

Bridgewell association under the department of child health nursing, faculty of nursing SGT university has organised a workshop on “palliative care pain management” on 24<sup>th</sup> and 25<sup>th</sup> July 2022

#### **OBJECTIVES OF THE PROGRAMME:**

Objectives of the program were :

- To gain knowledge regarding palliative care
- To develop skill in assessing pain using various pain scales
- To enable the students to develop the right attitude while caring for patients with terminal illness.

**AUDIENCE:** Faculty members and M.Sc (N), B.Sc. (N), Post Basic B.Sc.(N) and NPCC students.

Total Participants: 230

#### **BRIEF REPORT OF THE PROGRAMME- DAY 1**

Venue: C block auditorium

Bridge well association under the department of child health nursing, faculty of nursing, SGT university organised two day workshop on “ PALLIATIVE CARE –PAIN MANAGEMENT ” on 24 and 25<sup>th</sup> June 2022 under the guidance of Prof . Dr Pauline Sharmila Susai HOD Child health nursing. The organizing team comprises of:

- Mr. Vedamurthy (Associate professor Child health nursing , faculty of nursing SGT university)
- Mrs. Sarika Yadav (Associate professor, Child health nursing faculty of nursing SGT university )
- Mrs. Khushbu (Assistant professor Child health nursing faculty of nursing SGT university)
- MS Kulpooja (Assistant professor Child health nursing faculty of nursing SGT university)
- Mrs. Jyoti Shokeen( Assistant professor Child health nursing faculty of nursing SGT university)
- MS Wichamjailiu (PG tutor Child health nursing , faculty of nursing SGT university),
- Mrs. Nupur (PG tutor Child health nursing faculty of nursing SGT university).

The event was anchored by Mrs. Jyoti Shokeen. The gathering was welcomed by Ms Wichamjailiu followed by lamp lighting by the dignitaries. Unfolding of the theme was done by Prof Dr Pauline Sharmila Susai where she spoke on the importance of pain management in palliative care . After the theme unfolding was done there was a speech from Dr OP Kelra (vice chancellor SGT university) Thereafter it was followed by an address from Dr

The First resource person of the day was Dr Reena Sharma Medical director at CAN support, NGO Delhi. She spoke about “ Pain and pain assessment

Second session was on “ WHO ladder and drugs in pain management” by DR Rakesh Garg (Additional professor , Department of Onco Anaesthesiology and Palliative medicine DR Brairch, All India institute of medical sciences , New Delhi.

Post lunch session, various activities were organised for the students in groups of 10-12 where they had hands on experience regarding assessment of pain through various pain scales. Pretest was done in which about 50% of the participants gave correct response.

There was also a poster competition on pain management.

## **DAY- 2**

Venue: Hospital auditorium

On 2<sup>nd</sup> day the session began with the recap of the previous day by Mrs Nupur PG Tutor Child Health Nursing SGT University.

The first session on day 2 was done by Prof. Dr Pauline Sharmila Susai Professor Cum HOD Child Health Nursing , Faculty of nursing, SGT university on the topic of “ Nurses role in palliative care”..

Session 2 was done by Dr Tokika Yaphthomi Assistant Professor Faculty of Naturopathy and Yogic Sciences SGT University on the topic “Naturopathic approach – palliative care”.

Session 3 was done by Dr Nudrat Jahan Associate Professor Faculty of behavioural sciences SGT university on the topic of “ cognitive behavioural therapy in pain management- palliative care”.

After the 3<sup>rd</sup> session there was a lunch break

The 4<sup>th</sup> and final session of the workshop was conducted after lunch by Dr. Neeraj Makkar Assistant professor internal medicine SGT hospital on the topic “Psychiatric aspects of palliative care”.

After the final session post test and feedback form was taken from the students in which 90 % students gave correct response and the feedback was also positive.

Winners of poster competition were acknowledged, certificates were distributed to the organizers and the participants and vote of thanks was given by Mrs Khusu (Assistant professor Child Health Nursing, Faculty of Nursing ) SGT university

The workshop was attended by around 200 participants.

Conclusion: The workshop was intended to improve the knowledge and skills on pain management in palliative care and to make the participants more aware about the palliative care. The students took part in the activities with great enthusiasm and also answered the questions and asked questions during the session. Overall it was a great learning experience for both the faculty and the students.





