

# **NARAYANA COLLEGE OF NURSING**

**Chinthareddy palem,Nellore**

## **DEPARTMENT OF MENTAL HEALTH NURSING**

### **REPORT ON ENRICHMENT PROGRAMME**

#### **EYE MOVEMENT DESSENSITIZATION AND REPROCESSING**

The enrichment programme on “EMDR” was held on 10/4/2017-11/4/2017, from 8AM-1PM organised by the department of Mental Health Nursing.

#### DAY-1

The programme was started with prayer song followed by Welcome song by III B.Sc year (N) students. Lamp lighting was done by the chief guest Dr. Indira. S, Principal, Narayana College of Nursing and H.O.Ds of all departments.

Dr. Indira. S, Principal Narayana College Of Nursing gave an introduction to EMDR, explained about cognitive changes that occur during treatment and to apply the information processing theory, in EMDR. Miss. Lorenbeni kithen I Year M.Sc (N) explained the definition, goals and narrated the history of EMDR from 1987 to till today. Ms. Anjani devi Asst.prof, presented about action and principles of EMDR and focused on variety of mechanisms like extinction versus reconsolidation and traditional CBT practices. Ms. Neethu kuriakose I Year M.Sc (N) presented about indication, side effects and guidelines of EMDR. Ms. Sireesha Asst.prof, presented about Protocols and procedure of EMDR, mainly stressed on 3-pronged protocol.

Review of day 1 session was made and the programme was winded up with vote of thanks followed by Nationaln anthem

#### DAY-2

The programme started with prayer song followed by Welcome song by III year B.Sc (N)students. Lamp lighting was done by the chief guest Dr. Indira. S, Principal, Narayana College of Nursing and H.O.D of all departments.

Phase (1&2) of EMDR was discussed by Mrs. Suchitra Asst.prof,under the phase 1, various aspects history collection and preparation of client for further phases was discussed in phase 2.

Mis. Shanmugam Jhansi Asst.prof, presented about phase (3&4). Stressed on assessment and desensitization. Phase (5&6) was discussed by Rajeswari. H, HOD, demonstrated the different relaxation techniques guided imagery, butterfly technique and body scan. Mrs. Kalavathi Asst.prof, presented about phase(7&8), focused on closing of incomplete session, completed session and also reevaluating the various previous session of EMDR. Application,disadvantages and role of nurse in EMDR was explained by Ms. Deepa Tutor.

The certificates were distributed to the presenters, and participants. The program was concluded with vote of thanks by Miss. Anjani devi Asst.professor. followed by National anthem.

## ANALYSIS

### DISTRIBUTION OF LEVEL OF KNOWLEDG

LEVEL OF KNOWLEDGE	PRETEST		POST TEST	
	f	%	f	%
Inadequate knowledge	42	60%	5	7%
Moderately adequate	22	32%	38	54%
Adequate knowledge	06	8%	27	39%
<b>TOTAL</b>	<b>70</b>	<b>100%</b>	<b>70</b>	<b>100%</b>

Table.no1.shows that in pre test 42(60%) participants had Inadequate knowledge, 22(32%) had moderately adequate knowledge, 6(8%) had adequate knowledge. In post test 5(7%) have Inadequate knowledge, 38(54%) have moderately adequate knowledge, 27(39%) have adequate knowledge



