



INDIAN WOMEN SCIENTISTS' ASSOCIATION



MGM NEW BOMBAY COLLEGE OF NURSING

WORKSHOP ON HEALTH MANAGEMENT OF YOUR GOLDEN YEARS

Venue: Indian Women Scientists' Association,
Sector 10 A, Vashi, Navi Mumbai 400703

Dates: 27th, 28th, 29th Nov. 2018
10 am to 4.00 pm daily

In the present times, many of us senior citizens have to manage our health related issues between the husband and wife. Most often it is difficult to get support if one of us is in need of nursing or related assistance. This workshop is targeted to inform and train the seniors on several routine and emergency procedures which will take care of immediate needs. It is also helpful if you wish to assist your friends, neighbours and relatives.

The three day program is a joint effort of the Indian Women Scientists' Association (IWSA) and the faculty and nursing staff of MGM New Bombay College of Nursing, Kamothe. ***The program is open for men and women.***

The nursing staff and students of MGM New Bombay College of Nursing at Kamothe, will cover the following:

Checking of vital parameters, first aid management of injuries, bites and related, managing personal hygiene, positioning of an individual confined to bed, comfort devices, ambulation, management of fever, bowel movement, etc, wound dressing and bandaging, first aid management of a fall/fracture and related, hot and cold applications, subcutaneous injection and emergency services. There will be two interactive discussions on topics of relevance for our golden years. We will inform the topics in advance and if any of you wish to contribute to the discussion it will be welcome.

In the morning half, each day, a group of nurses will present the details in a power point presentation and in the afternoon there will be demonstration in which you can participate and repeat or see the nurses show each procedure.

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Time: 10 am to 4.00 pm daily

Registration: Please confirm your participation with Rs.1500/ per person. This includes the tea and lunch during the three days of the program. Tel: IWSA Office: 022 27661806.

As the seats are limited to 20, participants will be registered on first cum first basis.

Payment: You can pay in cash to the office staff of (IWSA) during 2.30 to 5.00 pm, Monday to Satd.

Cheque payments are acceptable. Please make the cheque payable to **IWSA Murli Laj Chugani Health Care Committee.**