



SRI DEVARAJ URS COLLEGE OF NURSING, TAMAKA, KOLAR.

(Affiliated to RGUHS, Bangalore and Recognized by KNC, Bangalore & INC, New Delhi)
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MENTAL HEALTH NURSING POSTINGS.

Report on Dharwad Institute of Mental Health and Neurosciences (DIMHANS):2022-23



Submitted to:

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ORIENTATION

INTRODUCTION

As part of our Mental Health Nursing posting we went for DIMHANS and we got postings from 02\05\2023 to 15\05\2023.

DIMHANS is a public medical institution in Dharward, Karnataka which provides healthcare facilities specializing in Mental Health, Psychiatry and Neuroscience. The average daily outpatient came for consultant in DIMHANS is around 300 to 400. Besides from this DIMHANS provide services patient with neurological cases on Tuesday and Friday.

HISTORY OF DIMHANS

Institute was started as a "Lunatic asylum" in 1845 in the premises attached to a jail. Later in 1885 some rooms of the jail were used as wards for keeping patients. In year 1909, asylum was separated from the jail and a wall around asylum was constructed. In year 1922, British Government declared asylum as "Government Mental Hospital". In 1993, with intention to reduce stigma, name of the hospital was changed from "Government Mental Hospital" to "Karnataka Institute of Mental Health" (KIMH). Based on the recommendations of the D. M. Nanjundappa report on correction of regional disparities in Karnataka, the institute was converted into an autonomous postgraduation training institute and renamed as Dharwad institute of Mental Health and Neurosciences (DIMHANS) during a legislative assembly session in 2009.

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VISION MISSION AND MANDATE

To develop institute into a centre of Excellence for creating man power to meet mental health needs of the people of North Karnataka. The Institute on priority basis already started post- graduation courses in psychiatry, clinical psychology, psychiatric social work and psychiatric nursing. Development of community mental health services is the top most priority of the institute. In this regard training programmes for medical officers and health workers at various levels of community health will be taken up. Institutes emphasis is on development of school mental health programme, community based Deaddiction and women mental health services. Specialized training courses in Forensic Psychiatry will planned in future considering large number of patients getting admitted in Forensic wards.

AIM OF DIMHANS

- The DIMHANS is established with the aim to provide treatment which includes
- To provide promotive and rehabilitative care to the psychiatric patients.
- To provide major and minor illness treatment.

ORGANIZATION AND ADMINISTRATION

Departments

- DIMHANS has following departments:
- Psychiatry
- Clinical psychology

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CENTRES

- Child and Adolescent Psychiatry
- Addiction Psychiatry
- Cognitive Neurosciences

ACADEMICS

- DIMHANS offers following courses
- MD in Psychiatry
- MPhil in Clinical Psychology
- MPhil in Psychiatric Social Work
- MSc in Psychiatric Nursing

BED CAPACITY

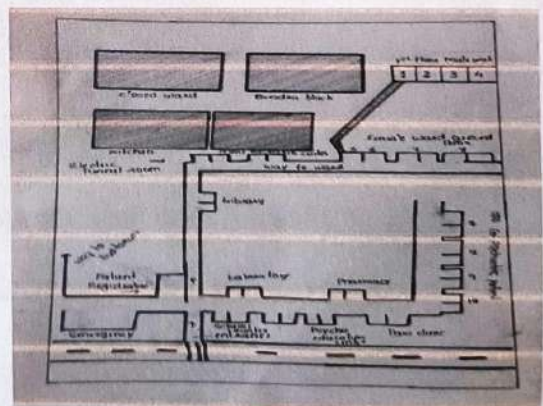
- The total bed capacity of the hospital is 325 beds

AVERAGE PATIENT PER MONTH

- Everyday 300 to 400 patient came to DIMHANS as OPD patients
- Tuesday and Friday 50 to 100 patients came to DIMHANS for neuro OPD

SERVICES AND FACILITIES OF DIMHANS includes:

- Emergency ward
- Acute wards
- Male acute ward and female acute ward
- Forensic ward
- Male forensic and female forensic ward
- Child psychiatry ward
- Deaddiction ward and Rehabilitation centre



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ACUTE MALE AND FEMALE WARDS

REPORT ON MALE ACUTE WARD

Male acute ward of DIMHANS is located in first floor

It consisting of three units A, B, C.

