

Name

Dr. VIDYA SESHAN, RN, RM, BSN, MSN, PhD

Position Applied for

Assistant Professor in Maternal and Child Health Department

Career Objective

- To seek professional employment in order to apply the skills and knowledge acquired through academic studies and practical experience till date. Also to learn new scientific and medical research findings/ observations in the field.

Professional Licensure And Registration (Active)

- Registered Nurse and Registered Midwife, **Kerala** Nurses and Midwives Council.
- Registered Nurse and Registered Midwife, **Tamilnadu** nurses and Midwives council.
- Registered Nurse and Registered Midwife, **Oman** Nurses and Midwives Council
- Registered Nurse and Registered Midwife at ANBORD ALTRANAIS, **Ireland**.

Honors And Awards

- Adjudged as best oral presentation and awarded **Third prize** in Nursing Discipline. International Conference on Health Sciences, JSS Mahavidyapeetha, Mysore, Karnataka, **India**. Theme : Integrated Health care towards global wellbeing, on 25th and 26th Feb 2005
- **First Rank** for Diploma in General Nursing and Midwifery.
- **First Rank** in first year - Post Basic BSc Nursing.
- **Second Rank** Overall First year and second year Post Basic BSc Nursing.
- **Second place** for the poster presentation: Patient safety-a shared responsibility for rendering quality care, 1st Patient Safety International Conference, 2011/01-02/Jan 31st to 2nd Feb, Sultan Qaboos University Hospital, **Oman**.

Student Research Supervision

- MSc Nursing student research in 2009- 2 students
- MSc Nursing student research in 2010- 3 students

Continuing Professional Development And Learning

- ◆ 2012 and 2013- E-learning (Moodle) Course in **Oman**.
- ◆ 2006 and 2008 -Neonatal resuscitation in **Ireland**.
- ◆ 2007- Preceptorship Course in **Ireland**.
- ◆ 2005 and 2008- Cardio pulmonary resuscitation in **Ireland**.
- ◆ 2007 - Cardio Tocco Graphy in **Ireland**.
- ◆ 2006 - Shoulder dystocia in **Ireland**.

- ◆ 2005 and 2008- Manual Handling in **Ireland**.
- ◆ 2007 - Epidural Top-up in **Ireland**.
- ◆ 1990 April 1st to May 31st - Cardiac Theatre Training (2 Months) in Sree Chitra Thirunal Institute of Medical Science and Technology, Trivandrum, **India**.
- ◆ 2002 and 2004 - Research Updates-3 day's course in **India**.
- ◆ 1991 – 1992 - Cardiothoracic In service Program [two year] in B.M.Birla Heart Research Centre, Calcutta, **India**.
- ◆ **CGFNS** Passed in 2005.

Service To The University On Committees

- Working as part of College Accreditation Process **ACEN** (Member of **Standard 4-Curriculum**).
- **Co-chair and Reporter** -Faculty Development Committee, College of Nursing, Sultan Qaboos University.
- **Reporter** for Health Assessment course during spring 2012.
- **Reporter** for Maternal Health Nursing during Fall 2012.
- **Reporter** for Health Assessment course during Spring 2013.
- **Member** of Registration Committee in International Conference Conducted by College of Nursing, SQU.
- Contributed for the 2nd and 3rd edition of **Faculty Hand Book** for the College of Nursing, Sultan Qaboos University.
- Contributed for the **Ist edition 2012 Catalogue** for the College of Nursing, Sultan Qaboos University.
- **Co-editor** for the souvenir 2010 P.S.G College of Nursing.
- **CGFNS** Course Instructor in **OHMS, PSGIMSR** in 2005.

Community Service

- **Midwifery Standing Committee board member** of Oman Nurses and Midwives Council (ONMC) from May 2012. **Written Scope of midwifery practice for midwives in Oman.**

The following are the terms of reference for the midwifery committee:

1. Review scope of midwifery practice
2. Develop professional portfolio
3. Review national midwifery educational standards
4. Propose low content for midwifery professionals
5. Develop criteria for obtaining and maintaining midwifery license.

