

Health Tips & Guidance for Nursing & Paramedical Students



Your comprehensive guide to student wellness, preventive care, and campus health programmes at **Career Group of Institutions, Bhopal** — including trainees at **Career Hospital**, the parent hospital of Career College of Nursing Bhopal.

CAREER COLLEGE OF NURSING BHOPAL

STUDENT WELLNESS



Why Student Health Matters Most in Healthcare Training

As future nurses and paramedical professionals, your own health is your most important clinical asset. You cannot deliver compassionate, effective care to patients if your own physical and mental wellbeing is compromised. Long clinical shifts, rigorous academic schedules, and emotionally demanding training environments make proactive self-care absolutely essential — not optional.

Physical Fitness

Stamina and strength to manage demanding clinical duties and long ward rounds.

Mental Resilience

Emotional stability to handle patient care, critical decisions, and academic pressure.

Infection Safety

Protecting yourself and patients from healthcare-associated infections at all times.

Nutritional Health

Fuel your brain and body with balanced meals to sustain focus and energy.

Infection Prevention: Your First Line of Defence

Working in a hospital environment like **Career Hospital** exposes you to a wide range of pathogens. Rigorous infection control is both a personal duty and a professional obligation. Practise these habits every single day — in the ward, the lab, and on campus.

→ Hand Hygiene

Wash hands for at least 20 seconds using the WHO 6-step technique. Use alcohol-based hand rub before and after every patient contact.

→ PPE Compliance

Always wear appropriate personal protective equipment — gloves, masks, gowns, and eyewear — as indicated by the clinical situation and hospital protocol.

→ Sharps Safety

Never recap needles with two hands. Dispose of sharps immediately in designated puncture-proof containers. Report needle-stick injuries promptly to the nursing supervisor.

→ Vaccinations

Ensure you are up to date on Hepatitis B, COVID-19, Influenza, and Tetanus vaccines. Confirm your immunisation record with the campus health office.

Nutrition for Nursing & Paramedical Students

What to Prioritise

- Iron-rich foods: spinach, lentils, jaggery, eggs — vital for combating anaemia common in clinical students
- Protein at every meal: dal, paneer, eggs, legumes for muscle recovery and immunity
- Complex carbohydrates: brown rice, roti, oats for sustained energy during long shifts
- Hydration: minimum 2–2.5 litres of water daily; especially during summer months in Bhopal
- Fresh fruits and vegetables for vitamins C, A, and antioxidants

What to Avoid

- Skipping meals — especially breakfast before morning clinical duties
- Excessive chai and coffee, which disrupt sleep and increase anxiety
- Heavy, oily canteen food before long practical sessions
- Ultra-processed snacks high in salt and refined sugar
- Energy drinks as a substitute for adequate rest

❏ The campus canteen at Career Group of Institutions offers meal options — make mindful choices and carry a water bottle at all times.

Mental Health & Stress Management

Nursing and paramedical training is emotionally intense. Witnessing patient suffering, managing examination anxiety, and adapting to hospital hierarchies can take a significant toll. Recognising stress early and building healthy coping mechanisms is a sign of professional strength — not weakness.



Mindfulness & Breathing

Practise deep diaphragmatic breathing or 5-minute mindfulness exercises between classes or before entering a stressful ward environment.



Journalling

Write down your clinical experiences, emotions, and reflections. Reflective journalling is a proven tool for processing difficult patient encounters.



Peer Support

Talk to batchmates, seniors, or faculty mentors. Sharing experiences normalises stress and reduces isolation during challenging training periods.



Seek Professional Help

If you feel persistently overwhelmed, anxious, or hopeless, reach out to the campus counsellor without hesitation. Early intervention makes a real difference.

Sleep: The Underrated Superpower

Sleep deprivation is dangerously common among healthcare students — and it directly impairs clinical judgment, memory consolidation, and immune function. Research shows that medical errors increase significantly when healthcare workers operate on fewer than six hours of sleep. Make sleep a non-negotiable priority.

How Much Sleep Do You Need?

Aim for **7–8 hours** every night. During examination weeks or intensive clinical postings, even a 20-minute power nap can restore alertness significantly.

Sleep Hygiene Tips

Switch off screens 30 minutes before bed. Keep a consistent sleep schedule — even on weekends. Avoid studying in bed; associate your bed only with rest.

Shift Work Adaptation

For students on night-duty rotations at Career Hospital, use blackout curtains during daytime sleep, inform your roommates, and eat a light meal before sleeping.

