

BEST PRACTICE 1

Title: Orchid plantation within the campus

Objective of the Practice

Orchid (Orchidaceae) is a diverse and widespread flowering plant, with colourful blooms and fragrant. Orchids are indicators of the health of the ecosystem. Their presence signifies vibrant and lively ecosystem. Priority intention is to improve air quality within the campus as orchids are one of the best air purifying plants. Planting orchids not only beautify and enhance the environment within the campus, but also conserve and preserve endangered orchids which have vulnerability to extinction in many parts of the world.

The Context

Orchids have a reputation of being tough to grow plants especially for first time growers. Proper potting medium is also vital for success. Have to watch out for fungal and bacterial diseases and pests that can harm the plant.

The Practice

Orchid plants are mostly collected from outside during community postings, and from home. Some students came back with an orchid plant after their holidays. The staff also collected as much as they could through florists, online orders and other sources. Most orchids are planted in pots and selected tree branches within the college and hostel campus. It is believed that MCON may be the first among higher institutions in Mizoram to select the practice. It is a challenge for the institution to initiate and carry out this kind of practice. Though the institution is a beginner in this plantation, the effort paid by all staff and students, the location of the campus and environment including that Mizoram state falls within the tropical area of the world will surely add to the success of this practice.

Evidence of Success

Orchids plants are quite easy to take care. They are incredibly low maintenance indoor and outdoor plants that do not require heavy watering, lots of fertilizers and soil unlike other flowers which require lots of finances, manpower, spaces etc. This advantage will become fruitful in maintaining a healthy ecosystem as well as making the institutional environment attractive, beautiful and purified.

All staff and students have willingly joined hands in this selected practice as usual. The rare beauty and vibrant colours of orchid flowers are gorgeous and a treat to the eyes already. There is high hope that the institution will enjoy the remaining magical benefits and uses of orchid plantation as years go by.

Problems Encountered and Resources Required

The major challenges of this initiatives are:

As it is the first time for the institution to take up this practice, the project requires consultation from knowledgeable plantsmen/gardeners, botanist, and other expertise regarding plantation in pots and trees.

Though free orchid plants can be gathered easily, the unique and gorgeous ones has to be bought locally/online at quite a high price.

BEST PRACTICE 2

Title: Achievement of Certificates on WHO Module regarding Standard precautions: Injection safety and needle-stick injury and management by students

Objective

Needle stick injuries are known to occur frequently in health care settings and can be serious. They are occupational hazard for millions of health care workers including the student nurses.

The institution has already acquired tremendous knowledge benefit from OpenWHO which is an interactive, web based, knowledge-transfer platform offering online courses to improve the responses to health emergencies and transfer life-saving knowledge to large numbers of frontline responders.

The students are notified of the application in their mobile and encouraged to study the module and acquire a certificate after completion of the module.

The student will learn about:

- ☐ the causes of unsafe injection practices
- ☐ how to safely give injections
- ☐ how to safely dispose of needles and other sharps
- ☐ what to do when needle-stick injury occurs
- ☐ how to manage potential exposures and ways to protect self, staff and patient and community

The Context

To thoroughly meet the objectives, priority requirement lie on the faculty concerned. As most health care practical comes after theory, the part to be taken by the faculty requires strong preparation in all areas. He/she has to be well equipped. The faculty has to build a bridge between theories, practical, exposure to module and real practice.

The student has to have determination to learn new things, register important points, show openness to constructive criticisms.

Availability of articles required for practical and Audiovisual aids on the part of institution and OpenWHO application can greatly contribute to the success of this practice

The Practice

Soon after a student joined the course, he/she is showed to download and sign-into OpenWHO application. After the theory and practical demonstrations on Medication administration (Injection) is done by the faculty, return demonstrations by students in the nursing laboratory followed. Meanwhile, students are also instructed to study a module on, "Standard precautions: Injection safety and needle stick injury management", prepared by WHO experts through the OpenWHO application, then complete the required tests/evaluations to secure a free 'Achievement Certificate' from WHO.

This approach and initiative is planned in such a way that all 1st year nursing students, during their beginner years will be well equipped with the essential knowledge, skills and an achievement certificate which will multiply their confidence, enabling them to protect themselves, other staff, patients and the community.

All Achievement certificates secured by the students are documented by the students themselves and also submitted to the concerned faculty for recording and reporting.

Besides this particular module, the students are also instructed to study other modules (whichever is related to their nursing syllabus, curriculum and also Covid 19 related). Many

students have completed more than 5 Achievement certificates (including other modules) and submitted already.

Evidence of Success

The success is shown by very few report of Needle stick injury among the nursing students during their Clinical duties and Community postings while handling injectables and administration of injection to patients. Only two incidents occurred during the reporting period. The students were referred immediately to Emergency dept. for evaluation first, and then treated with PEP (Post Exposure Prophylaxis) for Hepatitis B.

Both students totally recovered after treatment. Their fitness and health conditions were examined again for confirmation. Now, they both are fully fit to continue their training course. OpenWHO, an effective initiative of WHO has open the door for Healthcare learners and workers worldwide to foray into the vast fields of health related topics, update their knowledge and skills.

Personal and Private, Government and Public, many learners have accessed the application worldwide. The institution simply does not stop with the benefit it has received from the application but is also ready to share to whoever is interested. All students reported vast gain in knowledge and skill.

Problems encountered and resources required.

- ✓ The course duration of the module, “Standard precautions: Injection safety and needle stick injury management”, is approximately 2 hours. Therefore, to not skip the routine usual class, the student needs to adjust and make good use of his free leisure time.
- ✓ The participant has to achieve at least 70% in the post test to acquire Achievement Certificate. Therefore, concentration and determination are required from the student/participant
- ✓ To meet the threshold unlimited attempts can be made, but this may lead to time waste. Therefore, students are instructed to prevent this and make good use of their limited free hours.
- ✓ Few students/participants failed to achieve certificates immediately because of incomplete module study. Their progress is recorded by the app instantly and after 100% completion of module only they will receive the certificate.
- ✓ Unstable internet signal disturbs the ongoing practice a few times.