

# What's Up? @St John's!

Issue 81, March 1<sup>st</sup>, 2024



Summer Time! PC: Dr. Rakesh Ramesh

## International Childhood Cancer Day 2024

### EDITORIAL TEAM:

Apoorva Laxmi, Archana S, Arvind Kasturi, Ananya R Sharma, Avinash. H. U, Deepak Kamath, Janet Sweetey, Jerin M James, Jyothi Idiculla, Nischitha R Rao, Nivedita Kamath, Rajkiran Raju S, Rakesh Ramesh, Richa K Jose, Santu Ghosh, Saudamini Nesargi, Sona Soni, Sowmya Kaimal, Sreenivasan N, Srilakshmi Adhyapak, Uma Maheshwari



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



# CONTENTS

<a href="#"><u>Message From The Editorial Team</u></a>	02
<a href="#"><u>International Childhood Cancer Day</u></a>	03
<a href="#"><u>School Away From School!</u></a>	05
<a href="#"><u>Congratulations to Postgraduates</u></a>	08
<a href="#"><u>MOU with University of Melbourne</u></a>	09
<a href="#"><u>CAR-T Cell therapy in St. John's</u></a>	09
<a href="#"><u>Integrated Village Development Project (IVDP)</u></a>	10
<a href="#"><u>ABSI CME on Breast Cancer</u></a>	10
<a href="#"><u>Breast and Oral Cancer Screening</u></a>	11
<a href="#"><u>Dr. Bindhu Mathew - Congratulations</u></a>	12
<a href="#"><u>Pioneer's Awards 2024</u></a>	12
<a href="#"><u>Student Reflections – St. John's guide</u></a>	13
<a href="#"><u>News from Periphery – Snehalaya Hospital, Solur</u></a>	14
<a href="#"><u>Physiotherapists Corner – Fibromyalgia</u></a>	18
<a href="#"><u>Rhyme Chime – A Sunday Morning Walk</u></a>	19
<a href="#"><u>IgNobel</u></a>	20
<a href="#"><u>Quotable Osler and Did You Know?</u></a>	21
<a href="#"><u>Medicine this month</u></a>	22
<a href="#"><u>Research Snippets – Bland Altman Analysis</u></a>	23
<a href="#"><u>Story of Medicine – Acupuncture</u></a>	25
<b><a href="#"><u>Obituary Note</u></a></b>	26
<a href="#"><u>L Johny</u></a>	27

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



# MESSAGE FROM THE EDITORIAL TEAM

**Dear All!**

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

The present issue is dedicated to ‘International Childhood Cancer Day’ which was observed on 15<sup>th</sup> February 2024. The Magazine is themed golden yellow to commemorate the same. We thank the Department of Paediatric Hematology and Oncology and Ms. Clera Lewis (MSW) for providing us an update regarding this day.

We have a lot of updates and interesting content from the campus. Do not miss to read the news from the periphery where you will know everything about Snehalaya Hospital, Solur.

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**



# INTERNATIONAL CHILDHOOD CANCER DAY

15<sup>th</sup> February 2024

February 15<sup>th</sup> is celebrated around the world as International Childhood Cancer Day. It is a day to raise awareness regarding Childhood cancers, the needs of the children and families, and what the community can do to support treatment and its cure. The Department of Pediatric Hematology-Oncology at St. John's Medical College Hospital celebrated International Childhood Cancer Day with great enthusiasm.

A public awareness program was conducted in the open area of Vihara. It was the first time such a public program happened outside the OPD and it was well received. The program began at 10 am with a welcome note by Dr. Anand Prakash. The main goal of the program was to provide support for children, survivors, and their families. The aim was to raise awareness about the challenges and issues that impact children and adolescents with cancer, survivors, their families, and society as a whole. It was emphasized that everyone must work together to ensure equitable access to better treatment for all children with cancer, regardless of their socio-economic status.

The Faculty and fellows of Dept of PHO, Dr Vandana Bharadwaj, Dr Somadeepa, Dr Jyothi, Dr Dhriti, Dr Lavanya and Dr Celestia delivered crucial information on common myths and facts regarding childhood cancer. They took into account the audience's diverse backgrounds and presented the information in Kannada, Bengali, Telugu, Hindi, Tamil and Malayalam.



## Health Related Day...

Their energetic efforts helped to create awareness on this critical issue. The Pediatric Oncology OPD and ward nurses, patients and parents also attended the program.

Two NGOs working closely with the department of Paediatric Oncology, Cuddles foundation and Cankids also participated in the program. The nutritionist from Cuddles foundation, Ms Akshata explained the importance of good nutrition during cancer treatment. Ms Padma from Cankids explained to the public the various Cankids initiatives like scholarships for children, financial support during treatment and the Home away from Home facility for cancer patients being run by Cankids. The public had many interesting and relevant questions which were answered by the medical team. All participants received a golden ribbon symbolizing solidarity with Childhood Cancer. A big thanks to the Management for the support for the venue and sound system for the program.



