

Psychology Refresher Course

Sponsored by Madhya Pradesh Branch

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As a member of Madhya Pradesh Branch TNAI, I have pleasure in writing about some of the activities of our Branch in the field of Nursing Education.

Our State Branch was formed in 1957. In our infant stage our Programme Chairman, Mr. K.C. Abraham, submitted a plan for conferences and refresher groups for different categories of nurses. In 1957 there were Conferences for Ward Sisters, Midwives and Health Visitors, and for Matrons. A one-day Sister Tutor Conference was held prior to the first Annual conference, in February of that year. At that time a decision was made to have a refresher course for sister tutors to deal with the teaching of Psychology and Science to student nurses. Further discussion at the full Conference led to the decision to have separate Refresher Courses, and to have the Psychology Refresher Course in 1958 in the first week of September.

The Education Committee made plans for the course and the Directorate of Health Services gave generous support by granting leave to fifteen sister tutors to attend. Dr. Demello, Assistant Director, and the Superintendents of Nursing Services, Miss Manual and Miss Abana, assisted in various ways to make the course possible. Co-operation was given from the Graduate School for Nurses, Indore, so that the sessions could be held there. Outside delegates were also billeted at the School, and the whole group was able to have lunch at the School. I am grateful that I could be one of those attending. There were 2 from Rewa, 1 from Gwalior, 3 from Bhopal, 2 from Raipur, 2 from Jabalpur, 5 from M.Y. Hospital, 1 from Christian Hospital, Indore, and 8 sister tutor students of the Graduate School. As we worked and played together we learned to do things for ourselves which

was a new experience for some of us.

The daily programme began at 7 a.m. with breakfast. Prayer service was at 7.30 for those who wished to attend. At 8 a.m. each day from Monday to Friday (both inclusive) Miss MacMurchy, Director of the Graduate School for Nurses, had a two-hour period to deal with some topic of special significance in teaching Psychology. After mid-morning tea there was a workshop period each day, led by Miss Buckles, Director of Education in the School of Nursing of the Christian Hospital. We were divided into four groups, and each group was responsible for a discussion on a selected day—the discussions being in the form of seminar, symposium, panel and ordinary group discussions. On the last day one group presented an outline of material that should be taught to student nurses.

In the afternoons from 2 to 4 O'clock we had practice teaching—demonstration classes the first two days; four of us teaching for half hour periods in the last three days, at the M.Y. Hospital and Christian Hospital Schools of Nursing. Miss Abana and Miss S. Canara, Nursing Superintendent of Christian Hospital, Mandleswar, supervised the practice teaching and the evaluation periods that followed.

At one session different groups, through skits, showed the effect of illness on behaviour. These were interesting and we learned much from them.

After tea each day there were library periods, when Miss P.L. Rathnam, Senior Sister Tutor at the School of Nursing, M.Y. Hospital, and Mrs. T. William, Sister Tutor at the School of Nursing, Christian Hospital, were in charge and gave much help and guidance.

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