

What's Zip? @St John's!

Issue 60, June 1st, 2022



4th Annual Research Day held on 13th May 2022 (PC: Dr. Dhinakaran)

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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 Sixtieth issue of “What’s Up? @ St John’s!” magazine today. The magazine was begun in August 2018, and has been regularly publishing for nearly four consecutive years. Considering the fact that the magazine covers updates pertaining to the entire academy and the editorial team has representation from all the institutions of academy, it was decided to rename the magazine as ‘What’s Up? @ St. John’s!’ instead of ‘What’s Up? @ St. John’s Hospital!’

We have two new talented members joining our Editorial team this month. Ms. Janet Sweety B, Assistant Professor, Department of Hospital Administration and Ms. Megha George from MBBS batch 2019, who is present Literary Secretary of Student Executive Committee. We thank Ms. Dhvani Ravi from MBBS batch 2018 for her active contribution to the Magazine till date.

Do not miss our exclusive interview of Rev. Fr. Jesudoss Rajamanickam, outgoing Associate Director of Finance.

The editorial team makes a sincere attempt to provide as many updates of the academy as possible. However, few of them might be left out, since we may not get to know about every happening or accomplishment. 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

Interview: Rev. Fr. Jesudoss Rajamanickam

Rev. Fr. Jesudoss, the former Associate Director of Finance, St John's National Academy of Health Sciences, is lauded for his role as an administrator managing day-to-day affairs during the COVID-19 pandemic. He is also credited with a significant infrastructural revamping in the academy in the last seven years. On the day of his farewell, despite his hectic schedule, Father talks to Dr Archana S and Dr Joe Amalan and shares his thoughts.



Could you take us through your journey towards St John's?

I was born on Christmas and was the family's ninth child. I was constantly motivated to be a priest from my birth, and that mindset and my behavior also changed accordingly. I learned a lot from my family, a simple but pious family. My initial journey towards priesthood was not really successful. I struggled to study because of the language barrier since I had studied in government schools. But I realized failure is the steppingstone to success. I tried again, and by divine providence, I got into Seminary as the first candidate in the newly-created Diocese Shivagangai in 1987. They asked me to go home since I was struggling to study. Convinced that I would not become a priest, I packed my suitcase, and when I was about to leave, my Director called me to come back. He said I was a good boy but poor in studies and he gave me a second chance, and I became a priest because of this.



Interview...

I went on to study Philosophy at Madurai Kamaraj University. It was then I realized that I could also study and I could do something. Later that year, my father died. After this, I was sent to Pune, where only the best candidates were sent. I don't know what they saw in me. But I went and studied there. When I was about to become a priest, I lost my mother. Like this, I had many ups and downs.

After returning from Pune, I spent two years in the small Parish as an assistant and then became secretary to Bishop. To pursue higher studies, I was sent to the Netherlands. There I learned Dutch, and I communicated everything in Dutch. I had a good time with good people there. After my studies and my Ministry, I came back to India. I was sent to a Seminary to be a financial administrator. I got a call from the Archbishop to apply to St. John's for the post of ADF. I applied, gave an interview, and got selected. I am not a Chartered accountant like my predecessor, not an engineer or a technician. But I had the openness and common sense to learn. The trust bestowed on me by the Church of India to be the ADF of a great institution was sufficient for me to work with enthusiasm, openness, and transparency.

Now talking about the management of COVID pandemic what was going on in your mind during the COVID crisis?

The only thing that came to my mind was- If not we, then who? I am thankful to all the doctors, nurses, and technicians for their work. We motivated them in whatever way possible. We didn't bother about the expenses. That's the reason we could admit more patients. Also, we converted all potential spaces in the hospital into wards to increase bed capacity. Corporates generously supported us from their CSR funds to help us set up more ICUs, ITUs, and wards. It's a God's Providence. Before the COVID crisis, we set up a liquid oxygen plant. It was just on time, and we could help more patients because of this. We worked day and night. Many people may not know that our oxygen plant people had sleepless nights to make the infrastructure ready. We were able to stock medicines without much problem. All these efforts helped us in caring for more people. I remember we admitted close to a thousand patients on one day during the peak of COVID. We had the space, capacity, and capable people; therefore, we could do it.



How did you prioritize things during COVID?

Our first priority was our health care workers. Annex 3 was evacuated specifically for this purpose. We provided accommodation, food, and medicines that were available then. Our priority was to take care of our people to take care of patients.

Can you tell us about difficulties in procuring PPE during COVID time and how it was overcome?

In the last week of March 2020, we did not know what PPE was before the first wave, so we arranged for a sample PPE that cost around Rs 3,500. In the beginning, our requirement was estimated to be 100 PPE per day. It was coming out to be costly for our patients. We had this innovative idea of making PPE using the CSSD wrapper. The blue-colored material had lesser GSM, but still, we decided to try. We called our tailor Mr. Ravi from laundry. We were there as a team, the CMS, and CNS we asked him if he could make PPE similar to the sample. He said he would give it a try. The next day, we were delighted to see PPE that was even better than the sample. People came to see how we were making it. Staff from NIMHANS also visited to learn this. I think we made more than a lakh PPEs along with masks during this period.

St John's is one of the hospitals that did not face oxygen shortage during peak COVID. What was done to avert the consequences of oxygen shortage?

It was really a divine providence. We had placed two big storage tanks for the LMO. This was ready just before the pandemic. Surprisingly, we got all the necessary approvals on time and set up four oxygen storage units. We were able to get more than 40 KL tankers through that we were able to supply.

One must really appreciate your negotiating skills concerning the hospital canteen. We have seen how it was before and how it is now. How did you do that?

Perseverance. Yes, talking, talking, and making them understand our values. Initially, they were very aggressive. Towards the end, they yielded after realizing what we were asking them. With a polite manner, without any conflict, we made them understand the importance of this institution. They supported us and exited peacefully without any complications.



Your most memorable time in St Johns?

All seven years. My entire time here was enjoyable in the sense that I enjoyed my work, and we had an excellent team. We have achieved so many things. We achieved this because of the freedom that we received from Rev Father Paul and trust from him and others. That's amazing. And cooperation from all departments helped me immensely.

What are your future plans?

I am open. I am always satisfied with the job I get. I never ever thought I would be an ADF in such a great institution. I rely on God; tomorrow, whatever I may get, I will accept it happily even if it is in a small village. With facilities or without, I can accommodate myself. I am not sure where I go. Whatever comes to me, I will take it wholeheartedly.

Parting message for the Johnite family.

