

BEST PRACTICE-I

“Practice to Perfect- Clinical education program for student trainee nurse”



**CHOITHRAM COLLEGE OF NURSING,
INDORE**

1. Title of the Practice: “Practice to Perfect: Clinical Education Program for Student Trainee Nurse.”

2. Objectives of the Practice:

- To Understand the complexity of the work environment including the diverse challenges, interactions, and factors that influence workflow and decision-making.
- To promote a sense of belonging and support among new joiners and to facilitate their integration into the hospital team.
- Engaging in strategies to improve its effects to render higher-quality and safer care. Keeping this view every year, the institution recognizes the need of this seven days Interns Training Program.

3. The Context:

- To provide high-reliability cultures of safety. This means implementing rigorous protocols, continuous training, and creating an environment where staff feel empowered to report mistakes or near-misses without fear of punishment. The goal is to create a culture where safety is ingrained in every aspect of patient care, minimizing risks and enhancing overall outcomes.
- To capitalize on evidence-based practice which offers favorable working conditions to nurses.
- For nurses, this means working in environments where they have access to the latest research, technology, and resources that support best practices. Favorable working conditions include adequate staffing, access to continuing education, supportive management, and opportunities to collaborate with other healthcare professionals.

- Emphasis on the need to improve health care systems to enable nurses to not be at the “sharp end” was given so that they can provide the safe and quality care. This training program emphasizes the importance of creating a supportive and safe environment for nurses, which in turn leads to better patient care and overall healthcare quality

4 Practice: The training program included:

- Integrate Theoretical Knowledge with Practical Skills: Educated about practical procedures.
- NABH standards and Nursing excellence based clinical practices followed in our parent hospital.
- Refine the institutional recruitment policy to attract and select qualified candidates, and provide them with a thorough orientation to align them with the college’s mission and operational framework.

5. Evidence of Success: The intern nursing students actively participated in the six-day training program, showing great enthusiasm and gaining significant benefits from the experience. The institution received highly positive feedback from the hospital management, especially as the students were successfully integrated and performed well in various hospital units following their recruitment.

6. Problems Encountered and resources required: With greater student involvement, this practice is bound to be highly successful. Students who miss the training sessions are given the opportunity to make up for it in small groups at a later time.

7. Notes: This clinical competency program, initiated in 2015, was designed to prepare students for professional practice and has been conducted,

every year annually during their internship period. The most recent training took place from 29th January -3rd February 2024, with the goal of ensuring that new nursing graduates have a thorough understanding of the hospital's policies, nursing protocols, procedures, and culture, as well as their roles and responsibilities within the hospital.

BEST PRACTICE-II

ESTABLISHMENT OF NURSE LED “MULTI DICIPINARY BEHAVIOUR INTERVENTION UNIT”

*Taking the Lead: Multidisplinary Behavior Intervention Unit
(MDBI)*

“We aim to cure and not to cover up the symptoms”



**CHOITHRAM COLLEGE OF NURSING,
INDORE**

1. Title of the Practice: Establishment of Nurse Led “Multidisciplinary Behavior Intervention (MDBI) Centre”

2. Objectives of the Practice:

- To train the B.Sc., Post Basic B.Sc. and M.Sc. students in the subject of Mental Health.
- To help the patients suffering from psychiatric illness including children, adolescents, adult and geriatric population with comprehensive treatment, counseling and specialized psychotherapies.
- To provide outreach services to community at large through camps.
- To offer liaison services.

3. The Context:

- In the broad spectrum of health care delivery, medicine has grown to be more psychosocial. Broadly speaking, ‘illness impaired role function’ may result from factors not wholly organic, but social, psychological, cultural and economic also.
- Social & psychological problems are basic to the understanding and total care and treatment of a patient, and if such problems are not considered, many times medical treatment fails.
- Serving the vision and mission of Choithram Hospital, Nursing College has extended its services towards meeting the psychological needs of the patients at the OPD basis. It is done in an independent setup by the name of **Multi-Disciplinary Behavior Intervention Centre.**

4. Practice: ACTIVITIES

1. Psychotherapies –listed below are particularly used with patients in the Centre:

- Grounded techniques
- Cognitive Therapy
- Psycho-Educational Approaches
- 4 'R' techniques
- Emotional-Freedom Techniques
- Parent Effectiveness Training
- Behavior therapy
- Relaxations/Breathing Exercises
- Family interventions
- Parenting skill training
- Individual Counselling
- Mindfulness

Students Placements-

B.Sc., Post Basic, and M.Sc. Nursing students are placed at the Multidisciplinary Behavior Intervention Centre, where they take histories, conduct Mental Status Examinations, and observe or participate in therapeutic and counselling sessions led by Specialized Psychiatric Nurse Counsellors/Therapists.

Mental Health Camps in Different Areas-

Breaking the four walls of hospital, reaching the door steps of people, and emphasizing the importance of prevention of disease and promotion of health, the Centre organizes various camps.

Liaison Services

The Centre has started working with other departments like Cancer, Cardiology, Gastro-intestinal, Nephrology, General Medicine, Neurology, and Pediatric Departments.

