



AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Website : www.amalanursingcollege.org

First Cycle NAAC Accreditation 2022

Criterion 5

Student Support and Progression

5.1 Student Support

5.1.4 Institution has an active International student cell to facilitate study in India program

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION
COUNCIL

International student cell




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Report on International collaborative research

Faculty of Amala College of Nursing and Amala Medical College in collaboration with eminent faculty from various other universities at national and international level conducted a research on topic “**Health outcome for adults during and following the COVID 19 Pandemic: THE HOPE India Study.**” The main purpose of the study were To explore lifestyle related behaviours, To explore lifestyle related behaviours (movement and diet), To assess the impact of stringent social distancing on lifestyle behaviours during and following pandemic. It was a longitudinal follow up repeated measures survey based study conducted at 3 levels –during COVID 19, release of lockdown and during post lockdown period .Study focused on Kerala, Madhya Pradesh and Delhi. Total sample size was 694 and were selected using snow ball sampling methods. 30-59 year age group adult were selected. Tool prepared in 3 languages Hindi, English, Malayalam and validated by language /subject experts. Tools were administered using Microsoft forms. Tools used for the purpose of Data collection were Demographic questionnaire, Questions related to food and beverage intake, Global physical activity questionnaire, Question on screen view time, Pittsburgh sleep quality Index, Personal Wellbeing Inventory Audit, Patient health questionnaire 2 and generalised anxiety disorder 2 item scale. Geographical correlates of physical inactivity and sleep was analysed used spatial hotspot mapping for the selected districts of targeted states. Data analysed using descriptive statistics and MANOVA, Post Hoc testing. The project started on 13/7/2020, Research data was presented in IAPSMCON 2022 international conference.



IAPSMCON 2022



Physical inactivity and its associated factors during COVID 19 Pandemic with spatial hotspots- findings from the Health Outcomes for adults during and following the COVID 19 Pandemic (HOPE) India study

PRESENTER : DR NEERAJ PAWAR, MD,DNB

Neeraj Pawar^{1,c}, Nair L¹, Anindo Majumdar², Nisanth Menon^{3d}, Jasimudeen⁴, Suruchi Gupta⁵, Albrit Johnson⁶, Neha John⁶, Victor Ng⁶, Katie J. Shillington⁷, Shaji E J⁸, Jennifer D. Irwin^{4e}

¹ Department of Community and Family Medicine AHMS, Bhopal, MP, India

² Department of Nursing, ³ Department of Emergency Medicine, Amala Institute of Medical Science, Thrissur Kerala, India


⁴ Department of Community medicine, PCMS & RC Bhopal, MP, India (Current Affiliation)

⁵ St Stephens College, Uthavoor, Kottayam, Kerala, India


⁶ Department of Family and Community Medicine, University of Toronto, Toronto, Ontario, Canada

⁷ Health and Rehabilitation Sciences Program, Faculty of Health Sciences, The University of Western Ontario, London, Ontario, Canada

⁸ School of Health Studies, Faculty of Health Sciences, The University of Western Ontario, London, Ontario, Canada



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Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555

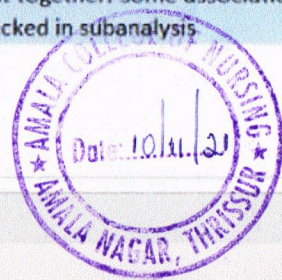
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Dr. Anindo | Dr. Neeraj

