITLE: DIGITAL EMPOWERMENT IN PATIENT CARE

AIM:

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:

- Understand the Role of Digital Technology in Healthcare
- Utilize Electronic Health Records (EHRs) Effectively
- Enhance Patient Engagement through Digital Tools
- Promote Digital Communication and Collaboration
- Maintain Digital Security and Privacy

COURSE OUTCOMES:

Upon successful completion of the 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.
- Guide patients on using digital tools for self-monitoring, appointment scheduling, and accessing health information.



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



PROGRAM SCHEDULE:

DATE	TOPICS	SESSION & DURATION
22/01/2021 (FRIDAY)	Introduction to Digital Empowerment	F.N (9:00 A.M. to 1;00 P.M.)
	Electronic Health records	
	Engagement in electronic recording	A.N (2:00 P.M. to 6:00 P.M.)
	Health care data analysis	
23/01/2021 (SATURDAY)	Digital communication,	F.N (9:00 A.M. to 1;00 P.M.)
	Emerging technologies	
	Digital privacy and security	A.N (2:00 P.M. to 6:00 P.M.)
	Implementing Digital Health services	



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



DIGITAL EMPOWERMENT IN PATIENT CARE

PRETEST/ POST TEST QUESTIONNAIRE

1. What is one primary benefit of digital empowerment in patient care for nursing professionals?

- A) Reduced patient engagement
- B) Increased data entry errors
- C) Enhanced patient education
- D) Limited access to patient information

2. How can digital tools improve the accuracy of patient records in nursing care?

- A) By increasing manual paperwork
- B) Through electronic health records (EHRs) with real-time updates
- C) By reducing data accessibility
- D) By limiting communication with patients

3. Which digital tool can help nurses monitor patient vital signs remotely?

- A) Traditional paper charts
- B) Telemedicine platforms
- C) Fax machines
- D) Manual recording systems

4. What is a key advantage of using mobile health applications in nursing care?

- A) Decreased patient self-management
- B) Limited access to health information
- C) Increased patient empowerment and engagement
- D) Reduced ability to track patient progress

5. In which way do digital records support better patient outcomes in nursing?

- A) By creating redundant data
- B) By enabling quicker decision-making and care adjustments
- C) By increasing the time needed for data retrieval



Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



D) By complicating communication channels

6. What is an example of a digital tool that can facilitate effective patient-nurse communication?

- A) Paper-based appointment books
- B) Secure messaging platforms
- C) Telephone call logs
- D) Manual patient files

7. How does digital empowerment contribute to personalized patient care in nursing?

- A) By standardizing care without individual consideration
- B) By using data analytics to tailor interventions to individual patient needs
- C) By limiting the availability of patient data
- D) By reducing access to personalized care plans

B

8. Which digital advancement is most likely to reduce medication errors in nursing care?

- A) Paper-based medication logs
- B) Automated dispensing systems with bar-code verification
- C) Manual pill counting
- D) Non-digital medication orders

9. What role do patient portals play in digital empowerment for nursing?

- A) They restrict patient access to their health information.
- B) They allow patients to schedule appointments and access their medical records.
- C) They limit communication between patients and healthcare providers.
- D) They decrease the availability of online health resources.

10. What is a significant challenge associated with digital empowerment in patient care?




Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- A) Increased patient privacy
- B) Data breaches and cybersecurity risks
- C) Enhanced data security
- D) Improved patient confidentiality

KEY:

- 1.C
- 2.B
- 3.B
- 4.C
- 5.B
- 6.C
- 7.B
- 8.B
- 9.B
- 10.B



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

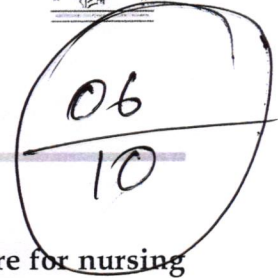
e-mail: sreenarayana.nursing12@gmail.com | principal.snc@narayanannursingcollege.com

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.



