

RCN

REHMAN COLLEGE OF
NURSING



HEWAD

Student Magazine
2021-22

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Preface

Rehman College of Nursing magazine "HEWAD" has been started in 2020 and will Insha Allah be published on a regular basis. It contains articles, essays, poems, sketches and photographs and short stories drafted by students and faculty members of RCN. The main aim of this magazine is to give an opportunity to RCN's family that is comprised of RCN's students and faculty members, to share their creativity and reflections. This will also help in the dissemination of information among professionals.

The scope of HEWAD is not limited to nurses; instead, everyone can be entertained by reading it. It also includes informative articles for curious readers. Although every effort has been made to include the authentic and fully reviewed content, yet there will be areas of improvement. In this regard, readers' suggestions are always welcomed.

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Message of Chairman

Writing is a unique form of art that nourishes the living souls besides imparting knowledge and awareness. It is always a matter of immense pleasure to go through the pages of RCN literary magazine HEWAD. It is heartening that RCN has always been trying to pursue overall excellence in life. Despite all its endeavors to maintain significant academic progress, RCN has never been ignorant of co-curricular activities.

Student Magazine HEWAD was started at the end of the first year of the College. With the passage of time, it has shown a steady and consistent

Improvement of its standard from a conventional to a

Prof. Dr. Muhammad Rehman
Chairman

more practicable approach. A student magazine like Hewaad is always an index of the challenging work and dedication of the literary society of RCN.

I take this opportunity to congratulate the literary society of RCN for bringing out the new issue of Hewaad. I hope in the coming years RCN will continue setting higher goals in the path of distinction. May Almighty Allah shower his blessing upon all of you.



Message of CEO

“HEWAAD” is documentary proof of the progress of co-curricular literary activities besides the pursuit of higher professional targets. It hardly needs any argument to make others realize that the lighter side of life is always considered important both for an individual and for the community. For the same reason, the erstwhile extracurricular activities have been renamed as co-curricular activities.

It would have been extremely odd for the overall grooming of doctors or other members of the profession to keep away from proficient reading, writing and communication skills. In fact, these are the

Shafique ur Rehman
CEO

ones who especially need to be literate as they not only read in books and in living beings but also must express their opinion in an acceptable and practicable manner. They are the people who must break news in calculated and chosen words.

RCN Literary society, like other co-curricular societies, is doing a wonderful job to produce doctors equipped with all the feelings and expressions of professionally competent doctors and community workers.



Message of Chief Editor

First, I take this opportunity to wish all our readers an incredibly happy, peaceful, and prosperous 2022. I am delighted to share this magazine with the readers as it is the first initiative to explore the potential of Rehman College of Nursing (RCN) faculty and students. In future volumes, we will produce even more interesting creativities of the RCN family. I hope that all the participants of HEWAD will feel pride in looking at their contribution being published and shared with everyone. I highly appreciate and encourage the students and faculty of RCN for their efforts in making the existence of HEWAD possible.

I am thankful to the faculty members of RCN especially Ms. Saima Orakzai, Ms. Sadaf Saeed & Mr. Irfan Ullah Khan who have whole heartedly contributed their services & efforts to make HEWAD possible. Please feel free to share your valuable feedback/suggestions anytime.

Zulfeqar ali
Lecturer
RCN



Message of Editor

“HEWAD” is the very first and unique experience of my life as an editor, and I am heartily grateful to Ms. Seelay Srak (Director RCN) & Assoc. Prof. Aurang Zeb for recognizing my talent and leading abilities by providing me the opportunity to be a part of this magazine. I have a lot of pleasant memories attached to this magazine from the beginning to the accomplishment of this task. It is quite difficult task to collect articles from very busy faculty & students. But as we all know that bad experiences come up with lots of good things. So, reading the creative writings of the writers and arranging them in order was the best part of the whole process for me.

We preferred quality over quantity, and I am sure that it would be an inspiration for upcoming students to be a part of literary activities, and day by day this magazine will gather quality, maturity, and leadership. I am hopeful that the readers would like our efforts.
Thank you

Irfan Ullah Khan
Senior Lecturer
RCN

Rehman College of Nursing (RCN)



I am truly touched by the professional environment of this institution.

Aisaha Tasleem
BSN



I feel incredibly lucky to choose RCN and got in here, the confidence and competence I achieved here is beyond my expectations

Rahimullah
BSN



I could never identify what I was missing in my professional life. In RCN, I found myself and from there I raised my level in every aspect.

