

What's Zip? @St John's!

Issue 86, August 1st, 2024



Hibiscus – Rainy Days. (PC: Dr Rakesh Ramesh)

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St John's National Academy of Health Sciences
St John's Medical College Hospital, Bengaluru



CONTENTS

<u>Message From The Editorial Team</u>	02
<u>World Plastic Surgery Day 2024</u>	03
<u>Rotary Cantonment Donation: Enhancing Patient Care</u>	04
<u>Enhanced Critical Care Services</u>	06
<u>Recliner cum Bystanders Cot</u>	08
<u>Burns Patient Fund</u>	09
<u>Handover ceremony of Buggies and special wheel chairs</u>	10
<u>Children's fun day celebration</u>	12
<u>Qualitative Research Workshop</u>	14
<u>Digitab Mock Examination</u>	15
<u>RGUHS State level Volley Ball Competition</u>	15
<u>Vasthra Dhaare – An Initiative to provide clothes to needy</u>	16
<u>AHS Graduation Day 2024</u>	18
<u>Inauguration of M-NICU</u>	21
<u>Rev. Dr. Charles Davis, Reappointed as a Corresponding member of The Vatican's Pontifical Academy for Life.</u>	24
<u>'Chankum Karalum' - A Health Awareness Program</u>	25
<u>KAPICON 2024 – Prizes Won</u>	25
<u>Voluntary Blood Donation Camp</u>	26
<u>An Interactive Session at Bangalore International Academy</u>	27
<u>Survivor's Corner – A difficult case Managed Well!</u>	28
<u>Physiotherapists Corner – Incentive Spirometry</u>	30
<u>St. John's Watchdog – Coconut Oil and Dengue</u>	31
<u>Know your hospital – COM DEALL</u>	32
<u>Laughter is the Best Medicine</u>	38
<u>St. John's fountainhead</u>	40
<u>Quotable Osler and Did you Know?</u>	41
<u>Medicine this month</u>	42
<u>L Johny</u>	43
<u>Announcements</u>	44

* We now present a fully interactive menu. It works best with Adobe reader application (on computers, mobile phones and tablets)



MESSAGE FROM THE EDITORIAL TEAM

Dear All!

We are pleased to release the eighty sixth issue of “What’s Up? @ St John’s!” magazine today.

This issue is dedicated to the unsung heroes of modern medicine – our plastic surgeons. As we celebrate World Plastic Surgery Day on July 15th, we take a moment to acknowledge their exceptional skill and unwavering dedication. The transformative power of their work is evident in countless lives, including the inspiring story of a patient with Temporomandibular ankylosis featured in our Survivor’s Corner.

Beyond the realm of reconstructive surgery, our hospital continues to pioneer innovative care. Our St. John’s Com DEALL is at the forefront of early intervention for children with autism spectrum and other developmental disorders. This exclusive facility offers specialized care and support, providing families with hope and a brighter future.

In this issue, we also debunk harmful myths about coconut oil that have been circulating online. Our watchdog section is committed to providing accurate health information to protect our readers.

We are immensely proud to announce the reappointment of our beloved Rev. Dr. Charles Davis as a Corresponding member of The Vatican’s Pontifical Academy for Life. His invaluable contributions to the field of ethics and healthcare continue to inspire us all.

We invite you to explore this issue filled with inspiring stories, informative articles, and stunning visuals. The editorial team strives to bring you the most relevant and informative content possible. While we can't cover every single achievement, we are committed to keeping you connected to the ongoings at our institution.

Please note that the web link for our hospital magazine has been changed after migration to a new website. All the previous issues can be accessed by clicking the following Link:

<https://www.stjohns.in/hospital/Newsletter.php>

Feedback on any section of the magazine is welcome. We are happy to evolve to meet the needs of our beloved readers. Happy Reading!!

Editorial Team



World Plastic Surgery Day

15th July 2024

In the spirit of World Plastic surgery day, which is celebrated annually on the 15th July, with the permission of the management of our hospital the department was able to provide completely free treatment for a 29-year female patient with a diagnosis of bilateral Temporomandibular joint ankylosis.



This was all made possible because of the support and encouragement of Rev. Fr. Jesudoss Rajamanickam (Director), Rev. Fr. John Thekkekara (Associate Director of Hospital), Rev. Fr. Tony (Associate Director of Finance) and Chief Medical Superintendent Dr Arvind Kasthuri. Immense gratitude to them. The department is thankful to the SICU team and the Anaesthesia team lead by Dr Savitha.

BRIEF BACKGROUND OF WORLD PLASTIC SURGERY DAY

July 15 is celebrated as India Plastic Surgery Day. The concept of National Plastic Surgery Day celebrated annually was first introduced in 2011 by the then President of our National Plastic Surgery Association Dr Raja Sabapathy (Ganga Hospital Coimbatore). This is an excellent platform for the Plastic Surgery community to come together & address common issues and bridge the gap between the availability of this specialty and utilisation of the services since the awareness of what all we do is poor even among the medical fraternity.

After a decade of celebration in India, July 15 was then recognized worldwide as World / International Plastic Surgery Day in the year 2021. This is a matter of pride for us Indians since ancient Indian surgeon SUSHRUTA is widely regarded as the pioneer of this speciality.

Acknowledgement: Dr. Sunderraj Ellur, HOD, Plastic Surgery



Updates this month...

Donation from Rotary Cantonment: Enhancing Patient Care

Department of Medico-social worker

27th April 2024



On April 27th, 2024, St. John's Medical College Hospital hosted the handover ceremony of essential medical equipment valued at nearly two lakhs, generously donated by Rotary cantonment. The ceremony was graced by Rev. Fr. John Varghese (Associate Director, Hospital), Mr. Sachin K. Thomas (the Head, MSW Department) and esteemed members of Rotary Cantonment (Mr. Vinod, Mr. Shabbir, Mr. Rajendra Rane, Ms. Chaitra, and Ms. Sameena Bhatia).

The donated equipment include suction machines, water beds, foldable walkers, nebulizers, and air beds—is expected to enhance the quality of care at St. John's Medical College Hospital. The success of this event is largely attributed to the meticulous planning and coordination by the MSW Department. We extend our deepest gratitude to Rotary Cantonment, the esteemed attendees, and the entire St. John's community for their unwavering support.



Updates this month...



Acknowledgement: Ms Sachin K Thomas,
HOD & Social Welfare Manager,
Department of Medico Social Work

Updates this month...

Enhanced Critical Care Services

18th June 2024



St. John's is delighted to introduce ICU and ventilator service on wheels and Advanced Cardiac Life Support (ACLS) ambulance. This was possible due to generous contributions from RBL bank of about thirty-eight lakhs. This initiative is a significant step in our mission to provide advanced and timely critical care.

