



# **FATHER MULLER COLLEGE OF NURSING**

(A Unit of Father Muller Charitable Institutions, Mangaluru – 575 002)

Accredited by NAAC with 'A' Grade

Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore



## **COMPENDIUM OF RESEARCH 2020 -2025**

**A compilation of the Abstracts of  
Postgraduate, Undergraduate Dissertations &  
Faculty Projects**

# **Volume IV**



# FATHER MULLER COLLEGE OF NURSING

(A Unit of Father Muller Charitable Institutions, Mangaluru – 575 002)

Accredited by NAAC with 'A' Grade

Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore



## COMPENDIUM OF RESEARCH **RESEARCH: 2020 -2025**

**Compiled By:**

**Department of Nursing Research**

Ms Ramyashree S

Ms Thamizharasi N

Ms Sunitha Merlyn Fernandes

Ms Nitha Coelho

Ms Deepthy Gladys Dsouza

Ms Mable Dsouza

Ms Precilla DSilva



## Principal's Message

It gives me immense pleasure to present the research Compendium of our institution which reflects the spirit of inquiry, innovation and academic excellence that we strive to nurture.

As A. P. J. Abdul Kalam once said, "Excellence happens not by accident. It is a process." This compendium is a testimony to that process—marked by curiosity, dedication and the relentless pursuit of knowledge by our students and faculty.

Research is the cornerstone of intellectual growth and societal progress. It encourages critical thinking, problem solving and the courage to explore the unknown. The works compiled here showcase not only academic rigor but also a deep commitment to addressing real-world challenges.

I commend all the contributors for their sincere efforts and extend my appreciation to the faculty members for their guidance and mentorship. This collective endeavor truly embodies our vision of fostering a vibrant research culture within the institution.

I am confident that this compendium will inspire many more to engage in meaningful research and contribute to the advancement of knowledge and society.

Wishing this initiative and continued success.

**Sr Dr Dhanya Devasia**  
- Principal

# Content

Sl No	Program	Page No
<b>1</b>	Postgraduate University Projects	
	•Medical Surgical Nursing	9-14
	•Obstetrics and Gynecological Nursing	15-21
	•Mental Health Nursing	22-28
	•Pediatric Nursing	30-34
	•Community Health Nursing	35-38
<b>2</b>	Postgraduate Adjunct Projects	39-46
<b>3</b>	Undergraduate Projects	46-136
<b>4</b>	Faculty Projects	137-142
<b>5</b>	Postgraduate University Project List (2020-25)	143-146
<b>6</b>	Postgraduate / Adjunct Project List (2024-25)	147
<b>7</b>	Undergraduate Project List (2020-25)	143-157
<b>8</b>	Undergraduate Project List (2014-19)	157-164

**POSTGRADUATE  
UNIVERSITY PROJECTS  
(2020-25)**

# **MEDICAL SURGICAL NURSING**

## EFFECTIVENESS OF FOOT REFLEXOLOGY ON BLOOD PRESSURE AMONG PATIENTS WITH HYPERTENSION IN A SELECTED HOSPITAL, MANGALURU

Author: Ann Joseph

Guide: Prof. Victoria D Almeida

Year: 2020

A quasi experimental time series control group design was used to compare the post-interventional level of blood pressure among patients with hypertension in intervention group and control group. Thirty six subjects were selected by purposive sampling technique and were assigned to the intervention and control group by random allocation using envelope method. Foot reflexology was administered to the subjects in intervention group for 3 days between 8am to 12 pm, and the control group received the routine care. Pre and post-interventional blood pressure level was assessed 5 minutes after completion of the intervention in both the groups. Results showed that the 'one-way repeated measures ANOVA value ( $F(5,13)=77.30, p=0.001$ ) and ( $F(5,13)=40.98, p=0.001$ ) showed very highly significant difference between mean pre-intervention and the mean post-intervention level of systolic and diastolic blood pressure intervention group at various time intervals respectively. The unpaired 't' value ( $t(34)=6.55, p=0.001$ ) showed that there was a highly significant difference in the mean post-intervention level of systolic blood pressure in the intervention and control group and unpaired 't' value ( $t(34)=8.46, p=0.001$ ) showed that there was a highly significant difference in the mean post-intervention level of diastolic blood pressure in the intervention and control group. There was no significant association between the pre-intervention level of systolic blood pressure and selected demographic variables in intervention group. There was a significant association between the pre-intervention level of systolic blood pressure and duration of hypertension ( $r(16)=3.55, p=0.003$ ) and duration of treatment of hypertension in years ( $r(16)=3.55, p=0.003$ ) in control group. The findings of the study showed that foot reflexology was effective in reducing the level of blood pressure among the patients with hypertension. So, hypertension can be controlled by regular administration of non-pharmacological methods which are cost effective and safe.

## EFFECTIVENESS OF SWEDISH MASSAGE THERAPY (SMT) ON ANXIETY AMONG PRE-OPERATIVE PATIENTS IN A SELECTED HOSPITAL, MANGALURU

**Author:** Ms. Arti Ravi

**Guide:** Mrs. Victoria D'Almeida

**Year:** 2020

A Quasi- Experimental pretest and posttest control group design was used to compare the effectiveness of Swedish Massage Therapy (SMT) among the pre-operative patients in the interventional and control group. Thirtytwo samples were selected using purposive sampling technique and were assigned to the intervention and control group by lottery method. The pretest anxiety level was assessed by Anxiety Rating Scale (ARS). SMT was administered to the subjects in intervention group for 15 minutes a day prior to surgery. The control group received the routine management. The posttest level of anxiety was assessed 10 minutes after the intervention in both groups. Results showed that the mean posttest anxiety score ( $2=66.56\pm6.34$ ) was less than mean pretest anxiety score ( $1=74.25\pm11.81$ ). The paired "t" value ( $t15=8.55, p=0.00$ ) showed that there was highly significant difference between pretest and posttest anxiety score in intervention group. The unpaired "t" value ( $t30=2.29, p=0.029$ ) showed that there was significant difference between posttest anxiety score of intervention and control group. There was a significant association between pre intervention anxiety score and selected demographic variable like gender ( $p=0.03$ ) in intervention group. The findings of the study showed that SMT was effective in reducing the anxiety among preoperative patients.

## EFFECT OF WARM WATER FOOTBATH ON CHEMOTHERAPY-INDUCED FATIGUE (CIF) AMONG PATIENTS WITH CANCER IN A SELECTED HOSPITAL AT MANGALURU

**Author:** Ms. Irene Thakuria

**Guide:** Sonia D'Souza

**Year:** 2020

Non equivalent time series control group design was used to find the effectiveness of warm water footbath on chemotherapy-induced fatigue among patients with cancer in the intervention and control group. Thirty subjects were selected by purposive sampling technique and were assigned to the intervention and control group by random allocation using closed envelope method. Baseline characteristics were assessed using the Baseline Proforma

through an interview method. The pre-test level of CIF scores was assessed in both the groups using PFS-12. After the pretest, warm water footbath intervention was administered to the intervention group at the bedside for about 20 minutes 2 times a day with the interval of 6 hours for 3 consecutive days using an electronic temperature regulated footbath device. The posttest was administered 5 minutes after the second intervention on each day by using same fatigue scale. Results showed that the mean postinterventional CIF scores ( $X_3 = 1.74 \pm 0.75$ ) in intervention group on 3rd day was lower than the mean post-intervention CIF scores ( $Y_3 = 5.70 \pm 0.58$ ) in control group on 3rd day. The one way repeated measures ANOVA value ( $F(5,10) = 215.63, p = 0.001$ ), indicates that there was a highly significant difference in the mean pre- interventional and post-interventional CIF scores in the intervention group at various time points. The calculated t values ( $t(28) = -8.6, p = 0.001$ ) on day 1) ( $t(28) = -18.7, p = 0.001$ ) on day 2, ( $t(28) = 15.9, p = 0.001$ ) on day 3 are greater than the table value ( $t(28) = 2.048, p < 0.05$ ) which showed that there was a highly significant difference in the post-interventional CIF scores between the intervention and control group. There was no significant association between the pre-interventional level of CIF and selected demographic variables in the intervention and control group ( $p > 0.05$ ). The findings of the study showed that warm water footbath was effective in reducing the level of CIF among the patients with cancer receiving chemotherapy.

### EFFECT OF ICE PACK APPLICATION ON PAIN AND HEMATOMA AT THE FEMORAL CATHETER SITE IN PATIENTS UNDERGOING PERCUTANEOUS CORONARY INTERVENTION IN A SELECTED HOSPITAL IN MANGALORE

Author: Ms. Da Costa Zairicka Precilla

Guide: Susamma Varghese (St. Judy SIC.)

Year: 2021

A Quasi Experimental pre-test post-test control group design was adopted to compare the effectiveness of ice pack application on pain among the patients in interventional and control groups. A total 40 subjects undergoing percutaneous coronary intervention by the femoral artery were selected by purposive sampling technique and random assignment of subjects was used to allocate subjects into the intervention and control group (20 in each group). Baseline Proforma used to collect demographic characteristics. NRS was used to assess the level of pain before the femoral catheter removal, ice pack application was done for 15 minutes over the femoral catheter site and level of pain was assessed soon after 15 minutes in both the

intervention and control group where the control group received routine hospital care. After which the femoral catheter site was observed for occurrence of hematoma at 4th, 6th and 12th hours. Results showed in intervention group the pre-intervention mean percentage of level of pain was 37.5 and post-test was 36. Paired 't' test showed significant difference in pre intervention and post intervention level of pain in the intervention group. ( $p=0.001$ ). Unpaired 't' test showed a significant difference in the mean post intervention perfusion in terms of level of pain among subjects in the intervention and control group ( $p=0.029$ ). A significant association between pre pain scores with age was identified ( $p=0.029$ ). In intervention group 55% and in the control group 50% of subjects had a moderate level of pain ranging from 4-6 on numerical rating scale in the pre intervention period. Whereas, during the post-intervention period around 80% of the subjects in the intervention group and 70% of subjects in the control group experienced mild level of pain from 1-3 on the numerical rating scale. The findings of the study showed that ice pack application was effective in reduction of pain and prevent occurrence of hematoma at the femoral catheter site among patients undergoing PCI.

### **NURSING STUDENTS' PERCEPTION ON THEORY-PRACTICE INTEGRATION THROUGH SIMULATION IN A SELECTED INSTITUTION AT MANGALURU**

**Author: Naik Gaonker Nikita Dayanand**

Guide : Susamma Varughese (Sr. Judy)

Year: 2021

A descriptive survey was used conducted to compare the perception scores on theory-practice integration through simulation among various nursing programs. The subjects comprised of 174 Nursing students' from 2<sup>nd</sup> and 3<sup>rd</sup> year BSc Nursing, 2<sup>nd</sup> and 3<sup>rd</sup> year GNM Nursing and 2<sup>nd</sup> year PBBS Nursing, selected by using random sampling techniques.

The findings noted that overall 145 (83%) of subjects had positive perception whereas 29 (17%) of subjects had negative perception. The association between perception scores and age ( $\chi^2=9.15, p=0.020$ ), year of the program ( $\chi^2=10.26, p=0.056$ ) and number of times exposed to SBL ( $\chi^2=6.12, p=0.047$ ) was found. The present study indicates that simulation can represent an interactive learning method and should be rendered more common in institutions providing nursing education.

## **EFFECTIVENESS OF BUERGER ALLEN EXERCISE ON DIABETIC FOOT-RELATED OUTCOME AMONG PATIENTS WITH TYPE2 DIABETES MELLITUS IN A SELECTED HOSPITAL AT MANGALURU**

**Author: Vinitha Sharol**

**Guide : Mrs. Sonia Dsouza**

**Year: 2021**

A quasi experimental pre- test post - test control group design was adopted To compare the effectiveness of Buerger Allen exercise on level of perfusion in terms of ABI score and pain among patients with type2 diabetes mellitus in intervention and control group. Ankle brachial index (ABI)scale was used to assess the lower extremity perfusion by using digital sphygmomanometer and the numerical pain rating scale was used to assess the pain score. A total 30 subjects with ABI score below 1 were selected by purposive sampling ,subjects were assigned randomly with the lottery method into the intervention and control group(15 in each group).Intervention group received Buerger Allen exercise, twice a day for 5 days ,while control group received routine hospital treatment. Results showed significant difference in pre intervention and post intervention perfusion scores in terms of ABI score in the intervention group (Wilcoxon rank test -  $p=0.01$ ). Mann Whitney test showed that  $p=0.01$  so there is a significant difference in the mean post intervention perfusion in terms of ABI score among subjects in the intervention and control group. The findings of the study showed that Buerger Allen Exercise was effective in improving lower limb perfusion in terms ofABI scores.

## **EFFECTIVENESS OF CHIN TUCK AGAINST RESISTANCE EXERCISE ON IMPROVING SWALLOWING ABILITY AMONG PATIENTS WITH CEREBROVASCULAR ACCIDENT HAVING DYSPHAGIA AT SELECTED HOSPITAL IN MANGALORE.**

**Author : Devu Krishna B, S.**

**Guide: Mr. Abin Kurisakoge**

**Year: 2022**

A quasi - experimental pre-test post test control design was used to evaluate the effectiveness of Chin Tuck against Resistance Exercise on improving swallowing ability among patients with cerebrovascular accident having dysphagia. Forty subjects who are admitted with

cerebrovascular accident having dysphagia were selected by purposive sampling technique with assignment of equal number(20) of subjects in the intervention and control group. The pre-test level of swallowing ability was assessed by using Gugging Swallowing Screening Scale (GUSS), CTAR exercise was performed three times a day for 9 consecutive days. The control group received the routine hospital care. The post test level of swallowing ability was assessed on day 3, day 5, day 7 and day 9 after the intervention. Results showed a highly significant difference between mean pre-intervention and mean post-intervention level of swallowing ability at various time intervals ( $F=55.201, p=0.001$ ). Further, Post Hoc Bonferroni correction test showed high significant difference ( $p=0.001^{**}$ ) between pre-intervention and post intervention 1 (day 3), 2 (day 5), 3 (day 7), 4 (day 9). Comparison of level of swallowing ability scores in intervention and control group on day 3 between the pre- test and post test 1 showed calculated  $t=2.50$  with  $p=0.017$ , whereas on day 9 between the pre test and post test 4 calculated  $t=6.81, p=0.001^{**}$ . The findings of the study revealed that Chin Tuck Against Resistance Exercise was effective in improving the level of swallowing ability among cerebrovascular accident patients having dysphagia

—◆—

**EFFECTIVENESS OF BUTEYKO BREATHING TECHNIQUE ON  
RESPIRATORY PHYSIOLOGICAL PARAMETERS AMONG PATIENTS WITH  
OBSTRUCTIVE AIRWAY DISORDERS IN A SELECTED HOSPITAL AT  
MANGALURU, KATAKANA**

**Author: Ms Shilpa Jovita Souza**

Guide: Mrs Jubei Joseph

Year: 2022

A Quasi Experimental pre-test post-test control design was used to assess the effectiveness of Buteyko Breathing Technique on respiratory physiological parameters among patients with obstructive airway disorders in intervention group and control group. Forty subjects were selected by purposive sampling technique and were assigned to the intervention and control group (20 in each group). Baseline Proforma was used to collect the baseline characteristics of the subjects. Buteyko Breathing Technique was administered to the intervention group for 7 days (twice a day- 10-15 minutes). The post observation of the Respiratory physiological

parameters was done at baseline, 4th and 7th day in both groups. The Control group received routine management. Results showed The repeated measures of ANOVA test showed effectiveness of Buteyko breathing technique on Respiratory physiological parameters among Obstructive airway disorders within the intervention group (p value was 0.001). The unpaired 't' test effectiveness of interventions between the intervention and control group (p=0.001).The study revealed the effect of Buteyko breathing technique in maintaining Respiratory physiological parameters of patients with Obstructive airway disorders.

### EFFECTIVENESS OF SUPERVISED EXERCISES ON NECK PAIN AND FUNCTIONAL DISABILITY AMONG STUDENTS WITH TEXT NECK SYNDROME IN A SELECTED INSTITUTION AT MANGULURU

**Author: Sageera Hashmath K M**

Guide: Dr. Sr Judy Sic (Susamma Varughese)

Year: 2023

(2022 batch student, submitted in the year 2023)

A quasi-experimental non-equivalent pre-test post-test control group design was to compare the post interventional neck pain and functional disability of text neck syndrome in interventional and control groups study. Forty-four subjects who had text neck syndrome with mild to moderate neck pain and functional disability were selected by simple random sampling technique with equal number (22) of subjects in the intervention and control group. The pretest level of neck pain was assessed by using Numerical Pain Rating scale (NRS) and functional disability was assessed by Modified Vernon Neck Disability Index (MVNDI). Supervised Exercise was performed 11min for 14 consecutive days. The post level of neck pain and functional disability was assessed on day 7 and day 14 after the intervention. Results showed that the mean pretest neck pain score in the intervention group was  $2.55 \pm 0.50$  and in the control group was  $2.41 \pm 0.50$ . the mean post intervention level of neck pain on day 14 is  $1.95 \pm 0.21$ . a highly significant difference between mean pre-intervention and post intervention level of neck pain (Friedman ANOVA=15.875,  $p=0.001$ ), Man Whitney U test value is 136.5 with p value 0.001\*\* highlighted significant difference between two groups on

day 14. With regard to the functional ability, there was significant difference between the groups (Msn Whitney U test value= 40.0,  $p = 0.001$ ). The findings of the study showed that supervised exercises was effective in improving the level of neck pain and functional disability among students with text neck syndrome.

### **EFFECTS OF REPOSITIONING OF PATIENTS ADMITTED IN INTENSIVE CARE UNIT ON HEMODYNAMIC PARAMETERS AT TERTIARY CARE HOSPITAL MANGALURU**

**Author:** Santhosh M

**Guide:** Dr Sanikumar S

**Year:** 2023

One group pre-test post-test design was to evaluate the effectiveness of repositioning on Hemodynamic parameters of patients admitted in Intensive Care Unit. Forty subjects who were admitted in intensive care unit were selected by purposive sampling technique. Hemodynamic parameters such as heart rate, Respiratory rate, Systolic blood pressure, Diastolic blood pressure and Oxygen saturation were assessed before and after changing the position of the group. Results showed that there was a significant difference ( $p = 0.001$ ) in the systolic blood pressure in the left lateral, right lateral and high fowler's positions, diastolic blood pressure and pulse rate in the right lateral position, respiratory rate in the left lateral position and oxygen saturation in high fowler's position.

### **EFFECTIVENESS OF LAUGHTER YOGA ON STRESS IN PATIENTS WITH CANCER IN A SELECTED HOSPITAL, MANGALURU**

**Author:** Sr Athira Abraham

**Guide:** Ms. Jubee Joseph

**Year:** 2024

A time-series non-randomized control group pre-test-post-test design study was done to assess the effectiveness of Laughter Yoga in reducing stress among 60 cancer patients, selected purposively, intervention ( $n = 30$ ) and control ( $n = 30$ ) groups. Stress levels were measured using the Perceived Stress Scale (PSS-10). The intervention group received 30-

minute laughter yoga sessions three times per week for 30 days, while the control group received routine care. The mean pre-test stress score of the intervention group ( $33.6 \pm 5.74$ ) reduced significantly to  $18.9 \pm 7.45$ , whereas the control group showed negligible change ( $32.53 \pm 5.72$ ). A highly significant difference was observed between mean pre- and post-intervention stress scores across time intervals ( $F = 383.4, p = 0.001$ ). Pre-test stress levels were significantly associated with age, gender, marital status, duration of illness, type of surgery, number of hospitalizations, and type of cancer. The findings confirm that Laughter Yoga is an effective intervention for reducing stress among cancer patients.

### EFFECTIVENESS OF ONCO HEALTH PROGRAMME ON MANAGEMENT OF PSYCHOLOGICAL PROBLEMS AMONG CANCER PATIENTS AT A SELECTED HOSPITAL, MANGALURU

**Author:** Sr Soumya George

**Guide:** Dr Sasikumar S

**Year:** 2024

A quasi-experimental study was conducted to evaluate the effectiveness of the Onco Health Program in managing psychological problems among 40 cancer patients. Participants were selected using convenience sampling and equally assigned to intervention and control groups. Data were collected using the Depression Anxiety Stress Scale-21 (DIASS-21). The intervention group underwent pre-test assessment followed by the Onco Health Program for 4 weeks, and a post-test was conducted in the 5th week using the same tool. Findings revealed a reduction in the intervention group's mean depression scores from  $16.40 \pm 2.01$  to  $12.80 \pm 2.55$ , anxiety scores from  $13.70 \pm 2.77$  to  $9.30 \pm 2.08$ , and stress scores from  $24.80 \pm 4.18$  to  $19.00 \pm 2.94$ . A statistically significant difference was noted in the post-test scores of the intervention group ( $p = 0.001$ ), whereas no significant change was observed in the control group. The study concludes that the Onco Health Program is effective in reducing depression, anxiety, and stress among cancer patients.

## EFFECTIVENESS OF HOT WATER FOOT BATH THERAPY ON LEVEL OF FATIGUE AND INSOMNIA AMONG PATIENTS UNDERGOING HAEMODIALYSIS AT A SELECTED HOSPITAL, MANGALURU

**Author:** Sr Jita Jose

**Guide:** Mr Ashwin Bromes J

**Year:** 2024

A quasi-experimental one-group pretest-posttest design evaluated the effectiveness of hot water foot bath therapy on fatigue and insomnia among 40 haemodialysis patients (20 each in intervention and control groups). Pre-test fatigue and insomnia were assessed using the Piper Fatigue Scale (PFS-12) and Athens Insomnia Scale (AIS). The intervention group received hot water foot baths (39°C–43°C) for 15 minutes post-dialysis on days 1, 3, 5, 8, and 10, while the control group received routine care. On day 10, the intervention group showed significant reductions in fatigue (pre-test:  $6.20 \pm 1.54$ , post-test:  $3.95 \pm 1.05$ ) and insomnia (pre-test:  $10.50 \pm 2.46$ , post-test:  $6.35 \pm 1.87$ ). Paired t-test results confirmed the therapy's effectiveness ( $p=0.001$ ).

## EFFECTIVENESS OF YOGIC EYE EXERCISE ON EYE FATIGUE AMONG UNDERGRADUATE NURSING STUDENTS IN COLLEGES, MANGALORE

**Author:** Ms M Kalzila

**Guide:** Mr Abin Kuriakose

**Year:** 2025

A quasi-experimental study was conducted to assess the effectiveness of yogic eye exercise on reducing eye fatigue among undergraduate nursing students. A total of 80 participants were selected through convenient sampling and equally divided into intervention and control groups. Data were collected using the Eye Fatigue Assessment Questionnaire. In the intervention group, pre-test assessment was followed by yogic eye exercise for eight weeks, while the control group received no intervention. Results showed that the mean pre-test eye fatigue score was  $2.34 \pm 0.821$ , which significantly reduced to  $1.14 \pm 0.43$  in the 9th week post-test among the intervention group. Paired t-test analysis confirmed a significant reduction in fatigue, and comparison between groups revealed a highly significant difference ( $t = 16.345$ ,  $p = 0.001$ ). The findings demonstrate that yogic eye exercise is effective in alleviating eye fatigue, and reducing discomfort among nursing students.

## **EFFECTIVENESS OF LOW TECH AUGMENTATIVE AND ALTERNATIVE COMMUNICATION (AAC) ON EASE OF COMMUNICATION AMONG PATIENTS WITH ENDOTRACHEAL TUBE ADMITTED IN CRITICAL CARE UNITS OF TERTIARY CARE HOSPITAL, MANGALURU**

**Author: Ms Merlyn Priya Muras**

**Guide: Mr Ashwin Brameo J**

**Year: 2025**

A quasi-experimental study was conducted to assess the effectiveness of low-tech Augmentative and Alternative Communication (AAC) in improving communication among patients with endotracheal intubation. Thirty conscious and oriented patients with a GCS score of 11T and RASS score of 1-2 were selected using purposive Sampling technique from critical care units of a tertiary hospital in Mangaluru. Communication difficulty was measured using a self-structured Ease of Communication Scale. The intervention group used a low-tech AAC board consisting of pictures and words in regional languages for 24 hours, while the control group received routine care. Results showed a significant reduction in mean ease of communication scores in the intervention group from  $30.87 \pm 1.73$  to  $20.40 \pm 2.09$  ( $p = 0.001$ ). The study concluded that low-tech AAC boards were effective tools in reducing communication difficulties among intubated patients.

## **EFFECTS OF AROMATHERAPY ON PAIN AND PSYCHOLOGICAL PARAMETERS AMONG ORTHOPEDIC PATIENTS ADMITTED IN A TERTIARY CARE HOSPITAL, MANGALURU**

**Author: Ms Rosmy Jose**

**Guide: Mrs Denitha T**

**Year: 2025**

A quasi-experimental study evaluated Aromatherapy's effects on pain and psychological parameters among 114 orthopedic post-surgical patients chose through purposive sampling technique and were divided into intervention and control groups. Pain was measured by the Numeric Pain Rating Scale and Anxiety/Depression by the Hospital Anxiety and Depression Scale. Aromatherapy was administered nightly for five days using cotton soaked in base and essential oils, while the control group received placebo therapy. Results showed significant

reductions in pain (pre-test  $7.23 \pm 4.03$  to post-2  $2.33 \pm 1.39$ ), anxiety ( $14.04 \pm 4.03$  to  $7.84 \pm 3.80$ ), and depression ( $9.93 \pm 3.53$  to  $5.00 \pm 2.24$ ) in the intervention group compared to controls. The study concluded that aromatherapy is an effective complementary intervention for reducing pain, anxiety, and depression in orthopedic surgical patients.

### EFFECTIVENESS OF NURSE-LED INTERVENTIONS IN REDUCING ANXIETY AND STRESS LEVELS IN PATIENTS UNDERGOING UPPER GI ENDOSCOPY IN A TERTIARY CARE HOSPITAL, MANGALORE

**Author:** Ms Jinamol Mathew

**Guide:** Mrs Jubee Joseph

**Year:** 2025

A quasi-experimental study evaluated the effectiveness of nurse-led interventions in reducing anxiety and stress among patients undergoing upper GI endoscopy. A total of 60 participants selected through Purposive sampling technique were divided equally into intervention and control groups, with data collected using a baseline proforma, the Modified State-Trait Anxiety Inventory (STAI), and the Visual Analogue Scale for Stress (VASS). Results showed a significant reduction in anxiety and stress in the intervention group; mean anxiety scores decreased from 89.13 (pre-test) to 41.58 (post-test), and mean stress scores declined from 80.00 to 34.30 indicating a significant alleviation of perceived stress. These reductions were found to be statistically significant, with a p-value of 0.001, confirming the effectiveness of the intervention. In contrast, the control group exhibited negligible differences between pre- and post-test scores. The study concluded that nurse-led interventions was highly effective in alleviating anxiety and stress in patients undergoing upper GI endoscopy.

**OBSTETRICS &  
GYNECOLOGICAL NURSING**

**EFFECTIVENESS OF AWARENESS PROGRAMME REGARDING  
BREASTFEEDING TECHNIQUES ON PREVENTION OF NIPPLE SORENESS  
AMONG PRIMIPARA MOTHERS IN A SELECTED HOSPITAL AT  
MANGALURU, KARNATAKA**

**Author:** Ms. Sangeetha Crasta

**Guide:** Mrs Pramila D'Souza

**Year:** 2020

A non-equivalent, posttest only control group design was to compare the posttest scores of nipple soreness between intervention and control group. A total of thirty subjects were selected for the intervention group by using purposive sampling technique. The individual awareness program regarding breastfeeding techniques was given by using audio-visual aids on first postnatal day. The posttest was conducted by examining nipples for the presence of nipple soreness by using 4 point Nipple Soreness Rating scale on fifth postnatal day. On completing the entire data process in intervention group, thirty subjects for the control group were selected by using purposive sampling technique. Control group received routine hospital care, followed by posttest for assessing level of nipple soreness on fifth postnatal day. Results showed that the mean posttest nipple soreness scores  $0.200 \pm 0.406$  in the intervention group was lower than mean posttest nipple soreness scores  $2.200 \pm 0.610$  in the control group. The MannWhitney U test value  $P=0.001$  ( $p<0.05$ ) showed that there was a significant difference in mean posttest nipple soreness scores in the intervention and control groups. The findings of the study showed that the awareness programme regarding breastfeeding technique was effective in preventing of nipple soreness among primipara mothers.

**EFFECT OF FETAL MOVEMENT COUNT ON PRENATAL ATTACHMENT  
AMONG PRIMI AND MULTIGRAVIDA WOMEN IN A SELECTED HOSPITAL  
AT MANGALURU**

**Author:** Ms. Valentina Senapati

**Guide:** Mrs. Shoba P Xavier

**Year:** 2020

A Quasi-experimental two group's pre-test and post-test design was used to identify the effect of fetal movement count on prenatal attachment among *primi* and *multigravida* women. The

80 pregnant women were selected by purposive sampling technique method. Assessment of the prenatal attachment was done using rating scale. Women were asked to maintain the fetal movement count for ten days, twice daily morning and afternoon after the breakfast and lunch for one hour respectively. Compliance to fetal movement count was ensured through telephonic call and whatsapp reminder by the investigator. Post-test was taken on eleventh day and the women were requested to handover the diary on which they maintained the fetal movement count to the investigator. Results showed that The showed a very high significant difference in the prenatal attachment score between the prime and multigravida paired 't' test, ( $t=5.897$ ,  $P=0.001$ ). There exists significant association between prenatal attachment score and selected demographic characteristic, weeks of gestation among the primigravida women ( $p=0.03$ ) women after self-monitoring of fetal movements. Finding of the study shows that fetal movement count influences the prenatal attachment.

### **EFFECTIVENESS OF HAND AND FOOT MASSAGE IN REDUCING POST-OPERATIVE PAIN AMONG CAESAREAN MOTHERS IN A SELECTED HOSPITAL AT MANGALURU**

**Author : Anitha Joseph**

**Guide : Mrs Reena Wilrus Frank**

**Year: 2021**

A quasi-experimental non-equivalent control group pre-test, post-test design was used to compare the effectiveness of hand and foot massage in the reduction of pain among intervention and control groups. Samples were selected by the purposive sampling technique. The study was conducted among 60 caesarean section mothers, 50 in the intervention group & 50 control groups. The Baseline proforma and numerical pain rating scale are used as a tool. Following to pre-test hand and foot massage was given for 20 minutes to the intervention group for 3 days (Morning and evening). Post-test was done for both the groups after 5 minutes of intervention. Results showed highly significant difference between pre and post pain score in intervention group, (F value (11&319) =498.32,  $p=0.001$  -intervention group). Post hoc Bonferroni test showed that there was a highly significant difference between all pre pain score

and post pain scores in the intervention group ( $p=0.0$ ) There was no significant association between pre-intervention pain score and selected baseline variables. The study revealed that the hand and foot massage was effective in reducing pain among caesarean section mothers.

### EFFECTIVENESS OF ABDOMINAL EFFLEURAGE VERSUS BACK EFFLEURAGE ON PAIN AND LABOUR OUTCOME AMONG PRIMIGRAVIDA WOMEN IN A SELECTED HOSPITAL, AT MANGALURU

**Author:** Honey Gundami

**Guide:** Precilla Dsilva

**Year:** 2021

A Time series non-equivalent control group design was used to determine the find the effectiveness of Back Effleurage on pain and labour outcome among primigravida Ninety subjects were selected by purposive sampling technique and were assigned to the group I, II and III by non-random allocation. The level of pain was assessed using numerical pain rating scale. Abdominal effleurage was administered to the subjects in group I for about 15 minutes in three phases, each phase is for 5 minutes with an interval of 2 hours till 10cm dilatation. Back effleurage was administered to the subjects in group II for about 15 minutes in two phases, each phase is for 7 minutes 30 seconds with an interval of 2 hours till 10cm dilatation and Group III received the normal hospital routine care. Post-interventional level of pain 5 minutes after completion of the intervention in all the three groups were assessed. Results showed the mean post-test pain scores ( $\bar{x}_1 = 3.06 \pm 1.11$ ,  $\bar{x}_2 = 4.71 \pm 0.62$ ,  $\bar{x}_3 = 7.30 \pm 0.95$ ,  $\bar{x}_4 = 8.82 \pm 1.22$ ) was less than mean pre test pain scores ( $\bar{x} = 4.23 \pm 0.75$ ) in all the three groups. The R-ANOVA value ( $F_{5,13} = 7.94$ ,  $p = 0.001$  &  $F_{5,13} = 6.05$ ,  $p = 0.001$ ) showed that there was highly significant difference between pre-test and post-test pain scores in the group I and II. The One way ANOVA ( $F_{2, 87} = 113.100$ ,  $8.593$ ,  $139.47$ ,  $17.046$ ) showed that there was significant difference between post-test pain scores in group I, II and III. There was no significant association between pre-test pain scores with selected demographic variables. The findings of the study showed that abdominal effleurage and back effleurage was effective in reducing the level of pain among primigravida women. So, effleurage can be regular administration as non-pharmacological methods which are cost effective and safe.

## EFFECT OF NURSE-LED PHYSICAL TRAINING ON PAIN AND SHOULDER MOVEMENT IN PATIENTS WHO HAVE UNDERGONE SURGERY FOR BREAST CANCER IN A SELECTED HOSPITAL AT MANGALURU.

**Author:** Sumitha Fernandes

**Guide:** Dr Reena Wilma Frank

**Year:** 2024

A quasi-experimental time series design evaluated the effect of nurse-led physical training on pain and shoulder movement in 62 post-breast surgery patients, with 31 each in intervention and control groups. Data were collected using a Numerical Pain Rating Scale and Goniometer. The intervention group received 25-minutes Nurse-led Physical Training twice daily for 4 days, along with a booklet for home exercises, whereas the control group received routine care. Post-tests on the 4th and 14th postoperative days showed significant improvements in pain (58.1% reported no pain by day 14) and shoulder movement. Statistical analysis revealed significant differences in pain, shoulder mobility ( $p=0.001$ ), age, marital status ( $p=0.000$ ), and education ( $p=0.023$ ). Therefore it was concluded that the Nurse-led training effectively reduced pain and improved mobility.