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(UGC & AICTE Approved) Gurugram, Delhi-NCR



Theme

**Palliative Care Pain Management**

**PC PM = QOL**

**Quality of life = Physical health + Mental health**

**“PAIN RELIEF”  
IMPROVES QUALITY OF LIFE**



## ABOUT US

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Wise men say that all glory; all splendour in life is achieved by the courage to begin. This is how we began, our story unfolded. We are Shree Guru Gobind Singh Tricentenary University also known as SGT University. It was in the year 2013 that by Act No. 8 of Haryana Private Universities (Amendment) Act, SGT University came into existence. SGT University since then has crossed several bridges and has many miles yet to cover. Right now in our University 18 faculties and 121 courses are running. In Nursing ANM, GNM, Post Basic B.Sc. Nursing, B.Sc. Nursing, M.Sc. Nursing, Ph.D. Nursing and Nurse practitioner in critical care courses are running.

SGT University is pledged to work towards research and innovation by providing a stimulating environment to our students with the aid of modern infrastructure and well-equipped labs. It is an acknowledged fact in the modern education system that science and innovation complement each other and inter-disciplinary research is the right step for the future.

The National Reference Simulation Centre ( NRSC ) is set up in our campus in collaboration with INC, Jhpiego, Laerdal Medical India.

**Palliative care** is a specialized medical care which addresses the issues of the terminal ill patients. The various aspects of care like disease management, symptom control and psychosocial support are rendered through palliative care for all age group.


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## THE AIMS OF PALLIATIVE CARE ARE:

1. To alleviate pain and suffering
2. To help the suffering patients achieve quality of life and to assist in dignified death
3. To support the patients and the family through their emotional and spiritual needs

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## WORKSHOP OBJECTIVES ARE:-

- To gain knowledge regarding palliative care.
  - To develop skill in assessing pain using various pain scales.
  - To enable the students to develop the right attitude while caring for patients with terminal illness.
- 

## Chief Patron



### **Padamshri Shri Ram Bahadur Rai**

Hon'ble Chancellor, SGT University,  
Gurugram, India



### **Smt. Madhupreet Kaur Chawla**

Chairperson, SGT University, Gurugram, India



### **Shri Manmohan Singh Chawla**

Managing Trustee, SGT University, Gurugram, India

## Patron



### **Prof. (Dr) O. P. Kalra**

Vice – Chancellor,  
SGT University



### **Dr. Reena Nayyar**

Executive Director  
(Medical & Health Sciences)  
SGT University



### **Prof. (Dr.) Vikas Dhawan**

Pro Vice Chancellor (Academics)  
SGT University

## Resource Person



### **Dr. Reena Sharma**

(Medical Director)  
at CanSupport NGO ,  
Delhi.



### **Dr. Rakesh Garg**

Additional Professor,  
Department of Onco-Anaesthesiology  
& Palliative Medicine,  
DR Brairch, All India Institute of  
Medical Sciences, New Delhi, India.



### **Prof. Dr. Pauline Sharmila Susai**

HOD, Child Health Nursing,  
Faculty of Nursing  
SGT University



### **Dr. Neeraj Makar**

Assistant professor  
Internal Medicine  
(SGT Hospital)



### **Dr. Tokika Yepthomi**

Assistant professor,  
Faculty of Naturopathy & Yogic Sciences  
SGT University



### **Dr. Nudrat Jahan**

Associate professor  
Faculty of Behavioural sciences  
SGT University



## Organizing Committee



**Organizing Chairperson**  
**Prof. Dr. Sunil Kumar Dular**  
Dean, Faculty of Nursing  
SGT University



**Organizing Co-Chairperson**  
**Prof. Dr. Pauline Sharmila Susai**  
HOD, Child Health Nursing, Faculty of Nursing  
SGT University



**Organizing Secretary**  
**Mr. Vedamurthy**  
Associate Professor, Child Health Nursing  
Faculty of Nursing, SGT University



**Organizing Secretary**  
**Mrs. Sarika Yadav**  
Associate Professor, Child Health Nursing  
Faculty of Nursing, SGT University



**Organizing Joint Secretary**  
**Mrs. Khushbu**  
Assistant Professor, Child Health Nursing  
Faculty of Nursing, SGT University