Mehboob-ul-Haq
Post RN BScN



**Tell me and I forgot,
Teach me and I may remember,
involve me and I learn.**

Benjamin Franklin

I remember this saying, whenever I think of Rehman College of Nursing, it is a hands-on and an experiential college where the students are nurtured and have well-rounded personalities.

They excel efficiently when they enter their professional life. I thank all the RCN faculty and staff members for making me the person I am today.

Ms. Laila Gul
BSN



All my nervousness faded up with the passage of time in RCN. I will never regret joining RCN.

Aisha
BSN

RCN graduates are exceptional. They do not only face myriad challenges courageously, but they also turn them to opportunities of proving the true image of nursing. Preparing such nurses is not easy; Rehman College of Nursing (RCN) goes through each obstacle to make it possible.

The recruitment of high-quality faculty members is a rule of thumb in RCN. The faculty of the college is dedicated to train nurses who possess passion, altruism, creativity, and criticality that, in practical, turns them the backbone of any health care organization.

Today's Nurses are not limited to one area of practice, they must keep an eye on every health care need of their society. Therefore, RCN gives exposure to different situations to its students and challenges them to stretch and utilize what they learned. Those at the junior level practice such situations and scenarios on simulated setup. Stress and nervousness may reach a peak level but be nervous and not worry as the most competent group of professionals stay on the back of each student to make him/her go through all the challenges.

RCN has graduated more than 371 nurses in the bachelor's, and diploma nursing programs till this day. We are proud of all our nursing alumni and know that we have been able to witness their abilities to fulfil their educational dreams of becoming exceptional nurses.

Major Sections

- **RCN's Professional Determination**
- **Fun at RCN**
- **Extra-curricular Potentials**

Section: I

RCN's Professional Determination

There is no room for doubt when you are going to take charge of someone's well-being. RCN leaves no room for doubts about your competence and professionalism. If you want to serve humanity from the core of your heart and ready to devote your time, energy, interest, and courage to become tomorrow's leader, try it, and join RCN's family.

RCN is not a place limited to teaching and learning, it

bridges inter and intra professional gaps, remains on top in research and publications, and lets the students experience a transformative study environment.



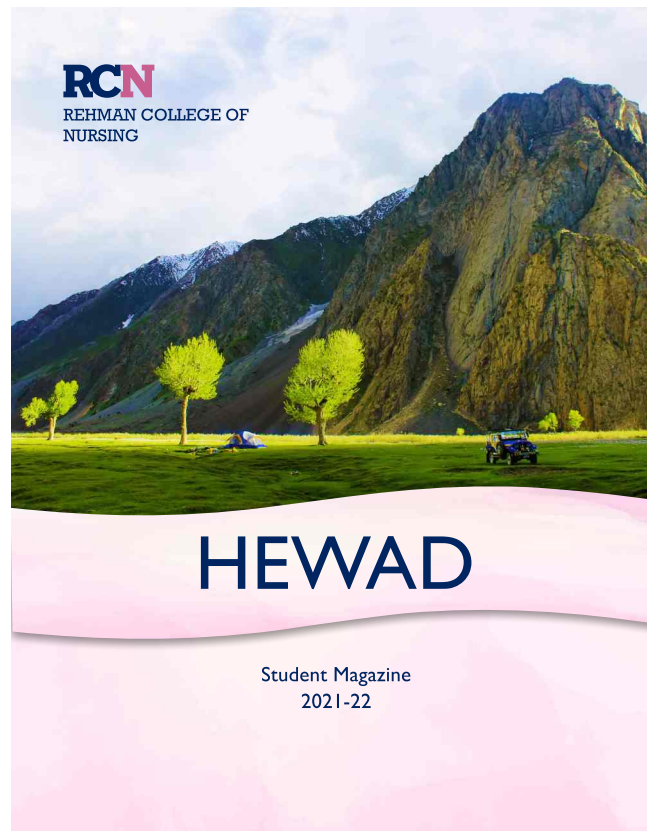
Inside Section I

- 1.1. The Role of RCN in HEWAD
- 1.2. Research and Publications at RCN
- 1.3. Experiences of RCN Alumni

1.1 The Role of RCN in HEWAD

RCN's family believes that complex challenges and changes in healthcare and education require interdependency of available expertise, individual contributions, participation, and pooled resources to maximize output and create cooperation.

The gaps need to be bridged for better health care outcomes. Gap between nursing colleges; between theory and practice; between curriculum content and contextual needs; between hospitals and outreach communities; between nurses and patients: all are in need to be addressed for a harmonious nursing profession. RCN will always play its role beyond the boundaries to let every nurse get a chance for enhancing his/her professional growth.