## EFFECTIVENESS OF BREASTFEEDING C-PILLOW ON COMFORT, LATCH ON AND MATERNAL SATISFACTION AMONG POST CESAREAN MOTHERS IN A SELECTED HOSPITAL, MANGALURU

**Author:** Clerita Joylen Lobo

**Guide:** Precilla D'Silva

**Year:** 2024

A quasi-experimental time series control group design assessed the effect of a breastfeeding C-pillow on comfort, LATCH ON, and maternal satisfaction among 102 first-time postoperative C-section mothers. The intervention group used the C-pillow, while the control group received standard care. Outcomes were measured using the Body Part Discomfort Scale, LATCH Tool, and Maternal Breastfeeding Evaluation Scale before and after 2 days of intervention. Results showed significant improvements in the intervention group for LATCH scores (pre-latch Mdn=4, post-day 1 Mdn=6, post-day 2 Mdn=8) and maternal satisfaction (pretest Mdn=91, post-day 1 Mdn=105, post-day 2 Mdn=125). The C-pillow enhanced breastfeeding outcomes and maternal satisfaction.

## PREVALENCE OF PERINATAL ANXIETY, DEPRESSION, STRESS AND ASSOCIATED FACTORS AMONG WOMEN IN A HOSPITAL IN MANGALURU

**Author:** Sr Lalbiakliri

**Guide:** Dr Reena Frank

**Year:** 2025

A descriptive explorative study assessed the prevalence and associated factors of perinatal anxiety, depression, and stress among 341 antenatal women selected purposively in their second and third trimesters at a maternity tertiary hospital in Mangaluru. Data were collected using a baseline proforma, DASS-21 scale, and a structured checklist on associated factors. The study found that 22.3% of antenatal women experienced anxiety (4.1% severe), 11.7% had depression (0.3% severe), and 10.3% reported stress (0.3% severe). Key associated factors were unplanned pregnancy (18.8%), previous caesarean section (19.4%), abortion history (10.9%), financial insecurity (26.7%), and fear of adverse outcomes (44–45%). Strong correlations existed between anxiety, depression, and stress ( $r = 0.758-0.830, p < 0.001$ ). The study concluded that perinatal anxiety, depression, and stress are common, interrelated, and shaped by psychosocial and obstetric factors, highlighting the need for routine screening and support.

## EFFECTIVENESS OF YOGA NIDRA ON STRESS AND INSOMNIA AMONG POST-MENOPAUSAL WOMENS IN SELF-HELP GROUPS, MANGAURU

**Author:** Myspreetha Sonia Dsouza

**Guide:** Mrs Ramyashree S

**Year:** 2025

A true experimental pre-test–post-test control group study evaluated the effectiveness of Yoga Nidra on stress and insomnia among postmenopausal women (30 intervention, 30 control) selected by random sampling. Stress and insomnia were measured using the Perceived Stress Scale (PSS) and Insomnia Severity Index (ISI). Results showed, Pre-intervention, most participants had moderate stress (mean = 23.50) and all had moderate insomnia (mean = 18.93), with no group differences ( $p > 0.05$ ). Post-intervention, the Yoga Nidra group showed low stress (mean = 11.77) and no significant insomnia (mean = 5.80), while the

control group remained moderate for both (stress = 24.77; insomnia = 19.70). Mean reductions were 13.27 (stress) and 13.53 (insomnia), with highly significant improvements ( $p = 0.001$ ). A weak, non-significant positive correlation was found between stress and insomnia ( $r = 0.205$ ). The study concluded that Yoga Nidra was highly effective in reducing stress and insomnia among postmenopausal women.

---

## **MENTAL HEALTH NURSING**

## A CORRELATIONAL STUDY ON MEDICATION ADHERENCE AND QUALITY OF LIFE AMONG PATIENTS WITH PSYCHIATRIC DISORDERS IN A SELECTED HOSPITAL IN MANGALURU

**Author:** Treesa Mathew

**Guide:** Dr. (Mrs.) Agnes E. J.

**Year:** 2021

A descriptive correlational research design was used to assess the correlation between medication adherence and quality of life. The study was conducted among 325 patients in remission, selected by purposive sampling technique. The Baseline proforma, medication Adherence Rating Scale (MARS) and WHOQOL-BREF were administered to the subjects after obtaining the informed consent. Results showed that about 46.2% subjects were adherent and 53.8% subjects were non-adherent to medication. The mean and SD of medication adherence was  $5.45 \pm 1.48$ . The mean and SD of quality of life was  $189.69 \pm 59.11$ . The  $r^2$  value computed to determine the correlation between medication adherence and quality of life was 0.916 ( $p=0.001$ ) depicted a significant positive correlation between medication adherence and quality of life. There was a significant association between medication adherence and diagnosis of the subjects ( $p=0.001$ ). Significant association was also found between QoL and diagnosis ( $p=0.001$ ) and gender ( $p=0.021$ ).

## A STUDY ON EFFECTIVENESS OF LAUGHTER THERAPY ON WELLBEING AMONG ALCOHOLIC PATIENTS ADMITTED IN A SELECTED DE-ADDICTION CENTRES AT MANGALURU

**Author:** M. Srikanth

**Guide:** Mr. Shajan Xaviour

**Year:** 2021

The one-group pre-test and post-test design was used to find the effectiveness of laughter therapy on wellbeing among alcoholic. Non-Probability purposive sampling technique was used to select 40 alcoholic patients. Demographic proforma and Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) used to collect data. Before laughter therapy pre-test was conducted to assess the level of wellbeing among alcoholic patients. Laughter therapy was administered for 15-20 minutes; first post test was conducted on 7th day and second post test

was conducted on 14th day for one group. The findings showed that there was a significant difference in the pre and post intervention level of well-being score among alcoholic patients (ANOVA F value ratio=792.21 df 2 and 78, p value =0.001). There was no significance association between pre-intervention level of well being among alcoholic patients and with selected demographic variables. The study concluded laughter therapy was effective.

### A STUDY TO ASSESS DEPRESSION AND COPING STRATEGIES AMONG PATIENTS UNDERGOING HAEMODIALYSIS IN A SELECTED SETTING AT MANGALURU

**Author:** Leena Antony n.

**Guide:** Dr Bintha Pappachan C

**Year:**2022

A descriptive research design was used to assess the depression and coping strategies among patients undergoing haemodialysis. Hundred and fifty-seven subjects were selected by purposive sampling technique. Depression is assessed by Beck Depression Inventory scale and coping strategies assessed by Brief COPE Inventory. The result of the study revealed that among haemodialysis patients, 45.9% subjects had moderate depression and 13.4% had severe depression, 15.3% had borderline clinical depression and 14.0% had mild mood disturbance. In domain wise, problem-focused coping the computed 'r' value is 0.441( $p=0.001$ ) and Emotion focused coping computed 'r' value is 0.249 ( $p=0.002$ ), which shows a significant positive correlation between problem- focused coping and depression, and emotion focused coping and depression. Whereas the computed 'r' value is -0.220 ( $p=0.006$ ) which shows there is negative correlation between depression and avoidant. There was a significant association found between education and depression ( $p=0.036$ ) and between coping strategies and gender ( $p=0.032$ ), residence ( $p=0.048$ ) and duration of dialysis ( $p=0.006$ ).

## **A STUDY ON ANXIETY AND DEPRESSION AMONG PATIENTS WITH ALCOHOL DEPENDENCE SYNDROME IN A SELECTED DEADDICTION FACILITY, MANGALURU**

**Author:** Merlin Sunny

**Guide:** Mrs. Lavina Rodrigues

**Year:** 2023

A descriptive correlational research design was used to assess the correlation between anxiety and depression among 125 patients selected by purposive sampling technique. Study was conducted in the psychiatry OPD, deaddiction ward, family psychiatry ward and general psychiatry ward of Father Muller Medical College Hospital Mangaluru. tool used were Clinical Institute Withdrawal Assessment of Alcohol Scale, Revised (CIWA-Ar) for screening the subjects and Hospital Anxiety Depression Scale (HADS) with the consent of the subjects. Results showed that 36.8% of the subjects had severe anxiety and 30.4% had borderline anxiety whereas, 44.8% of the subjects had severe depression and 31.2% had borderline depression. The mean and SD of anxiety score is  $9.54 + 4.75$ . Mean + SD of depression score is  $11.12 + 4.86$ . The r value was computed to determine the correlation between anxiety and depression is ( $r = 0.306, p = 0.001$ ). It showed a significant positive moderate correlation between anxiety and depression. Based on the study outcomes investigator suggests that health care professionals must implement necessary interventions to reduce anxiety and depression among patients with alcohol dependence syndrome.

## **A STUDY ON THE RELATIONSHIP BETWEEN NOMOPHOBIA AND QUALITY OF SLEEP AMONG NURSING STUDENTS IN A SELECTED NURSING INSTITUTION AT MANGALURU**

**Author:** Ms Blncy.K.J

**Guide:** Ms. Sabeena MTP

**Year:** 2023

A descriptive correlational research design was used to assess the correlation between Nomophobia and Quality of Sleep. The study was conducted among 163 Nursing students, selected by purposive sampling technique. The Baseline proforma, Nomophobia Questionnaire (NMP-Q) and Pittsburgh Sleep Quality Index (PSQI) were administered to the

subjects after obtaining the informed consent. Results showed Among the subjects, about 77.3% of the subjects had moderate level of nomophobia 16.6% subject had mild level of nomophobia were as 3.7% had severe level of nomophobia and 2.5% of the subjects had no nomophobia. The mean and SD of nomophobia was  $71.96 \pm 19.4$  and sleep was  $3.56 \pm 2.41$ . A weak positive correlation between nomophobia and quality of sleep  $r=0.103, p=0.190$ . The mean and SD of quality of Sleep was  $3.56 \pm 2.41$ . There was a significant association between nomophobia and Hours of using smartphone per day ( $p=0.008$ ) and purposes of using smartphone per day. Significant association was also found between Quality of Sleep and gender ( $p=0.009$ ). The investigator suggested managing both nomophobia and quality of sleep; nursing students can navigate their educational journey more effectively, laying the foundation for successful and fulfilling careers in health care.

#### A STUDY ON RELATIONSHIP BETWEEN INTERNALIZED STIGMATIZATION AND SOCIAL LONELINESS AMONG PSYCHIATRIC PATIENTS IN A SELECTED SETTING AT MANGALORE

**Author:** Pratik Dushing

**Guide:** Dr. Agnes E. J

**Year:** 2023

A descriptive correlational research design was used to assess the relationship between internalized stigmatization and social loneliness. The study was conducted among 150 patients in psychiatric outpatient and in-patient departments, who were selected by purposive sampling technique. The Mini Mental Status Examination (MMSE) as a screening tool, baseline proforma, Internalized Stigma of Mental Illness Inventory (ISMI) and Revised UCLA Loneliness Scale were administered to the subjects. Results showed 18.7% of the subjects had no to minimal internalized stigma, 52% of the subjects had mild internalized stigma, 28.7% of the subjects had moderate internalized stigma and 0.7% of the subjects had severe internalized stigma. The mean and SD of internalized stigmatization was  $2.27 \pm 0.37$  with the mean percentage of 56.75. The domain 'Stigma resistance' had higher mean (64%) compared to other domains. The 58% of the subjects had moderate degree of social loneliness followed by 36% of the subjects who were moderately high degree of loneliness and 6% of the subjects had low degree of loneliness. The mean and SD of social loneliness was  $46.65 \pm 6.88$

with the mean percentage of 58.31. There was a positive correlation between internalized stigmatization and social loneliness ( $r=0.33; p=0.0001$ ). Education status showed significant association with internalized stigmatization ( $p=0.013$ ) and age showed significant association with social loneliness ( $p=0.046$ ). The findings suggest a need for the interventions to reduce internalized stigmatization and social loneliness among patients with psychiatric disorders.

### **EFFECTIVENESS OF INTERVENTIONAL PACKAGE ON LONELINESS AMONG ELDERLY LIVING IN SELECTED OLD AGE HOMES AT MANGALURU**

**Author:** Sr Brigit

**Guide:** Mrs. Lavina Rodrigues

**Year:** 2024

A quasi-experimental study was conducted among 130 elderly residents of two old age homes to assess the effectiveness of an interventional package on loneliness. Participants were divided into interventional and control groups, and loneliness was measured using the UCLA Loneliness Scale before and on the 7th day after the intervention. The intervention group received one hour of activities—including simple exercises, drawing/painting, and paper craft—for six consecutive days, while the control group received routine care. The post-test results showed a significant reduction in loneliness in the intervention group (mean = 30.48), whereas the control group showed an increase (mean = 63.77). The study concluded that structured recreational and physical activities are effective in reducing loneliness among the elderly.

### **LONELINESS AND SOCIAL SUPPORT OF CAREGIVERS OF PATIENTS WITH PSYCHIATRIC DISORDERS IN A SELECTED HOSPITAL, MANGALURU**

**Author:** Sr Litty Thomas

**Guide:** Mrs. Sonia Lobo

**Year:** 2024

A descriptive correlational study was conducted in the psychiatric inpatient and outpatient departments of a tertiary hospital in Mangaluru to assess loneliness and social support among

150 caregivers of patients with psychiatric disorders. Data were collected using a baseline proforma, the UCLA Loneliness Scale, and the Multidimensional Perceived Social Support Scale. Results showed that 51.3% of caregivers had low loneliness and 6% had high loneliness; 48% had moderate social support, while 11.3% had low social support. A significant moderate negative correlation was found between loneliness and social support ( $r = -0.457, p = 0.001$ ), indicating that caregivers with lower social support experienced higher loneliness. Loneliness was associated only with the clinical diagnosis of the patient ( $p = 0.04$ ), while social support was significantly associated with caregivers' education ( $p = 0.001$ ) and relationship with the patient ( $p = 0.04$ ). The study suggests that caregiver-focused interventions can reduce loneliness and enhance social support.

#### **ASSESSMENT OF SELF-ESTEEM AMONG CAREGIVERS OF MENTALLY ILL PATIENTS IN A SELECTED TERTIARY CARE HOSPITAL AT MANGALURU.**

**Author:** Sr Roselin Zacharias

**Guide:** Prof Senthipriya Monterio

**Year:** 2024

A descriptive survey assessed self-esteem among 120 caregivers of mentally ill patients using purposive sampling. Data were collected with a baseline proforma and Rosenberg Self-esteem Scale, analyzed via SPSS version 23. Most caregivers were parents. Patient diagnoses included mood disorder (29.2%), delusional disorder (25.8%), schizoaffective disorder (20%), schizophrenia (15.8%), and unspecified non-organic psychosis (9.2%). Nearly half had illness duration under 5 years, and 82.5% were hospitalized 0-2 times. Findings showed 74.2% of caregivers had normal self-esteem, 25.8% had low self-esteem, and none had high self-esteem. No significant association was found between self-esteem and demographic variables. The study concludes that caregivers generally maintain normal self-esteem, but training programs such as assertiveness and social skills could enhance it further.

## RELATIONSHIP BETWEEN MENTAL HEALTH LITERACY AND QUALITY OF LIFE AMONG NURSING PROFESSIONALS IN A TERTIARY CARE HOSPITAL, MANGALURU.

**Author:** Ms Lucy P Solo

**Guide:** Dr Agnes E J

**Year:** 2025

A descriptive cross-sectional study was conducted among 368 nursing professionals through Purposive sampling technique in a tertiary care hospital to assess relationship between Mental Health Literacy (MHL), Quality of Life (QoL). Mental health literacy was measured using the Mental Health Literacy Scale (O'Connor & Casey), and QoL was assessed using the WHOQOL-BREF questionnaire. Results revealed that 65.2% of participants had low MHL, with only 0.3% demonstrating above-average literacy. The mean MHL score was  $106.6 \pm 10.3$ , with the highest scores in seeking mental health information and the lowest in understanding risk factors. In terms of QoL, 64.4% rated it as good, with the psychological domain scoring highest (median 63, IQR 56–69). A strong positive correlation was found between MHL and QoL ( $p < 0.001$ ). MHL was significantly associated with age ( $p = 0.014$ ) and family history of mental illness ( $p = 0.003$ ), while QoL was associated with age ( $p = 0.015$ ), marital status ( $p < 0.001$ ), educational qualification ( $p = 0.019$ ), and work experience ( $p = 0.019$ ). The study found low mental health literacy among nurses, significantly linked to their quality of life.

# **PEDIATRIC NURSING**

### **EFFECTIVENESS OF DIAPHRAGMATIC BREATHING EXERCISE ON ANXIETY AMONG THE PARENTS OF CHRONICALLY ILL CHILDREN IN A SELECTED HOSPITAL AT MANGALORE**

**Author:** Mrs. Chinchu P Thankachan

**Guide:** Mrs. Priya J. Fernandes

**Year:** 2021

A quasi-experimental non-equivalent control group pre-test, post-test design was used to compare the post-test anxiety score among the parents of chronically ill children between Intervention and Control group. Fifty samples were selected using purposive sampling technique and were assigned to the intervention and control group (N=25 in each group). Tools used were baseline proforma and self-structured anxiety rating scale. Diaphragmatic breathing exercise was administered to the subjects in intervention group for 10 to 15 minutes thrice a day for five consecutive days. The control group received routine management. Results showed that there was significant difference between post-test anxiety score of intervention and control group ( $t=10.24, p=0.002$ ). There was a significant association between pre-test anxiety score with selected demographic variable such as birth order of child in the control group ( $p=0.02$ ). The study revealed that diaphragmatic breathing exercise was effective in reducing the anxiety among the parents of chronically ill children.

### **EFFECTIVENESS OF STORYTELLING ON THE HOSPITALISATION ANXIETY AMONG CHILDREN ADMITTED IN PAEDIATRIC UNITS IN A SELECTED HOSPITAL AT MANGALORE**

**Author:** JOSEPHEENA T. O.

**Guide:** Wilma S Noronha

**Year:** 2021

A quasi-experimental non-equivalent pre and post test design was used to hospitalisation anxiety among hospitalised children between intervention and control groups. Forty subjects were selected by purposive sampling technique and were assigned to the intervention and control group randomly using lottery method. Storytelling was administered to the subjects in intervention group 20 minutes for 3 days on the day of admission and the control group

received the routine care, pre and post-interventional hospitalised anxiety level was assessed in both the groups. Results showed that the mean post-test anxiety score ( $x=17.20\pm3.08$ ) was less than mean pre-test anxiety score ( $x=35.85\pm2.56$ ). The paired 't' value ( $t=21.62, p=0.001$ ) showed that there was very highly significant difference between pre-test and post-test anxiety score in intervention group. The unpaired 't' value ( $t=-15.99, p=0.001$ ) showed that there was very highly significant difference between post-test anxiety score of both the group. The findings of the study showed that hospitalisation anxiety can be reduced by storytelling which is cost effective and safe.

### **A STUDY ON KNOWLEDGE AND PERCEPTION REGARDING HURRIED CHILD SYNDROME AMONG PARENTS ATTENDING PAEDIATRIC SERVICES OF SELECTED HOSPITAL AT MANGALURU**

**Author:** L. Mary Vinamol

**Guide:** Mrs. Sandra J. Saldanha

**Year :** 2021

A descriptive study was conducted to assess the knowledge and perception regarding hurried child syndrome among parents and to find relationship between the knowledge and perception regarding hurried child syndrome among 107 parents using a structured questionnaire on knowledge of comprising of 15 items (basic concept, effect and prevention) and rating scale on perception consisting of 24 items (both positive and negative statements). Results showed that the majority of the subjects, 38 (35.6%) were between the age group of 31 to 35 years and most of them, 78 (72.9%) were females having 54 (50.5%) of average knowledge and 56 (52.3%) of negative perception. There was moderate positive correlation between Knowledge and perception regarding hurried child syndrome among parents ( $p=0.36$ ). There was no significant association between knowledge and perception and baseline variables. Finding of the present study indicates that parents have less knowledge and perception and so there is need to educate the parents on hurried child syndrome to prevent children being hurried.

## EFFECTIVENESS OF VIRTUAL REALITY DISTRACTION ON PAIN PERCEPTION AND FEAR AMONG CHILDREN WITH CANCER UNDERGOING IV CANNULATION

**Author : Jensi Amali R.**

Guide: Ms. Seema S. Chavan

Year: 2022

A quasi-experimental design was adopted to identify the effectiveness of virtual reality distraction on pain perception and fear scores among children with cancer undergoing IV cannulation. The purposive sampling technique was used to select 90 children with cancer who are undergoing IV cannulation between ages 7-18 ; intervention group (n=45) and control group (n=45). The peripheral IV cannulation was performed by the same nurse on all the children. The Virtual reality distraction device was used 10 minutes before the peripheral IV cannulation procedure and remained in place until the procedure was completed in the intervention group and no device was used in the control group. The Wong-Baker Face Pain Rating Scale and the Children Fear Scale was used to assess the pain and fear of children and their mothers. Results revealed that the pain perception was found to be significantly lower in the virtual reality distraction group among children compared to the control group respectively ( $p=0.001^{**}$ ). Fear was also found to be significantly lower in the virtual reality distraction group among both children and mothers ( $p=0.001^{**}$ ). A strong positive correlation was found between children's and mothers' pain perception ( $r=0.87$ ,  $p=0.00^{**1}$ ) and fear ( $r=0.87$ ,  $p=0.001^{**}$ ) in the control group. A weak positive correlation was found between children's and mothers' pain perception ( $r=0.26$ ,  $p=0.04^{*}$ ). A weak positive correlation ( $r=0.10$ ) was not significant at 0.05 level between children's and mothers' fear score was found. The findings suggest virtual reality distraction can be used as an effective device in pain and fear management among children undergoing IV cannulation.

## A CORRELATIONAL STUDY ON PERCEIVED SELF-EFFICACY REGARDING NEONATAL CARE AND POST-PARTUM QUALITY OF LIFE OF MOTHERS IN A SELECTED SETTING AT MANGALURU

Author: J. Loyola

Guide: Mr. Manoj P. S

Year: 2023 (2022 batch student, submitted on 2023)

A descriptive correlational research design was used to correlate the perceived self-efficacy regarding neonatal care and post-partum quality of life of mothers among 100 postpartum mothers of neonates admitted in NICU's of two private hospitals in Mangaluru, by using purposive sampling technique. The baseline proforma, perceived maternal parenting self-efficacy (PMP S-E), and maternal postpartum quality of life instrument (MPQOLI)<sup>17</sup> were used to measure perceived self-efficacy and postpartum quality of life. The study findings showed that majority of the mothers, 93 (93.0%) had good perceived self-efficacy regarding neonatal care. The overall mean of perceived self efficacy was  $73.15 \pm 6.07$  (max score: 80). Also the overall mean of post-partum quality of life was  $73.01 \pm 5.47$  (max score: 80). There was a significant positive correlation between the perceived self-efficacy and postpartum QOL ( $r=0.445$ ;  $p<0.001$ ). Also significant association was noted between perceived self-efficacy on neonatal care and baseline variable like type of family ( $p=0.044$ ), parity ( $p=0.000$ ), and duration of stay ( $p=0.016$ ). There was also an association between quality of life and parity ( $p=0.016$ ). Researchers suggest active involvement, adequate information regarding neonatal care is important to promote self-efficacy in mothers.

# **COMMUNITY HEALTH NURSING**

## **EFFECTIVENESS OF NURSE LED INTERVENTIONAL PACKAGE (NLIP) ON QUALITY OF LIFE AMONG ELDERLY RESIDING AT SELECTED OLD AGE HOMES, MANGALURU**

**Author:** Shreekanth S. K.

**Guide:** Dr Shiji P J

**Year:** 2022

A quasi- experimental pretest and posttest control group design was used to evaluate the effectiveness of Nurse led interventional package (NLIP) on quality of life of elderly. Purposive sampling technique used to select 80 subjects and assigned to the intervention and control group by lottery method. Pretest was done by using intervention group received Intervention that is the Music Therapy, Simple-Range of Motion Exercises and Clay Modelling. For 20 minutes each for 6 consecutive days. Control group, Intervention group received music therapy, Simple range of motion exercises and clay modelling for 20 minutes each for 6 consecutive days. Control group continued the standard care. The posttest level of quality of life was assessed after the 7 days of intervention with the same tool. Result showed that the total mean pre-intervention overall level of QOL was  $x=59.58$  and the mean post-intervention level of QOL was  $x1=77.20$ . The data was a significant increase in domain wise QOL in posttest compare to pre-test. There was high significant difference in the change from pre-test to post test in experimental group. The findings of the study showed that Nurse led intervention package was effective in improving in the quality of life among elderly.

## **EFFECTIVENESS OF FOOT MASSAGE ON MOOD AND WELLBEING AMONG ELDERLY IN A SELECTED HOME FOR THE AGED AT MANGALORE**

**Author:** Ms Wilma D Almeida

**Guide:** Rev. Sr. Iacinta D Souza

**Year:** 2022

A true experimental pre and post control group design was used to assess the effectiveness of foot massage on mood and well-being among elderly in a selected home for the aged at Mangalore. Hundred and twenty subjects were selected by stratified random sampling technique and were assigned to the intervention and control groups by random allocation using computer block method. The pre mood and well-being level was assessed using Mood

Assessment Questionnaire (MAQ) and WHO (Five) well-being index. Foot massage was administered to the subjects in intervention group, 6 times for 15 minutes in three weeks, and the control group received the routine care. The post-intervention mood and well-being level was assessed after completion of the intervention in both the groups. The obtained data was conducted on the following day after the 6th intervention in both groups using the same questionnaire by face-to-face interview method. Results showed. The paired 't' value in the intervention group showed that there was highly significant difference between Mean pre and post-test mood scores and Mean pre and post-test well-being scores. The obtained 't' value ( $t=13.69, p=0.001$ ) for mood and ( $t=9.653, p=0.001$ ) for well-being were higher than the table value ('t' (59)  $\alpha=1.671, p \leq 0.05$  level of significance) intervention group while comparing to control group ('t' value ( $t=1.762, p=0.083$ ) for mood and well-being table value ('t'(59)  $=1.671, p \leq 0.05$ )). The unpaired 't' value showed that there was a highly significant difference of Mean post-test mood score and Mean post-test well-being scores between the intervention and control group respectively ( $t=6.878, p=0.001$ ) for well-being, the table value ( $t(118)=1.658, p \leq 0.05$ ). There was no correlation between mood and well-being among elderly in intervention and control groups. The findings of the study revealed foot massage is one of the cost effective, non-invasive, non-pharmacological complementary and alternative therapies to reduce the level of mood and enhance well-being of elderly residing in home for the aged.

### EFFECT OF TRATAKA ON THE WELL BEING OF ADOLESCENTS LIVING IN INSTITUTIONALISED HOMES AT MANGALURU.

**Author: Ms Apoorva S**

**Guide: Ms Deepika NC**

**Year: 2023**

A quasi-experimental pretest-posttest control group study evaluated the effect of Trataka on well-being among 90 institutionalized female adolescents aged 11-18 years (45 per group) selected using purposive sampling technique. Data was collected using demographic proforma and EPOCH rating scale to measure the well-being. Results revealed that Post-test scores were significantly higher in the intervention group ( $66.60 \pm 9.38$ ; mean  $13.32 \pm 1.88$ ) compared to the control ( $9.84 \pm 2.71$ ), with optimism, connectedness, and happiness scoring

above average. Intra-group analysis showed significant improvement ( $z = -5.80, p < 0.01$ ;  $z = 2.28, p < 0.02$ ), and inter-group comparison confirmed highly significant differences ( $U = 312.50, p = .001$ ). Trataka improved all EPOCH domains ( $p < 0.002$  to  $p < 0.001$ ), while baseline characteristics showed no association. The study concludes that Trataka effectively enhances adolescent well-being.

### OCCURRENCE OF IRON DEFICIENCY ANAEMIA AND CORRELATE THE ANAEMIA WITH BODY MASS INDEX OF YOUNG ADULTS IN A NURSING COLLEGE AT MANGALURU

**Author:** Ms Daisy P.J

**Guide:** Dr Shycil Mathew

**Year:** 2023

A quantitative descriptive study was conducted to determine the prevalence of iron deficiency anaemia (IDA) and examine its relationship with BMI among young female nursing students. A purposive sample of 300 participants was screened using a baseline proforma, BMI calculation, haemoglobin estimation via digital hemoglobinometer, and serum ferritin testing for confirmation of IDA. Results showed 43.3% had mild to moderate anaemia, 22.9% tested positive for IDA, while 56.7% had normal haemoglobin. BMI findings revealed 44.7% were normal, and 55.3% were underweight, overweight, or obese. No significant correlation was found between anaemia and BMI ( $r = -0.01, p = 0.99$ ). IDA was significantly associated with heavy menstruation and lack of deworming, while BMI was linked to menstrual factors and physical activity. The study emphasizes the need for health education, nutrition, and routine screening to address anaemia and maintain healthy weight.

**POSTGRADUATE  
ADJUNCT PROJECTS  
2023- 2024**

## **A CORRELATION STUDY BETWEEN SELF-ESTEEM AND ACADEMIC ACHIEVEMENT AMONG STUDENTS OF A SELECTED NURSING COLLEGE, MANGALURU**

**Authors:** Litty Thomas (Sr), Jina Jose (Sr)

**Guide:** Ms. Sonia Karen Sequera

**Year:** 2023

A correlational study explored the relationship between Self-Esteem and Academic Achievement among 197 nursing students using Proportionate Stratified Random sampling. Data were collected through demographic proforma and Rosenberg Self-Esteem scale. Most students (61.9%) were aged 21-30, and 89.3% were females. The majority were second or third-year students (33.5%), belonged to nuclear families (90.9%), and lived in PG/hostels (69.5%). High self-esteem was observed in 90.8% of students, and academic performance showed 62.4% with first-class and 29.9% with distinction. Pearson's correlation revealed a weak but significant positive relationship ( $r=0.158$ ,  $p=0.026$ ) between self-esteem and academic achievement. Self-esteem was associated with the type of family ( $p=0.054$ ).

## **A STUDY TO ASSESS THE MATERNAL PERCEIVED QUALITY OF LIFE AMONG POSTNATAL MOTHERS IN A SELECTED HOSPITAL, MANGALURU**

**Authors:** MS. Clerita Joyelin Lobo, Saumya George (Sr)

**Guide:** Dr. Shiji P J

**Year:** 2023

A correlational descriptive study was employed to assess the Maternal Perceived Quality of Life among 76 postnatal mothers in a selected hospital at Mangalore. The Maternal Postpartum Quality of Life tool was used, and data were analyzed using descriptive and inferential statistics. Findings revealed that about 80% of mothers had a monthly income between 5000–10000 rupees. In terms of quality of life, 5.3% reported being neither satisfied nor dissatisfied (mean score  $155.75 \pm 6.8$ ), 72.4% were satisfied (mean score  $188.65 \pm 10.04$ ), and 22.4% were very satisfied (mean score  $222.47 \pm 11.67$ ). The overall mean percentage of quality of life was 79.1%. Most mothers were aged 26–30 years and were at 5–6 weeks of the postnatal period. The study concluded that the majority of postnatal mothers had a satisfactory level of quality of life, and no significant association was found between demographic variables and postnatal quality of life.

## PERCEIVED STRESS AND COPING STRATEGIES AMONG ADOLESCENT GIRLS ON PUBERTAL CHANGES IN A SELECTED SCHOOL, MANGALURU

**Authors:** Sumitha Fernandes, Roselin Zacharias

**Guide:** Mrs. Wilma Shalini Noronha

**Year:** 2023

A descriptive correlational survey was conducted to evaluate Stress, Perception and Coping mechanisms among 205 adolescent girls experiencing pubertal changes selected through convenient sampling technique. Data was collected using a baseline Proforma, a self-developed stress rating scale, and a standardized brief-COPE. Data were analysed using descriptive and inferential statistics. Findings revealed that 76.1% of girls attained menarche between 12–13 years of age. Regarding stress levels, 72.7% had low perceived stress, while only 1% (2 girls) reported high stress related to pubertal changes. Coping strategies showed that 50.2% adopted medium-level coping. The overall analysis demonstrated a moderate positive correlation between perceived stress and coping strategies, with an “r” value of 0.480 and a “p” value of 0.001, statistically significant at the 0.05 level. The study concluded that while most adolescent girls report low stress, coping strategies are moderately employed, highlighting the importance of supportive interventions during puberty.

## FACTORS CONTRIBUTING TO ANTI-HYPERTENSIVE MEDICATION ADHERENCE AMONG PATIENTS WITH CHRONIC HYPERTENSION VISITING OUT-PATIENT UNITS OF A HOSPITAL, MANGALURU.

**Authors:** Brigit. R. Athira Abraham

**Guide:** Devina E.Rodrigues

**Year:** 2023

A hospital-based study assessed Medication Adherence among 354 patients selected by convenience sampling technique in a tertiary care hospital in Mangaluru. Data was collected using a validated 22-item tool and calibrated digital BP monitoring apparatus. Results showed that 49.4% (175) were non-adherent, while 50.6% (179) adhered to prescribed medications, indicating nearly half did not comply with treatment. Significant predictors of adherence included counselling sessions ( $\chi^2 = 5.81, p = .016$ ), home BP monitoring ( $\chi^2 = 4.52, p = .03$ ), income ( $\chi^2 = 2.30, p = .01$ ), medication reminders ( $\chi^2 = 4.19, p = .04$ ), vascular morbidity ( $\chi^2 =$

5.19,  $p = .02$ ), and education status ( $\chi^2 = 10.64$ ,  $p = .031$ ). Counselling sessions emerged as the strongest predictor, with patients who received counselling showing better adherence than those who did not.

### **BURDEN AND PERCEIVED SOCIAL SUPPORT AMONG CARE GIVERS OF PATIENTS WITH ALCOHOL DEPENDENCE SYNDROME IN A TERTIARY CARE HOSPITAL AT MANGALURU**

**Author:** Sr. Lalhiakhliri, Ms Lucy P Solo, Ms Preetha Sonia D'Souza

**Guide:** Mrs Lavina Rodrigues

**Year:** 2024

A descriptive co-relational study was conducted among 120 caregivers of patients with alcohol dependence syndrome selected through convenient sampling technique to assess caregiver burden, perceived social support. Data were collected using a demographic proforma, the Caregiver Burden Scale, and the Multidimensional Scale of Perceived Social Support (MSPSS). Findings showed that majority of subjects (65%) had very severe burden, 20% had severe burden, and 65% of subjects had moderate, 32.5% had low and 14.2% had high perceived social support. A significant positive correlation was found between caregiver burden and perceived social support ( $r = -0.200$ ,  $p = 0.029$ ). Burden was significantly associated with age ( $p = 0.016$ ), family type ( $p < 0.001$ ), duration of caregiving ( $p = 0.010$ ), and duration of drinking ( $p = 0.034$ ). Perceived social support was significantly associated with monthly family income ( $p = 0.015$ ). The study concluded that Caregiver burden is closely linked to social support, highlighting the need for interventions to enhance caregiver well-being.

