

What's Zip? @St John's Hospital

Issue 47, April 1st, 2021



GRADUATION
DAY
2021



School health program on 'Prevention of COVID' at Tavarekere Government primary school, by 3rd year GNM Students on 24th February 2021

EDITORIAL TEAM:

Archana S, Avinash. H. U, Bhavyank Contractor, Blessy Susan Biji, Deepak Kamath, Jenniefer Gabriela, Jyothi Idiculla, Monica Rita Hendricks, Nivedita Kamath, Rakesh Ramesh, Ruchi Kanhere, Sanjiv Lewin, Santu Ghosh, Saudamini Nesargi, Sreenivasan N, Srilakshmi Adhyapak, Uma Maheshwari, Rev. Fr. Vimal Francis



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



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* 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 forty seventh issue of “What’s Up? @ St John’s Hospital” magazine today.

The present issue is themed to congratulate all the students of St. John’s National Academy of Health Sciences who graduated from their courses. We wish them all the success in life.

The present issue of magazine provides glimpses of more than a dozen happenings in the campus. From the graduation days, lamp lighting ceremony, to several health related days which were observed by the institution in the month of March 2021. There were many important inaugurations such as the renovated Gynae ward, new Emergency, new Bone marrow transplant & leukemia unit and the foundation stone for St. John’s Geriatric centre. Overall, the month of March seemed to be a very happening month since the COVID pandemic.

We highlight the contribution of ‘Carpenters’ in the section, Team of the Month. Do not forget to read an interesting Rhyme by Dr. Om Prakash, narrating the story of Bronchial Asthma.

The editorial board is truly thankful to all those who are contributing to the magazine with great enthusiasm. We request you to continue the same support and encourage us to move forward.

Please feel free to communicate with us to publish your achievements. 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

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Rare Disease Awareness Day

- Dr. Lavanya Bonny (Senior Resident), Dr. Belinda George (Associate Professor), Department of Endocrinology

WHEN HOOFBEATS BELONG TO ZEBRAS



28 FEBRUARY, 2021

“When you hear hoofbeats, think of horses, not zebras” goes the popular saying. However, there are some occasions when zebras do come into the picture. And therein lies the significance of the rare disease day, which falls on the 29th of February. This year, the department of Endocrinology conducted the Friday clinical meet on the 26th of February to mark this day. After a brief relaxation session by Dr Johnson (Professor, dept of Psychiatry), Dr Ganapathi Bantwal (HOD, Dept of Endocrinology) introduced the session.

The postgraduate students from the endocrinology department presented and discussed four very interesting and exceptionally rare disorders, including Allgrove syndrome, Wolkott-Rallison syndrome, Russel Silver syndrome and Allen-Herndon-Dudley syndrome. The session was moderated by Dr Belinda George (Associate Professor, Dept of Endocrinology).

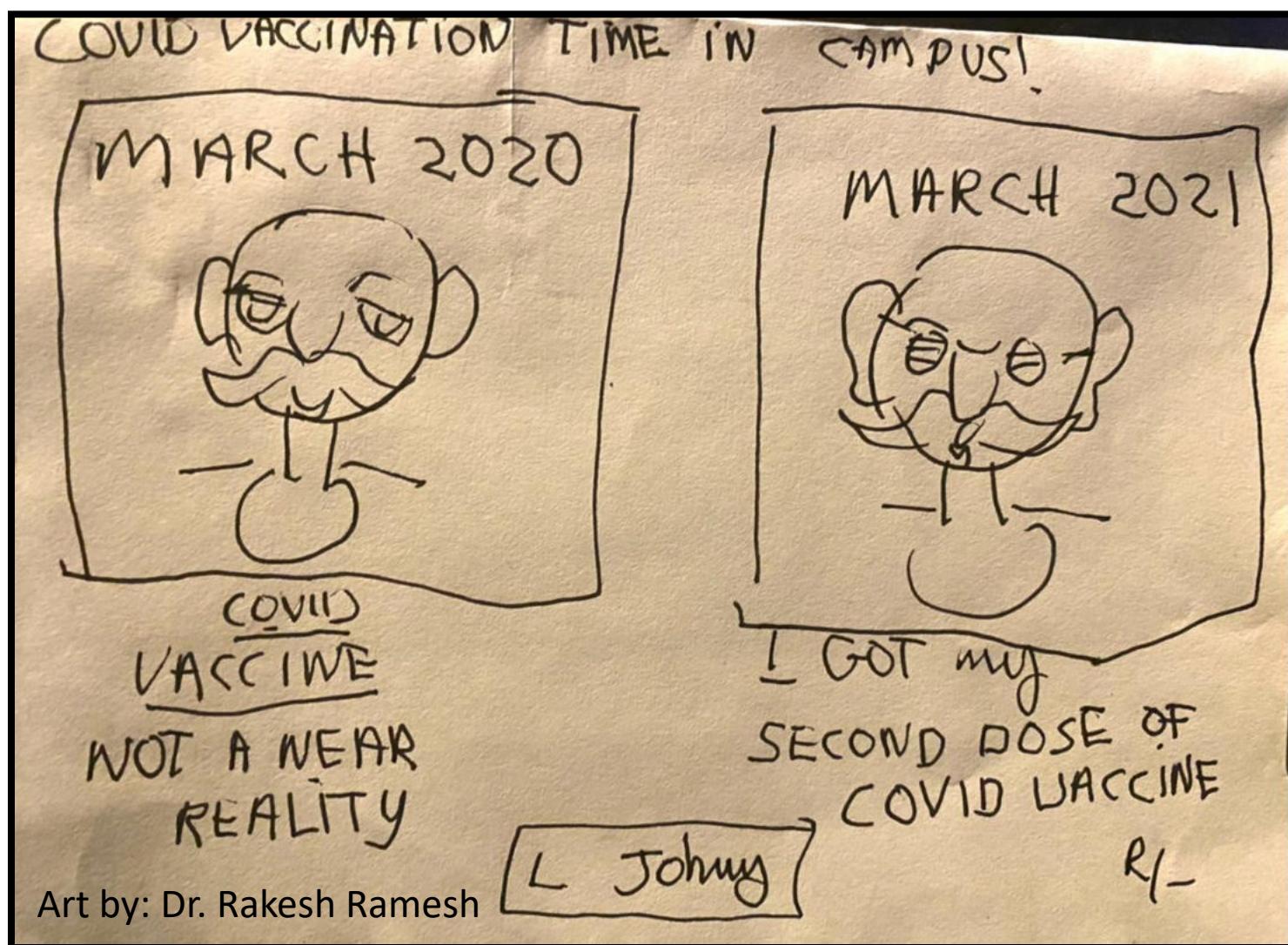
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Rare Disease Awareness Day contd..

