

10th CNE Workshop Based Short Term Course on “SOFT SKILLS DEVELOPMENT FOR NURSES”

(Funded by Ministry of Health & Family Welfare, Government of India)

Organized by
College of Nursing, JIPMER, Puducherry



Credit hours will be awarded by the Tamil Nadu Nurses & Midwives Council, Chennai

Date: 11.03.2024 to 17.03.2024 (7 days)

Venue: Multipurpose Hall, College of Nursing, JIPMER

Contact for registration & clarification (8.30 a.m. – 4.30 p.m.):

Phone: 0413 -2297156/ 53

Email: cneonjipmer2017@gmail.com

- **30 Participants only**
- **Registration confirmation based on First come, first served**
- Registration fees: Nil
- Registration link: https://docs.google.com/forms/d/e/1FAIpQLSdUI-6orveqCZr7rIQOuFegiHQ3Dc-CgqAqSRSbrgyq-T9EQQ/viewform?usp=sf_link
- TA (Rs.500 for 7 days with the submission of documents and whichever is minimum), DA (Rs.300/day), Lunch and refreshment will be arranged as per MOHFW (Nursing section) norms.
- Accommodation will be arranged by the participants

Greetings from College of Nursing, JIPMER!

Dear all,

It is our pleasure to invite you all for the 10th CNE workshop based short term course on “Soft skills development for Nurses” (Funded by Ministry of Health & Family Welfare, Government of India) from 11.03.2024 to 17.03.2024.

The Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER) is a premier Institute of National Importance under Ministry of Health and Family Welfare, Government of India.

In JIPMER, the College of Nursing is offering courses such as B.Sc. (N), M.Sc. (N) with five clinical specialties, Post Basic Diploma in Nursing with three clinical specialties and Ph.D. (N). College is equipped with adequate learning facility including proficient faculty, various laboratory infrastructures and multidisciplinary clinical set up with the bed strength of 2476. JIPMER hospital is running 27 ICUs in various specialties like Cardiology, clinical immunology, gynaecology, emergency, kidney transplantation, trauma, neuro surgery, neurology, neonatology, obstetrics, paediatric surgery, paediatrics, burns, RCC, liver transplantation, surgical gastroenterology, plastic surgery, urology etc. Students are provided with training in different areas like basic medical science, super specialty, medical, surgical, oncology, emergency, paediatric, psychiatric, obstetrics & gynaecology, and community. The students have access to voluminous library and e-learning facilities to enhance their learning.

Nurses often work as a part of a team that includes other nurses, physicians, and staff members. Nurses are holding significant role in the health profession. Nurses have to be analytically competent and they must know how to relate to patients so that they can improve the chances of better health outcomes. Soft skills are a combination of personal traits, attitudes, and qualities that help to work efficiently in the health care professionals. The significance of soft skills for nursing professionals is massive. Soft skills development helps nursing professionals to cope effectively with fast-paced medical settings and to build good relationships with patients and their family members. If there is any failure in communication, critical thinking or time management, a medical unit finds it difficult to function properly and provide healthcare. So, soft skills development is essential to provide efficient patient care and develop professional work environment.

Objectives:

At the end of the course, the delegates will be able to:

- Strengthen the communication skills in healthcare settings.
- Improve the skills on the critical and creative thinking.
- Enhance the knowledge on professional development.
- Improve the accountability in health care settings.
- Gain knowledge on personality development.
- Demonstrate effective writing and presentation skills in work place.
- Progress the skills on counseling in health care setting.
- Develop effective leadership skills.
- Improve the skills on effective time management.
- Expand competency in work ethics culture in health care settings.
- Demonstrate the skills on stress management.

COLLEGE OF NURSING, JIPMER
10th CNE WORKSHOP BASED SHORT TERM COURSE ON
“SOFT SKILLS DEVELOPMENT FOR NURSES”

Day 1 - 11.03.2024 (Monday)