### **KNOWLEDGE AND ATTITUDE ON YOGA AMONG THE GENERAL PUBLIC WHO ARE VISITING OPD IN A TERTIARY CARE HOSPITAL, MANGALURU**

**Author:** Ms Apoorva S, Ms Jinnal Mathew

**Guide:** Mrs Deepika N C

**Year:** 2024

A descriptive study was conducted among 233 individuals from OPDs using convenient sampling to assess knowledge and attitude toward yoga. Data were collected through a

baseline proforma, structured knowledge questionnaire, and a five-point Likert attitude scale. Results showed, 34.8% had good knowledge, and 0.9% had poor knowledge. 96.6% demonstrated a favourable attitude, while only 0.4% showed an unfavourable attitude. There was a moderate and positive correlation between knowledge and attitude ( $r=0.186$ ,  $p=0.004$ ). No significant association was found between knowledge and attitude on yoga with selected demographic variables. The study emphasized the importance of promoting awareness and favourable perceptions to encourage yoga practice.

### SELF-EFFICACY OF CAREGIVERS OF ONCOLOGY PATIENTS IN A HOSPITAL SETTING

**Author:** Ms Ms Rosny Jose, Ms Kalzila

**Guide:** Mrs Suneetha Meriin Fernandes

**Year:** 2024

A descriptive study was conducted to assess the self-efficacy of caregivers of oncology patients among 117 caregivers recruited through purposive sampling from outpatient and inpatient units. Self-efficacy was measured using the Self-Efficacy Caregiving Scale. Results showed A large proportion (79.5%) reported no social support, though 65.8% received financial assistance. A significant proportion of caregivers are supporting patients with long-term illness – 1 to 10 years (33.3%). Statistical analysis revealed a significant association between caregiver self-efficacy and educational qualification ( $p=0.025$ ), while social support showed borderline significance ( $p=0.054$ ). The study highlights the importance of assessing caregiver self-efficacy in oncology settings to identify areas requiring support and training. Strengthening caregiver skills and resources can enhance their well-being and improve patient outcomes.

## SCREENING FOR OSTEOPOROSIS AMONG YOUNG ADULTS IN A HOSPITAL

**Author:** Mrs Merlyn Priya Moras, Ms Daisy P J

**Guide:** Mrs Sandra J Saldanha

**Year:** 2024

A descriptive study evaluated the prevalence of osteoporosis and associated risk factors among 115 adults attending outpatient departments of a hospital, selected through convenient sampling. Data were collected using a baseline proforma, an osteoporosis classification checklist with the Ultrasound Bone Densitometer CM-200, and a checklist on related risk factors. Results showed Osteoporosis was detected in 6 participants (5.2%) and osteopenia in 44 (38.3%). A significant negative correlation was observed between age and bone density ( $r = -0.27, p = 0.003$ ). Major risk factors included daily caffeine and soda consumption (51.3%) and inadequate sunlight exposure (73%). Bone density values showed a significant association with pre-menopause ( $p = 0.02$ ), indicating reduced bone density during this stage. The findings highlight that Osteopenia and osteoporosis occur in adults under 50, underscoring the need for early screening and prevention.

## PERCEIVED SOCIAL SUPPORT AND RELAPSE RISK AMONG PATIENTS WITH ALCOHOL DEPENDENCE SYNDROME IN SELECTED HOSPITAL, MANGALURU

**Authors:** Ms Keerthi Sreelkumar and Mr Abhijith Sujith

**Guides:** Dr Reena Frank & Ms Lavina Rodrigues

**year:** 2025

Alcohol dependence is a chronic relapsing disorder marked by cravings and poor control; this study examines how perceived social support affects relapse risk among affected individuals.

The study, which was carried out at selected hospital in Mangaluru between January and April 2024, used a descriptive, non-experimental correlational design. Purposive sampling was used to choose 91 individuals with Alcohol Dependent Syndrome, aged between 18 to 65, from the psychiatric outpatient department and the de-addiction center. The demographic proforma, Multidimensional Scale of Perceived Social Support

(MSPSS), and the Alcohol Relapse Risk Scale (ARRS), were used to gather data. Frequency, percentage, mean, standard deviation, Karl Pearson correlation, and chi-square tests were among the descriptive and inferential statistics included in the investigation. Findings revealed that 47.3% of participants had high perceived social support, 38.5% had moderate support, and 14.3% had low support. Most participants (64.8%) exhibited moderate relapse risk, while 35.2% had high relapse risk, with none in the low-risk category. The mean perceived social support score was  $56.05 \pm 18.21$ , and the mean relapse risk score was  $59.62 \pm 8.52$ . There was no significant correlation between perceived social support and relapse risk ( $r = 0.129, p = 0.222$ ). According to the study's findings, relapse risk was not substantially impacted by the moderate to high levels of perceived social support that patients with alcohol dependency syndrome reported. In order to improve recovery and reduce relapse, the results emphasise the necessity of organised psychosocial interventions, such as peer support groups, family education, and community-based follow-up.

### **KNOWLEDGE AND SELF-REPORTED PRACTICES OF STUDENT NURSES IN CARING FOR PATIENTS WITH ENDOTRACHEAL TUBES AT TERTIARY CARE HOSPITAL IN MANGALORE**

**Authors : Jubal Fernandes, Princymol George , P Triveni**

Guide : Mr. Abin Kuriakose & Dr. Sonia Sequera

Year: 2025

Endotracheal tube (ETT) care is a crucial nursing procedure that ensures airway patency and prevents complications in intubated patients. Proper knowledge and skill in ETT care are very essential to prevent complications like infection, tube displacement and airway injury. However, nursing students often lack adequate knowledge and confidence due to limited clinical exposure. The objective of this study was to assess their knowledge and self-reported practice which helps identify the researcher to know the clinical competency of the student nurses and to identify gaps in learning. **Methodology:** A descriptive study design was used to assess knowledge and self-reported practice regarding endotracheal tube care. The study was conducted among

final year undergraduate Nursing and diploma students in a selected college of nursing. A total of 99 students were selected using simple random sampling technique. Data (n=99) were collected using a structured knowledge questionnaire and a self-reported practice Likert scale developed by the researcher. The collected data were analysed using descriptive and inferential statistics using SPSS software to find the association between the variables. Result: According to the results, 88.8% of the students had good knowledge, 11.1% had moderate knowledge, and none had low knowledge. Students rated excellent practice at 6%, good practice at 28.8%, and fair practice at 10.1%. The average score for self-reported practice was  $53.7 \pm 5.92$ , while the average score for knowledge was  $7.85 \pm 1.10$ . Karl Pearson's correlation between knowledge and practice, showed weak non-significant correlation between practice and knowledge ( $r = 0.283$   $p = 0.53$ ). Conclusion: The study evaluated the endotracheal tube (ETT) care knowledge and self-reported practice of student nurses, the student nurses had good knowledge and high self-reported practice regarding endotracheal tube care indicates that competent practice is not necessarily a direct result of theoretical comprehension. The findings highlight the value of practical training, supervision, and ongoing assessment in bridging the knowledge gap between clinical practice and theory.

### LITERACY AND ATTITUDE ON HELFER SKIN TAP TECHNIQUE ON PAIN REDUCTION AMONG STAFF NURSES AT A SELECTED TERTIARY CARE HOSPITAL, MANGALURU

**Authors :** Jeffy George , P Pragathi, Prajwal K

Guide: Mrs. Ramya Shree & Dr. Shiji FJ

Year : 2025

**Background:** The Helfer Skin Tap Technique, introduced by Helfer (1990), is a simple non-pharmacological method that involves gently tapping the skin at the injection site immediately before needle insertion. This technique activates the large sensory fibres that help in pain gate control, thereby reducing the perception of pain. **Objective:** To evaluate association and correlation of literacy and knowledge in staff nurses regarding HSTT **Design:** Nonexperimental descriptive design **Settings and participants:** Staff

nurses from various departments in a tertiary care hospital Method: We assigned 98 staff nurses working in various departments from a tertiary care hospital and assessed their literacy using knowledge questionnaire and attitude using Likert scale Result: Findings revealed that majority of nurses (66.4%) had a moderate knowledge, while 21.4% had good knowledge and only 12.2% had poor knowledge. The mean knowledge score was  $13 \pm 3.22$ , indicating a moderate level of knowledge. This indicates that although most staff nurses are aware of HSTT. Regarding attitude, half of the staff nurses 49.9% demonstrated an average attitude towards HSTT, while 42.9% had a favourable attitude and 7.2% an unfavourable attitude. This shows that while many nurses hold positive perceptions towards HSTT. The mean attitude score was  $34.92 \pm 6.64$ , suggesting that nurses held an average to favourable attitude. The correlation analysis was conducted to examine the relationship of literacy and attitude scores with baseline variables. Results revealed there is no significant correlation with literacy and attitude scores with baseline variables. Furthermore, no significant correlation was found between literacy and attitude scores themselves ( $r = 0.146$ ,  $p = 0.154$ ). These findings indicate that literacy and attitude towards HSTT were independent of demographic variables in this sample. Results revealed that none of the associations are statistically significant at  $p < 0.05$ . A near significant finding is seen between literacy and gender ( $p = 0.077$ ) and attitude with experience ( $p = 0.109$ ). Hence age, gender, experience and educational status did not show significant association with literacy and attitude among staff nurses regarding HSTT. Conclusion: The study emphasizes the importance of improving nurses' literacy and attitude regarding the Helfer Skin Tap Technique. Regular in-service education programs, skill demonstrations, and clinical guidelines can enhance the use of such nonpharmacological pain reduction methods in everyday practice

# UG PROJECTS 2020

## **RELATIONSHIP BETWEEN ACADEMIC SELF EFFICACY AND ACADEMIC ACHIEVEMENT AMONG THE STUDENTS OF A NURSING INSTITUTION AT MANGALURU**

**Author:** Ms Aishwarya Satish Gaonkar, Ms Airin KM, Ms Carlin Sonia Galbow, Mr Abin Punnose, Mr Anupam Galkwad

**Guide:** Dr. (Prof). Devina E Rodrigues

**Year:**2020

A descriptive correlational study was conducted among final-year B.Sc. Nursing students pursuing their studies in one of the nursing institutions at Mangalore. Subjects were selected by convenience sampling technique. The self-efficacy tool 2006 of Prof Abdul Gafoor K and Muhammed Ashraf was utilized to collect the data regarding academic self-efficacy upon receiving permission from the author. The tool was subjected to reliability and validation before finalizing the tool. There were 97 students in that batch, and 60 students voluntarily participated in the study. This indicated a response rate of 61.22%. The participation information sheet explaining the entire procedure was given to the participants and they obtained their consent. The final year university academic scores of these subjects were collected from the college office upon receiving permission from the college authority. We found that most subjects had moderate academic self-efficacy and passed the final examination in the first class. Karl Pearson's correlation efficiency measured the relationship between academic self-efficacy and achievement and indicated no significant association between these variables.

## **A STUDY ON PERCEPTION ON HEALTH CARE TOWARDS COVID VACCINE IN SELECTED HOSPITAL OF MANGALORE**

**Authors :** Ms Aiswaria Roy, Ms Carol Sweety Monterio, Ms Aishwarya Shaji, Ms Akshaya Johnson ,Ms Caroline Rashmi Pinto

**Guide :** Dr Binsha Pappachan C.

**Year :**2020

A descriptive approach was adopted to find the perception of healthcare workers towards COVID-19 in a tertiary hospital in Mangaluru. An attitude scale was used to

collect data from 374 healthcare professionals. The study findings showed that 79.4% of health professionals belong to the age group of 20-30 years, and the majority of the health professionals are nurses 61.5%, doctors 7.2%, physiotherapists 7%, medical lab technicians 6.5%, medical imaging technicians 4.5%, nursing aids 5%, clerical staff 4.3%, and housekeeping staff 4%. The majority of the subjects (80%) are females, and the remaining 10% are males. All of the subjects (100%) had a favorable attitude towards the COVID vaccine. There was no significant association between the attitude of healthcare workers and selected demographic variables.

### **A STUDY ON ONLINE SEXUAL ABUSE AMONG UNIVERSITY STUDENTS BY A PERPETRATOR: A CROSS-SECTIONAL STUDY**

**Authors: Ms. Amiritha Aley Thomas Ms. Aneesha Johnson Ms. Aleena K. Saju  
Ms. Aleena Jimmy Mr. Alva Leander Gregory Ivan**

Guide: Mrs. Seema Shankarsingh Chovan

Year :2020

The study aimed to explore the incidence of online sexual abuse by perpetrators among university students. A total of 642 subjects were selected using multi-stage cluster sampling. A pretested and validated self-administered questionnaire was used, which included demographic proforma, Parental Bonding Instrument, self-esteem – Rosenberg, and Trauma symptom checklist (TSCC). The study findings shows that the most of the students who participated were graduates i.e male-86.7%, females-89.4%, 7% of males were consuming alcohol more than three times a month, 20% of males and 16.4% of females spent >6 hours on computers/smartphones, 0.47% of males and 0.2% of females looked for online to have sex, 7.6% of males and 7.85 of females were offended by crude sexual language, 1.9% of males and 1.1% of females shared nude pictures online, 60% of males and 11.9% of females looked for pornography, of which 1.9% of males and 0.2% of females reported watching porn almost daily.

## **A STUDY TO ASSESS THE EFFECTIVENESS OF HEALTH AWARENESS PROGRAM ON WORK SAFETY AMONG NURSING ORDERLY IN SELECTED HOSPITAL, MANGALORE**

**Author : Ms. Angel Shaju, Ms. Angel Marriya George, Ms. Anisha Vinita Mathias, Ms. Anu Rachel Madtha, Ms. Ashna Floua Lewis**

Guide : Dr. SHIJI P J

Year : 2020

The study aimed to assess the effectiveness of a health awareness program on work safety among nursing orderly in a selected hospital in Mangalore. One group pretest-post-test design and simple random sampling technique were used to select nursing orderlies from hospitals. The knowledge questionnaire was administered to assess the knowledge and followed by a health awareness program on effectiveness regarding work safety and posttest were conducted after 7 days. Result The findings of the study revealed that in the pretest 80 samples (28.7%) had good knowledge, (57.5%) had average knowledge and (13.7%) had poor knowledge of work safety. Whereas in post-test among 80 samples (45%) had good knowledge, (51.25%) had average knowledge and (3.7%) samples had poor knowledge. There is a significant association found between the knowledge level of the variable with age and health awareness programs attended in the last year.

## **A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE TOWARDS BREAST CANCER SCREENING AMONG MENOPAUSAL WOMEN IN SELECTED HOSPITAL IN MANGALORE**

**Authors : Ms. Bimija Biju, Ms. Bony Shaju, Ms. Cervy D'souza, Ms. Ashna Jose, Ms. Ashwini**

Guide: Mrs. Denitha T

Year :2020

A quantitative descriptive approach is used to assess the knowledge and attitude towards breast cancer screening among menopausal women who met the inclusion criteria and were selected by purposive sampling technique. The tools used were a structured knowledge questionnaire and an attitude rating scale. Data was analysed

using descriptive and inferential statistics. The result showed out of 285 menopausal women, the majority of the participants i.e. 38.2% had very good knowledge, (20.4%) samples had good knowledge, (28.4%) had average knowledge and Knowledge and attitude towards breast cancer screening 2020-2021 10 (13%) is having poor knowledge on breast cancer screening. The majority of participants 97.2% had favourable attitudes and only 2.8% of participants revealed an unfavourable attitude. There was a weak positive correlation between knowledge and attitude towards breast cancer screening. A significant association of the level of knowledge with selected baseline variables was found.

### A STUDY ON IMPACT OF DIFFERENT PARENTING STYLES ON SELF-ESTEEM AMONG STUDENTS IN MANGALORE.

**Authors: Ms. Elka Susan Gigi, Ms. Dcosta Conchita Nemami, Ms. Chinju Mathew, Ms. Daina Dsouza, Ms. Deepika Sartark**

Guide: Mrs. Wilma Shalini Neronha

Year:2020

A descriptive approach was used to determine the impact of different parenting styles on the self-esteem of students in Mangalore. Those who met the inclusion criteria were selected with non-probability convenience sampling with a sample size of 300 to participate in the study. Result The study findings showed that 188 (62.7%) of the subjects experience an authoritative parenting style, 51 (17%) experience an authoritarian parenting style and 61 (20.3%) of the subjects experience a permissive parenting style. 96% of the students who have had an authoritarian parenting style had high self-esteem and (3.9%) had normal self-esteem. The findings also showed a moderate positive correlation between authoritative parenting style and self-esteem ( $r = 0.481$ ) and authoritarian parenting style and self-esteem ( $r = 0.409$ ) whereas permissive parenting style and self-esteem showed a mild negative correlation ( $r = -0.111$ ).

## **A STUDY ON ATTITUDE TOWARDS THE CLIENT CARE AMONG HEALTH CARE WORKERS DURING PANDEMIC IN A SELECTED HOSPITAL AT MANGALURU**

**Authors :** Ms. Melissa Fernandes Ms. Blessy Fernandes Ms. Flavia Dsouza  
Ms. Chaltra Nalk Ms. Deepa

**Guide :** Mrs Pramila Dsouza

**Year:** 2020

A descriptive study aimed to check the attitude towards client care during the pandemic among healthcare workers. The tool consisted of a demographic proforma and a structured attitude questionnaire. The subject comprised 157 healthcare workers who have rendered client care during the pandemic in a tertiary hospital. The subjects were selected by simple random sampling techniques. 45% of subjects carried unfavorable attitudes, and 55% of subjects carried positive attitudes. The study concluded that the majority of the subjects had a positive attitude toward health care during the pandemic.

## **KNOWLEDGE REGARDING NIGHT EATING SYNDROME AMONG STUDENTS IN A SELECTED COLLEGE AT MANGALURU.**

**Authors :** Mr. George Fernandes, Ms. Delna V S, Ms. Dijina Thomas, Ms. Fernandes -  
Shalisha, Ms. Flavita Gloria Serrao

**GUIDE :** Mr. Rajiv Mathew

**Year:** 2020

A descriptive study approach was used to check the night eating syndrome among students. The demographic proforma was used to avail the baseline details, along the structured knowledge questionnaire was used to assess the knowledge of night eating syndrome among the students. The 272 students who met the inclusion criteria included in the study by using simple random sampling techniques. The findings of the study revealed that the majority (68.01%) of students have average knowledge and 1.1% have good knowledge.

**A STUDY ON THE ATTITUDE OF GENDER PREFERENCE AND FEMALE FETICIDE AMONG THE UNDERGRADUATE STUDENTS IN A SELECTED NURSING COLLEGE, MANGALURU**

**Authors:** Ms. Giya Rose Rejl, Ms. Gladys Helen Dsouza, Ms. Gloria Lyra Menezes, Ms. Jerril Mariya Sojy, Ms. Jesita Elsa Thomas

**Guide:** Mrs Shobha Xavier

**Year:** 2020

A quantitative descriptive approach is used to determine the attitude toward gender preference and female feticide among undergraduate students who met the inclusion criteria selected by purposive sampling. A self-made rating scale is used to assess the attitude. The data obtained was analysed using descriptive and inferential statistics. The findings of the study revealed that the majority (50.6%) of undergraduate students and the remaining (49.4%) students have favourable and unfavourable attitudes toward gender preference respectively. According to the study, most undergraduate students had a positive attitude (51.24%) toward gender preference and a negative attitude (48.76%) toward female feticide.

**AWARENESS OF THE RISK FACTORS AND WARNING SIGNS OF MYOCARDIAL INFARCTION (MI) AMONG THE ADULTS VISITING A SELECTED HOSPITAL, MANGALURU.**

**Authors:** Ms. Godinho Marydielle Lyn, Ms. Jovita Dcosta, Ms. Harshal Preema Dsouza, Ms. Jeswin Lolita Crasta, Ms. Gwenora Benedicta Dsouz,

**Guide:** Ms. Sonia Karen Liz Sequera

**Year:** 2020

A descriptive cross-sectional survey design was used in this study to achieve the study objectives. The samples were selected using a non-probability purposive sampling technique. The sample comprised 273 adults visiting a selected hospital, in Mangaluru. In the present study, the outcome displays that the majority of the selected samples 60.1% had average awareness regarding risk factors and warning signs of MI. 12.1% have a good level of awareness, and 27.8% have a poor level of awareness. The data gathered shows that there is a significant association found with demographic variables

like education ( $p= 0.000$ ), employment status( $p=0.003$ ) and primary source of information ( $p=0.000$ ) with the awareness of MI. However, there was no significant association found with the other demographic variables like age ( $p=0.455$ ), gender ( $p=0.104$ ) body mass index ( $p=0.446$ ) and the awareness of MI. According to these findings, most study participants are aware of the risk factors and warning signs of myocardial infarction.

—◆—

**KNOWLEDGE ON IMPORTANCE OF WEARING PERSONAL PROTECTIVE EQUIPMENTS TO PREVENT NOSOCOMIAL INFECTIONS AMONG THE FIRST YEAR BSC NURSING STUDENTS IN A SELECTED College, Mangalore.**

**Authors: Ms.Kavya Biju, Ms.Nimisha Johnson, Ms.Lisa Rosario, Ms.Lobo Joyline, Ms.Neha James**

Guide : Mr. Shajan Xavier

Year:2020

A Descriptive cross-sectional approach has been used to find the knowledge on the use of Personal protective equipment (PPE) to stop nosocomial infection. The subjects comprised 88 students who met the inclusion criteria were selected by nonprobability sampling technique. The tool consisted of demographic proforma along with a structured knowledge questionnaire on the use of Personal protective equipment (PPE) to stop nosocomial infection. The findings of the study revealed that ninety-three percent of the subjects were females and six per cent were males. Among the subjects, the majority (52.27%) had average knowledge, 9% had good knowledge, and 38.63% had poor knowledge. A significant association was found on knowledge of personal protective equipment and nosocomial infection with selected baseline variables. The study concluded that knowledge regarding the use of PPE needs to be improved as it is an important part of the prevention of nosocomial infection.

## **KNOWLEDGE AND ATTITUDE ON PALLIATIVE CARE AMONG NURSING STUDENTS IN A SELECTED COLLEGE OF MANGALURU**

**AUTHORS:** Ms. Mariyamol Sebastian, Ms. Pearl D Silva, Ms. Pavithra S,  
**Mr. Prajwal Keerthi Raj C B Ms. Mary Sebastian**

Guide :Sr Judy SIC

Year :2020

A descriptive study was conducted among 181 undergraduate nursing students. Students in the age group between 20 years and 40 years were selected by purposive sampling technique. The study was conducted in selected colleges and schools of nursing at Mangaluru. A Palliative Care Knowledge test (PCIKT) was used to determine the knowledge of palliative care and the Palliative care attitude scale (PCAS-9) was used to identify the attitude toward palliative care among the nursing students. The data revealed that around (72.4 %) of nursing students had average knowledge, (18.2 %) of students had poor knowledge and only (9.4%) of nursing students had good knowledge about palliative care. The majority (97.2%) of nursing students had favorable attitudes and only (2.8%) of nursing students had unfavorable attitudes towards palliative care. There was no significant association between knowledge of palliative care among nursing students. The study also disclosed that there was no significant association between attitude toward palliative care among nursing students except in the area of age

## **A STUDY ON STUDENT NURSES PERCEPTION ON FAMILY CENTERED NEWBORN CARE IN A SELECTED NURSING COLLEGE AT MANGALURU.**

**Authors:** Ms. Renisha Nazareth Ms. Sandra Reji Ms. Rebello Jennifer Raju Ms. Rani P S  
**Ms. Primal Dsouza**

Guide:Mr Manoj Ps

Year:2020

A descriptive study design was used in this study to determine the perception regarding family-centred newborn care among student nurses. The tool consisted of a baseline along with a structured questionnaire on perception regarding family-centred care. The study comprised 100 subjects who met the inclusion criteria. The study findings showed

that 84% of the sample fit a group of 18-24 years, 9% of the sample belonged to the age group of 25-31 years, 2% of the sample belonged to 32-38 years, 4% of the sample belong to the age group of 39-45 years and 1% of the sample belong to the age group of 46-52 years. The majority of the student nurses were girls that is 97% and the boys were only 3% an average, 47% were BSc nursing students, 27% were GNM Nursing students and 26% were PBBSC Nursing students. Out of these, 36% were of 2nd year, 17% were in 3rd year and 47% were in 4th year. Here 98% of the sample have some information about family-centered newborn care and 2 % of the sample have no information about family-centered newborn care. 46% of the student nurses had acknowledged the information through the clinical setup, 27% through health personnel, 20% through the mass media, 1% through relatives and 6% from any other sources.

### **EFFECTIVENESS OF CONCENTRATION ENHANCING METHOD IN IMPROVING THE CONCENTRATION AMONG NURSING STUDENTS**

**Authors: Ms. Renita Dsouza, Ms. Reshma P Thomas, Ms. Reshna Benny, Ms. Rinku Sara Reji, Ms. Riya Mariya Roy**

Guide: Mrs. Irene T R Alvares

Year-2020

Pretest Post test Research was adapted in view of accomplishing the main objective of the study and the method used to select the students was an authoritative sampling technique for both observational and reference groups. 15 students each for observational and reference groups were selected from selected Nursing colleges situated at Mangalore. The tool comprised of demographic Proforma along with the Five-point rating scale to assess concentration among the nursing students. Karl Pearson Correlation Coefficient was used to calculate the reliability of the tool and the score obtained was 0.98. The results of the study revealed that in the pretest 73% of the subjects in the group had good concentration, while 27 % had average concentration. In the control group, 80% had good concentration, 13% had average concentration, and 7% had very good concentration. Post test results after 12 days revealed that 67% of

subjects in the experimental group had good concentration, while 20% had very good concentration and 13% had average concentration. There was a significant association between the use of gadgets and the level of concentration (in the experimental group). In comparison of the post-test of samples in the experimental and control group, the mean score of subjects in the experimental group was 68.3 and in the control group 66 for the post test. The estimated 't' value was 0.816 which is not significant at 'p' < 0.05. The study shows that the concentration enhancing methods was not effective in improving the concentration of the subjects.

### **A STUDY ON KNOWLEDGE REGARDING NEUROPROTECTIVE ENVIRONMENT FOR NEONATES AMONG HEALTHCARE PROFESSIONALS IN A SELECTED HOSPITAL, MANGALURU.**

**Authors:** Ms. Riyana Salins, Ms. Ross Maria Sunny, Ms. Samantha Conrad, Ms. Sajjya Makandar, Ms. S. Monica Sneha.

**Guide:** Mrs. Sandra Jyothi Saldanha

**Year:** 2020

A descriptive cross-sectional design was conducted to determine the healthcare professional's knowledge of the neuroprotective environment for neonates among 62 healthcare professionals. The tool consists of baseline proforma and a structured knowledge questionnaire to assess the level of knowledge. A purposive sampling technique was used in this study to select the samples. The findings of the study showed that the majority (74.2%) of the health care professionals had an average level of knowledge on neuroprotective care. Considering area-wise knowledge score, most of them had higher knowledge of the core measure "healing environment" with a mean percentage of 60.17%. It is followed by "partnering with families and positioning and handling" (57.8%), "protecting skin" (55.71%), "safeguarding sleep and minimizing stress and pain" (49.67%) and the least "optimizing nutrition" (36.25%) respectively. Furthermore, the results revealed a significant association between the knowledge scores of the subjects with their designation status ( $\chi^2 = 5.95, p = 0.01$ ). There was no

significant association between knowledge and selected baseline variables. According to the study, most healthcare professionals had average knowledge about neuroprotective environments for newborns.

#### **CORELATIONAL STUDY ON SMARTPHONE ADDICTION AND LONELINESS AMONG SELECTED COLLEGES AT MANGALURU**

**Authors: Ms Sneha Mayola Noronha, Ms Renisha Fernandes, Ms Sandra Zacharias, Ms Sanika Jimmy Ms Seethu Raju**

Guide: Ms Precilla Dsilva

Year :2020

A descriptive design was used for the present study. The 318 subjects were selected by convenient sampling. The tools used were baseline pro forma, smartphone addiction scale (short version) and UCLA loneliness scale (3rd version). The result was analysed by using descriptive statistics. The results showed a majority of the participants belonged to the age group of 18-21 years, majority of the participants were females. The majority of the students had a moderate level of smartphone addiction (66.7%), as well as a moderate (53.1%) level of loneliness. There was a weak positive correlation between smartphone addiction and loneliness  $r=0.269$ ,  $p=0.001$  which was statistically significant.

#### **COMPARAIVE STUDY BETWEEN SCENARIO-BASED ,SIMULATION BASED LEARNING AND TRADITIONAL CLASSROOM TEACHING ON A SELECTED MATERNAL CONDITION AMONG NURSING STUDENTS OF A SELECTED NURSING COLLEGE AT MANAGLORE .**

**Authors :Ms Sulu Mathal, Ms Stilna Thomas, Ms Sneha Seby, Ms Sneha Prakash, Ms Soumya K S**

Guide : Mrs Reena Wilma Frank

Year :2020

A true experimental pre-test and post-test study was conducted to identify the knowledge of postpartum haemorrhage among 91 subjects, they were selected and

divided into three groups using a simple random sampling technique. A pre-test was conducted by using a structured questionnaire. The first group was exposed to scenario, the second group to simulation and the third group to classroom teaching. Posttest was conducted for all the participants. The collected data was analyzed and interpreted by using the IBM 23 statistical package. Results showed the majority of the subjects from all three groups belong to 21-23 years and females (Group I- 96.55%, Group II- 93.5 and Group III- 93.75%). Almost all the students were exposed to Simulation teaching in the prior classes. On the post-test, 56.6% showed good knowledge and 43.3% showed average knowledge after the SBL. Their knowledge improved after the simulation class, with 93.1% demonstrating average knowledge and 6.9% demonstrating good knowledge. In traditional classroom teaching, 6.25% of them had good knowledge, 90.63% had average knowledge, and 3.12% had poor knowledge after the class. There was a highly significant difference in the pre-post knowledge scores between the three groups ( $p < 0.05$ ). The study revealed that scenario-based learning and simulation-based learning methods were more effective than traditional classroom teaching methods as the students were actively involved in the scenario and simulation-based learning methods.

— — — — —

**A STUDY TO IDENTIFY BINGE WATCHING BEHAVIOURS AND STRATEGIES  
ADOPTED TO OVERCOME BINGE WATCHING AMONG UNDERGRADUATES IN  
SELECTED PROFESSIONAL COLLEGES AT MANGALURU.**

**Authors: Ms. Sonja Babitha Dsouza, Ms. Sonal Aranba, Ms. Sushmita Chandekar,  
Ms. Teena George Vm, Ms. Teena George**

Guide: Mrs Jubee Joseph

Year :2020

A descriptive study approach has been used to assess binge-watching behaviour and the strategies to overcome binge-watching behaviours. The tool consisted of baseline proforma and a rating scale. The subject comprised of 227 undergraduate students who met the inclusion criteria. The samples were selected by proportionate stratified random sampling technique. The data was analyzed using Descriptive and Inferential

statistics under SPSS version 16. The findings of the study revealed that the majority (78.9%) of the students have binge-watched and the majority (51.5%) of students belong to an age group of 20-21, in which 85% were females. The mean percentage of binge-watching behaviours was highest in desire (60.0% and the least was in positive emotions (44.0%). About 21.6% of the students have adopted strong strategies to overcome binge-watching behaviour and 11.9% of students have adopted poor strategies to overcome binge-watching behaviours. Moreover, there was a significant association between the binge-watching Behaviors and the selected baseline variables.

### A STUDY ON TRIGGERS OF MIGRAINE AMONG PATIENTS OF SELECTED HOSPITALS IN MANGALURU

**Authors: Ms. Sweatha Mariya Viji, Ms. Tania Treesa, Ms. Thresia, Ms. Vanessa Fernandes, Ms. Venissa Josna Pinto**

**Guide: Mr. Abin Kuriakose**

A descriptive study was conducted to identify the triggers of migraine among patients. The subject consisted of 100 samples who met the inclusion criteria were selected by using non-probability convenient sampling techniques. The result showed that the description of triggers of migraine was such that, weather conditions triggering migraine among the samples are summer in 54%, winter in 27% , autumn in 8% and rainy in 11%. From the frequency and distribution of subjects, we got 54% of samples are having migraine during summer season, 44% of samples gets migraine if they didn't get adequate sleep, 44% of samples are having migraine during sleep deprivation for 3-4 hours, 29% of samples gets migraine during coughing and bending and 53% of samples migraine get worse during sunlight. 53% of samples have 1-12 hour duration between exposure to trigger and attack onset, 35% of samples onset of migraines is during afternoon, 33% of samples are having migraine on their left or right of forehead, 56% of samples are having moderate intensity of migraine, 45% of samples are having dizziness before the occurrence of migraine and 42% of samples experience fatigue during

migraine,35% of samples are having confusion during migraine, 55% of samples get occasional sleep disturbance at the time of migraine,60% of samples quality of life is moderately affected by migraine,42% of samples gets migraine 1-2 times per month and 43% of samples are having aching type of migraine and 41% of samples consume 2 cups of coffee per day,45% of samples consume less than 10 chocolates per day,44% of samples skip meals twice a day,37% of samples are getting sleep only for 4-5 hours during migraine,50% of samples general health is good during migraine,37% of samples less frequently participates in daily activities during migraine,38% of samples miss their job/school 2-5 days due to migraine and 28% of samples alleviating factor is rest and exercise, and 28 % of samples have migraine till 3- 4 hours and less than 2 hours after taking migraine medicine. The study concludes that there is no significant association between triggers of migraine and selected demographic variables.

#### **A CORRELATIONAL STUDY ON INTERNET ADDICTION AND SLEEP QUALITY AMONG THE STUDENTS IN A SELECTED COLLEGE AT MANGALURU**

**Authors: Ms. Prinika Crissy Dsouza, Ms. Melissa Neomi Lewis, Ms. Vivita Jevita Pinto,  
Ms Vidyashree N.T, Ms. Melna Raju**

Guide: Ms Lavina Rodrigues  
Year 2020

A correlational research design was conducted to identify the relationship between internet addiction and sleep quality among the students. A total of 144 BSc nursing students aged between 18 to 22 years were selected from each BSc program based on a simple random sampling technique. A modified internet addiction test scale and Pittsburgh sleep quality index scale were used for the study. The study revealed that the majority of the students belonged to the age group of 20-21 years (52.89%) among which many were females (92.4%). A maximum number of the students had a normal level of internet usage (61%). However, based on the sleep quality global score, several students showed poor sleep quality (67%). The mean and standard deviation of internet addiction among subjects are 28.71±16.56. The correlation between internet addiction

and sleep quality in the study showed that the computed  $r$  value is 0.237;  $p$ -value of 0.01 which shows there is a significant weak positive correlation between internet addiction and sleep quality.