This was followed by a very interactive question and answer session where Dr Ganapathi and Dr Vageesh Ayyar (Professor, Dept of Endocrinology) answered all the queries and clarifications of the audience. The session was well appreciated and created an awareness among the listeners, not only about the clinical aspects of these rare disorders, but also about the importance of having an open mind and an astute clinical eye to be on the lookout for these zebras amongst the multitude of horses. The eye can see only what the mind knows and so the importance of constantly updating one's knowledge with the curiosity to learn more cannot be exaggerated.

L Johny



St. John's College of Nursing – Graduation Day

26th February 2021



St. John's College of Nursing had its graduation ceremony of the 38th batch of GNM, 28th batch of B.Sc., 29th Batch of P.B.B.Sc. & 23rd batch of M.Sc. Nursing on 26th February 2021. Rev. Dr. Paul Parathazham, Director, St. John's National Academy of Health Sciences welcomed the gathering and in his introductory talk to the graduates stressed on the need of values together with being proactive rather than being reactive in various circumstances of life. Lt. Col. Prof. Reena Menon, Principal College of Nursing presented the annual report and Rev. Sr. Ria Emmanuel, Chief of Nursing Services administered the oath to the graduates. A total of 184 graduates received their certificates 144 in person & 40 virtually. Meritorious students were also awarded prizes.

The Chief Guest for the function was Mr. Kapil Mohan, Additional Chief Secretary to Energy Department & Infrastructure Development Ports and Inland Water Transport Department, Government of Karnataka.

Acknowledgement: Mrs. Reena Menon,
Principal, St. John's College of Nursing

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The Chief Guest in his speech emphasized on the importance of clarity, focus & determination, & selfless service in their profession. He highlighted the trend of change in today's time, wherein the old pave way for the new and also encouraged the young graduates to contribute their ideas and efforts towards the advancement of the profession and in turn the progress of the nation.

Prof. Dr. Jacob Parappally MSFS, Prof. of Theology, Tejas Vidya Peetha, Bangalore presided over the function. In his address to the graduates, he reinforced the 3 C's important for the nursing profession namely- Care, Commitment & Compassion. The ceremony came to an end on a respectful note with the National Anthem played by the college band.

Lamp Lighting Ceremony 2021 St. John's College of Nursing

26th February 2021



The Lamp Lighting ceremony of the 32nd Batch of Basic B.Sc. nursing and the 41st batch of GNM was conducted on February 26th ,2021. The Chief Guest for the ceremony was Rev. Dr. Paul Parathazham, Director, SJNAHS. This auspicious day began by invoking God's blessings through a Holy Eucharistic celebration with Prof. Dr. Jacob Parappally MSFS, Prof. of Theology, Tejas Vidya Peetha, Bangalore as the main celebrant. Rev. Sr. Ria Emmanuel, CNS, administered the Florence Nightingale oath to 158 budding nurses. The senior teachers passed on light to the initiates.

Acknowledgement: Mrs. Reena Menon,
Principal, St. John's College of Nursing



The lighting of the lamp is a symbolic tradition in the life of every nurse marking the initiation into the profession. It symbolizes the light that shines within their hearts; a light that the nurse becomes to her patients, a symbol of hope and comfort to those who are suffering. Rev. Fr. Pradeep Kumar Samad, Associate Director, SJMCH, addressed the young nightingales about the characteristics of light and the need for the students to disseminate the light they carry to all cadres of the society. He verbalized that we live in a society where the access to health and health infrastructure is denied, thus right to health care is violated. And in such a society these budding nurses were chosen by God to be angels of mercy and encouragement



School Health Program – COVID 19 Prevention



24th Feb 2021 - the 3rd year GNM students conducted a school health program on 'Prevention of COVID' at Tavarekere Government primary school. The beneficiaries were a total of 23 students of class 6 & 7. Covid safety precautions were followed during the program. Following the school health program, health assessment & games were conducted.

Acknowledgement: Mrs. Reena Menon,
Principal, St. John's College of Nursing

In-Service Education Program (Soft Skills for Success)

1st March 2021



1st March 2021 - the 2nd year P.B.B.Sc. nursing students of College of Nursing organized an in-service education program for 30 hospital aides on the topic "**Soft skills for Success**". The session began with registration and pretest, which was followed by a formal inaugural ceremony with Rev. Fr. Vimal Francis, HR Manager as the Chief Guest, who emphasized on the importance of the soft skills. He highlighted that soft skills of an employee decide the interaction with the public, which determines the image of the institution. Communication skills, grooming and etiquette, time management and teamwork were the topics covered in the program which involved a lot of group activity. The in-service education program concluded at 5.00pm.

Acknowledgement: Mrs. Reena Menon,
Principal, St. John's College of Nursing

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World Hearing Day Celebration

3rd March 2021

On the occasion of the World Hearing Day 2021, the staff of CHTC St. John's Mugalur along with CBM (Christoffel Blinden Mission) staff and other dignitaries including the women's federation members and Mugalur panchayat leaders organized a programme conducted at the centre with the purpose of raising awareness on hearing impairment and promoting welfare measures among the community.



Mrs. Sandhya, Medicosocial worker, Dept. of Community Health, SJMC, Bangalore introducing the ceremony agenda at CHTC Mugalur

Once the introduction was over, the welcome address was delivered by Mrs. Susheelamma, a senior healthworker at the CHTC Mugalur followed by the inaugural speech by Dr Rathnakumari, social scientist, Department of Community Health, SJMC, Bangalore. Dr. Rathnakumari addressed the gathering and highlighted on the theme for this year, which is, "Hearing care for all"

This was followed by the lighting of the lamp ceremony. The dignitaries of the function who participated included- Mrs. Nagarathna, Mr. Ashok, Mr. Santhosh, Mr. Muniyappa, Mr. Sreenivas, Dr. Deepthi Shanbhag, Dr. Rathnakumari, Women's federation representatives and healthworkers.



Acknowledgement: Dr. Deepthi Shanbhag,
Dept. of Community Medicine

This was followed by the distribution of all the equipment to the invited beneficiaries. These included, adult/ paediatric audiometers, stimulation children's toys and hearing aids. This was very eagerly accepted by the participants and their families with gratitude and respect.

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This was followed by the official speech delivered by Mrs.Nagarathina, CBM coordinator and Mr. Muniyappa, senior leader, Mugalur panchayat following which the vote of thanks by Mrs. Mohankumari, healthworker, CHTC Mugalur was addressed. The entire programme adhered to Covid19 precautions and time management as planned.

Once this inaugural function was over, the next program in the agenda which was the street play (Health awareness program) on hearing impairment by healthworkers and women's federation members was conducted in an outside ground with an appreciable audience.