<p>lated social distancing and locked behaviours among adults across a survey</p>	<p>Magnitude and patterns of Physical activity, diet and other risk factors of NCDs among adults in three states across India during COVID-19 pandemic</p>	<p>Self reported sleep pattern and sleep quality backdrop of COVID 19 lockdown: A multicross-sectional survey</p>
<p>rejection of the various behaviours</p>	<p>Will give baseline assessment of these risk factors and when we do a follow up paper, this first paper can be referred to. Some associations with COVID+ve, -ve can be checked in subanalysis</p>	<p>1. use of standard tool :PSQI (Pittsburgh Quality Index) 2. Relevant topic considering the context (lockdown)</p>
<p>with physical and psychological in three states of India during</p>	<p>Prevalence of mental health concerns/issues in an adult population across three Indian states during the COVID-19 pandemic</p>	<p>Perceived well being and mental health among adults during COVID 19 lockdown: multicentric analytical study</p>
<p>of the relation between the independent factors and health related can be substantiated with second</p>	<p>Sleep disturbances, depression, anxiety and personal well being questionnaires can be put together. Some associations with COVID+ve, -ve can be checked in subanalysis</p>	<p>1. Use of standard tool 2. neglected NCD (Mental health) consequence of pandemic</p>
<p>LOCKDOWN-a cross sectional states of India on patterns and activity among adults</p>	<p>Physical activity and dietary pattern during COVID 19 lockdown: a multicentric epidemiological survey</p>	<p>Metabolic effects of CONFINEMENT during the COVID-19 Pandemic; a multicentric epidemiological survey</p>



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Physical activity and its associated factors during COVID 19 Pandemic with spatial hotspots- findings from the Health Outcomes for adults during and following the COVID 19 Pandemic (HOPE)India study

Neeraj Pawar^{a,c}, Lakshmi G^{b1}, Anindo Majumdar^a, Jasimudnn^d, Suruchi Gupta^a, Nisanth Menon^{b2}, Albrit J Vadakkan^{b1} Neha John^b, Victor Ng^e, Katie J. Shillington^f, Shaji E J^b, Jennifer D. Irwin^{f,g}

^a Department of Community and Family Medicine AIIMS, Bhopal, MP, India

^{b 1}Department of Nursing, ²Department of Emergency Medicine, Amala Institute of Medical Science, Thrissur Kerala, India

^cDepartment of Community medicine, PCMS & RC Bhopal, MP, India (Current Affiliation)

^dSt Stephens College, Uzhavoor, Kottayam, Kerala, India

^e Department of Family and Community Medicine, University of Toronto, Toronto, Ontario, Canada

^fHealth and Rehabilitation Sciences Program, Faculty of Health Sciences, The University of Western Ontario, London, Ontario, Canada

^gSchool of Health Studies, Faculty of Health Sciences, The University of Western Ontario, London, Ontario, Canada

19/11/21



Abstract:

Introduction: During COVID 19 pandemic with mobility restrictions, like quarantine, isolation, and lockdown, it becomes difficult to stay physically active. Physical inactivity has proven detrimental effects on physical and mental health. We aimed to determine the prevalence and predictors of physical inactivity and identify spatial hotspots in the study area.

Methods: From October 2020 to April 2021, and as part of a larger longitudinal study, 694 residents (aged 30-59 years) of Kerala, Madhya Pradesh (MP), and Delhi completed an online survey. The questionnaire included socio-demographics, food habits, clinical details, and the Global Physical Activity Questionnaire (GPAQ). Individuals, with weekly, MET minutes (Metabolic Equivalent) values less than 600, were labeled as physically inactive, and respective hotspot districts were mapped.

Results: The proportion (P) of adults with physical inactivity in our study was 61.7% (428/694). Mean (SD) time spent sitting idle was 2.9(1.9) hours. The contribution of physical activity at work was 64.8 %, leisure time activity was 25.6%, travel time activity was 9.6%. Association, of physical inactivity with variables like gender, residence, screen time, and family income, were found statistically significant. (p value<0.05). Ten Hotspot districts (with P >75%), were identified and mapped. Two districts were from Delhi, three from Kerala and five were from MP.

Most study participants were physically inactive. Understanding the health implications of physical inactivity, the government should plan public health interventions with provisions on lifestyle changes and develop and disseminate home-based exercise regimens.

