



MCON Research e-newsletter

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Message from Dean

The Research Newsletter of Manipal College of Nursing (MCON) is the reflection of research activities carried out at the institutional level. The first volume of the MCON Research Newsletter has a glimpse of research activities carried out during the year 2018. Manipal College of Nursing is one of the leading nursing education institutions in the country. In alignment with the vision of MCON, "to be the world class nursing institution with international standards and a hallmark of excellence in nursing education, practice and **research**", we contribute enormously to the body of nursing knowledge by creating the evidence base through various nursing research projects.



The newsletter aims at providing a wide platform for presenting the research activities of our institution to the professional counterparts and our well-wishers. The research committee of the college is hoping to disseminate the annual report of research outputs, research events and funded projects. I appreciate the efforts of the coordinators of this volume of the newsletter for their sincere efforts in compiling and presenting in this form.

Wish the newsletter every success

Dr Anice George
Dean, MCON, MAHE, Manipal

Volume Editors

Ms Sulochana B
Dr Binil V
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Publication Issues



Growth of the health science depends on pooling of evidences from scientific bases. It is essential that the results of the research are shared through wider community. The final stage of research process is submission of articles for publication. Ethical issues are considered to be important aspects in research and publication as they affect the human health and suffering. The issues concerned to the publication are as follows.

- **Authorship:** Authorship should be assigned to those persons who have made substantial intellectual contributions to the research and the written paper. The authorship should be decided at the conceptual phase of the research study. Contributions should be clearly described and agreed upon.
- **Multiple publications:** It is unethical for a research paper to be published in more than one journal. It could be wrongly assumed to be multiple study and may be included in meta-analysis leading to inaccurate conclusions.
- **Plagiarism:** Plagiarism is a form of dishonesty in research. It may take the form of “*literal copying*”, “*substantial copying*” or *paraphrasing*. It can also extend from data content to ideas and concepts. Original sources need to be acknowledged.
- **Copyright and permission:** Permission must be taken to reuse or reprint any material from another journal or textbook or websites or online materials
- **Salami publication:** Data from a single study are broken up and used to produce multiple papers is

termed as salami publication. The research should ideally be published as a single paper but author may use section of data to create unique papers. This is considered unethical because it can mislead readers believe that the data sets presented are from different sample.

- **Data manipulation:** When the research data are manipulated, fabricated or omitted, the outcomes and conclusions reported in the paper may be scientific but false. This unethical conduct is dangerous, if treatment is proceeded based on the reported findings.
- **Confidentiality:** It is author’s responsibility to maintain the confidentiality of patient data identifications in any paper submitted for publication. Permissions are required to use photographs of the patients.
- **Data access and retention:** The researchers and authors are expected to keep the raw data of their study for certain time period after the paper is published. These should be available for review by the editor and other competent professionals, if deemed necessary.

The research should be planned, conducted, analyzed and published in an honest manner to reach up to the people. Self-restraint and honest is the best method to conduct credible research and publication.

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Global Nursing the Demand of the Millennium



Globalization is the most driving force in this millennium. The present industrial revolution including urbanization and digitization brings about extensive redesigning of human existence and societies on a global scale. Globalization is influenced by a multitude of factors that can best be impacted by the nursing community with awareness building, focused education, nurse workforce activation and infrastructure support. The nursing profession has to adapt to the rapid changing needs of the society where the current situation demands strengthening of the competencies reflecting the global health care needs. There is a need for revamping the nursing education incorporating global education models that best suits to the global health care needs. This can be very well achieved by pooling

teaching resources, designing and using data bases across organizations worldwide to build up the global competencies.

The “globalization” of health care increasingly creates an interconnected workforce that crosses international boundaries to provide care to and improve the health outcomes of people around the world. The present scenario encourages broader professional, interprofessional, and transdisciplinary conversations that bring attention to the issues arising from a global health care. There is a need to identify breakthroughs and offer solutions for shaping the nursing and health care workforce of the future.

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Ethics in Nursing Research



To ensure nursing practice is evidence-based, we need to explore different ways of delivering care and challenge existing systems. We must encourage the process of incorporating proven research results and best practices into everyday practice and encourage continuous learning. Conducting research is competitive and challenging. Competition helps researchers to produce methodologically sound and credible research that would shape the future of practice. A nurse researcher holds a critical position in the healthcare profession. Nursing research often takes place on the cutting edge of healthcare innovation, with the goal of promoting and improving the health of individuals, families and communities.