The program was wrapped in due time and all the participants were sent back with snacks and drinks sponsored by the organizing team for the session.

Health Assessment & Education program



5th March 2021 - M. Sc. Nursing First Year students (2020 batch) of St.John's College of Nursing conducted Health check-up and malnutrition assessment of under-five children at Rajivgandhi Nagar Anganwadi, Anekal Taluk. This was followed by a health education program regarding balanced diet and prevention of malnutrition. There were a total of 40 beneficiaries which included mothers and children.

Acknowledgement: Mrs. Reena Menon,
Principal, St. John's College of Nursing

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Blessing & Inauguration of Renovated Gynae Ward

The renovated Gynaecology Ward on the First Floor of the Hospital was blessed and inaugurated at 11:00am on 06 March 2021



The International Women's Day

8th March 2021 - The International Women's day was celebrated in St. John's college of Nursing by the 3rd year GNM students by hosting an educational program. The theme of this year "**women in leadership achieving an equal future in a COVID 19 world**", was presented in the form of a skit. Mrs. Sangeetha, student counsellor, SJNAHS was the chief guest of the day. She congratulated and saluted all the nursing students for being a part of this noble Nursing profession. Mrs. Sangeetha spoke about the broader meaning of achievement and that we are all achievers in whatever capacity we might be and commemorate the person that we are . She also spoke about being the change makers the world deserves and to give credit to the women who we least give credit to; our mothers, grandmothers and domestic help. Rev. Fr. Pradeep Kumar Samad (Associate Director Hospital) felicitated the chief guest with a memento and bouquet. Rev. Fr. Pradeep spoke about the hierarchy that exists even in a family and that the break of this age-long tradition would be the first step to equality .

Acknowledgement: Mrs. Reena Menon,
Principal, St. John's College of Nursing

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Father also spoke about women accounting for 70% of the workforce of SJNAHS. He spoke about being bold, strong and self confident. The women are the largest untapped reserve in the world. The program came to an end with St. John's anthem.

Foundation stone for St. John's Geriatric Centre

The St. John's Geriatric Centre project is a Governing Board approved initiative aimed at creating a unique, standalone facility on St. John's Campus dedicated to the care of the Elderly. It is intended to be a 65-bed centre for short stay care, training of geriatric support manpower, research and a community engagement space which will spark interest and action towards the care of elderly. The foundation stone was blessed by Most Rev. George Antonysamy (Chairman, Governing Board, Executives of the Academy) on 9th March 2021. The picture is the artist impression of the future building.



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Blessing and Inauguration of New Emergency



9th March 2021 - The new Emergency on the ground floor of the new Hospital ward Block was blessed and inaugurated by Most. Rev. George Antonysamy, Archbishop, Chairman, Governing Board of St. John's National Academy of Health Sciences in the presence of the members of the Governing Board.

MBBS Graduation Day - 2021



 CLICK ON IMAGES TO ACCESS VIDEO

10th March 2021 – Graduation day for the MBBS students and the Post graduate students for the year 2020 was held on 10th March 2021 in the Nursing college Auditorium with appropriate COVID 19 precautions. Dr. C.N. Ashwath Narayan (Hon Dy Chief Minister of Karnataka) was the chief guest & was presided over by Most Rev. George Antonysamy (Archbishop, Chairman, Governing Board of SJNAHS).

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Sr. Dr. Mary Glowrey Award 2021

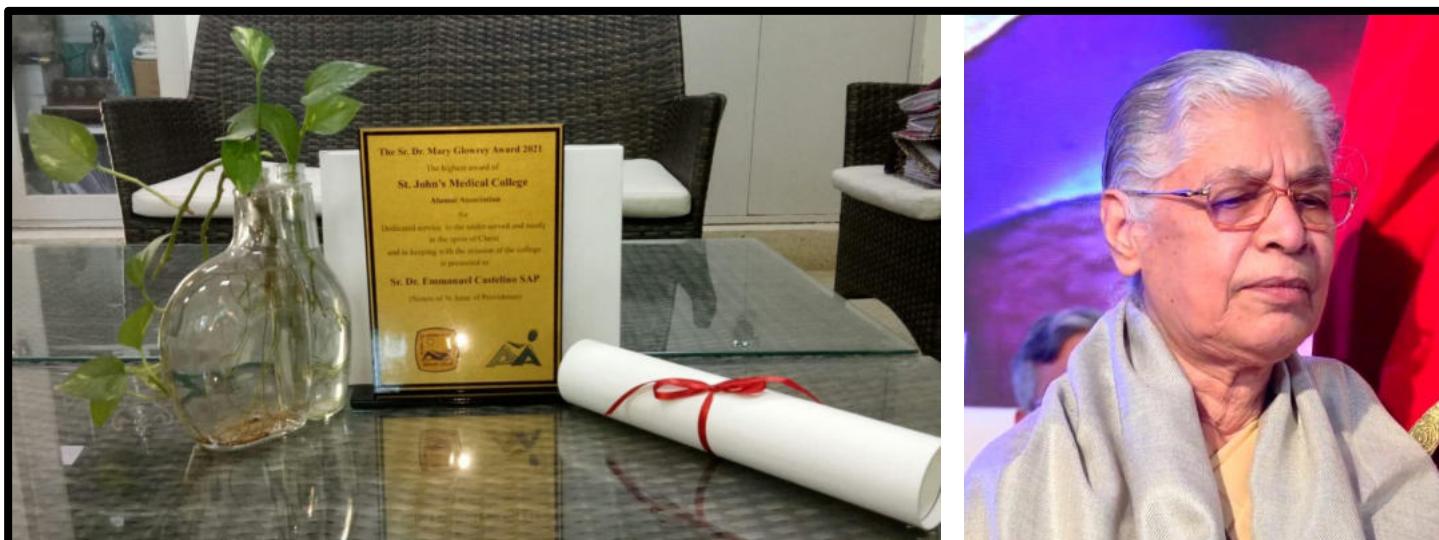


10th March 2021 – On the MBBS Graduation day ceremony, **Sr. Dr. Emmanuel Castelino SAP** was honoured with Sr. Dr. Mary Glowrey Award. Sr. Dr. Emmanuel joined St. John's Medical College in 1968 and then completed the internship at St. Martha's Hospital, Bangalore, before being sent to St. Ann's Hospital, Fatimanagar in Warangal district of Andhra Pradesh. Realizing the need for more experience and expertise to be able to do justice to patients, she went to the Holy Family Hospital, Patna where she studied and worked in Obstetrics & Gynaecology for 9 months and Surgery for another 9 months.

