



KMCT COLLEGE OF NURSING

Recognized by Indian Nursing Council & Kerala Nurses and
Midwives Council & affiliated to Kerala University of Health Sciences

TO WHOMSOEVER IT MAY CONCERN

This is to certify that the information in the attached documents is verified by me
and it is true to the best of my knowledge .

Alaheni





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7.2.1

INSTITUTIONAL BEST PRACTICE

Manassery



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KMCT College of Nursing follows two best practices, they are;

1. "Palliative care" in association with Grace Pain and Palliative care, Mukkom
2. "Jeevamrutham, A Lifesaving Initiative" -Voluntary and Safe Blood Donation Practices

Best practice -1

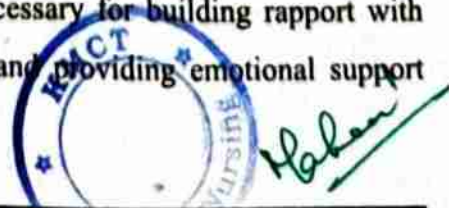
1. 'Palliative care' in association with Grace Pain and Palliative care, Mukkom

Palliative care refers to specialized medical care focused on providing relief for terminally ill patients. The goal of palliative care is to improve the quality of life for both the patient and their family by addressing physical, emotional, and spiritual needs. It is provided by a team of healthcare professionals, including nurses who work together to provide comprehensive support tailored to the individual's needs and preferences.

Grace Institute of Palliative Medicine is the centre for Community Participation in Palliative Care and Long Term Care which World Health Organization is collaborating with and helps in spreading the "Kerala model" of Palliative care worldwide. KMCT College of Nursing has been working in collaboration with Grace Institute of Palliative Medicine, Mukkam in the field of palliative care. Our students and staff members are being trained in our institute for palliative care. We also consider this as a great exposure for our students to work in society to cultivate a mentality to help people who are terminally ill.

Objectives

- To improve the quality of life of the patients and that of their families who are facing challenges associated with the illness.
- To reduce the unnecessary hospital admissions of the patients by doing regular home visits.
- To understand palliative care principles including symptom management, holistic assessment, and the importance of interdisciplinary teamwork.
- To develop clinical skills relevant to palliative care, such as pain and symptom assessment and management, communication techniques for discussing prognosis and goals of care, and providing psychosocial support to patients and families.
- To enhance empathy and communication skills necessary for building rapport with patients and families, discussing sensitive topics, and providing emotional support throughout the illness.





The context :

Palliative care aims to improve the quality of life of a patient with life threatening disease. It emphasizes the relief of symptoms, pain management, and addressing the physical, psychosocial, and spiritual needs of patients and their families. Palliative care is provided by a multidisciplinary team of healthcare professionals, including doctors, nurses, social workers, chaplains, and other specialists, who collaborate to offer comprehensive support tailored to the individual's preferences and goals. The goal of palliative care is to alleviate suffering, enhance comfort, promote dignity, and empower patients to live as fully and comfortably as possible, while also providing support for their loved ones throughout the illness journey. The students visit palliative centers on a regular rotation basis for the entire year. The students will assess the patient's health concerns and provide care such as bathing, dressing, nail care, combing, wound care, and dressing and provide health education to needy people.

Evidence of success :

- The students get trained in Palliative care and they learn how to deal with terminally ill patients appropriately.
- Success in palliative care is often evidenced by effective management of physical symptoms such as pain, nausea, and shortness of breath, leading to enhanced comfort and quality of life for patients.
- Positive feedback from patients and their families regarding their experience with palliative care services, including communication, emotional support, and coordination of care, indicates success in meeting their needs and preferences.

Problems encountered and Resources required

- **Communication challenges:** Effective communication between healthcare providers, patients, and families is essential in palliative care but can be challenging due to the complexity of discussing prognosis, treatment options, and end-of-life preferences. Language barriers, cultural differences, and emotional distress can further complicate communication.
- Implementing electronic health records, care coordination platforms, and standardized protocols for palliative care can facilitate communication among healthcare providers and improve continuity of care for patients.



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Best practice -2

"Jeevamrutham, a life saving initiative" -Voluntary and Safe Blood Donation Practices

Introduction

In a world where health emergencies can strike unexpectedly, access to blood becomes a crucial determinant of survival. Recognizing this pressing need the students of KMCT Nursing College in collaboration with KMCT Medical College Hospital introduced a project "Jeevamrutham, A Lifesaving Initiative." Project Jeevamrutham is a noble endeavor aimed at facilitating blood donation to needy patients admitted at KMCT Medical College. We understand the significance of timely blood transfusions in saving lives, especially during medical emergencies, surgeries, and treatments for various health conditions.

Objectives of practice

- To promote blood donation awareness about the critical need for regular blood donations and dispel any myths or misconceptions associated with the process.
- To build a Donor Network through various outreach activities, campaigns, and events.
- To facilitate blood donation drives within the college premises to collect blood units for the patients in need at KMCT Medical College.

The Context:

Blood Donation Forum: The College has a very active Blood Donation forum functioning under the leadership of College Union. The functioning of the forum is in such a way that the forum identifies the blood group of students. After getting permission from students and their parents, a directory is maintained in the college that keeps a record of blood groups and the contact details of the donors. Genuine patients could approach the forum and students with the compatible blood groups are deputed with the permission from their parents for donating blood. A register on the names of the deputed students is kept by the forum.

Evidence of success

- Increased awareness among the community regarding the importance of regular blood donation and its impact on saving lives.
- Expanded donor network which ensures a steady and reliable supply of blood units to meet the demands of patients admitted at KMCT Medical College.
- Lifesaving impact on patients in need of blood transfusions by providing a reliable source of blood supply and support to KMCT Medical College.