It's a great institution. People here are committed. Whoever comes to this campus should leave with satisfaction. This satisfaction comes because our doctors and staff find meaning in working here. Otherwise, many would not have remained here for such a long time. We don't usually see specialty doctors staying for 30-35 years when they can earn much more outside. Their staying here means the atmosphere, the responsibility, the openness, and the opportunities which are distinctive to St John's. This responsible freedom is unique to this institution. That is why; I am confident that St John's can take up any challenge and emerge successfully.



Farewell...

Farewell to Rev. Fr. Jesudoss Rajamanickam the Outgoing Associate Director of Finance



Rev. Fr. Jesudoss Rajamanickam completed his term of service as Associate Director Finance in St. John's National Academy of health sciences on 31st May 2022. He served one year as Assistant Director of Finance and six years as Associate Director of Finance and Treasurer of the CBCI Society for Medical Education.

The St. John's family, express gratitude and appreciation for his invaluable service to St. John's.

Thank you Fr. Jesudoss!



Updates this Month...

Rev. Fr. Tony A. J., MSFS, New Associate Director of Finance



Rev. Fr. Tony A.J, MSFS was installed as the New Associate Director of Finance and Treasurer of the CBCI Society for Medical Education on 31st May 2022.

Congratulations and Best Wishes



World Hand Hygiene Day

5th May 2022

The World hand hygiene day is commemorated on May 5th every year by the World Health Organisation to raise awareness among people across the globe about the importance of hand hygiene in preventing infections. Theme for this year is- "**Unite for safety: clean your hands**".

This year the HICC team of St John's Medical College Hospital celebrated this important day by creating awareness among general public and the hospital staff. Following is a brief description of the activities that were conducted -

A Skit on Hand Hygiene was performed by staff nurses and ward clerks of the hospital in the OPD foyer. Following this, the Chief of Medicine Services, Dr Arvind Kasturi with the HICC team reinforced the importance of hand hygiene to the gathering in Kannada, Hindi and English. Different steps of hand hygiene were emphasized by an ingenious dance routine by the nursing team.

Throughout these activities, the public were encouraged to provide their feedback and perceptions about hand hygiene.

- a) A lady explained her experience with COVID-19 and reminded the importance of hand hygiene in prevention.
- b) A child volunteered to demonstrate the 7 steps of hand hygiene with the help of nurses.

During the afternoon of the same day in the ICU, the doctors and nurses and nursing aides of the department conducted a role play in the department of critical care medicine highlighting the importance of hand hygiene. Common scenarios in the ICU where hand hygiene is often missed were highlighted. Prizes were handed over to the members of the audience for active participation in the role play. All the health care workers in the department also joined hands together and collectively pledged to improve hand hygiene practices for better patient safety. Each of the bedside the hand sanitizer bottles in the ICU were labeled to highlight the importance of the event.

Acknowledgement: Dr. Savitha Nagaraj,
Professor, Department of Microbiology



Health Related Day...

In continuation of this, Dr Merlyn Joseph, Infection Control Officer, presented the hand hygiene audit findings for doctors and highlighted the gaps to the hospital faculty during the Friday clinical meeting on 6th May.

"When a health facility's quality and safety climate values hand hygiene and infection prevention and control, this results in both patients and health workers feeling protected and cared for." WHO



Updates this month...

Achievement in SPORTS

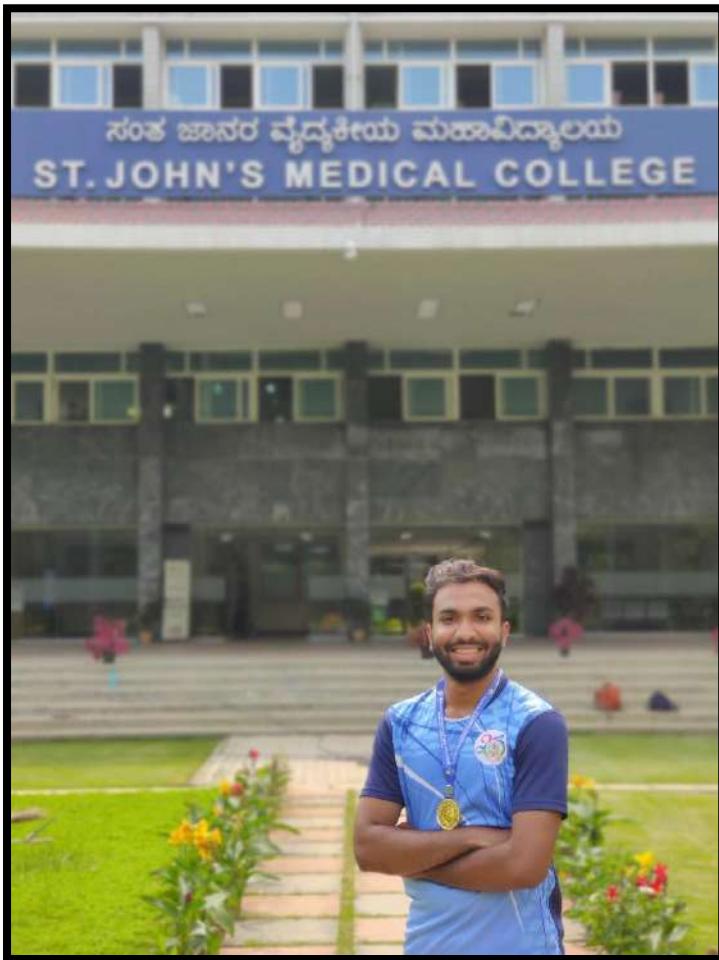


St. John's Medical college football Team participated and secured Runners up position in the RGUHS State level inter collegiate Football tournament held from 21st to 25th April 2022 at Gadag institute of medical sciences - Gadag, Karnataka. The team was guided under Mr. Ramanjinappa. M, HOD, Physical Education and Sports, St. John's Medical College.

St. John's Medical College Hockey team participated and secured Runners-up position in the KMC-Manipal Sports event, held from 11th to 17th April 2022. The team was guided under Mr. Ramanjinappa. M, HOD, Physical Education and Sports, St. John's Medical College.



Achievement in SPORTS



Mahatma Gandhi University, School of Physical Education and Sports Sciences, Kottayam, Kerala has organised the South Zone Inter University Football (Men) Championship 2021-22 held between 5th-10th January 2022. Mr. Moin Shariff- PG Student from the Department of Hospital Administration, St. John's Medical College, represented the Rajiv Gandhi University of Health Sciences for the National level South Zone Football Championship event.