### **KNOWLEDGE OF RADIATION HAZARDS AND PRACTICE OF RADIATION PROTECTIVE MEASURES AMONG STAFF NURSES AT SELECTED HOSPITAL**

**Authors:** Ms. A Kosha G, Sr. Lalhiakhliri, Sr. Tessy, Ms. Marita Da'sa

**Guide:** Mrs. Shwetha Rashmi MS

**Year** 2020

The descriptive survey approach was adopted to assess the knowledge of radiation hazards and practice of radiation protective measures among staff nurses. The sample consist of 94 staff nurses working in selected units of Father Muller Medical College Hospital. Data was collected using baseline proforma, knowledge questionnaire and self-reported rating scale. The finding of the study shows that about 85.1% had very good knowledge, 12.8% had good knowledge and 2.1% had average knowledge on radiation hazards. Majority of the staff nurses 66.0% had unsafe practice and 34.0% had safe practice on regard to radiation protective measures. Karl Pearson's Correlation Coefficient values were computed to test the hypothesis and data showed a weak positive correlation between the knowledge on radiation hazards and practices of radiation protective measures. However, the study findings also showed that majority of the staff nurses reported unsafe practices in radiation protective measures. Hence the staff nurses should be informed regarding safety practices and protective measures.

### **A STUDY TO ASSESS THE KNOWLEDGE ON VARICOSE VEIN AMONG SECURITY GUARDS WORKING IN A SELECTED HOSPITAL, AT MANGALURU**

**Authors:** Ms. Asha Lobo, Sr. Jisha Varghese K, Ms. Nimitsha Baby, Sr. Soumya Varghese

**Guide:** Mrs. Ramyashree S

**Year** 2020

A descriptive cross-sectional study was conducted to assess knowledge on varicose vein

among security guards working in a selected hospital, among 73 security guards working in Mangaluru. Minimum one year of service as a security guard was included in the study. Samples were selected by non-probability purposive sampling. The data was collected using a valid structured knowledge questionnaire. The study results showed that out of 73 security guards majority (50.7%) had the average knowledge, (39.7%) had good knowledge (9.6%) had poor knowledge. Hence, it is concluded that security guards are having average knowledge about varicose vein.

### **ANXIETY AMONG ELDERLY PATIENTS DUE TO HOSPITALIZATION IN A SELECTED HOSPITAL AT MANGALURU**

**Authors:** Ms. Dona Mathew, Ms. Drisya G Nath, Ms. Sneha kumari, Sr. Litty Thomas

**Guide:** Mr Shajan Xavjour

**Year** 2020

The descriptive survey design was used to assess anxiety among elderly patients due to hospitalization in a selected hospital. The sample consists of 66 elderly patients with anxiety disorder selected by purposive sampling technique. Data was collected using baseline Proforma and anxiety rating scale. The results of the study showed that 78.8% of the subjects had mild anxiety, 21.2% had moderate anxiety. Chi square test was computed to test the hypothesis and result shows that there is no significant association between anxiety and selected demographic variables except Gender and Marital Status. The study concluded that majority of the study subjects had mild anxiety towards hospitalization.

### **MENOPAUSAL SYMPTOMS AND COPING STRATEGIES AMONG MENOPAUSAL WOMEN IN SELECTED HOSPITAL AT MANGALURU**

**Authors:** Sr C Mary Sophia, Ms Josephine Marngar, Ms Sooryamol K Benny, Ms Violet D'souza

**Guide:** Mrs Reena Wilma Frank

**Year** 2020

A descriptive approach was adopted to assess menopausal symptoms and coping

strategies among menopausal women. Modified MRS structured questionnaire was used to screen the menopausal symptoms. hundred menopausal women aged 45-60 years were interview to document 11 symptoms (divided into the somatic, psychological and urogenital domain) commonly associated with menopause. The study results revealed that the mean age at menopause was  $51.47 \pm 4.11$  years. There were 63% of the subjects had moderate symptoms and 30% of them had severe symptoms which are assessed through the Menopausal Rating Scale. Among menopausal women, 54%, 58%, and 59% of the women had moderate menopausal symptoms of somatic, psychological, and urogenital respectively. The coping strategies show that 54% of women use a cooler environment to face the hot flash and sweating, 55% of women sit in a comfortable place to relieve their hear discomfort, 47% of women have milk in the night to manage the sleeping problems, 60% women use hot water to relieve joint and muscular discomfort. Hence there is a need for a health awareness program to improve menopausal health status. The application of various coping methods, including the establishment of social networks, is warranted to enhance menopausal women's behaviors in different aspects.

### THE PARENT CHILD RELATIONSHIP AND RESILIENCE AMONG ADOLESCENTS IN A SELECTED COLLEGE AT MANGALORE

**Authors:** Sr. Jancy A O, Mr. Dayananda K, Ms. Asha Cheriyan, Mrs. Christa Cleetus, Sr. Litty mol George,

**Guide:** Mrs. Priya Janifer Fernandes

**Year** 2020

A descriptive explorative design was used to assess the parent child relationship and resilience among adolescents in a selected college. The sample consisted of 97 adolescents selected by convenient sampling method. Data were collected by parent child relationship and resilience Questionnaire. The results showed that mean score of closeness with the parents among adolescents was  $3.93 \pm 0.5$  and the mean score of discord  $2.30 \pm 0.40$ , where higher scores indicate more of the experience in the

among security guards working in a selected hospital, among 73 security guards working in Mangaluru. Minimum one year of service as a security guard was included in the study. Samples were selected by non-probability purposive sampling. The data was collected using a valid structured knowledge questionnaire. The study results showed that out of 73 security guards majority (50.7%) had the average knowledge, (39.7%) had good knowledge (9.6%) had poor knowledge. Hence, it is concluded that security guards are having average knowledge about varicose vein.



# UG PROJECTS 2021

## **KNOWLEDGE AND ATTITUDE REGARDING EXPRESSED BREAST MILK AMONG LACTATING WOMEN IN A SELECTED HOSPITAL AT MANGALURU**

**Author:** Ms. Sombu Simon, Sr. Alphonsa Kurian, Ms. Shwetha, Ms. Simi Thomas, Sr. Treasa Jacob,

**Guide:** Mrs. Ramyashree S.

**Year:** 2021

A quantitative descriptive approach is used to assess the knowledge and attitude regarding expressed breast milk among lactating women who met the inclusion criteria were selected by purposive sampling technique. The tools used were structured knowledge questionnaire and attitude rating scale. Data was analyzed using descriptive and inferential statistics. The result showed that out of 100 lactating women majority of the participants, i.e., 62% had good knowledge, 29 % had excellent knowledge, 9% had average knowledge and 0% had poor knowledge on expressed breast milk. Majority of lactating women showed favorable attitude (99%) and only 1% had unfavorable attitude. There is no correlation and association between knowledge and attitude regarding expressed breast milk. Hence, it is concluded that majority of lactating women had good knowledge and favorable attitude towards expressed breast milk.

## **KNOWLEDGE ON USE OF FACE MASK AMONG STUDENTS IN A SELECTED NURSING COLLEGE AT MANGALURU**

**Author:** Ms. Jesmitha D'Souza, Ms. Reshma Jayan, Ms. Rosmy Jose, Sr. Seena Thomas, Sr. Shanthi Thereja D'Souza

**Guide:** Mrs. Suneetha Meriin Fernandes

**Year:** 2021

A descriptive design was adopted to assess the knowledge on use of face mask among students in a selected nursing college. The sample consists of 246 student nurses selected by random sampling method. Data was collected by using the baseline proforma and structured questionnaire. The results showed that majority 47% of the subjects had good knowledge, 27% had average knowledge, 20% had excellent knowledge, and only few 6% had poor knowledge on use of face masks. Chi square test values were computed to test the hypothesis and data showed that there was no

significant association between knowledge on use of face mask and selected baseline variables.

### **SPIRITUALITY AND SPIRITUAL CARE AMONG STAFF NURSES IN SELECTED HOSPITAL AT MANGALURU**

**Authors:** Ms Viyolla Anisha D'souza, Ms Pravitha Tellis, Sr Princy M.D, Ms Sharol Jose, Sr Shinyamol Varkey

**Guide:** Sr Nancy Priya Mathias

**Year:** 2021

A descriptive design was used to assess the spirituality and spiritual care among staff nurses in selected hospital. The sample consisted of 257 staff nurses, selected by convenient sampling method. Data was collected from staff nurses on spirituality and spiritual care. The study revealed that majority (67.3%) of the subjects belonged to an age group of 20-30 years and 26.1% of the subjects belonged to the age group of 31-40 years, 6.6% of staff nurses were in the age group of 41-50 years. Most of the staff nurses (29.2%) were qualified GNM, 25.7% were B. Sc. nurses, 42.8% were P. B. B. Sc. and 2.3% were M. Sc. nurses. Majority of the staff nurses (77.8%) had high and desirable level of spirituality and spirituality care and 22.1% had moderate/ relatively desirable level of spirituality and spiritual care. A significant association of spirituality and spiritual care score with the selected demographic variables like gender and marital status.

### **ENGAGEMENT IN PHYSICAL EXERCISES AMONG NURSING STUDENTS OF SELECTED INSTITUTION, MANGALURU**

**Authors:** Ms. Feuy Jacob Sr. Honey M. C. Sr. Janet Jose Ms. Nithyacriss Joseph Ms. Pavitra

**Guide:** Mrs. Sharmila

**Year:** 2021

A descriptive explorative design was used to assess the engagement in physical exercises among nursing students of selected institution. The sample consisted of 264 nursing students selected by computer online random sampling method. Data were collected by

questionnaire. Data was analyzed using descriptive and inferential statistics. The study results revealed that out of 264 students 260 participants responded to the questionnaire. The findings of the study revealed that 74.2% were engaged in weekly basis exercises, 60.4% were doing outdoor activities, 73.5% were engaged in physical exercise  $\geq 3$  times per week, 76.5% participants were doing exercise.

### **PERCEIVED PARENTAL SUPPORT AND PSYCHOLOGICAL WELL-BEING AMONG STUDENTS IN A SELECTED COLLEGE AT MANGALURU.**

**Authors:** Ms. Flavia Montefro, Ms. Crishal Maria Serrao, Ms. Khenya Matey, Sr. Joby E.F, Ms. Viola Veena Pinto

**Guide:** Mrs. Priya Janifer Fernandes

**Year:** 2021

A descriptive design was used to assess the perceived parental support and psychological well-being among students in a selected college at Mangaluru. The sample consisted of 116 students, who were selected by convenient sampling technique. Data was collected from students on parental support and psychological well-being. The result showed that majority (76.7%) of the students had good parental support. Mean score of perceived parental support was  $46.12 \pm 8.49$  and the mean percentage is 76.6%. A weak correlation was found ( $r = 0.381$ ;  $p = 0.01$ ) was found between perceived parental support and psychological well-being. **conclusion** The study highlighted students with good parental support which influenced to had good psychological well-being.

### **ANXIETY OF PATIENTS UNDERGONE MAGNETIC RESONANCE IMAGING (MRI) PROCEDURE AT SELECTED HOSPITAL, MANGALURU IN A VIEW TO PREPARE INFORMATIONAL LEAFLET**

**Authors:** Ms Viola Jasmitha Pereira, Ms Mamatha J, Ms Gfanita D'Souza, Sr Betty George, Sr Alphonsa A, L,

**Guide:** Mrs Priya Sweety Pereira

**Year:** 2021

A descriptive study conducted on anxiety of patients undergone magnetic resonance

Imaging (MRI) procedure at selected hospital, Mangaluru. For the data collection Magnetic Resonance Imaging Anxiety Questionnaire (MRI-AQ) was administered to 95 patients who were selected by purposive sampling technique. The study findings showed that majority (40%) of the patients belonged to the age group of 51 to 60 years. More than half (62%) of patients had knowledge on MRI before the procedure, (79%) of patients were explained about the procedure before the MRI. Majority 77 (81%) of patients were accompanied by others to the MRI. The mean and standard deviation of the anxiety score was  $29.75 \pm 6.63$  with the mean percentage 49.58% which shows that the anxiety level of the patients ranged between low to moderate anxiety. The data shows that there is no significant association between the anxiety on MRI among patients and demographic variables.

#### **KNOWLEDGE REGARDING PREVENTIVE MEASURES OF REPRODUCTIVE CANCER AMONG WOMEN IN A SELECTED HOSPITAL, KANKANADY, MANGALURU**

**Authors:** Ms. D. Henia, Sr. R. Indira, Ms. A. Khozjue, Ms. Monica T. H, Sr. Anju Thomas  
**Guide:** Mrs. Joyce Lavina D'Souza  
**Year:** 2021

Descriptive survey approach was adopted to assess knowledge regarding preventive measures of reproductive cancer among women in a selected hospital, Kankanady, Mangaluru. The samples consist of 186 women both patients and by standees visiting the OBG OPD and admitted in selected units of Father Muller Medical College Hospital. Data was collected using baseline proforma and self-structured knowledge questionnaire. The finding of the study showed that about 40.8 % have good knowledge, 40.2 % have average knowledge, 12% have excellent knowledge and 7% have a poor knowledge on preventive measures of reproductive. Hence, it is concluded the women should be informed regarding the preventive measures of reproductive cancer.

## **ATTITUDE OF HEALTH CARE PROFESSIONALS TOWARDS ELECTRONIC HEALTH RECORDS IN A SELECTED HOSPITAL AT MANGALURU**

**Authors:** Ms. Jyosna Melita Braggs, Sr. A Paripurana Vasanthi, Ms. Angel Sabu, Ms. Anju Thomas, Ms. Josna Regl.

**Guide:** Mrs. Nijisha Sharil

**Year:** 2021

A descriptive explorative design was used to assess attitude of health care professionals towards electronic health records in a selected hospital at Mangaluru. The sample consisted of 140 Health Care Professionals selected by convenient sampling method. Data were collected by P.A.T.C.H scale version 3 assessment scale. Data was analyzed using descriptive and inferential statistics. The result of the study shows that majority of health care professionals 70.9 of the health care professionals are limited awareness of electronic health records and 29.3% have realistic view of current computer capabilities for electronic health records. The majority of health care professionals responses shows low positive attitude towards electronic health records.

## **PERCEPTION OF FINAL YEAR NURSING STUDENTS ON ROLE TRANSITION FROM STUDENT TO STAFF NURSE IN SELECTED NURSING COLLEGES AT MANGALORE**

**Authors:** Ms. Deeksha Solome, Ms. Dincy Varghese, Ms. Greeshma Davis, Ms. Juliet N J, Ms. Varsha T B, Sr. Vincy Varghese

**Guide:** Mrs. Bibi Augustin

**Year:** 2021

A cross sectional descriptive design was used to assess perception of final year nursing students on role transition from student to staff nurse in selected nursing colleges at Mangalore. The sample consisted of 190 final year nursing students selected by convenient sampling method. Data were collected by perception of role transition questionnaire. Data was analyzed using descriptive and inferential statistics. The result of the study shows that overall mean score of the perception of role transition obtained by the students were  $117.4 \pm 12.82$  and those of role preparation, role competence, support, organization, and role expectation were  $23.3 \pm 3.72$ ,  $31.9 \pm 4.19$ ,  $16.5 \pm 2.22$ ,

29.4±3.51, 16.3±2.2 respectively. The result revealed that there is no much difference among subdomain scores of perception of role transition, and the major predictor of perceived role transition among nursing students was support from organization with mean percentage of 84%. There was significant association between confidence on clinical performance skills of the nursing students with their perception on role transition (p 0.021) at 0.05 level of significance.

---

**A STUDY TO ASSESS THE KNOWLEDGE REGARDING NON-PHARMACOLOGICAL PAIN MANAGEMENT ON MUSCULOSKELETAL DISORDER AMONG UNDERGRADUATE NURSING STUDENT IN A SELECTED COLLEGE MANGALORE**

**Author: Agin Elizabeth N T, Aiswarya Lakshmi, Aleena Mary Sebastian, Aleena Sunny, Alida K Tom**

Guide: Ms Arokia Benita D

Year: 2021-22

A descriptive study is conducted to identify the level of knowledge among 246 nursing students studying in a nursing college of Mangalore. Data collection was done with the help of demographic data and self prepared knowledge questionnaire. Results showed that 66.3% of participants were 20-21 years age group with the over all mean knowledge score of 46.4± 3.827, the calculated p value is >0.05 for all the demographic variables, Hence it is concluded that there is no significant association exists between these two variables. Considering the findings of the study it can be concluded that the undergraduate nursing students have insufficient knowledge of non-pharmacological management of pain of musculoskeletal disorders.

---

**PERCEPTION ON FOOD WASTAGE AMONG THE NURSING STUDENTS IN A SELECTED COLLEGE, MANGALURU**

**Authors: Ms Ancilla Pais, Ms Alphonse Mathew, Ms Alveera Pais, Ms Amal George, Ms Amala Babu**

Guide: Sr Nancy Priya Mathias

Year: 2021-22

A descriptive study conducted among 167 nursing students selected using stratified random sampling aims to identify the perceptions on food wastage and its association with baseline characteristics. Tools used were demographic data and structured five-point checklist. Findings suggest that 64% had positive and 34% had extremely positive perception towards food wastage. Overall mean and standard deviation was found to be  $78.01 \pm 11.04$ . All the calculated p values were  $>0.05$ , hence there was no significant association found with baseline variables and perception score. Study concludes every person needs to be made aware regarding the importance of food and its consumption.

### **A STUDY TO ASSESS THE PATTERN OF MENSTRUAL IRREGULARITIES AND ITS IMPACT ON DAILY ACTIVITIES AMONG NURSING STUDENTS OF AN INSTITUTION AT MANGALORE**

**Authors: Ms Angel George, Ms Ancita Coelho, Ms Angel Sunny, Ms Anila Kurian, Ms Anjali shaji**

Guide: Dr Devina Rodrigues.

Year: 2021-22

A descriptive design is used to identify the menstrual irregularities among 157 participants using universal sampling. Tools used were: symptom and prevalence checklist, rating scale to assess menstrual irregularities with daily living. Mean age of the participants was  $21.49 \pm 1.48$  whereas menarche mean age was  $13.28 \pm 3.25$ . Around 79.6% had a menstrual flow lasting for 4-6 days. The incidence of menstrual irregularities in the study population is 49/100 population, the  $p = 0.001$  is true in the study population. Also, noted that around 40% of them had dysmenorrhea and irregular/inconsistent menstrual cycle around 61%. Most of the subjects said to skip their studies during menstrual cycle. Close to half proportion said to had no impact on their spiritual activities and attending classes during menstruation, overall subjects had no impact on ADL. Though dysmenorrhea was noted as one of the main menstrual irregularity, the larger proportion of the study participants expressed that the main discomfort they usually experienced at the time of menstruation were mood swings and backache 88.2% and 80.3% respectively. Some of the subjects had negative impact on ADL despite absent of specific irregularities.

## **A STUDY ON EMOTIONAL MATURITY AMONG ADOLESCENTS IN SELECTED NURSING COLLEGE AT MANGALURU**

**Authors:** Brezilla Dsouza, Candice Farias, Carol Pinto, Caroline Serrao, Christina Dsouza

**Guide :** Mrs Sandra Saldanha

**Year:** 2021-22

A descriptive study was conducted in selected nursing college of Mangaluru consisted of 75 participants by stratified random sampling technique. A emotional maturity scale by Dr Yashwir and Mahesh Bhargava was administered to assess the emotional maturity among adolescents. The results of the study showed that 53.3% of subjects belonged to the age group of 20-21 years and 38.7% of them were studying in I year of their course. Most of them, 54.7% were first born in the family with 69.3% of them having 0-1 sibling. The mean total emotional maturity score was obtained was  $113.6 \pm 7.5$  with mean percentage of 47.33% and it was found that there was significant association between emotional maturity scores and birth order of the subjects.

## **A STUDY ON KNOWLEDGE AND PRACTICE AMONG NURSING STUDENTS ON PREVENTION OF CONTAMINATION OF STETOSCOPE AS A SOURCE OF NOSOCOMIAL INFECTION IN A SELECTED COLLEGE AT MANGALURU**

**Authors:** Christy Raju, Clarissa D'souza, Daaphinroi Dkhar, Deekshitha M, Deena Clerin Pasanha

**Guide :** Mrs Shiji Pj

**Year:** 2021-22

A descriptive research design was chosen for the study and 104 nursing students were included in the study, using a purposeful selection strategy. A knowledge questionnaire and practice evaluation scale were used to collect data. The results of the study showed that 2.88% had poor knowledge, 86.53% has average knowledge and 10.57% has good knowledge about stethoscope as a source of nosocomial infection. 0% had safe, 9.61% had moderately safe and 90.38% had unsafe cleaning practice of stethoscope. There is a significant association between knowledge scores, practice scores with stethoscope ownership.

### **STUDY TO ASSESS THE OCCUPATIONAL HEALTH PROBLEMS AMONG STAFF NURSES IN A SELECTED HOSPITAL AT MANGALURU**

**Authors:** Ms Fiona Shelma Lobo , Ms Deeshma Veigas k , Ms Delma Dsouza , Ms Elizabeth Sebastian , Ms Elsy Loid

**Guide:** Mr Abin Kurjakose

**Year:** 2021-22

A descriptive design consisting of 246 subjects were selected by simple random sampling. The tool used was demographic proforma and three-point rating scale to assess occupational health problems. Majority of the staff nurses 53.66% had mild level of health problems and 41.9% had moderate. According to area wise classification, physical health problems (37.75%), psychological health problems (34.7%) and social health problems (28.6%). There is a significant association between occupational health problem and selected demographic variables like gender, education qualification and working overtime (0.048, 0.039& 0.000 respectively) at 0.05 level of significance.

### **A STUDY ON FATIGUE AMONG CANCER PATIENTS RECEIVING RADIATION THERAPY IN A SELECTED HOSPITAL AT MANGALORE**

**Authors:** Ms. Giya Raju , Ms. Glinivia Reesha Crasta ,Ms. Jane Rodrigues Ms. Jelmol Johny, Ms. Jelvita Dsouza

**Guide:** Mrs Denita T

**Year:** 2021-22.

A descriptive study approach was used among 138 patients with cancer, receiving radiation therapy using Convenient sampling technique. The tool contained of baseline proforma along with fatigue assessment scale. The findings of the study revealed that the majority of 105 (76.08%) were experiencing fatigue, 25 (18.11%) were experiencing no fatigue and 8 (5.79%) were experiencing Extreme fatigue during radiation therapy. There was a significant association between marital status and fatigue among cancer patients receiving radiation therapy.

## **A STUDY ON RELATIONSHIP BETWEEN PRE-OPERATIVE ANXIETY AND SLEEP QUALITY AMONG THE PATIENTS IN A SELECTED HOSPITAL AT MANGALURU**

**Authors:** Ms. Jiss Merin Ajith, Ms. Joylin Elvina Sequeira, Ms. Joylin Jasmine Dsouza, Ms. Lenisha Lobo

**Guide :** Mrs Lavina Rodrigues

**Year:** 2021-22

A descriptive correlational study conducted among 120 samples using purposive sampling technique. The tool contained of baseline proforma along with pre-operative anxiety scale and pre-operative sleep quality scale. The findings of the study revealed that the majority (54.2%) were experiencing moderate anxiety and 66.7% of patients were having mild sleep disturbance. There was no significant association between pre-operative anxiety, sleep quality and selected demographic variables. There is a significant weak positive correlation between pre-operative anxiety and sleep quality among patients.

## **PEER INFLUENCE ON LIFESTYLE BEHAVIOURS AMONG UNDERGRADUATE STUDENTS OF SELECTED MEDICAL PROFESSIONAL COLLEGES, MANGALORE**

**Authors :** Ms. Lisha Jane Madtha, Ms. Linta Sabu, Ms. Magi Mariya Joy, Ms. Maneesha P Reji, Ms. Mariya C S

**Guide :** Mrs Jubee Joseph

**Year :** 2021 -22

A descriptive study approach was adopted for 323 students who were chosen using a stratified sampling procedure. The instrument included a demographic proforma as well as a structured rating scale to assess Peer Influence on undergraduate lifestyle behaviours. The findings of the study revealed that majority 211 (65.3%) had moderate influence, 95 (29.4%) had low peer influence. The highest mean percentage of peer influence was found in Personality and Communication (79.3%) while the least was found in Smoking and alcoholism (36.6%). The mean percentage of other areas were of Healthy mind (74.8%), Exercising (71.1%), Food Choices (68.2%), Buying Choices (64.9%), Social media and use of gadgets (45.7%). However there was significant association between the Peer Influence and baseline variables like gender and place of stay but no such relationship existed for other variables.

## **A STUDY TO ASSESS THE ATTITUDE ON MOTHERHOOD AMONG THE EMPLOYEES IN THE SELECTED INSTITUTION AT MANGALORE**

**Authors: Ms. Mariya John, Ms. Megha K Alosia, Ms. Melanie , Ms. Melita Joyce Pereira,  
Ms. Mereena Thomas**

**Guide: Ms Suneetha Merlin Fernandes**

**Year : 2021-22**

A descriptive study was conducted in a selected Institute of Mangalore. The subjects consisted of 192 Female employees. The sample of this study was selected by using non probability purposive sampling technique. Likert scale was administered to assess the attitude on motherhood among Female employees. The results of this study in general showed that All the employees (100%) had positive attitude towards motherhood. There is no significant association between the attitude score and Selected Demographic Variables was found.

## **KNOWLEDGE REGARDING MICRONUTRIENT DEFICIENCIES AMONG MOTHERS IN A SELECTED HOSPITAL, MANGALURU**

**Authors: Neola Saldanha Minnu Babu Monisha Neethu Maria K. Negha Devassy**

**Guide: Mrs Wilma Noronha**

**Year : 2021-22**

A descriptive study approach has been used in view of accomplishing the main objectives of the study. The tool consisted of demographic proforma along with the structured knowledge questionnaire to assess the knowledge on selected micronutrient deficiencies among 195 mothers chosen using purposive sampling in a selected hospital, Mangaluru. The finding of the study revealed that majority of the mothers have average knowledge 59.5% (116), 23.6% (46) have good knowledge and 16.9% (33) have poor knowledge regarding selected micronutrient deficiencies. However, there was no significant association between knowledge regarding selected micronutrient deficiencies and the selected demographic variables

## **KNOWLEDGE REGARDING ADVERSE EFFECTS OF COSMETIC PRODUCTS AMONG UNDER GRADUATE STUDENTS IN SELECTED COLLEGES AT MANGALURU**

**Authors:** Ms. Nikita Toppo, Ms. Nimisha K A, Ms. Pearl Menezes, Ms. Priyal Dsilva, Ms. Priyanka

**Guide:** Mr Manoj PS

**Year :** 2021-22

A descriptive approach has been used to find the overall purpose of the research. The tool consisted of baseline proforma along with the structured questionnaire to assess the knowledge regarding the adverse effects of cosmetic products among 75 undergraduate students in selected colleges at Mangaluru selected randomly by nonprobability sampling technique. The finding of the study revealed that that 4% had good knowledge score, 25.33% had moderate information and 70.66% had poor information. Research shows that there is no significant relationship between knowledge score and the basic variables selected as p value is  $> 0.05$ .

## **A STUDY TO ASSESS THE KNOWLEDGE OF STAFF NURSES ABOUT ANTIBIOTIC RESISTANCE IN A SELECTED HOSPITAL MANGALORE.**

**Authors:** R.Shraddha, Ranjana Lakra, Renisha, R.Luvis, Renita Mendonca, Reshma Roy

**Guide :** Mrs Joyce Dsouza

**Year :** 2021-22

A descriptive study was carried out in a selected Hospital of Mangalore. The subjects consisted of 98 staff nurses with 6 months of experience, selected by purposive sampling technique. The tool of demographic proforma along with self-structured questionnaire was administered to assess the knowledge on antibiotic resistance. The results of the study in general showed that 53.1% of the staff nurses had good knowledge, 37.8% had average knowledge and 9.1% had poor knowledge. Also found that there's no association between knowledge score and demographic variables.

## **A STUDY TO IDENTIFY THE PREVALENCE OF SOCIAL PHOBIA AMONG ADULTS IN A SELECTED SETTING AT MANGALURU**

**Authors: Ms Riyana Lizal D'Souza, Ms Riya Treesa Saji, Mr Rohan Lobo, Ms Rose Mary Joseph, Mr Ryan David**

**Guide: Ms Suneetha Merlin Fernandes**

**Year : 2021-22**

A descriptive study was conducted in a selected Institute of Mangalore. The subjects consisted of 192 Female employees. The sample of this study was selected by using non probability purposive sampling technique. Likert scale was administered to assess the attitude on motherhood among Female employees. The results of this study in general showed that All the employees (100%) had positive attitude towards motherhood. There is no significant association between the attitude score and Selected Demographic Variables was found.

## **KNOWLEDGE REGARDING MICRONUTRIENT DEFICIENCIES AMONG MOTHERS IN A SELECTED HOSPITAL, MANGALURU**

**Authors: Ms. Sandra C Saji, Ms. S Grace Daniel, Ms. Sandra Maria Vas, Ms. Sandra Pinto, Ms. Shefali Nehal Pinto**

**Guide: Mr Rajeev Mathew**

**Year:2021-22**

A descriptive study approach has been used in view of accomplishing the main objectives of the study. The tool consisted of demographic proforma along with the Rating scale to assess the violence against primary caregivers of people with mental illness. The study comprised of 95 primary caregivers who were selected by purposive sampling technique. The findings of the study revealed that 16.8% of the caregivers have experienced no violence, 62.1% of the care givers have experienced mild violence, 21.1% of the caregivers have experienced moderate violence. However there was no significant association between the violence score and the selected baseline variables.

## **A STUDY TO ASSESS THE QUALITY OF LIFE IN FEMALES WITH GESTATIONAL DIABETES MELLITUS IN A SELECTED HOSPITAL AT MANGALURU**

**Authors:** Sona Francis, Sonisha Jane Fernandes, Sreya Thomas, Sushmitha

**Guide:** Mrs Sabeena MTP

**Year:** 2021-22.

A descriptive study was conducted in a selected Hospital of Mangalore. The subjects consisted of 60 Females with GDM selected by using nonprobability purposive sampling technique. WHO QOL BREF TOOL was administered to assess the QOL in Females with GDM. The results of this study in general showed that QOL in females with GDM. A vast majority (86.6%) is having high level of quality of life. There is significant association between Quality of life in females with Gestational Diabetes Mellitus and Selected Demographic Variables such as age, occupational status, type of family, onset of gestational diabetes mellitus.

## **KNOWLEDGE ON SAFE INFANT SLEEPING ARRANGEMENTS AMONG MOTHERS IN A SELECTED HOSPITAL, MANGALURU**

**Authors:** Ms Tania Mascarenhas, Ms Tantiya Biju, Ms Teena Dsouza, Ms Teena Pashan

**Guide:** Ms Nijisha Sharil

**Year:** 2021-22

A descriptive approach has been used among 245 mothers of infants, chosen using purposive sampling technique. The findings of the study revealed that majority of the mothers of infants have good knowledge 59.16%, 38.77% have average knowledge and 2.04% have poor knowledge. The overall mean knowledge was 64.89%, however there is no significant association between the knowledge score and selected demographic variables.

## KNOWLEDGE ON POLYCYSTIC OVARIAN SYNDROME (PCOS) PREVENTION AMONG ADOLESCENT GIRLS IN A SELECTED COLLEGE, MANGALURU

Authors: Ms Welcita Ferrao, Ms Twinkle Thomas, Ms Veena Fernandes, Ms Vinitha Baretto

Guide: Ms Sonia Sequeira

Year : 2021-22

A descriptive study approach has been used in view of accomplishing the study objective. The tool consisted demographic proforma along with questionnaire to assess knowledge on PCOS. A total of 350 adolescent girls were chosen purposively. The findings revealed that majority (87.4%) of adolescents have poor knowledge, 12.3% have average knowledge and 0.3% have good knowledge. Overall mean percentage was 51.31%. However, there was no significant association between knowledge on PCOS and selected baseline variables.

**UG PROJECTS 2022**  
(BSc Projects completed in 2023)

## **CORRELATIONAL STUDY ON EMOTIONAL DYSREGULATION AND PREMENSTRUAL SYMPTOMS AMONG HEALTHY YOUNG ADULTS IN A SELECTED SETTING AT MANGALURU**

**Authors:** Ms Joylin Preema Dsouza, Ms Veronica Paulose, Ms Divya M Suresh, Ms Aileenamol Joy, Ms Rosemary Varghese

**Guide:** Ms Precilia D' Silva

**Year:** 2022

Correlational research design was used to assess the emotional dysregulation and premenstrual symptoms among healthy young adults in a selected setting at Mangaluru. The sample consisting of 124 subjects were selected by Randomized sampling method (Computer generated random numbers). The tool used was baseline pro forma, DERS-18 (difficulties in emotion regulation scale) and premenstrual symptom assessment form. The study results revealed that maximum participants are having severe premenstrual symptoms. The commonest premenstrual symptoms which are always seen are discomfort or pain (29.8%), backache (22.6%), joint and muscle pain or joint stiffness (13.5%) whereas symptoms like Outburst of irritability or bad temper (26.6%), Feeling sad or blue (25.8%) and feeling under stress (18.5%) are often seen. Presence of Edema, swelling, puffiness, or water retention over any part of the body (67.7%) and enlargement or swelling of breasts (59.7%) are never seen. Majority of the participants (88.7%) have scored between 31-90 which shows poor emotional regulation. There was a weak positive relationship between emotional dysregulation and premenstrual symptoms  $r=0.446; p<0.001$ .

## **KNOWLEDGE REGARDING THE SAFTY MEASURES IN HANDLING CHEMOTHERAPY DRUGS AMONG STAFF NURSES IN SELECTED HOSPITAL OF MANGALURU**

**Authors:** Ms. Hanisha Lavita Menezes, Sr. Shelby George, Ms. Benita Priya Dsouza, Ms. Terrina Augustine, Ms. Bismy Benny, Ms. Maritta Kuriakose

**Guide:** Prof. Pathima Vollet Fernandes

**Year:** 2022

A descriptive design was used to assess knowledge regarding the safety measures in handling chemotherapy drugs among staff nurses in selected hospital of Mangaluru. The sample consisting of 82 subjects were selected by convenient sampling. The tool used

was baseline proforma, knowledge questionnaire on handling chemotherapy drugs. The result revealed that majority of the participants belong to the age group of 20-29 years, samples were selected from the staff nurses who were handling chemotherapy drugs (Staff nurse, Ward in charge, ANS, lx Other) majority of the participants were females and majority of staff nurses had 6 months to 1 year of experience. Hence, it is concluded that few staff nurses are having poor knowledge on handling chemotherapy drugs.