For the past 43 years and even now, Sr. Dr. Emmanuel has served the rural poor of Uttar Pradesh. She was the first Sister Doctor to work in St. Martin De Porres Hospital, Isanagar, Uttar Pradesh in 1978, where she began her mission of bringing health and wholeness to the sick and suffering of that region. She encountered many difficulties and faced countless challenges to bring up this hospital and took the trouble to learn the local language to build a rapport with the local people.

At that time this was the only hospital catering to many villages of the surrounding region. Hence, along with Obstetrics and Gynaecology, she also had to manage single-handed, cases of multiple specialities like medicine, paediatrics and dermatology. Every day she had to see around 80 to 100 patients in the OPD, manage high risk pregnancy cases especially those complicated by the handling of local dais, and even learnt to conduct Caesarean sections through practice. The deep trust in God made it possible for her to be available to the patients, day and night.





Besides clinical service, Sr. Dr. Emmanuel had several roles in administration - from Administrator of the hospital, Animator of the Community, Manager of the GCM School run by the sisters. She was also CHAI secretary and councilor for many years before SDFI was formed. Through these roles, she was able to help many mothers and their children with good nutrition and sanitation. She conducted many health camps and delivered health education talks in various villages.

Today, at the tender age of 79 years, she is still active in the field. She has helped to upgrade St. Ann's Dispensary, Mohanlal Ganj, Lucknow to the status of a 10 bedded hospital in 2004.

Her greatness lies in her faithfulness to her vocation as a doctor for the poor and her determination in fulfilling this role to the full, non-stop, with an undaunting spirit and untiring enthusiasm. She has faced several challenges but made use of all her talents, gifts and abilities to bring God's healing touch to the sick and suffering.

Sr Dr Emmanuel, has inspired so many others in the field of healthcare and have been truly an Instrument of Divine Providence for the sick and suffering among the poorer classes. She is a source of inspiration and hope to so many other Johnites.

The Alumni Association of St. John's Medical College lauds her truly motivating life and work and bestows the highest award of the Association, for dedicated service to the under-served and needy in the spirit of Christ and in keeping with the mission of St. John's Medical College.

Inauguration of New Bone Marrow Transplant and Leukemia Unit



15th March 2021 – The new bone marrow transplant and leukemia unit was blessed, inaugurated and dedicated for patient service by Rev. Dr. Paul Parathazham (Director, St. John's National Academy of Health Sciences).

World Sleep Day - 2021



REF: *World Sleep Society*

19th March 2021 – The World Sleep Day is an annual event organized by the World Sleep Day committee of the World Sleep Society on the Friday preceding the spring equinox since 2008 with the purpose of raising awareness regarding sleep disorders. The slogan for this year is **“Regular Sleep, Healthy Future”**.

On this occasion, the Department of Pulmonary Medicine held a virtual clinical

meet for consultants, nurses, residents, and hospital staff. In keeping with this year's slogan, the importance of normal sleep, circadian regulation and disorders of circadian misalignment were discussed.

With the emergence of 24-hour lifestyle, longer working hours, and the rise in the use of technology, chronic sleep deprivation has become a way of life.

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The circadian master clock in the suprachiasmatic nucleus, promotes sleep and related functions during the biologic night and wakefulness and related functions during the biologic day. This daily rhythm of rest and activity is synchronized with the solar cycle. The internal clock in humans must be reset on a daily basis to remain entrained to the 24-hour cycle. Light is the most important and dominant environmental time cue that entrains the human circadian clock to the 24-hour day-night cycle. Other external cues ('zeitgebers') are temperature, daily routines of exercise, activity and food habits.

The problems associated with circadian misalignment including social jet lag (differential sleep habits on workdays and non-workdays) and shift work disorder (SWD) were discussed. Factors like speed of rotation, direction of rotation and the individual's chronotype determine the extent to which the shift work affects them. SWD not only leads to sleep disturbances and poor work productivity, but may also predispose to cardiometabolic, neurodegenerative and neuropsychiatric disorders and malignancies. Possible remedies for SWD are slower and forward shift rotation and customized scheduling of shifts based on individual chronotype. Night shift workers should promote bright light exposure during the first half of the night shift and attempt to sleep immediately after the shift in a sleep-conducive quiet and low-noise environment to prevent the adverse effects of shift work.

The COVID-19 pandemic has had a profound effect on all aspects of life including physical and mental health as well as sleep duration and quality. Service oriented professions, like frontline health care workers have faced an accentuation of the existing trend in poor sleep quality. This is due to the increased frequency and rotation of shifts, difficult work conditions with personal protective equipment, uncertainty about the level of protection offered by PPE and thus, fear of getting infected and transmitting the same to their loved ones. The resultant increase in sleep disorders (insomnia, hypersomnia) and misuse of sleep medications with COVID-19 has been described as "COVID-somnia". As the immune system also has a circadian rhythm of its own, circadian misalignment can cause increased risk of contracting viral infections and can increase disease severity by promoting viral replication. It has been shown that sleep deprivation is associated with decreased vaccine immunogenicity. Thus, regular sleep and good sleep hygiene practices may act as natural adjuvants for COVID vaccines.

The importance of maintaining a good sleep hygiene for good health was reinforced with the 10 commandments of sleep hygiene as illustrated in the infographic below.



Compiled By: Dr. Kavitha Venkatanarayan, Dr. Uma Maheswari K, Department of Pulmonology

World Tuberculosis Day - 2021

Commemorating World TB day 2021 at St. John's National Academy of Health Sciences, a workshop to develop comics for health communication with a focus on TB was conducted by Dr. Rashmi Rodrigues, Associate Professor, Community Health, and her research team in collaboration with Mr. Sharad Sharma, World Comics India. The workshop used a blended learning approach and happened between the 1st to 10th March 2021 in commemoration of World TB day 2021.

The participants were from St. John's as well as Kempegowda Institute of Medical Sciences, Ramaiah Medical College, Rajiv Gandhi Institute of Health Sciences, as well as the national TB Elimination program (NTEP). Being an artist was NOT a criterion for participation as we wanted all healthcare professions irrespective of artistic skills to understand the concept of communicating through comics and art in whatever form possible. The workshop was supported by the DBT/Wellcome Trust India Alliance, The District TB Office, Bengaluru, and the State TB Office, Karnataka, India. The organizing team would like to thank the Management, St. John's, the Department of Community Health, Dr. Bijayanthi, Nodal Officer TB and the DOT Center Team for their support and participation.

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Special thanks to the team that organized the workshop comprising Dr. Deepa S, Ms. Jayalakshmi, Ms. Manju Gowda, Mr. Saravanan and Ms. Sujatha from the ICMR TB vaccine Trial. Also acknowledge SJRI IT Department for tech support. The workshop was a huge success with 23 stories in comics developed by the participants. Some participants even developed more than one story and are looking forward to using the concept in their work with the community. Several participants also felt that that the workshop was a stress buster and an enjoyable experience.