- Each units is having nurses office, treatment room and toilet facility.
- There is 30 bed capacity.
- The each ward contains window, 3 doors balcony and corridors.
- Patient can spent their time in corridor in their daily activities.

Admission procedure after the admission to the emergency ward according to their condition, shifts into the unit along with one attender.

- Total number of admission in unit A is 20, B is 23 and C is 25 cases.
- Most of the cases are psychosis, depression, schizophrenia, bipolar affective disorder.
- The daily activities like morning fresh up and start with their daily activities.

FEMALE ACUTE WARD

The female acute ward is located near to female forensic ward. It consists of 3 units like A, B and C. Each units contain office, treatment room and toilet along with bed and lockers.

- Each ward bed capacity is 30.
- Each ward has window, doors and corridors.
- Patients wake up in the morning, fresh up and start with the daily activities.
- In this ward along with the patient one attender will be allowed

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RULES IN MALE AND FEMALE ACUTE WARD

- Maintain cool and quite environment.
- Along with the patient only one attender is allowed.
- Keep the bed side neat, don't put the waste near the bed.
- Do not give any medication directly to the patient.
- Hospital staffs are not responsible for missing things.
- Do not keep any sharp items near the patient.

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DAILY ACTIVITIES

TIME	ACTIVITY
6:00 am	Wake up and fresh up
6:30am	Tea
6:30-8:00am	Bathing
8:00-9:00am	Breakfast and medication
9:00-9:15am	Milk and banana
9:15- 10:00am	Exercise
10:00-11:30am	Doctors rounds
11:30-12:00pm	Treatment
12:00-12:30pm	Spend time with others
12:30- 1:00pm	Lunch
1:00-2:00pm	Sleep
2:00-3:00pm	Group talking
3:00-4:00pm	Recreational activities
4:00-6:00pm	Playing
6:00-7:00pm	Dinner
7:00-8:00pm	Prayer
8:00pm	Sleep

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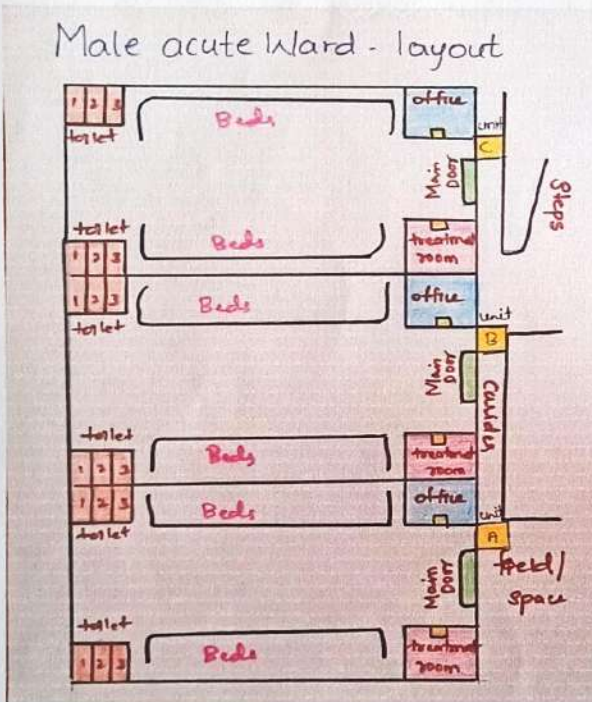
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FACILITIES AND SERVICES IN THE WARD

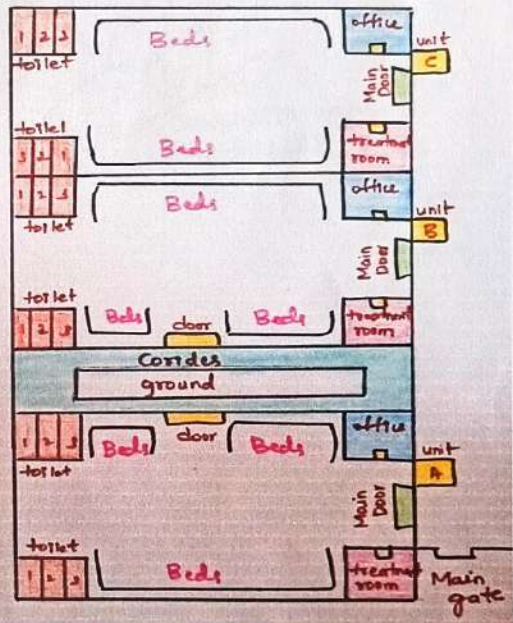
The hospital authority will provide the basic necessities to the patient like bed, bedsheets, blanket, pillow, locker, food, water, medications, toilet facilities, recreational facilities, family therapy etc.