1.1.1. RCN's Research Workshop

Around the world, throughout the 21st century, nursing research has become an important part of nursing education. RCN is no exception. Students and faculty since 2015 have been actively involved in nursing research.

To further promote the culture of research in nurses and provide evidence-based care to patients, Rehman College of Nursing organized the 2nd Nursing Research Workshop on Building your own Research & Scholarship Reservoir in Nursing Science 2021.

Day 1 was a Pre-workshop Session focused on Proposal Writing, Citation Management, An Introduction to Grounded Theory and Quantitative Data.

Day 2 workshops were delivered by international speakers including Mr. Khauhelo Mahlatsi and Prof. Leepile Alfred Sehularo. Prof. Abel Jacobus Pienaar was the Chief Guest, his subject of training was, "When research and scholarship is a lifestyle- Filling up the reservoir for research and scholarship."



Prof. Dr. Able Jacobus Pienaar Professor & Assoc Dean Graduate studies & Research Shifa College of Nursing STMU Islamabad, adjunct Professor University of Venda South Africa. He appreciated the efforts made by RCN for improving Nursing research and conducting quality research projects like experimental studies and also qualitative research projects by the faculty and students of the college.



The scholar and senior researcher Dr Tariq Mufti who is a consultant academic for RMI colleges put light on the nurse's role in research. He regarded nurses by saying that "though I am a doctor, I learnt research from nursing books. He also appreciated the contributions of RCN in promoting research and the nursing profession. The CEO of RMI Mr. Shafiq Ur Rehman appreciated the team of RCN for conducting such a successful show and he stressed the provision of evidence-based patients. The CEO suggested teaching and involving nursing students from their basic entry into the college instead of waiting till their last semesters.

Ms. Sadaf Saeed was the stage secretary, and she highlighted the RCN achievements as far as Nursing

research is concerned. She said that students and staff have completed almost 40 research projects as well as published 20 research articles in national and international healthcare journals in recent years. It is worth mentioning that last year in 2018, RCN published 9 research articles. In addition, it is expected that in the upcoming year there will be a rapid increase in the number of publications. The data collection tool developed by RCN team has been used by many researchers from different universities around the world.

At the end, shields were presented to master trainers and chief guests.



1.1.2. RCN's Students in Action at outreach Community



The purpose of community visit is to reduce distances between health care and those who cannot make access to it. RCN plays a remarkable role while visiting different communities with the aim of improving the health of those in outreach regions.

Community Health Nursing (CHN) is an integral component of BSN curriculum which also includes visits to different communities to identify their needs and plan solutions for them accordingly. Such activities do not benefit the community people only, they also motivate the students to have a sense of accomplishment.

This year too, RCN students (Batch IV Semester VIII) visited a community named "Labor Colony" situated in Hayatabad, Peshawar to identify the needs of the community. After initial assessment and screening, several problems were identified. Based on priority, the most prevalent problems were selected to be intervened. Accordingly, about 10 projects were carried out by group of students on various health related issues including, Awareness on water-borne diseases; Prevention from dengue fever; Awareness on hand washing; Providing information about the harmful effects of junk food and awareness raising on sanitization



1.2 Research and Publications at RCN

Nurses use research to provide evidence-based care that promotes quality health outcomes for individuals, families, communities, and health care systems. Also, Nurses use research that brings updated knowledge for framing effective policies and future. Besides, Nurses need research because it helps them advance their field, stay updated and offer better patient care administration and education. It promotes lifelong professional development of the discipline of nursing and supports the fact that nursing is a professional discipline. Research in nursing is an unavoidable requirement as besides the above-mentioned aspects,

nursing research improves clinical expertise, knowledge power, and helps to implement changes to ensure excellence in health care.

Rahman College of nursing is not behind in this respect as in the past couple of years, numerous research projects have been executed by RCN students and faculty. It does not stop here; a considerable number of their research projects have been published in national and international journals and international summaries of few published papers are given here.