JUST TEST IT.



DR. KADAMBARI NANMARAN
09/03/2021

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World TB Day – 2021 → Comics

HIDE & SEE



Acknowledgement: Dr. Rashmi Rodrigues, Associate Professor, Community Health

Dr. Mamatha. V
Dept. of Microbiology, SJMCH

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PEARLS OF WISDOM

Whether you believe you can or believe you can't you are absolutely right.

- Henry Ford



©Success Magazine

One of the secrets of life is that all that is really worth the doing is what we do for others.

- Lewis Carroll

Fall seven times. Stand up eight.

- Japanese Proverb



© Facts of Life Books

REF: 365 Days of Wonder: R.J.Palacio.

Did You Know?

World Backup Day on March 31st reminds us to protect our precious digital documents as we've become more reliant on technology.

There's always that one photo, video or memory that you took the time to save, yet for some reason, it's not yours anymore. Whether it was a lost or broken phone, a faulty hard drive or some other technological mishap, it can feel impossible to keep all your files in one piece.



31st March

The day is chosen a Day before April Fool's Day – Avoid being a fool by taking timely Backup of your precious data.

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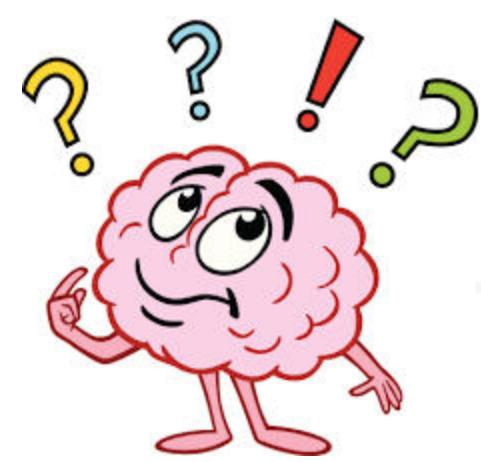
Team of The Month

CARPENTRY SECTION

1. There are Carpenters and helpers who comprise of permanent, contract & daily wage staff who attend to the maintenance complaint with respect to the carpentry related issues, round the clock.
2. They are also into major and minor civil works depending upon the work.
3. During the year 2020 some of the major and minor works which were carried out by our carpentry team are, Renovation of utility complex, setting up Fever clinic for Corona by creating aluminum cubical partitions in IP entrance, manufacturing of tables for ANNEX-3, renovation of Ortho & surgery OPD, IP entrance crib work, Creating aluminum cubical for blood bank, providing interior infrastructure for IT Department & various minor civil works.



THE TEAM: Standing L-R: Sagay Raj, Anthony Raj, Dominic Xavier, Susai Raj, Chinnaswamy, Mariyappa. **Sitting L-R:** Arulappa, Jerald Vincent, Devasagayam, Robert.



GREY *Matters!*



WHAT IS IN A PLACE? GEOGRAPHY IN MEDICINE!

1. I 'jump' from animals to humans aided by Culex and Anopheles and reside Down Under. Who am I?
2. I underwent a name change, thanks to the wrath of the Samurais. Water helps me spread and I cause gut upset. Who am I and what are my present and former names?
3. We are a deadly duo named after the place we reside in and ticks are our messengers. Although we are continents apart, our motto is to cause deadly disease. Who are we?
4. I help bacteria fight against antibiotics! My name maligned one of the popular medical tourism destinations of the world. Who am I?
5. I am 22 and am shorter than other normal 22s because an unfair deal with 9! Despite my shortness, I can kill. Who am I?



[CLICK HERE FOR ANSWERS](#)

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IG NOBEL



1997 – ENTOMOLOGY

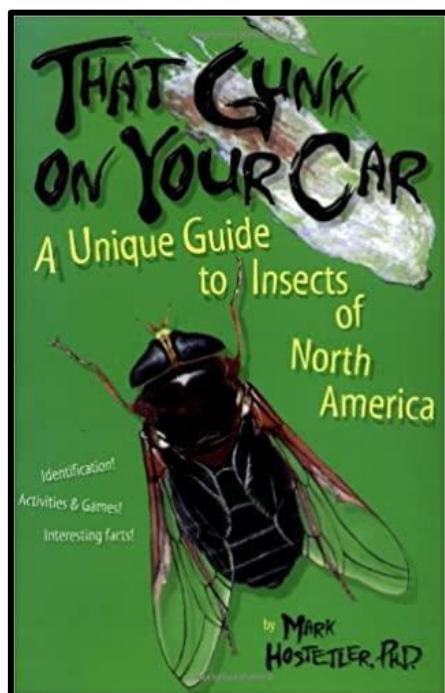
Mark Hostetler

Mark Hostetler of the University of Florida, for his scholarly book, “That Gunk on Your Car,” which identifies the insect splats that appear on automobile windows. [The book is published by Ten Speed Press.]

A review on Amazon said “*That Gunk on Your Car* is a seriously funny book filled with fascinating information about common insects, especially the ones you are most likely to find splattered on your windshield. Chapters are organized around the individual insects--ants, mosquitoes, grasshoppers, butterflies, crickets, midges--and include information on the natural history and life cycles of each and fun things you can do with the insects. *That Gunk on Your Car* would be an excellent parent/child participatory book: the lively text is easy to read and scientifically accurate.”



Mark. E. Hostetler



Rhyme Chime...

Bronchial Asthma

- Dr Om Prakash

(Emeritus Physician, St Martha's Hospital)

Asthma is an ancient disease,
It dates back to antiquity;
I shall relate its story,
If you'll listen patiently! (1)

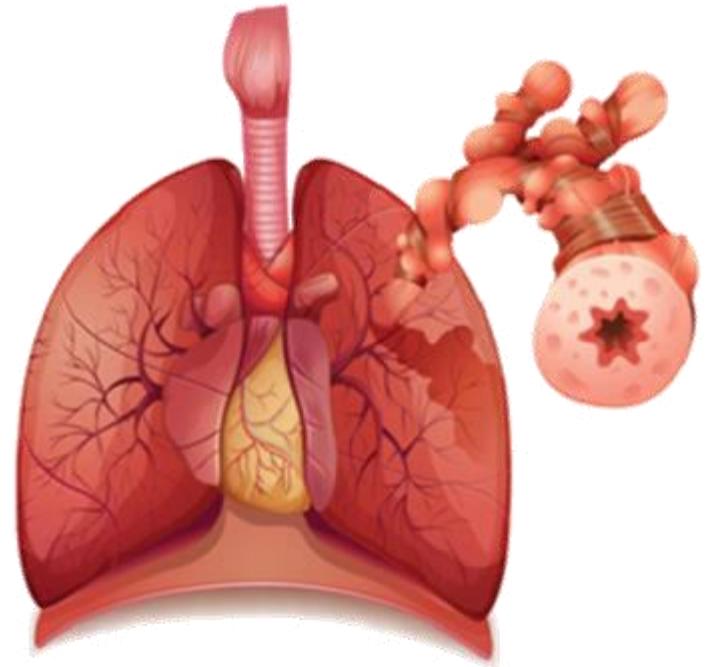
Maimonides, a man of wisdom,
Was known for erudition;
Even today his treatise
Is said to draw attention! (2)