Acknowledgement: Ms. Janet Sweety, Assistant Professor, MHA

Annual Sports Meet of SJCON, 2022

10th May 2022



As part of the Nurse's week celebrations, the Annual Sports Meet of St. John's College of Nursing, 2022, was organized on May 10th, 2022. The day began with the inaugural ceremony. Rev. Dr. John Varghese, ADH, SJMCH was the chief guest of the day. The executives of the academy also graced the occasion. An impressive March past was performed by the 4 groups of SJCON: Lotus, Lilly, Rose and Jasmine. The chief guest received the general salute, unfurled the flag and the groups were formally introduced to the chief guest.



Health Related Day...

The first year BSc nursing students showcased a drill that mesmerized the crowd. The day was filled with varied sport activities , that included the 100-, 200- and 800-meter races, long jump, badminton, chess, caroms, relay, shot put, inter house throw ball, javelin and discuss throw. Fun games were organized for the teachers and students and included lemon and spoon, brick walking, tug of war and blindfolded drawing.

Every year, the sports day has the traditional throw ball competition between the SNA and TNAI. This year, the TNAI bagged the prize.

The valedictory ceremony was presided over by Rev Sr. Ria Immanuel, CNS, SJNAHS. The prize winners were felicitated, and the sports meet was declared closed.



International Nurses' Day

12th May 2022



International Nurses Day is celebrated around the world every year on 12th May, the anniversary of Florence Nightingale's birth. The theme for this year was, ***“Nurses: A Voice to Lead - Invest in Nursing and respect rights to secure global health”***. St. John’s College of Nursing began the celebrations of nurse’s week on May 6, 2022 with the official theme opening. Mrs. Eugene Alexander, NS,SJMCH was the chief guest of the day and she introduced the theme of the year. The Director , SJNAHS, Fr Paul Parathazham presided over the function and emphasized on the importance of nurses being vocal about their rights and speaking up for what is right. The week was adorned with competitions, fun games and sports for the staff and student nurses.



Health Related Day...



The weeklong celebration came to an end on May 12, the nurse's day. The day began with the Holy Eucharist and Dr. John Varghese, ADH, SJMCH was the main celebrant. The public function was at 3 pm. The chief guest of the day was Dr. Fatima D' silva, Dean, NITTE Usha institute of nursing. She spoke about the importance of nurses realizing their self worth and striving to be confident & competent. The president of day Rev Fr. Jesudoss Rajamanickam, ADF, and SJNAHS, addressed the nurses & spoke about the vital and divine nature of the role the nurses' play in the hospitals. The ceremony came to an end with cultural events organized by the staff and student nurses of the academy.



Health Related Day...

DHWANI RAVI AND PARVATHI RAM YOUNG TALENT!

Dhwani Ravi and Parvathi Ram from the final year MBBS batch (2018 batch) participated in the state level Indian Psychiatric Society quiz and placed third in the state finals held in Subbaiah Institute of Medical Science, Shimoga. We congratulate them on this achievement!!



Dr POOJA RS: COMMUNITY MEDICINE A GOLD MEDALIST - RGUHS!!



Dr Pooja RS received a gold medal for securing highest marks in M D Community Medicine under Rajiv Gandhi University of Health Sciences (RGUHS). She received this during the 24th Annual Convocation, held at NIMHANS

Convention Centre on 30th April, 2022. The medal was present by the Hon'ble Governor of Karnataka, Shri Thawar Chand Gehlot, Dr. Bharati Pravin Pawar, Hon'ble Union Minister of State, Ministry of Health and Family Welfare, Government of India, Dr. K Sudhakar, Minister of Health and Family Welfare and Medical Education, Government of Karnataka and Dr. M K Ramesh, Vice-Chancellor of RGUHS.

We congratulate her on her achievement and wish her luck for future endeavors.



Updates this month...

World Lupus Day

9th May 2022



This year 3rd year B.Sc. nursing students organized a health education program in view of World Lupus Day in collaboration with the Department of Immunology and Rheumatology that is celebrated on 10th May. The programme was held on 9th May 2022 in the OPD foyer of SJMCH, Bangalore. The dignitaries present were Dr. Vineetha Shobha, HOD, Dr. Ramya, Asso. Prof from the Dept of Immunology & Rheumatology, Dr. Arvind Kasthuri, CMS, Sr. Ria Emmanuel, CNS, Prof. Reena Menon, Principal SJCON, Sr. Dr. Prasada, Vice Principal-UG, SJCON.

The program was inaugurated by the guest of honour by watering a sapling. The theme of this year was **“Lupus in Colors”**. A skit was performed and appropriate AV aids with pictures were used to provide better information to the audience. At the end of the program Dr. Ramya addressed the gathering on the importance of following appropriate treatment methods for Lupus. This was followed by a question-and-answer session with the audience by Dr. Vineetha Shobha. The Health Education program concluded with the vote of thanks



Updates this month...

4th Annual Research Day

13th May 2022



The fourth annual research day of St. National Academy of Health Sciences [SJNAHS] was held on 13th May 2022. The theme for this year was ***“Research and Innovation in Healthcare”***. The single day event was inaugurated by Rev Fr. Jesudoss Rajamanickam, Associate Director-Finance, SJNAHS in presence of Rev Dr. Charles Davis, Associate Director, SJMC & SJRI, Dr. George D Souza, Dean SJMC, and Dr. Tony Raj, Dean SJRI. Dr. Tony Raj provided an overview and mission of research day. Rev Fr. Rev Fr. Jesudoss Rajamanickam and Rev Dr. Charles Davis also spoke on the occasion stressing on importance of research in health care.

As seen in previous years, there was overwhelming response to the “call for abstracts” with 91 abstract submissions from faculty and students across the academy, despite the short notice. Of the submissions 28 were selected by two independent reviewers for oral presentations and the remaining for poster sessions. Prizes were awarded for the best oral and poster sessions in each of the category.



