



NSPIRE

NURSING : Service, Professionalism, Innovation, Resilience & Excellence!!

From the Desk of the Nursing Superintendent

As nurses, your technical skills save lives, but it's your soft skills—compassion, communication, adaptability, and teamwork—that touch hearts. A kind word, a calm presence, or the way you support one another makes all the difference for patients and families.

These skills may not appear on a chart, but they are the foundation of trust, healing, and hope. They are what transform good care into exceptional care. Thank you for bringing not only your expertise, but also your humanity, to every shift. You are the heart of nursing.

As we continue to face the demands of healthcare, let us never forget that it is our human connection that leaves the lasting impact. Technology and treatments will evolve, but the comfort you provide through empathy, presence, and kindness will always remain at the core of nursing. Together, we carry forward not just a profession, but a calling.

Prof. ANNE JARONE

Assoc. Nursing Superintendent, CMC, Vellore

“Nurses must dispense comfort, compassion, and caring without a prescription.”

- Val Saintsbury



The Healing Communication

“Nursing is an art and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work; It is one of the fine arts: I had almost said, the finest art of Fine Arts”

--Florence Nightingale

In every act of care, every shared challenge, and every quiet moment of compassion, we are reminded of the strength that comes from unity. “Together in Service, Stronger in Spirit” is more than a motto — it is the heartbeat of our community. It speaks to the deep connection we share when we serve not only with our hands, but with our hearts.

Service in healthcare is rarely easy. It tests our patience, demands resilience, and often calls for sacrifice. But when we walk this journey together — supporting one another, lifting each other up, and standing shoulder to shoulder — we find that we are never alone. Our collective spirit becomes a source of courage and renewal. This is possible with the Spirit of Jesus.

In times of joy, we celebrate as one. In times of sorrow, we grieve and grow together. Through it all, our shared purpose binds us — to heal, to serve, and to give hope.

Let us continue to serve in unity, with kindness and grace. For it is together that we shine the brightest for the glory of God — stronger in spirit, and steadfast in our mission.

Prof. PRISCILLA SAM

Head of Medical-Surgical Nursing Spl V





Lighthouses of hope for Noncommunicable Disease : Diabetes Nurse Educators Transforming Care at Vellore and Beyond



Diabetes Mellitus is no longer a storm on the horizon – it is a full-blown global blizzard, afflicting 830 million people worldwide. The ripple effects are profound, procreating a vast deluge of complications, economic strain, and loss of productivity in the prime of life. Meeting this challenge calls for more than medication – it calls for education, empowerment, and empathy. This is where Diabetes Nurse Educators (DNEs) step in, not merely as teachers but as torchbearers of change, inspiring a transformational metamorphosis amongst the lives of legions of patients.

At the Christian Medical College Vellore (CMC), the DNE programme – the first of its kind in India – has grown from the presence of a single educator in 2001 to a formidable team of 17 professionals who shoulder the lion's share of patient education and follow-up. They stand at the frontlines, translating complex medical jargon into simple, actionable steps for more than 50,000 patients a year. From education at diagnosis, involving comprehensive dispensation of knowledge ranging from pharmacotherapy and complications, to debridement of ulcers and prescribing of footwear, to advanced insulin pump training. DNEs are the renaissance in Indian healthcare, and stand up as models for the nurse practitioner concept, whom the country needs in abundance, to empower patients appropriately, so as to drive their own health care related journeys with confidence.

DNEs form the bedrock of integrated diabetes care, offering anthropometric assessment, foot screening, insulin administration training, continuous glucose monitoring (CGM) guidance, teleconsultations and insulin pump education. They act as the bridge over troubled waters, helping patients navigate the stormy seas of diagnosis, treatment, and self-management.

Their depth of knowledge and its content in relation to diabetes would challenge that of an above average physician with ease. They have also contributed immensely over the last 25 years in training a large number of diabetes councillors, doctors and foot care related health providers- nearly 5,000 of whom come from not only virtually every state in India, but from Bangladesh, Nepal, Sri Lanka, Myanmar, the Middle East and Sub-Saharan Africa.

The DNEs take the bull by the horns, addressing lifestyle and awareness gaps at the grassroots level through school health programs, community camps, and World Diabetes Month events. They also serve as torchbearers in research doing hyperinsulinemic Euglycaemic clamp studies, indirect calorimetry, autonomic function testing and other procedures. Without their help, the intricate experiments involved with patients in deciphering the mysteries of Type 5 Diabetes, Fibrocalculous diabetes mellitus and the thrifty phenotype (Barker) hypothesis.