The handing-over ceremony was held on June 18th, 2024, at 3:00 PM in front of the super speciality OPD block of St. John's Medical College Hospital. The event was graced by Rev. Fr. Jesudoss Rajamanickam (Director, St. John's National Academy of Health Sciences), Rev. Fr. Tony AJ (Associate Director of Finance), Rev. Fr. John Thekkekkara (Associate Director Hospital), Dr. Arvind Kasturi (Chief of Medical Services), Ms. Sara Oommen (Chief of Nursing Services), Mr. Sachin K Thomas (Head of the Department of Medico Social Work and Social Welfare Manager), Mr. Stephen Kottian (PRO), Rev. Fr. Peter (Chaplain) and the representatives from RBL Bank [Mr. Ajay Kumar, (Cluster Head, Bangalore), Mr. Maruti Moger (Area Head of Institutional Banking, Bangalore), Mr. E Jagadish Kumar (Branch Manager, Koramangala, Bangalore), Mr. Yudhister Kaul (Regional Marketing Manager, Karnataka), Mrs. Geetha Murthy (State Head for Financial Institutions and Government Banking), Mr. Rajesh G (Relationship Manager, Koramangala Branch)].



Updates this month...

The ceremony featured a flag-off by Rev. Fr. Jesudoss and Mr. Ajay Kumar. The ICU and Ventilator Service on Wheels, along with the ACLS ambulance, will greatly enhance our ability to provide critical care, ensuring that we can reach and treat patients swiftly and effectively. We are deeply grateful to RBL Bank Limited for their support and commitment to improving healthcare services.



Acknowledgement: Ms Sachin K Thomas,
HOD & Social Welfare Manager,
Department of Medico Social Work

Updates this month...

Recliner cum Bystander Cot

Department of Medico-social work

5th June 2024

The department of social work, in collaboration with 'Synaptics' inaugurated fourteen Recline cum bystander cot – A CSR initiative of 'Synaptics' through MSW on 5th June 2024. The event took place in 2nd floor, Board room of Administrative building from 4:00 pm to 5:00pm. The occasion was graced by Rev. Fr. John Varghese Thekkekara (Associate director - Hospital), Mr. Sachin K Thomas (Head, Medico social Work & Social welfare Manager), Mr. Stephen Pradeep Kotian (PRO), the team members from Synaptics [Mr. Sanjay Saha (Country Manager & VP), Mr. Ramachandra Hulagur (Sr. Manager), Ms. Puvana Milton (Sr. Human Resource Manager)], Mr. Mohan Rao (Senior Lawyer, High Court of Karnataka), and the MSW team members.



Acknowledgement: Ms Sachin K Thomas, HOD & Social Welfare Manager, Department of Medico Social Work



Updates this month...

Burns patient fund

Department of Medico-social worker

11th June 2024

The Inner Wheels Club, Bangalore, Southwest, has contributed a donation for the treatment of burns patients in St. John's Medical College Hospital. The Inner Wheels Club is an international organization to create friendship, service and understanding. The mission of this organization is to promote actions, services and good practices, intended to improve the lives of the women and children in the world, through a global network.

On 11th June 2024 the department of Social Work, in Collaboration with Inner Wheels Women's Club held a ceremony of handing over the cheque towards the treatment of needy burns patients.



Acknowledgement: Ms Sachin K Thomas, HOD & Social Welfare Manager, Department of Medico Social Work



Updates this month...

Handover Ceremony of Buggies and Special Wheelchairs

Department of Medico-social Work

13th June 2024



St. John's Medical college Hospital hosted handover ceremony of buggies and special wheelchairs generously donated by Rotary Palmville. The formal proceedings took place in the ADH Board Room, where Mr. Sachin K Thomas (HOD MSW) welcomed the attendees. The ceremony commenced with the lighting of the lamp and an invocation.

The Associate Director Hospital, discussed the significance of these new resources in enhancing patient services. The Guest of Honour, Mr. Vijay Govindan praised the collaborative efforts and the positive impact on the hospital. District Governor – Rtn. Udaykumar Bhaskar delivered an inspiring speech on the power of collective action.

The official handover of two buggies and thirty special wheelchairs happened in OPD area. The event's success is a testament to the meticulous planning and coordination by the MSW Department. Our heartfelt thanks to Rotary Palmville and the entire St. John's community for their unwavering support.

Acknowledgement: Ms Sachin K Thomas,
HOD & Social Welfare Manager,
Department of Medico Social Work

Updates this month...



Updates this month...

Children's Fun Day Celebration at St. John's Medical College Hospital

Department of Medico-social work

22nd June 2024



The Department of Medico Social Work, in collaboration with 'A Little Dream', Bengaluru, celebrated a joyous Children's Fun Day on 22nd June. The event, held in the Nursing College Auditorium from 11:00 am to 12:45 pm, saw enthusiastic participation from around 200 inpatient and outpatient children.

The occasion was graced by Rev. Dr. John Thekkekkara (Associate Director - Hospital), Ms. Sara Oommen (Chief of Nursing Services), Dr. Arvind Kasthuri (Chief of Medical Services), Dr. Fulton Sebastian D'souza (Head, Dept. of Paediatrics), Ms. Reena Chowdhury (Founder and Managing Trustee of 'A Little Dream'). The event was also attended by doctors, members of the Medico Social Work Department, nurses, technicians, ward clerks, and other associated personnel.

The celebration began with an invocation song, followed by an introduction and welcome address delivered by Ms. Jisha Sara Jose (Paediatric Medico Social Worker). Special addresses were given by Rev. Dr. John Thekkekkara and Ms. Reena Chowdhury, emphasizing the importance of bringing joy and comfort to young patients.

The program featured a series of recreational activities, beginning with an energetic dance performance by the volunteers of 'A Little Dream'. The highlight of the event was a captivating magic show performed by Mr. Nagendra Prasad, which enchanted both the children and their families. Adding to the excitement, faculties from various departments, along with children and their parents, performed an action song, infusing the event with vibrant energy and joy.



Updates this month...



Acknowledgement: Ms Sachin K Thomas,
HOD & Social Welfare Manager,
Department of Medico Social Work

Updates this month...

Qualitative Research Workshop

St. John's College of Nursing

25th – 26th June 2024

An international workshop on “Qualitative research methodology” was organized for 2 days (25th and 26th June) by M.Sc. Nursing batch of 2023. A total of 124 participants attended the workshop. Topics highlighted and discussed were qualitative research designs, developing skills in selecting topics and data collection, mixed methodology, coding, theme extraction and data analysis



Acknowledgement: Ms. Joice Das
St. John's College of Nursing

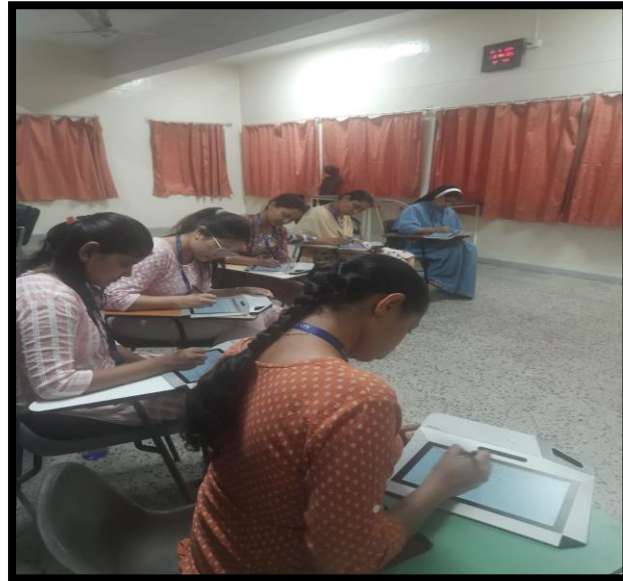
Updates this month...