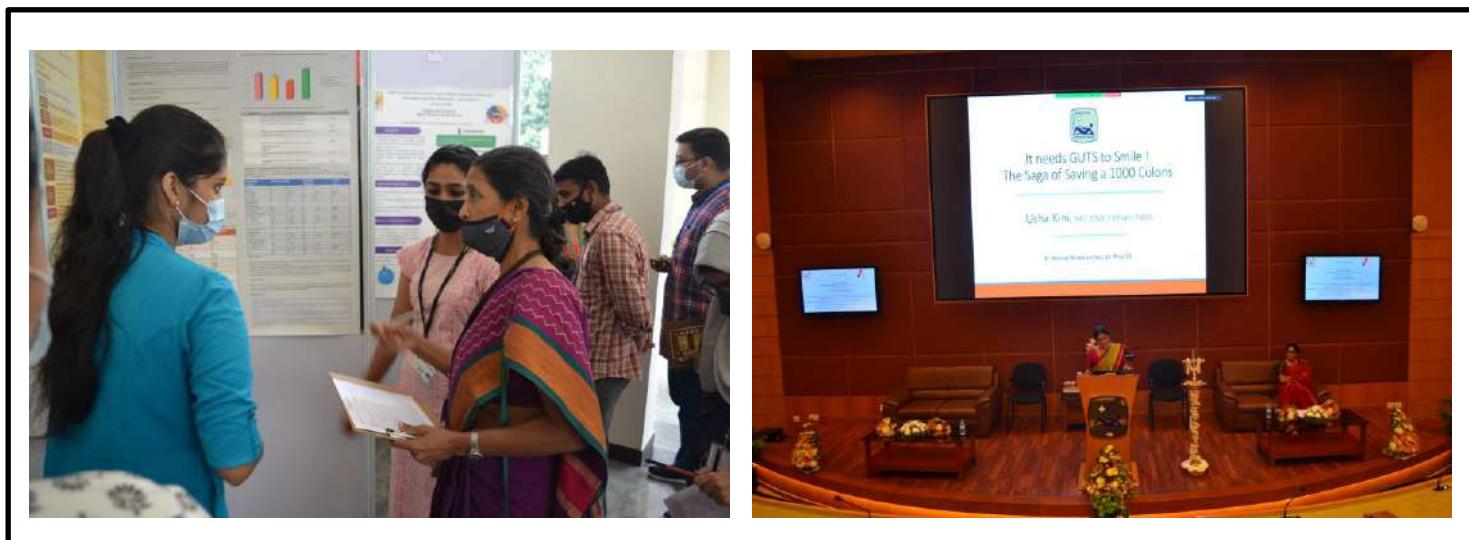
Updates this month...

An important part of the research day program are the keynote addresses and Kiruba Shankar Memorial Oration. This year, the keynote addresses were by Dr. Usha Kini, ICMR Professor Emeritus, Dept of Pathology, St. John's Medical College Hospital Bangalore who shared her journey of "***The Saga of Saving a 1000 colons***" and Ms. Deepanwita Chattopadhyay Chairman and CEO IKP Knowledge Park Genome Valley, Hyderabad and Koramangala, Bangalore who spoke about "***recent trends in healthcare innovation***".

The Kiruba Shankar Memorial Oration was delivered by Prof. T. Sundararaman Former Executive Director, NHSRC Former Dean, School of Health Systems Studies, TISS, Mumbai. Prof Sundararaman spoke on "Implementation Challenges in Primary Health Care- Learnings from NHM and Ayushman Bharat".

All the talks and oral presentations can be viewed on the SJRI you tube channel. The link for viewing photographs (Link below). Faculty, staff, and students from all the units of the academy participated with enthusiasm in all the events conducted during the day.

The program concluded with prize distribution for the winners and acknowledging the speakers, chairs, oral and poster presenters as well as the work of the organizing committee members under the leadership of Dean and the Vice-Dean of SJRI.



Click here for All the Talks and Presentations



Pictures

Acknowledgement: Dr. Anil Vasudevan, Professor, Head, Paediatric Nephrology



Updates this month...

4th Annual Research Day

Winners of Oral and Poster Presentations

ORAL PRESENTATION			
SENIOR FACULTY			
Sl No	Name	Dept/Div	Prize
1	Dr. Vineeta Shobha	Clinical Immunology & Rheumatology	1 st Prize
2	Dr. Nivedita Kamath	Paediatric Nephrology	2 nd Prize
3	Dr. Srilakshmi Adhyapak	Cardiology	3 rd Prize
JUNIOR FACULTY			
1	Dr. Soumya Reddy	Paediatric Nephrology	1 st Prize
2	Dr. Shubashree Karat	Ophthalmology	2 nd Prize
3	Dr. Taniya Anto	Physiology	3 rd Prize
UNDER GRADUATES STUDENTS/ OTHERS			
1	Mr. Reuben Praharsh Kumar	Clinical Immunology & Rheumatology	1 st Prize
2	Ms. Zoha Sadaqat	SJRI - Cell Biology Lab	2 nd Prize
3	Ms. Sharada Patil	SJRI - Molecular Medicine	
MEDICAL AND NON-MEDICAL POSTGRADUATES			
1	Divya Swaminathan	SJRI - Mental Health & Neurosciences	1 st Prize
2	Ashitha S.N.M.	Psychiatry	2 nd Prize
3	Mihika Noronha	Dermatology & leprology	3 rd Prize

Congratulations!!



Updates this month...

4th Annual Research Day

Winners of Oral and Poster Presentations

POSTER PRESENTATION			
PROFESSORS, ASSOCIATE PROFESSORS, ASSISTANT PROFESSORS			
SI No	Name	Dept/Div	Prize
1	Dr. Rakesh S Ramesh	Surgical Oncology	1 st Prize
2	Dr. G R K Sarma	Neurology	2 nd Prize
3	Jananee Muralidharan	General Medicine	3 rd Prize
TUTOR, RESEARCH ASSOCIATE, POST DOCTORAL FELLOW			
1	Fathima Ayoob	Biostatistics	1 st Prize
2	Sulagna Bandyopadhyay	SJRI - Nutrition	2 nd Prize
3	Mrs.Jiffy N. Saji	Nursing - Fundamentals	3 rd Prize
POST GRADUATES AND UNDERGRADUATES, PH.D STUDENTS			
1	Bhavana Kumarswamy	Psychiatry	1 st Prize
2	Ann Maria Jose	Nursing - Child Health	2 nd Prize
3	Athira N D	CAREADD	3 rd Prize

Congratulations!!



Updates this month...

Arogya Mela (Mega health camp) 2022, Chikkaballapura

14th and 15th May 2022

The Bruhat Arogya Tapasane and Chikitsya Mela health camp was organized by Dr K Sudhakar Foundation in association with State Health and Family Welfare and Medical Education departments at Chikkaballapura in Karnataka on 14.5.2022 and 15.5.2022 at the SJC institute of Technology, Chikkaballapura. The camp offered free consultation, testing, diagnosis, treatment and referral to patients from economically weaker sections. Nearly two lakh people were reported to have registered at the camp.