DIGITAL EMPOWERMENT IN PATIENT CARE PRETEST/ POST TEST QUESTIONNAIRE

1. What is one primary benefit of digital empowerment in patient care for nursing professionals?

- A) Reduced patient engagement
- B) Increased data entry errors
- C) Enhanced patient education
- D) Limited access to patient information

2. How can digital tools improve the accuracy of patient records in nursing care?

- A) By increasing manual paperwork
- B) Through electronic health records (EHRs) with real-time updates
- C) By reducing data accessibility
- D) By limiting communication with patients

3. Which digital tool can help nurses monitor patient vital signs remotely?

- A) Traditional paper charts
- B) Telemedicine platforms
- C) Fax machines
- D) Manual recording systems

4. What is a key advantage of using mobile health applications in nursing care?

- A) Decreased patient self-management
- B) Limited access to health information
- C) Increased patient empowerment and engagement
- D) Reduced ability to track patient progress

5. In which way do digital records support better patient outcomes in nursing?

- A) By creating redundant data
- B) By enabling quicker decision-making and care adjustments
- C) By increasing the time needed for data retrieval
- D) By complicating communication channels

6. What is an example of a digital tool that can facilitate effective patient-nurse communication?

- A) Paper-based appointment books
- B) Secure messaging platforms
- C) Telephone call logs
- D) Manual patient files

7. How does digital empowerment contribute to personalized patient care in nursing?

- A) By standardizing care without individual consideration
- B) By using data analytics to tailor interventions to individual patient needs
- C) By limiting the availability of patient data
- D) By reducing access to personalized care plans

B


Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



8. Which digital advancement is most likely to reduce medication errors in nursing care?

- A) Paper-based medication logs
- B) Automated dispensing systems with bar-code verification
- C) Manual pill counting
- D) Non-digital medication orders

9. What role do patient portals play in digital empowerment for nursing?

- A) They restrict patient access to their health information.
- B) They allow patients to schedule appointments and access their medical records.
- C) They limit communication between patients and healthcare providers.
- D) They decrease the availability of online health resources.

10. What is a significant challenge associated with digital empowerment in patient care?

- A) Increased patient privacy
- B) Data breaches and cybersecurity risks
- C) Enhanced data security
- D) Improved patient confidentiality

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

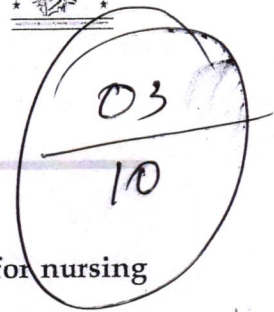
e-mail: sreenarayana.nursing12@gmail.com | principal.snnnc@narayanannursingcollege.com

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.



DIGITAL EMPOWERMENT IN PATIENT CARE PRETEST/ POST TEST QUESTIONNAIRE

1. What is one primary benefit of digital empowerment in patient care for nursing professionals?
 - A) Reduced patient engagement
 - B) Increased data entry errors
 - C) Enhanced patient education
 - D) Limited access to patient information
2. How can digital tools improve the accuracy of patient records in nursing care?
 - A) By increasing manual paperwork
 - B) Through electronic health records (EHRs) with real-time updates
 - C) By reducing data accessibility
 - D) By limiting communication with patients
3. Which digital tool can help nurses monitor patient vital signs remotely?
 - A) Traditional paper charts
 - B) Telemedicine platforms
 - C) Fax machines
 - D) Manual recording systems
4. What is a key advantage of using mobile health applications in nursing care?
 - A) Decreased patient self-management
 - B) Limited access to health information
 - C) Increased patient empowerment and engagement
 - D) Reduced ability to track patient progress
5. In which way do digital records support better patient outcomes in nursing?
 - A) By creating redundant data
 - B) By enabling quicker decision-making and care adjustments
 - C) By increasing the time needed for data retrieval
 - D) By complicating communication channels
6. What is an example of a digital tool that can facilitate effective patient-nurse communication?
 - A) Paper-based appointment books
 - B) Secure messaging platforms
 - C) Telephone call logs
 - D) Manual patient files
7. How does digital empowerment contribute to personalized patient care in nursing?
 - A) By standardizing care without individual consideration
 - B) By using data analytics to tailor interventions to individual patient needs
 - C) By limiting the availability of patient data
 - D) By reducing access to personalized care plans

B

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



8. Which digital advancement is most likely to reduce medication errors in nursing care?

- A) Paper-based medication logs
- B) Automated dispensing systems with bar-code verification
- C) Manual pill counting
- D) Non-digital medication orders

9. What role do patient portals play in digital empowerment for nursing?

- A) They restrict patient access to their health information.
- B) They allow patients to schedule appointments and access their medical records.
- C) They limit communication between patients and healthcare providers.
- D) They decrease the availability of online health resources.

10. What is a significant challenge associated with digital empowerment in patient care?

- A) Increased patient privacy
- B) Data breaches and cybersecurity risks
- C) Enhanced data security
- D) Improved patient confidentiality

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



SNNC/ACD/VAC/2020-2021/08.