Conferences And Workshops

Workshop Organized

1. One of the organizing member (Registration Committee) “Innovation in Nursing Education and Practice Leading to Quality Care”, 2011/11 /27-29, Sultan Qaboos University, College of Nursing. **Oman.**

2. Workshop on Geriatric nursing an emerging Speciality, 2004/11/27, P.S.G College of Nursing, **India**.
3. Workshop on Current Child Welfare Program – An Update and Role of Nurses, 2004/04/2nd-3rd, P.S.G. College of Nursing, **India**.
4. Moderator for a session on ‘Research methodology workshop’ – organized on Ist International Nursing Conference “Innovation in Nursing Education and Practice Leading to Quality Care”. 2011/11/27-29, Sultan Qaboos University, College of Nursing. **Oman**.
5. Organized Faculty development program in the College of Nursing, Sultan Qaboos University from 2010 October to till date.

National And International Conference, Workshop, Seminar And Symposia Attended

1. 9th Singapore International Congress of Obstetrics and Gynecology. 2013/08/22-24. **Singapore**.
2. Critical Inquiry and Research design. 2013/06/02, Sultan Qaboos University, **Oman**.
3. Strategies to enhance patient safety. 2nd GCC International Conference on Patient Safety, 2013/01/21-23rd Jan, Sultan Qaboos University, **Oman**.
4. International Nursing Research Conference, 2012/04/2012, Royal College of Nursing **United Kingdom**.
5. Oman’s First Psychiatric Conference, 2012/03/02-04, Sultan Qaboos University, College of Medicine. **Oman**.
6. Third International Conference of ‘Quality management in Health care’, 2012/02/6-8, Sultan Qaboos University, College of Medicine. **Oman**.
7. “Innovation in Nursing Education and Practice Leading to Quality Care”, 2011/11 /27-29, Sultan Qaboos University, College of Nursing. **Oman**.
8. IMCI workshop, 2011/12/2011, Sultan Qaboos University, College of Medicine. **Oman**.
9. Series of E-Learning workshop, 2011. **Oman**.
10. Evidence Based Practice in Nursing, 2011/04/5th to 7th, Sultan Qaboos University, College of Nursing. **Oman**.
11. 30th Annual International Nursing and Midwifery Research Conference, Organized by RCSI- **Ireland**. “Promoting patient centered cares in times of change- the challenge for nurses and midwives” 2011/02/23rd to 24th, Dublin, **Ireland**.
12. Ist Patient Safety International Conference, 2011/01-02/Jan 31st to 2nd, Sultan Qaboos University Hospital. **Oman**
13. International conference, Sep 2010, Ramakrishna College of Nursing, **India**.
14. International workshop on colposcopy and cervical diseases. 2009/09/19th -20th P.S.G Institute of Medical Science and Research, **India**.
15. National Council (An Board Alternais) conference, Nursing and Midwifery education: Professional guidance for nursing care, 2009/05/2009, **Ireland**.
16. National Council (An Board Alternais) conference, Nursing and Midwifery education: Placing the patient First, 2008/06/12, Dublin, **Ireland**.
17. National Council (An Board Alternais) conference, Nursing and Midwifery education: Enhancing learning in clinical Practice, 2007/ 09/13, Dublin, **Ireland**.
18. Workshop on Geriatric nursing an emerging Speciality, 2004/11/27, P.S.G College of Nursing, **India**.
19. Workshop on Maternal and Child Health Nursing, Organized by TNAI, 2004/11-12/29th-1st, **India**.
20. Scientific section on Global Nursing, 2004/10/06, Annai Meenakshi College of Nursing, **India**
21. Workshop on Current Child Welfare Programme – An Update and Role of Nurses, 2004/04/2nd-3rd, P.S.G. College of Nursing, **India**.
22. Workshop on Research Methodology, 2004/02/6th-7th/02, P.S.G Institute of Medical Science and Research, **India**.
23. Workshop on Recent advancements in surgery and surgical Nursing, 2003/07/25th-26th, conducted by Alumni Association of P.S.G. College of Nursing, Coimbatore, **India**.
24. Scientific sessions on WHO Theme-2012, “Move for Health”, 2002/08, Ramakrishna College of Nursing, **India**.