A total of 100 institutions from across southern Karnataka, including 22 private hospitals, 13 private labs, 18 medical colleges, eight super-specialty hospitals, 15 eye hospitals, six Aayush institutions and 10 dental colleges participated in the event. Approximately 1,500 doctors, 1,500 nurses, 1,000 lab technicians and para medical staff were present at the camp. St. Johns Medical College and Hospital, Bengaluru (SJMCH) was one of the representative medical colleges at the health camp.

Dr B Ramakrishna Goud, Professor and his team from the Department of Community Health, SJMC coordinated the activity of the St John's team on both days of the camp, with backstopping support from the AMS-OPD and AMS-IP at the hospital level. The teams from St Johns Medical College Hospital left the campus at around 6.00 am to reach the camp site at Chikballapura at around 8.00 am on each day. The staff then reported to the nodal officers at the various stations at the camp site. Registered patients were sent to the respective medical or surgical consultants including the team from SJMCH.



Updates this month...

Kanakapura Camp

15th May 2022

St John's Medical College & Hospital (SJMCH) was invited to participate in a health camp conducted in Kanakapura Town on 15th May 2022 organized by the Local MLA. A team of 15 doctors including Faculty and Postgraduate residents from the Department of Family Medicine, Postgraduate residents from the Department of Community Medicine and interns from both departments travelled to Kanakapura to participate. Dr Hemavathi D, Assistant Professor at the Department of Family Medicine coordinated the team on the ground with support from Dr Belinda George, the Associate Medical Superintendent- IP.



Updates this month...

St. John's Medical College Hospital was Felicitated on National Dengue Day

16th May 2022



An initiative by the Ministry of Health and Family Welfare, **National Dengue Day** is observed in the country on May 16, every year. It is aimed to create awareness about Dengue and to intensify preventive measures and preparedness for the control of disease in the country before transmission season starts

This year, St John's Medical College Hospital was felicitated by BBMP and Ministry of Health and Family welfare, Govt of Karnataka for St John's contribution to the National Vector Borne Disease Control Program (NVBDCP) on 16th May 2022 at the event organized at BBMP Head office.

Dr. Sitalakshmi S, AMS, Lab Services, Dr Rashmi Rodrigues, Associate Professor, Dept of Community Health, Dr Reshma, Dept of General Medicine and Ms Pushpa, Head, Medical Records Dept attended the program



Updates this month...

WORLD THALASSEMIA DAY

21th May 2022



World Thalassemia Day is marked annually on 8th May to raise awareness about the disease. As part of 'World Thalassemia Day', The Department Paediatric Haematology Oncology & BMT in association with the Department of Medico Social Work, St. John's Medical College Hospital, Bengaluru, jointly organized a program on 21st May 2022 to honor those who have Thalassemia and other blood-related disorders.

The program was held in the Mini Auditorium, on the 21st May, and was attended by over 140 patients and relatives.

The program was inaugurated by Rev. Fr. John Thekkekkara, Associate director of the hospital. The proceedings began with an invocation by the students from College of Nursing followed by the welcome address by Dr. Jyothi, Associate Professor, Department of Paediatric Haematology Oncology and BMT and the lamp lighting ceremony by the dignitaries. Dr. Anand Prakash (Professor and Head of Paediatric Haematology Oncology and BMT) delivered an introduction to the program and its theme "**Be Aware. Share. Care. Working with Global Community to Improve Knowledge on various Blood Disorders**".



Updates this month...

He also stressed on the treatment and its cure involving blood transfusion and Bone Marrow Transplant. The special address for the program was given by Dr. Sitalakshmi (Professor and Head, Transfusion Medicine), Dr. Fulton D'Souza (Professor, Department of Paediatrics) delivered the key message for the program.

In order to raise awareness on Thalassemia, Students from St. John's College of Nursing and Dr. Poornima (Associate Professor, Department of Paediatrics) presented a mime. It was a commendable performance which left a lasting impact on the audience. Dr. Jyothi M (Associate Professor, Department of Paediatric Haematology Oncology and BMT) delivered the vote of thanks for the program.

Cultural and Recreational activities including dance and games were held for the participants. Mrs. Vidya Shenoy and Mr. Sushil Jay from One Move team delighted the whole audience with their mesmerizing performance. A talent show by '**Thalassemia Warriors**' was held through which children showcased their potential while also encouraging their friends to live happily and confidently. They were all honoured with a token of appreciation.

Medico social work student trainees conducted different games for these children as well as their family members engaging them in different group activities.

Post lunch, on a closing note, Mr. Gagandeep Singh Chandok, President of Thalassemia and Sickle Cell Association, Bengaluru, delivered a message about the Thalassemia Society and its contribution to people living with Thalassemia and their family members.



Physiotherapy in Hemophilia

This month the discussion is role of physical therapy in hemophilia. Hemophilia is an inherited bleeding disorder. The blood clotting is impaired due to absence or deficiency of a clotting factor protein. These inherited conditions are best treated by an interdisciplinary team. Physical therapy management is crucial in hemophilia as one of the most common manifestations is joint and muscle bleeding. Physiotherapists are an integral part of the team as they are experts in managing musculoskeletal issues.

