

Seminar Co - ordinator

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For registration contact :

Organizing Secretary

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**Tariff will differ according
to the type of Lodge**



C.S.I. St.Luke's College of Nursing
Thirumaraiyur,
Nazareth.

State Level Nursing Seminar
On
Promoting mental health among
health team members : Nurses' role

Date: 16.10.2017

Venue:
Multi Purpose Hall
C.S.I. St.Luke's College of Nursing
Nazareth

Tamilnadu Nurses and
Midwives Council credit hours
will be awarded



Dear Madam/Sir

Healthy Workplaces Benefit Patients and Workers Alike .Like physical illness, psychological illness can cause absenteeism, loss of skilled workers and high levels of staff turnover and all to the detriment of the healthcare system. The psychological health of individual workers also affects the day-to-day dynamics of the entire workplace. It is difficult, for a health worker to provide high quality patient care if he or she is overly stressed or emotionally exhausted. If an individual don't feel well may not behave well and there may be heightened inter-personal conflict. Ongoing work with clients and their families, helping individuals to cope with illness and death can result in "compassion fatigue." Employees can also face challenges associated with shift work, workplace violence and bullying, and dealing with rapidly changing practice environments.

Good psychological health may contribute to fewer medical errors and patient-safety incidents. It may also contribute to increased productivity and efficiency. Research shows that organizations that actively support the physical, emotional and interpersonal well-being of their employees are more likely to have highly engaged employees – essential to high productivity. A fundamental way to better healthcare is through healthier healthcare workplaces; and it is unacceptable to work in, receive care in, govern, and manage unhealthy healthcare workplaces. Recognising and promoting mental health is an essential part of creating a safe and healthy workplace. Importantly, managers and workers both have an equal responsibility in building a safe work environment. Promoting and protecting the psychological health of workers is essential to a well-functioning health system, as well as being "the right thing to do." We the health team members at **C.S.I. St.Luke's College of Nursing**, wish to create awareness towards "Promoting mental health among health team members- Nurses' role " through a state level seminar which will be held at Multipurpose hall, C.S.I. St.Luke's College of Nursing, Nazareth on **11th October 2017 from 7.30 am to 5.00 p.m.**

The aim of this seminar is to equip the participants with current knowledge and skills on Promoting mental health among health team members to provide effective and excellent nursing care to colleagues and their family members in the hospital and in the community

Objectives :

At the end of the Workshop, the participants will be able to:

- Discuss the current trends in mental health
- describe the characteristics of a mentally healthy workplace
- discuss the ways to promote psychological health and safety,
- describe the methods available to prevent psychological and physical harm
- recognize the importance of early intervention to psychological illness or injury
- adopt safe and healthy practices to lead a happy and successful life in all settings
- disseminate healthy practices to colleagues and fellow team members

STATE LEVEL NURSING SEMINAR ON PROMOTING MENTAL HEALTH AMONG HEALTH TEAM MEMBERS : NURSES' ROLE

16-10-2017

Time	Session	Topic of Presentation	Resource Person
7.30-8.00 am		Registration	
8.00 - 8.45 am		Seminar Inauguration & unvciling of theme	
8.45 - 9.30 am	I	Current trends in mental health	Mr.Sudali Murthu, M.Sc.,M.ED.,M.Phil., Asst. Professor in psychology.
9.30-10.00 am		REFRESHMENT	
10.00 – 10.45 am	II	Characteristics of a mentally healthy and Mentally ill Individual	Mr. B.Ruban Collison Asst.Professor C.S.I. St.Luke's College of Nursing Nazareth
10.45 -11.30 pm	III	Role play on unhealthy and healthy work place	Mr. B.Ruban Collison Asst.Professor C.S.I. St.Luke's College of Nursing, Nazareth
11.30 -12.15 pm	IV	Methods available to prevent psychological and physical harm	Mr.Sudali Murthu, M.Sc.,M.ED.,M.Phil Asst Professor in psychology
12.15 - 1.00 pm	V	Importance of early intervention to psychological illness or injury	Mr.M. Selvaraj Associate Professor and HOD in psychiatry, Meeenakshi College of Nursing, Madurai
1.00 -1.30 pm		LUNCH	
1.30 -2.30 pm	VII	Ways to promote psychological health and safety	Dr.Jayarani Premkumar, Principal CSI St.Luke's College of Nursing, Nazareth
2.30- 3.15 pm	VIII	Nurses' role on Management of psychological illness or injury	Mrs. Rogina J. S. Savarimuthu Professor & HOD Psychiatric Department Choetnad College of nursing Chennai
3.15 - 4.00 pm	IX	Group work on counseling	Mrs. Rogina J. S. Savarimuthu Professor & HOD Psychiatric Department Choetnad College of nursing Chennai
4.00 - 4.30 pm	X	Presentation of group work	
4.30 - 5.00 pm		Valedictory Programme	

Seminar Registration on or before 4th October, 2017

Regular Registration on or before 4th October, 2017

Type of Participants	Registration fee	Food
Registered Nurse	500	Nil
ANM / MPHW	Nil	200
Others	400	

Spot Registration Fee:

Type of Participants	Registration fee	Food
Registered Nurse	500	100
ANM / MPHW	Nil	200
Others	500	Nil

All payments to be made through Demand Draft drawn in favor of C.S.I. St.Luke's College of Nursing, payable at Nazareth. Registration fee is non-refundable. Completed registration form along with DD should be sent to Principal, C.S.I. St.Luke's College of Nursing, Nazareth-628617, Tamil Nadu, India.

Last Date for Registration

04-10-2017