Research ethics is fundamental to research practice, nursing education and the development of evidence. In conducting research, it is important to plan for and anticipate any potential or actual risks. To engage in research, nurse researchers need to develop an understanding and knowledge of research ethics and carefully plan how to address ethics within their research. The ethical principles a nurse has to bear in mind in research are analyzed, with respect to patients, society and the profession. Before conducting any study, researchers should consider whether the research is warranted and whether the selection and recruitment

of participants is fair. There should be good reason to explore safety practice in research beyond routine evaluation. Furthermore, vulnerable populations should not be differentially exposed to any extra risks brought up by the research without good reason to avoid exacerbating pre-existing inequalities. While health research has the potential to bring benefits to society and to the research communities, it can be associated with risks to the research participants. It is the obligation of any nurse researcher to protect participants by minimizing those risks and seeking approval of Institutional Ethics Committee (IEC). The rationale for requiring third-party review of research is that the participants are often asked to undertake risks that are not offset by any potential personal benefit, in order to develop scientific knowledge that may benefit others in the future.

IEC review is designed to ensure that the risks assumed by the participants are carefully examined and minimized to the extent that is reasonably possible, that the risks that remain are reasonable in relation to the potential benefits of the study, and that other ethical considerations, such as informed consent and confidentiality, are adequately addressed.

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Institutional Research Committee (IRC)



The Institutional Research Committee of MCON was established in the year 2013 with a purpose of promote, coordinate and communicate institutional research activities. The other objectives of this committee include: Promoting evidence-based practice through research, facilitate quality publications, enhancing

research skill of students and faculty members. The committee members review the project proposal as well as manuscript and ensure adherence to the ethical values and guidelines underlying research.

Dr Linu Sara George, MSN, PhD
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Collaborations Provide New Opportunities and Ideas



As per the famous saying "Alone we can do so little, together we can do so much." It was indeed a privilege to collaborate with Dr. Elissa Ladd, Global Health programme coordinator, MGH Institute of health professions, Boston for Interprofessional education. With this collaboration, I could get an opportunity to observe an Interprofessional education and practice at MGH Institute of health professions and learn more

on innovative teaching pedagogy. This helps me to practice Team-based learning as a teaching method for students, orient all faculty on online innovative teaching platforms and write a collaborative research paper. Always there is an opportunity to learn something new from every individual and it always depends on our interest and positive attitude towards others. **"We need to enjoy learning to make others enjoy to learn"**

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Research related conference /workshops

Workshop 1:

Workshop on Research Utilization and EBP



Workshop on Research Utilization and Evidence-Based Practice (EBP) was had on March 20th, 2018 and resource person was Dr. Kader Parahoo, Research Director- Institute of Nursing and Health Research, University of Ulster, Northern Ireland. The objective was to gain information on Research Utilization and EBP. Highlight of the talk was the gap between knowledge production and knowledge utilization, the current focus on impact, opportunities and the challenges in research utilization.

He emphasized on roles and responsibilities of stakeholders in evidence-based practice also.



Workshop 2:

Workshop on Evidence-Informed Public Writing for Academics and Researchers



Workshop on Evidence-informed public writing for academics and researchers was conducted on June 15th, 2018. The assignment was taken up by Dr Preethy D'Souza, Research Associate, UCL Institute of Education, University of London, UK. The talk was focused on funding

prospects for application for research grant and its scope. The speaker also highlighted on writing science papers in magazines and blogs for general population. Dr Vishnu Renjith, Research Associate at Department of Neurology, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum shared his

experience on being involved in multi-centric research trial. Both are of them are MCON alumni members.



Workshop 3:

Workshop on Systematic Review and Meta-Analysis



Workshop on systematic review and meta-analysis was held from October 4th-5th, 2018. The objective of the workshop was to create awareness about systematic review and meta-analysis. There were 35 participants from different disciplines of MAHE and other outside institutions. In

inaugural address, Dr H Vinod Bhat, Vice Chancellor, MAHE emphasized the importance of secondary data obtained through systematic reviews and meta-analysis and its current need.



International Conference on Global Challenges in Health Care

International Conference on 'Global Challenges in Health Care' was organized on 16th and 17th February 2018 at the Dr. T.M.A. Pai Auditorium, as the part of silver jubilee celebration of MCON. Dr H S Ballal, Pro-Chancellor, MAHE, inaugurated the event. Conference was attended by a total of 228 delegates from National and International Academia and clinical arena. The conference received a large number of research papers for presentation. The two days' conference concluded with the valedictory function.

Best research paper was awarded to Dr Sonia R B D'Souza, Dr Shejila C H and Dr Ramesh C. Award for the best posters were received by Dr Elsa Sanatombi Devi & Mr Anil Raj, Mrs Binu Margaret, Mr Binil V & Dr Christopher Sudhaker.



Visits by International Faculty for the Collaborative Initiatives

Faculty from Malmo University, Sweden



Dr Anna Carlsson and Dr. Elisabeth Mangrio, Faculty of Health and Society, Malmo University, Sweden visited our institution in May 30th, 2018. The visit was to explore the possibility of collaboration in the area of research and student exchange.