**Organizing Joint Secretary**  
**Ms. Kul Pooja**  
Assistant Professor, Child Health Nursing  
Faculty of Nursing, SGT University



**Treasurer**  
**Mrs. Jyoti Shokeen**  
Assistant Professor, Child Health Nursing  
Faculty of Nursing, SGT University



**Treasurer**  
**Ms. Wichamjailiu**  
PG Tutor, Child Health Nursing  
Faculty of Nursing, SGT University



**Treasurer**  
**Mrs. Nupur**  
PG Tutor, Child Health Nursing  
Faculty of Nursing, SGT University

## Student Committee Member

**Mehak, MSc (N) 2nd year**  
**Seema, MSc (N) 2nd year**  
**Rohit, MSc (N) 1st year**  
**Aparana, MSc (N) 1st year**

**Abhishek, BSc (N) 3rd year**  
**Priyanka, BSc (N) 3rd year**  
**Druvi, BSc (N) 2nd year**  
**Chirag, BSc (N) 2nd year**

## FOR REGISTRATION:

Last day for registration is 15/6/22

Registration fee- 200/

Registration link : <https://forms.gle/nZDJghb8fTzuEMix8>

## FOR ANY QUERIES, PLEASE CONTACT:

### Mr. Vedamurthy

Associate Professor, Child Health Nursing  
Faculty of Nursing  
Contact No : 8979626891  
Email ID : Vedamurthy\_fnur@sgtuniversity.org

### Kul pooja

Assistant Professor, Child Health Nursing  
Faculty of Nursing  
Contact No : 8447185667  
Email ID : kulpooja\_fnur@sgtuniversity.org



# SGT UNIVERSITY

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## WORKSHOP (HANDS ON TRAINING) PALLIATIVE CARE- PAIN MANAGEMENT

On 24th June, 2022

### PROGRAMME SCHEDULE

DAY-1 , 24.06.2022		
Time	Programme	Resource Person
9: 30am-9:45 am	Welcome Address	<b>Ms. Wichamjailiu</b> PG Tutor, Child Health Nursing Faculty of Nursing, SGT University
9:45 am - 9:50 am	Lamp Lighting by Dignitaries	
9:50 am -10:00 am	Unfolding of the theme	<b>Prof. (Dr.) Pauline Sharmila Susai,</b> Professor cum HOD, Department of Child Health Nursing Faculty of Nursing, SGT University
10:00 am - 10:15am	Address by Pro Vice Chancellor	<b>Prof. (Dr.) Vikas Dhawan</b> Pro Vice Chancellor (Academics) SGT University
10:15 am – 10:30 am	Address by Medical Director	<b>Dr. Reena Nayyar</b> Executive Director (Medical & Health Sciences) SGT University
10:30 am -10:40 am	Key Note Address	<b>Prof. (Dr.) Sunil Kumar Dular</b> Dean, Faculty of Nursing SGT University
10: 40 am – 11: 30am	Session 1: Introduction to pain and pain assessment	<b>Dr. Reena Sharma</b> Medical Director at Can Support NGO, Delhi.
11:30am-11:45 am	Tea Break	
11:45 am – 1:00 pm	Session 2: "WHO ladder & drugs in pain management	<b>Dr. Rakesh Garg</b> Additional Professor, Department of Onco-Anaesthesiology & Palliative Medicine, DR Brairch, All India Institute of Medical Sciences, New Delhi, India.
1:00pm -2:00pm	Lunch	
2:00pm- 3:45pm	Workshop Activity	