Time	Session	Duration	Resource person/ Guest Speaker
09.00 a.m. - 09.30 a.m.	Registration, Pre-test	30 min	Dr. M. J. Kumari, Prof. cum Principal (Ag.), CON, JIPMER
09.30 a.m. - 09.45 a.m.	Inauguration	15 min	Dr. M. J. Kumari, Prof. cum Principal (Ag.), CON, JIPMER
09.45 a.m. - 10.30 a.m.	Introduction to the soft skills- Key concepts Distinguish hard & soft skills Needs to improve the soft skills	45 min	Mr. R. S. Ramesh Asst. Prof. CON, JIPMER
10.30 a.m. - 10.45 a.m.	Tea break	15 min	-
10.45 a.m. - 11.30 a.m.	Significance of soft Skills in Healthcare setting - case study discussion	45 min	Dr. Vetriselvi. P Asst. Prof. CON, JIPMER
11.30 a.m. - 12.15 p.m.	Developing communication skills, and overcoming barriers- activity-based	45 min	Mrs. Yamuna. T.V. Tutor, CON, JIPMER
12.15 p.m. - 01.00 p.m.	Breaking the bad news - case scenario based discussion	45 min	Dr. Natarajan V, Asst. Prof., Dept. of Psychiatry, JIPMER
01.00 p.m. - 02.00 p.m.	Lunch break	60 min	-
02.00 p.m. - 03.15 p.m.	Workplace communication – case scenario discussion with group activities	75 min	Dr. Punitha, Principal, KGNC
03.15 p.m. - 04.30 p.m.	Proxemics, Haptics: The Language of Touch and Communication	75 min	Dr. Janarathanan. B Tutor, CON, JIPMER

Day 2 – 12.03.2024 (Tuesday)

Time	Session	Duration	Resource person/ Guest Speaker
09.00 a.m. - 10.00 a.m.	Effective writing and Presentation skills with group exercise	60 min	Mrs. Shanmuga Priya.K Tutor, CON, JIPMER
10.00 a.m. - 11.00 a.m.	Personality development with case discussion	60 min	Dr. Shivanand Kattimani, Prof. & Head, Dept. of Psychiatry, JIPMER
11.00 a.m. - 11.15 a.m.	Tea break	15 min	-
11.15 a.m. - 12.15 p.m.	Development of Professionalism - Case Study	60 min	Dr. Felicia Chitra. A, Prof.-cum-Principal & HOD (MSN), CON, MTPG&RIHS
12.15 p.m. - 01.15 p.m.	Promoting accountability among the workers in healthcare setting- case study based	60 min	Dr. Zayapragassarazan Z, Prof. & Head, Dept. of Med. Ed, JIPMER
01.15 p.m. - 02.15 p.m.	Lunch break	60 min	-
02.15 p.m. - 03.20 p.m.	Counseling the patient principles and concepts different case scenarios- role-play-based	65 min	Dr. Kavitha.R.R. Tutor, CON, JIPMER
03.20 p.m. - 04.30 p.m.	Counseling the patient principles and concepts with different case scenarios- role-play-based	70 min	Mrs. Muthulakshmi.K, Tutor, CON, JIPMER

Day 3 – 13.03.2024 (Wednesday)

Time	Session	Duration	Resource person/ Guest Speaker
09.00 a.m. - 09.45 a.m.	Introduction to Critical thinking- key concepts and techniques – Case scenario discussion	45 min	Mrs. Kanimozhi.K Tutor, CON, JIPMER
09.45 a.m. - 10.30 a.m.	Lotus blossom technique -Group exercise	45 min	Dr. Chitra T, Prof., Dept. of OBG, JIPMER
10.30 a.m. - 10.45 a.m.	Tea break	15 min	-
10.45 a.m. - 11.45 a.m.	Brainstorming techniques – with group exercise	60 min	Dr. Lakshmi Ramamoorthy, Asst. Prof. CON, JIPMER
11.45 a.m. - 01.00 p.m.	Mind mapping techniques – group activity based	75 min	Mrs. Vembu. K, Tutor, CON, JIPMER
01.00 p.m. - 02.00 p.m.	Lunch break	60 min	-
02.00 p.m. - 03.15 p.m.	six thinking hats technique - group activity	75 min	Dr. Prasanth Ganesan, Prof., Dept. of Med. Onco, JIPMER
03.15 p.m. - 04.30 p.m.	Being assertive and Handling critique - case scenario discussion	75 min	Dr. Porkodi Rabindran, Tutor, CON, JIPMER

Day 4 – 14.03.2024 (Thursday)

Time	Session	Duration	Resource person/ Guest Speaker
09.00 a.m. - 10.00 a.m.	Leadership styles- case study based	60 min	Dr. Lakshmi Ramamoorthy Asst. Prof., CON, JIPMER
10.00 a.m. - 11.00 a.m.	Effective Leadership skills-case study	60 min	Dr. Zayapragassarazan Z, Prof. & Head, Dept. of Med. Ed.,JIPMER
11.00 a.m. - 11.15 a.m.	Tea break	15 min	-
11.15 a.m. - 12.15 p.m.	Meeting management and adaptability – case scenario discussion	60 min	Mrs. Angelin Mary Sheela Tutor, CON, JIPMER
12.15 p.m. - 01.15 p.m.	Conflict resolution- group activity based	60 min	Mrs. Huldah. J Asst. Prof., CON, JIPMER
01.15 p.m. - 02.15 p.m.	Lunch break	60 min	-
02.15 p.m. - 03.15 p.m.	Group vs. team and its significance - case scenario discussion	60 min	Mrs. Aanandhi.V.N. Asst. Prof., CON, JIPMER
03.15 p.m. - 04.30 p.m.	Group dynamics-activity based role play	75 min	Dr. Sivasankari.K Asst. Prof., CON, JIPMER