Faculty from University of Wollongong, Australia

Two faculty from School of Nursing, University of Wollongong, Australia visited MCON Manipal from 23rd March 2018 to 28th March 2018. Prof (Dr) Lorna Moxham, and Mr Christopher Patterson (Lecturer) were the faculty of mental health nursing with core area of interest in recovery camp. The interest of visit was to explore the possibility for an academic collaboration in psychiatric mental health nursing area.



Funded Research Projects: Ongoing/Approved

| Title | Investigators | Funding Agency |
|---|---|---|
| Capacity Building for Nurse Educators to conduct multidisciplinary research in geriatric area. 2014 | Principal Investigator: Dr. Anice George Professor and Dean, MCON, Manipal | Indian Council of Medical Research (ICMR & DHRD), New Delhi |
| | Co-PIs: Dr Judith A Noronha Prof. and Associate Dean, HoD Dept. of OBG Nursing MCON, Manipal Dr. Baby S Nayak Professor Dept. of Child Health Nursing, MCON, Manipal Dr. Linu Sara George Professor and HoD Dept. of Fundamentals of Nursing, MCON, Manipal Dr. Tessy Treesa Jose Professor and HoD Dept. of Mental Health Nursing, MCON, Manipal Dr. Mamatha S Pai Professor and HoD Dept. of Child Health Nursing, MCON, Manipal | |
| Effectiveness of a mHealth (mobile/smartphone) based Preterm Home Care Program(mHealthPHCP) on the developmental outcomes of preterms. 2016 | Dr. Baby S Nayak Professor Dept. of Child Health Nursing, MCON, Manipal | Department of Biotechnology, Government of India, New Delhi |
| | Co-PI: Mrs. Binu Margaret E Asst. Professor-Selection grade Dept. of Child Health Nursing, MCON, Manipal Other Co-PIs: Dr Leslie Lewis Professor & Unit Head, Department of Neonatology, KMC Manipal. Dr Ramesh Bhat Y Professor & Unit Head, Department of Pediatrics, KMC, Manipal | |
| Improving Clinical Care: Education and Collaboration in the health professions | Principal Investigator: Dr. Elissa Ladda MGH Institute of Health Professions, Boston, USA | United States – India Educational Foundation |
| | Co-PIs: Dr. Anice George Dean and Professor, MCON, Manipal Dr. Ciraj Ali Mohammed Professor and Deputy Director Manipal Centre for Professional and Personal Development (MCPD), MAHE, Manipal | |

| Title | Investigators | Funding Agency |
|--|---|--|
| Study on child abuse, and its relationship with attitude of adults and Socio-demographic variables. 2015 given extension till Dec 2018 | <p>Principal Investigator: Mrs. Sangeetha Priyadarshini Asst. Professor-selection grade Dept. of Child Health Nursing, MCON, Manipal</p> <p>Co-PI: Dr. Elsa Sanatombi Devi Professor and HoD, Dept. of Medical-Surgical Nursing, MCON, Manipal</p> <p>Other Co-PI: Dr. Pramod Kumar Consultant Plastic Surgeon, Department of Plastic Surgery, King Fahad Central hospital, Saudi Arabia</p> | Indian Council of Medical Research (ICMR), New Delhi |
| Impact of awareness programme on symptom management among advanced cancer patients and their family caregivers. 2016 | <p>Principal Investigator: Dr. Malathi G Nayak Associate Professor Dept. of Community Health Nursing, MCON, Manipal</p> <p>Co-PI: Dr. Anice George Professor and Dean, MCON, Manipal</p> <p>Other Co-PI: Dr. M. S Vidyasagar Professor, Department of Radiotherapy and Oncology, Kasturba Medical College, MAHE, Manipal.</p> | Indian Council of Medical Research (ICMR), New Delhi |
| A Randomized control trial on Home safety supervision program (HSSP): Impact on caregivers child supervisory practices. 2017 | <p>Principal Investigator: Dr. Anice George Professor and Dean, MCON, Manipal</p> | Indian Council of Medical Research (ICMR), New Delhi |
| Lived experiences of women carriers for Hemophilia. 2017 (Bayer Hemophilia Care Giver Award) | <p>Principal Investigator: Mrs. Sulochana B Associate Professor Dept. of Fundamentals of Nursing, MCON, Manipal</p> <p>Co-PI: Dr Annamma Kurien Associate Dean, Professor & Head of Pathology Melaka Manipal Medical College (Manipal Campus) Manipal</p> <p>Dr. Linu Sara George Professor and HoD Dept. of Fundamentals of Nursing, MCON, Manipal</p> <p>Dr Judith A Noronha Prof. and Associate Dean, HoD Dept. of OBG Nursing MCON, Manipal</p> | Bayer AG (BHAP award) Switzerland |

