

Biosketch

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Professional Education:

Doctor of Philosophy (Ph.D. in Nursing)
Master of Science (M.Sc. in Nursing)
Bachelor of Science (B.Sc. in Nursing)
Master of Business Administration (Hospital Administration)
Post Graduate Diploma in Bioethics (PGDBE)
MA Education (Education Technology)

Additional courses to credit:

- Qualified in NCLEX (National Licensure Examination of American Nursing Board)
- Certified in Hindi Vidwan.
- Courses on Comprehensive Disaster Risk Management, Community Based Disaster Risk Management, and Damage and Reconstruction Needs Assessment.
- Qualified in Psychotherapy and Counselling
- Certificate Course on CPR; (BLS) Cognitive and Performance examinations to conduct from Saudi Heart Association.

Professional development courses in:

- Gender studies
- Disaster Management
- Public Health Project Management
- Quality assurance in Teaching & Learning
- Care of Hearing Impaired.

Total Experience: 26 years;

Clinical Experience: 9.5 years;

Teaching Experience: 15 +years;

Administrative: 10 years; Research Experiences: 14 years

Research Areas:

Translational Research in Ageing
Socio behavioural Health and NCDs
Adolescent health and Child injuries
Ethics in Health care and Research
Women's Health, Gender and social equity dimensions.

Research Experience:

- Supervisor for PhD in Nursing and PhD in Public Health (PhD Health Sciences).
- Project supervisor for MPH research projects; > 30 so far
- Supervisor for BSc nursing (> 65) and MSc nursing projects (>50).
- External Examiner for MSc Nursing (Maharashtra Nursing Council) and MPhil (IITH)
- Research Supervisor for the International internee; Canadian Internee under MITAC program from University of Montreal.

Research Record/ Leadership:

1. Awarded for Shastri Indo Canadian Institute's (SICI) Grant (SPDG 2017-18) to conduct a program on ageing & Health and to implement a Pilot Intervention program (HSEP) for effectiveness on Health and Wellbeing among senior adults (≥ 60 yrs age).
2. Successfully completed Shastri Mobility Program (SMP) fellowship to University of Regina, Canada; 2016-17
3. Selected for ICMR International Fellowship for Young Bio-Medical Scientist award 2016-17
4. Organized MHRD funded course under Global Initiative on Academic Network (GIAN) on Gender Equity and Type2 DM (Jan' 2017), with International faculty from University of Montreal, Canada;
5. Received UPE2 International Travel grant to present Research papers at 43rd Biennial Convention by Sigma Theta Tau International Nursing Society at Las Vegas, USA.

Current Research Projects:

1. Burden of Childhood Injuries -Indian Council of Medical Research (ICMR)
2. Family support and Health status among Elderly Population; Gender dimensions of Quality of Life-ICSSR
3. Functional assessment in Older adults; India Ageing Study pilot program-SICI

Research Projects completed: 8

1. Translational Research in Non-Communicable Diseases – Cancer –UPE2
2. Self-supported-8.

Research projects completed:

1. Health & Social status of the Elderly; a cross sectional study in Telangana State
2. Academic stress & Emotional intelligence among adolescent students
3. Academic Resilience and Social Support among adolescent students
4. Reproductive and Sexual health among Adolescent students.
5. Obesity and Cardiovascular risk assessment among adolescent students.
6. Moral Resilience among Health care Professionals.
7. Effectiveness of Educational Intervention on Home management in Bronchial asthma patients
8. Coronary risk assessment and effect of structured education on knowledge related to stress management and early identification of coronary risk factors, among administrative employees
9. Postnatal depression among mothers attending postnatal units of Government Maternity hospitals.

Recent Talks/ conferences/ Academic Contribution:

1. Invited lectures on Gender sensitivity in Schools at National Leadership Institute to address School Teachers on Gender Sensitization and Equity in Schools and Education (April 2019).
2. Invited Member of Ad-Hoc Inspectors National meet by Indian Nursing Council (INC); Orissa & Tamilnadu-October 2018 & April 2019 respectively.
3. Delivered a Talk on “Trajectories of Active and Cognitive Ageing” at International Conference on Neurochemistry and Neuropharmacology from bench to bedside” by SNCI, Mysore (March 2019).
4. Delivered a talk on” Gender dimensions of health and social support among older adults” at 106th Indian Science Congress, LPU, Punjab 9Jan 2019).
5. Invited Speaker at PhD scholars’ Seminar and delivered a Talk on” Ageing well; Issues and Challenges” at Indian Institute of Technology, Hyderabad (October 2018).
6. Invited Speaker and Chief guest to the National Workshop on, Critical Care Nursing by Eshwari Bai Memorial College of Nursing, Hyderabad (October 2018).
7. Invited Speaker at Engineering Staff College of India to address the Engineering Staff from the State Civil Organizations on; Urban Heat. Public Health Impact (2018).
8. Invited Talk at National Leadership Institute to address School Teachers on Gender Sensitization in Schools (Sept’ 2018).
9. Invited Speaker on the World Day for Social Justice at School of Social Sciences, UoH (2018)
10. Invited Member of Ad-Hoc Inspectors National meet by Indian Nursing Council (INC) Madya Pradesh-2017

Recent Organization of the Academic Programs/Workshops:

1. Organized workshop on “Active Ageing for Healthy living”; March 2019
2. Organized National workshop on “Ageing and Health”; August 2018.
3. Organized MHRD funded course under Global Initiative on Academic Network (GIAN) on Gender Equity and Type2 DM (Jan’ 2017), with International faculty from University of Montreal, Canada.

