

International Webinar ON "DEVELOPING RESILIENCE, TAKING PART IN CLINICAL RESEARCH AND PROTECTING OLDER ADULTS DURING COVID-19"

TWO DAY INTERNATIONAL WEBINAR

Sree Vidyanikethan College of Nursing organized an International Webinar ON "DEVELOPING RESILIENCE, TAKING PART IN CLINICAL RESEARCH AND PROTECTING OLDER ADULTS DURING COVID-19" on 29th & 30th August 2020.

The first session on 29th was held by Mrs. Lillie A Hill, CEO & founder of Health Education Solutions, Inc, Durham, USA. Mrs. Lillie has addressed the participants and explained on the strategies to overcome stress during COVID-19 pandemic both in workplace as well as in family. As the role of a nurse is stressful and is often experienced by a nurse in her professional and personal life. If stress left unchecked it can lead to unbalanced and unhealthy life style and if stress is unrelieved it may lead to burn out. Higher levels of burnout among nurses are associated with higher rate of patient mortality and hospital transmission- based infections. During her lecture she focused on stress relieving techniques & developing resilience in 8 dimensions of health includes Physical, Social, Intellectual, Emotional, Environment, Spiritual, Occupational and Financial.

In the second session, Ms. VIJAYA CHADARAM, former Clinical trial operation manager, Duke Cancer Institute, USA shared her experiences and clinical research advancements in developing COVID-19 vaccine. During her lecture she emphasized on Food & Drug Administration (FDA), animal & clinical trials of vaccines to determine the safety and efficacy of the drugs. She had explored the vaccine trails in INDIA and phases of drug approval (phase-1 to phase 4). Ms. Chadaram also focused the domains of clinical nursing which includes Human Subject Protection, Care Coordination and Continuity, Contributing to the Science, Clinical Practice & Study Management. She concluded the session by PREVENTION IS BEST OPTION for COVID-19. Ms. Vijaya Chadaram insisted everyone to follow preventive measures like frequent hand washing, covering mouth and nose with mask, cover the cough and sneezes, avoid close contact, clean and disinfect the surfaces to avoid the transmission of infection.

On the second day, 30th August Dr. Sujayalakshmi Devarayasamudram, Assistant professor, North Carolina Central University, USA delivered a lecture on care of older adults during COVID-19 outbreak by avoiding frequent exposure to the infection like unnecessary medical consultation for minor ailments & dental and eye checkups, avoid travelling. She also focused on safety precautions like three WWW (W-WEAR MASK, W-WASH HANDS, W-WIDE DISTANCE) and disinfection of surfaces like tables, doors, mobiles, and also she explained three AAA (A-AWARENESS, A-ACKNOWLEDGE, A-ACTION) along with boosting the immune power by taking adequate nutrition, meditation, to follow innovative procedures to relieve stress like virtual tours, spending time with pets, indoor games, engaged with social media, spirituality, mindful & virtual eating by the elderly people with family members.

Dr. Sujayalakshmi had presented various videos of elderly people who spent the constructively by sharing their memories in gatherings amid COVID-19.

78 faculty members from various institutions, 18 research scholars & 258 students across the world participated and gained knowledge. E-Certificates were provided for all the participants.