Acknowledgement: Ms. Clera Lewis,  
Medico Social Worker, SJMCH



*Updates this month...*

## SCHOOL AWAY FROM SCHOOL!

On January 25<sup>th</sup>, 2024, a new milestone was achieved in the Department of Paediatric Hematology - Oncology at St. John's Medical College Hospital. In collaboration with the Samiksha Foundation, the School Away From School for children with cancer was launched.

Samiksha Foundation is an NGO working to support Pediatric Cancer units with teachers. The purpose is to support children while on cancer treatment with regular classes so that they don't fall behind in school and are kept occupied while in the wards. Samiksha foundation supports hospitals to start learning centres to achieve this goal. The children who are battling cancer can now receive educational and creative support through the Learning Centre. The inauguration ceremony was held on January 25<sup>th</sup>, 2024, and was graced by the esteemed presence of Rev. Fr. Jesudoss Rajamanickam, Director, Rev. Fr. John Thekkekara, ADH, Dr Arvind Kasthuri, CMS, Rev Sr Ria, CNS and Founder and Trustee of Samiksha, Ms. Sandhya Sharad, and various other members of the team. The program began with the lighting of the lamp and a "Sarvadharmaparthana" invocation by the PHO team.



The learning centre is a place where children undergoing treatment for cancer and other life-limiting conditions can receive educational and creative support. By providing learning and creative activities, the centre aims to increase the happiness of these children. The centre operates every "**Tuesday and Friday**", from 10 am to 1 pm, for both OPD patients and children in the ward in the PHO department.



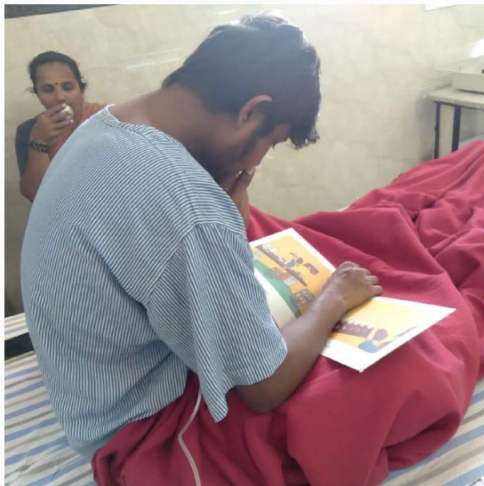
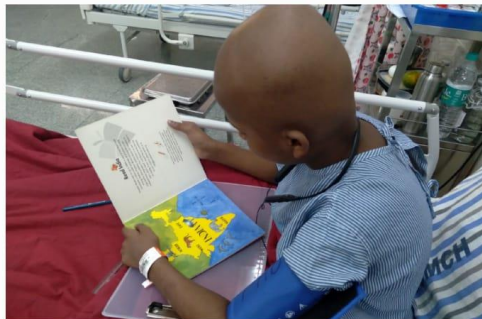
## Updates this month...

Many long-term survivors of cancer are at a disadvantage when it comes to their education due to the amount of school time they miss while receiving treatment. The aim is to help bridge this gap in their education by providing support while they are receiving treatment in the hospital. The team of teachers work to ensure that these students receive the education they need to reach their full academic potential and return to their appropriate grade level once their treatment is complete. They provide support for primary and secondary education, adhering to the standard school curriculum. Younger students receive group instruction, while older students receive one-on-one support.

Our donor, Mr. Cyril from The Open Arms Foundation, has generously transformed a classroom into a vibrant and welcoming space for children to learn. The walls have been painted in a child-friendly manner, creating an atmosphere that is both fun and conducive to learning. Our students now have a classroom adjacent to the Pediatric Oncology ward that inspires and motivates them to learn and grow. Many thanks to the Management of St. John's, Mr. Sachin - HOD of MSW Department, Mr Joy (Volunteer in MSW), Mr Kenson – SW, PHO for making this dream a reality.