Our own Charaka, in his Samhita,
Has given an excellent description
But alas, it is in Sanskrita,
About which I have no notion! (3)

In Greek, asthma refers to pant,
And they knew that wheeze
Can occur by walking up a slant!
Airways are subject to squeeze! (4)

A chap called B. Ramazzini,
Noted that grain handlers in ports
Suffer from asthmatic cough
More than other workers! (5)

Oh, people knew that bronchi
Were irritable and mucus flows,
Secretions, causing ronchi,
Allergy does not spare the nose! (6)



Treatment in stuffy rooms,
Was with herbal extracts
And anticholinergic fumes,
Patients like these acts! (7)

The plant called "Efedra"
Was the origin of ephedrine,
Used orally resulted quickly
In bronchodilation and relief! (8)

The famous William Osler,
Has among other things
A fine description of asthma
As well as the drugs in use! (9)

The last century has seen
Changes, theophylline oral
And parenteral lead the scene,
And being cheap and used by all! (10)

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Rhyme Chime...

Bronchial Asthma contd....

Strides in receptors, physiology
And pharmacology as well as
In allergy, immunology, cell,
Genetics and Molecular biology! (11)

The peak flow and spirometer,
CT scans and sputum cytology,
Add the blood gases to know
The degree of altered physiology (12)

Asthma and rhinitis are cousins,
And need close attention;
Experts and consensus meetings
Have given reams of notations! (13)

GINA is not a lady at all,
It refers to latest guidelines,
The results of experts' toil,
Understanding of all about asthma! (14)

In a nutshell we use Relievers and
Controllers, as airway obstruction
And allergic inflammation are the
Chief culprits in the asthma saga! (15)

Beta agonists are short and long
Acting, so are the muscarinic
Antagonists, which are used with
Sophisticated aerosols and DPIs! (16)

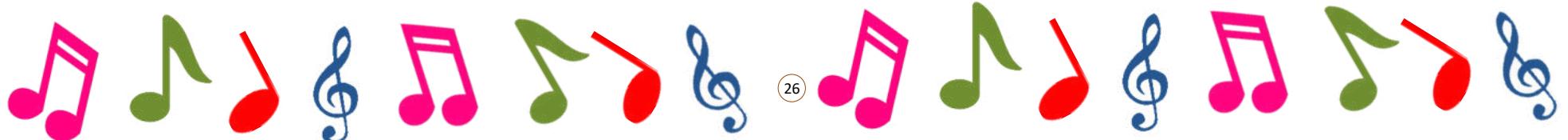
Therapy is based on severity and
Asthma control score, most
Cases need inhaled steroids
Added on as combinations! (17)

Research has led to phenotypes
And genotypes, to customize therapy,
Antibodies to IgE - the villain
Have proved very effective in some! (18)

I shall cease here and allow
You to heave a sigh
Of relief...if you are anyone
Other than a physician!! (19)



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THE QUOTABLE OSLER

Don't act superior.

Shun as most pernicious that frame of mind, too often, I fear, seen in physicians, which assumes an air of superiority, and limits as worthy of your communication only those with satisfactory collegiate or sartorial credentials. The passports of your fellowship should be honesty of purpose, and a devotion to the highest interests of our profession, and these you will find widely diffused, sometimes apparent only when you get beneath the crust of a rough exterior.



SIR WILLIAM OSLER



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



MEDICINE THIS MONTH

A Bird's Eye View.....

Interleukin-6 (IL-6) Receptor Antagonists in Critically Ill Patients with Covid-19.

Two recent open-label randomized trials of the IL-6 pathway inhibitor tocilizumab suggest a mortality benefit in severe COVID-19. Tocilizumab reduced in-hospital mortality among 800 patients who had started high-flow oxygen or more intensive respiratory support within the prior 24 hours (28 vs 36% with usual care alone). We suggest tocilizumab in addition to usual care for patients who recently initiated high-flow oxygen, noninvasive ventilation, or mechanical ventilation and for select patients on low-flow oxygen who are clinically progressing and have significantly elevated inflammatory markers

- REMAP-CAP Investigators. N Engl J Med. 2021

Anaerobic coverage for treatment of pelvic inflammatory disease (PID)

Anaerobic bacteria are frequently recovered from the upper genital tract of women with acute PID, but whether antibiotic regimens for PID should include anaerobic coverage has been controversial. In a trial of 233 women with mild to moderate PID who were treated with ceftriaxone and doxycycline and randomly assigned to additionally receive either metronidazole (500 mg BD) or placebo for 14 days, clinical improvement rates at three days were similar in the two groups. However, at 30 days, women in the metronidazole group had a lower rate of pelvic tenderness (9 vs 20%) and a nonsignificant trend towards a higher 30-day clinical cure rate (96 vs 90%). Adherence was similar in both groups. Given the potential additional benefits of anaerobic coverage, we now add metronidazole to standard outpatient therapy for PID.

- Wiesenfeld HC. Clin Infect Dis. 2020

ORIGINAL ARTICLE

Interleukin-6 Receptor Antagonists
in Critically Ill Patients with Covid-19

The REMAP-CAP Investigators*

ABSTRACT

BACKGROUND

The efficacy of interleukin-6 receptor antagonists in critically ill patients with coronavirus disease 2019 (Covid-19) is unclear.

METHODS

We evaluated tocilizumab and sarilumab in an ongoing international, multifactorial, adaptive platform trial. Adult patients with Covid-19, within 24 hours after starting organ support in the intensive care unit (ICU), were randomly assigned to receive tocilizumab (8 mg per kilogram of body weight), sarilumab (400 mg), or standard care (control). The primary outcome was respiratory and cardiovascular organ support-free days, on an ordinal scale combining in-hospital death (assigned a value of -1) and days free of organ support to day 21. The trial uses a Bayesian statistical model with predefined criteria for superiority, efficacy, equivalence, or futility. An odds ratio greater than 1 represented improved survival, more organ support-free days, or both.