Physical Activity & Posture Care

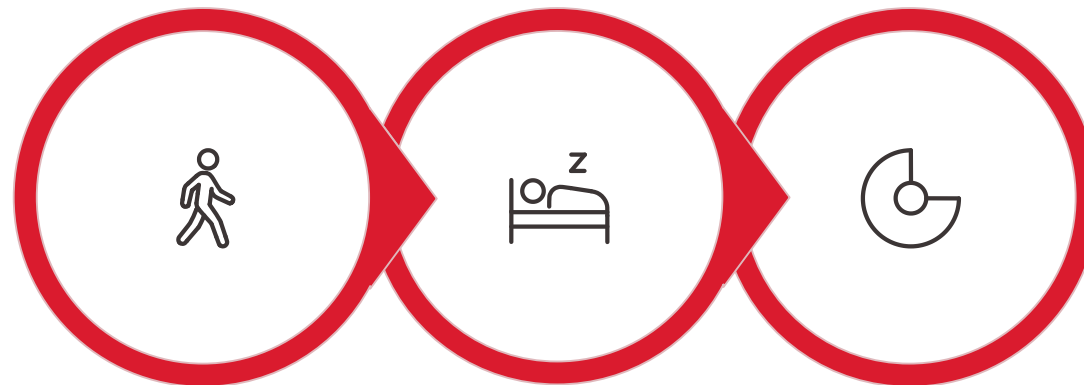
Clinical nursing involves prolonged standing, patient transfers, and repetitive movements — all of which contribute to musculoskeletal strain. Building physical fitness and maintaining correct posture from your student days will protect your career longevity as a healthcare professional.

Recommended Activities

- 30 minutes of brisk walking, jogging, or yoga at least 5 days a week
- Stretching exercises for the lower back, neck, and shoulders daily
- Core strengthening to support safe patient handling techniques
- Use the campus grounds or sports facilities for regular movement breaks

Posture & Body Mechanics

- Always bend at the knees, not the waist, when lifting or repositioning patients
- Wear comfortable, supportive footwear during ward duties
- Avoid prolonged static postures — shift weight and stretch during long procedures
- Report any musculoskeletal discomfort to your clinical supervisor early



Move

Recover

Strengthen

Preventive Care & Campus Health Programmes

Career Group of Institutions and Career Hospital together create a unique advantage — students have access to a functioning hospital environment for preventive health services. Take full advantage of the health programmes and screenings available to you on and around campus.



Immunisation Drive

Attend the mandatory Hepatitis B vaccination programme organised through Career Hospital. Complete all three doses in the recommended schedule.



Vision & Hearing Checks

Annual vision and hearing assessments help ensure you can perform clinical tasks safely and accurately. Report any changes in vision or hearing promptly.



Health Screenings

Participate in periodic health screenings for haemoglobin levels, blood pressure, blood glucose, and BMI — especially before intensive clinical postings.



Campus Health Clinic

Use the on-campus health facility for minor illnesses, injury management, and first aid. Do not ignore symptoms — early treatment prevents prolonged absences.

Reproductive & Menstrual Health for Female Students

A large proportion of nursing and paramedical students are women. Menstrual health and reproductive wellbeing are integral to overall health — and too often neglected due to stigma or busy schedules. Career Group of Institutions encourages an open, informed, and supportive approach to these health needs.

Menstrual Hygiene

Change sanitary products every 4–6 hours. Dispose of them safely in designated bins. Wash hands before and after changing. Report unusually painful periods to the campus health clinic — dysmenorrhoea is treatable.

Iron & Nutrition

Heavy menstrual bleeding increases anaemia risk — particularly concerning for students on clinical duties. Supplement with iron-rich foods; consult the health clinic if you feel persistently fatigued.

Safe Reporting

Campus facilities include clean, private washrooms and female faculty mentors. Any health concern related to reproductive or menstrual health can be raised confidentially with the designated female welfare officer.

Your Health Checklist: Build These Daily Habits

Sustainable wellness is built through small, consistent habits — not dramatic changes. Use this daily checklist as your personal health commitment throughout your training at Career Group of Institutions Bhopal.

Every Day

- ☐ Drink at 2.5 litres of water
- ☐ Eat breakfast before morning duties
- ☐ Practise proper hand hygiene at all clinical touchpoints
- ☐ Get 7–8 hours of sleep
- ☐ Do at least 20–30 minutes of physical activity
- ☐ Check in with your own emotional state

Every Week

- ☐ Review your immunisation and health record
- ☐ Connect with a peer, mentor, or counsellor if stressed
- ☐ Prepare healthy, balanced meals where possible
- ☐ Stretch and check posture after clinical shifts
- ☐ Reflect on one clinical experience in your journal
- ☐ Report any health concern to campus health services

☐ **Remember:** A healthy healthcare professional is a better healthcare professional. Your wellbeing is your most important clinical instrument. Take care of yourself so you can take the best possible care of your patients.