Publications: 20; Research Articles: 12; General articles: 8

1. Varalakshmi Manchana (2019). Factors Associated with Health Care Utilization and Morbidity Pattern among Adults in Later Life: Community Based Study. *Research & Reviews: A Journal of Health Professions*;9(1):6-12
2. Srujan Vineet Gannavarapu, Prakash Babu Phanithi, Varalakshmi Manchana. (2018) A Study to Evaluate the Awareness on OTC Health Education among Young Female Adolescents, *JETIR* 5(12), 587-592
3. Manchana. V. (2017). Moral competence and perceived Moral distress among Health Care Professionals in an Urban Health care setting; Facility based study. *IJSR*, (6)4; 919-923.
4. Manchana. V. (2017). Self-care Practices and Quality of Life among Men & Women with Asthma, Health care facility based study in Telangana, South India. *IOSR-JNHS*.6 (2); 5-13

5. Manchana. V. (2016). Gender Based Reproductive and Sexual Health among Urban Adolescent Students in South India. IOSR-JNHS.4 (5); 78-84
6. Manchana. V. (2016). Gender Perspectives of Academic Stress and Emotional Intelligence among Adolescent students; A School based study. JIARM, 4(6); 259-274.
7. Manchana.V,(2015). To study Coronary risk assessment among administrative employees, Nightingale Nursing times. (10)1; 27-31.
8. Manchana V, Mahal R.K,(2015), Selected Nursing interventions in the effective management Of Bronchial Asthma, Nightingale Nursing times.(12)3; 24-26,351.
9. Manchana V, Mahal R.K, (2015), Randomized controlled study on Quality of Life among Patients with Bronchial Asthma, JIARM,(2),12; 463-475.
10. Manchana V, Mahal R.K, (2015), Effectiveness of Patient education on Quality of Asthma management Among adult asthmatics; A Cross sectional study, IJSR, (4)1; 203-205.
11. Manchana V, Mahal R.K (2014), Evaluating Asthma Knowledge among Patients with Bronchial Asthma; A Cross sectional study”, IJND, (4), 7, 12; 16-20;
12. Manchana V, Mahal R.K (2014), Impact of Asthma Educational Intervention on Self-Care Management of Bronchial Asthma among Adult Asthmatics, Open Journal of Nursing, (4); 743-753.

Research Lab:

Active Ageing Research facility of the Nursing Research Lab at School of Medical Sciences is equipped with basic facilities to monitor functional health through Physiological status monitoring and Computer based spirometry and Computerized Psychometric assessment. The Psychometric assessment helps to assess the set of measures from the (Therasuite), an electronic device that provides Noninvasive testing procedures to assess and evaluate the parameters for attention, focus, concentration, reaction time etc.

Computerized PFT with Spirometry tests are performed in people specifically of advanced age (≥ 60 years 'age). PFT measures various lung capacities like; Tidal volume (VT), Minute volume (MV), Vital capacity (VC), Functional residual capacity (FRC). Forced vital capacity (FVC) and Forced expiratory volume (FEV). This facilitates computer based assessment of the pre-post lung volumes. The wood way treadmill helps seniors' physical activity monitoring to meet the recommended activity interventions as part of healthy ageing research project with adjunct support of the Physiological monitoring System (Zephyr) that measures, heart rate, breath rate, Heart Rate Variability (HRV) etc set parameters.

The lab requires up gradation to facilitate scientific gait monitoring and its assessment pre-post activity interventions and/or multi-modal interventions in adults, especially in senior adults.



Active & Healthy Ageing Research



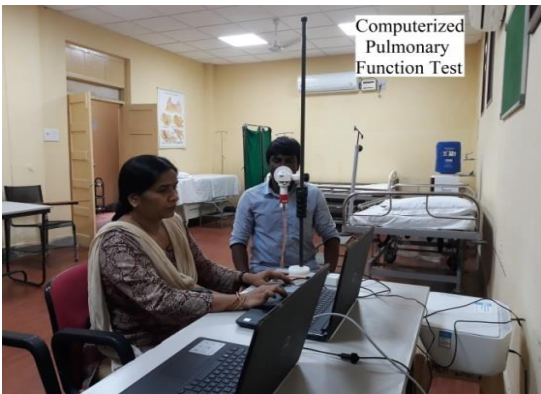
NURSING RESEARCH LAB



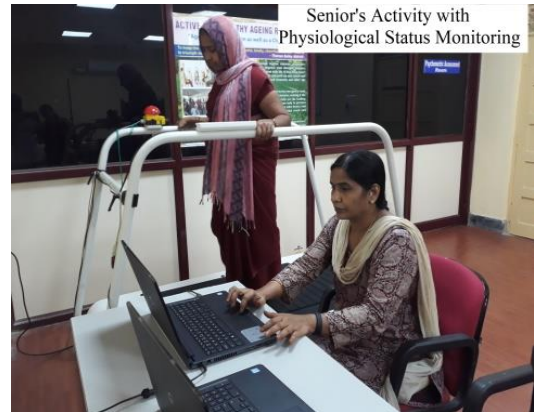
Debriefing Room



Ageing Research Facility



Computerized Pulmonary Function Test



Senior's Activity with Physiological Status Monitoring



Psychometric Assessment Room



Computerized Psychometric Assessment