Digitab – Mock Examination

St. John's College of Nursing

26th June 2024

To ensure efficiency, transparency and accuracy in the examination system of RGUHS, the implementation of paperless examination using Digitabs have been initiated. Mock examination was conducted in St. John's college of Nursing for M.Sc. Nursing students (Batch of 2022) on 26/06/2024.



RGUHS State Level Volleyball Competition

St. John's College of Nursing

1st – 3rd July 2024

RGUHS had conducted a state-level volleyball competition at SDM College, Terdal, Bagalkot. Seven St. John's College of Nursing students participated in the event from 1st to 3rd July. Students from various disciplines and colleges participated in the event. Our students got qualified till quarter finals and exhibited their talents and sportsmanship.



Acknowledgement: Ms. Joice Das
St. John's College of Nursing

Updates this month...

Vasthra Dhaare: An Initiative Providing Clothes to needy

Department of Medico-social work

3rd July 2024

We are proud to introduce "**Vasthra Dhaare**", an initiative by the Department of Medico Social Work at St. John's Medical College Hospital. This program aims to provide clothing to patients and their attendants who are in need and cannot afford proper clothes. Through this initiative, we collect gently used, well-maintained clothes to be distributed to those who deserve them, offering some relief and dignity to their lives.

The inauguration ceremony of "Vasthra Dhaare" took place on 3rd July, 2024, in the Department of Medico Social Work at 11:30 AM. The event was honored by the presence of Rev. Fr. John Thekkerkkara (Associate Director of St. John's Medical College Hospital), Dr. Bobby Joseph (Professor and Head of Community Health), Dr. Arvind Kasthuri (Chief of Medical Services), Dr. Cecil Ross (Professor, Head, Dept of Hematology), Rev. Fr. Peter (Chaplain of St. John's), Mr. Sachin K Thomas (Head of the Department of Medico Social Work and Social Welfare Manager), Dr. Thomas Mathew (Professor, Head of Neurology) and other social workers.

During the ceremony, Dr. Bobby Joseph, Rev. Fr. John, and Mr. Sachin K Thomas addressed the attendees, highlighting the importance and impact of this initiative. "Vasthra Dhaare" is yet another wonderful effort by the Department of Medico Social Work to support the community.

We invite the general public to contribute to this noble cause. Donations of decently used, well-maintained clothes can be made from 9:00 AM to 5:00 PM (Monday to Saturday in 4th floor Unit of Hope). Those in need are welcome to visit the Department of Medico Social Work to receive what they require. This service is open to all who are needy and deserving.

Through "Vasthra Dhaare", we strive to make a meaningful difference in the lives of our patients and their families, providing them with the basic necessity of clothing and a sense of comfort and dignity. We extend our heartfelt thanks to all who support this initiative and help us in our mission to serve the community.

Acknowledgement: Ms Sachin K Thomas,
HOD & Social Welfare Manager,
Department of Medico Social Work



Updates this month...



Acknowledgement: Ms Sachin K Thomas, HOD & Social Welfare Manager, Department of Medico Social Work



Updates this month...

AHS Graduation Day 2024

3rd July 2024

The Allied Health Sciences Graduation Day 2024 took place on the 3rd July in the main auditorium. Dr. Nirmala Buggi (Chief Health Officer (Clinical), BBMP), graced the occasion as the Chief Guest, while Most Rev. Duming Dias (Bishop of Karwar), presided over the event. In attendance were esteemed dignitaries including the Director, Associate Directors, Deans, Vice Deans, Registrar, CMS, and CNS.

A total of 163 AHS students, encompassing both Bachelor's and Master's candidates from various departments, graduated from SJMC. Bachelor's degrees conferred included BSc in MLT, MIT, PT, RTT, RDT, AOTT, and BPT, while Master's degrees included MPT in Musculoskeletal and Sports, Neurological and Psychosomatic Disorders, Cardio-respiratory Disorders, Pediatrics, and Community Physiotherapy, as well as MSc MLT in Biochemistry, Microbiology & Immunology, and Hematology & Blood transfusion, alongside MHA and DHA programs.

The event commenced with a formal graduation procession, followed by an inaugural song, bible reading, and lamp lighting ceremony. Rev. Fr. Jesudoss Rajamanickam (Director, SJNAHS) delivered the welcome address, followed by the presentation of the annual report by the Dean of the Medical College. Subsequently, the students were conferred their degrees, followed by the administration of the Oath by Dr. Shanthala. Several students received university ranks, with awards and prizes distributed accordingly. Mr. Vijay Kumar (Senior Laboratory Technician) from the Department of Biochemistry was honored with the Manorama Thomas Award for laboratory technician of the year.

The Chief Guest delivered the graduation address emphasizing the critical role of Allied Health Sciences in healthcare, citing personal experiences. Most Rev. Duming Dias delivered the presidential address, concluding with the college anthem and a vote of thanks offered by the ADC marked the end of the program.



Updates this month...



Updates this month...



Updates this month...

Inauguration of M-NICU

"A paradigm shift in the care of small and sick newborn"

Department of Neonatology

13th July 2024

St. John's Medical College Hospital, Bengaluru known for establishing one of the first neonatal intensive care units in the city has introduced a pioneering state-of-the-art Mother-Neonatal Intensive Care Unit (MNICU), a first in South India, emphasizing a "zero separation from birth" approach. This innovative unit is designed to implement Kangaroo Mothercare (KMC) immediately after birth, a practice strongly recommended by the World Health Organization for its critical role in reducing neonatal mortality and morbidity. The MNICU's application of KMC aims to decrease infant deaths and infections, mitigate complications like hypothermia, and foster early bonding and breastfeeding, thereby potentially shortening hospital stays. It is estimated that 4 million newborn lives can be saved every year by adapting this model across the world.

Rev. Fr. Jesudoss Rajamanickam (The Director, St John's National Academy of Health Sciences) along with the chief guest Dr. Ashok Deorari, (The Dean of Himalayan Institute Of Medical Sciences Dehradun) inaugurated the M-NICU on 13th July 2024. On this occasion, Dr. Basavaraj (Deputy Director Child Health Karnataka) and Dr. Amlin Shukla (Scientist from ICMR) were also present.