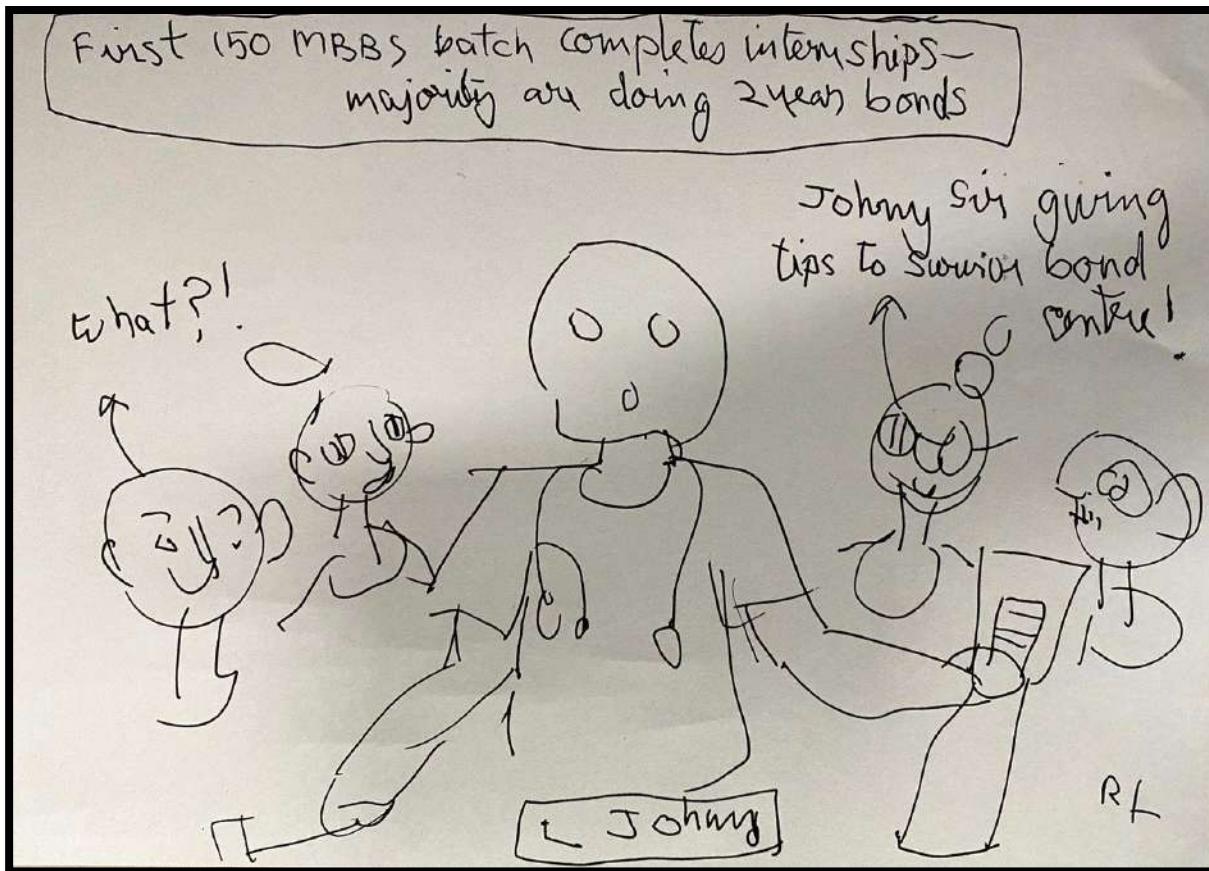
With relation to “exercise in hemophilia”, a physiotherapist would perform a detailed assessment as the prescription varies greatly patient-to-patient. The prescribed exercises should suit patient’s goal and the ability. Incorrect prescription can lead to more harm than good, hence should be done only by a physiotherapist working with PWBD (People with Bleeding Disorders). A physical therapist is involved from the time of diagnosis, and participates in assessment, treatment and education. The assessment includes various outcome measures specific to hemophilia. Followed by the treatment which is based on the phase the patients is in, the goals, and proactive rehabilitation (reducing the incidence of bleeding in joints and muscle)

A pioneer physical therapist, Kathy Mulder, associated with Canadian Physiotherapy Association (CPA) was the first female and the first physiotherapist to chair the Musculoskeletal Committee of the World Federations of Hemophilia (WFH). There are multiple guidelines given by her and CPA including a clinical pathway guideline that released in 2021 that guides physiotherapist in prescribing exercises during different phases of hemophilia. The main guidelines are from Canadian Physiotherapist in Hemophilia Care (CPCH), World Federation of hemophilia (WHF) and by American Physical Therapy Association (APTA). Pamela Narayan is a consultant physiotherapist in India and musculoskeletal project lead in hemophilia Federation (India). The role of a physiotherapist cannot be more emphasized in hemophilia. It has gradually gained the position of an “essential” service in patients with hemophilia.

“Treatment for all” - WFH



L Johnny



Art by: Dr. Rakesh Ramesh



Picture on the background of front page.
PC: Dr. Rakesh Ramesh



'On the Team'

- Dhvani Ravi, MBBS 2018

When I joined in first year back in August 2018, What's Up had just started off about a month prior, yet as a new entrant to the college it seemed like it had always been there, a beautiful newsletter that tied the institution together, and shared heartwarming stories, updates and facts with students and staff of the institution. As we entered our committee year in April 2021, I was beyond excited to volunteer to be a part of the team, to engage more students with the creation and consumption of the articles in What's Up.

It just so happened that we started our journey at the peak of the devastating second wave of the pandemic. When the world and the hospital were seeing relentless bleak days and nights, Dr. Avinash told me about some sparks of hope and extraordinary service among various teams at the hospital, who deserved to be highlighted in individual profiles and interviews. Thus began the student inputs to What's Up with the Unsung COVID Warriors of St. John's section.

As children, we are taught about the dignity of labour. Yet, it remains theoretical, until one takes the effort to speak to people from different stations. Working on this section gave us the unique opportunity to interact with security staff, housekeeping and maintenance staff, technicians, nurses, even the visiting postman over the year, in a more meaningful manner than the transactional conversations we have every day. We understood the hopes, dreams and aspirations of each of these members of the staff, integral to the functioning of the hospital and its COVID response and tried as best as we could to share their stories to be published in What's Up to the whole institution. I learnt the merit and power of journalism when Mr. Ananda, the security guard we interviewed first, received a special mention at the College Day ceremony for his outstanding work during the COVID pandemic!

Coordinating the student participation in What's Up has uprooted my acquired cynicism as well. I had come to believe that students would not participate unless there was something in it for them, yet through the year there was always some student, from some batch or course, who would be willing to do an interview and write up the article, even in the peak of the second wave when many students weren't even on campus, and during university exam season.



Student Reflections...

Later in the year, when we changed the student section to a section on Student Reflections, not one of the students I requested for an article declined to write, despite so many other commitments as the year went on.

Being an official part of the Editorial Team has also been an interesting opportunity to network with doctors from departments who rarely get the opportunity to interact with MBBS students during our course. From helping to set the quiz questions for Grey Matters in some issues, to helping to write a script for a video-making competition from Paediatric Nephrology, What's Up has given us more opportunities than I had ever expected, and I am beyond grateful that we could be a part of it.

Yet, the window has just opened, and the students' participation in What's Up will go strong as long as the Literary Secretary is an official member of the editorial team, which I hope will be for many years to come. I am so excited to see what this will blossom into, and how much more students can interact with staff through the pages of What's Up and beyond, in the following volumes and issues.





SURVIVOR'S CORNER

Dear Readers...

The section survivor's corner highlights story of a patient (challenging case) who was successfully treated and cured or rehabilitated in St. John's Medical College Hospital.