GLIMPSES OF THE AREA

Male acute ward - layout



Female Acute ward - layout



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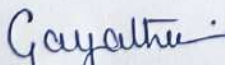
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CONCLUSION

Mental health nursing postings at DIMHANS was very useful. It helped us to see different disease conditions and its signs and symptoms, diagnostic evaluations and management in patients.

It helped us to understand that the excessive fear or worries, extreme feeling of guilt, extreme mood changes of high and low, withdrawal from friends and other activities, significant tiredness, low energy or sleeping problems makes many changes in patient. DIMHANS also provides a good milieu to the patients.


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DE-ADDICTION AND REHABILITATION CENTRE

OBJECTIVES:

1. Expanding access and increasing recovery effectiveness.
2. Providing therapies to overcome from the withdrawal.
3. Treatment perspectives for all the addicts and their caring family.
4. Finding psychosocial services and peer support group.
5. Administering medication according to the condition.

SERVICE PROVIDED IN THE ORGANISATION:

1. Providing therapies to overcome from the withdrawal syndrome.
2. Psychiatric Rehabilitation services.
3. Neurological services.
4. Free drug every month

ADMISSION PROCEDURE

In DIMHANS De-addiction center, admission procedure is patient should come with relatives or family members, then family members go to OPD. As per clinical psychiatrist order patient will get admitted after routine procedures

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DISCHARGE PROCEDURE

In DIMHANS, discharge will be done in case of complete recovery or if the family members are interested to take home the patient. On the basis of psychiatrist order, discharge procedures will be done.

ACTIVITY SCHEDULE OF INMATES

5:30 am	Wake up
6:00am	Prayer
6:15am	Tea
6:20am-7:30am	Yoga
8:15am-8:45am	Breakfast
9:15am-10:15am	Silent Hour
10:15am	Talking to each other
10:45am-11:45am	Play caroms
11:45am-12:00pm	Talking
12:00pm-1:00pm	Lunch
1:00pm-2:30pm	2nd session
3:30pm-4:30pm	Games
4:00pm-5:00pm	Yoga
7:00pm-8:00pm	Dinner

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RECREATIONAL ACTIVITIES PROVIDED IN DE-ADDICTION CENTRE

- Yoga
- Prayer
- Meditation
- Games
- Inordercounselling
- Music therapy
- Family counselling



CONCLUSION

At the end of de-addiction center and rehabilitation center posting we came to know about goals, services and activities and their schedules done by the inmates. Postings enlighten us about roles and responsibilities carried out by staff nurses.

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MALE AND FEMALE FORENSIC WARDS AND ECT

MALE FORENSIC WARD:

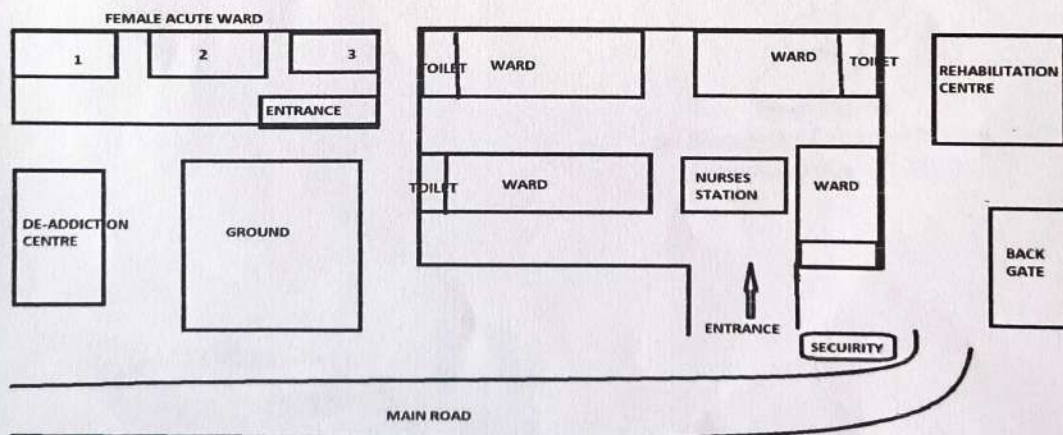
The male forensic ward is a restricted ward which formed with high risk patients those have criminal experiences. It is controlled by high authority of the hospital. This ward is made up of 4 units. Each unit has separately from each other. The nurse's station is situated at the middle of the ward. Inside the ward there are 10 beds for each units. The wards are well ventilated and lighting capacity. In this ward the patients are mostly affected by schizophrenia, mania, depression etc.