1.2.1. Impact of Preoperative Educational Intervention on Postoperative Anxiety among Patients of Coronary Artery Bypass Grafting (CABG) Surgery

Published in Syntax Journal of Health Care and Nursing, 2019 volume 1 issue 3 by Muslim Shah¹, Anwar Ali², Zia Ur Rehman², Saima Rehmat² and Sidra Tul Muntaha²

¹Assistant Professor, Rehman College of Nursing, Rehman Medical Institute, Peshawar, Pakistan

²BSN Semester 8th Students Rehman College of Nursing

Coronary Artery Bypass Graft (CABG) is a type of surgery used, by surgeons, to treat the severe coronary heart disease. On the other hand, anxiety is a vague and distressing feeling of discomfort or fear that affects cardiac surgery patients both psychologically and physically. However, patients feel anxious about the procedure and the postoperative care, which interns lead to prolong recovery process. In a prospective cohort study 55.8% patients reported anxiety who were admitted for elective cardiac surgery. The study was conducted to evaluate the impact of preoperative education on postoperative anxiety among CABG patients.

Moreover, quasi experimental research design was used in the study. 30 patients were selected by using convenient sampling technique. Hamilton Anxiety Scale (HAM-A) was used to collect data. A total of 30 participants were divided into two groups of 15 members; each group was put into control and intervention category, respectively. The control group received routine nursing care, while the intervention group received routine nursing care with preoperative education. Mean anxiety score of the intervention group (11.93, SD 3.955) was comparatively less than control group (23.40, SD 6.674). Furthermore,

Independent T-Test was applied to evaluate the effectiveness of education, and it was highly significance with a p-value of 0.0001. Thus, the null hypothesis was rejected.

Also, most of the patients undergoing Coronary Artery Bypass Graft Surgery experience postoperative anxiety. Preoperative education, provided by nurses with nursing care, can be used as a tool to reduce postoperative anxiety. All the patients undergoing surgery, given education prior to their surgery.

1.2.2. Comparison of Stress Level among Single and Double Jobber Nurses

Published in International Journal of Healthcare and Medical Sciences, 2018, Vol.4
by Mr. Sajid Iqbal¹, Muhammad Arsalan Farooqi², Zia Ullah², Nadia Azim² and Shafia Bibi²

¹Assistant Professor Rehman College of Nursing Hayatabad Peshawar, Pakistan

²BSN Final Year Students Rehman College of Nursing

Stress is highly associated with nursing profession. This stress is caused by both personal and organizational factors. Personal factors may include ability to cope, competence, education level and gender etc. While organizational factors may include nature of work environment, work overload and management style etc. These factors directly or indirectly expose nurses to a considerable level of stress. Stated that, if a nurse works at two places, his/her stress level will predictably be much higher than that of those who work at a single place.

The aim of this study was to identify level of stress among nurses according to their job status.

Quantitative analytical cross-sectional study design was applied in a private tertiary care hospital at Peshawar, Pakistan on 60 nurses including 30 single

jobber and 30 double jobber nurses. Universal sampling technique was used for double jobber nurses, while convenient sampling technique was used for single jobber nurses. An adopted and validated questionnaire was used for data collection.

The study results identified that 23.33% double jobber nurses had severe stress, 63.34% had moderate stress; while, among single jobber nurses, 80% nurses had mild stress and 20% had moderate stress levels. Hence, the study showed that double jobbers had higher level of stress as compare to single jobber nurses.

Based on above mentioned findings, it is recommended that all health organizations should consider the salary range as per economic situation of the country. Second, double jobber should be provided extra facilitation to help them keep their energy level up. Lastly, there should be effective units for psychological support of employees having high stress levels.

1.2.3. Barriers to Evidence Based Nursing Practice in Tertiary Care Hospitals of Peshawar, Pakistan

Published by; Aurang Z, Mehwish R, Sireeta E, Nazia R, Saima Q, in Biomed J Sci &Tech Res 8(1)- 2018.

Due to increased expectations of high-quality nursing care in society, it is no longer acceptable for nurses to deliver nursing care based only on experience and textbook knowledge; but, to provide quality nursing care based on research findings as well.

Nurses are expected to systemically gather the best research evidence drawn from nursing experiences and research and consider patient's preferences when they are making professional decisions. Evidence based practice has been recognized by the health care community as the gold standard for the provision of safe care.

The current study was intended to identify barriers to evidence-based practice in Pakistan. A descriptive cross-sectional study was conducted in Khyber Teaching hospital and Rehman Medical Institute Peshawar. The population was registered as Nurses. Simple random sampling techniques were followed. Data were collected by using an adopted questionnaire, after assuring the ethical aspects of the study, the main barriers to EBP identified were:

- 77.3 % nurses had insufficient time on job to implement innovative ideas.
- 59.8 % nurses had insufficient access to research materials.
- 60% nurses faced the unavailability of research materials
- 45.3% nurses did not have the authority to change patient care.
- 45.4% perceived the unavailability of facilities and equipment.
- 40% did not know about EBP

Although EBP has been highlighted as a core competency of health professionals, the group of RNs in the current study reported a low extent of practicing EBP. There is obviously a need to develop strategies to support RNs to enhance their skills and practice of EBP. The study revealed that insufficient time, lack of autonomy and unsupportive administration are the major barriers to evidence-based practice. It has been concluded that policies shall be made to strictly implement evidence-based care, and the management shall provide full support and facilities to Nurses for promoting the culture of EBP.

