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About Articles in This Issue

Symptoms of cardiovascular disease (CVD) or heart attack, a leading cause of premature death and disability worldwide start in adolescence (an estimated 53% of 26-40 years Indians are already at risk). Early intervention and lifestyle change can prevent over four-fifth of CVD occurrences. **Senthilkumar Thavasiappan et al** show that AI-driven Nursing algorithm can be used effectively ... for *Early Detection of Cardiovascular Health Risk among Adolescents*. In a study of 1240 (17-19 years) participants in three North Kerala districts, authors found that Random Forest Classifier AI model is a promising approach in identifying the cardiovascular health risk factors among adolescents.

Hepatobiliary and abdominal conditions are best managed using percutaneous catheter drainage (PCD), an image-guided minimally invasive procedure although it requires adequate nursing care skills. **Prashant Singh et al** dwelt on *Structured Self-Care Intervention* among 80 patients (40 experimental, 40 control) undergoing PCD at ILBS Delhi. After evaluating the self-care ability and daily living activities on PCD patients, the authors found greater improvement using structured self-care ability assessment scale and Barthel index than those receiving routine care. Incorporating structured self-care education into routine nursing care may support functional independence and promote recovery among PCD patients.

Mental Health remains a global challenge especially in resource-constrained setting of Odisha with shortages of mental health professionals, treatment non-adherence, stigma, and inadequate family support. Only a tenth of those in need of mental health treatment actually receive it. The knowledge-practice gap can be bridged by continuous training, workforce support, and community awareness initiatives. In their study among 200 nursing and health professionals from four districts of East Odisha, **Anasuya Pattanayak et al** plead for regular in-service education and training programmes for nurses to strengthen their knowledge and skills for timely and effective care of patients with mental health problems.

Considering that leadership is an essential attribute of Nursing as it involves health care, and that a Nursing degree is not enough for students to deliver professional responsibilities, the TNAI-Tamilnadu branch conducted 1-day free of cost *Student Advocacy and Leadership Training* (SALT), a learning programme, in 14 zones for student Vice Presidents and Secretaries of each SNAI unit in the state. Based on analysis of 576 completed pre-test/ post-test forms, **Kalaimathi & Sudha** found that SALT was effective in improving knowledge and leadership self-perception among participants.

Chatbot, a software application (mostly AI-based) to simulate conversations with users is increasingly used by students especially after Covid-19. Over 987 million people worldwide currently use AI chatbots. Yet concerns are being raised about their effects on interpersonal relationships and critical thinking. Evaluating youngsters' perceptions and behaviour towards AI chatbots, **Deepika R Kumar et al** assessed the *Knowledge, Attitude and Practices among* (18-30 years) *Young Adults towards Using AI Chatbots in Selected Nursing Colleges of Mohali (Punjab)* and determined its association with the selected socio-demographic variables. The authors emphasise the importance of integrating AI literacy into academic curricula to ensure informed and responsible usage among young adults.

Pregnancy warrants the mother preparing to carry and grow a new life. The maternal and foetal burden, especially as in Covid-19 era, can pose challenges in healthcare during pregnancy though many of these can be controlled through advanced care. Based on a study of 272 mothers in pregnancy, and their newborns in a multispecialty hospital in Kozhikode, Kerala (136 with and 136 without Covid-19 infection), **Nair Adija Sreedharan et al** assess the maternal outcomes of two groups, and find that tachycardia, tachypnoea, elevated WBC count, thrombocytopenia, decreased foetal movements, anaemia, gestational diabetes are significantly linked with Covid-19 during pregnancy.

Telehealth is a promising approach to enhance healthcare accessibility using digital technologies, especially for transgender and gender-diverse individuals. This narrative review by **Komal et al** covered databases like PubMed, ScienceDirect, and Google Scholar of 2019-2026. After screening, synthesis of 24 studies brought out five major themes: telehealth tools & digital platforms; telehealth in improving healthcare access; patient satisfaction and acceptability; challenges to telehealth implementation; and strategies to overcome these challenges. Indicating that telehealth can reduce geographic and financial barriers, the study emphasises its benefits in continuity of care, gender-affirming healthcare services and adoption of hybrid healthcare models.

Progression of interventional gastrointestinal (GI) endoscopy from a simple diagnostic procedure to a specialised, minimally invasive technique has expanded the role of the endoscopy nurse. Advanced interventional endoscopy requires specialised nursing competencies to support patient safety, infection prevention, technical coordination, and high-quality patient-centred care. In a narrative review, *Advancing Nursing Practice in Interventional GI Endoscopy ... Training Framework Incorporating an OSCE Model*, after examining the electronic databases from January 2008 to December 2025, **Anjali Arora & Neha Singh** suggest that competency-based education and OSCE-based assessment frameworks can strengthen professional accountability, improve procedural safety, and enhance the quality of patient-centred endoscopy care.

Evelyn P Kannan

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