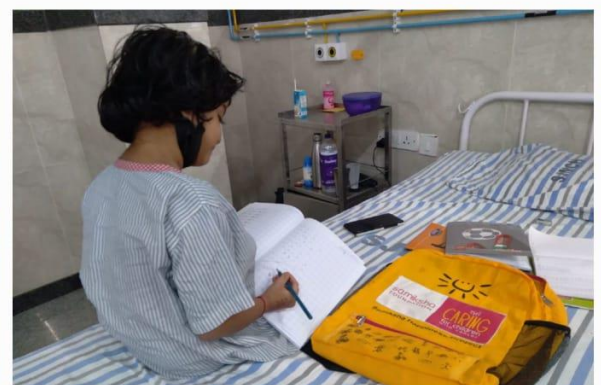
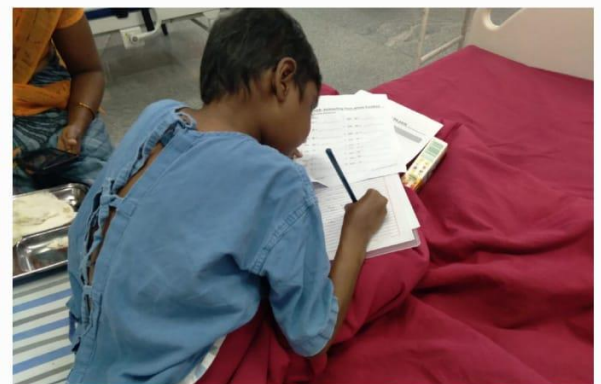


Updates this month...



## SCHOOL AWAY FROM SCHOOL!

**Do visit our school room and volunteer your time with our children!!**



Acknowledgement:  
Ms. Clera Lewis,  
Medico Social Worker,  
SJMCH





*Updates this month...*

## CONGRATULATIONS to all Postgraduates who recently cleared their University Exams!!

Postgraduate students from various departments at SJMC have scored university ranks! A hearty congratulations to the students and their departments! We couldn't be prouder! The following are the names of the students:

- **Community Medicine:** Dr. Jeganish (1<sup>st</sup> rank), Dr. Soumya Surendran (3<sup>rd</sup> rank), Dr. Nithin Chakravarthy (5<sup>th</sup> rank), Dr. Claudia Merlin A (6<sup>th</sup> rank), Dr. Reubel Coates (8<sup>th</sup> rank), Dr. Rose J (9<sup>th</sup> rank)
- **Psychiatry:** Dr. Shawn (1<sup>st</sup> rank)
- **Anesthesia:** Dr. Shruti (4<sup>th</sup> rank)
- **Paediatric Surgery:** Dr. Dyan D'Souza (1<sup>st</sup> rank)
- **Radiation Oncology:** Dr Arkaja Tripathy (1<sup>st</sup> rank) and Dr Hadrian Noel (5<sup>th</sup> rank)
- **Physiotherapy:** MPT Pediatrics- Ms Sandra S (4<sup>th</sup> Rank) MPT MSK- Ms Divya Rastogi (5<sup>th</sup> Rank) MPT Community Health- Ms Rynsha Shalon D'Souza (5<sup>th</sup> Rank).
- **Gastroenterology:** Dr Devamsh (1<sup>st</sup> Rank) Dr Tameem (3<sup>rd</sup> rank) and Dr Pavan Kumar (4<sup>th</sup> rank)
- **Neurology:** Dr Swathi (2<sup>nd</sup> rank) and Dr Sucharithra (5<sup>th</sup> rank)
- **Gynecology oncology:** Dr Surabhi S (2<sup>nd</sup> rank)
- **Plastic Surgery:** Dr Anirudh (6<sup>th</sup> rank)
- **Pharmacology:** Dr Shifra (3<sup>rd</sup> rank)



*Updates this month...*

## St. John's signed MOU with University of Melbourne

On 6<sup>th</sup> February 2024, St. John's National Academy of Health sciences and University of Melbourne signed an MOU. The objectives are collaboration in research, Sister Mary Glowrey Scholarship Program, teaching programs, exchange of academic staff, mobility of PhD students and post doctoral fellows and organization of lectures and symposia.

Prof. Nathan Grills (Faculty of medicine, dentistry and health sciences- Academic Director, India and Public health), Ms Miriam Cahir (Faculty of medicine, dentistry and health sciences, Director of International Partnerships), Prof. Lynette Joubert- (Social work and former head, dept of MSW), Ms Nicole Bishop (Research Collaborator) and Mr. Hyun Min (Deputy Consul General, Australian Consulate) & Ms Michelle Wade (Commissioner –South Asia, Global Victoria) visited St. John's for this purpose.



Acknowledgement: Dr. Deepthi Shanbhag, Community Health

## CAR-T Cell Therapy in St. John's

### Department of Medical Oncology

14<sup>th</sup> February 2024, St John's Medical college signed an MOU with ImmunoAct for offering CD19 CART cell therapy to relapsed and refractory B cell malignancies. This cellular therapy using CAR-T cells is the first Indigenous CART developed at IIT Mumbai and Tata Memorial Hospital. We would like to thank our director and the entire administration to have entered into this agreement with ImmunoACT. This is indeed a niche therapy.

