

SREE VIDYANIKETHAN COLLEGE OF NURSING

**CNE REPORT ON "Effective Time Management Skills
for Nurses and Nursing Students"**

The Continuing Nursing Education Program was organized on 19-04-25, with the theme "Effective Time Management Skills" for Nurses and Nursing Students at Sree Vidyanikethan College of Nursing, Tirupati by Dr. Roja Chokkara, Associate professor and Mr.K.C Suresh Babu, Associate Professor under the leadership of Dr. Prathima P, Principal and Vice-Principal, Mr. Satheesh kumar, SVCN. The aim of the CNE programme was to enhance the Time Management Skills to the Nursing students.



CNE PROGRAM ON
EFFECTIVE TIME MANAGEMENT SKILLS

| SPEAKERS
Dr. Raja CH
Associate Professor
Dr. KC. Suresh Babu
Associate Professor

 **19-04-2025**
4 PM - 5 PM

 **NEW ACADEMIC BLOCK**

Organised by
SNA Unit, Sree Vidyanikethan college of nursing

The session began with welcome speech and prayer song. The pre-test was conducted. Dr. Roja Chokkara, Associate Professor, has begun first part of session with brief introduction about importance of Time Management in Nursing, Essential time management skills such as Plan, Prioritize, delegate, adjust time, Time management matrix in nursing as urgent, Not-urgent, Important and Not-important aspects, Common time challenges in nursing, Core time management skills such as prioritization, organization, planning and scheduling, delegation, multitasking, adaptability, setting boundaries, self-reflection and time auditing. Discussed about time tracking tools in nursing as electronic health records, Barcode medication administration, nursing shift scheduling apps, Patient rounding tools, Manual time logs, wearable devices, task and timer apps. Application of Maslow's hierarchy needs for nurses and overall benefits of time management in nursing.



Dr. Roja Chokkara Presenting Time management matrix and time tracking tools

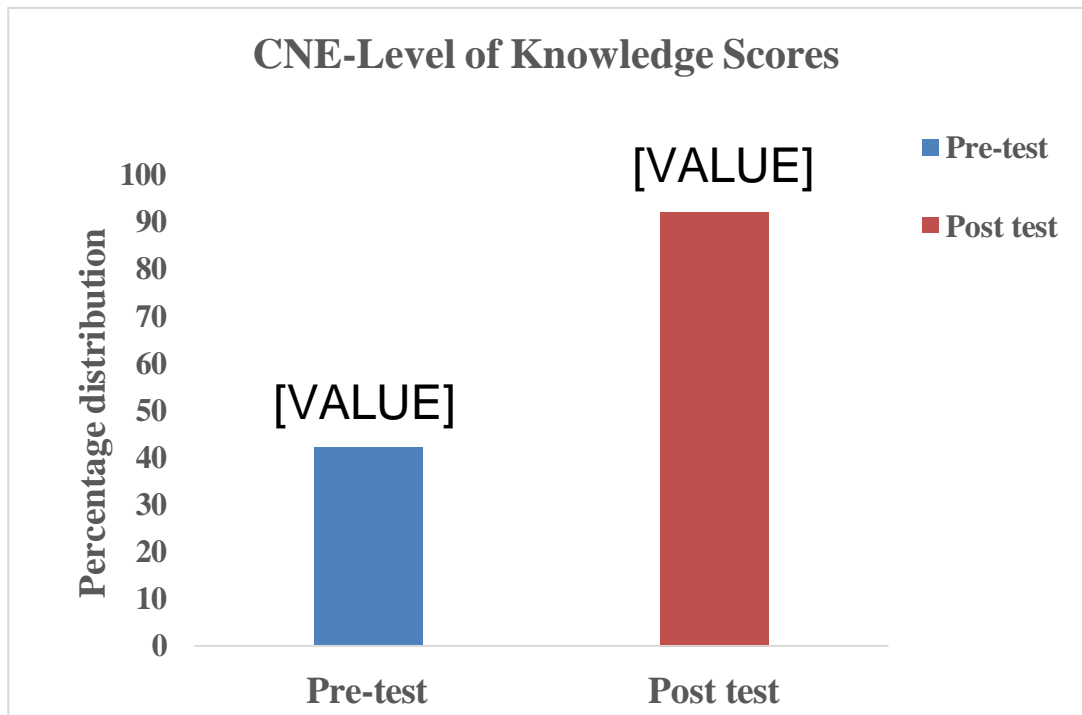


Mr. K.C. Suresh Babu Presenting time management techniques for nursing students

Mr.K.C. Suresh Babu, Associate Professor has taken over the second part of session on discussed about application of time management skills for nursing students it includes balancing academics, clinicals and personal life. Further, discussed about time management techniques such as Eisenhower task management, The Pomodoro technique, the ABCDE technique for a student, Pareto principle, Seinfeld strategy, SMART goal and The Rose method, the Pickle Jar theory and other techniques such as time blocking, avoid multitasking, learn to say no etc. with suitable examples to enhance time management skills. The session was ended with summarization of the topic and group discussion.

The students were very actively participated throughout the session. The CNE program came tan end with the post-test.





The pre-test and post-test consist of questions regarding the types of e-learning platforms, Gamification tools, virtual class room tools, approaches and process of e-learning, key benefits, challenges, e-learning in nursing education.

The post-test average score (92%) was higher than pre-test average knowledge score (42%), Revealed that student's level of knowledge was enhanced. The program wind-up with vote of thank to organizer for their guidance and support and to all delegates.

Conclusion:

CNE on "Effective Time Management Skills" for nurses and nursing students was organized to enhance the Time Management skills in application of day-to-day activities to balance academics, clinicals and personal life among nursing students. The session was productive and the participants level of knowledge was improved which was reflected in the post-test.