If you like to showcase such stories from your department please contact:

2

Dr. Saudamini Nesargi
saudamini.n@stjohns.in

Dr. Nivedita Kamath
nivedita.s@stjohns.in





SURVIVOR'S CORNER

“God’s Gift”

Mrs. S, delivered a baby boy weighing 790g at 27 weeks of gestation. The baby needed ventilation soon after birth, however the family did not want to care for the child. They were concerned about long term development, and despite repeated counselling, they decided to give up the baby to St. Johns.

The post graduate caring for the neonate named him Nathan and this is his story.



Nathan needed invasive ventilation only for a day followed by non-invasive ventilation for the next 5 days. He had repeated episodes of apnea requiring HFNC for almost the first 40 days of life. During this time, he was transfused with packed red cells twice. We had a suspicion of sepsis, fortunately blood cultures were all negative and little Nathan has only received 3 days of antibiotics in the entire 4 months that he has been at St. Johns.

As with any extreme preterm baby, screening for ROP (retinopathy of prematurity) was done, and this showed an aggressive form of ROP and he as required multiple laser therapy.

As we was such a small baby, Nathan desperately needed human milk which has been so generously donated to him by a plethora of other mothers' whose babies were admitted in the NICU (Neonatal Intensive Care Unit).

Nathan is now 4 and half months old, has tripled his weight, now weighs 2.4 kg and is a happy baby. All his screening tests for hearing, metabolic disorders, cranial ultrasounds and neurological parameters are all normal. We hope to send him to an orphanage soon where hopefully, he gets adopted.





SURVIVOR'S CORNER

Many thanks to the management for supporting this child, Ophthalmology for looking after his eye and the MSW department for co coordination they have done. What Nathan lost in his parents; he has gained in a whole family - the St. John's Family.





“PUTTING PEOPLE ON INSULIN IS A BIG SCAM”

The Issue: Since the last few years, a viral message has been circulating on WhatsApp and on other social media messaging services. The message has a background image of a newspaper cutting from the Economic Times, with a photo of Dr. Fiona Godlee, the former chief editor of the British Medical Journal (BMJ), with the caption “Putting People on Insulin is A Big Scam.”

In the foreground is a message – “Now the US doctors admit that HbA1C should be in between 7 to 8 is normal, this mean that if the sugar level is 250, then it is normal. Mean of PP and Fasting is 250, then you are no more diabetic.”

Dissection: It's important to closely examine what Dr. Godlee said in the article. She says putting diabetic patients directly on insulin without first prescribing lifestyle modification (medical nutrition therapy) is incorrect. Further she says, “I think it's a medical scam, an industry scam. Patients think that this is the best drug for them, and they need to pay for it or else they would die, and a very big group of people are vulnerable to it.” **It's important to note that she does not comment on diagnostic criteria such as HbA1c or sugar level cut-offs.**

In this article, Dr. Fiona Godlee wants to highlight the problem of the pharmaceutical industry's push to promote Insulin as a first-line medication for diabetes mellitus in lieu of guideline recommended effective options such as intensive lifestyle modification and oral tablets such as metformin and others. She highlights the fact that insulins earn large profits for industry and hence they have a vested industry in creating a notion among the diabetes patient community that insulin is vital for them and compel them to pay for it from their pockets.

However, she does not comment on diagnostic cut-offs for diabetes or even suggest that diabetes mellitus is a scam created by industry. The message in the foreground has not been alluded to by Dr. Godlee in the article.

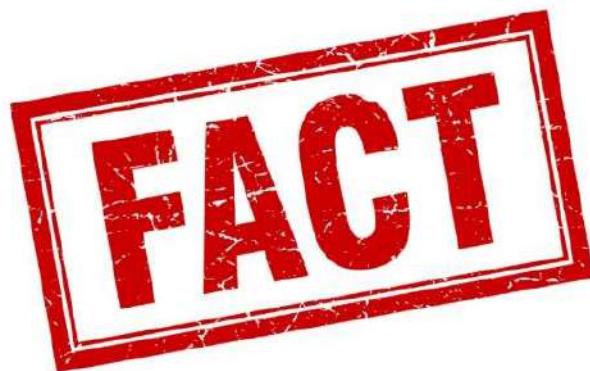




"INSULIN IS NOT A SCAM"

Facts:

- Based on accumulated evidence from decades of studies involving millions of patients, it is now reliably recognized that having an HbA1c > 6.5 with FBS > 126 mg/dL or 2-hour post-prandial level > 200 mg/Dl, puts a person at an increased risk of both short-term complications (e.g, Hyper-osmolar non-ketotic coma) and especially long-term complications (e.g, nephropathy, myocardial infarctions, neuropathy etc). These cut-offs are agreed upon by various global professional organizations and recommended by standard textbooks.
- An initial diabetes diagnosis warrants the prescription of lifestyle modification (medical nutrition therapy, exercise regimens) and simple, effective, evidence-based drugs such as Metformin and now Glucagon like peptide-1 (GLP-1) analogues. However, there is a role for insulin at the outset too – those who present at the outset with complications of diabetes or with high blood glucose levels with suspected poor sugar control (insulins may be given for a short duration before switching to oral sugar lowering drugs completely).
- It is true that pharma industry heavily promotes insulin. Doctors and medical professionals need to appraise the evidence for themselves and not rely on industry information alone.



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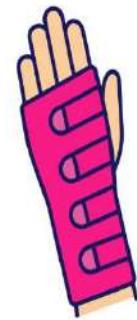




LAUGHTER IS THE BEST MEDICINE...



A friend took her son to the doctor's office after he sprained his finger. The nurse applied a splint, only to be told she'd put it on the wrong finger. "I'm sorry," she said. "That's OK," my friend's son said. "You were only off by one digit."



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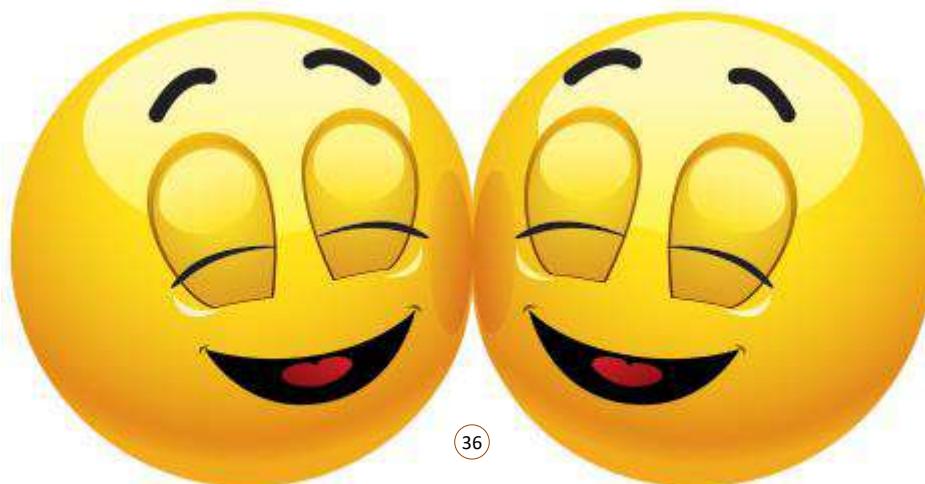
Therapist: I've concluded that you are incapable of describing your feelings.
Patient: I can't say that I am surprised!