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## WORKSHOP (HANDS ON TRAINING) PALLIATIVE CARE- PAIN MANAGEMENT

On 25th June, 2022

### PROGRAMME SCHEDULE

DAY-2, 25.06.2022		
Time	Programme	Resource Person
9: 30 am-9:45 am	Recap of the previous day	<b>Mrs. Nupur</b> PG Tutor, Child Health Nursing Faculty of Nursing, SGT University
9:45 am - 10:15am	Session-1: Nurses role in Palliative care	<b>Prof. Dr. Pauline Sharmila Susai,</b> Professor cum HOD, Department of Child Health Nursing, Faculty of Nursing, SGT University
10:15am- 10:30 am	Tea Break	
10:30 am - 11:30 am	Session-2: Non-pharmacological aspect of pain management in Palliative Care	<b>Dr. Neeraj Makar</b> Assistant professor Internal Medicine SGT Hospital
11: 30 am – 1:00 pm	Session-3: Naturopathic approach - Palliative care	<b>Dr. Tokika Yepthomi</b> Assistant professor, Faculty of Naturopathy & yogic sciences SGT University
1:00pm -2:00pm	Lunch	
2:00 pm- 3:15 pm	Session-4: Cognitive behavioural therapy in pain management - Palliative Care	<b>Dr. Nudrat jahan</b> Associate professor Faculty of Behavioural sciences SGT University
3:15 pm-3:30 pm	Valedictory/ post- test	
3:30 pm-3:45pm	Vote of thanks	<b>Mrs. Khushbu</b> Assistant professor, Child Health Nursing Faculty of Nursing, SGT University