### **ASSESS THE ATTITUDE OF PRE-UNIVERSITY STUDENTS TOWARDS NURSING PROFESSION IN A SELECTED PU COLLEGES AT MANGALURU**

**Authors:** Ms. Laveena Dmello, Sr. Lavita Priya Dais, Ms. Rini M.R, Ms. Jubi Sabani, Ms. Shiipa J.J

**Guide:** Mrs. Dentha T

**Year:** 2022.

Descriptive study conducted to assess the attitude of pre-university students towards nursing profession in a selected PU college at Mangaluru. The study was conducted among 362 pre university students. The samples were selected using non probability purposive sampling technique. The data was collected by using structured attitude questionnaire. The study revealed that majority of the students 71% belong to the age group of above 18 years and 29 % of the students belong to the group of below 18 years. It also shows that the highest percentage of students 81% were having favorable attitude towards nursing profession, 19 % of the students are moderately favorable attitude towards nursing profession.

### **THE KNOWLEDGE AND ATTITUDE OF HEALTH CARE PROFESSIONAL ON NABH IN SELECTED HOSPITALS OF MANGALURU**

**Authors:** Ms. Meeral Roshal Dsa, Ms. Joslita Princia Almeida, Ms. Dhanya Thomas, Sr. Aleykutty Antony, Sr. Seena P.P

**Guide:** Dr. Shiji P J

**Year:** 2022

A descriptive design was used to assess the knowledge and attitude of health care professional on NABH in selected hospitals at Mangaluru. The sample consisted of 75

health care professional (Staff Nurses) in selected hospitals of Mangaluru. The subjects were selected through purposive sampling survey. After taking Informed consent, the baseline proforma, knowledge questionnaire and attitude scale were administered to the samples to collect the data. Study results showed that majority of staff nurses 53 (70.7%) had excellent knowledge, 20(26.7%) had good knowledge and 2(2.7%) had average knowledge level on NABH Accreditation. When it comes to attitude level 54(72.0%) had negative attitude and 21(28.0%) had positive attitude towards the NABH accreditation. There was a significant association found between the knowledge and attitude of health care professional with their selected demographic variable. Hence, it is concluded that the nursing orderly working in hospital had improved their knowledge and attitude regarding NABH accreditation which showed that the study was effective intervention to improve their knowledge and attitude.

#### **STRESS AND COPING STRATEGIES AMONG THE PARENTS OF NICU NEONATES IN SELECTED NEONATAL INTENSIVE CARE UNIT MANGALURU**

**Authors: Sr Rejini Joseph, Sr Shema Sebastian, Mrs Raveena Moras, Ms Priya Vijaya Rebello,  
Ms Sherin Tom**

Guide: Mrs. Wilma Shalini Noronha

Year: 2022

A descriptive correlational study was conducted to assess stress and coping strategies among the parents of NICU neonates in the selected neonatal intensive care unit. A total of 100 parents of NICU neonates were selected by using purposive sampling techniques based on inclusion and exclusion criteria. Data was collected by using baseline proforma, parent stressor scale and brief cope rating scale. The study results showed that 63% of the respondents are moderately stressful; whereas, 24% are having high stress. It also depicts that 18% of the NICU parents are having medium resilient coping and 72% have moderate resilient coping. There was a weak positive correlation ( $r = 0.276$ ;  $p=0.05$ ) found between stress and coping strategies among parents of NICU neonates.

## PROFESSIONAL AUTONOMY AMONG NURSES WORKING IN A HOSPITAL, MANGLORE

**Authors:** Amulya Olfa Reynolds ,Sr. Ajabu Miasalhou, Aneesha Shajan,Alphonsa Augusty,  
Alphonsa V.M.A. Ashunee Mao

**Guide:** Dr. Devina E Rodrigues

**Year:** 2023

A hospital-based study was conducted to to compare the professional autonomy among 600 nurses working various units. The nurses were selected by using purposive sampling technique. The professional autonomy tool was prepared by the investigators under 4 components: personal level autonomy, direct patient care level autonomy, unit level autonomy and organizational level autonomy. The scale was five point from strongly agree to strongly disagree. The study finding showed that the mean age of the nurses in the current study was  $25.77 \pm 4.65$ ; 80.4% of them were single, and most (95.5%) of them were females, with 3 years of professional experience (81%). More than half (57.4%) have a BSc nursing degree, and the remaining have a GNM degree. Out of this, only 2 subjects further pursued higher education in nursing. Almost 85% of our study population underwent CNE related to management and patient care a year back. Overall autonomy of the entire sample: The Mean score was  $121.85 \pm 22.94$ . One-way ANOVA used to to compare the overall autonomy scores between three groups of nurses. This division we made based on their work units  $F(2,201) = 18.57$ ;  $p < .001$  indicates a significant difference in professional autonomy among nurses based on their work units. The Post Hoc Tukey test further denoted the difference is evident between nurses working at Private and specialized units  $p < .001$  and general & special wards( $p < .001$ )The findings indicate perceived autonomy was high among nurses working in specialized units like oncology, ICUs, ITUs & Nephrology when compared to general and private rooms.

## A STUDY ON KNOWLEDGE, UTILIZATION AND SATISFACTION OF INTEGRATED CHILD DEVELOPMENT SERVICE SCHEME (ICDS) BY MOTHERS IN COASTAL KARNATAKA

**Authors:** Ms. Chionu Abraham Cowman, Ms. Anjaly Johny, Ms. Annmaria V.B, Ms. Arathy Sebastian, Ms. Ashmitha Fernandes, Mr. Calied Harvin Rodrigues,

**Guide :** Dr. Shiji P J

**Year:** 2023

A descriptive study was conducted on 82 women's of under five children in the area of coastal Karnataka to determine the knowledge and utilization of ICDS scheme. The subjects were selected use in convenient sample technique based on the inclusion criteria. The data was collected using the tools of knowledge, utilization, and satisfaction of ICDS scheme. The findings of the study showed that the 48% have good level of knowledge, about 30% have average, and 22% have poor level of knowledge. Also, 50.0% of the subjects have partial utilization, 34.1% have no utilization and 15.9% have full utilization. About 72% of the subject expressed satisfaction, 18% expressed dissatisfaction, and 10% expressed highly satisfied on ICDS services. There was no association found between the knowledge, utilization, and satisfaction with selected demographic variables on ICDS services.

## STRESS AND ANXIETY REGARDING SELECTION OF CAREER COURSES AMONG PUC STUDENTS.

**Authors:** Chrisshell Amroth, Chirchomri Zimik, Chippy Krishna, Dahrii Lucy Dailin DSouza, DSouza Shareena Kashmir.

**Guide :** Prof. Helen Claret DSouza.

**Year:** 2023

The present study evaluated the stress and anxiety regarding selection of career courses among PUC students. stratified random sampling technique was adopted for selecting 210 students from 12th standard with Science, Commerce and Arts streams. The tool consisted of demographic proforma, Stress Assessment Scale, Zung Self-Rating Anxiety Scale. The findings of the study revealed that PUC students had mild stress (Mean=26.06, and SD=11.62) and anxiety (Mean=40.25, and SD=8.94). A positive correlation between stress and anxiety among PUC students regarding selection of career courses was identified ( $r = .355$ ;  $p < 0.05$ ). There was no association of stress and anxiety with demographic variables.

## **IMPACT OF NOCTURIA ON QUALITY OF LIFE AMONG MENOPAUSAL WOMEN IN SELECTED HOSPITAL AT MANGALURU**

**Authors:** Ms. Delita Shanan Lobo, Ms. Divya Francis, Sr. Divya v. Lukose, Ms. Dona Ijjo, Ms. Evliya Pyaline Lasrado, Ms. Harshitha

**Guide:** Ms Pramila D'Souza

**Year:** 2023

Quantitative research approach was adopted to identify the impact of nocturia on quality of life among menopausal women in selected hospital at Mangaluru. Total of 373 subjects with nocturia were selected by purposive sampling technique from urology and OBG outpatient department. The data collection instruments were baseline variable screening tool on severity of nocturia and nocturia related quality of life assessment scale. The reliability of the tool was obtained through Cronbach's alpha and the tool was found to be reliable ( $r = 0.99$ ). The results of the study showed the menopausal women experiencing decreased quality of life. There was no association of quality of life and nocturia.

## **PRACTICES ON SAFE INJECTION ADMINISTRATION AMONG STAFF NURSES IN A SELECTED HOSPITAL, MANGALURU**

**Authors:** Lavina veigas, Vonalish Devi L. Kasavine Sapu, Lavita Correa, Likhitha Joyal, Fernandes

**Guide:** Ms Sonia Sequera

**Year:** 2023

A descriptive approach was adopted for the study to identify the practices on safe injection administration among 190 staff nurses working in selected NABH accredited tertiary care hospital. After obtaining informed consent demographic proforma was collected and safe injection practice checklist was filled by the researcher. The study findings revealed that out of 78.4% had good practice and 21.6% had moderate practice on safe injection administration. There was no association between practice and demographic variables.

### **LEVEL OF CARDIOVASCULAR ENDURANCE AMONG THE COLLEGE STUDENTS IN SELECTED INSTITUTES, MANGALURU**

**Authors:** Ms. Aarti S, Ms. Abitha Jose, Ms. Akhila Jojan, Ms. Aleena Saju, Ms. Alina Anna Sunny  
**Guide:** Mr. Ashwin Bromeo. ]

**Year:** 2023

A descriptive design was used to assess the level of cardiovascular endurance among 184 nursing students selected by random sampling technique. The response was collected from the subjects using physical activity readiness questionnaire and modified Harvard step test tool. The results showed among 184 students, 50.5% have poor, 42.4% have low average, 4.3% have average, 1.1% has good and 1.6% have excellent cardiovascular endurance. The study highlights the importance of developing culturally sensitive interventions for assisting youths to make lifelong changes in their physical activity routines.

### **RELATIONSHIP BETWEEN PERSONALITY TYPE AND CONFLICT MANAGEMENT STYLE AMONG TEACHERS OF SELECTED NURSING INSTITUTIONS AT MANGALURU, INDIA**

**Authors:** Ms. Alita Sweeny Saldanha, Mr. Allan Vijeth Rodrigues, Ms. Amitha S, Ms. Aneeta - Mariya Johny, Ms. Crishal Vishal Dsouza

**Guide:** Dr. Devina E Rodrigues

**Year:** 2023

The present study evaluated the stress and anxiety regarding selection of career courses among PUC students. stratified random sampling technique was adopted for selecting 210 students from 12th standard with Science, Commerce and Arts streams. The tool consisted of demographic proforma, Stress Assessment Scale, Zung Self-Rating Anxiety Scale. The findings of the study revealed that PUC students had mild stress (Mean=26.06, and SD=11.62) and anxiety (Mean=40.25, and SD=8.94). A positive correlation between stress and anxiety among PUC students regarding selection of career courses was identified ( $r = .355$ ;  $p < 0.05$ ). There was no association of stress and anxiety with demographic variables.

## **LEVEL OF ANXIETY REGARDING PUBLIC SPEAKING AMONG YOUNG ADULTS IN A SELECTED COLLEGE, MANGALURU**

**Authors:** Ms. Benita Selma Ferrao, Ms. Anitt Elsa Kurian, Ms. Anju Andrews, Ms. Anisha Preema Dsouza, Ms. Sweety Josline Dsouza

**Guide:** Mrs. Sunitha Priya Menezes

**Year:** 2023

A descriptive study design was used to assess the level of anxiety regarding public speaking among 272 nursing students selected by simple random sampling. PRPSA scale was used to collect the data from the samples. The results revealed that only 10% of them had severe public speaking anxiety, while 32% reported mild anxiety and other participants with moderate anxiety. The study suggested that the community health nurse can provide mass health education and awareness programs to publics. Nurses can perform conferences and classes to nursing faculties.

## **THE IMPACT OF ONLINE NURSING EDUCATION ON PERCEIVED STRESS LEVEL AND SATISFACTION AMONG NURSING STUDENTS OF A SELECTED NURSING COLLEGE, MANGALURU**

**Authors:** Mr. Ganesh, Ms. Ann Maria Benito, Ms. Flevita Anusha D Souza, Ms. Lavena Ivina D Souza, Mr. Kewal Sali

**Guide:** Ms. Sonia Karen Liz Sequera

**Year:** 2023

A descriptive cross sectional study was used to evaluate the impact of online nursing education on perceived stress level and satisfaction. Simple Stratified Randomized sampling technique was adopted to select 100 nursing students as the samples. Perceived stress and Satisfaction rating scales were used to collect the data. The results showed that 55% of students experienced high stress level and 52% of them had poor satisfaction with regards to online nursing education. The study concluded that the findings of the study can fill the gaps in literature and help in moving forward of online based teachings. The study also recommended that the findings can be used as a baseline to plan and implement the online education in the future.

### **EFFECTS OF SOCIAL MEDIA USE ON MENTAL HEALTH OF YOUNG ADULTS**

**Authors:** Ms. Gloria Celin C Raphael, Ms. Malavika Dileep Kumar, Ms. Ann Maria Sebastian, Ms. Arunima Zacharia, Mr. Bharath

**Guide:** Mrs. Sandra Jyothi Saldanha

**Year:** 2023

A descriptive study was used to assess the effects of social media use on mental health of 245 young adults selected by non-probability convenient sampling technique from various states of India. General Health Questionnaire (GHQ-12) by Goldberg and Williams was the tool used to collect the data. The study results showed that the subjects spending time < 5hours/ day have better mental health status at  $p=0.001$  level of significance. There was significant association between hours spent on social media use and mental health of young adults. The study also recommended that by encouraging the young adults in diverse social activities and educating them on mental health can help in preventing the potential mental health problems.

### **KNOWLEDGE AND ATTITUDE OF HEALTH CARE STUDENTS ON TELEMEDICINE IN SELECTED COLLEGES OF MANGALURU**

**Authors:** Ms. Lishmitha Lore Dsouza, Ms. Jessal Prathvi Menezes, Ms. Dona Mariya George, Ms. Carol Tess Joe, Mr. Collin Joseph Joby,

**Guide:** Mrs. Sharmila

**Year:** 2023

A quantitative descriptive approach was used to assess the knowledge and attitude on telemedicine among 215 health care students. Non-randomised stratified sampling technique was used to select the samples, a structured knowledge questionnaire and an attitude rating scale were used for data collection. The findings revealed that only 15.4% of the subjects had adequate knowledge on telemedicine and majority (94.9%) had favourable attitudes towards telemedicine. There was no significant association between knowledge and attitude with the selected demographic variables. The study recommended to conduct periodic classes and seminars on telemedicine and to provide telehealth equipment at simulation centers.

### **KNOWLEDGE ON HEALTH CARE PRACTICES IN PREVENTION OF DIABETES MELLITUS AMONG NON DIABETIC EMPLOYEES IN A SELECTED INSTITUTION MANGALORE**

**Authors:** Ms. Melissa Rhea Dias, Ms. Dhiya M, Ms. Dona Benny, Ms. Melissa Suzan Dsouza, Ms. Riyona Millisha Fernandes

**Guide:** Mrs. Shirley Priya Douza

**Year:** 2023

A descriptive study design was adopted to assess the knowledge on health care practices in preventing diabetes mellitus among 171 clerical staffs and group D workers selected through purposive convenience sampling technique. The data was gathered by administering a self-constructed knowledge questionnaire. The study findings reflected that the majority (60.8%) of employees had good knowledge and only about 3.5% of them had poor knowledge. It recommended to emphasise more on improving the knowledge among the employees about the health care practices in prevention of diabetes mellitus.

### **ATTITUDE AND READINESS OF NURSING STUDENTS REGARDING INTERPROFESSIONAL COLLABORATION IN HEALTHCARE PRACTICE**

**Authors:** Ms. Rose Ann Mathew, Ms. Edlin Dsouza, Ms. Sandra Rose George, Ms. Dona Joby, Mr. Deon Walshon Moras

**Guide:** Mrs. Leona Margaret Castelino

**Year:** 2023

A correlational research design was utilized to find the attitude and readiness of nursing students regarding interpersonal collaboration in healthcare practice. 147 nursing students were selected using nonprobability purposive sampling technique. Attitude Towards Health Care Team Scale (ATHCTS) and Readiness for Inter-Professional Learning Scale (RIPLS) were used for data collection. The findings revealed that the attitude of nursing students 52.8 (SD= 10.74) and the readiness of students 61.52 (SD= 20) regarding inter-professional collaboration were favourable. There was a significant association between Readiness and years of clinical experience of nursing students ( $\chi^2 = 8.213$ ;  $p < 0.05$ ). The study also suggests for similar studies to be conducted among various health care disciplines in order to improve quality of patient care.

#### **SELF-EFFICACY OF BSc NURSING STUDENTS ON CPR IN SELECTED COLLEGE AT MANGALURU**

**Authors: Ms. Sona Mariyam Philip, Ms. Felcita Dsilva, Ms. Emilla Bijo, Ms. Harsha Anna Thomas  
Ms. Emy Rose Jo**

**Guide: Mrs. Reena Wilma Frank**

**Year: 2023**

A descriptive explorative research design was adopted to assess the self-efficacy of nursing students on CPR. 162 samples were selected from 2nd and 3rd year BSc by simple random sampling technique. The data was collected using Self-Efficacy rating scale and a checklist for adult CPR. The results showed that majority (58%) of samples were confident and 29% were extremely confident in performing CPR. While assessing 19% fairly performed and 49% of samples performance were satisfactory. It also highlighted on the need for more hands-on practice in performing adult CPR among students.

#### **KNOWLEDGE ON OOCYTE CRYOPRESERVATION AND EGG BANKING AMONG WOMEN OF REPRODUCTIVE AGE GROUP AT SELECTED HOSPITAL SETTING, MANGALURU**

**Authors: Ms. Teena KJ, Ms. Helen Boby, Ms. Grace L B, Ms. Princei Noronha, Ms. Bibi Suveda**

**Guide: Mrs. Nijisha Sharil**

**Year: 2023**

A descriptive study approach was used to assess the knowledge on oocyte cryopreservation and egg banking among women of reproductive age group. Through purposive sampling technique 150 women of reproductive age group having science background qualification were selected for the study. The findings revealed that majority (88%) of samples had average knowledge and only 0.7% of them had good knowledge on egg banking. The study suggested for more research studies to be done to assess the demand of these procedures and to make them socially and economically available for the general public.

### **A CORRELATIONAL STUDY ON BODY IMAGE ACCEPTANCE AND SELF-ESTEEM AMONG YOUNG ADULTS IN A SELECTED NURSING COLLEGE AT MANGALURU**

**Authors:** Ms. Velani Rosita Montelro, Ms. Helna Thomas, Ms. Janet Ann James, Mr. Lynal Jasan Dsouza

**Guide:** Mrs. Ramyashree

**Year:** 2023

A correlational study design was performed among 95 basic BSc nursing students selected by stratified random sampling technique and data was collected using Body Image Self-assessment scale and Rosenberg self-esteem scale. The results showed that 33.7% of the students had a negative body image. For 55.8% and 10.5% of students, respectively, there was partial and high body image satisfaction. 85.3% of students reported having high levels of self-esteem. The findings also showed a correlation between young adults' self-worth and self-image and demographic factors. It also suggested to conduct periodic health education on body image in colleges, wards, and OPDs in the hospital and to provide Handbooks, brochures, pamphlets, and training programs to the young adults in the colleges.

### **POST COVID EFFECTS AMONG AFFECTED ADULTS IN SELECTED COLLEGES OF MANGALORE**

**Authors:** Ms. Vinita Vikshitha D souza, Ms. Merin Chacko, Ms. Irene Shaju, Ms. Mahilma A R, Ms. Niranjana Abhayadev K

**Guide:** Mrs. Thamizharasi. N

**Year:** 2023

A descriptive study design was adopted to assess the Post-Covid effects among Covid affected adults from various courses of selected colleges. 100 samples who met the inclusion criteria were selected by purposive sampling technique. A checklist on physiological and psychological post-covid effects was administered to gather the data. The results showed that 71% of them had moderate, 16% had severe and 13% had mild Physiological Post covid effects, were as 39% of them had mild, 39% had moderate and 22% of them had severe Psychological symptoms. Thus the study concluded that most of the Covid affected adults had experienced Post-Covid symptoms both physiologically and psychologically.

**EFFECTIVENESS OF THINK-PAIR SHARE STRATEGY ON KNOWLEDGE OF MEDICATION ERRORS AMONG 2nd YEAR BSc NURSING STUDENTS OF FATHER MULLER COLLEGE OF**

**Authors: Ms. Vivina Mishel Menezes, Ms. Preemal Sequeira, Ms. Joan Mary Joshy,  
Ms. Josna Manoj, Ms. Preethi**

**Guide: Mrs. Manipadavu Shruti Dayanand**

**Year: 2023**

A pre-experimental one group pre-test-post-test study design was adopted to assess the effectiveness of TPS strategy on knowledge on medication errors. 80 2nd year BSc nursing students were selected using purposive sampling technique. Knowledge questionnaire on medication error was used to conduct pre-test and post-test. The results showed in the pre-test 50% had good knowledge and 50% had average knowledge regarding medication errors. In the post test it showed 61% had good knowledge and 38% had average knowledge. The study concluded that TPS strategy was effective in enhancing the students' knowledge on medication errors.

**Year: 2023**

**SELF REPORTED PRACTICE IN PREVENTION OF STROKE AMONG HYPERTENSIVE PATIENTS IN SELECTED HOSPITAL IN MANGALURU**

**Authors: Mr. Aston Steve Rodrigues, Ms. Chesda Anna Sunil, Ms. Megha Kolal, Ms. Nikitha Anna Pramod,  
Ms. Princia Shaima Carlo**

**Guide: Mrs. Deepthi Gladys Dsouza**

**Year: 2023**

A descriptive cross sectional research design was used to assess the self-reported practice in prevention of stroke among hypertensive patients. Using non-randomised stratified sampling technique 100 samples were selected and a self-prepared questionnaire was administered to collect the data. The study results showed that only 18% of them do regular exercises and 16% never do exercises. 50% have reported of never engaging in any weight controlling measures, 34% do not maintain healthy diet and 52% have reported of eating junk foods. The study concluded that there was a positive relationship related to dietary habits ( $p=0.05$ ) and is greater than the level of significance.

### A CORRELATIONAL STUDY TO ASSESS THE EMPATHY AND EMOTIONAL INTELLIGENCE AMONG STUDENTS IN A SELECTED COLLEGE, MANGALURU

**Authors:** Ms. Elvisha Rishal Tauro, Ms. Ashly Mathew, Ms. Rinu Sajju, Ms. Merel Menezes, Mr. Melroy Sequeira

**Guide:** Mrs. Vineesha PV

**Year:** 2023

A descriptive correlational research design was adopted to assess the correlation between empathy and emotional intelligence. Proportionate stratified probability sampling technique was used to select 160 undergraduate students. Empathy formative questionnaire and Trait Emotional Intelligence questionnaire were the tools used. The findings revealed that the correlation between empathy and emotional intelligence was ( $r=0.389$ ,  $p=0.001$ ) and thereby, there was a positive correlation between empathy and emotional intelligence. The study recommended for experimental studies to be conducted to improve the empathy and emotional intelligence among students of various settings.

### SELF-ESTEEM AND ACADEMIC STRESS AMONG STUDENTS IN A SELECTED COLLEGE OF MANGALURU

**Authors:** Ms. Anupa Siby, Ms. Iyelin Susan Alex, Ms. Rosmy Ioby, Ms. Sujitha MN, Mr. Rohit Kocheril Rejl

**Guide:** Mrs. Priya Sweetsy Perelra

**Year:** 2023

A Correlational descriptive research design was developed to assess the correlation between self-esteem and academic stress among students. The tool used for the study was Rosenberg Self -Esteem Scale and modified Academic Stress Scale. Stratified random sampling technique was used to select 286 students. Results showed, majority 137(47.9%) of the students had moderate self-esteem, 78(27.3%) of them had high self-esteem and 71(24.8%) reported low level of self-esteem with the mean, standard deviation of  $25.82 \pm 7.15$ . Majority of the students 183(64%) had moderate academic stress, 53(18.5%) experienced high academic stress and 50(17.5%) had low academic stress with the mean, standard deviation of  $40.21 \pm 14.25$ . The study concluded that there was very low positive correlation between self-esteem and academic stress among students.

### **A STUDY TO ASSESS KNOWLEDGE AND ATTITUDE REGARDING ALCOHOLISM AMONG LATE ADOLESCENTS IN A SELECTED COLLEGE MANGALURU**

**Authors:** Ms. Anusree KV, Mr. Winston Canute Lobo, Ms. Shreya Narayan, Ms. Riyana Dsouza, Ms. Shipra Biju

**Guide:** Mrs. Akangshaw Anne Paiva

**Year:** 2023

A descriptive research design was developed to assess the knowledge and attitude regarding alcoholism. Using convenience sampling technique 255 nursing students were selected. A structured knowledge questionnaire and attitude scale were used as tool for data collection. Results showed, 89% of students had adequate knowledge and 11% of them did not have knowledge regarding alcoholism. The study also revealed that 96.1% of late adolescents experienced favourable attitude and only 3.9% of them had unfavourable attitude towards alcoholism. Thus the study concluded that late adolescents had poor knowledge and a favourable alcoholism.

### **QUALITY OF LIFE AMONG POST COVID INDIVIDUALS IN SELECTED INSTITUTION OF MANGALURU**

**Authors:** Ms. Aleena Jins, Ms. Ann Mary, Ms. Megha Benny, Ms. Renisha Dsouza, Ms. Soundarya

**Guide:** Mrs. Suneetha Merlin Fernandes

**Year:** 2023

Across sectional research design was used to assess the quality of life among 73 post covid individuals selected through purposive sampling technique. WHO's Quality of Life scale by BREF was used to collect the data from the samples. The findings revealed that 31.5% of them had a very good quality of life, 60.3% had good quality of life and the remaining 8.2% had neither good nor poor quality of life. The study recommended for further studies to be done on quality of life of covid survivors to assess their knowledge on improvement of quality of life.

### **A STUDY TO ASSESS HOLISTIC HEALTH STATUS OF PATIENTS UNDERGOING HEMODIALYSIS IN SELECTED HOSPITAL AT MANGALORE**

**Authors:** Ms. Alphonsa PR, Ms. Mary Sandra Robert, Ms. Preema Monis, Ms. Sushma MM, Mr. Shyne Angelo Fernandes

**Guide:** Sr. Nancy Priya Mathias

**Year:** 2023

A non-experimental descriptive survey was adopted to assess the holistic health status of hemodialysis patients. 121 patients undergoing hemodialysis were selected through convenient sampling technique. Holistic Health Status Questionnaire(HHSQ) was used as the tool for data collection. The results showed that the mean percentage of Holistic health status was highest in the area of coping stye (91.66%) and lowest in the area of change in self and family (57.59%). The study concluded that hemodialysis has an impact on the holistic health status of the clients.

### **A STUDY TO ASSESS THE ROLE STRAIN AMONG MALE NURSING STUDENTS IN THE SELECTED NURSING COLLEGES, MANGALORE**

**Authors:** Ms. Sushma Shreyanka Dsouza, Ms. Frincita Dsouza, Ms. Prajna Lenisha Monteiro, Ms. Jima Sabu Kadavil

**Guide:** Sr. Anjana Rose

**Year:** 2023

A descriptive study design was used to assess the role strain among male nursing students. Through purposive sampling technique 153 male students were selected and the data was collected using Valid Structured Questionnaire. The findings showed that majority (60.13%) samples had mild role strain and 39.86% of them had moderate role strain. The study recommended that the nursing committee should take steps to stop the media negative representation of nursing as a female profession and emphasis to be made on the numerous aspects of professional growth that affect the involvement of under-represented minorities in the nursing profession.

**UG PROJECTS 2023**  
**(BSc Projects completed in 2024)**

## **KNOWLEDGE ON HOME BASED CARE IN THE PREVENTION OF BEDSORE AMONG THE CARE GIVERS OF BEDRIDDEN PATIENT IN MANGALURU**

**Author: Ms. Adithya Ajay Mr. Abel Joseph Ms. Adheena Babu Mr. Ajay Dsouza  
Mr. Alan Gomes Ms. Aleena Babu**

**Guide: Prof. Pathima Voilet Fernandes**

**Year: 2024**

A descriptive study was conducted to assess the knowledge on home-based care in the prevention of bedsores among caregivers of bedridden patients in a tertiary care hospital in Mangaluru. A total of 138 caregivers were selected using purposive sampling technique. Data were collected using a baseline proforma and a self-structured knowledge questionnaire after obtaining informed consent. The results revealed that 18.1% of caregivers had excellent knowledge, 38.4% had good knowledge, 41.3% had average knowledge, and 2.2% had poor knowledge regarding the prevention of bedsores. The mean knowledge score was 12.2, with a median of 12 and a standard deviation of 2.4. The majority of caregivers (41.3%) had an average level of knowledge. A statistically significant association was found between knowledge scores and selected baseline variables. The study concluded that most caregivers possessed only average knowledge regarding home-based care in the prevention of bedsores, indicating the need for planned educational interventions to improve caregivers' knowledge and prevent bedsores among bedridden patients.

## **A STUDY ON KNOWLEDGE AND ATTITUDE ON MENSTRUAL CUP USAGE AMONG NURSING STUDENTS OF A SELECTED COLLEGE IN MANGALURU**

**Author: Ms. Anaswara Joseph Ms. Alphonsa P Sunny Ms. Alviya Sharine Fernandes  
Ms. Amma Maria Antony Ms. Anriya Rosmine Ms. Anet Anna Shony**

**Guide: Mrs. Wilma Shalini Noronha, M**

**Year: 2024**

A descriptive correlational study was conducted to assess the knowledge and attitude regarding menstrual cup usage among nursing students of a selected college in Mangaluru. A total of 192 nursing students were selected using purposive sampling technique based on inclusion and exclusion criteria. Data were collected using a screening tool, baseline proforma, self-structured knowledge questionnaire, and a self-

developed attitude scale with a 5-point Likert scale. The findings revealed that 7.8% of the nursing students had good knowledge, 52.1% had average knowledge, and 40.1% had poor knowledge regarding menstrual cup usage. The study also showed that the majority of nursing students had a favourable attitude towards menstrual cup usage. A positive correlation was found between knowledge and attitude regarding menstrual cup usage among nursing students. The study concluded that although most nursing students had average knowledge and a favourable attitude towards menstrual cup usage, a considerable proportion had poor knowledge, highlighting the need for educational interventions to improve awareness and promote the use of menstrual cups.

#### **KNOWLEDGE AND ATTITUDE REGARDING BREAST SELF EXAMINATION AMONG UNDERGRADUATE STUDENTS AT SELECTED EDUCATIONAL INSTITUTIONS, MANGALORE**

**Author: Angeline Sona Babu, Angel Saviour, Annbenny, Ann Jose, Annmaria Joseph, Ann Tom**

**Guide Mr. Manoj P.S**

**Year: 2024**

A descriptive study was conducted to assess the knowledge and attitude regarding breast self-examination among undergraduate students of selected educational institutions in Mangaluru. A total of 316 undergraduate students were selected using a stratified sampling technique. Data were collected through Google Forms using a baseline proforma, structured knowledge questionnaire, and attitude scale, with participants allotted 10 minutes to complete the questionnaire. The findings revealed that 31.64% of the students had excellent knowledge, 44.6% had good knowledge, 18.6% had average knowledge, and 5.06% had poor knowledge regarding breast self-examination. With regard to attitude, 96.5% of the undergraduate students demonstrated a favourable attitude, while 3.48% had an unfavourable attitude towards breast self-examination. The study concluded that although the majority of undergraduate students possessed good to moderate knowledge and a predominantly favourable attitude towards breast self-examination, there remains a need for strengthened awareness and educational programs to further improve knowledge and promote regular practice of breast self-examination.

## QUALITY OF LIFE(QOL) AMONG CATARACT PATIENTS IN A SELECTED HOSPITAL

**Author:** Ms.Ashritha Mendon, Ms.Anmariya Babu, Ms.Ans Maria Joy,Ms.Anupama Johnson, Ms.Arya Raphael, Ms.Ashmitha Rodrigues

**Guide:** Ms.Precilla D'Silva

**Year:** 2024

A descriptive study was conducted to assess the quality of life (QOL) among cataract patients attending the outpatient department and admitted to the ophthalmology ward of a selected hospital in Mangaluru. A total of 152 cataract patients who met the inclusion criteria were selected using purposive convenient sampling technique. Data were collected using a demographic proforma and the Indian Vision Function Assessment Questionnaire (33 items). The findings revealed that the majority of participants belonged to the age group of 60-70 years (36.8%), with 53.9% females and 46.1% males. The results showed that most patients had poor quality of life (79.8%) in the general function domain, while 43.6% demonstrated good quality of life in the psychosocial domain. The study also found that there was no significant association between quality of life and selected demographic variables. The study concluded that cataract significantly affects certain domains of quality of life, particularly general functioning, emphasizing the importance of early detection, timely intervention, and comprehensive care to improve overall quality of life among cataract patients.

## KNOWLEDGE AND SELF - REPORTED PRACTICE ON TOILET BEHAVIOR TO PREVENT UTI AMONG SCHOOL GOING ADOLESCENT GIRLS IN AND AROUND MANGALURU

**Author:** Ms. Christeena Mariya Joseph Mr. Binil Thomas Mr. Braganca Aaron, Ms. Carol Crasta Ms. Caroline Ann Mathews Ms. Christeena John Joseph

**Guide:** Reena Wilma Frank

**Year:** 2024

A correlative study was conducted to assess the knowledge and self - reported practice of toilet behaviour to prevent UTI among adolescent girls in and around Mangaluru. The sample consisted of 215 school going adolescent girls was selected by stratified sampling technique. A self- structured questionnaire and practice checklist was used to assess their knowledge and self- reported practice of Toilet behaviour to prevent UTL. Study shows that among adolescent girls 52.6% had poor knowledge, and 40.9%

adolescent girls carries out average practice of toilet behaviour. There is a weak negative correlation between knowledge and practice on toilet behaviour among school going adolescent girls. And There is an association between knowledge and practice with selected variables i.e. having previous knowledge  $p=0.007$  on UTI and class of study  $p=0.009$ . Study concludes that, Even if the students know about UTIs and its avoidance, suitable instruction to uphold acceptable sanitary behaviours, diet, and lifestyle changes were the needs that were identified. Informational discussions on UTIs and their risk factors ought to be conducted occasionally among adolescent girls in order to enhance knowledge and enhance their UTI prevention techniques.