Challenges are plenty – yet the Diabetes Nurse Educators remain the guiding lights, change agents, advocates and motivational tutors, transforming diabetes care from a reactive model to a proactive one, ensuring that patients are not just treated but truly empowered. By blending science with compassion and education with innovation, they transform what could be a life sentence into a manageable condition and have become entirely indispensable in being part of the team. Their work has been amply recognised by the department being awarded the British Medical Journal (BMJ) team of the year for South Asia in 2015 and the Royal College of Physicians (London) award for teaching and training in the year 2017.

Dr. NIHAL THOMAS

Senior Professor, Department of Endocrinology, Diabetes & Metabolism.

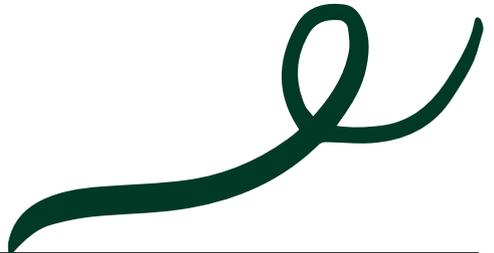


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Kind words are short and easy to speak, but their echoes are endless
-Mother Teresa



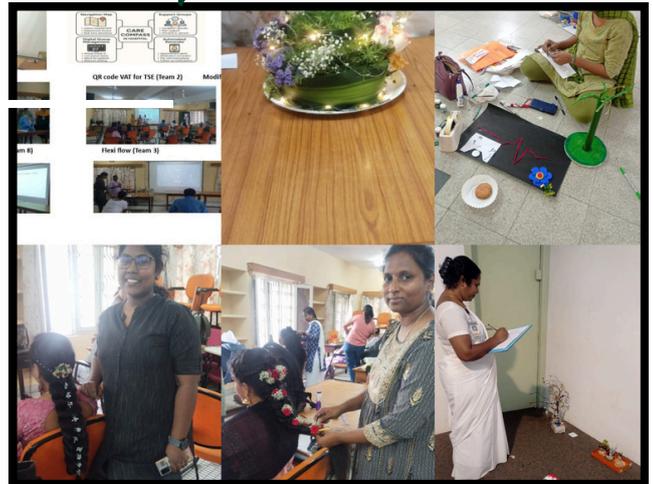
Our Nurses. Our Future. Caring for nurses strengthens economies- Nurses Day 2025

On May 10, 2025, we came together to celebrate International Nurses Day with joy, pride, and gratitude. Our honoured Chief Guest, Mrs. Rosaline Jayakaran, reminded us in her inspiring address that nurses are the heart of healing and holistic care, and encouraged us to keep pursuing excellence in all we do.

A highlight of the day was the recognition of outstanding service through the Best Nurse Awards 2025. Another proud moment was the launch of Nspire, our very own nursing newsletter from the Office of the Nursing Superintendent. Nspire will be a space to celebrate achievements, amplify staff voices, and strengthen our nursing community.

The celebrations also showcased creativity and teamwork through competitions held across campuses, culminating in the Overall Championship Trophy, which went to Medical Surgical Specialty Nursing VII (Neuro Nursing) for their spirited performance.

This year's Nurses Day was more than a celebration—it was a reminder of the compassion, commitment, and courage that define nursing at CMC Vellore. Together, we continue to shape the future of healthcare with heart and with hope.



TNAI, CMC VELLORE UNIT





Conclave 2025 – “Breaking Barriers: Enhancing Interpersonal Relationships”



On May 9, 2025, the Nursing Services Department hosted Conclave 2025 under the theme “Breaking Barriers: Enhancing Interpersonal Relationships.” The event brought together nurses from all campuses for an engaging exchange of ideas on fostering meaningful connections in both clinical and institutional settings.

Esteemed speakers led inspiring sessions on overcoming barriers, cultivating empathy, improving communication, strengthening team dynamics, and building resilience and adaptability. Their insights reinforced the core values that underpin effective patient care and strong collegial teamwork.

Conclave 2025 proved to be a valuable platform for reflection, learning, and motivation—reminding us all of the vital role interpersonal relationships play in delivering compassionate, high-quality healthcare.

Words that Mend

A smile can light the darkest day,
A gentle touch can show the way.
Kindness spoken, freely given,
Heals the soul and lifts the living.
In every hand, in every glance,
Compassion blooms, a quiet dance.
Through smiles and care, hearts align,
Touch and Kindness, love’s design

Wellness Corner

W-Weigh your words before you speak
O-Offer kindness in every conversation
R-Respect differences & listen actively
D- Do use gentle, healing language
S- Speak to strengthen, not to break



CONTACT

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with your stories