25. Workshop on Biological Warfare-Are nurses ready? , 2002/01/21, Ramakrishna College of Nursing, **India**.
26. Workshop on Thesis Planning and presentation, 2001/10, P.S.G Institute of Medical Science and Research, **India**.
27. Attended XVII Biennial Conference, 1999/10, Trained Nurses Association of India, **India**.

Research Grants And Projects

- **Co-Investigator:** Title: Breast cancer in Oman: A Multiphase study to Examine Breast Cancer Awareness among Omani Women. (**His Majesty Strategic Fund, Oman (Oman Riyal 61,500)**).

Principal Investigator: Dr. Esra Al Khasawneh. This study is pressingly needed due to the rising number of breast cancer among Omani women. It purposes to get hold of baseline information on the current status of breast cancer awareness among women in the several Omani governorates, with an ultimate goal to define strategies to improve the healthcare activities and programs that are provided to increase the awareness of breast cancer and its early detection activities .

- **Research Assistant for 6 months and One of the participant in Ongoing Research:** Titled, Applied Nursing Research Capacity Building Through Twinning, Training and Mentoring of Faculty and Clinical Practice Omani Nurses in the Sultanate of Oman (**Funded by Research Department, Sultan Qaboos University, Muscat, Oman IG/CN/MCHH/12/01 : (Oman Riyal 15,000)**).

Principal Investigator: Dr. Esra Al Khasawneh. The purpose of this study was to explore the effectiveness of training, twinning and mentoring towards building clinical research capacity among nursing faculty and Omani clinical practice nurses to enhance excellence in nursing research in the Sultanate of Oman. Action research methodology was used to guide implementation of the project. Quantitative and qualitative data collection methods were used at baseline, phase I, phase II and phase III. The main outcomes measures were barriers to engagement in research, research confidence, and change in research output. The results of this project provide evidence about strategies that can be used to build clinical nursing research capacity in newly established nursing academic units and clinical settings.

- **Co- Principal Investigator:** Title: Effect of an Educational Intervention on Anemia in Pregnancy- in Oman. (**Funded by Research Department, Sultan Qaboos University, Muscat, Oman (Oman Riyal 7,768)**).

Principal Investigator: Dr. Esra Al Khasawneh. Anemia in pregnancy is a worldwide phenomena and it is also widely prevalent in Oman among pregnant women. The literature from the Arab countries gives a strong evidence that anemia is still an existing problem . There is no sufficient evidence in literature related to intervention done to prevent anemia in pregnancy so it is imperative to investigate the effect of nutritional education program in combating anemia in pregnancy. The main goal of this study is to build on previous works on anemia and help to identify trends in anemia that care for pregnant women in Oman. The study will contribute to an establishment of a tailored anemia intervention that will bring about the specific behavior change in terms of knowledge of women and their dietary modification.