#### SELF ESTEEM AND PERCEIVED STRESS ON WORK LIFE AMONG NON- TEACHING STAFF IN A SELECTED INSTITUTION AT MANGALURU

**Authors:** Ms Elizabeth Joji Ms Christy Mariam Biju Ms Christy Sunny Mr Dalen D Souza, Ms Deena Lisha Lobo Ms Divina Joslita Lobo

**Guide:** Mrs Priya Sweety Pereira

**Year:** 2024

Correlational descriptive research design was developed for the study to assess the correlation between self-esteem and perceived stress on work life among non-teaching staff at selected institution at Mangaluru. The tool used for the study was the Rosenberg Self-Esteem Scale and TAWS (tool to assess work stress). A Stratified random sampling technique was used to select 151 non-teaching staff. Data collected from the participants was analysed by descriptive and inferential statistics. The highest proportion of staff reported normal self esteem (76.2%), 34(22.5%) has high self-esteem, while the lowest were those with low self esteem (1.3%), with a mean score of  $21.89 \pm 4.27$ . Similarly, the highest proportion experienced no or mild perceived work stress (77.5%), whereas the lowest reported severe stress (2.6%), with a mean score of  $30.01 \pm 1.61$ . The findings of the study showed that the majority of the non-teaching staff had normal self-esteem and no or mild perceived work stress. There was a negative moderate correlation between self-esteem and perceived work stress among non-teaching staff.

## A STUDY TO ASSESS COMPASSION FATIGUE AND COMPASSION SATISFACTION

**Authors:** Ms. Felecia Carol Sequeira Ms. Finiya Johnson Ms. Fiyona Renny Ms. Fleema Crasta Ms. Freni Mr. Glen Jovin Dsouza

**Guide:** Mrs. Jubee Joseph

**Year:** 2024

A descriptive approach was used to assess compassion fatigue and compassion satisfaction among nurses in a selected tertiary hospital. Tool used was baseline proforma along with a rating scale to assess the compassion fatigue and compassion satisfaction amongst nurses. The subject comprised of 350 nurses who met the inclusion criteria. The samples were selected by proportionate stratified simple random sampling technique. The formal written permission was obtained from the concerned authority to conduct the study. Informed consent was taken from the samples before collecting the data. The data was analyzed using descriptive and inferential statistics under SPSS version 16. The study found that most nurses reported moderate levels of compassion satisfaction (78.3%), burnout (84.6%), and secondary traumatic stress (82%). Low levels of burnout (15.1%) and STS (17.4%) were also observed, while high levels were minimal. Burnout and STS were significantly associated with fewer years of experience, ICU posting, temporary employment, and lower pay. Overall, the null hypothesis was rejected. The findings indicate that most nurses experience compassion fatigue, highlighting the need to improve awareness and coping strategies. Addressing compassion fatigue is essential to enhance nurses' quality of life and ensure optimal patient care.

## KNOWLEDGE AND ATTITUDE REGARDING BLOOD DONATION AMONG GENERAL PUBLIC IN A SELECTED HOSPITAL AT MANGALORE

**Authors:** Ms. Glenisha Pereira Ms. Glenisha Fernandes Ms. Hridya Mariam Abraham, Ms. Irene Shaju Ms. Izeal Melvina Dsouza Ms. Jany Justin

**Guide:** Sr. Anjana Rose

**Year:** 2024

A descriptive study was conducted to assess the knowledge and attitude regarding blood donation among the general public attending a selected hospital in Mangalore. A descriptive research design was adopted for the study. The sample comprised 228

members of the general public, who were selected using a purposive sampling technique. Data were collected using a validated structured questionnaire. The collected data were analyzed using descriptive and inferential statistics. The findings revealed that among the 228 participants, 49.1% had good knowledge and 45.2% had average knowledge regarding blood donation. The majority of the participants (88.2%) demonstrated a favourable attitude towards blood donation. A moderately positive correlation was found between knowledge and attitude scores ( $r = 0.551$ ), which was statistically significant at the 0.01 level ( $p = 0.01$ ). The study concludes that increased knowledge is associated with a more favourable attitude towards blood donation, highlighting the need for continuous public awareness and educational programmes to enhance voluntary blood donation practices.

#### **KNOWLEDGE ON BREASTFEEDING, BREASTMILK EXPRESSION AND PRESERVATION AMONG ANTENATAL MOTHERS VISITING ANC IN A SELECTED HOSPITAL AT MANGALURU**

**Authors:** Ms. Jovitta Elsa Jose, Ms. Jessica Carol Dsouza, Ms. Jessica Sherlin Mascarenhas, Ms. Joshna Sonal Dsouza, Ms. Jennifer Monis, Ms. Jeniva Weslia Vas

**Guide:** Ms. Thamizahraji

**Year:** 2024

A descriptive research design was adopted to assess the knowledge on breastfeeding, breast milk expression, and preservation among antenatal mothers visiting the Antenatal Clinic of a selected hospital at Mangaluru. The study included 176 antenatal mothers who were selected using a simple random sampling technique. Data were collected from 1st December 2023 to 14th December 2023 using a self-structured knowledge questionnaire. The collected data were analyzed using descriptive and inferential statistics with SPSS version 16. The results revealed that the majority of the participants were aged 26-30 years (45.4%), had secondary education (47.7%), and were unemployed (58%). More than half of the antenatal mothers (56.8%) had no prior knowledge regarding the topic. Overall, 58.5% of the mothers had moderate knowledge, 38.6% had adequate knowledge, and 2.8% had inadequate knowledge. Area-wise analysis showed the highest knowledge scores in breast milk expression, followed by preservation, while knowledge on breastfeeding was the lowest. There was no

significant association between knowledge scores and selected demographic variables except for monthly family income ( $p = 0.015$ ) and source of information ( $p = 0.014$ ). Hence, the research hypothesis was partially accepted.

**A STUDY TO ASSESS THE KNOWLEDGE REGARDING THE MANAGEMENT OF FEBRILE CONVULSION AMONG MOTHERS ATTENDING PEDIATRIC OPD IN SELECTED HOSPITAL,**

**Author: Ms. Lavita Pramila Dsouza, Ms. Jyothi Elizabeth Thomas, Ms. Karolin, Ms. Kripa G. Thomas, Ms. Lena Shaju, Ms. Lenita Deyona Pereira**

**Guide: Mrs Deepika N C**

**Year: 2024**

A descriptive study was conducted to assess the knowledge regarding the management of febrile convulsion among mothers attending the Paediatric Outpatient Department of Father Muller Medical College Hospital, Mangaluru. The study population comprised mothers aged 20–40 years who had children below five years of age. A total of 107 mothers were selected using a non-probability purposive sampling technique. Data were collected using a demographic proforma and a structured knowledge questionnaire. The findings revealed a statistically significant association between knowledge regarding the management of febrile convulsion and selected demographic variables such as education ( $p = 0.034$ ), occupation ( $p = 0.044$ ), monthly income ( $p = 0.037$ ), family history of febrile convulsion ( $p = 0.025$ ), and prior knowledge about fever-related convulsion ( $p = 0.025$ ). However, no significant association was found between knowledge and variables such as age ( $p = 0.092$ ), type of family ( $p = 0.126$ ), number of children ( $p = 0.071$ ), and having seen children suffering from fever-related convulsions ( $p > 0.05$ ). The study concluded that maternal knowledge regarding the management of febrile convulsion is significantly influenced by educational and socio-economic factors, highlighting the need for focused health education programmes for mothers of under-five children.

## A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING FIRSTAID IN DRIVERS IN SELECTED AREA IN MANGALORE

Author: Ms. Usha Priya Lasrado, Ms. Lewis Chrisanne Anil, Ms. Leya Raju, Mr. Mahesha Nalk, Ms. Mallika

Guide: Mr. Abin Kurjakose

Year: 2024

A descriptive study was conducted to assess the knowledge and attitude regarding first aid among drivers in a selected area of Mangalore. A convenience sampling technique was used to select 240 drivers who were above 24 years of age, possessed a valid driving license, and were able to read and write Kannada or English. Ambulance drivers were excluded from the study. Data were collected using a self-structured knowledge questionnaire and a self-structured Likert scale to assess attitude, both prepared in Kannada. The collected data were entered and analyzed using SPSS. The findings revealed that 30.83% of the drivers belonged to the age group of 24–30 years, 33.8% had completed secondary education, and 37.5% had more than 15 years of driving experience. Half of the participants had prior exposure to first aid information, and 51.25% had previous experience in providing first aid. A majority of the drivers (75%) had a first aid box in their vehicle. Regarding knowledge levels, 61.7% of the drivers had moderate knowledge of first aid. The majority of participants (95.4%) demonstrated a positive attitude towards first aid, while 4.6% exhibited a negative attitude. A moderately positive correlation was found between knowledge and attitude regarding first aid among drivers. However, no significant association was observed between knowledge and attitude scores and selected baseline variables. The study concluded that although drivers generally possessed a positive attitude towards first aid, their knowledge levels were only moderate, indicating the need for structured first aid training programmes for drivers to improve emergency response and reduce morbidity and mortality following road traffic accidents.

### **A STUDY TO ASSESS THE HOSPITAL ANXIETY AND DEPRESSION AMONG CANCER PATIENTS UNDERGOING VARIOUS CANCER TREATMENTS IN SELECTED TERTIARY HOSPITAL MANGALURU**

**Author:** Ms. Melisha D Souza, Ms. Meha Thomas, Ms. Marrilka Fernandes, Ms. Melisha Dsouza, Ms. Melisha Sonal Dsouza, Ms. Melisha Grasy Lobo

**Guide:** Mrs. Denitha T, M.Sc. (N)

**Year:** 2024

A quantitative descriptive study was conducted to assess hospital anxiety and depression among cancer patients undergoing various cancer treatments in a selected tertiary hospital at Mangaluru. A total of 150 cancer patients who met the inclusion criteria were selected using a purposive sampling technique. Data were collected using the standardized Hospital Anxiety and Depression Scale (HADS). The collected data were analyzed using descriptive and inferential statistics. The results revealed that with regard to anxiety, 58.7% of the participants had abnormal anxiety levels, 34.0% were borderline, and 7.3% were normal. In relation to depression, 36.7% of the participants were normal, 32.7% had borderline depression, and 30.7% were found to be abnormal. Statistical analysis showed no significant correlation between anxiety and depression scores ( $p = 0.129$ ). However, a highly significant association was observed between anxiety levels and selected baseline variables of cancer patients. The study concludes that a considerable proportion of cancer patients experience anxiety and depression during treatment, emphasizing the need for routine psychological assessment and timely psychosocial interventions as an integral part of cancer care.

### **RELATIONSHIP BETWEEN JOB STRESS AND PATIENT CARING BEHAVIOR AMONG STAFF NURSES OF A SELECTED HOSPITAL, MANGALURU**

**Authors:** Ms. Ocheal Serrao, Ms. Navya Biju, Ms. Neha Mariy, Ms. Niveditha M. P, Ms. Princy Pasanna, Ms. Priyanka Prince

**Guide:** Mrs. Suneetha Merlin Fernandes

**Year:** 2024

A non-experimental descriptive study was conducted to determine the relationship between job stress and patient caring behavior among staff nurses working in a selected hospital at Mangaluru. A total of 160 staff nurses who met the inclusion criteria were

selected using a purposive sampling technique. Data were collected using a baseline proforma, the Expanded Nursing Stress Scale (ENSS), and the Caring Dimension Inventory (CDI-25). The collected data were analyzed using descriptive and inferential statistics. The findings revealed that the majority of the staff nurses experienced severe job stress (70%), while 18.75% had very severe stress and 11.25% had moderate stress. Regarding patient caring behavior, most of the staff nurses (78.8%) demonstrated a very high level of perception of caring, and 21.3% showed a high level of perception of caring. A weak positive correlation was found between job stress and patient caring behavior ( $r = 0.085$ ), with mean scores of 148.2 for job stress and 107.4 for patient caring behavior. The study concluded that although the majority of staff nurses experienced high levels of job stress, it did not significantly affect their patient caring behavior. The findings highlight the resilience and professional commitment of nurses in maintaining quality patient care despite occupational stress.

#### KNOWLEDGE OF MENTAL HEALTH AMONG THE STUDENTS IN A SELECTED NURSING COLLEGE AT MANGALURU

Author: Sr. Reema Montheiro, Ms. Rhea Benecia Castellino, Ms. Riya Nary Jomon, Ms. Rosé Maria Roy, Mr. Roystan Glany Dsilva, Sr. Rubi A

Guide: Mrs. Sharmila

Year: 2024

A quantitative descriptive study was conducted to assess the knowledge of mental health among nursing students in a selected nursing college at Mangaluru. A total of 136 nursing students who met the inclusion criteria were selected using a non-probability convenience sampling technique. Data were collected using a structured knowledge questionnaire. The collected data were analyzed using descriptive and inferential statistics. The results revealed that the majority of the nursing students (80.15%) had good knowledge of mental health, while 16.91% demonstrated average knowledge and 2.94% had poor knowledge. Inferential analysis showed no statistically significant association between knowledge scores and selected demographic variables. The study concluded that most nursing students possessed good knowledge regarding mental health. However, continuous mental health education and awareness programmes are recommended to further strengthen and sustain knowledge among nursing students.

## KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING THERAPEUTIC COMMUNICATION AMONG NURSING STUDENTS IN A SELECTED COLLEGE, MANGALURU.

Author: Ms. Sbaral Lobo, Ms. Sandra Maria Pious, Ms. Sherin John Kachera, Ms. Ruchitha HS, Ms. Shelreen Princy Mendonsa

Guide: Mrs. Sunitha Priya Menezes

Year: 2024

A descriptive study was conducted to assess the knowledge, attitude, and practice regarding therapeutic communication among nursing students in a selected college at Mangaluru. The study included 183 nursing students aged 18–24 years, who were selected using a simple random sampling technique. Data were collected using a self-structured knowledge questionnaire, the Communication Skills Attitude Scale (CSAS), and the Global Interpersonal Therapeutic Communication Scale (GITCS). The results showed that 95.6% of the participants had good knowledge, 3.3% had average knowledge, and 1.1% had poor knowledge regarding therapeutic communication. A positive attitude towards therapeutic communication was observed in 95.1% of the nursing students, while 4.9% exhibited a negative attitude. In terms of practice, 86.9% of the students always practiced therapeutic communication, 2.7% usually practiced, 7.1% sometimes practiced, and 3.3% rarely practiced. Inferential analysis revealed a significant association between selected demographic variables such as age, gender, year of study, place of stay, place of residence, and prior exposure to sessions on therapeutic communication with knowledge, attitude, and practice scores ( $p < 0.05$ ). The study concluded that nursing students demonstrated good knowledge, positive attitude, and satisfactory practice regarding therapeutic communication, emphasizing the importance of continued training and reinforcement in nursing education.

**UG PROJECTS 2024**  
(BSc Projects completed in 2025)

### **A STUDY TO ASSESS THE ATTITUDE TOWARDS ROOT CAUSE ANALYSIS AND BARRIERS FACED BY THE NURSES TO REPORT NEAR MISS AND NO HARM INCIDENTS IN SELECTED HOSPITAL OF MANGALURU.**

**Authors:** Ms Geethu Raj, Sr Soumya Abraham, Ms Divyajyothi, Ms Alshatha, Ms Sareena Banu

**Guide:** Dr Shiji Pj

**Year:** 2024

Patient safety is a critical component of healthcare quality, with nurses playing a central role in preventing adverse events through effective reporting and analysis systems. This descriptive study was conducted to assess nurses' attitudes toward root cause analysis (RCA), identify barriers to reporting near-miss and no-harm incidents, examine the correlation between attitudes and barriers, and determine the association between barriers and selected baseline variables. The study was carried out among 96 nurses at Father Muller Hospital, Kankanady, Mangaluru, selected using a convenience sampling technique. Data were collected using a baseline proforma and structured rating scales and analyzed using descriptive and inferential statistics. Findings revealed that 59% of nurses had highly favourable attitudes toward RCA. Work pressure emerged as the primary barrier to reporting near-miss incidents (16.6%). A statistically significant negative correlation was observed between nurses' attitudes and perceived barriers ( $r = -0.454$ ,  $p < 0.001$ ), indicating that positive attitudes were associated with fewer barriers. Education level showed a significant association with reporting barriers ( $p = 0.032$ ). The study concludes that despite favourable attitudes toward RCA, organizational barriers such as workload continue to hinder effective incident reporting, highlighting the need for supportive institutional strategies.

### **KNOWLEDGE AND ATTITUDE OF ANTENATAL WOMEN ON COLOSTRUM FEEDING.**

**Authors:** Ms. Grishul Vas, Ms. Nesli Ullas Fernandes, Sr Simi Sebastian, Ms Aswitha, Ms Joice Reji

**Guide:** Mrs Wilma Shalini Naronha

**Year:** 2024

The neonatal period, comprising the first four weeks of life, is a critical phase marked by rapid physiological adaptation and development, during which essential newborn care plays a vital role in ensuring survival and long-term health. Colostrum feeding, defined as providing the first thick, yellowish milk produced in the initial 2-4 days postpartum,

is a key component of newborn nutrition due to its rich content of nutrients, antibodies, and immunological factors that promote gut health, prevent infections, reduce neonatal jaundice, and enhance mother-infant bonding. Recognizing the importance of colostrum, this descriptive study aimed to assess the knowledge and attitude of third-trimester antenatal women regarding colostrum feeding, examine the correlation between knowledge and attitude, and determine their association with selected baseline variables. The study was conducted among 195 antenatal women attending the OBG outpatient department of a tertiary care hospital in Mangalore, using a purposive sampling technique. Data were collected through a structured knowledge questionnaire and an attitude scale and analyzed using descriptive and inferential statistics. The findings revealed that 59.0% of participants had good knowledge and 41.0% had average knowledge, while 97.4% demonstrated a favorable attitude toward colostrum feeding. The mean knowledge score was  $19.01 \pm 2.14$  and the mean attitude score was  $44.75 \pm 5.08$ . No significant association was found between knowledge or attitude and selected demographic variables. The study concludes that antenatal women generally possess good knowledge and favorable attitudes toward colostrum feeding, highlighting the effectiveness of existing maternal health education.

#### ATTITUDE OF PATIENTS TOWARDS BEING CARED FOR BY MALE NURSES IN A SELECTED TERTIARY CARE CENTER OF MANGALORE

**Authors:** Sr. Jooli Mathew, Sr. Simy P.U, Ms. Mamatha M.S, Ms. Mamadevi, Sr. Alna Augustin  
**Guide:** Mrs. Sr Dhanya Devasia

**Year:** 2024

Nursing is a compassionate profession that integrates technical competence with empathy, aiming to alleviate suffering and promote overall well-being. Although the participation of men in nursing has steadily increased, the profession continues to be perceived as female-dominated due to long-standing historical and societal influences dating back to the era of Florence Nightingale. This study aimed to assess patients' attitudes toward being cared for by male nurses. A descriptive quantitative research design was adopted, involving 234 male and female patients who had received nursing care from male nurses in a selected tertiary care center in Mangalore. Data were

collected using a tool consisting of baseline variables and a structured attitude rating scale. The findings revealed that 114 patients (48.7%) demonstrated a positive attitude, 116 patients (49.6%) exhibited a neutral attitude, and only 4 patients (1.7%) expressed a negative attitude toward care provided by male nurses. Nearly half of the patients showed a positive perception, indicating growing acceptance of male nurses. No statistically significant association was found between patients' attitudes and selected baseline variables. The study concludes that societal perceptions of male nurses are largely favourable, with minimal negative attitudes observed.

#### KNOWLEDGE ON DASH DIET AMONG THE HYPERTENSIVE PATIENTS ADMITTED IN GENERAL WARDS OF SELECTED HOSPITAL AT MANGALURU

**Authors: Ms. Mary Dhasnas Thomas Ms. Jolcy PV Ms. Deepa Talavar Ms. Deena Dsouza Ms. Jyothis Reji**

Guide: Sr. Anjana Rose

Year: 2024

Hypertension is a major public health concern in India, with a rapidly rising prevalence in both urban and rural populations. The Dietary Approaches to Stop Hypertension (DASH) diet is a scientifically proven nutritional strategy for controlling blood pressure; emphasizing reduced sodium intake and increased consumption of nutrient-rich foods containing potassium, calcium, and magnesium. This descriptive study aimed to assess the knowledge of the DASH diet among hypertensive patients and to determine its association with selected demographic variables. The study was conducted among 183 hypertensive patients admitted to the general wards of selected hospitals in Mangaluru, using a non-probability purposive sampling technique. Data were collected through a structured, validated questionnaire that assessed participants' understanding of key components of the DASH diet, including recommended food groups, portion sizes, and health benefits. The collected data were analyzed using descriptive and inferential statistics. The findings revealed that the majority of participants (99.5%) had an average level of knowledge regarding the DASH diet, while only 0.5% demonstrated good knowledge. The mean knowledge score was  $18.7 \pm 0.6$ , with a mean percentage of 98.4%. No statistically significant association was found between knowledge levels and

selected demographic variables. The study concludes that hypertensive patients possess only an average level of knowledge about the DASH diet, highlighting the need for targeted dietary education to improve hypertension management.

#### SHIFT WORK SLEEP DISORDER AMONG NURSES WORKING IN TERTIARY CARE HOSPITAL, MANGALURU.

**Authors:** Mr. Prithesh Moras Ms. Kiruhulu Ms. Eby J Kottathil Ms. Reeta Rosy Ms. Yashasvini

**Guide:** Mrs. Deepthi Gladys Dsouza

**Year:** 2024

Shift Work Sleep Disorder (SWSD) is a circadian rhythm sleep disorder commonly affecting individuals engaged in non-traditional work schedules, particularly nurses, leading to difficulties in initiating and maintaining sleep and excessive sleepiness during inappropriate times. This descriptive study aimed to assess the prevalence of SWSD among nurses working in a tertiary care hospital and to determine its association with selected variables. The study was conducted among 104 staff nurses at Father Muller Medical College Hospital, Mangaluru, using a stratified random sampling technique. Data were collected using a demographic proforma and the Regensburg Insomnia Scale. The majority of participants were aged  $\leq 30$  years, female, single, BSc nursing graduates, hostel residents, and working night shifts, with less than one year of clinical experience. Findings revealed that 64.4% of nurses had conspicuous sleep disturbances, while 35.6% were inconspicuous. The overall mean SWSD score was  $15.03 \pm 5.50$ , with a mean percentage of 37.59%, indicating that less than half of the nurses experienced mild sleep disorder. The study concludes that SWSD is prevalent among nurses, emphasizing the need for awareness, preventive strategies, and institutional support to promote healthy sleep patterns.

### **A STUDY TO ASSESS THE PARENTAL INVOLVEMENT IN EDUCATION AMONG STUDENTS IN SELECTED NURSING COLLEGE OF MANGALURU.**

**Authors:** Ms Viola Thomas Fernandes, Ms Colaco Mary, Ms Vanitha Dsouza, Ms Ashna Siby,  
**Mr Dean Vinal Dsouza**

**Guide:** Dr Josmitha Maria Dsouza

**Year:** 2024

Parental involvement in education is a vital determinant of students' academic achievement and holistic development, influencing emotional regulation, coping abilities, and behavioural management. This descriptive study aimed to assess the level of parental involvement in education and examine its association with selected demographic variables among nursing students in a selected nursing college of Mangaluru. A convenience sample of 378 nursing students aged 18 years and above was recruited. Data were collected using a parental involvement rating scale and analysed using descriptive and inferential statistics. The mean age of participants was  $20.58 \pm 3.09$  years, with a predominance of females (82.5%). Most students belonged to nuclear families (92.8%), and parental education varied, with 34.3% of mothers being graduates and 39.7% of fathers having completed senior secondary education. The mean parental involvement score was  $186.9 \pm 13.8$ , indicating generally moderate to low involvement; however, 50.5% of participants reported higher levels of parental engagement. A statistically significant association was observed between parental involvement and mother's education ( $p = 0.001$ ) as well as father's education ( $p = 0.004$ ). The study concludes that parental involvement remains a key factor in enhancing educational outcomes, underscoring the need for strengthened collaboration between parents and educational institutions.

### **A STUDY ON PATIENT EXPECTATION AND SATISFACTION ON PRE-OPERATIVE NURSING CARE IN SELECTED HOSPITAL MANGALURU**

**Authors:** Ms. Sonia Sequeira, Ms. Kavyadas P.S, Ms. Riya Mondal, Ms. Rechal Pinto, Sr. Soumya James

**Guide:** Ms Jenny Abraham

**Year:** 2024

In today's highly competitive healthcare environment, patient satisfaction and expectations are critical indicators of quality care and organizational performance. This

study aimed to assess patient satisfaction and expectations regarding preoperative nursing care and to determine their association with selected baseline variables. A quantitative descriptive design was adopted, and the study included 174 postoperative patients who were selected after obtaining institutional approval and informed consent. Data were collected using a self-structured questionnaire and analyzed using descriptive and inferential statistics. The findings showed that the majority of participants were above 30 years of age (81.6%), with a relatively balanced gender distribution. Most participants were married, had primary or secondary education, belonged to lower- to middle-income groups, and had not undergone previous surgeries. The results revealed that 91.4% of patients had high expectations regarding preoperative nursing care, while 98.3% reported being highly satisfied with the care received. Although overall satisfaction levels were high, the study identified certain areas requiring improvement. The findings emphasize the importance of regular patient feedback to enhance the quality of preoperative nursing care and to ensure sustained patient satisfaction and service excellence.

#### **A STUDY ON EATING HABITS AND SOCIAL MEDIA ADDICTION AMONG YOUTH IN EDUCATIONAL INSTITUTION.**

**Authors:** Ms Preeti C, Ms Nishitha Dsouza, Ms Vithenu Khizho, Ms Mary Kinai Weitsu, St Nassy Mathew

**Guide:** Mrs Sonia Maria Lobo.

**Year:** 2024

Social media has become a dominant mode of communication among adolescents and young adults, offering enhanced connectivity while simultaneously posing risks to mental health and lifestyle behaviours, including eating patterns. This descriptive correlational study aimed to assess the relationship between social media addiction and eating habits among students. Using a purposive sampling technique, 140 students were selected, and data were collected through a demographic proforma, the Adolescent Food Habits Checklist, and the Social Networking Addiction Scale. Descriptive and inferential statistics were used for analysis. The majority of participants were aged 18-21 years (92.1%), predominantly female (81.4%), and mostly first-year students (69%), with most residing in hostels (70%). Healthy eating habits were reported by 58.6% of

students, while 41.4% exhibited unhealthy eating patterns. Most students (68.6%) were not addicted to social media, whereas 31.4% showed signs of addiction. A statistically significant negative correlation was observed between social media addiction and eating habits ( $r = -0.266$ ,  $p < 0.002$ ), indicating that lower social media use was associated with healthier eating behaviours. The findings underscore the influence of social media on dietary choices and highlight the need for targeted awareness and intervention programs to promote balanced diets and responsible social media use among students.

#### EFFECTIVENESS OF ACTIVITY THERAPY ON STRESS REDUCTION AND IMPROVING SLEEP PATTERN AMONG PATIENTS WITH PSYCHIATRIC ILLNESS IN A SELECTED HOSPITAL AT MANGALURU

**Authors:** Ms. Aksha Maria B, Ms. Angel James, Ms. Anila Thomas, Ms. Anita P Biju, Ms. Anshu Varghese, Ms. Ashily Babu

**Guide:** Ms. Lavina Rodrigues

**Year:** 2024-25

The quasi-experimental one-group pre-test-post-test study conducted to assess the effectiveness of structured activity therapy on stress levels and sleep patterns among 63 psychiatric inpatients selected through purposive sampling. Using the Perceived Stress Scale and Sleep Quality Scale, baseline data were collected, followed by a 60-minute activity therapy session administered daily for six consecutive days, with post-test assessment on the seventh day. Findings revealed a statistically significant reduction in stress and improvement in sleep quality following the intervention, with good sleep quality increasing from predominantly average/poor levels to 81% post-intervention and stress levels shifting largely from moderate/high to low. Mean sleep and stress scores showed significant improvement, supported by paired t-test results ( $p < 0.01$ ), and a moderate positive correlation was observed between stress and sleep quality ( $r = 0.396$ ,  $p = 0.001$ ). The study concludes that structured activity therapy is an effective, non-pharmacological intervention for reducing stress and enhancing sleep quality among patients with psychiatric illness and recommends its integration into routine psychiatric care.

## KNOWLEDGE AND ATTITUDE AMONG HEALTHCARE PROFESSIONALS REGARDING ANTIMICROBIAL STEWARDSHIP IN A SELECTED HOSPITAL, MANGALURU

**Authors:** Mr. Hlanan Dion Semento, Ms. Helan Rose, Ms. Asblin Natasha Fernandes, Ms. Freeda Primal Dsouza, Ms. Gail Barness, Mallika

**Guide:** Ms. Leena Margaret Castelino

**Year:**2024-25

A cross-sectional analytical study conducted to assess the knowledge and attitude toward antimicrobial stewardship (AMS) among 91 healthcare professionals at a tertiary care hospital in Mangalore using a structured questionnaire administered via Google Forms. Data were analysed using descriptive statistics, chi-square tests, and Pearson's correlation. The findings showed that 83.5% of participants demonstrated a favourable attitude toward AMS, while knowledge levels were predominantly good to excellent, with no participants scoring poorly. Knowledge was significantly associated with gender, profession, educational level, and years of experience, whereas attitude showed no significant association with demographic variables. A weak, non-significant positive correlation was observed between knowledge and attitude ( $r = 0.205$ ,  $p = 0.052$ ). The study concludes that although healthcare professionals possess adequate knowledge and a positive attitude toward AMS, knowledge alone does not necessarily translate into improved attitudes, underscoring the need for targeted training and organizational support to strengthen effective participation in antimicrobial stewardship programs.

## EMOTIONAL INTELLIGENCE AMONG MILLENNIAL AND POST MILLENNIAL GENERATIONS AT SELECTED HEALTH INSTITUTIONS.

**Author:** Mr. Chris Sherwin Dsouza, Ms. Hancita Rodrigues, Ms. Jenisha, Ms. Diana Dsouza, Ms. Bhagyashri B K

**Guide:** Ms. Priya Sweety Pereira

**Year:**2024-25

A descriptive study conducted to assess emotional intelligence (EI) among millennial (Generation Y) and post-millennial (Generation Z) individuals using a purposive sample of 200 participants aged 14–28 and 29–44 years. Data were collected using a demographic proforma and the Schutte Self-Report Emotional Intelligence Test (SSEIT)

and analyzed using descriptive and inferential statistics. Results showed that the majority of participants in both generations demonstrated moderate emotional intelligence, with no statistically significant difference between Generation Y and Generation Z ( $p > 0.05$ ), although Generation Y had a marginally higher mean EI score. Emotional intelligence was significantly associated with occupational status among Generation Y, while no significant associations were observed between emotional intelligence and selected demographic variables among Generation Z. The study concludes that emotional intelligence levels are comparable across millennial and post-millennial generations, suggesting that generational differences have minimal influence on emotional competence.

---

**A STUDY TO ASSESS THE KNOWLEDGE AND SELF-REPORTED PRACTICES ON RENAL DIET AMONG HAEMODIALYSIS PATIENTS IN SELECTED HOSPITAL, MANGALURU**

**Author: Ms Hencita Periera, Ms Chrishell J Gomes, Ms Carol Montero, Ms DeJora Dsouza, Ms Jessica Sherry**

**Guide: Sr. Nancy Priya Mathias**

**Year-2024-25**

A descriptive cross-sectional study conducted to assess the knowledge and self-reported practices related to the renal diet among 100 haemodialysis patients undergoing dialysis for more than three months at a tertiary care hospital in Mangalore. Using a demographic proforma, structured knowledge questionnaire, and practice questionnaire with high reliability (0.925), data were analyzed through descriptive and inferential statistics. The findings revealed that most participants had average knowledge of the renal diet, with no significant correlation between knowledge and self-reported practices ( $p > 0.05$ ). Knowledge levels were significantly associated with alcohol consumption, smoking habits, and medication use, while self-reported practices were significantly related to comorbid illnesses and medication adherence. The study concludes that although hemodialysis patients possess moderate dietary knowledge, it does not necessarily translate into appropriate practices, highlighting the need for focused dietary education and reinforcement strategies.

### A CORRELATIONAL STUDY ON ACADEMIC RESILIENCE AND MINDFULNESS AMONG STUDENT NURSES IN A SELECTED COLLEGE, MANGALURU

**Author:** Ms. Deepa Robert K, Ms. Annilyn Solly, Ms. Gleylta Pals, Ms. Irene Mary Johnson, Ms. Lavita Fernandes

**Guide:** Ms. Santhipriya Monteiro

**Year:** 2024-25

A correlational study conducted to assess the relationship between academic resilience and mindfulness among 56 undergraduate and post-basic nursing students selected through non-proportionate random sampling at a nursing college in Mangalore. Data were collected using a baseline proforma, the Academic Resilience Scale, and the Mindful Attention Awareness Scale, and analysed using Jamovi software. The results indicated that most students had good levels of academic resilience and moderate levels of mindfulness, with a low but statistically significant positive correlation between the two variables ( $r = 0.29, p = 0.004$ ). Mindfulness showed a positive influence on academic resilience, while family-related issues had a negative effect. No significant difference was observed in academic resilience between BSc and Post Basic BSc Nursing students; however, a significant difference in mindfulness levels was noted between the groups ( $p = 0.05$ ). The study concludes that mindfulness enhances academic resilience and recommends the integration of mindfulness-based strategies into nursing education to support students' academic and professional development.

### IMPACT OF WHITE NOISE AND MOTHERS' TOUCH ON PAIN PERCEPTION AMONG NEONATES IN A SELECTED HOSPITAL MANGALORE

**Author:** Ms. Glane Azita Dsouza, Ms. Angel Treesa, Ms Jaquiline, Ms Lorita, Mr Ison,

**Guide:** Dr. Pramila Dsouza

**Year:** 2024-25

A quasi-experimental study conducted to evaluate the effectiveness of white noise and mother's touch in reducing pain perception among 40 neonates undergoing heel stick procedures in a selected hospital in Mangalore. Neonates were selected using purposive sampling and allocated into three groups—white noise, mother's touch, and control—through block randomization and a closed-envelope method. Pain was assessed using the Neonatal Infant Pain Scale (NIPS). The findings revealed significantly

lower mean pain scores in the mother's touch group compared to the white noise and control groups, with both interventions demonstrating a statistically significant reduction in pain compared to routine care ( $F = 54.42, p = 0.001$ ). The study concludes that mother's touch and white noise are effective, simple, and non-pharmacological interventions for reducing procedural pain among neonates.