FEMALE FORENSIC WARD:

The mentally retarded person/ female patients are placed in this ward and also affected by BPAD (Bipolar Affective Disorder), Schizophrenia, Mania etc. In this ward there are 20 beds. The nurses station is placed in the right side of the entrance. Inside the ward, there is a large corridor for doing recreational activities. These all things are handled by staff nurse.

Glimpses of the Area

MALE FORENSIC WARD



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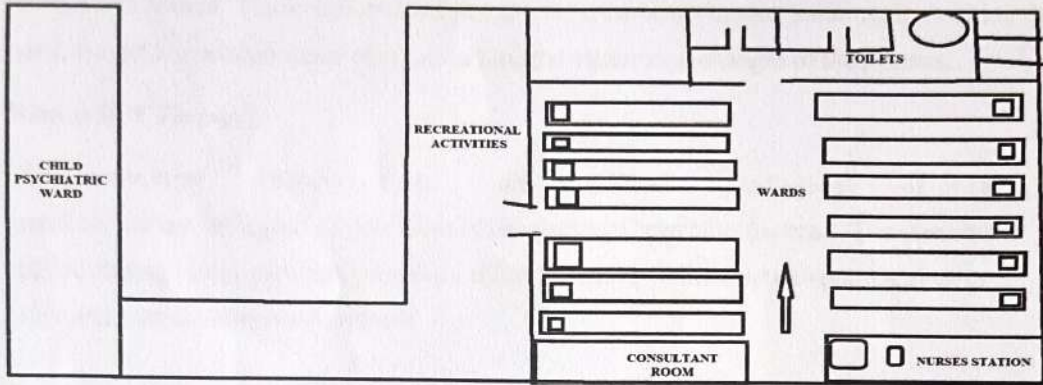
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FEMALE FORENSIC WARD



CONCLUSION

We visited the male and female forensic ward. We saw there are variety type of criminal background patient. Those patient behavior are different from normal patients. By visiting this ward, we got knowledge about physical and mental-Behavioral changes of the patients.

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ECT

We visited the male and female forensic ward. We saw there are variety type of criminal background patient. Those patient behavior are different from normal patients. By visiting this ward, we got knowledge about physical and mental-Behavioral changes of the patients.

What is ECT Therapy?

Electroconvulsive Therapy is the artificial induction of a grandmal seizure through the application of the electrical current to the brain. The stimulus is applied through electrodes that are placed either bilaterally in the front-temporal region, or unilaterally on the non-dominant side.

ECT room is divided into three parts:

1. Pre-ECT Room
2. Intra ECT Room
3. Post ECT Room

Medications available in ECT Room:

1. Inj. Atropine(0.6 mg)
2. Anaesthetic agents like Propofol(0.75- 2.5mg/kg) or,Thiopenton(25mg/kg)
3. Muscle relaxant Succinylcholine (0.5-1.5 mg/kg)
4. Diazepam
5. Nitro-glycerine
6. Inj. Sodium thiopendathol(3-5mg/kg),

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TEAM MEMBERS ARE

1. Psychiatrist
2. Anesthesiologist
3. Trained Nurse
4. Attenders
5. Trained Doctors

EQUIPMENTS AVAILABLE IN ECT ROOM

1. ECT machine with electrodes
2. Electro-Contact solution
3. Muscle relaxants
4. Oxygen cylinder
5. EEG/ECG Machine.
6. Tourniquet
7. TPR and BP tray with necessary equipments
8. Firm bed with side rails.
9. Endotracheal tube
10. Mouth gag
11. Face Masks
12. Tongue depressors
13. Dissecting forceps.
14. Defibrillator.