- **Principal Investigator:** Title: Effectiveness of Kegel's exercise in reduction of symptom severity of Urinary incontinence among Omani women. **Dean's Funded research (Oman Riyal 250).**
- **Co-investigator:** Title: "Awareness of Breast Cancer among Omani Women". Collaborating with Faculty of Oman Nursing Institute, Muscat, **Oman. (Ethically approved by Directorate of Research and Studies, Directorate General of Planning, Muscat).**
Principal Investigator: Mrs. Lakshmi Rangarajan (ONI, Muscat)
- **Co-Investigator:** Title: Student's perception of pre-clinical Skill Lab Based Training/ Simulation Based Training (SBT) and Objective Structured Clinical \examinations (OSCE) on Clinical Learning Outcomes. **Dean's Funded research (Oman Riyal 250).**
Principal Investigator: Dr. Girija Madhavanprabhakaran
- **Principal Investigator:** Title "impact of a Preceptor training Program to Registered Nurses in clinical Learning of nursing students at P.S.G Hospitals, India" which I have undertaken during my tenure in my previous employment Viz., P.S.G College of Nursing, **India. (Departmental Project)**
Principal Investigator: Dr. Vidya Seshan
- **Principal Investigator:** Title : Assessment of Knowledge, Attitude and Practice of Prenatal Diagnostic Techniques Act among Antenatal Mothers at Maternity Centre, Coimbatore, India.
Principal Investigator: Dr. Vidya Seshan

Research And Scholarly Publications

National And International Poster Presentation

1. Prevalence of urinary incontinence and factors associated with symptom severity of urinary incontinence among women. 9th Singapore International Congress of Obstetric and Gynecology. 2013/08/22-24. **Singapore.**
2. Strategies to enhance patient safety. 2nd GCC International Conference on Patient Safety, 2013/01/21-23rd Jan, **Sultan Qaboos University, Oman .**
3. Enabling excess technology: Opinion of nurses in an era of patient safety. 2nd GCC International Conference on Patient Safety, 2013/01/21-23rd Jan, **Sultan Qaboos University, Oman.**
4. Patient safety and Nursing education. 2nd GCC International Conference on Patient Safety, 2013/01/21-23rd Jan, **Sultan Qaboos University, Oman.**
5. Assessment of Knowledge, attitude and practice of prenatal diagnostic techniques act among antenatal mothers. International Nursing Research Conference, 2012/04/2012, **Royal College of Nursing, UK.**
6. Role of Clinical Pathway -Impact on Quality Care. Third International Conference of Quality Management in Healthcare, 2012/02/6-8, **Sultan Qaboos University Hospital, Oman.**
7. Patient safety-a shared responsibility for rendering quality care, Ist Patient Safety International Conference, 2011/01-02/Jan 31st to 2nd Feb, **Sultan Qaboos University Hospital, Oman.**
8. Women's health problems in Oman- a Retrospective Review, University Day, May 2011, College of Nursing, **Sultan Qaboos University, Oman.**
9. Prevention of Osteoporosis, Omani Women's Day, 2011/10/19, College of Nursing, **Sultan Qaboos University, Oman.**
10. Screening of Osteoporosis, Omani Women's Day, 2011/10/19, College of Nursing, **Sultan Qaboos University, Oman.**
11. Breast Screening Awareness: How much do women know? Ist International Nursing Conference "Innovation in Nursing Education and Practice Leading to Quality Care", 2011/11/27-29, College of Nursing, **Sultan Qaboos University, Oman.**
12. Supernumerary status A new concept in Nursing education, International Conference, sep 2010, College of Nursing, Sri Ramakrishna Institute of paramedical sciences, **India.**

Conference Presentation (Oral)

1. International Conference on Health Sciences, Theme: Integrated Health care towards global wellbeing, on 25th and 26th Feb 2005, Title: Identification of prevalence of Urinary incontinence among Women and their Knowledge, attitude and practice related to the same in selected areas of CBE. JSS Mahavidyapeetha, Mysore, Karnataka, **India. Adjudged as best oral presentation and awarded Third prize in Nursing Discipline.**

Conference Proceedings (Publications)