### ATTITUDE OF THE PUBLIC TOWARDS THE DISPENSING OF MEDICINE THROUGH ELECTRONIC HEALTH RECORD (EHR) SYSTEM

**Author:** Ms. Glenys Josyita Voigas, Mr. Joel Roy Mathew, Ms. Manusha Kashinath Chavan, Sr. Angel Francis, Mr. Jeevan Dcosta

**Guide:** Mrs. Sharbula

**Year:** 2024-25

A descriptive quantitative study conducted to assess the public attitudes toward dispensing medicines through the Electronic Health Record (EHR) system among 124 participants selected using a random sampling technique. Data were collected using a self-structured attitude questionnaire and analysed using descriptive and inferential statistics. The results showed that the majority of participants had a favourable attitude toward EHR-based medicine dispensing, with 46.7% belonging to the 18-32-year age group, 36.2% to 33-46 years, and 18.5% to 47-60 years; females constituted 58% and males 43.5% of the sample. Almost all participants demonstrated a positive attitude, and no statistically significant association was found between attitude and selected demographic variables. The study concludes that public acceptance of medication dispensing through the EHR system is high, supporting its wider adoption to improve efficiency, reduce medication errors, and enhance the quality of healthcare delivery.

### **COMPARISON OF ACADEMIC ACHIEVEMENTS OF STUDENTS IN ANNUAL AND SEMESTER-BASED EXAMINATIONS AT A SELECTED NURSING COLLEGE.**

**Author: Ms. Jessica Valerie Vaz, Ms. Jessica Menezes, Ms. Isha James, Ms. Marita Rodrigues, Mr. George K.R.**

**Guide: Mrs Sandra Jyothi Saldanha**

**Year:2024-25**

A descriptive study conducted with the aim to compare academic achievement between annual and semester-based examination systems among 195 first-year BSc Nursing students, including the last annual batch ( $n = 97$ ) and the first semester-based batch ( $n = 98$ ), using university examination results obtained from the Rajiv Gandhi University portal. The majority of participants were female (84.6%), had chosen nursing out of self-interest (74.4%), and had scored above 85% in their pre-nursing education (57.4%). The semester-based batch demonstrated better academic outcomes, with a higher proportion of distinctions (12.2%) compared to the annual batch (4.1%). Subject-wise analysis showed significantly lower failure rates in the semester system for Anatomy and Physiology (6.1% vs 10.3%;  $t = 2.125, p = 0.035$ ) and Nutrition and Biochemistry (4.08% vs 15.46%;  $t = 4.23, p = 0.0001$ ). Overall academic performance differed significantly between the two systems ( $t = 3.02, p = 0.003$ ), indicating that the semester-based examination system was associated with improved academic outcomes.

### **INFLUENCE OF WORKING HOURS ON MENTAL HEALTH AMONG NURSES OF A SELECTED HOSPITAL, MANGALURU**

**Author: Mr. Joseph Vellachalil shibu, Mr. Lester Caevan Lobo, Ms. Marcena Joshi, Mr. Midhun Tony Manavalan, Mr. Devraj Jadhav, Ms. Lenisha Meril Correa.**

**Guide: Dr. Sonia Karen Liz Sequeira**

**Year:2024-25**

Descriptive study conducted to assess the influence of working hours on the mental health of 81 registered nurses employed at a tertiary care hospital in Mangalore using purposive sampling. Data were collected using a demographic proforma and the Adult Wellbeing Scale, assessing domains such as depression, anxiety, and irritability, and analysed using descriptive and inferential statistics including chi-square and Fisher's exact tests. The findings revealed a notable prevalence of mental health issues, with

27.2% of nurses experiencing depression, 11.1% anxiety, 11.1% outward irritability, and 9.9% inward irritability. Despite the observed mental health challenges, no statistically significant association was found between mental health outcomes and baseline variables such as age, gender, marital status, health conditions, or working hours ( $p > 0.05$ ). The study concludes that while nurses experience considerable psychological distress, factors beyond demographic characteristics and shift duration—such as workplace stressors and organizational support may play a more critical role, highlighting the need for targeted mental health interventions and supportive workplace policies

#### **STUDY TO ASSESS THE RELATIONSHIP BETWEEN CO-CURRICULAR ACTIVITIES AND EXAM PERFORMANCE AMONG NURSING STUDENTS**

**Author: Ms. Mariya Varghese, Ms. Melita Anola Pais, Ms. Liral Stephanla Monteiro, Mr. Joshua Edwin Pereira, Ms. Neha Regi**

Guide: Mr. Manoj P S

Year:2024-25

Descriptive study conducted to assess the participation in co-curricular activities and its relationship with examination performance among 184 III and IV year BSc Nursing students selected through convenience sampling. Data were collected using a self-structured questionnaire covering five categories of co-curricular activities and university examination results, and analyzed using percentages, chi-square tests, and Spearman's correlation. The majority of students were aged 21–22 years (83.7%), with females comprising 87% of the sample. Overall 58.2% of students reported involvement in co-curricular activities, though only 27.2% had received prior training. Examination results were better among IV year students compared to III year students. Correlation analysis revealed no statistically significant relationship between overall co-curricular activity participation and examination performance ( $r = -0.095$ ,  $p = 0.198$ ); however, a very weak negative correlation was observed between exam performance and participation in sports, martial arts, physical, and meditative activities ( $r = -0.152$ ). The study concludes that co-curricular participation does not significantly influence academic performance among nursing students, although specific activity types may have minimal effects.

### **STUDY TO ASSESS THE PERCEPTION REGARDING CLINICAL LEARNING ENVIRONMENT AMONG UNDERGRADUATE NURSING STUDENTS, MANGALURU**

**Author:** Ms. Mellsha Castello, Ms. Muriel Mascarenhas, Ms. Lavita Pereira, Ms. Pooja, Ms Mellta Reshma Sequeira

**Guide:** Ms. Helen Claret Dsouza

**Year:**2024 -25

A Descriptive study conducted to assess the perception of the clinical learning environment among 233 undergraduate nursing students (BSc and GNM) from selected nursing colleges in Mangaluru using non-probability sampling. Data were collected using a demographic proforma and the Student Evaluation of Clinical Education Scale. The majority of participants were female (74.7%) and aged 19-20 years (67.8%), with most enrolled in the BSc Nursing program (78.1%). A large proportion of students reported access to multiple clinical learning facilities, including hospitals, skill labs, and simulation labs (67.0%). Most students perceived the clinical learning environment as supportive, highlighting the importance of effective collaboration between nurse educators and clinical mentors for integrating theory with practice. The findings emphasize the need for maintaining a conducive and well-structured clinical learning environment to enhance nursing students' learning experiences and professional development.

### **A STUDY TO ASSESS THE SEVERITY OF CYBERCHONDRIA AMONG STUDENTS**

**Author:** Ms. Neha Mary Binu, Ms. Melonie Carol Pinto, Ms. Melrisha Viola Roche, Ms. Princia Dsouza, Ms. Raksha

**Guide:** Dr. Josphina Maria Dsouza

**Year:**2024 -25

A descriptive cross-sectional study conducted to assess the severity of cyberchondria among 384 nursing students aged 18 years and above in a selected educational institution using random sampling. Data were collected through a demographic proforma and the Cyberchondria Severity Scale (CSS-12) and analysed using Jamovi software. The mean age of participants was  $20.53 \pm 2.69$  years, with females constituting 88% of the sample; most were enrolled in BSc Nursing (72.4%). The mean CSS-12 score was  $29.3 \pm 8.67$ , with 50.8% of students scoring at or above the median score of 30.

indicating a notable prevalence of cyberchondria. Significant associations were found between cyberchondria severity and duration of sleep per day ( $p < 0.001$ ) as well as daily internet usage ( $p = 0.034$ ). The study concludes that cyberchondria is prevalent among nursing students and highlights the need for digital health literacy initiatives and interventions to promote critical appraisal of online health information and balanced internet use.

#### STUDY TO ASSESS THE RELATIONSHIP BETWEEN ACADEMIC PROCRASTINATION AND SELF-EFFICACY AMONG STUDENTS OF NURSING COLLEGE

Author: Ms. Preenal Jeshma Saldanha, Ms. Riya Dsouza, Ms. Riana Dsouza, Ms. Rischelle Monts,  
Ms. Neha Jinnu

Guide: Dr. Shycil Mathew

Year: 2024 - 25

A descriptive correlational study conducted to assess the relationship between academic procrastination and self-efficacy among 137 nursing students aged 18–26 years (51 males, 86 females) from first to fourth year using purposive sampling. Academic procrastination was assessed with a researcher-developed tool, and self-efficacy was measured using the General Self-Efficacy Scale. Results showed that 59.1% of students had moderate procrastination (mean =  $66.08 \pm 10.84$ ) and 40.1% had high procrastination, while self-efficacy was generally moderate (mean =  $30.96 \pm 5.45$ ). A weak positive correlation was found between procrastination and self-efficacy ( $r = 0.296$ ,  $p < 0.05$ ). Procrastination varied across academic years, being highest in first-year students ( $M = 69.61 \pm 9.83$ ) and lowest in third-year students ( $M = 52.14 \pm 13.39$ ), with significant differences among years ( $F = 2.803$ ,  $p = 0.046$ ). Gender differences were not significant for procrastination or self-efficacy. Academic procrastination was significantly associated with academic performance ( $p = 0.03$ ) but not with other demographic variables. The study highlights the prevalence of moderate to high procrastination among nursing students and underscores the need for interventions to enhance self-efficacy and time management skills to support academic success.

### **ASSESS THE KNOWLEDGE ON PREVENTION OF URINARY TRACT INFECTION AMONG HIGH SCHOOL STUDENTS IN SELECTED INSTITUTION, MANGALURU**

**Author:** Ms. Reshal Mascarenhas, Mr. Prilan Dsouza, Ms. Akshitha Joshy, Ms. Shwetha Rathod  
**Guide:** Prof. Pathima Voilet Fernandes

**Year:** 2024 -25

A descriptive study conducted to assess the knowledge on prevention of urinary tract infection (UTI) among 117 high school students from St. Sebastian English Medium School, Permannur, Mangaluru, using stratified random sampling. The majority of participants were 14 years old (46.2%) and female (53.8%), with 49.6% studying in 9th standard. Most students (60.7%) belonged to nuclear families, and fathers' education ranged from high school (39.3%) to diploma (22.2%), while mothers' education included high school (37.6%) and diploma (18.8%). Fathers were primarily self-employed (35.9%) and 47% of mothers were homemakers. Western toilet facilities were available to 59% of participants, and 79.5% had no prior knowledge of UTI. Knowledge assessment revealed that 6% had average knowledge, 23% had good knowledge, and the majority (71%) had excellent knowledge; no participants had poor knowledge. The study highlights that highest school students demonstrated strong knowledge regarding UTI prevention, emphasizing the importance of continuing educational interventions.

### **IMPACT OF RECREATIONAL READING ON SOCIAL ATTITUDE AMONG YOUTH**

**Author:** Mr. Loy Antony D'Souza, Ms. Rose Mary Sebastian, Ms. Ann Maria Jose, Ms. Stenita D'Souza, Ms. Primal Noronha

**Guide:** Ms. Ramyashree S.

**Year:** 2024 -25

Descriptive cross-sectional study conducted to assess the impact of recreational reading on social attitude among 152 nursing students in Mangalore. The majority of recreational readers were aged 18-20 years (59.9%) and female (88.8%), with 34.9% having housewives as parents, 63.2% reporting first-class academic performance, and 76.3% residing in hostels. Most participants were first-year BSc students (47.4%) and spent approximately two hours daily reading (42.1%). Attitude assessment showed that 96.1% had a positive social attitude toward recreational reading, while 3.9% remained

neutral. Statistical analysis revealed a significant positive correlation between recreational reading and social attitude ( $p = 0.028$ ), and social attitude was significantly associated with age ( $p = 0.008$ ), year of study ( $p = 0.039$ ), parents' occupation ( $p = 0.046$ ), preceding year academic performance ( $p < 0.001$ ), and time spent reading ( $p = 0.001$ ). The findings underscore the role of recreational reading in fostering positive social attitudes, suggesting that educational strategies encouraging reading could support students' social development.

#### **KNOWLEDGE AND SELF-REPORTED PRACTICES ON COMPLEMENTARY FEEDING AMONG MOTHERS OF INFANTS IN SELECTED HOSPITAL, MANGALURU**

**Author:** Ms. Snehal Crystal Lobo, Ms. Ashny Preeval Dsilva, Mr. Welron Monteiro, Ms. Rishal-Dsouza, Ms. Riyan Lewis, Mr. Sharannappa

**Guide:** Prof. Wilma Shalini Noronha

**Year:** 2024 -25

A Descriptive correlational study conducted to assess knowledge and self-reported practices regarding complementary feeding among 155 mothers of infants. Findings revealed that 33.5% of mothers had excellent knowledge, 51% had good knowledge, and 15.5% had poor knowledge, while 91% demonstrated good feeding practices, 8.4% had average practices, and 0.6% had poor practices. A moderate positive correlation was observed between knowledge and practices ( $r = 0.315$ ,  $p < 0.05$ ), indicating that higher knowledge levels were associated with better complementary feeding practices. Significant associations were found between knowledge and practices with six demographic variables, including education, occupation, number of living children, and family income ( $p < 0.05$ ). The study underscores the importance of maternal education in promoting appropriate complementary feeding and highlights the need for targeted health education and community-based interventions to improve infant nutrition and prevent malnutrition.

**A DESCRIPTIVE STUDY TO IDENTIFY THE DETERMINANTS OF EARLY INITIATION OF BREASTFEEDING AMONG POSTNATAL MOTHERS IN A SELECTED TERTIARY HOSPITAL AT MANGALORE**

**Author:** Ms. Sona Ann Mary K, Ms. Simona Flora Lobo, Mr. Ashton Glen Mascarenhas, Ms. Viola Correa, Ms. Sakshi

**Guide:** Selinamma Devasia (Sr. Dhanya)

**Year:** 2024-25

A Descriptive survey conducted to assess the determinants of Early Initiation of Breastfeeding (EIBF) among 100 postnatal mothers at Father Muller Medical College Hospital, Mangalore. Participants were primarily aged 20-30 years (72%) and homemakers (87%), with most infants weighing 3.1-3.5 kg at birth. Findings showed that 87% of mothers initiated breastfeeding within the first hour, while 13% delayed initiation, mainly due to caesarean section (12%) and pain (1%). Significant determinants of EIBF included maternal education, healthcare provider support, family encouragement, and absence of cultural barriers. The study highlights that strengthening postnatal care, promoting rooming-in, and providing consistent support from healthcare providers and family are critical for improving EIBF rates and enhancing maternal and infant health outcomes.

**A STUDY TO ASSESS THE RELATIONSHIP OF PERSONALITY TRAITS AND QUALITIES OF FRIENDSHIP AMONG YOUNG ADULTS IN A SELECTED COLLEGE, MANGALURU**

**Author:** Ms. Vaisnavi C, Ms. Sanja Joseph, Ms. Dilsha Biju, Ms. Sowmya A, Ms. Swizel-Mascarenhas

**Guide:** Ms. Sunitha Priya Menezes

**Year:** 2024 -25

A descriptive study aimed to assess the relationship between personality traits and friendship quality among 152 young adults in a selected college in Mangaluru. Using a demographic proforma, the Big Five Inventory (BFI), and the McGill Friendship Questionnaire (MFQ), results showed that participants scored highest on Openness (61.19%), followed by Agreeableness (22.36%), Conscientiousness (12.50%), Neuroticism (3.95%), and lowest on Extraversion (0%). Regarding friendship quality, 88.8% of participants demonstrated high levels, while 11.1% exhibited low levels. Significant correlations were found between friendship quality and Agreeableness ( $r =$

0.05;  $p < 0.05$ ) and Neuroticism ( $r = 0.047$ ,  $p < 0.05$ ), whereas Conscientiousness and Openness were not significantly associated. No significant relationships were observed between personality traits, friendship quality, and demographic variables. The findings indicate that certain personality traits, particularly Agreeableness and Neuroticism, are linked to the quality of friendships among young adults, highlighting the role of personality in social relationships.

---

#### PERCEPTION OF NURSES TOWARDS PROFESSIONAL SHARED GOVERNANCE AT SELECTED MULTI-SPECIALITY HOSPITAL IN MANGALURU

**Author:** Ms. Vijayashree, Ms. Sejal Dsouza, Ms. Sweedal Dsouza, Ms. Fanisha Dsouza,  
Ms. Venisha Dsouza

**Guide:** Mrs. Deepthi Gladys Dsouza

**Year:** 2024 - 25

A Descriptive study conducted with the aim to assess the perception of shared professional governance among 102 registered staff nurses with a minimum of six months' experience. Data were collected using the Index of Professional nursing governance (IPNG) 3.0 tool, comprising 50 items across six dimensions, and analysed using descriptive and inferential statistics. Findings revealed that the majority of nurses (88.2%) perceived governance as shared, while 10.8% perceived it as traditional, and 1% as self-governance. A significant association was found between nurses' perception and years of experience (Chi-square test,  $p < 0.05$ ), whereas no significant associations were observed with age, gender, or educational qualification. These results indicate that most staff nurses recognize a shared governance model, with experience influencing perception, highlighting the importance of professional involvement in administrative decision-making and organizational development.

## **SATISFACTION OF HEALTH CARE PERSONNEL'S ON PNEUMATIC TUBE SYSTEM IN A SELECTED HOSPITALS AT MANGALORE.**

**Authors:** Ms. Dhanushri, Ms Binilla George, Ms Thahani A, Sr Jessymol

**Guide:** Mrs. Ramyashree S.

**Year:** 2025

This descriptive cross-sectional study was conducted to assess the satisfaction of healthcare personnel regarding the Pneumatic Tube System (PTS) in a selected hospital at Mangalore. The study included 96 participants comprising nurses, nursing aides, and laboratory technicians selected using quota sampling. Data were collected using a baseline proforma and a structured satisfaction rating scale. Descriptive and inferential statistics were used for analysis. The findings revealed that the majority of participants were young adults, predominantly female, and regular users of PTS. Overall satisfaction with the system was high, with 73.9% of healthcare personnel being very satisfied and 26.1% satisfied; none reported dissatisfaction. Chi-square analysis demonstrated a statistically significant association between satisfaction levels and variables such as job qualification and personal qualification, while age, gender, clinical experience, and duration of PTS use showed no significant association. The study concludes that the Pneumatic Tube System is an effective and efficient logistical support system that enhances workflow, reduces workload, and improves operational efficiency. Regular maintenance and continuous staff training are recommended to sustain high satisfaction levels.

## **WARD MANAGEMENT SKILLS OF STAFF NURSES AT A SELECTED HOSPITAL MANGALURU.**

**Authors:** Ms. Divya Jyothi Crasta, Ms Helvisha Velgas, Ms. Reema Ferrao, Sr. Josphina

**Guide:** Dr. Sonia Karen Sequiera

**Year:** 2025

A descriptive cross-sectional study was conducted to assess the ward management skills of staff nurses and to determine their association with selected baseline variables at a selected tertiary care hospital in Mangaluru. A quantitative approach with a descriptive research design was adopted. Using purposive sampling, 193 staff nurses with more than one year of clinical experience were selected. Data were collected using a

demographic proforma and a Ward Management Skills Rating Scale assessing technical, human, conceptual, coaching, and mentoring skills. Descriptive and inferential statistics were applied for data analysis. The findings revealed that 76.2% of staff nurses demonstrated good ward management skills, while 23.8% showed moderate skills. High mean scores were observed across all skill domains. Significant associations were found between ward management skills and marital status, professional qualification, designation, and work experience. The study concludes that most staff nurses possess strong ward management competencies, highlighting the importance of continuous assessment and targeted training to further enhance nursing leadership and patient care outcomes.

#### **A STUDY ON PERCEPTION OF PARENTAL BONDING AMONG ADOLESCENTS AT SELECTED HEALTH INSTITUTION, MANGALURU.**

**Authors:** Ms. Premal Reshal Menezes, Ms. Jassintha O J, Sr Jolet Lolis, Sr Leela George, Ms Flawcy Mariya PP

**Guide:** Mrs Priya Sweety Pereira

**Year:** 2025

A descriptive cross-sectional study aimed to assess the perception of parental bonding among adolescents, compare maternal and paternal bonding, and determine its association with selected demographic variables. A quantitative approach was adopted, and 207 adolescents aged 17-19 years were selected using stratified proportionate sampling from selected institutions in Mangaluru. Data were collected using a demographic proforma and the standardized Parental Bonding Instrument (PBI), assessing care and protection dimensions. Results revealed that a majority of adolescents perceived both parents as caring, with higher maternal care (71%) and paternal care (76.8%). Protection scores were moderate for both parents. Significant differences were observed between maternal and paternal care and overall bonding, with mothers perceived as more caring. Year of study showed significant association with both maternal and paternal bonding, while gender was associated with overall paternal bonding. The study concludes that adolescents generally experience positive parental bonding, emphasizing the importance of supportive and balanced parenting for healthy adolescent development.

### **DIFFICULTIES IN EMOTIONAL REGULATION AND SOLUTION FOCUSED THINKING AMONG HEALTH CARE PROFESSIONAL STUDENTS IN SELECTED INSTITUTION, MANGALURU.**

**Authors:** Ms Luna Maria D Souza, Ms Theertha K, Ms Shantice Leona Mendes, Sr Sonya John, Ms Jesmi Rajan

**Guide:** Mrs Shanthipriya Monterio

**Year:** 2025

This correlational study examined the relationship between difficulties in emotional regulation and solution-focused thinking among healthcare professional students. A total of 97 undergraduate students from various healthcare disciplines at Father Muller Charitable Institutions were selected using stratified non-proportionate random sampling. Data were collected using a baseline proforma, the Difficulties in Emotion Regulation Scale (DERS-16), and the Solution Focused Inventory (SFI). Descriptive and inferential statistics were analyzed using JAMOVI software. Findings revealed that the majority of students (77.3%) demonstrated low levels of emotional regulation difficulties, while more than half (56.7%) exhibited moderate levels of solution-focused thinking. The mean scores for emotional regulation difficulties and solution-focused thinking were  $31.14 \pm 12.82$  and  $45.94 \pm 11.61$  respectively. A moderate positive correlation was observed between emotional regulation difficulties and solution-focused thinking ( $r = 0.308, p = 0.002$ ). Significant differences were noted across disciplines, while no association was found with selected socio-demographic variables. The study highlights the importance of fostering emotional regulation and solution-focused competencies in healthcare education.

### **KNOWLEDGE, ATTITUDE, AND PRACTICES TOWARDS ARTIFICIAL INTELLIGENCE AMONG STUDENTS IN HEALTH CARE INSTITUTION AT MANGALORE.**

**Authors:** Ms Manisha Goretti Pinto, Ms Shiji Joshi, Sr Nishamol Thomas, Ms. Rinku Thomas.

**Guide:** Dr Shyell Mathew

**Year:** 2025

A quantitative descriptive survey design was adopted to assess knowledge, attitude, and practices (KAP) related to artificial intelligence (AI) among healthcare students at Mangalore. Data were collected from 320 undergraduate students enrolled in MBBS, Nursing, Physiotherapy, and Allied Health Sciences (MIT) through quota and convenience sampling. A pre-validated structured questionnaire comprising a

knowledge test, attitude scale, and practice checklist was administered via Google Forms. Results revealed that most participants (83.4%) demonstrated good knowledge of AI, all exhibited a positive attitude, and 90% reported good practice in using AI tools. Weak but statistically significant positive correlations were observed between knowledge and attitude, knowledge and practice, and attitude and practice. Significant associations were found between KAP scores and selected demographic variables such as age, gender, program of study, year of study, and source of information. The findings indicate favourable readiness among healthcare students to adopt AI, highlighting the need for structured AI integration within healthcare education curricula to strengthen competencies and prepare students for future healthcare challenges.

---

**FACULTY PROJECTS**  
(2020-25)

### **A LOW TECH AUSCULTATORY DEVICE TO OPTIMIZE REALISM IN SIMULATION SCENARIOS: COST EFFECTIVE AUSCULTATION SOLUTIONS FOR TRAINING.**

**Authors:** Reena Wilma Frank , Sandra Jyothi Saldanha , Lulu Sherif Mahmood , Pradeep Dsouza

**Year of completion-** 2025

Stethoscope in auscultation training is a valuable device as it offers an accessible and reliable tool for developing critical listening skills essential for accurate diagnosis. The primary goal of this study was to create an affordable auscultation solutions suitable for simulation training. The innovative stethoscope was developed by modifying a condemned stethoscope at the area of chest piece where a Bluetooth earpiece was inserted and synchronized with smartphone/tablet device. The device was then validated among ten clinical experts for face, construct and content validity. The innovation device is applied for patent (Application No. 202544020619). The developed instrument demonstrated 100% agreement among all the clinical experts of different specialties for most of the components confirming its reliability and effectiveness for auscultation training. This innovative tool offers a cost-effective solution for enhancing auscultation training, particularly in low-resource settings which holds a promise for improving the clinical skills of every individual through simulation.

### **IMPACT OF COVID-19 ON NEONATAL FEEDING PRACTICES OF POSTNATAL MOTHERS: TNAI FUNDED PROJECT**

**Authors:** Sandra Jyothi Saldanha, Bibi Augustin, Manoj PS, Maryann Washington

**Year of completion-** 2023

**Publication-** Nursing Journal of India, Sept-Oct

Covid-19 related dilemmas had influenced mother-newborn dyad care and caused disruption in implementation of standard postnatal practices. The aim of the study was to identify the neonatal feeding practices followed by the mothers and determine the factors affecting breastfeeding practices as well as maternal postnatal wellbeing during the two phases of Covid-19. The data was collected retrospectively from a total of 382 mothers who delivered between March 2020 and December 2021 through the survey forms distributed either by online or offline mode using convenient sampling technique. The majority of responders were those who had childbirth during Covid-19 phase II (225, 58.9%). Around 67.0% of mothers reported that they received guidance from

health care workers (HCWs) and 62.3% of them had initiated breastfeeding within half an hour after birth. Only 54.9% of the mothers were confident in feeding breastmilk to their neonates, and 12.3% of mothers were advised by HCWs to give formula feeds to their babies. The breastfeeding practices were not significantly different during the two phases of Covid-19 ( $p=0.72$ ). There was a significant difference in breastfeeding practices between the Covid-19 positive and negative mothers ( $p=0.001$ ) during both the phases of Covid-19. Mother's postnatal wellbeing was also compromised, as 18.3% of mothers felt they could not enjoy motherhood due to constant fear of the pandemic and 21.9% of them felt upset and sad most of the time during this period. The professional and social support needs to be strengthened towards facilitating promotion of breastfeeding and postnatal wellbeing.

#### PREVALENCE OF AND BARRIERS TO EXCLUSIVE BREAST FEEDING AMONG MOTHERS OF INFANTS IN SELECTED HOSPITALS IN MANGALORE, INDIA

**Authors:** Devasia Selinamma, Nayak Sabitha, Rao V. Sujaya, Kamath Neetha, Pavaman Seema Sindgikar

**Year of completion-** 2024

**Published in** Social Medicine, January 04, 2025

UNICEF and WHO recommend exclusive breastfeeding (EBF) as crucial for achieving sustainable development goals. **Materials and Methods:** This descriptive cross-sectional study was conducted among mothers of infants aged 6 to 12 months to estimate the prevalence of and barriers to exclusive breastfeeding. Data were collected from 440 mothers using structured, validated tools from May 2022 to January 2023. **Results:** Analysis revealed that the prevalence of EBF among mothers in a selected hospital in Mangalore is 58.9%. The identified barriers included inadequate breast milk (42.5%), excessive concern about the baby's weight gain (41.4%), difficulties with proper latching (26.5%), maternal medications (28.2%), infant illness (22.7%), lack of awareness regarding EBF (12.2%), the need to resume work (12.2%), time constraints (12.2%), family pressure to introduce formula due to perceived poor weight gain (12.2%), breast complications (9.9%), subsequent pregnancies (7.7%), lack of family support (5.5%), lack of partner support (5%), and misinformation (1.7%). Significant associations were found between EBF and factors such as exposure to pre-pregnancy

knowledge test, attitude scale, and practice checklist was administered via Google Forms. Results revealed that most participants (83.4%) demonstrated good knowledge of AI, all exhibited a positive attitude, and 90% reported good practice in using AI tools. Weak but statistically significant positive correlations were observed between knowledge and attitude, knowledge and practice, and attitude and practice. Significant associations were found between KAP scores and selected demographic variables such as age, gender, program of study, year of study, and source of information. The findings indicate favourable readiness among healthcare students to adopt AI, highlighting the need for structured AI integration within healthcare education curricula to strengthen competencies and prepare students for future healthcare challenges.

#### EFFECTIVENESS OF SIMULATION-BASED TEACHING ON SELF-CONFIDENCE & ANXIETY LEVEL IN THE PERFORMANCE OF URINARY CATHETERIZATION AMONG BSC NURSING STUDENTS

Sr Nancy Priya Mathias, Ms Deulthia T

Year of completion- 2025

**Background:** Clinical skill performance is a core component of nursing education, particularly for high-risk procedures such as urinary catheterization. First-year nursing students often experience anxiety and low self-confidence while performing such procedures, which may affect skill acquisition and patient safety. Simulation-based education provides a safe, controlled learning environment that bridges theory and practice, allowing students to develop competence without risk to patients. This study aimed to evaluate the effectiveness of simulation-based teaching on self-confidence and anxiety levels in the performance of urinary catheterization among first-year B.Sc. Nursing students **Methods:** A quantitative quasi-experimental pre-test-post-test design was adopted. Forty-eight first-year B.Sc. Nursing students were selected through simple random sampling and equally assigned to experimental (n=24) and control (n=24) groups. Data were collected using two self-developed rating scales assessing self-confidence (maximum score: 39) and anxiety (maximum score: 18). The experimental group received structured simulation-based teaching, while the control group received routine instruction. Pre- and post-test assessments were conducted. Data analysis included descriptive statistics, paired and unpaired t tests, and Karl Pearson's

correlation coefficient. Results: The experimental group showed a significant increase in self-confidence from pre-test ( $M = 20.88, SD = 1.30$ ) to post-test ( $M = 36.50, SD = 1.02$ ) ( $t = 43.99, p < 0.001$ ). Anxiety levels significantly decreased from pre-test ( $M = 13.38, SD = 2.86$ ) to post-test ( $M = 7.96, SD = 1.97$ ) ( $t = 8.91, p < 0.001$ ). No significant changes were observed in the control group. Post-test comparisons revealed statistically significant differences between the groups for both self-confidence and anxiety ( $p < 0.001$ ). Discussion: Simulation-based teaching effectively enhanced self-confidence and reduced anxiety, supporting existing evidence on its value in nursing education.

#### SATISFACTION ON SIMULATION-BASED LEARNING ON MENTAL HEALTH NURSING COMPETENCY AMONG UNDERGRADUATE STUDENTS IN A SELECTED COLLEGE AT

Authors: Ms Lavina Rodrigues, Ms Sabena MPT

Year of completion- 2025

Background: Simulation-Based Learning (SBL) is increasingly integrated into undergraduate nursing education to enhance clinical competency, particularly in mental health nursing where real-world clinical exposure may be limited. High-fidelity simulation and standardized patient encounters offer a safe and structured environment to develop essential skills such as clinical reasoning, decision-making, and crisis management. Aim: To evaluate undergraduate nursing students' satisfaction with simulation-based learning in mental health nursing. Methods: A quasi-experimental, one-group post-test-only design was employed among undergraduate nursing students enrolled in II year General Nursing and Midwifery and III year BSc Nursing programs at a selected College of Nursing. Using a convenience sampling technique, 114 students were recruited. Simulation-based training was delivered using standardized psychiatric scenarios focusing on the management of a patient undergoing electroconvulsive therapy and the de-escalation of an aggressive patient, utilizing high-fidelity simulators and simulated patients. Data were collected using a demographic proforma and the Satisfaction with Simulation Experience (SSE) Scale. Descriptive and inferential statistics were applied for data analysis. Results: Participants reported a high level of satisfaction with simulation-based learning, with a mean SSE score of  $74.54 \pm 7.24$ . Statistically significant associations were observed between satisfaction levels and age ( $\chi^2 = 80.69, p = 0.002$ ), gender ( $\chi^2 = 48.89, p = 0.002$ ), and program of study ( $\chi^2 = 53.86, p$

&lt; 0.001). Conclusion: Simulation-based learning was associated with high learner satisfaction among undergraduate nursing students in mental health nursing. These findings support the integration of structured simulation-based pedagogies into undergraduate nursing curricula to enhance learner engagement and perceived competency in psychiatric nursing practice.