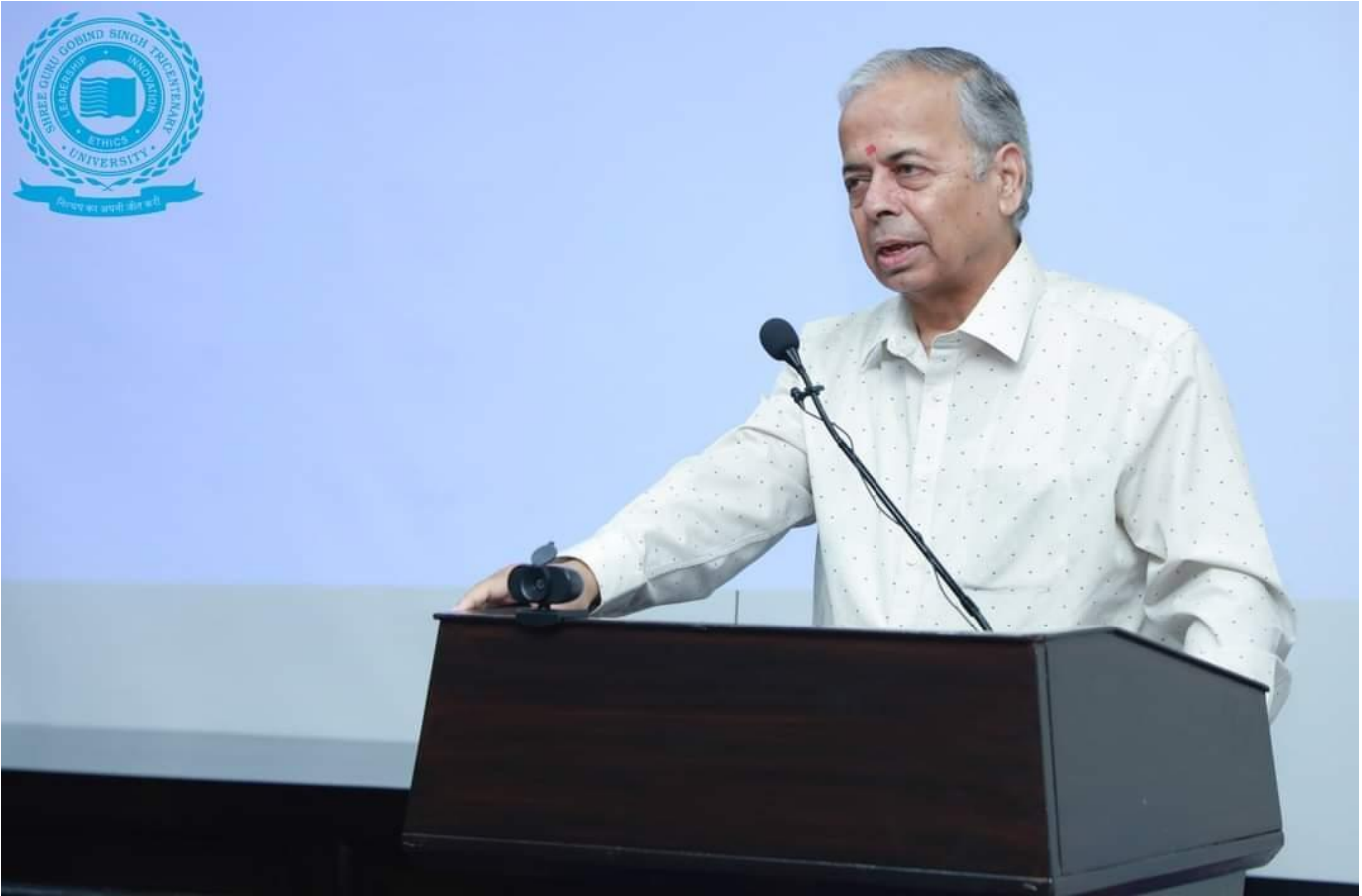
Brochure of the workshop



Lamp lighting by the dignitaries



Students attending the session



Key note address by Prof Dr OP Kalra Vice chancellor, SGT university





Speech from Prof Dr Vikas Dhawan Pro Vice Chancellor (Academics) SGT University



First session of day 1 by Dr Reena Sharma (Medical Director) at CAN Support NGO, Delhi



Poster competition display

Winners of poster competition are:

1. Ritika Bsc 2<sup>nd</sup> yr (1<sup>st</sup> prize )
2. Aayushi Bsc 2<sup>nd</sup> yr (2<sup>nd</sup> prize)
3. Varsha Bsc 3<sup>rd</sup> yr (3<sup>rd</sup> prize)





Session 1 of day 2 by Prof Dr Pauline Sharmila Susai (HOD Child health nursing) Faculty of nursing SGT University



Session by Dr Tokika Yapthomi (Assistant Professor) Faculty of Naturopathy and Yogic Sciences SGT University



Session by Dr Nudrat Jahan (Associate Professor) faculty of Behavioral Sciences SGT University



Session by Dr Neeraj Makar (Assistant Professor) internal medicine SGT hospital





Dignitaries, organizers and the students



**Organizers and Participants of the workshop**



# ATTENDANCE SHEET

## Event: Workshop on PCPM

Date: 24<sup>th</sup> -25<sup>th</sup> June 2022

S.No	Name of student	Remark
1.	Mayank bhardwaj	P
2.	Shubham	P
3.	Shweta	P
4.	Nikhil joon	P
5.	Yogesh yadav	P
6.	Gunjan kaushik	P
7.	Ashish dalal	P
8.	Ekta	P
9.	Meenu	P
10.	Simran	P
11.	Piyush	P
12.	Rinky kaushik	P
13.	Prashant singh	P
14.	Yogesh kumar	P
15.	Sahil rathi	P
16.	Akhil roy	P
17.	Saif khan	P
18.	Urvashi kashyap	P
19.	Deepanshi	P
20.	Deepak	P
21.	Gudiya kumari	P
22.	Harsh dhemiwal	P
23.	Tannu	P
24.	Nitesh kumar	P
25.	Akansha sehwari	P
26.	Mohit	P
27.	Rajni kant	P
28.	Nikhil	P
29.	Bharat	P
30.	Prateek	P
31.	Srasti yadav	P
32.	Kavita godara	P
33.	Tarun yadav	P
34.	Varuna	P
35.	Mayank bhardwaj	P
36.	Shubham	P
37.	Shweta	P

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38.	Nikhil joon	P
39.	Yogesh yadav	P
40.	Gunjan kaushik	P
41.	Ashish dalal	P
42.	Ekta	P
43.	Meenu	P
44.	Simran	P
45.	Piyush	P
46.	Rinky kaushik	P
47.	Prashant singh	P
48.	Yogesh kumar	P
49.	Sahil rathi	P
50.	Akhil roy	P
51.	Saif khan	P
52.	Urvashi kashyap	P
53.	Deepanshi	P
54.	Deepak	P
55.	Gudiya kumari	P
56.	Harsh dhemiwal	P
57.	Tannu	P
58.	Nitesh kumar	P
59.	Akansha sehwat	P
60.	Mohit	P
61.	Rajni kant	P
62.	Nikhil	P
63.	Bharat	P
64.	Prateek	P
65.	Srasti yadav	P
66.	Kavita godara	P
67.	Tarun yadav	P
68.	Varuna	P
69.	Mayank bhardwaj	P
70.	Shubham	P
71.	Shweta	P
72.	Nikhil joon	P
73.	Yogesh yadav	P
74.	Gunjan kaushik	P
75.	Ashish dalal	P
76.	Ekta	P
77.	Meenu	P
78.	Simran	P
79.	Piyush	P
80.	Rinky kaushik	P
81.	Prashant singh	P
82.	Yogesh kumar	P