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12/06/2018

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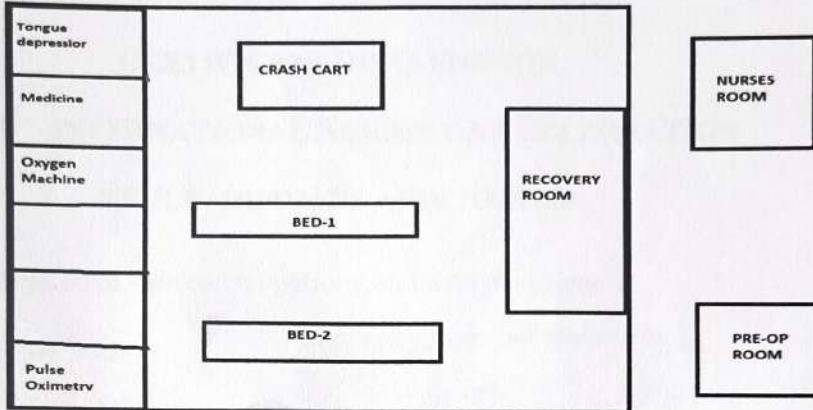


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GLIMPSES OF THE AREA

Layout of
ECT ROOM



CONCLUSION

After seeing the ECT therapy, we gain depth in knowledge about therapy. For psychiatric patient it is applied three times per week. Totally 6 to 10, upto 25 is preferred as indicated. We can observe how the doctors are placing the electrodes and how the seizures are happening. After this therapy, we have to reorient the patient after recovery.

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PROGRAMS ORGANISED IN DIMHANS

CERTIFICATE DISTRIBUTION

TOPIC- INTERNATIONAL NURSES DAY CELEBRATION

VENUE- DIMHANS AUDITORIUM

Students participated in various competition and won the prizes

Quiz competition 1st prize:

Mr. Abhilash, Ms. Lakshmi,

Ms. Hemavathi



Pick and speech 1st prize:

Ms. Lakshmi Parvathy

Pick and Speech 2nd prize:

Mr. Whrivu Pal



Poster Competition 2nd prize:

Mr. Tunal



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CULTURAL PROGRAMMES

TOPIC- INTERNATIONAL NURSES DAY CELEBRATION

VENUE- DIMHANS AUDITORIUM



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"SRI DEVARAJ URS COLLEGE OF NURSING"
TAMAKA, KOLAR

DEPARTMENT OF OBG NURSING

REPORT ON 'VANIVILAS POSTINGS'

DATE: FROM: 01/06/2023-17/06/2023



GUIDED BY:

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Issue No.

02

Rev. No.

00

Date:

01-09-18

REPORT

INTRODUCTION

Vani Vilas Women and Children Hospital is a government run hospital in Bangalore, Karnataka, India. It is attached to the Bangalore Medical College and Research Institute. It was built in 1935. The first medical superintendent was MC Albuquerque. It was renovated in 2000, it was selected as one of the 11 AIDS control centres in India, and the sole one in Karnataka. Vanivilas hospital in Kalasipalayam, Bangalore is one of the most renowned hospitals in the area. Countless locals in Kalasipalayam have placed immense trust in the practitioner over the years. Vanivilas hospital is situated near K R Market, Sulthan Road, 560002 near K R Market, which is easily accessible through various modes of transport. Vanivilas hospital in Bangalore has a supportive and friendly staff & the latest medical know-how to help patients. The clinic abides by all the necessary safety protocols. The doctor & team offer world class care and guidance always putting their patients first. Services like consultation, child specialist, general paediatrics etc. are also offered here, so all the treatment needs of mother and child health are taken care of in one place. Currently the hospital is 535 bedded maternal & child health hospital.



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Format No.	PRN-05
Issue No.	02
Rev. No.	00
Date.	01-08-2018

REPORT


REPORT ON VANIVILAS HOSPITAL POSTINGS- 2023

As per our OBG speciality postings, the 4thyr BSc (N) and II Year M.Sc Nursing students got posted to vanivilas hospital. The class strength was 97 students, and group was divided in to 2 batch, one batch consisting of 48 and and other batch consisting 49 students, and two M.Sc students. First 48 students got posted from 01/06/2023- 10/06/2023 and the second batch from 12/06/2023- 17/06/2023.