Speaking on the occasion the dignitaries expressed joy and hoped the new facility will be instrumental in opening a new dimension in the way we care for our newborn babies. Dr. Suman Rao (Head of Neonatology) who is leading this initiative said that *"Currently the NICU separates these vulnerable babies from their mothers at a time when they need them the most...the M-NICU overcomes this barrier. Keeping the mother and the baby together helps the baby to survive and thrive. This is a total paradigm shift in the care of the small and sick newborn"*

Acknowledgement: Dr. Shashidhar A,
Associate Professor, Department of
Neonatology

Updates this month...

The hospital's M-NICU marks the first of its kind in the South of India in a private set-up amid the Indian healthcare ecosystem, with special focus on Kangaroo Mother Care and immediate skin-to-skin contact after birth. The vulnerable preterm and low birth weight newborns can now receive 24x7 high level intensive care facilities like non-invasive ventilation, CPAP, total parenteral nutrition, without being separated from the warm embrace of their mothers! The unit prioritises a “zero separation from birth” policy which means the mother and her newborn are cared together which in alignment with World Health Organization's (WHO) research which found the indisputable role of immediate-after-birth Kangaroo Mother Care (KMC) in saving lives of neonates.

With ever-rising neonatal deaths due to prematurity and low birth weights, the establishment of M-NICUs has become the need of the hour. WHO's Immediate Kangaroo Mother Care (iKMC) trial, conducted in five centers, including India, focused on infants weighing 1 to 1.8 kgs. Research revealed that initiating KMC immediately after birth and prolonging its duration reduced neonatal deaths by 25%. This led to the establishment of M-NICUs, emphasizing the critical role of early initiation of continuous Kangaroo Mother Care in enhancing the survival of preterm infants.



Updates this month...

With the launch of their M-NICU, SJMCH aims to foster a supportive environment for new mothers and neonates alike. The hospital provides subsidized stays for families ensuring a holistic approach to care. With earmarked spaces for self-care and regular rounds by the obstetric and Neonatology teams, the M-NICU will be serving many mother-neonate dyads.

This M-NICU at SJMCH will serve as a model centre of excellence and in collaboration with the government of Karnataka and ICMR, SJRI and KHPT will replicate the same model in other districts in Karnataka such as Kolar, Koppal and Chitradurga.

This milestone aligns with the commitment for advancements in healthcare and the vision of St John's Medical College. This model is going to be replicated in many other centres across the state and country in association with the State and Central Government to have major impact of saving newborn lives.

By prioritizing Zero Separation, promoting Immediate Kangaroo Mother Care, and providing comprehensive support, a large number of sick and vulnerable newborns can dream of a bright future ahead.



Updates this month...

Rev. Dr. Charles Davis, Reappointed as a Corresponding member of The Vatican's Pontifical Academy for Life.

The Vatican's Pontifical Academy for Life has reappointed Rev. Dr. Charles Davis (Associate Director – College) as a corresponding member for a second five-year term (2024-2029).

Fr. Davis left a government position to join the Jammu-Kashmir diocese, where he has since held numerous roles, including that of parish priest, judicial notary, principal, and personal secretary to the bishop.



His international experience includes chaplaincy at Frankfurt University Hospital and project coordination for a German-funded initiative at St. Joseph's Hospital in Baramulla, Kashmir.

Academically, Fr. Davis is distinguished by his Alexander von Humboldt Fellowship and dual PhDs from the Jesuit University of Sankt Georgen in Frankfurt and the Albert Ludwig University of Freiburg. He also holds a professorship in bioethics and moral theology.

His scholarly publications are widely referenced in university curricula. Notable works include "The Ethics of Human Embryonic Stem Cell Research: Proposals for a Legal Framework for India" and "Human Dignity in World Religions: Toward Global Bioethics and Biolaw."

His reappointment highlights his significant contributions to bioethics and moral theology on a global scale.

The Pontificia Accademia per la Vita, also known as the Pontifical Academy for Life, is a Roman Catholic institution dedicated to promoting the church's life ethic and conducting research in Catholic moral theology and bioethics since its founding in 1994.-With input from Joicy Pinto/Catholic Connect

REF: <https://www.rvasia.org/asian-news/indian-priest-appointed-vaticans-pontifical-academy-life>



Updates this month...

'Chankum Karalum' - A Health Awareness Program

Department of Endocrinology and Internal Medicine

20th July 2024

A health awareness program "Chankum Karalum" focusing on heart, diabetes and liver was conducted by Dr Vageesh Ayyar, Endocrinology and Dr Jyothi Idiculla, Internal Medicine at Mary Matha Church, Koramangala, Bangalore. This was a joint initiative of Karnataka Endocrine Society and St John's Medical College. The talks were very well appreciated with a demand for more health programmes



KAPICON 2024 (Mandya) Prizes Won

In KAPICON (Karnataka Association of Physician Conference) 2024, 41st Annual conference of API, Karnataka chapter hosted by MIMS, Mandya from 26th to 28th July 2024, the following prizes were won:

1. Dr Shashank Raviganesh, Dr Jyothi Idiculla "Brewing Storm- Caught in time" : First prize Endocrinology Poster Section
2. Dr Santhrupth Chandrashekar, Dr Aditi Dattagupta, Dr Jyothi: Idiculla "Cholera's Cardiac Consequences": First prize, Cardiology Poster Section

Congratulations to the Winners

Acknowledgement: Dr. Jyothi Idiculla,
Professor, Dept of Medicine



Updates this month...

Voluntary Blood Donation Camp at St. Jude Church, Udayanagar

7th July 2024

On 7th July 2024, the blood bank of St. John's Hospital organized a voluntary blood donation camp at St. Jude Church, Udayanagar, Bangalore. The camp was coordinated by medico social worker Mr. Jayakrishnan, with the support of the SMYM members of the church. 35 voluntary donors participated in the camp.

Dr. Latha Fathima, from the Department of Transfusion Medicine and Immunohematology, handed over certificate of appreciation for conducting the camp to the vicar of St. Jude Church, Fr. Johny Koikkara, and the SMYM volunteers



Acknowledgement: Ms. Jisha Sara Jose, Medico Social Worker

Updates this month...

Interactive Health Talk at Bangalore International Academy, Jayanagar

26th July 2024

An Interactive Health Talk on “Awareness on Menstrual health and Hygiene: Facts and Myths” was arranged at the Bangalore International Academy School (Previously Nehru Smaraka Vidya Kendra School, CBSE), Jayanagar on 26th July 2024. The Founder Chairman of the Institute Rtn. Dr. D. Muniraju and the Principal and Campus Director (CBSE) Dr. Arockia Raj welcomed Dr. Manjula S K (Professor of Obstetrics and Gynecology) who delivered this health talk along with Dr. Rajkiran Raju S (Assistant professor, Paediatric Surgery) who facilitated the interaction with students.



The girl students of 8th and 9th grades who had gathered for this rather taboo subject were surprisingly very enthusiastic, receptive, outgoing and inquisitive when the discussion started on basic concepts of understanding normal physiological body changes at puberty, the basics of menstruation, problems encountered in teens like premenstrual syndrome, menorrhagia, dysmenorrhea and PCOS. This was followed by a brief sensitization program on menstrual hygiene and dispelling some common myths associated with it in the society.