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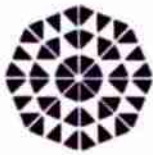
- Students and staff donate more than 120 units of blood every year.

Problem Encountered and Resources:

We came across a lot of myths and misconceptions regarding blood donation prevalent among students. Most of them were fear and pain during donation and infections acquired from the use of non-sterile instruments during donation. Social prejudices that prevail on the sharing of blood. So many people believe that blood should not be shared. This social belief needs to be broken. The continuous awareness campaign creates a positive environment to spread the value of blood donation.



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MEMORANDUM OF UNDERSTANDING

The Memorandum of Understanding ("MOU") is made and entered into by and between, Grace Palliative Care Centre, Kozhikode India, and an autonomous palliative care clinic referred to as "First Party".

And

KMCT College of Nursing, Kozhikode Managed by the Kunhitharuvai Memorial Charitable Trust is a higher education institution for nursing established in 2008. The College is recognized by Indian Nursing Council, Kerala Nurses and Midwives Council and is affiliated to Kerala University of Health Sciences. The college offers B.Sc. Nursing. KMCT College of Nursing hereinafter referred to as "Second Party".

On 30th October 2019

WHEREAS, KMCT College of Nursing, Kozhikode wishes to establish linkage and collaborate with Grace Palliative Care Centre, Kozhikode on initiatives mutually valuable and beneficial to the two parties.

It is hereby AGREED as follows:

1. Purpose

The purpose of this MOU is to establish certain understanding of the parties in relation to the collaboration between the parties, in order to promote professional development

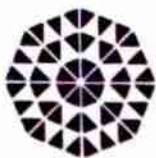
2. Definitions

2.1 Intellectual Property Rights means any rights of, including patents, knowhow, confidential information, trade secret designs, copyrights, trademarks, service marks, trade goodwill associated therewith and all rights or forms equivalent or similar effect (whether registered, unregistered or unregistrable); which may subsist anywhere in the world.

Shreefudheen P J
30/10/2019
Chairman

Mageswari R
Prof Mageswari R
Principal
KMCT College of Nursing
Manassery Kozhikode 6736





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3. Collaboration

the collaboration shall include but not limited to,

- Ensuring support for cares and families (social protection)
- Identification/allocation of resources for palliative care
- Identifying indicators and establishing monitoring of palliative care
- Identify patients who could benefit from palliative care;
- Assess and reassess patients for physical, emotional, social and spiritual distress and (re)assess family members for emotional, social, or spiritual distress;
- Relieve pain and other distressing physical symptoms;
- Clarify the patient's values and determine culturally appropriate goals of care.
- Individualized, patient-centred care
- Symptomatic non-pharmacological treatment developing an individualized home-based care plan for each patient;
- In some cases, providing treatments and instructing the family in this task;
- Facilitating access to supplies and medicines;
- Visiting the patient's home according to a regular schedule in order to anticipate problems and if possible prevent them; reporting problems to a higher level and providing follow-up;
- Training the patient and family in care and comfort-giving procedures and checking that they are being carried out;
- Based on the assessments, paying particular attention to ensure the availability of treatment, including for pain management.
- Answering questions, providing information and keeping records;
- encouraging the family to keep the patient involved in their daily life as much as possible;
- Helping/supporting/guiding the family in nursing care and care of bedridden patients.
- Supply medicines to the patient or caregivers for use either immediately or when needed;
- Advise and educate the patients, families and community carers on how to prevent and manage common problems such as contractures and bedsores;

Shayeedhdeen P.K. *[Signature]*
20/10/2019

Chairman

GRACE PALLIATIVE CARE CENTRE

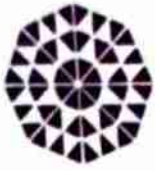
Mukkam - 673602

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4. Effective Date and Duration of Mou

- A. This MoU shall be effective from the date of its approval by competent authorities at both ends.
- B. The duration of the MoU shall be for a period of 5 years from the effective date.
- C. This MoU may be extended or terminated by a prior notice of not less than three months by either party. However, terminations of the MoU will not in any manner affect the interest of the students/faculty who have been admitted to pursue a programme under this MoU, and the same shall be subjected to the final decision of the heads of the respective institution

5. Confidentiality

4.1 Each party undertakes that it will not at any time hereafter use, divulge or communicate to any third party any confidential information regarding to this MOU. Each party shall use its reasonable endeavors to prevent the disclosure of any such confidential information.

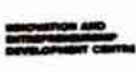
4.2 Clause 4.1 shall not apply to any information which has come into the public domain.

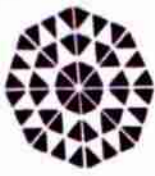
Sharreefudheen
ShP
30/10/2019

Chairman
GRACE PALIATIVE CARE CENTRE
Mukkam - 673602

Mageswari

Prof Mageswari R
Principal
KMCT College of Nursing
Manassery Kozhikode 673602





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IN WITNESS WHERE OF PARTIES HERE TO HAVE ENTERED INTO THIS
AGREEMENT EFFECTIVE AS ON THIS DATE, 30th DAY OF October 2019

For KMCT College of Nursing

Principal Mageswari
PROF. R. MAGESWARAI
Prof Mageswari
Principal
KMCT College of Nursing
Manassery Kozhikode 673602

WITNESS

For Grace Palliative Care Centre, Kozhikode India

Name Grace Palliative Care Centre
Chairman [Signature]
30/10/2019
GRACE PALIATIVE CARE CENTRE
Mukkam - 673602



WITNESS

Mohammedali
Manager
[Signature]
GRACE PALIATIVE CARE CENTRE
MUKKAM
PIN-673 602
KOZHIKODE

