

# Alumni Newsletter

Dec.2020

## Dean's Message

*Warm Greeting From Tehran, Iran*

Nurses have long been at the forefront of fighting global health threats, and today they are at the forefront of fighting COVID-19 epidemic with compassionate and committed care. Confronting coronavirus showed a global and complete picture of the work that nurses do and their participation in improving the health and well-being of people all around the world. Covid-19 epidemic showed us a full-fledged picture of nurses who have spent many days away from their families in order to be in hospital in exhausting clothes and faced bruised by face mask. An image that had never been seen before and it is obvious that without nurses, the world would be empty-handed in the face of covid-19 epidemic.

Although the covid-19 epidemic, as the world's biggest challenge after World War II, had dire consequences for the world, the brilliant performance of nurses in adhering to professional commitment and social responsibility provided a unique picture of nursing profession for the world, and gained them a full respect.

I sincerely thank you for all your brilliant efforts in continuous support of the society in these dark and difficult days, and I pray to God Almighty for the health and happiness of you and all your loved ones.

It is hoped that the world will always appreciate the around-the-clock efforts and sacrifices of nurses, particularly in these difficult days.

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TEHRAN UNIVERSITY  
OF  
MEDICAL SCIENCES  
School of Nursing & Midwifery

## Welcome

Anyone who is graduated of school of Nursing & Midwifery is a part of the School's history and its traditions and we believe that we should take pride and pleasure in what our alumni achieve.

This newsletter is intended to establish better links with our graduates and to involve them more closely in the life of the School.

We like to think that there will be thousands of alumni with happy memories of the time they spent in Nursing school and who might wish to return to the School and take part in some of its activities.

# School of Nursing & midwifery and Covid-19

Following the outbreak of coronavirus in the world and the infection of a significant number of our dear countrymen, the School of Nursing and Midwifery of Tehran University of Medical Sciences decided to play its role in this situation. One of the measures taken in this regard was the formation of specialized working groups in various fields. The specialized working groups of the school in corona disease management were formed, which consisted of the school's faculty and educational members as well as students at different degree levels under the supervision of school's dean, to play a more organized role in different levels of prevention, treatment and rehabilitation of patients and heal the pain of survivors.

- External organizational communication working group
- Coronavirus training and counseling working group
- Working group on care and support of mourning
- Documentation working group
- Targeted working group on attracting financial resources and spending

The main purpose of "external organizational communication working group" is to communicate with other organizations and institutions outside the university to improve the health of community. This working group pursues six main objectives, one of which is to "liaise with welfare and working children support associations and send educational and health content to prevent covid-19 in working children."

In the coronavirus training and counseling working group, 140 people, including 100 students (in different levels of doctorate, master and bachelor) and 40 faculty members are working to undertake professional responsibilities of the school.



Launching the "midwife and nurse's voice as well as mental health hotline" systems from April 2020 is one of the actions of this working group. The midwife and nurse's voice hotline work 8 hours per day and mental health hotline works 5 hours per day providing nursing, midwifery and counseling services to clients. Consultations are provided in two forms of direct and reverse via telephone and WhatsApp. In the nurse's voice hotline, 50% of people's questions is related to coronavirus and another 50% is related to the control and care of patients with diabetes, hypertension, heart problems, respiratory problems, kidney problems, wound care, care of the elderly and Alzheimer's, neonatal and pediatric care, care of patient with weak immune system and patient undergoing chemotherapy.

In reverse (active) counseling, using a new call transfer technique, the counselor calls the client's home from their home using the school's telephone number. This method is used to provide counseling for the elderly and people who need more follow-up. In the training section, hundreds of contents in the form of posters, clips, pamphlets, training files and webinars have been produced. These contents have been produced in 6 areas of mental health, children's health, reproductive health, community health, geriatric health, art in health and technology in health.

# The “5<sup>th</sup> National Festival of Self-Care and Patient Education during Covid-19 Pandemic” was held on Thursday 23<sup>rd</sup> of July, 2020.