#### EFFECTIVENESS OF SIMULATION-BASED TEACHING ON SELF-CONFIDENCE & ANXIETY LEVEL IN THE PERFORMANCE OF URINARY CATHETERIZATION AMONG BSC NURSING STUDENTS

**Sr Nancy Priya Mathias, Ms Denitha T**

Year of completion- 2025

**Background:** Clinical skill performance is a core component of nursing education, particularly for high-risk procedures such as urinary catheterization. First-year nursing students often experience anxiety and low self-confidence while performing such procedures, which may affect skill acquisition and patient safety. Simulation-based education provides a safe, controlled learning environment that bridges theory and practice, allowing students to develop competence without risk to patients. This study aimed to evaluate the effectiveness of simulation-based teaching on self-confidence and anxiety levels in the performance of urinary catheterization among first-year B.Sc. Nursing students **Methods:** A quantitative quasi-experimental pre-test-post-test design was adopted. Forty-eight first-year B.Sc. Nursing students were selected through simple random sampling and equally assigned to experimental (n=24) and control (n=24) groups. Data were collected using two self-developed rating scales assessing self-confidence (maximum score: 39) and anxiety (maximum score: 18). The experimental group received structured simulation-based teaching, while the control group received routine instruction. Pre- and post-test assessments were conducted. Data analysis included descriptive statistics, paired and unpaired *t* tests, and Karl Pearson's

## MSc NURSING - PROJECT LIST

Sl. No	Study Title	Year
<b>MEDICAL SURGICAL NURSING</b>		
1.	Effectiveness of Foot Reflexology on Blood Pressure among Patients with Hypertension in a selected Hospital Mangalore.	2020
2.	Effectiveness of Swedish Massage Therapy (SMT) on anxiety among Pre-Operative patients in a selected hospital Mangaluru.	2020
3.	Effect of Warm water footbath on chemotherapy induced fatigue (CIF) among patients with cancer in a selected hospital at Mangaluru	2020
4.	The effect of Ice Pack Application on pain and Hematoma at the Femoral Catheter site in patients undergoing percutaneous coronary intervention in a selected hospital in Mangalore	2021
5.	Nursing students perception on theory practice integration through simulation in a selected Institutions at Mangalore.	2021
6.	Effectiveness of Buerger Allen Exercise on Diabetic Foot-related outcome among patients with Type 2 Diabetes Mellitus in a selected Hospital at Mangaluru.	2021
7.	Effectiveness of Chin tuck against resistance exercise on improving swallowing ability among patients with cerebrovascular accident having dysphagia at selected Hospital in Mangalore	2022
8.	Effectiveness of Buteyko Breathing Technique on respiratory physiological parameters among patients with obstructive airway disorders in a selected Hospital at Mangalore, Karnataka	2022
9.	Effect of Repositioning of patients admitted in intensive care unit on Hemodynamic parameters at tertiary care hospital, Mangalore	2023
10.	Effectiveness of Supervised Exercises on neck pain and functional disability among students with text neck syndrome in a selected Institutions at Mangalore.	2023
11.	Effectiveness of Laughter Yoga on stress in patients with cancer in a selected hospital, Mangaluru	2024

12.	Effectiveness of Hot water foot bath therapy on level of fatigue and insomnia among patients undergoing hemodialysis at a selected Hospital, Mangalore	2024
13.	Effectiveness of onco health programme on management of psychological problems among cancer patients at a selected Hospital, Mangaluru	2024
14.	Effectiveness of yogic eye exercise on eye fatigue among undergraduate nursing students in colleges, Mangalore	2025
15.	Effectiveness of low Tech Augmentative and Alternative Communication (AAC) on ease of communication among patients with Endotracheal tube admitted in critical care units of tertiary care hospital, Mangaluru	2025
16.	Effects of aromatherapy on pain and psychological parameters among orthopedic patients admitted in a tertiary care hospital, Mangaluru.	2025
17.	Effectiveness of Nurse-led intervention on anxiety and stress among patients undergoing upper gastrointestinal endoscopy in a Tertiary care Hospital, Mangalore.	2025
<b>PEDIATRIC NURSING</b>		
18.	A Study on knowledge and perception regarding hurried child syndrome among parents attending pediatric services of selected Hospital at Mangaluru.	2021
19.	Effectiveness of Diaphragmatic Breathing exercise on anxiety among the parents of chronically ill children in a selected hospital at Mangalore	2021
20.	Effectiveness of Storytelling on the Hospitalization anxiety among children admitted in pediatric units in a selected Hospital at Mangalore	2021
21.	Effectiveness of Virtual reality distraction on pain perception and fear among children with cancer undergoing IV cannulation	2022
22.	A Correlational study on Perceived self-efficacy regarding neonatal care and post-partum quality of life of mothers in a selected setting at Mangalore	2023

**OBSTETRICS AND GYNECOLOGICAL NURSING**

23.	Effectiveness of Awareness Programme regarding breastfeeding techniques on prevention of nipple soreness among primipara mothers in a selected hospital at Mangaluru.	2020
24.	Effect of fetal movement count on prenatal attachment among primi and multigravida women in a selected hospital at Mangaluru.	2020
25.	Effectiveness of Hand and Foot Massage in Reducing Post-operative Pain among Caesarean Mothers in a selected Hospital at Mangaluru.	2021
26.	Effectiveness of abdominal effleurage versus back effleurage on pain and labor outcome among prim gravida women in a selected hospital at Mangaluru.	2021
27.	Effectiveness of Breastfeeding C-pillow on Comfort, LATCH ON and Maternal Satisfaction among Post cesarean mothers in a Selected Hospital, Mangaluru	2024
28.	Effect of Nurse-Led Physical Training on Pain and Shoulder Movement in Patients who have Undergone Surgery for Breast cancer in a Selected Hospital at Mangaluru.	2024
29.	Prevalence of Perinatal anxiety,depression,stress and associated Factors among women in a Hospital in Mangaluru.	2025
30.	Effectiveness of Yoga Nidra on Stress and Insomnia among postmenopausal women in self- help groups at Mangaluru	2025

**MENTAL HEALTH NURSING**

31.	A Correlational study on medication adherence and quality of life among patients with psychiatric disorders in a selected hospital in Mangalore	2021
32.	A study on effectiveness of laughter therapy on wellbeing among alcoholic patients admitted in a selected De-addiction centers at Mangaluru.	2021
33.	A study to assess depression and coping strategies among patients undergoing Hemodialysis in a selected setting at Mangalore	2022

34.	A study on anxiety and depression among Patients with alcohol dependence syndrome in a selected De addiction facility, Mangaluru.	2023
35.	A study on the relationship between Nomophobia and quality of sleep among nursing students in a selected nursing institution at Mangaluru.	2023
36.	A study on relationship between Internalized Stigmatization and social Loneliness among psychiatric patients in a selected setting at Mangalore.	2023
37.	Effectiveness of interventional package on loneliness Among elderly living in selected old age homes at Mangaluru	2024
38.	Loneliness and social support of caregivers of patients with psychiatric disorders in a selected hospital Mangalore	2024
39.	Assessment of Self-Esteem among caregivers of mentally ill patients in a selected tertiary care hospital at Mangalore	2024
40.	A study on the relationship between mental health literacy and quality of life among nursing professionals in a tertiary care hospital, Mangaluru.	2025
<b>COMMUNITY HEALTH NURSING</b>		
41.	Effectiveness of Nurse led interventional package (NLIP) on quality of life among elderly residing at selected old age homes	2022
42.	Effectiveness of Foot massage on mood and wellbeing among elderly in a selected home for the aged at Mangalore	2022
43.	Effect of Trataka on the well-being of adolescents living in institutionalized homes at Mangalore	2025
44.	Occurrence of Iron deficiency anemia and correlate the anemia with body mass index of young adults in a nursing college at Mangaluru	2025

## MSc Nursing- Adjunct Project List

Sl. No	Title of the topic	Year
1.	Perceived Stress and Coping Strategies among adolescent girls on pubertal changes in a selected school, Mangaluru	2023-24
2.	Factors contributing to Anti-Hypertensive Medication Adherence among patients with Chronic Hypertension visiting out-patient units of a hospital, Mangaluru.	2023-24
3.	Burden and Perceived Social Support among care givers of patients with Alcohol Dependence Syndrome in a tertiary care hospital at Mangaluru	2024-25
4.	Knowledge and Attitude on Yoga among the general public who are visiting OPD in a Tertiary Care Hospital, Mangaluru	2024-25
5.	Self-Efficacy of Caregivers of Oncology Patients in a hospital setting	2024-25
6.	Screening for Osteoporosis among young adults in a hospital	2024-25
7.	Perceived social support and Relapse Risk among patients with alcohol dependence syndrome in selected hospital, Mangaluru	2025
8.	Study to assess the knowledge and emotional experiences of student nurses caring patients on endotracheal tube in a hospital at Mangaluru	2025
9.	Literacy and Attitude on Helfer Skin Tap Technique on pain reduction among staff nurses at a selected tertiary care hospital, Mangaluru	2025

## UNDERGRADUATE NURSING- PROJECT LIST

Sl.No	Title of the topic	Year
1.	Relationship Between Academic Self Efficacy and Academic Achievement among the students of a Nursing Institution at Mangaluru	2020
2.	A study on Perception on Health Care towards Covid Vaccine in selected hospital of Mangalore	2020
3.	A Study on Online Sexual Abuse among University Students by a Perpetrator: A Cross-Sectional Study	2020

4.	A study to Assess the Effectiveness of Health Awareness Program on Work Safety among Nursing Orderly in selected hospital, Mangalore	2020
5.	A study to Assess the Knowledge and Attitude Towards Breast Cancer Screening Among Menopausal Women in selected hospital in Mangalore	2020
6.	A Study on Impact of Different Parenting Styles on Self-Esteem among students in Mangalore.	2020
7.	A Study on Attitude towards the client care among Health Care Workers during Pandemic in a selected hospital at Mangaluru	2020
8.	Knowledge Regarding Night Eating Syndrome among students in a selected college at Mangaluru	2020
9.	A study on the attitude of Gender Preference and Female Feticide among the undergraduate students in a selected nursing college, Mangaluru	2020
10.	Awareness of the Risk Factors and Warning Signs of Myocardial Infarction (MI) among the adults visiting a selected hospital, Mangaluru.	2020
11.	Knowledge on Importance of Wearing Personal Protective Equipment to prevent Nosocomial Infections among the first year BSc Nursing students in a selected College, Mangalore.	2020
12.	Knowledge and Attitude on Palliative Care among nursing students in a selected college of Mangaluru	2020
13.	A study on Student Nurses Perception on Family Centered Newborn Care in a selected nursing college at Mangaluru.	2020
14.	Effectiveness of Concentration Enhancing method in improving the concentration among nursing students	2020
15.	A study on Knowledge Regarding Neuroprotective Environment for Neonates Among Healthcare Professionals in a selected Hospital, Mangaluru.	2020
16.	Correlational Study on Smartphone Addiction and Loneliness among selected colleges at Mangaluru	2020

17.	Comparative Study Between Scenario-Based, Simulation Based Learning and Traditional Classroom Teaching on a selected Maternal Condition among nursing students of a selected nursing college at Mangalore.	2020
18.	A study to identify Binge Watching Behaviours and Strategies Adopted to overcome binge watching among undergraduates in selected professional colleges at Mangaluru.	2020
19.	A study on Triggers of Migraine among patients of selected hospitals in Mangaluru	2020
20.	A correlational study on Internet Addiction and Sleep Quality among the students in a selected college at Mangaluru	2020
21.	A study on knowledge of radiation hazards and practice of radiation protective measures among staff nurses at selected hospital	2020
22.	A study to assess the knowledge on varicose vein among security guards working in a selected hospital, at Mangaluru	2020
23.	A study on anxiety among elderly patients due to hospitalization in a selected hospital at Mangaluru	2020
24.	Menopausal symptoms and coping strategies among menopausal women in selected hospital at Mangaluru	2020
25.	A study on the parent child relationship and resilience among adolescents in a selected college at Mangalore	2020
26.	Study to assess the knowledge regarding non pharmacological pain management on musculoskeletal disorder among undergraduate nursing student in a selected college Mangalore	2021
27.	Perception on food wastage among the nursing students in a selected College, Mangaluru	2021
28.	A study to assess the pattern of menstrual irregularities and its impact on daily activities among nursing students of an institution at Mangalore	2021
29.	Knowledge and practice of dental health among the pregnant women in a selected hospital at Mangaluru	2021
30.	Attitude of patients towards student nurses working in medical surgical wards in a selected hospital, Mangaluru	2021

31.	Study on Emotional maturity among adolescents in selected nursing College at Mangaluru	2021
32.	Knowledge and practice among nursing students on prevention of contamination of stethoscope as a source of nosocomial infection	2021
33.	Study to assess the Occupational health problems among staff nurses in a selected Hospital Mangaluru	2021
34.	Study on Fatigue among cancer patients receiving radiation therapy in a selected hospital at Mangaluru	2021
35.	Relationship between preoperative anxiety and sleep quality among patients in a selected hospital , Mangaluru	2021
36.	Peer influence on lifestyle behaviors among undergraduate students of selected Medical professional Colleges, Mangalore	2021
37.	Attitude on motherhood among the employees in a selected Institution at Mangalore	2021
38.	Knowledge regarding micronutrients deficiencies among mothers in a selected Hospital, Mangaluru	2021
39.	Knowledge regarding adverse effects of cosmetic products among undergraduate students in selected colleges at Mangaluru	2021
40.	Knowledge of staff nurses about antibiotic resistance in a selected Hospital, Mangalore	2021
41.	Prevalence of social phobia among adults in a selected setting at Mangaluru	2021
42.	Quality of life in females with gestational diabetes mellitus in a selected Hospital, Mangaluru	2021
43.	Violence against primary caregivers of mentally ill patients in a selected hospital, Mangaluru	2021
44.	Knowledge on safe infant sleeping arrangements among mothers in a selected hospital, Mangaluru	2021
45.	Knowledge on polycystic ovarian syndrome among adolescent girls in a selected College , Mangaluru	2021

46.	A study on knowledge and attitude regarding expressed breast milk among lactating women in a selected hospital at Mangaluru	2021
47.	A descriptive study to assess the knowledge on use of face mask among students in a selected nursing college at Mangaluru	2021
48.	A study on spirituality and spiritual care among staff nurses in selected hospital at Mangaluru	2021
49.	Engagement in physical exercises among nursing students of selected institution, Mangaluru	2021
50.	Study on perceived parental support and psychological well-being among students in a selected college at Mangaluru.	2021
51.	A study on anxiety of patients undergone magnetic resonance imaging (MRI) procedure at selected hospital, Mangaluru in a view to prepare informational leaflet	2021
52.	A study on knowledge regarding preventive measures of reproductive cancer among women in a selected hospital.	2021
53.	Study on satisfaction of students regarding online classes in a selected college of nursing, Mangalore'	2021
54.	A study to assess the attitude of health care professionals towards electronic health records in a selected hospital at Mangaluru.	2021
55.	Perception of final year nursing students on role transition from student to staff nurse in selected nursing colleges at Mangalore	2021
56.	A study on the knowledge and attitude of health care professional on NABH in selected hospitals of Mangaluru	2022
57.	Correlational study on emotional dysregulation and premenstrual symptoms among healthy young adults in a selected setting at Mangaluru	2022
58.	Knowledge regarding the safety measures in handling	
59.	A study on stress and coping strategies among the parents of NICU neonates in selected neonatal intensive care unit Mangaluru	2022

60.	A study to assess the attitude of pre-university students towards nursing profession in a selected PU colleges at Mangaluru	2022
61.	Level of Cardiovascular Endurance among the College students in selected Institutes, Mangaluru	2023
62.	Relationship between personality type and conflict management style among teachers of a selected nursing institutions at Mangaluru	2023
63.	Level of anxiety regarding public speaking among young adults in a selected college Mangaluru	2023
64.	Impact of online teaching on nursing education among students in selected nursing college Mangaluru.	2023
65.	A study on effect of social media use on mental health of young adults.	2023
66.	Knowledge and attitude of health care students on telemedicine in selected colleges at Mangaluru	2023
67.	A study to assess the knowledge on health care practices of diabetes mellitus among non-diabetic employees at a selected institution in Mangaluru	2023
68.	Attitude and readiness of nursing students regarding inter-professional collaboration in healthcare practice in selected nursing institution at Mangaluru.	2023
69.	Self-efficacy of BSc nursing students on cardio pulmonary resuscitation in selected colleges of Mangaluru	2023
70.	Knowledge regarding oocyte cryopreservation and egg banking among women of reproductive age group in a selected hospital setting at Mangaluru.	2023
71.	Correlational study on body image acceptance and self-esteem among young adults in a selected nursing college at Mangaluru.	2023
72.	A study on post covid effects among affected young adults in selected colleges of Mangalore.	2023
73.	Effectiveness of the think -pair share strategy on knowledge regarding medication errors with nursing considerations among 3rd year B.Sc. nursing students of selected colleges of Mangaluru	2023

74.	A study to assess the self-reported practices in prevention of stroke among hypertensive patients in selected hospital, Mangaluru	2023
75.	A correlational study to assess the empathy and emotional intelligence among students in a selected college, Mangaluru	2023
76.	A study on self-esteem and academic stress among students in a selected college, Mangaluru	2023
77.	Knowledge and attitude regarding alcoholism among late adolescents in a selected college at Mangaluru	2023
78.	Quality of life among post covid individuals in selected institutions of Mangaluru	2023
79.	A study to assess the holistic wellbeing of patients undergoing hemodialysis in a selected hospital at Mangaluru.	2023
80.	Gender inequality and role strain among male nursing students in a selected nursing colleges, Mangaluru.	2023
81.	A study on professional autonomy among nurses working in a hospital, Mangalore	2023
82.	A study to assess the knowledge, utilization and satisfaction of integrated child development service (ICDS) by mothers in coastal Karnataka	2023
83.	Stress and anxiety regarding selection of career courses among PUC students in a selected college, Mangaluru	2023
84.	Impact of nocturia on quality of life among menopausal women in selected hospital at Mangaluru.	2023
85.	Practices on safe injection administration among staff nurses in a selected hospital, Mangaluru	2023
86.	A study to assess the professional quality of life among staff nurses INC selected hospital of Mangaluru	2023
87.	Self-reported professional competence among staff nurses in selected hospital at Mangaluru	2023
88.	A correlation study on social intelligence and psychological well-being among nursing undergraduates	2023
89.	Students perception of learning environment among undergraduate students studying in selected health science institutions at Mangalore	2023

90.	A study on knowledge and practices regarding foreign body aspiration among mothers of under five children in selected hospital at Mangalore	2023
91.		
92.	A study of knowledge on home-based care in the prevention of bed sore along the caregivers of bedridden patients in a selected hospital in Mangaluru	2024
93.	A study to assess knowledge and attitude regarding menstrual cup usage among nursing students in a selected college in Mangaluru	2024
94.	Knowledge and attitude towards breast self - examination among undergraduate students in selected educational institutions Mangaluru	2024
95.	Quality of life (QOL) among cataract patients in selected hospital, Mangaluru	2024
96.	Knowledge and self-reported practice of toilet behavior to prevent UTI among adolescent girls studying in and around Mangaluru	2024
97.	A study to assess self -esteem and perceived stress on work life among	2024
98.	A study to assess compassion satisfaction and compassion fatigue among nurses in a selected tertiary hospital, Mangaluru	2024
99.	Knowledge and attitude regarding blood donation among general public in a selected hospital at Mangalore	2024
100.	A study to assess the knowledge on breastfeeding, breast-milk expression and preservation among antenatal mothers visiting ANC in a selected hospital , Mangaluru	2024
101.	A study to assess the knowledge regarding management of febrile convulsion among mothers attending pediatric OPD in selected hospital Mangaluru	2024
102.	A study to assess the knowledge and attitude regarding first aid in drivers in selected area in Mangalore	2024

103.	A study to assess the hospital anxiety and depression among cancer patients undergoing various cancer treatments in selected tertiary hospital Mangaluru	2024
104.	The relationship between job stress and patient caring behavior among staff nurses of a selected hospital Mangaluru	2024
105.	A study to assess the knowledge on mental health among the students in a selected nursing college Mangaluru	2024
106.	Knowledge, attitude and practice regarding therapeutic communication among nursing students in a selected college Mangaluru	2024
107.	A study to assess the knowledge regarding osteoporosis among post-menopausal women in selected hospital Mangaluru	2024
108.	A study to assess game addiction among pre-university students in a selected college in Mangalore	2024
109.	A study to assess the attitude towards root cause analysis and barriers faced by the nurses to report near miss and no harm incidents in selected hospital of Mangaluru	2024
110.	A study on knowledge and attitude of antenatal women on colostrum feeding	2024
111.	Attitude of patients towards being cared for by male nurses selected tertiary care center of Mangaluru	2024
112.	A study to assess the knowledge on dash diet among the hypertensive patients admitted in selected hospital Mangaluru	2024
113.	Shift work sleep disorder among nurses working in tertiary care hospital Mangaluru	2024
114.	A study to assess the parental involvement in education among students in selected nursing college of Mangaluru	2024
115.	A study on patient expectation and satisfaction on pre-operative nursing care in a selected hospital Mangaluru	2024
116.	A study on eating habits and social media addiction among youth in educational institution	2024
117.	Effectiveness of activity Therapy on stress reduction and improving sleep pattern among the patients with psychiatric illness in a selected hospital at Mangaluru.	2025

118.	Knowledge and attitude among healthcare professional regarding antimicrobial stewardship in selected hospital Mangaluru.	2025
119.	Emotional Intelligence among millennial and post millennial generations at selected health institutions, Mangaluru.	2025
120.	A Study to access the knowledge and self-reported practices on renal diet among hemodialysis patients to selected hospital Mangaluru.	2025
121.	A Correlation Study on academic resilience and mindfulness among student nurses in a selected college, Mangaluru.	2025
122.	Impact of white noise and mothers touch on pain perception among neonate in a selected hospital at Mangaluru.	2025
123.	Attitude of the public towards the dispensing of medicine through electronic health record (EHR) System.	2025
124.	Comparison of academic achievements of students in annual and semester-based examinations at a selected nursing college	2025
125.	Influence of working hours on mental health among nurses of a selected hospital Mangaluru.	2025
126.	Relationship between co-curricular activities and exam performance among nursing students.	2025
127.	Perception regarding Clinical learning environment among undergraduate nursing students, Mangaluru.	2025
128.	A study to access the severity of cyberchondria among the students.	2025
129.	The relationship between academic procrastination and self-efficiency among students of nursing college.	2025
130.	Assess the knowledge on Prevention of Urinary Tract Infection among high school students in selected institution Mangaluru.	2025
131.	Impact of Recreational Reading on Social Attitude among Youth.	2025
132.	Knowledge & Self-Reported Practices on Complementary Feeding among mothers of infants in selected Hospital, Mangaluru.	2025

133.	A descriptive study to Identify the Determinants of Early Initiation of Breastfeeding among Postnatal Mothers in Selected Tertiary Hospital, Mangaluru.	2025
134.	A Study to Assess the Relationship of Personality Trait and Qualities of Friendship among Young Adults in a Selected College, Mangaluru	2025
135.	Perception of Nurses towards Professional Shared governance at selected Multi-Specialty Hospital Mangaluru.	2025
136.	Satisfaction of Health care personnel's on Pneumatic Tube System in A Selected Hospitals at Mangalore	2025
137.	Ward Management Skills of staff nurses at a selected hospital Mangaluru.	2025
138.	A study on perception of parental bonding among adolescents at selected health institution, Mangaluru	2025
139.	Difficulties in emotional regulation and solution focused thinking among health care professional students in a selected institution, Mangaluru.	2025
140.	Knowledge, Attitude and Practice towards Artificial Intelligence among students in health care Institution at Mangalore	2025

### Undergraduate Project lists 2014-2019

Sl No	Study Title	Year
1.	Knowledge On Self Reported Practice Of Pain Management By Nurses	2014
2.	Exploratory Study On Assess The Risk Of Type II Diabetes Mellitus	2014
3.	Perceived Communication Barriers Among Nursing Students	2014
4.	Knowledge Of School Going Children Regarding BLS	2014
5.	Level Of Empathy Among Nursing Students	2014
6.	Knowledge Regarding Hardworking Among Student Nurses	2014
7.	VAT (Ventilator Associated Tracheobronchitis) To Determine Knowledge And Attitude And Practice Of BSc Nursing Students	2014

8.	Knowledge Of School Children Regarding Prevention Of Dental Caries	2014
9.	Knowledge On Management Of Epilepsy	2015
10.	Perception Of Daily Stress Among Hypertensive And Normotensive Patients	2015
11.	Knowledge Of Nurses On Evidence Based Practice	2015
12.	Knowledge And Attitude Of Students On Side Effects Of Chemotherapy	2015
13.	Impact Of Selected Social Media Among Nursing Students	2015
14.	Preparation On Harmful Effects Of Junk Food	2015
15.	Knowledge of Needle Stick Injury among House Keeping Staffs	2015
16.	Knowledge on risk factors of chest lung cancer and its prevention	2015
17.	Perception and difficulties faced by nursing students on academic assignments	2015
18.	Quality of Life of care-givers of patients with psychiatric disorders	2015
19.	Knowledge on risk factors of oral cancer	2015
20.	Knowledge of mothers on the effect of passive smoking	2015
21.	Knowledge of people on eye donation	2015
22.	Knowledge of parents on childhood specific learning disabilities	2015
23.	Attitude Of Middle Aged Adults On Elderly Population	2016
24.	Attitude Of Nursing Students Towards End Of Life Care	2016
25.	Knowledge On Vitamin D Deficiency Among Antenatal Women	2016
26.	Practice Of Handwashing Among Health Professionals	2016
27.	Public Satisfaction Register OPD	2016
28.	Self Reported Practice Of Ergonomics And Musculoskeletal Problems	2016
29.	Knowledge Regarding Medicolegal Aspects on Care Of Patients Among Healthcare Professional	2016
30.	Knowledge And Attitude Of Women On BSE	2016

31.	Knowledge On Practice Regarding Self Defense Against Sexual Harassment	2016
32.	Quality Of Sleep And Factors Distributing Sleep	2016
33.	Knowledge Of Mothers Regarding Prevention Of Child Abuse	2016
34.	Knowledge Of Primipara Mothers Regarding Selected Minor Disorders	2016
35.	Comparative Study On The Occurrence Of Symptom Related To Distress Cancer Patients	2016
36.	Risk Factors For Developing Type 2 Dm Among Adults	2016
37.	Correlation Between Patient Satisfaction And Nurses Competence In Oral Medication Administration	2016
38.	Attitude Of Nursing Students On Spirituality	2016
39.	Knowledge And Practice Of Body Mechanics Among Staff Nurses	2016
40.	Knowledge And Attitude Of Student Nurses On Utilization Of Clinical Assignments	2016
41.	Comparative Study On Self Directed Learning Among Bsc (N) Students	2016
42.	Risk Factor Of Stress During Pregnancy Among Antenatal Women	2016
43.	Attitude Of The Antenatal Women Towards Cesarean Section	2016
44.	Psychosomatic Symptom Of Menstruation	2016
45.	Explorative Study On Factors Influencing Nursing Students Academic Failure	2016
46.	Occurrence Of Chemical Allergy Among Care Personal	2016
47.	Satisfaction And Expectation Of Student On Teaching Method	2016
48.	Foot Care Practices Of Clients With Diabetes Mellitus	2016
49.	Risk For Developing Fibroid Uterus Among Women	2016
50.	Comparative Study On Recording Temperature By Clinical Mercury Vs Digital Thermometer	2017
51.	Perceived Skill On ICT (Integrated Clinical teaching) Among Nursing Student	2017

52.	Emotional And Social Loneliness Among Clients With Alcohol-ic Dependency Syndrome (ADS)	2017
53.	Knowledge Regarding Food Safety Among Women	2017
54.	Millennial Image Of Nurses Among General Public	2017
55.	Knowledge And Self Reported Practice Toward Road Safety Regulations	2017
56.	Occurrence Of Low Back Pain And Associated Among Staff Nurses	2017
57.	Attitude And Practice Regarding The Consumption Of Car- bonated Drinks	2017
58.	Cross Sectional Study On Stress And Coping Among Nursing Student	2017
59.	Attitude And Self Reported Practice Towards Reverse Mentoring	2017
60.	Knowledge And Attitude Regarding Diet Among Antenatal Women	2017
61.	Perception Of Nursing Teacher And Staff nurses About Physi- cal Assistance Practices	2017
62.	Knowledge On Prevention On PCOD Among Women	2017
63.	Preferences For Normal Vaginal Delivery Or Cesarean Section Among Antenatal Women	2017
64.	Compare The Clinical Signs Of Physiological jaundice With Transcutaneous Bilirubin	2017
65.	Knowledge And Attitude On Child Rights Among Parents	2017
66.	Prevalence Of Breakfast Skipping And Its Associated Factors Among Nursing Students	2017
67.	Usage And Barriers Of Personal Protective Equipment (PPE) Among Nursing Students	2017
68.	Knowledge Regarding Health Practices Of Women During Pregnancy	2017
69.	Dietary Practices Among Postnatal Mothers	2017
70.	Study On Emergency Services Received By The Patients With Standard Protocol	2017

71.	Correlational Study Between Sleep Deprivation And Academic Coping	2017
72.	Psychological Distress Among Patients Undergoing Hemodialysis	2017
73.	Level Of Management Of Med-Up On E-Health Learning-General Public	2017
74.	Psychological Impact Of Dm Among Type 2 Diabetes Mellitus Patients	2017
75.	Knowledge Regarding Handling Of Sharps Among Health Care Personnel	2017
76.	Knowledge Regarding Management Of Primary Hypertension Among Adults	2017
77.	BMI And Eating Habits Among University Students	2017
78.	Knowledge And Attitude On Restraining Violent Mentally Ill Clients	2017
79.	Problem Expressed By The Mothers Of Nicu Babies	2017
80.	Perception Of Nursing Students Towards Add On Courses	2017
81.	Adherence And Barriers To Adherence To Antihypertension Regimen	2017
82.	Knowledge On Pulmonary Tuberculosis Among Vulnerable Groups	2017
83.	Functional Ability Of Bladder Among Menopausal Women	2017
84.	Knowledge And Attitude Of Postnatal Mothers Towards Milk Banking	2018
85.	Knowledge And Practice On Neonatal Hypothermia Among Postnatal Mothers	2018
86.	Knowledge And Practice On BSE Among Women	2018
87.	Knowledge Of Caregivers Regarding Hospital Acquired Information	2018
88.	Knowledge On Hospital Emergency Codes Among Nursing Students	2018
89.	Knowledge Of Fathers On Newborn Care	2018
90.	Level Of Stress Among Patients Admitted In De-Addiction Wards	2018

91.	Attitude And Manage And Over The Countee Drugs Among Nursing Students	2018
92.	Attitude And Practice Towards Selfie And Its Addiction	2018
93.	Factor Contributing To Medication Administration Errors Among Staff Nurses	2018
94.	Knowledge Of Antenatal Mothers On Anemia	2018
95.	Risk Assessment And Preventive Strategies Of Deep Vein Thrombosis Among ICU Patients	2018
96.	Study Habits Of BSc Nursing Students	2018
97.	Knowledge And Practice On Lifestyle Modification To Prevent CKD	2018
98.	Burden Of Caregivers On Patients With Psychiatric Disorders	2018
99.	Caregivers Knowledge On Early Warning Sign Of Suicide	2018
100.	Mental Wellbeing Of children Using Electronic Gadgets	2018
101.	Attitude, Knowledge And Willingness To Donate Organ Among General Public:	2018
102.	Practice And Its Effects Of Wearing A High Heel Footwear	2018
103.	Knowledge And Belief About Feeding Among Mothers	2018
104.	Contributing Factor Of Nurses Migration To Overseas	2018
105.	Knowledge Of Mothers On Lead Poisoning	
106.	Skill Based Simulation Training In Insertion Of Indwelling Catheter	2018
107.	Knowledge Of Healthcare Professionals Towards Cord-Blood Banking	2018
108.	Knowledge About Hazards Of Ragging Among Undergraduate Students	2018
109.	Attitude Towards Elderly Care	2018
110.	Quality Of Life Of The Patients	2018
111.	Knowledge Of Practice Regarding Physical Restraining Patients	2018
112.	Level Of Satisfaction Of Student Nurses Towards academic Support	2018

113.	Knowledge On Hypoglycemia Among Patients With Type II Diabetes Mellitus	2018
114.	Stress And Stressors Among Undergraduate Nursing Students	2018
115.	Knowledge Regarding Spacing Method Among Married Women	2018
116.	Educational Intervention Regarding Knowledge On Osteoporosis Among Post Menopausal Women	2018
117.	Preparation On Knowledge Regarding Placenta Cord-Banking among II BSc Nursing Students	2018
118.	Knowledge Level Of Adolescents Regarding Health Implications Of Body Piercing	2018
119.	Knowledge On Government Maternity Benefit Schemes Among Antenatal Mother	2018
120.	Comparative Study On Job Satisfaction Among Nurses Working In ICU's And General Wards	2018
121.	Self Reported Practice Of Insulin Administration Among Diabetes Mellitus Patients	2018
122.	Comparative Study On Perception Regarding Mentorship Between Mentees And Mentors	2019
123.	Seep Patterns And Prediction Of Sleep Pattern Disturbances	2019
124.	Knowledge Of Prevention Of UTI	2019
125.	Knowledge On Blood Transfusion	2019
126.	Relationship Between Head nurses Leadership Style And Staff Nurses Job Satisfaction	2019
127.	Correlation Study On Taste Alteration And Quality Of Life Among Cancer Patients	2019
128.	Adherence To Life Style Modification Of Patients With CKD	2019
129.	Knowledge On Adverse Effects Of Obesity Among Adolescents	2019
130.	Knowledge And Practice Of Staff Nurses Towards Nursing Initial Assessment	2019
131.	Knowledge On Selected Minor Disorders Of Newborn	2019
132.	Co Dependency And Depressive Symptom	2019
133.	Knowledge Regarding Human Rights Of Mentally ill Patients Among Students	2019

134.	Major Contributing Factors Towards Alcoholism	2019
135.	Burden And Emotional Stability Of Caregivers Of Patients With Cancer	2019
136.	Pre- Procedural Anxiety Level Of Patient Undergoing Upper GI Surgery	2019
137.	Correlational Study On Headache Disabilities And QoL Young Adults	2019
138.	Level Of Empathy Among Nursing Students	2019
139.	Stigmatized Attitude Towards Mental Illness	2019
140.	Knowledge Of Mothers On Behavioral Problems	2019
141.	Prevalence Of PIH And Its Risk Factors	2019
142.	Knowledge And Utilization Of Optional Vaccines	2019
143.	Perceived Self Confidence Of Nursing Students On Skill Based Learning	2019
144.	Knowledge On Skin Care And Quality Of Life Of Cancer Patients	2019
145.	Knowledge And Attitude On Kangaroo Mother Care Among Fathers	2019
146.	Students Perception Towards Academic Online Feedback	2019
147.	Knowledge Of Mothers On First Aid Management	2019

### FACULTY PROJECT LIST

Sl No	Study Title	Year
1.	Impact of Covid-19 on neonatal feeding practices of postnatal mothers: TNAI funded project	2023
2.	Prevalence of and barriers to exclusive breast feeding among mothers of infants in selected hospitals in Mangalore, India	2024
3.	A low tech auscultatory device to optimize realism in simulation scenarios: Cost effective auscultation solutions for training.	2025
4.	Effectiveness of simulation-based teaching on self-confidence & anxiety level in the performance of urinary catheterization among BSc Nursing students	2025
5.	Satisfaction on Simulation-Based Learning on Mental Health Nursing Competency among Undergraduate Students in a selected College at Mangaluru	2025





**FATHER MULLER COLLEGE OF NURSING  
KANKANADY, MANGALORE**