Mode of transportation was from college bus daily. Students left from college at around 06.30 am and reached at Vani Vilas Maternity Hospital at around 8.30 am. posting got start from 09.00 am. Faculty accompanied for OBG Postings was Prof. Punitha M, Mrs. Gayathri K V, Assoc. Prof, Mrs. Kavitha P, Mrs. Srilakshmi, nursing tutor and Ms. Swathi Dept. Of OBG nursing. First day faculty along with Nursing Superintendent of Vani Vilas oriented students about the physical layout of the hospital and divided students into groups, which consists of 10 members and posted in to different wards like, Labour ward 1&3 (labour 1:- Labour room, Labour 3:- High risk pregnancy), Kangaroo mother care, postnatal ward, operation theatre, OBG ICU, OPD departments, NICU and Special wards .

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		Date.	01-08-2018

Hospital has 3 blocks. In the ground floor there was normal labour ward and Triage where the patients were prioritized and sent for further management. There was three labour ward namely, normal, septic, high risk labour ward. All the general wards, special wards and the high-risk wards, milk bank, vaccination, paediatric OPD, Postnatal ward was allotted in first floor.

NORMAL LABOR

In normal labour ward there was 10 labour beds with all the equipment's and articles which is required for delivery.

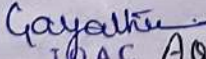
HIGH RISK BLOCK

In the high-risk block, there was one labour ward and 4 units of wards. Each ward consists of 15 beds.

POST NATAL BLOCK

There are 08 wards present in this block and 02 of them are reserved for Kangaroo Mother Care.

Each ward comprises 08 beds. Opposite to postnatal block there is a block called Immediate Postoperative Ward and there are 20 beds in this ward.


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SPECIAL WARDS

It is in the first floor beside the Postnatal Ward Block. It has been divided into 03 based on the cost of room. Two rooms with 01 beds each which is of highly cost, eight rooms with 01 bed each which is of medium cost and two rooms with 03 beds each which is of low cost in the ward and also one nurses station with crush cart equipped with all the emergency medicines articles and equipments.



AMRUTHALAYA

It is situated beside the special ward, where the breast milk is collected and stored safely after pasteurization. The milk is distributed for the children who are in need. Mothers who are willing to donate the milk come to this AMRUTHALAYA, using aseptic technique using machines, milk will be collected and further it is sent to pasteurization, and then stored in the freezer. The whole ward is having centralized AC. One nurse is in charge of AMRUTHALAYA. It is running successfully.

NICU

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There are total of 04 NICU wards and 07 beds in each and there is one gynaecology ward in front consisting of 18 beds.

OPD

It is near the exit gate; it has 04 rooms here they do antenatal check-up record maintenance etc. There are gynec OPD scanning room and nurse's room also present there.

Every day the students are monitored to follow the objectives of postings and each day the concern in-charge teacher was assessing the procedures, demonstrating and doing bed side teachings, case studies on cases like twin pregnancy, ectopic pregnancy, and labour, high risk cases like PPH, Preterm labour, kangaroo care, unwanted pregnancy etc., students were performing PV, Assisted in labour, episiotomy, antenatal, postnatal, newborn assessment. Health education was given on diet of antenatal, postnatal mothers. Kangaroo care ward students were posted where they got hands on skill training on how to perform the procedure.

Every day morning shift posting starts at 08.30 am and at 01.00 pm lunch break will be provided, after that from 01.30pm to 04.30pm, the afternoon shift was continued.

On the last day of the postings, students visited Victoria College of Nursing as part of our Nursing Management institutional visit requirement, Dr. Reddamma, professor and Dr. Jayalakshmi of paediatric nursing, Victoria College of Nursing has oriented us about the college, vision, mission, objectives, staffing pattern, recruitment pattern, administrative pattern, staff and student welfare committee, courses offered, physical infrastructure, committees, clinical facilities, community facilities, organization pattern, policies of students and faculties, scholarship facilities, budget, records and reports.

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