The world today is plagued by the Covid-19 pandemic, and this has made the issue of self-care even more important. Self-care is a conscious, learned and purposeful action that is taken to preserve the life and health of individuals. People in the community can take care of their physical, social and mental health and actively prevent illnesses or accidents, improve chronic illnesses and conditions, and further protect their health.

In the Covid-19 pandemic, self-care is an important factor in preventing virus infection, and following simple principles of self-care such as maintaining physical distancing, wearing a mask, and washing hands regularly can go a long way in preventing coronavirus infection.



Dr. Alireza Nikbakht Nasrabadi, President of the 5<sup>th</sup> National Festival of Self-Care and Patient Education and Dean of Tehran School of Nursing and Midwifery, at the beginning of festival stated that, this festival is commenced while our country is faced with the second wave of coronavirus. The people of our country are affected by this pandemic and there is practically no other way but self-care to stop and control this pervasive pandemic. Emphasizing on the importance of Covid-19 pandemic as the focus of the 8<sup>th</sup> Symposium and the 5<sup>th</sup> Self-Care Festival, he stated that, the focus on this issue is the result of Dr. Rostamian’s leadership, the Vice Chancellor for Culture of Tehran University of Medical Sciences.



The main approach of self-care festival is to encourage and promote the culture of self-care, increase awareness and promote patient and community education at the national level through the production of health-related products with the focus on coronavirus.

As the role of self-care in non-communicable diseases has been proven, self-care plays the most important role in Covid-19 disease. Maintaining social distancing, washing hands and wearing masks have the greatest effect on reducing the infection caused by this virus.

This is the first year that the School of Nursing and Midwifery is in charge of holding a self-care festival. One of the important missions of nursing and midwifery is to provide education on prevention and self-care for people in the community as well as patients. The field of nursing and midwifery is at the forefront of patient education, and this year we were honored to host the National Festival, and we hope that the school will carry out this important mission in the coming years.

At the end of festival, names of the festival’s winners were announced in each committee. The first three winners were awarded with cash prize and the last two winners were awarded with certificates.

# The graduation Ceremony of Four International Undergraduate Nursing Students

*On the occasion of graduation of four international undergraduate nursing students, including Ms. Fatima Gilma, Saeedeh Osman Idris, Hamidat Amino Ibrahim from Nigeria and Mr. Harris Tokpa from Liberia, a small ceremony was held on Saturday, December 12, 2020 from 11:30 to 12:30 in the open air roof garden of international office in compliance with the health protocols.*



*The ceremony was attended by the dean of the school, Dr. Nikbakht,. Dr Seylani, on behalf of the school, wished the graduates success in their future professional endeavors, and stated that, during their studies in the school, they have learned to use the best possible way in providing services to their people and playing an effective role in their country's health care system. She also praised their efforts to overcome the challenges of studying and living in another country as an international student and achieving their goal, which was successful completion of their studies.*

*He left Iran after a goodbye party in the presence of the school dean, some friends, and staff of international deputy. He described his academic experience in Iran as highly desirable and thanked the Tehran University of Medical Sciences and the School of Nursing and Midwifery for the educational and research services he received during his studies and residency in Iran. He declared that the process of his empowerment in the field of research and publication in the school has been exceptional.*

*Mr. Harris Tokpa, on behalf of students, appreciated the efforts of Nursing and Midwifery School in creating a positive and constructive environment that helped their education, and stated that despite challenges such as language, cultural, religious and social differences, studying in Iran was a positive experience and the graduates will consider continuing their studies at higher levels at this University. Fatima Gilma also thanked all the professors and staff of the school for their effective support and valuable efforts in making it possible for international students to study and gain experience in this school.*

*At the end of the ceremony, memorial gifts were given to the students. The vice-dean for international affairs would like to thank all those who attended the ceremony and created a memorable day for the mentioned students.*



***Authorised by:  
Dean of School***

***Executor:  
Aida Ghavami***

We hope that you have enjoyed this edition of Alumni Newsletter . If you have announcement, notices or suggestions for editorial pieces for the next issue of Newsletter, please contact us:

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