RESULTS

Both tocilizumab and sarilumab met the predefined criteria for efficacy. At that time, 353 patients had been assigned to tocilizumab, 48 to sarilumab, and 402 to control. The median number of organ support-free days was 10 (interquartile range, -1 to 16) in the tocilizumab group, 11 (interquartile range, 0 to 16) in the sarilumab group, and 0 (interquartile range, -1 to 15) in the control group. The median adjusted cumulative odds ratios were 1.64 (95% credible interval, 1.25 to 2.14) for tocilizumab and 1.76 (95% credible interval, 1.17 to 2.91) for sarilumab as compared with control, yielding posterior probabilities of superiority to control of more than 99.9% and of 99.5%, respectively. An analysis of 90-day survival showed improved survival in the pooled interleukin-6 receptor antagonist groups, yielding a hazard ratio for the comparison with the control group of 1.61 (95% credible interval, 1.25 to 2.08) and a posterior probability of superiority of more than 99.9%. All secondary analyses supported efficacy of these interleukin-6 receptor antagonists.

CONCLUSIONS

In critically ill patients with Covid-19 receiving organ support in ICUs, treatment with the interleukin-6 receptor antagonists tocilizumab and sarilumab improved outcomes, including survival. (REMAP-CAP ClinicalTrials.gov number, NCT02735707.)

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*A complete list of the REMAP-CAP investigators and collaborators is provided in the Supplementary Appendix, available at NEJM.org.

This article was published on February 25, 2021, at NEJM.org.

DOI: 10.1056/NEJMoa2100433

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FULL TEXT LINKS



[Clin Infect Dis](#). 2020 Feb 13;ciaa101. doi: 10.1093/cid/ciaa101. Online ahead of print.

A Randomized Controlled Trial of Ceftriaxone and Doxycycline, with or Without Metronidazole, for the Treatment of Acute Pelvic Inflammatory Disease

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Affiliations

PMID: 32052831 DOI: [10.1093/cid/ciaa101](#)

Abstract

Background: Anaerobic organisms are important pathogens in acute pelvic inflammatory disease (PID). The currently recommended PID regimen of a single dose of ceftriaxone and doxycycline for 14 days has limited anaerobic activity. The need for broader anaerobic coverage is unknown and concerns have been raised about metronidazole tolerability.

Methods: We conducted a randomized, double-blind placebo-controlled trial comparing ceftriaxone 250 mg IM single dose and doxycycline for 14 days, with or without 14 days of metronidazole in women with acute PID. The primary outcome was clinical improvement at 3 days following enrollment. Additional outcomes at 30 days following treatment were the presence of anaerobic organisms in the endometrium, clinical cure (absence of fever and reduction in tenderness), adherence and tolerability.

Results: We enrolled 233 women (116 to metronidazole and 117 to placebo). Clinical improvement at 3 days was similar between the two groups. At 30 days following treatment, anaerobic organisms were less frequently recovered from the endometrium in women treated with metronidazole than placebo (8% vs 21%, $p < 0.05$) and cervical *Mycoplasma genitalium* was reduced (4% vs. 14%, $p < 0.05$). Pelvic tenderness was also less common among women receiving metronidazole (9% vs 20%, $p < 0.01$). Adverse events and adherence were similar in each treatment group.

Conclusions: In women treated for acute PID, the addition of metronidazole to ceftriaxone and doxycycline was well tolerated and resulted in reduced endometrial anaerobes, decreased *M. genitalium* and reduced pelvic tenderness compared to ceftriaxone and doxycycline. Metronidazole should be routinely added to ceftriaxone and doxycycline for the treatment of women with acute PID.

Keywords: Pelvic inflammatory disease; anaerobes; metronidazole.

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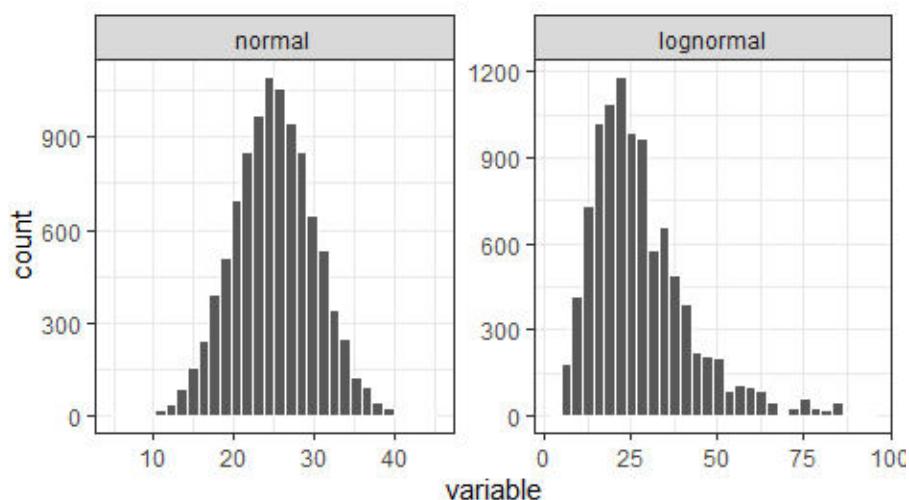
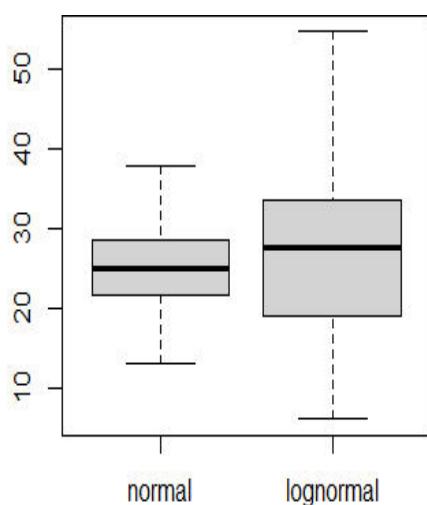


RESEARCH SNIPPETS

Check for symmetrical shape of data

Symmetrical shape of data is a crucial feature for choosing suitable statistical techniques for data analysis. The bell-shaped curve that is Normal Probability Distribution is a fundamental concept for any statistical inference. The parametric statistical inferences mostly rely on the assumption of Normal Probability Distribution. It is assumed that the population distribution of any measured data from which sample is drawn is normally distributed. It is expected for a random representative sample to exhibit characteristics same as the population. Hence shape of a measured trait of a random sample should be symmetric if population distribution of the trait is assumed to be normal probability distribution. Therefore prior to apply any statistical technique it is a mandate to check the symmetry of the sampled data. The following are few methods of checking validity this assumption.