5. Evidence of Success:

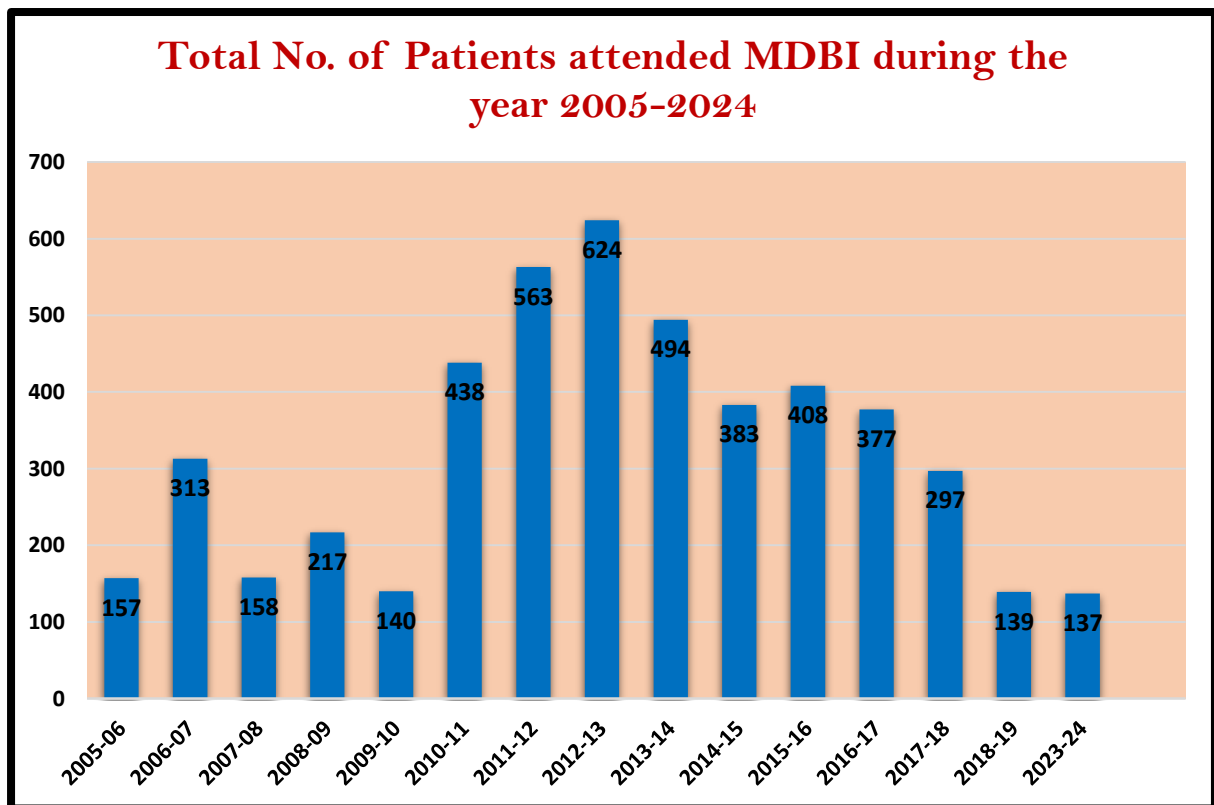
- Various consultants refer patients here, typically for conditions such as depression, anxiety, panic disorders, OCD, substance abuse, somatization disorder, intellectual disability, ADHD, behavioral disorders, conversion disorder, hypochondriasis, PTSD, and scholastic backwardness.
- These patients are given guidance and counseling according to their problems and different therapeutic treatment.
- The Centre was started in November 2005 and so far about 5640 cases have taken benefit out of the services provided by the Centre. MDBI is situated in hospital to look into the psycho social and spiritual aspects of the disease.

6.Problems Encountered and resources required: Due to the COVID-19 pandemic, services were temporarily suspended. The clinic reopened on March 1, 2023. Students assigned to this unit need continuous supervision because they are new to handling mental health issues.

7.Notes: The team includes a Consultant Psychiatrist, Clinical Psychologist, and Specialist Psychiatric Nurses from College of Nursing. The nurses are skilled in diagnosing psychiatric issues and delivering effective therapeutic regimens, making this clinic in Madhya Pradesh unique for its active nursing participation in psychiatric care.

Total no. of Patients Consulted at Multidisciplinary Behavior Intervention Unit (MDBI) of CHRC from the year 2005-2024

Total No. Of Patients from the year 2005-2024	
Year	No. of Patients
2005-06	157
2006-07	313
2007-08	158
2008-09	217
2009-10	140
2010-11	438
2011-12	563
2012-13	624
2013-14	494
2014-15	383
2015-16	408
2016-17	377
2017-18	297
2018-19	139
2023-24	137
Total	5640



At the center, the multidisciplinary team addresses a broad spectrum of psychiatric diagnoses. Commonly managed cases include:

- Depression
- Anxiety disorders such as Generalized Anxiety Disorder, Panic Anxiety Disorder, mixed anxiety and depression,
- Somatization and conversion reactions.
- Alcohol and substance use disorders,
- Obsessive-compulsive disorder,
- Marital disharmony,
- Grief reactions.
- Behavioral and emotional issues among Children
- Post Traumatic Stress Disorder (PTSD)

Specialist Psychiatric Nurses play a pivotal role in the early identification of symptoms, providing counseling and psychoeducation, and administering evidence-based therapeutic regimens.