

World Heart Day Celebrations

September 29th 2022

World Heart Day was observed with the aim for increasing global awareness about cardiovascular diseases, prevention and early detection by **Nursing Service Division along with Department of Cardiology** from 29th September to 1st October with various programmes. The theme of this year is **‘USE HEART FOR EVERY HEART’**.

Cardiovascular disease is the leading cause of death globally. Early atherosclerotic changes can begin early in life and through adolescence. There is a need to improve modifiable risk factors during adolescence to prevent progression into CVD in later life. A school health programme on **“Cardio Vascular Disease Prevention” : Begins from Adolescence** was conducted for students of 10th and 11th standard in Government Higher Secondary School on 30th September. The programme was inaugurated by Mrs. Nirmala M O Nursing superintendent SCTIMST, in the presence of Mrs. Sophiya, Principal and Mrs. Sreelekha, Head mistress, of the school. Vote of thanks was delivered by Mrs. Leena RK. Class was taken by the Nursing officers Mrs. Suma M, Mrs. Girija A, Mrs. Swapna and Mrs. Savitha. Cardiovascular diseases awareness Posters were exhibited and was explained by Mrs. Preena V, Mrs. Sreeja K S, Mrs. Aswathy and Mrs. Preethamol P. Nursing officers Mr. Ullas J.S and Mr. Arun O U, demonstrated CPR with manikin. Mrs. Smitha A S, Asst. Nursing Superintendent and Senior nursing officers Mrs. Daisy Sebastian, Mrs. Bindu Michale and Mrs. Girija A, coordinated the programme.











Training programme for Nursing Officers were conducted on 01/10/2022 from 7am to 1:30 pm . Mrs.Sunitha Nursing Officer, HFICU explained on Basics of ECG, Mrs.Rajitha RV,Nursing Officer, CCU described normal ECG and its physiology. Dr. Narayanan Namboodiri, Prof. Dept of Cardiology explained Bradycardia and common mistakes in ECG interpretation. Dr. Krishna Kumar, Additional professor, Dept of Cardiology elaborated on Tachycardia and Pacemaker ECG interpretation . Dr Harsh Pandey from Cardiology Dept. explained in detail ECG analysis in Acute Coronary Syndrome. Following the sessions a quiz competition was held by Dr.Jyothy Vijay from Dept of Cardioloy.

There were 85 participants from all units of SCTIMST to attend the class