1. **Seshan, V. (2013).** prevalence of urinary incontinence and factors associated with symptom severity of urinary incontinence among women. 9th Singapore International Congress of Obstetrics and Gynecology. 2013/08/22-24. **Singapore.**
2. **Seshan, V.,** Muliira, R.S., Raman, S., Ramasubramaniam, S., & Al-Hashmi, I. (2013). Strategies to enhance patient safety. The second GCC International Conference on Patient Safety. **Sultan Qaboos University, Oman** Book of abstract 20th to 23rd January 2013.
3. Raman, S., Phillip, H., Ramasubramaniam, S., & **Seshan, V.** (2013). Enabling excess technology: Opinion of nurses in an era of patient safety. The second GCC International Conference on Patient Safety. **Sultan Qaboos University, Oman** Book of abstract 20th to 23rd January 2013.
4. Madhavan, G., Al-Hashmi, I., Akintola, A., Ramasubramaniam, S., **Seshan, V.,** & Muliira, R. S. (2013). Patient safety and Nursing education. The second GCC International Conference on Patient Safety. **Sultan Qaboos University, Oman** Book of abstract 20th to 23rd January 2013.
5. **Seshan, V. (2012).** Assessment of Knowledge, attitude and practice of prenatal diagnostic techniques act among antenatal mothers. International Nursing Research Conference. **Royal College of Nursing of United Kingdom** Book of Abstract Monday 23rd to Wednesday 25th April 2012.
6. **Seshan, V. (2012).** Effectiveness of Video Assisted Teaching Programme in Prevention and Management of Urinary incontinence, 31st Annual International Nursing & Midwifery Research and Education Conference. **Royal college of surgeons in Ireland** Book of Abstract Wednesday 22nd and 23rd February.
7. Raman, S., Noronha, J.A., Ramasubramaniam, S., & **Seshan, V. (2011).** Breast Screening Awareness: How much do women know? 1st International Nursing Conference “Innovation in Nursing Education and Practice Leading to Quality Care”. 27th to 29th Nov. **Sultanate of Oman.**
8. Vimala. D., & **Seshan. V.** (2010). Effectiveness of Cabbage Leaves in Treatment of Breast Engorgement to Promote Breast Feeding among Lactating Mothers, Pondecheri conference Scientific Programmes Abstract. **India**
9. Silpa. R. & **Seshan. V** (2010). Assessment of the Practice of Kegel’s Exercise among Women-a Pilot Approach, Pondicherry conference Scientific Programmes Abstract. **India**
10. **Seshan. V.,** & Renuka. R. (2005). Identification of prevalence of urinary incontinence among women and their knowledge, attitude and practice related to the same in selected areas of Coimbatore-Tamilnadu, India. International conference on Health Sciences, 25th -26th Feb. Scientific Programmes Abstract. **India.**

Book Chapters

1. **Contributed in one chapter for the book:** Hand Book on Success to MCQ’s In Nursing, by Prof. Elizabeth Jean Abraham, Academia Publishers, 1st Edition. (2005).