1.3 RCN Alumni Experiences

RCN alumni always present their gratitude to the institution that transformed their lives. A few glimpses of their comments and ideas about RCN are here.



Ms. Nizza

Post RN BSN
An alumna of RCN

You get a strange feeling when you are about to leave a place, like you will not only miss your faculty but your friends, the environment and all the fun associated with it.

4 years in RCN as a general nursing student, that's 1440 days (whoa). I learned a lot from this platform (humanity, learning how to cope with stress, how to deal with mentally ill patients and so many other things), and then getting back here as a Post RN BSc Nursing student was the most exciting moment I ever experienced.

RCN provides an interesting environment for personal growth as well as professional. Being a student of RCN allowed me to explore different areas and helped me open my mind, explore different aspects of life and have a point of view, which otherwise might not have been possible. The faculty of RCN are having the power to build their students in the way by which they can excel in any specialty later and that is the only reason that today I am working as Nurse Specialist. I proudly say that my achievements from my college are beyond my expectation, and I am very thankful to RCN and everyone working there.

Thank you so much!

Journey of Ms. Jaweria

An alumna of RCN

In late 2012, at the age of 21, I completed my general nursing diploma—The day I took admission at Rehman School of Nursing (RCN), I felt that this institute will really bring changes in my lifestyle in every aspect which came true later.

After the completion of FSc, I had planned for further studies. At the same time, my uncle suggested that I should get admission in nursing diploma after he saw an advertisement for RCN in a magazine. So, he advised me that RCN is an excellent institute of nursing in KP. Accordingly, I applied and qualified for the test successfully and finally became a student of RCN. At the start, it was quite challenging but at the same time it was amazing and experiential for me.

The faculty of RCN put their continuous efforts into making us professional. They did not only make our lives organized but also strive to schedule our routine activities. Furthermore, RCN assigned authorities have regularly arranged celebrations for our events, such as religious, professional, traditional and tours etc. All the faculty were wonderful throughout my educational experience. I even had great interactions with admissions, student services and financial services - everyone helped me without any reluctance. RCN faculty had made me able to make short notes



regarding patients' shift, patients' co-morbidities, their past medical history, medication, therapeutic doses, and adverse effects etc.

I wanted to advance my education and career, so I took admission in post-RN BScN in the same institute but with an advanced name as known now Rehman College of Nursing (RCN). My educational journey has not always been smooth or direct. It has been marked by challenges, sacrifices, and detours. But looking back, I can say that it was a journey that I will never regret.

I wanted to get a Post RN BScN degree for career mobility and increased opportunities but the changes at work just expedited the process. I wanted to continue with marketable ability to grow throughout my nursing career. Moreover, I had all the knowledge I needed to provide diligent care, but there was still a lot to learn and advance in – so I continued my learning journey ahead.

Once I had done my BScN, opportunities opened for me. But more importantly, earning a BScN changed my life because it gave me the confidence that I never had before. It gave me the courage to stand everywhere. This mentality has positively impacted all aspects of my life.

Specifically, my newfound confidence drastically improved my patient care because I was able to communicate with patients in a far better way.

Currently I am doing my job as a nursing lecturer at RCN, where I brought up, learned, groomed, and gained confidence through which I can guide my students.

Being a clinical nurse or being a nursing tutor, both are challenging for me. But being a nursing tutor really needs extra knowledge, skills, and experience. Fortunately, I had that, as I had my clinical experience too in private as well as in government setup which is remarkable experience. Having expertise in dealing with different patients of different diseases is one of my positive experiences which leads me one step ahead towards my success.

Briefly, the nursing school experience is an amazing experience in my life. I recognized my expertise about which I had no idea before. I might have been shy and timid, but it is the opposite now because I am now confident and competent.

Let us end this journey with great thanks to all members. I will be always thankful to RCN for putting their heroic efforts into making me a professional nurse, and I will give this credit to every single member of RCN for making me a nursing lecturer. I really salute all the great and inspirational personalities of RCN in making me a confident and competent nurse.