The packed audience were very vocal in enquiring their queries and surprisingly, they were very knowledgeable and aware of subjects like sanitary tampons, menstrual cups and even HPV vaccines! The session ended with a sensitization of teachers and Academic coordinators towards identifying the Danger signs or “Red Flags” and need for prompt referral of such children. The session ended with a Vote of Thanks and the management expressed their gratitude to Dr. Manjula for the talk and Rev. Fr. John Varghese, Associate Director, SJMCH, Dr. Rajkiran Raju and Mr Sachin K T (HoD, MSW Dept.) for facilitating the conduct of this event.

Acknowledgement: Dr. Rajkiran Raju, Pediatric Surgery





SURVIVOR'S CORNER

A Difficult Case Managed Well!

Ms SK 29/F, case of bilateral Temporomandibular joint ankylosis with left facial nerve palsy was operated and treated for the same at St John's Medical College Hospital by Plastic surgery team led by Dr Vijay Joseph.

TMJ Ankylosis is a distressing condition which occurs when the bones of the lower jaw get fused to the upper jaw, preventing the patient from opening her mouth. In this case the patient sustained an injury to the lower jaw while playing when she was 5 years of age. Over a period of 4-5 year, she developed restriction of mouth opening and at 11yrs of age she underwent surgery for the same. After some initial relief for a couple of months, the ankylosis recurred. Due to financial constraints at home, they were not able to seek appropriate treatment.

On examination we found that she had a typical bird like face with a severely retruded and micrognathic mandible. After multiple discussions and evaluations, she underwent B/L TMJ ankylosis release with bilateral costochondral grafts (rib grafts for reconstruction) surgery. We had procured a stereolithographic model (3D) of the patient skull which was a valuable tool both pre and intra operatively. This helped to rehearse the surgery on the 3d model before the actual surgery. The final release of the bony fusion was done with a peizotome – a cutting edge ultrasonic cutting saw, which was made available in our hospital just this year, which helped us be as precise as possible. During surgery we were able to get a good mouth opening of around 4 cm.

Post operatively, she was stable, comfortable. She will now continue with further orthodontics treatment for further rehabilitation.

In the spirit of World Plastic surgery day, which is celebrated annually on the 15th July, with the permission of the management of our hospital we were able to provide completely free treatment to this patient which only made the success of this surgery so much sweeter.





SURVIVOR's CORNER

This was all made possible because of the support and encouragement of the Director Rev. Fr. Jesudoss Rajamanickam, Associate Director of Hospital Rev. Fr. John Thekkekara, Associate Director of Finance Rev. Fr. Tony and Chief Medical Superintendent Dr Arvind Kasthuri. Immense gratitude to them. We are also thankful to the Anaesthesia team lead by Dr Savitha in managing this difficult case. We are thankful to the SICU team too.



Congratulations to the team!

Acknowledgement: Dr. Sunderraj
Ellur, HOD, Plastic Surgery



Incentive spirometer

This month the discussion is on the humble “Incentive spirometer”.

The incentive spirometer, was first introduced by Robert H. Barlett in 1973, is a tool that promotes consistent, sustained maximal inspiration through visual feedback. It is commonly used because of its low risk, high efficacy, affordability, simplicity of usage, and safety profile. According to surveys, 71% to 95% of hospitals that perform abdominal and cardiothoracic procedures employ it.

There are different types of incentive spirometers, flow and volume incentive spirometer being the most common. Depending on the patient’s assessment and the objective, a cardiopulmonary physical therapist should be able to guide on which one would be the most effective. The use of an incentive spirometer can vary from increasing lung volume and capacity to clearing secretions or maintaining bronchial hygiene. Incentive spirometry involves a sustained maximal inspiratory effort to expand collapsed alveoli. Typically, patients place the mouthpiece in their mouth and inhale through it. The prerequisites for incentive spirometry are a conscious, co-operative, motivated, carefully instructed and supervised patient, a cardiopulmonary physical therapist should be able to perform a thorough assessment to decide if incentive spirometer is advisable. Dosing of incentive spirometry to be effective depends heavily on the objective and the condition. In general, it should be used at least ten times per hour in every waking hour.

Unfortunately, the application of incentive spirometry remains an understudied in patients with tracheostomy although they are vulnerable to pulmonary complications. Prolonged periods of immobility, extended stays in the intensive care unit, compromised nutritional status, history of tobacco use and underlying chronic pulmonary conditions contribute to this. It is a matter of pride that, the department of Physiotherapy, St. John’s has successfully developed a simple and inexpensive adaptor to assist patients with tracheostomy for using an incentive spirometer.

Its important to understand the mechanics and the usefulness of any device before prescription and this includes incentive spirometer! Keep calm (and warm) and let the cardiopulmonary physical therapist take care of your chest!





COCONUT OIL – ANTIBIOTIC FOR DENGUE??!!

CLAIM: A message that has gone viral on WhatsApp, makes the following claim:

'This message is to inform you all that dengue viral is going on. So please use coconut oil below your knees till your footsteps. It is a antibiotic. And a dengue mosquito can not fly higher than the knees. So please keep this in mind and start using it. Spread this message to as much as you can. Your one message can save many life's.'

FACT CHECK: Dengue is caused by a virus and not a bacterium. The virus is introduced into the blood stream through the mosquito injecting the virus directly into the blood stream of the person.

- Coconut oil is composed of saturated fats that **does not have either anti-viral or anti-bacterial properties.**
- In any case, coconut oil applied to the skin will not penetrate into the blood stream to mediate it's effects.
- The Aedes mosquito which transmits the dengue virus can access and bite any part of the body, not just below the knees.

CONCLUSION: The contents of this message are false. Applying coconut oil is not a mosquito repellent not an antibacterial/ antiviral. The best ways to prevent dengue are to eliminate sources of stagnant water around the house and taking preventive measures from mosquitoes entering the house and biting people.





Department of Com DEALL- Early Intervention Program for Children with Autism Spectrum Disorder

Introduction:

St. John's Com DEALL Early Intervention Center is designed to offer a holistic early intervention program for children with autism spectrum disorders and other developmental disorders.

The Center was inaugurated on 5th April 2022 by former Director, Rev. Dr. Paul Parathazham, Rev. Fr. John Varghese (ADH), Rev. Fr. Jesudoss Rajamanickam, (the present Director), Rev. Fr. Tony (ADF), Dr. Arvind Kasthuri (Chief of Medical Services) and Late Dr. M. V. Ashok (Chief Coordinator of CAREADD).