What do you call someone who can't stick with a diet?

A: A deserter.



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Pavana Thomas and Sweta Srivastava (2022). MHC-II molecules present RhoC-derived peptides on the surface of tumour cells. bioRxiv 2022.05.15.492002;

doi: <https://doi.org/10.1101/2022.05.15.492002>

Available on:

<https://www.biorxiv.org/content/10.1101/2022.05.15.492002v1>

Translational and Molecular Biology Laboratory (TMBL), St. John's Research Institute (SJRI), St. John's Medical College, Bangalore-560034, India.

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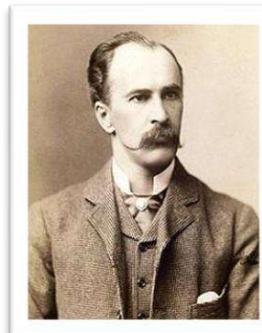
Ravindranadh Palika, Teena Dasi, **Santu Ghosh**, Rajini Peter, Devraj J. Prasannanavar, Anju Sinha Pradhan, **Anura V Kurpad**, Harshpal Singh Sachdev, Bharati Kulkarni, Raghu Pullakhandham. (2022). Efficacy of iron-folic acid treatment for reducing anemia prevalence and improving iron status in women of reproductive age: A one-year longitudinal study. Clinical Nutrition ESPEN, <https://doi.org/10.1016/j.clnesp.2022.03.016>

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<https://www.sciencedirect.com/science/article/abs/pii/S240545772200198X?via%3Dihub>

Department of Biostatistics and Physiology, St. John's Medical College, Sarjapur Road, Bengaluru, Karnataka, 560 034, India .

2



SIR WILLIAM OSLER

Charity is my commandment.

I had a deep conviction to the blessings that come with unity, peace, and concord. To each of you, my brothers, to one and all, through the length and breadth of the land - I give a single word as my parting commandment ... charity.

Say nothing and look wise.

Look wise, say nothing, and grunt. Speech was given to conceal thought

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

Did You Know?

Toughest Biological Material:

Darwin's bark spider is an orb-weaver spider that produces the largest known webs, ranging from 900 to 28,000 square centimetres (140 to 4,340 sq in), with bridge lines spanning up to 25 metres (82 ft). The spider was discovered in Madagascar in the Andasibe-Mantadia National Park in 2009. Its silk is the toughest biological material ever studied. Its tensile strength is 1.6 Gpa (Giga Pascal).

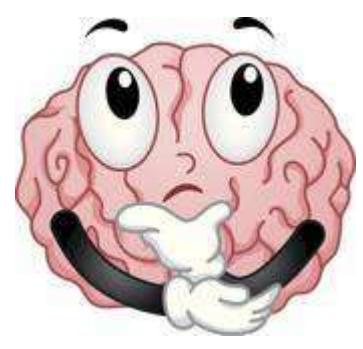


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GREY Matters!



1. The experiences of this noteworthy nurse while tending to wounded soldiers in the face of the American Civil War inspired her to create a famous organization. Name the person and the organization she founded



2. Name this Egyptian medical text which is the oldest known surgical treatise on trauma



3. Name the landmark surgical event depicted in this picture, the surgeon and the subject on whom the procedure was performed



4. The inventor of this apparatus was the first to apply the science of Germ Theory to surgery and establish the concept of aseptic techniques. Name the device and its inventor



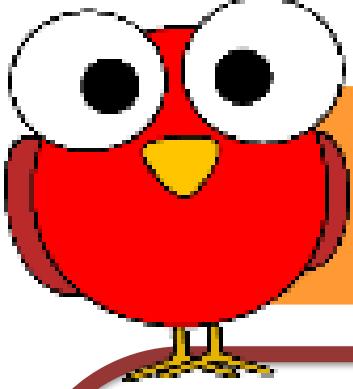
5. Name this duo who are famous for their theory on grief. What is their model known as?



[CLICK HERE FOR ANSWERS](#)

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MEDICINE THIS MONTH

A Bird's Eye View.....

CT or Invasive Coronary Angiography in Stable Chest Pain

In a trial that randomly assigned over 3500 patients with stable chest pain to initial coronary computed tomography angiography (CCTA) or invasive angiography, rates of cardiovascular events (cardiovascular death, myocardial infarction, or stroke) after 3.5 years were nonsignificantly lower in the CCTA group (2.1 vs 3%). Procedure-related complications were less frequent with CCTA. CCTA may be an appropriate diagnostic test for patients with stable chest pain and intermediate risk of CAD, particularly if they have a high risk of procedural complications

- DISCHARGE trial group, N Engl J Med. **Mar 2022.**

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Abstracts



Mesh choice for ventral hernia repair in clean-contaminated or contaminated wounds

The use of synthetic mesh in a contaminated field is controversial. In a randomized trial comparing synthetic with biologic mesh in 253 patients undergoing open retromuscular ventral hernia repair in a clean-contaminated or contaminated field, synthetic mesh did not increase infectious complication or overall surgical occurrence rates at two years follow-up, and it reduced hernia recurrence (5.6 vs 20.5%). Synthetic mesh was also substantially less costly. Both meshes were placed in the retromuscular position in this trial; surgeons who place meshes intraperitoneally may choose to stage the repair at a later time in a clean wound.

- Rosen MJ et al, JAMA Surg. **Apr 2022.**

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GREY Matters!



ANSWERS

1. Clara Barton, American Red Cross; 2. Edwin Smith Papyrus named after Edwin Smith, an Egyptologist who bought this book. Its original name was 'Secret Book of the Physician'; 3. First human heart transplant at Groote Shuur Hospital, Cape Town by Christiaan Barnard. The recipient was Louis Washkansky; 4. Carbolic steam spray apparatus, Joseph Lister; 5. Elisabeth Kübler-Ross and David Kessler. The Kubler-Ross model



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