Keywords – COVID 19, Physical Activity, Adults, Lockdown, Pandemic

Agro



COVID-somnia: Sleep disturbances during the pandemic with spatial Hot spots - findings from the HOPE India study conducted in three states

Neeraj Pawar^{a,b}, Anindo Majumdar^a, Lakshmi G^c, Jasimudeen^d, Suruchi Gupta^a, Nisanth Menon^e, Albrit Johnson^f, Neha John^f, Katie J. Shillington^e, Victor Ng^g, Jothish^c, Jennifer D. Irwin^{e,g}

^aDepartment of Community and Family Medicine AIIMS, Bhopal, India

^bDepartment of Community medicine, PCMS & RC Bhopal, India (Current Affiliation)

^cAmala Institute of Medical Sciences,

^dSt Stephen's College, Uzhavoor, Kottayam

^eHealth and Rehabilitation Sciences Program, Faculty of Health Sciences, The University of Western Ontario, London, Ontario, Canada

^fDepartment of Family and Community Medicine, University of Toronto, Toronto, Ontario, Canada

^gSchool of Health Studies, Faculty of Health Sciences, The University of Western Ontario, London, Ontario, Canada

Agarwal



ABSTRACT:

Introduction: Covid19 pandemic and, its associated control measures such as strict social distancing and lockdown had a multifaceted effect on psychosocial wellbeing. Sleep is a major determinant of one's physiological and psychological homeostasis. Therefore we aimed to document the sleep quality with its predictors during the pandemic across three states of India and geo-locate state and district-level findings on sleep quality.

Methods: We report here baseline analyses of ongoing longitudinal study: 'Health Outcomes for Adults During and Following the Covid-19 Pandemic: The Hope India Study' conducted among 694 adults aged 30-59 years, residing in states of Kerala, Madhya Pradesh, and Delhi. An online survey was conducted from October 2020 till April 2021. Pittsburgh Sleep Quality Index (PSQI) was used to assess sleep quality. Average PSQI scores were Geomapped.

Results: Out of 694 participants, the mean (SD) global PSQI score was found to be 5.99 ± 3.2 . About 54 % of the participants had poor sleep quality (PSQI Score >5). A total of 8 hotspot districts, with severe sleep disturbances (Avg. PSQI >6.5), were identified and geolocated. Multivariable logistic regression analysis showed regional differences in sleep quality. Also, people with anxiety showed higher odds of disturbed sleep (aOR=2.4, P=0.006*)

Conclusion: Overall, sleep quality was poor during the pandemic. States should design their own programs for tackling anxiety and sleep issues based on the respective burden of these issues.

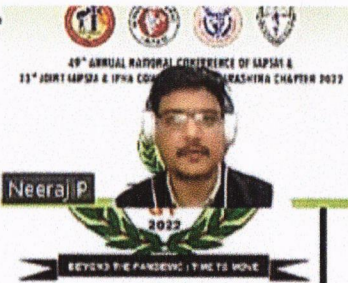
Keywords – COVID 19, Sleep, Adults, Pandemic

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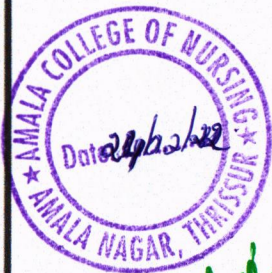
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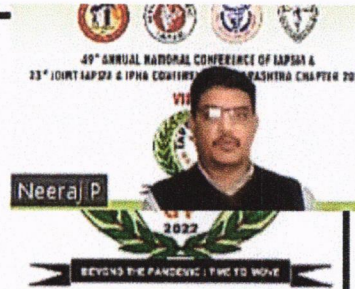
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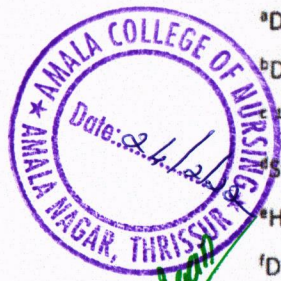
^{c1}Department of Emergency Medicine, ^{c2} Department of Nursing, Amala Institute of Medical Sciences, Thrissur Kerala

^dSt Stephen's College, Uzhavoor, Kottayam

^eHealth and Rehabilitation Sciences Program, Faculty of Health Sciences, The University of Western Ontario, London, Ontario, Canada

^fDepartment of Family and Community Medicine, University of Toronto, Toronto, Ontario, Canada

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Prof. Dr. RAJEE REGHUNATH

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