The Communication DEALL program is the brainchild of Dr. Prathibha Karanth, a renowned expert in Speech-Language Pathology in India with over 40 years of experience and expertise in language disorders. The acronym DEALL stands for Developmental Eclectic Approach to Language Learning. The Com DEALL Early intervention program, launched in 2000, was a pioneering initiative in India, offering a comprehensive and multidisciplinary approach to group therapy in early intervention. Late Dr. Ashok, Professor Department of Child and Adolescent Psychiatry, and the Chief Coordinator of CAREADD SJRI, was associated with the Com DEALL program and was a well-wisher of the program since 2008.

The SJMCH-Com DEALL program is an exceptional evidence-based intervention program designed to offer high-quality group intervention to children with autism spectrum disorders. This is in alignment with the best practices in autism intervention across the world. We aim to facilitate the integration of as many children as possible into mainstream inclusive schools and to foster the development of independent functional living skills.





Location:

224, 6th A main Road, 2nd Block, HRBR Layout, Kalyan Nagar, Bengaluru, Karnataka 560043.

Contact: +917795208517, 080-25800826

Working Hours – Consultation Time:

- Intervention services from Monday to Friday (9 am - 5.30 pm)
- Child Psychiatry consultation every Thursday (10 am -12.30 pm)
- Evening OPD Adult Psychiatry every Tuesday (5.30 pm - 7.30 pm)

Physical Infrastructure:

The SJMCH-Com DEALL center is well designed and consists of the following facilities:

- **Ground Floor:** Occupational and Physiotherapy unit, play area for children and Parents waiting area.
- **First Floor:** Manager's Office, Reception, Toy library for parents, Group Therapy Unit, Speech-language therapy Unit, and Developmental Education Unit.
- **Second Floor:** Assessment Unit, Library, Staff rooms, Group Therapy Unit
- **Third Floor:** Training and Academic Meeting Hall, Consultation room for Child and Adolescent Psychiatry, Evening OPD for Adult Psychiatry.

Services Offered:

- Individual Assessments
- Various Group Intervention Programs
- Individual Therapy Sessions
- Family Mediated Programs
- Parent Training Programs

The centre offers assessments and interventions for children of developmental age up to 6 years. The multidisciplinary team systematically conducts different assessments. Throughout the assessment, professionals engage with the child, build rapport, observe their skills in various activities, and gather parental observations on each skill.

[CONTENTS](#)





The routinely conducted group programs include **Toddler** and **Pre-schooler groups** for children aged 2.6 years to 4 years and 4 to 6 years respectively, each spanning 10 months with sessions lasting 3 hours for 5 days in a week. In addition, the Centre offers other groups such as the **Pre DEALL group** (a parent-child group intervention, age range – 18 to 36 months) for 10 months, and the **Social Communication Group** (SCG – designed for school-going children, age range 4 -7 years) for 9 months.

Glimpses of our group intervention programs



Social Communication Group



Pre-School Group



Pre-DEALL Group (Parent Child Group Program)



Toddler Group

Individual therapy interventions includes Communication skills, Listening skills, Pragmatic skills, Oral Placement Therapy, Feeding Therapy, AAC – Augmentative and Alternative Communication (AVAAZ) by Speech and Language Pathologist; Gross, fine and ADL skills, Sensory motor skills, Motor Executive skills and Toileting skills by Physiotherapist/Occupational Therapist; Pre-requisite Learning skills (PLS), Cognitive, social, and emotional skills, Play therapy and Special Education by Developmental Educators /Developmental Psychologist.





Parental involvement in Com DEALL Program

The team strongly emphasize incorporating parent training and counseling sessions as an essential component of the program. Active parental involvement in therapy sessions and complete transparency is ensured. Using various Com DEALL Intervention Manuals and Communicaids, we aim to empower parents and help the family to take lead in achieving overall developmental skills in children. Periodically, professionals and experienced parents conduct interactive sessions with families to enrich and support them on different aspects of intervention. Many families approach our program through growing referrals from previous parents, who attest to the positive impact of our intervention program on both the child and the family's well-being. This illustrates the important role of parents and play as advocates for our program.

All our programs focus on the overall development of each child through personalized strength-based intervention. It begins by identifying specific areas where children with autism mostly require support, such as prerequisite learning skills, sensory motor skills, oral motor skills, functional communication skills and toileting readiness skills.

The key feature of the Com DEALL program is its multidisciplinary approach. Families can access various professionals under one roof. Teamwork is highly valued, and therapy sessions are led by a team of professionals from different disciplines, including speech-language pathologists, occupational therapists, physiotherapists, and developmental educators/psychologists.

Family Mediated Intervention Program

The Family Mediated Intervention Program (FMIP) is aimed at reaching out to families who often struggle to attend Com DEALL's regular therapy sessions due to various factors such as lack of time, financial constraints, or limited access to intervention facilities in their vicinity. Through this model, we encourage the family to take the initiative to work with their children and become the primary therapist for their child.

Other Clinical Activities

- Summer Camp, Awareness Program, Training Program, Internship, Intellectual Pursuits.

Summer Camp: Apart from the clinical activities, our team is enthusiastically conducting fun-filled summer camps for children with Autism.





Awareness Programs

- On World Autism Awareness Day, April 2, 2023, the department organized autism awareness activities in the park near SJMCH Com DEALL, Kalyan Nagar. The activities were:
 - Distributing leaflets about autism to the public.
 - Displaying posters on autism by professionals and parents to the public.
 - Handing out bookmarks with awareness messages to the public.
- On this World Autism Awareness Day 2024, our therapists visited neighborhood preschools to create awareness about SJMCH Com DEALL Early Intervention program and to establish collaboration with preschools for a successful, seamless transition from early intervention to preschool setup.
- The therapists visited clinics and hospitals in the neighborhood to create awareness. This will also be an ongoing initiative for this year.

Training Programs Offered

- Parent training sessions with a focus to enhance knowledge in various/numerous topics related to the development of children.
- Training for other professionals on request.
- Hands-on training sessions will be provided to preschool teachers working with children with special needs.

Internship

Internships are offered to students who have completed their Bachelors in Audiology and Speech Language Pathology (BASLP) from various colleges in Karnataka and other states. These interns are placed in the center for periods ranging from 1 to 2 months. We offer orientation sessions and expose them to the different clinical activities including case presentation and communication presentation.

Intellectual Pursuits

Twice a month, on Wednesdays, we hold in-house topic presentations and a journal club led by therapists specializing in various areas.





- Ongoing research on:
 - Effectiveness of Social Communication Group Intervention in children with autism spectrum disorders.
 - Relationship between Sensory Issues, Feeding Issues, and Mealtime Practices in Children with Autism Spectrum Disorder (ASD).

Innovations/Achievements within the department

- The staff from Com DEALL were invited as resource people to conduct training sessions in various organizations.
- The Staff received the C B Cariappa Memorial Award for manual preparation – Management of Problem Behaviors in Young Children with autism spectrum disorders – The Com DEALL Approach.

Truly blessed with the best!!



