

# Summary Report: 1<sup>st</sup> National Workshop On "Guardians of the Critical Hour"

## Sub-Theme

**"Empowering Nurses with Advanced ICU Skills for Safer Patient Outcomes."**

### Overview

The 1<sup>st</sup> National Workshop on "Guardians of the Critical Hour" was organized by the College of Nursing, Apollo Hospitals, Bilaspur (C.G.), with a focus on the sub-theme "Empowering Nurses with Advanced ICU Skills for Safer Patient Outcomes." At Venue Imperial Ananda Hotel Bilaspur on 10<sup>th</sup> January 2026. This one-day event aimed to enhance critical care competencies among nursing professionals through expert-led sessions, hands-on training, and interactive discussions. The workshop emphasized practical skills for managing high-stakes ICU scenarios, fostering safer patient care and professional development.

The program ran from **8:00 AM to 4:35 PM**, accommodating 228 participants, including B.Sc., M.Sc. and Ph.D. nursing students, educators, and healthcare stakeholders. It featured a blend of theoretical lectures, practical demonstrations, and networking opportunities, delivered by renowned resource persons from the medical and Nursing field.

### Key Agenda Highlights

The workshop followed a structured timeline, balancing educational content with breaks for refreshment and interaction. Below is a concise outline of the major sessions:

#### Inaugural and Introductory Sessions (8:00 AM - 10:45 AM)

- **8:00 AM - 9:00 AM: Registration and Breakfast** – Welcoming participants with light refreshments.
- **9:00 AM - 10:45 AM: Inaugural Session**
  - Introduction and lamp lighting ceremony, hosted by MOC's.

- Welcoming and opening remarks by **Dr. Prof. Shailvina D. Nand (Principal)**
- Guest speeches and felicitation, followed by a vote of thanks.

This segment set an inspirational tone, highlighting the pivotal role of nurses in critical care.

### Core Technical Sessions (10:45 AM - 2:15 PM)

- **10:45 AM - 11:45 AM: Infection Control Practices in ICU** and the Resource person was **Dr. Mala Thayumanavan (Dean, Group Head Nursing Education, AHET)**, she emphasized evidence-based strategies to prevent hospital-acquired infections in critical care settings.
- **11:45 AM - 12:30 PM: Hemodynamic Monitoring** Resource person was **Dr. Palli Sandeep Kumar (MD GENERAL MEDICINE Resident DNB Neurology AHB)**, covered advanced techniques for interpreting vital signs and hemodynamic parameters of ICU Patients.
- **- 12:30 PM - 1:15 PM: Care of Patients on Invasive and Non-Invasive Mechanical Ventilation** Resource person was **Dr. Manoj Kumar Rai, (Head , Department of Intensive care and Internal Medicine, AHB)** focused on ventilator management and patient care protocols.
- **- 1:15 PM - 1:45 PM: Brain Blitz – Live Quiz Competition** Conducted by **Prof. Vikas Kumar Sahu** using a live online platform. Approximately **216 students** participated actively in this interactive quiz on critical care topics. The highest scorers were recognized and awarded during the valedictory session.
- **1:30 PM - 2:15 PM: Lunch Break** – Opportunity for informal exchanges among attendees.

### Hands-On Training and Closing (2:15 PM - 4:35 PM)

- **2:15 PM - 3:00 PM: Hands-on Training Session 1 – Use of Ventilator, CPAP, BiPAP** Practical demonstration Resource person was **Dr. Said Javid Hassan (Consultant Critical Care Medicine AHB).**

- **3:00 PM - 4:00 PM: Hands-on Training Session 2** – Use of Defibrillator – Interactive session Resource person was **Ms. Resmi C. R. (Senior. Nurse Educator Apollo Hospitals Bilaspur)** focused on emergency cardiac resuscitation.
- **4:00 PM - 4:30 PM: Care of Invasive Lines** Resource person was **Ms. Swati Daniel, (Nursing Superintendent AHB)** covered insertion, maintenance, and complication management.
- **4:30 PM - 4:50 PM: Valedictory Session** – Feedback was taken from the delegates.
- Vote of Thanks – Delivered by **Ms. Arpana John, (Vice Principal College of Nursing Apollo Hospitals Bilaspur.)**

### Key Changes and Impact

The rearrangement prioritized a continuous morning technical session block for deeper focus, followed by an engaging live quiz to reinforce learning. The high participation (216 students) in the Brain Blitz quiz highlighted strong attendee engagement. Hands-on sessions in the afternoon allowed practical application of concepts discussed earlier.

The workshop successfully blended theory, interactivity, and skill-building, leaving participants more confident in ICU practices. The recognition of top performers added motivation and celebration to the event.

### Glimpse of the Event

#### Venue













