

# Nursing SPIRIT '23

## Students' Perspectives in Research & Innovation Trends

A Student-led Nursing Research Symposium

Tuesday, December 5, 2023  
10 am to 5 pm (Pakistan time) | AKU Auditorium & Online  
Live Streaming at [@AKUSONAMPK](https://www.instagram.com/akusonampk)



آغا خان یونیورسٹی

THE AGA KHAN UNIVERSITY

### PROGRAMME FLOW

Time	Duration	Item	Speakers
09:00 am	60 mins	Registration and Networking ( <i>Tea</i> )	All participants, attendees & organisers
10:00 am	05 mins	Welcome	Master of Ceremony
10:05 am	03 mins	Tilawat & National Anthem	Student
10:10 am	10 mins	Welcome Address	<b>Dr Laila Ladak</b> Associate Prof. & Assistant Dean, Graduate Programs, AKU-SONAM, PK
10:20 am	10 mins	Address by Chief Guest	<b>Dr Carl Amrhein</b> Provost and Vice President, Academic, AKU
10:30 am	10 mins	Dean's Remarks	<b>Dr Tazeen Saeed Ali</b> Professor & Interim Dean, AKU- SONAM, PK
10:40 am	10 mins	Special Remarks	<b>Dr Salim Virani</b> Vice Provost, Research, AKU
10:50 am	10 mins	Special Remarks	<b>Dr Anjum Halai</b> Vice Provost, Asia and UK, AKU
11:00 am	5 mins	Memento Distribution	-
11:05 am	5 mins	Celebrating 20 years of AKU-SONAM's MScN programme	-
11:10 am	20 mins	Keynote Speech	<b>Dr Robyn Gallagher</b> Professor of Nursing, Charles Perkins Centre and Sydney Nursing School, University of Sydney

### THEME 1: EVIDENCE-BASED PRACTICE (11:30 am to 12:30 pm)

Time	Duration	Item	Speakers
11:30 am	15 mins	<b>Plenary Speech</b>	<b>Dr Rozmeen Shivji</b> Assistant Professor, Adult-Gerontology Acute Care, RUSH College of Nursing, Chicago; Acute Care Nurse Practitioner, University of Chicago Hospitals
11:45 am	10 mins	<b>Oral Presentation 1</b> "Experiences of indigenous childbearing-age mothers with maternal nutrition in the context of climate change (cold weather) in rural Bajaur,	<b>Ihsan Ullah Khan</b> MScN Student, Class of 2023, The Aga Khan University School of Nursing and Midwifery, Karachi

		Khyber Pakhtunkhwa, Pakistan: Implications for maternal-infant health”	
<b>11:55 am</b>	10 mins	<b>Oral Presentation 2</b> “Concept of health-related quality of life among people with heart failure in Karachi, Pakistan”	<b>Anny Ashiq Ali</b> MScN Student, Class of 2023, The Aga Khan University School of Nursing and Midwifery, Karachi
<b>12:05 pm</b>	10 mins	<b>Oral Presentation 3</b> “Association of preoperative anxiety, its contributing factors and impact on immediate postoperative outcomes”	<b>Naveen Nizar</b> MScN Student, Class of 2023, The Aga Khan University School of Nursing and Midwifery, Karachi
<b>12:10 pm</b>	05 mins	<b>SPIRIT-Talk</b> “Lived experiences of midwives providing care in harsh weather”	<b>Sana Sultan</b> MScN Student, AKU-SONAM
<b>12:15 pm</b>	10 mins	<b>Entertainment Segment</b>	Students
<b>12:30 pm</b>	60 mins	<b>Lunch &amp; Networking</b> (Male Hostel Garden)	All registered participants and attendees