Day 5 – 15.03.2024 (Friday)

Time	Session	Duration	Resource person/ Guest Speaker
09.00 a.m. - 10.00 a.m.	Effective Time management -in personal and professional life with case discussion	60 min	Dr. Manju Amit Kumar Rajora, Assoc. Prof, CON, AIIMS, New Delhi
10.00 a.m. - 11.00 a.m.	Team building with group activities	60 min	Dr. Zayapragassarazan Z, Prof.& Head, Dept. of Med. Ed., JIPMER
11.00 a.m. - 11.15 a.m.	Tea break	15 min	-
11.15 a.m. - 12.15 p.m.	How to improve the problem solving and decision -making skills among the healthcare workers – case scenario discussion	60 min	Dr. Jeeva Subramaniam, Lecturer, CON, NIMHANS
12.15 p.m. - 01.00 p.m.	How to create the work ethics culture in health care setting - case scenario based discussion	45 min	Dr. Balaji Bharadwaj, Addl. Prof. Dept. of Psychiatry, JIPMER
01.00 p.m. - 02.00 p.m.	Lunch break	60 min	-
02.00 p.m. - 03.15 p.m.	Negotiation skills – group activity Based	75 min	Dr. Rajeswari C, Lecturer, CON, NIMHANS
03.15 p.m. - 04.30 p.m.	Art of receiving and giving feedback with group activity	75 min	Dr. Subitha L, Addl. Prof. Dept of PSM, JIPMER

Day 6 – 16.03.2024 (Saturday)

Time	Session	Duration	Resource person/ Guest Speaker
09.00 a.m. - 10.00 a.m.	Importance of Motivation styles, and its role in the Work Environment	60 min	Dr. Kavitha.R.R Tutor, CON, JIPMER
10.00 a.m. - 11.00 a.m.	Pygmalion effect with group activities	60 min	Dr. Rajeswari C, Lecturer, CON, NIMHANS
11.00 a.m. - 11.15 a.m.	Tea break	15 min	-
11.15 a.m. - 12.15 p.m.	Adult learning principles and Kirkpatrick evaluation techniques with examples	60 min	Dr. Venkatachalam J, Addl. Prof., Dept. of PSM, JIPMER
12.15 p.m. - 01.00 p.m.	Interactive teaching and active learning methods with examples	45 min	Mrs. Aruna.P Tutor, CON, JIPMER
01.00 p.m. - 02.00 p.m.	Lunch break	60 min	-
02.00 p.m. - 03.15 p.m.	How to improve empathetic skills with health care workers -case study based	75 min	Dr. Jeeva Subramaniam, Lecturer, CON, NIMHANS
03.15 p.m. - 04.30 p.m.	Building Personal Resilience – case study	75 min	Mrs. Vidya. J Asst. Prof., CON, JIPMER

Day 7 – 17.03.2024 (Sunday)

Time	Session	Duration	Resource person/ Guest Speaker
09.00 a.m. - 10.00 a.m.	Stress management techniques – group activities	60 min	Dr. Rajeswari.C, Lecturer, CON, NIMHANS
10.00 a.m. – 11.00 a.m.	Dealing with difficult people in the work environment	60 min	Dr. Jeeva Subramaniam, Lecturer, CON, NIMHANS
11.00 a.m. - 11.15 a.m.	Tea break	15 min	-
11.15 a.m. - 12.15 p.m.	Role of Yoga in stress management	60 min	Dr. S. Velkumary, HODPhysiology & Admin. I/C – ACYTER, JIPMER Yoga instructors, ACYTER, JIPMER
12.15 p.m. - 01.15 p.m.	Yoga demonstration activity	60 min	
01.15 p.m. - 02.15 p.m.	Lunch break	60 min	-
02.15 p.m. - 03.30 p.m.	Positive thinking – group activities	75 min	Dr. D. Dhanalakshmi, Asst. Prof. Dept. of applied Psychology, PU
03.30 p.m. – 04.30 p.m.	Posttest and valediction	60 min	Dr. M. J. Kumari, Prof. cum Principal (Ag.), CON, JIPMER