Acknowledgement: Martina Xavier,
Manager- Com DEALL, SJMCH

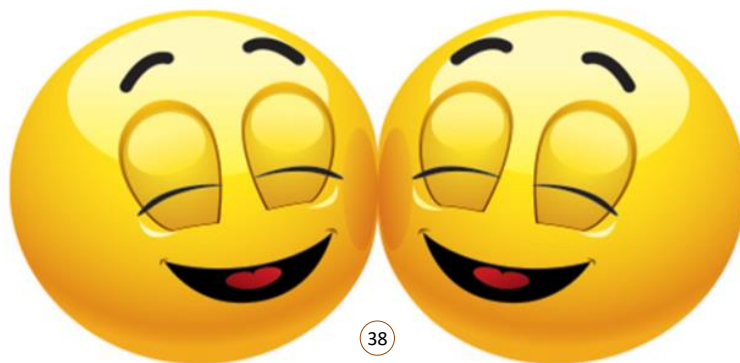




LAUGHTER IS THE BEST MEDICINE...



There seems to be something wrong in your calculation, sir! Backward class 55%, ST 30%, KP 21%, PC, NC and so on add up to 273%



Best of RK Laxman,
Times of India

[CONTENTS](#)



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Muzumder S, Tripathy A, Alexander HN, Srikantia N. Hospital factors determining overall survival in cancer patients undergoing curative treatment. J Cancer Res Ther. 2024 Jan 1;20(1):17-24. doi: 10.4103/jcrt.jcrt_2_24. Epub 2024 Mar 29. PMID: 38554293.

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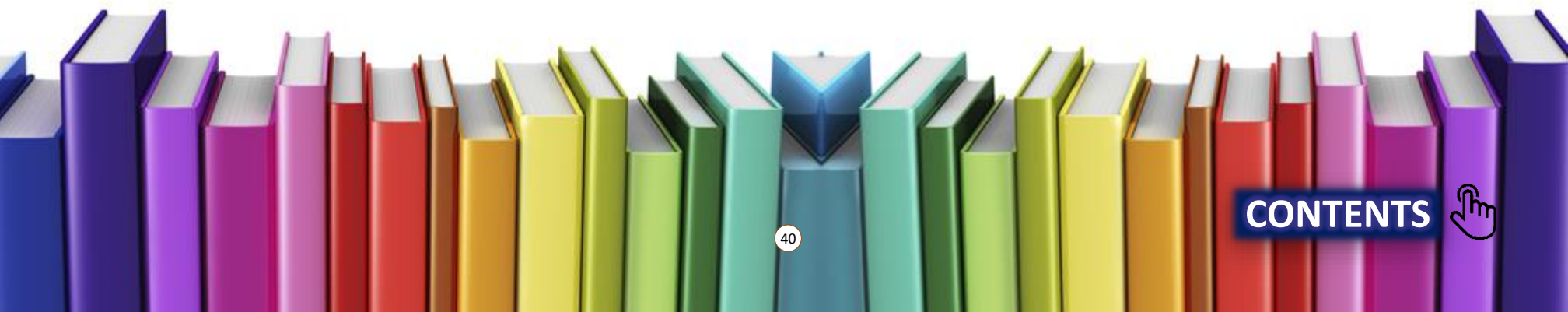
Department of Radiation Oncology, St. John's Medical College and Hospital, Bengaluru, Karnataka, India.

Lalitha, A. V.; Moharana, Suman Sudha; Ghosh, Santu. Role of electrocardiometry in hemodynamic assessment of children with shock in multisystem inflammatory syndrome following COVID-19: A single-center prospective observational study. Journal of Pediatric Critical Care 11(3):p 106-111, May–Jun 2024. | DOI: 10.4103/jpcc.jpcc_96_23

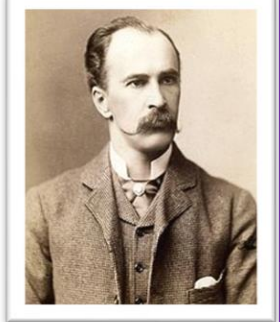
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Department of Pediatric Critical Care, St Johns Medical College and Hospital, Bengaluru, Karnataka, India

Department of Biostatistics, St Johns Medical College and Hospital, Bengaluru, Karnataka, India



THE QUOTABLE OSLER



SIR WILLIAM OSLER

Live in day-tight compartments.

The quiet life in day-tight compartments will help you to bear your own and other's burden with a light heart. Pay no heed to the Batrachians [frogs and toads] who sit croaking idly by the stream. Life is a straight, plain business, and the way is clear, blazed for you by generations of strong men, into whose labours you enter and whose ideals must be your inspirations



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REF: The Quotable OSLER: Edited by Mark E Silverman, T. Jock Murray, Charles. S Bryan

Did You Know?

SILFRA Fissure – In Iceland is a gap in between two tectonic plates namely North American and Eurasian. This gap is slowly widening over many years.

Its only accessible place on earth where one can Snorkel in between two continents.

Another interesting fact is, the water in Silfra is from a glacier Langjökull which is 50km away, the water from here gets filtered through volcanic rocks for 30 to 100 years! So, this is purest and clearest natural water on earth!



© Gettyimages



© Wikipedia





MEDICINE THIS MONTH

A Bird's Eye View.....

Pyogenic liver abscess and colorectal cancer

Studies from Asia suggest that pyogenic liver abscess is associated with increased incidence of colorectal cancer, but studies outside Asia are scarce. In a 10-year retrospective study from 120 hospitals in the United States, the incidence of colorectal cancer among over 8000 patients with liver abscess was almost fourfold higher during the first six months after diagnosis of liver abscess compared with 23,000 matched controls without liver abscess. The correlation was not observed among patients whose liver abscess was due to cholangitis or cholecystitis, and the type of organism causing the abscess did not correlate with the incidence of cancer. These findings support prompt screening for colorectal cancer in patients with pyogenic liver abscess, particularly in patients without an underlying hepatobiliary cause.

- Suzuki et al. JAMA Netw Open. Dec 2023.



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Updated guideline on postoperative delirium in adults

The European Society of Anaesthesiology and Intensive Care Medicine has published an updated guideline on postoperative delirium (POD). Recommendations include preoperatively screening older adults for risk factors for POD and multicomponent nonpharmacological interventions for all patients with risk factors. In addition, review of recent evidence showed that perioperative use of dexmedetomidine was associated with a lower incidence of POD, particularly when administered postoperatively in the intensive care unit. We agree with the recommendations and often use dexmedetomidine in the perioperative period to reduce the incidence of POD in high-risk patients.

- Aldecoa et al. Eur J Anaesthesiol. Feb 2024.

