



# AMALA COLLEGE OF NURSING

## AQAR (2023-2024)



### **CRITERION 7– Institutional Values and Best Practices**

#### **Key Indicator 7.2–Best Practices**

**Metric No. 7.2.1** Describe two Institutional Best Practices as per the NAAC format provided in the Manual (Respond within 100 - 200 words) Provide web link to:

**SUBMITTED TO**



**National Assessment and Accreditation Council**

**BEST PRACTICE-1**

**APSARA**

**DESCRIPTION**



# Amala COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar, Thrissur – 680 555, Kerala

First Nursing College accredited by NAAC with A grade in the first cycle (RAF)

Affiliated to Kerala University of Health Sciences and recognized by Kerala Nurses and Midwives Council & Indian Nursing Council  
(Certificate No. 18-16/2893-INC)

## Best practice-1

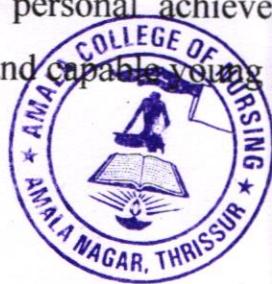
### APSARA (ACON PALLITIVE SERVICES AND REACHOUT ACTIVITIES)

#### Objectives

1. To instil human values and compassion for nursing students
2. To improve the nursing care skills of the students in a home-based setting
3. To sense the needs of society and be a part of the institutional social responsibility by offering **free** nursing services.

#### The Context

- Amala College of Nursing, Thrissur initiative on palliative services is a noble venture of Amala College of Nursing in **collaboration with department of palliative medicine** of Amala Institute of Medical Sciences, Thrissur in 2019.
- The college has evolved the concept of APSARA from the thought that the nursing education is strengthened by institutional social responsibility like participating in palliative care home visits and outreach activities. Thus the implicit aim of APSARA is the **holistic development of students**.
- Moreover, Amala being a **treatment centre for cancer patients**, there is a huge scope for the students of the college in gaining new **knowledge and skills about palliative care** and imparting this knowledge and skills in caring for the terminally ill patients within their **door steps**.
- Through the **constant support of the management and staff** the college strives, for the sense of social responsibility and team spirit in the students in tandem with personal achievement, to prepare them for life as mature, responsible, and capable young graduates



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## Practice

- The students and faculty of Amala College along with the palliative department of Nursing conducts **regular home visit** and provides **free service** to **terminally ill and bed ridden patients** who are residing within **20 kms radius** of the hospital on every Thursdays.
- Till date APSARA has covered 115 patients through visiting 2 elderly care homes and direct family care .
- The **team is accompanied by a UG or PG students, a teaching faculty**
- (nurse),a doctor, social worker and a chaplain. The nursing team provides the needed nursing care to the patients.
- The resources required for palliative care including transportation is offered by the parent hospital.
- Amala College of Nursing also initiates outreach activities in which the students help the needy families by providing **adequate nursing care, health education.**

## Evidence of success

- Palliative care is a multidisciplinary health care process to improve patient's quality of life and their families by alleviating or reducing suffering.
- Evidence of success is measured in terms of satisfaction of patient and family who are facing challenges associated with life threatening illness ,stake holders and through student feedback.
- The society recognises the value of nursing care and nursing education in this paradigm shift.

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