Articles In International Peer Reviewed Journals

1. **Seshan,V.**, Muliira, J.K., Krishnamoorthy, R., & Sivaram,V.(2013). Reducing Urinary incontinence Symptoms Severity in Women using a Video Assisted Teaching Program. *International Journal of Urological Nursing*, 7(1), 33-42.
2. **Seshan, V.**, & Muliira, J.K. (2013) Prevalence and Factors Associated with Urinary Incontinence Symptom Severity in Community Dwelling Adult Women: Implications for Health Promotion. *BMC Women' Health*.13:16. DOI: 10.1186/1472-6874-13-16
3. **Seshan,V.**, & Muliira, J.K. (2013). Effect of a Video Assisted Teaching Program for Kegel's Exercises on Women's Knowledge about Urinary Incontinence. *Journal of Wound, Ostomy and Continence Nursing*. (*Under review*)
4. **Seshan, V.**, & Muliira, J.K. (2013). Dimensions of the impact of Urinary Incontinence on Women's Quality of life: A English Literature review. *International Journal of Urological Nursing*. (*In Press*)
5. Al Khasawneh, E., McFarland, W., Mandel, J., **Seshan, V.** (2013). Insight in to Jordanian thinking about HIV/AIDS: Knowledge of Jordanian men and women about AIDS prevention. *Journal of the Association of Nurses in AIDS care*. DOI: 10.1016/j.jana.2013.06.001.
6. Al Khasawneh, E., Ismayilova, L., **Seshan, V.**, Hmoud, O., & El-Bassel, N. (2013). Predictors of HIV knowledge among Jordan youth. *Sultan Qaboos University Medical Journal*, 13(2),232-240.
7. Muliira, R.S., **Seshan, V.** & Ramasubramaniam, S. (2013). A review on how to make vaginal examination easier: Lessons for midwives in clinical practice. *Sultan Qaboos University Medical Journal*, 13(3),442-449.
8. Natarajan,J., **Seshan,V.**, Muliira S.(2013). Review Literature on Distress during the Menopausal Transition and Their Impact on the Quality Of Life of Women: What is The Evidence? *International Organization of Scientific Research (IOSR)*. 2(4), 1-10.
9. Prince, E.J. & **Seshan,V.** (2013). A quasi-experimental study to determine the effect of antenatal exercise on reduction of labor pain among primigravid women. *BioMed Central pregnancy and childbirth*. (*Under review*).
10. Amandu, G.M., **Seshan,V.**, Raman, S. & Fronda, D.C. (2013). Challenges and strategies for Building and maintaining effective preceptor preceptee relationship: Perspectives from a Middle Eastern University Teaching Hospital. *Journal of Clinical Nursing*. (*Under review*)
11. Akintola, A., **Seshan,V.**, Thanka ' A. (2013). Preceptorship in Nursing: Views of preceptors about giving effective feedback from a Middle Eastern University Hospital. *Nurse Educator*. (*Under review*)
12. Noronha, J.A., Al Khasawneh, E., **Seshan, V.**, Ramasubramaniam, S., & Raman, S. (2012). Anemia in Pregnancy-Consequences and Challenges: A Review of Literature. *Journal of South Asian Federation of Obstetrics and Gynecology*, 4(1), 64-67.
13. Ramasubramaniam, S., Muliira, R.S, **Seshan, V.**,Noronha, J.A., & Raman,S. (2012).Chiropractic care in women's health: A midwifery perspective. *African Journal of Midwifery & Women's Health*, 6(2), 98-101.
14. **Seshan, V.**, & Sivaram, V. (2012).Urinary incontinence & Kegel's Exercise. *International Journal of Nursing Education*, 4(2), 36-39.
15. Siva ram, V., **Seshan, V.**, & Ramasubramaniam, S. (2012). Assessment of Knowledge, Attitude And

Practice of Prenatal Diagnostic Techniques Act Among Antenatal Mothers
At Maternity Centre, Coimbatore. *International Journal of Nursing Education*.4 (1), 97-99.

16. **Seshan, V.**, Ramasubramaniam, S., Noronha, J.A., & Muliira, R. (2011) Quality Clinical Learning Environment. *International Journal of Nursing Education*. 3(1), 89-90.
17. **Seshan, V.** (2010). Prevention of Backache. *Nurses of India*, 11(7), 6-9.

Abstracts In Peer-Reviewed Journals

1. Noronha, J.A., **Seshan, V.**, Ramasubramaniam, S., Raman S., Madhavn, G., Muliira, R.S., & Akintola, A. (2012). Role of Clinical Pathway -Impact on Quality Care. *Oman Medical Journal*. 27(1), 97.
2. Noronha,J.A., **Seshan,V.**, Raman,S., Ramasubramaniam,S., Madhavn,G., Muliira,R.S., Akintola,A., & Shellah,E.(2011). Patient Safety-A shared responsibility for ensuring quality care. *Sultan Qaboos University Medical Journal*, 11(3).

Article In Newsletter –Horizon

- **Seshan, V.**, Muliira, J.K. (2013). Are our women aware of Urinary incontinence and Impact it has on them. (Accepted)