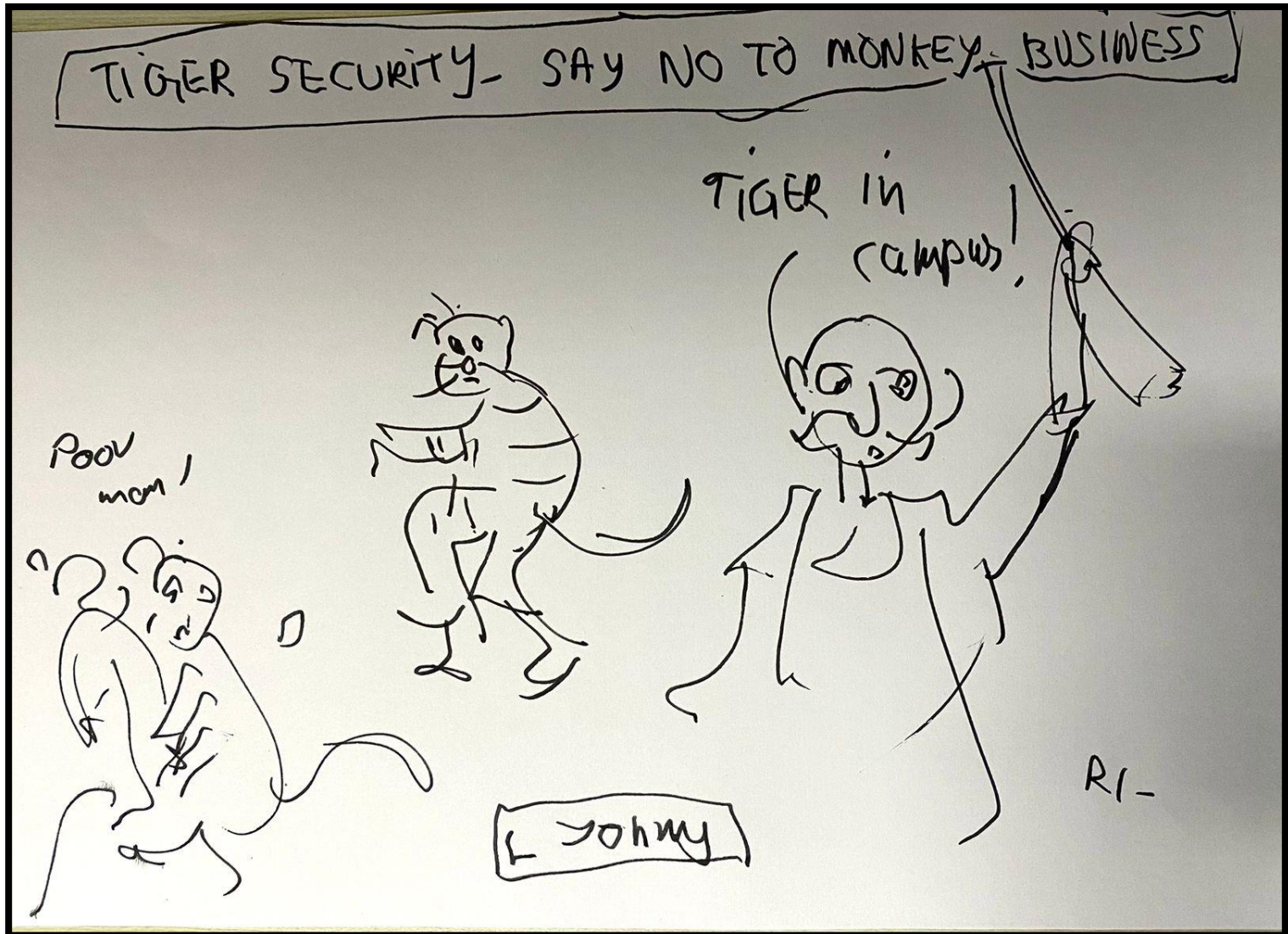
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CONTENTS



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Art by: Dr. Rakesh Ramesh

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Write to Dr. Avinash. H. U: avinash.hu@stjohns.in





ANNOUNCEMENTS



LACTATION COMMITTEE
DEPARTMENT OF NEONATOLOGY



**WORLD
BREASTFEEDING WEEK**

AUGUST 1-7, 2024

**Theme: "CLOSING THE GAP
Breastfeeding support for all"**

CONTENTS





ANNOUNCEMENTS



HOSPITAL PROGRAM (AUGUST 1ST – 7TH) - 2024

DATE	TIME (VENUE)	PROGRAM	CO-ORDINATORS
1/8/2024 Thursday	10:00AM (Pead's OPD)	INAUGURATION	Mrs. Sangeeta & Team
	10:15AM (Pead's OPD)	POSTER & SLOGAN Competition	Ms. Shiny & Ms. Blessy
	2:00PM (Mugalur)	Breastfeeding Awareness	Dr. Avita & Dr. Anand
2/8/2024 Friday	2:00 PM (Mini-Auditorium)	HOSPITAL CLINICAL MEET: "Evidence based intervention to support breastfeeding" • PANEL Discussion	Dr. Rajkiran & Dr. Shashidhar
3/8/2024 Saturday	10:00 AM (OBG OPD)	Breastfeeding Awareness	Dr. Vishnupriya
	11:00 AM (Pead's OPD)	Breastfeeding awareness • Skit – Interns • Free lactation clinic	Dr. Archana Dr. Niteesh
5/8/2024 Monday	9AM – 4PM (CG Hall)	LACTATION WORKSHOP	Dr. Chandrakala Dr. Raghavi, Dr. Niteesh
	10:00 AM	• Flash Mob – OPD Foyer • Breastfeeding Awareness – OBG OPD	• Dr. Archana • Dr. Anuradha G
	3:00 – 4:00 PM (HICC class)	Nurses Sensitisation Class on breastfeeding	Ms. Gayathri & Ms. Blessy Dr. Deepthi
6/8/2024 Tuesday	10 AM-12 PM (OB Ward)	• Role Play by OB Staff • Breastfeeding Quiz • Rotary Club – MOMs Meet	Ms. Anita Dr. Bharathi
	10:00 AM (OBG OPD)	Breastfeeding Awareness	Dr. Preeti Rao
7/8/2024 Wednesday	2:00 PM (Pead Classroom)	Inter-Department Academic activity (OBG/ Com.Med/ Pead/ Neo)	Dr. Shashidhar Dr. Lakshmi Parvathi





ANNOUNCEMENTS



COMMUNITY HEALTH PROGRAMS – WBW 2024

<u>Date</u>	<u>Event</u>	<u>Place</u>
1/8/2024	<ul style="list-style-type: none"> Baby show & Skit GIFT distribution - Reels Competition 	Mugalur
2/8/2024	Skit – Breast Feeding Awareness	Mugalur
3/8/2024	Health Education Program - Migrant field workers	DT Sandra/ MC Halli/ Tippasandra
	Quiz competition - Men	Mugalur
5/8/2024	Quiz competition - ANC & PNC mothers	Mugalur Austin Town
	Essay/ Painting competition - School students	Thindlu, Kuthuganahalli
6/8/2024	Health Education - Mothers	Austin Town
	Rangoli Competition - Federation members	Mugalur
7/8/2024	<ul style="list-style-type: none"> Child to Child Health Education - School students Debate & Collage Making "Bottle feeding Vs. Breast feeding" - Health workers Reels Competition 	Mugalur