- 1. Mean-Median:** For a symmetric curve mean, median and mode are same. Therefore, mean and median can be used as tool for checking normality assumption. If mean and median of the sampled data are close together relative to their scale of measurement, then shape of the data can be approximated by a bell-shaped curve.
- 2. Mean-SD:** For a normal distribution we often use a thumb rule which is $SD < \frac{Mean}{2}$.
- 3. Visual method:** For a symmetric curve the median line of a boxplot should be at the middle of the box or histogram should be look like bell-shape. The following box-whisker plot and histogram compare the same between normal vs log normal curve.

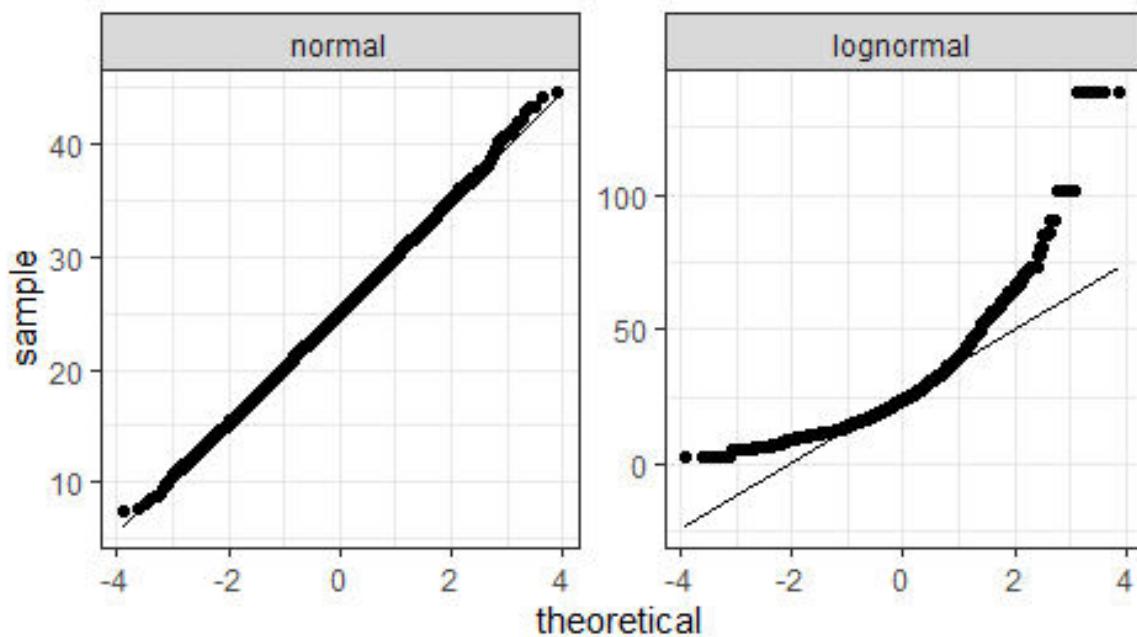


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RESEARCH SNIPPETS

Check for symmetrical shape of data

4. **Q-Q norm plot:** QQ Plot stands for Quantile vs Quantile Plot. It plots theoretical quantiles of normal distribution against the actual quantiles of sampled data. If our data follows a normal distribution, the quantiles of our data must be perfectly in line with the “theoretical” normal quantiles. The following QQ plot compares normal vs lognormal data.



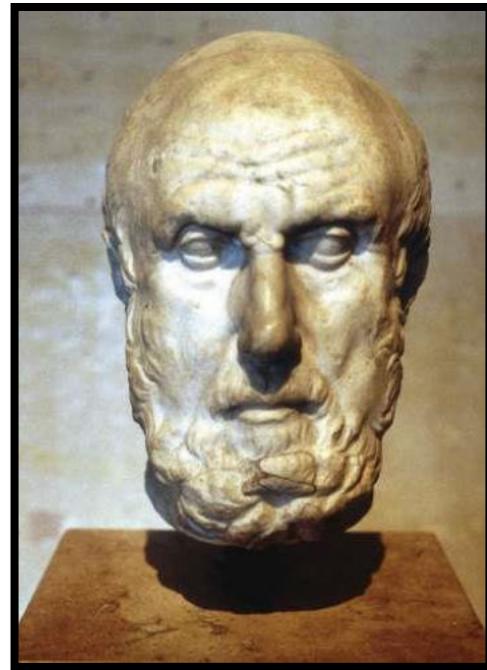
5. **Statistical test:** If the QQ Plot and other visualization techniques are not conclusive, statistical inference (Hypothesis Testing) can give a more objective answer to whether our data deviates significantly from a normal distribution. Such tests are as follows
- Kolmogorov Smirnov test**
 - Shapiro Wilk test**



Evolution Of Medicine

In the 5th century BCE Empedocles set forth the view that the universe is composed of four elements—fire, air, earth, and water—and this conception led to the doctrine of the four bodily humours: blood; phlegm; choler, or yellow bile; and melancholy, or black bile. The maintenance of health was held to depend upon the harmony of the four humours.

Medical thought had reached this stage and had partially discarded the conceptions based upon magic and religion by 460 BCE, the year that Hippocrates is said to have been born. Although he has been called the father of medicine, little is known of his life, and there may in fact have been several men of this name, or Hippocrates may have been the author of only some, or none, of the books that make up the Hippocratic Collection (Corpus Hippocraticum). Ancient writers held that Hippocrates taught and practiced medicine in Cos, the island of his birth, and in other parts of Greece, including Athens, and that he died at an advanced age.



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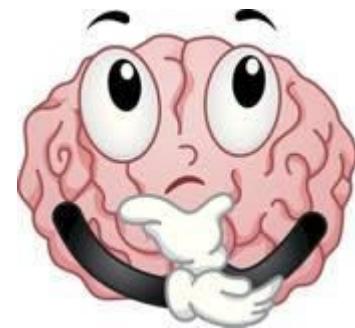
**What's Up?
@St John's Hospital**

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GREY Matters!

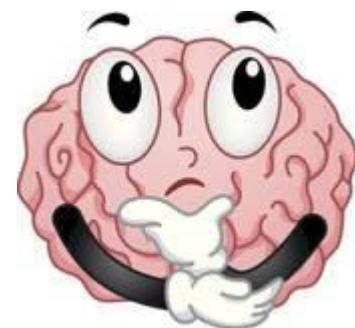


What is in a place- geography in
medicine!
ANSWERS

1. **River Ross Virus** endemic to Australia and Tasmania; spreads from kangaroos and wallabies to humans through mosquito bites
2. **Norfolk virus** [presently] and **Norovirus** [in the past!]. Nomenclature was changed in 2011 after concerns by Japan that Japanese children who had 'Noro' as their family name would be subjected to teasing because of the Norovirus.
3. Flavivirus [**Kyasanur forest disease**] and Rickettsia [**Rocky mountain spotted fever**]
4. **New Delhi metallo- beta-lactamase-I**
5. **Philadelphia chromosome**



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