| Title | Investigators | Funding Agency |
|---|---|--|
| Parental risk factors of anorectal malformation (ARM)-A Hospital based case control study. 2018 | <p>Principal Investigator: Dr. Mamatha S Pai Professor and HoD Dept. of Child Health Nursing, MCON, Manipal</p> <p>Co-PI: Mrs. Anjaline D'Souza Asst. Professor- senior scale Dept. of Child Health Nursing, MCON, Manipal</p> <p>Other Co-PIs: Dr Vijay Kumar Professor and HOD Department of Paediatric Surgery Kasturba Medical College, Manipal.</p> <p>Dr Santosh Prabhu Associate Professor Department of Paediatric Surgery Kasturba Medical College, Manipal.</p> <p>Dr Sundeep P.T Associate Professor, Department of Paediatric Surgery Kasturba Medical College, Manipal.</p> | American Pediatric Surgical Nursing Association |
| Effectiveness of First Aid Care Package (FACP) on knowledge and quality of first responders care provided by auto rickshaw drivers on Road Traffic Accident victims. 2018 | <p>Principal Investigator: Mr. Vinish Asst. Professor Dept. of Community Health Nursing MCON, Manipal</p> <p>Co-PI: Dr. Jyothi Chakrabarty Professor, Dept. of Medical-Surgical Nursing, MCON, Manipal</p> <p>Mrs. Roseminu Varghese Clinical Nurse Wythenshawe Hospital Manchester University NHS Foundation Trust, Manchester, UK</p> | Indian Council of Medical Research (ICMR), New Delhi |

Research Output by the Institution - 2018

Total 58

- Renjith, V., Pai, A., Radhakrishnan, K., Nayak, B.S., Devi, E.S., Ladd, E., George, A. (2018) Randomized controlled trial on the effectiveness of a multicomponent intervention on migraine: A study protocol. *Journal of Advanced Nursing*. 73(3); 734-42
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- Ramesh, J., Chandrababu, R. (2018). Community-based educational intervention on necklace method as a natural family planning amongst reproductive age group women in India. *International Journal of Nursing Sciences*. 5(1); 29-32
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- Khaund, K., Sudhakar, C., Vaz, C.J. (2018) Infection control prevention practices on pulmonary tb transmission among health care personnel of selected hospital in India. *Journal of Clinical and Diagnostic Research*. 12(11); 10-15
- Ansuya, Nayak, B.S., Unnikrishnan, B., Ravishankar, N., Shetty, A., Mundkur, S.C.(2018) Malnutrition among children in Karnataka: A systematic review and meta-analysis. *Journal of Clinical and Diagnostic Research*. 12(11); LC30-36
- Nayak, B.S., D'souza, A., Shetty, S., Ravishankar, N. (2018). Prevalence of childhood hypertension in South Asia: A systematic review and meta-analysis. *Journal of Clinical and Diagnostic Research*. 12(10); LC13-18
- Susheela, P., Valsaraj, B.P.,Savitha. (2018) Depression, perceived loneliness and partial functional impairment among older adults. *Journal of Clinical and Diagnostic Research*. 12(10); VC01-05
- Kalkura, M.P., Umakanth, S., Maiya, A.G., Mayya, S.S., Vasudeva, K.-N.P.R., Pai, M.S., Saraswat, P.P., Aithal, B.K. (2018) Evolving a structural model in type 2 diabetes mellitus: Influence of knowledge, attitudes, and self-management practices on glycaemic control. *Journal of Clinical and Diagnostic Research*. 12(9); VC01-05
- Anusha, Shashidhara, Y.N., Jeyalakshmi, K. (2018) Vaccination coverage and perceived barriers to immunization as identified by mothers of under five children in rural areas of Udupi district, Karnataka, India. *Journal of Clinical and Diagnostic Research*. 12(8); VC15-18
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- D'Souza, S.R.B., Ranjani, P., Fernandes, S., Noronha, J., Anitha, S. (2018). Perinatal outcomes of intimate partner violence (IPV) during pregnancy: A systematic review protocol. *Indian Journal of Forensic Medicine and Toxicology*. 12(2); 283-87
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- Natso, P., George, L.S., Cu, J. (2018) Level of anger, coping and factors influences anger amongst adolescents. *Indian Journal of Forensic Medicine and Toxicology*. 12(4) ;64-70
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- Shashidhara, Y.N., Ansuya, Celastin, George, A. (2018) Effectiveness of an awareness programme on exclusive breastfeeding for the ASHA workers of Udupi District. *Indian Journal of Public Health Research and Development*. 9(4); 282-86
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Research Related Upcoming Events

- Systematic Review Workshop
- Research Methodology Workshop
- Nursing Research Day