Date: 11/12/2020

CIRCULAR

The Nursing Foundation Department is planned to conduct value added course on "PERSONAL PROTECTIVE EQUIPMENT" From 15/12/2020 To 16/12/2020. The I B.Sc., & P.B.B.Sc., Nursing students are instructed to attend the course without fail.

V. Jayanthi
Principal

Copy To:

1. IQAC Co-Ordinator
2. Class Co-Ordinator
3. Notice Board



V. Jayanthi
Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



COURSE TITLE: PERSONAL PROTECTIVE EQUIPMENT (PPE) IN HEALTHCARE

AIM:

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:

- 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.
- Learn best practices for PPE maintenance, including cleaning and storage techniques.



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



PROGRAM SCHEDULE:

DATE	TOPICS	SESSION & DURATION
15/12/2020 (FRIDAY)	Introduction to PPE in healthcare	F.N (9:00 A.M. to 1:00 P.M.)
	Types of PPE	
	Donning and Doffing Techniques	A.N (2:00 P.M. to 6:00 P.M.)
	PPE standards and Regulations	
16/12/2020 (SATURDAY)	Maintenance, storage and disposal of PPE	F.N (9:00 A.M. to 1:00 P.M.)
	PPE in special and Emergency situations	
	Integrating PPE with Infection control Measures	A.N (2:00 P.M. to 6:00 P.M.)
	Promoting safe practices of PPE	



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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

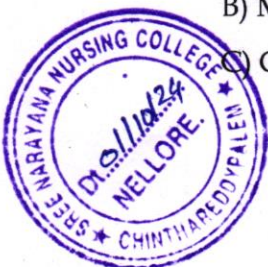
Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.



PPE

PRETEST/ POST TEST QUESTIONNAIRE

1. Which of the following is NOT considered a type of personal protective equipment (PPE)?
 - A) Gloves
 - B) Face shield
 - C) Surgical mask
 - D) Stethoscope
2. When should a nurse wear a surgical mask?
 - A) When handling laundry
 - B) When interacting with patients with respiratory infections
 - C) When cleaning patient rooms
 - D) When preparing medications
3. What is the primary purpose of wearing gloves in a clinical setting?
 - A) To keep hands warm
 - B) To protect hands from contamination and reduce the risk of infection
 - C) To enhance grip strength
 - D) To avoid hand washing
4. Which of the following is the correct sequence for donning (putting on) PPE?
 - A) Gown, mask, gloves
 - B) Gloves, gown, mask
 - C) Mask, gown, gloves
 - D) Mask, gloves, gown
5. When removing PPE after patient care, what is the correct order?
 - A) Gloves, gown, mask
 - B) Mask, gloves, gown
 - C) Gown, gloves, mask



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



- D) Gloves, mask, gown
6. For which type of patient precaution is an N95 respirator specifically required?
- A) Droplet precautions
 - B) Contact precautions
 - C) Airborne precautions
 - D) Standard precautions
7. How should a nurse handle a gown that has been used in contact with a patient under isolation precautions?
- A) Dispose of it in the regular trash
 - B) Reuse it for another patient
 - C) Dispose of it in the designated biohazard waste
 - D) Wash it at home
8. What is the purpose of using a face shield or goggles in addition to a mask?
- A) To protect the eyes and face from splashes and sprays
 - B) To keep the mask in place
 - C) To prevent the mask from becoming soiled
 - D) To provide additional warmth
9. Which of the following is NOT a recommended practice for ensuring the effectiveness of gloves?
- A) Inspecting gloves for tears before use
 - B) Wearing the same pair of gloves for multiple patients
 - C) Performing hand hygiene before donning gloves
 - D) Changing gloves between different tasks or patients
10. What should be done if PPE becomes visibly soiled or compromised during use?
- A) Continue using it until the task is completed
 - B) Replace the compromised PPE with a new set



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



C) Clean the soiled PPE with disinfectant

D) Remove the soiled PPE but wait to change until the end of the shift

KEY:

1. D
2. B
3. B
4. C
5. A
6. C
7. C
8. A
9. B
10. B



Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



07
10

PPE

PRETEST/ POST TEST QUESTIONNAIRE

1. Which of the following is NOT considered a type of personal protective equipment (PPE)?
 - A) Gloves
 - B) Face shield
 - C) Surgical mask
 - D) Stethoscope
2. When should a nurse wear a surgical mask?
 - A) When handling laundry
 - B) When interacting with patients with respiratory infections
 - C) When cleaning patient rooms
 - D) When preparing medications
3. What is the primary purpose of wearing gloves in a clinical setting?
 - A) To keep hands warm
 - B) To protect hands from contamination and reduce the risk of infection
 - C) To enhance grip strength
 - D) To avoid hand washing
4. Which of the following is the correct sequence for donning (putting on) PPE?
 - A) Gown, mask, gloves
 - B) Gloves, gown, mask
 - C) Mask, gown, gloves
 - D) Mask, gloves, gown
5. When removing PPE after patient care, what is the correct order?
 - A) Gloves, gown, mask
 - B) Mask, gloves, gown
 - C) Gown, gloves, mask
 - D) Gloves, mask, gown
6. For which type of patient precaution is an N95 respirator specifically required?
 - A) Droplet precautions
 - B) Contact precautions
 - C) Airborne precautions

Principal

SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- D) Standard precautions
7. How should a nurse handle a gown that has been used in contact with a patient under isolation precautions?
- A) Dispose of it in the regular trash
 - B) Reuse it for another patient
 - C) Dispose of it in the designated biohazard waste
 - D) Wash it at home
8. What is the purpose of using a face shield or goggles in addition to a mask?
- A) To protect the eyes and face from splashes and sprays
 - B) To keep the mask in place
 - C) To prevent the mask from becoming soiled
 - D) To provide additional warmth
9. Which of the following is NOT a recommended practice for ensuring the effectiveness of gloves?
- A) Inspecting gloves for tears before use
 - B) Wearing the same pair of gloves for multiple patients
 - C) Performing hand hygiene before donning gloves
 - D) Changing gloves between different tasks or patients
10. What should be done if PPE becomes visibly soiled or compromised during use?
- A) Continue using it until the task is completed
 - B) Replace the compromised PPE with a new set
 - C) Clean the soiled PPE with disinfectant
 - D) Remove the soiled PPE but wait to change until the end of the shift

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



SREE NARAYANA NURSING COLLEGE

Stonehousepet (po), Chinthareddypalem, Nellore - 524002.

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

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



06
10

PPE

PRETEST/ POST TEST QUESTIONNAIRE

1. Which of the following is NOT considered a type of personal protective equipment (PPE)?
 - A) Gloves
 - B) Face shield
 - C) Surgical mask
 - D) Stethoscope
2. When should a nurse wear a surgical mask?
 - A) When handling laundry
 - B) When interacting with patients with respiratory infections
 - C) When cleaning patient rooms
 - D) When preparing medications
3. What is the primary purpose of wearing gloves in a clinical setting?
 - A) To keep hands warm
 - B) To protect hands from contamination and reduce the risk of infection
 - C) To enhance grip strength
 - D) To avoid hand washing
4. Which of the following is the correct sequence for donning (putting on) PPE?
 - A) Gown, mask, gloves
 - B) Gloves, gown, mask
 - C) Mask, gown, gloves
 - D) Mask, gloves, gown
5. When removing PPE after patient care, what is the correct order?
 - A) Gloves, gown, mask
 - B) Mask, gloves, gown
 - C) Gown, gloves, mask
 - D) Gloves, mask, gown
6. For which type of patient precaution is an N95 respirator specifically required?
 - A) Droplet precautions
 - B) Contact precautions
 - C) Airborne precautions

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002



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.



- D) Standard precautions
7. How should a nurse handle a gown that has been used in contact with a patient under isolation precautions?
- A) Dispose of it in the regular trash
 - B) Reuse it for another patient
 - C) Dispose of it in the designated biohazard waste
 - D) Wash it at home
8. What is the purpose of using a face shield or goggles in addition to a mask?
- A) To protect the eyes and face from splashes and sprays
 - B) To keep the mask in place
 - C) To prevent the mask from becoming soiled
 - D) To provide additional warmth
9. Which of the following is NOT a recommended practice for ensuring the effectiveness of gloves?
- A) Inspecting gloves for tears before use
 - B) Wearing the same pair of gloves for multiple patients
 - C) Performing hand hygiene before donning gloves
 - D) Changing gloves between different tasks or patients
10. What should be done if PPE becomes visibly soiled or compromised during use?
- A) Continue using it until the task is completed
 - B) Replace the compromised PPE with a new set
 - C) Clean the soiled PPE with disinfectant
 - D) Remove the soiled PPE but wait to change until the end of the shift

Principal
SREE NARAYANA NURSING COLLEGE
Chinthareddypalem,
NELLORE-524 002