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83.	Sahil rathi	P
84.	Akhil roy	P
85.	Saif khan	P
86.	Urvashi kashyap	P
87.	Deepanshi	P
88.	Deepak	P
89.	Gudiya kumari	P
90.	Harsh dhemiwal	P
91.	Tannu	P
92.	Nitesh kumar	P
93.	Akansha sehrawat	P
94.	Mohit	P
95.	Rajni kant	P
96.	Nikhil	P
97.	Bharat	P
98.	Prateek	P
99.	Srasti yadav	P
100.	Kavita godara	P
101.	Chetna	P
102.	Samiksha	P
103.	Chintu	P
104.	laisha Dagar	P
105.	Mohit Vashisht	P
106.	Abhishek	P
107.	Muskan Singhanian	P
108.	KARTIK ROHILLA	P
109.	Vaibhav	P
110.	Mukul	P
111.	Arman	P
112.	Sonia	P
113.	Faraz ahmed	P
114.	Km minu chauhan	P
115.	Mansi sharma	P
116.	Harjinder kaur	P
117.	Hemant	P
118.	Himanshu kaushik	P
119.	Upasana chaudhary	P
120.	Bhawna sharma	P
121.	Nikita	P
122.	Shikshit kumar	P
123.	Amit sehrawat	P
124.	Ankaj karadodia	P
125.	Vikash kumar	P
126.	Sipora tudu	P
127.	Sheetal	P

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128.	Shalinee bharti	P
129.	Neha	P
130.	Bharti	P
131.	Pooja kumari	P
132.	Amit	P
133.	Suraj	P
134.	Milan yadav	P
135.	Shrayansh	P
136.	Ritika sehrawat	P
137.	Shiv om	P
138.	Chetna mathpal	P
139.	Deepthi	P
140.	Varsha yadav	P
141.	Niranjana shridhar	P
142.	Prince raj	P
143.	Pankaj	P
144.	Vaibhav jangra	P
145.	Akanksha	P
146.	Nancy mathur	P
147.	Simran	P
148.	Soniya	P
149.	Komal	P
150.	Ankita sharma	P
151.	Himanshi	P
152.	Jyoti yadav	P
153.	Nancy	P
154.	Varsha	P
155.	Mohmmad lateef ganai	P
156.	Aasif	P
157.	Navjit kaur pandher	P
158.	Raushan kumar kamat	P
159.	Himani	P
160.	Anjali	P
161.	Suman	P
162.	Anju	P
163.	Manisha	P
164.	Deepak shokeen	P
165.	Aakanksha	P
166.	Aarushi	P
167.	Akshay	P
168.	Anisha	P
169.	Babita	P
170.	Bharat singh	P
171.	Dheeraj	P
172.	Disha	P

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173.	Divya	P
174.	Divya	P
175.	Dolti	P
176.	Ekta	P
177.	Ekta	P
178.	Gayatri	P
179.	Ishu	P
180.	Jahnvi	P
181.	Jitender	P
182.	Kajal	P
183.	Kanika	P
184.	Komal	P
185.	Komal	P
186.	Latika	P
187.	Lydia biju	P
188.	Meeta	P
189.	Monika	P
190.	Muskan	P
191.	Nabam yani	P
192.	Nancy	P
193.	Nancy	P
194.	Neeraj	P
195.	Neetu	P
196.	Neha	P
197.	Nidhi	P
198.	Nisha	P
199.	Pooja	P
200.	Pooja	P
201.	Pooja	P
202.	Preety	P
203.	Purnima	P
204.	Ritika	P
205.	Riya dahiya	P
206.	Riya	P
207.	Rohit kumar	P
208.	Ruby	P
209.	Sachin	P
210.	Sakshi	P
211.	Sakshi	P
212.	Sanju dagar	P
213.	Km. Sarita	P
214.	Shagun	P
215.	Sheetal	P
216.	Shefali	P
217.	Shilpi	P

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218.	Shivani	
219.	Simran	
220.	Simran	
221.	Sonali	
222.	Sonia	
223.	Suriya	
224.	Swati kesari	
225.	Versha	
226.	Versha	
227.	Vikas	
228.	Vineeta	
229.	Wasim	
230.	Yogesh kumar	

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