## THEME 2: MENTAL HEALTH & WELLBEING (1:30 to 2:30 pm)

Time	Duration	Item	Speakers
<b>1:30 pm</b>	15 mins	<b>Plenary Speech</b>	<b>Dr Rozina Karmaliani</b> Professor, AKU-SONAM and the Dept of Community Health Sciences; Associate Director, Central & South Asia, Brain & Mind Institute, AKU
<b>1:45 pm</b>	10 mins	<b>Oral Presentation 1</b> “Development and testing of psychosocial intervention to improve mental wellbeing of martyrs' families, Karachi, Pakistan”	<b>Mehreen Aslam</b> MScN Student, Class of 2023, The Aga Khan University School of Nursing and Midwifery, Karachi
<b>1:55 pm</b>	10 mins	<b>Oral Presentation 2</b> “Effects of the Holy Quran listening on reducing anxiety and physiological outcomes in COVID-19 patients”	<b>Yasser Uddin</b> PhD Scholar, University of Minnesota, USA
<b>2:05 pm</b>	10 mins	<b>Oral Presentation 3</b> “Prevalence of depression in patients with cardiovascular diseases”	<b>Faryal Ghafor</b> MScN Student, Class of 2023, The Aga Khan University School of Nursing and Midwifery, Karachi
<b>2:10 pm</b>	05 mins	<b>SPIRIT-Talk</b> A research-centered community	<b>Rabab Vadiwala</b> BScN, AKU-SONAM
<b>2:15 pm</b>	10 mins	<b>Entertainment Segment</b>	Students

## THEME 3: INNOVATION IN NURSING EDUCATION (2:30 pm to 3:30 pm)

Time	Duration	Item	Speakers
<b>2:30 pm</b>	15 mins	<b>Plenary Speech</b>	<b>Dr Saima Hirani</b> Assistant Professor, School of Nursing,

			University of British Columbia
<b>2:45 am</b>	10 mins	<b>Oral Presentation 1</b> "Mothers' perspectives on the use of social media for receiving professional support in enhancing their lactation self-efficacy"	<b>Mehtab Lalwani</b> MScN Student, Class of 2023, The Aga Khan University School of Nursing and Midwifery, Karachi
<b>2:55 am</b>	10 mins	<b>Oral Presentation 2</b> "From likes to liberation: Social media addiction"	<b>Alma Khursheed</b> MScN Student, Class of 2023, The Aga Khan University School of Nursing and Midwifery, Karachi
<b>3:05 pm</b>	10 mins	<b>Oral Presentation 3</b> "Factors affecting clinical learning of undergraduate nursing students in Azad Jammu and Kashmir"	<b>Sofia Nazar</b> Shifa College of Nursing, Islamabad
<b>3:10 pm</b>	05 mins	<b>SPIRIT-Talk</b> Students as partners	Anum Gujrati, MScN, AKU-SONAM
<b>3:15 pm</b>	10 mins	<b>Entertainment Segment</b>	Students
<b>3:30 am</b>	30 mins	<b>Tea Break + Poster Viewing</b>	All registered participants and attendees

### PRIZE DISTRIBUTION (4 pm to 5 pm)

Time	Duration	Item	Speaker
<b>4:00 pm</b>	15 mins	<b>Prize Distribution (Oral &amp; Poster Presentation Winners)</b>	-
<b>4:15 pm</b>	15 mins	<b>Token of Appreciation (Speakers, Members of Jury and Organising Committee)</b>	-
<b>4:30 pm</b>	10 mins	<b>Award Dissemination (Graduate Programme Thesis Award)</b>	-
<b>4:40 pm</b>	10 mins	<b>Group Photos</b>	
<b>4:50 pm</b>	05 mins	<b>Vote of Thanks</b>	<b>Sehrish Sajjad</b> Academic Lead, MScN programme; Senior Instructor, AKU-SONAM, PK

For queries, please drop an email at [gradprog.sonam@aku.edu](mailto:gradprog.sonam@aku.edu)

Further details at [www.aku.edu/SPIRIT](http://www.aku.edu/SPIRIT)

Organised by MScN students in collaboration with the Office of Graduate Studies,  
The Aga Khan University School of Nursing and Midwifery, AKU-SONAM, Pakistan