Dept. of Medical oncology initiated the first CART cell infusion at St John's on 22nd February 2024, within the ambit of a phase1/2 clinical trial. The infusion of BCMA CART was done for a relapsed refractory myeloma patient.

Acknowledgement: Dr. Hari Menon,  
Professor and Head, Medical Oncology



CONTENTS



*Updates this month...*

## Integrated Village Development Program (IVDP)

17<sup>th</sup> February 2024, St John's Medical College Hospital, Integrated Village Development Program (IVDP) and St Louis Hospital, Krishnagiri signed a MOU for cancer screening and treatment of IVDP patients from Krishnagiri and surrounding villages.

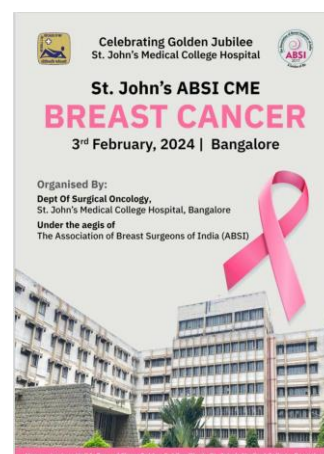


## ABSI CME on Breast Cancer

### Department of Surgical Oncology

St John's ABSI CME on Breast Cancer was inaugurated by Rev. Fr Jesudoss (Director, SJNAHS) on 3<sup>rd</sup> February 2024. CME was organized by the dept of Surgical Oncology in association with Association Of Breast Surgeons of India (ABSI). Faculty included eminent national and international speakers. It was well attended by more than 200 participants.

During the CME a poetry on Breast Cancer written by senior surgeon Dr CS Rajan was released by the Director along with Dr Govind Babu, senior Medical Oncologist and alumni of St John's. Former HOD's of Surgical Oncology Dr Suraj Manjunath and Dr. Shivakumar were felicitated during the CME.



Acknowledgement: Dr Rakesh S. Ramesh,  
Professor and Head, Dept. of Surgical Oncology.



*Updates this month...*

# Breast & Oral Cancer Screening and Awareness Camp

Hospital Cancer Registry

14<sup>th</sup> February 2024

Breast & Oral Cancer Screening and awareness camp was organized by Integrated Village Development Program (IVDP) in association with St John's Medical College Hospital and St. Louis Hospital at Krishnagiri.



Acknowledgement: Dr Rakesh S. Ramesh,  
Professor and Head, Dept. of Surgical Oncology.



*Updates this month...*

## Dr. Bindhu Mathew received ICN Geneva Certification

St. John's College of Nursing

20<sup>th</sup> February, 2024

Dr Bindhu Mathew, Vice Principal, St John's College of Nursing, Dean RGU for Nursing, has received ICN Geneva leadership for change certification from Mrs Hekali Zhimomi, IAS, additional secretary Of Medical Education, Ministry of Health and Family Welfare, New Delhi.



**Congratulations!!**

## THE PIONEER'S AWARD FOR EXCELLENCE IN TEACHING - 2024

Kudos and Best wishes to all the teachers who made to this list. Hearty congratulations to Dr. Chaitanya H Balakrishnan, Department of Clinical Haematology for securing Rank one and Pioneer's Award.

Sl. No.	Name	Department	Rank
1.	Dr. Chaitanya H.Balakrishnan	Clinical Haematology	1
2.	Dr. Anthony Prakash Rozario	General Surgery	2
3.	Dr. Sanjiv Lewin	Paediatrics	3
4.	Dr. Sridar Govindaraj	General Surgery	4
5.	Dr. Mario Vaz	Physiology	5
6.	Dr. Sejil T.V.	Physiology	6
7.	Dr. Nachiket Shankar	Anatomy	7
8.	Dr. Soumya Umesh	General Medicine	8
9.	Dr. Suneetha Nithyanandam	Ophthalmology	9
10.	Dr. Naveen Ramesh	Community Medicine	10



## **St. John's Guide !!**

– *Shrisha J R, AHS MIT, 2017*

St. John's is a maze-like place where it's easy to get lost. The massive buildings, adorned with beautiful greenery and stunning sculptures, create a vibrant and optimistic atmosphere for outsiders like me. However, when I first arrived eight months ago, I found it challenging to interact with the numerous groups of people, being naturally reserved. It's peculiar, though, how each one of us has managed to bond and create a sense of home away from home.

The initial act of making friends among the MBBS and AHS students, as well as BSc and BPT, has made a significant difference in our lives. It's amusing how I've memorized the names of Apurba Shastry and Priya Ranganath, which seems like it will last for an eternity.

One of the most challenging aspects of my first year has been navigating the syllabus, which consists of just five subjects that I have to before my first internal assessment. Learning the function and structures, normal along with abnormal conditions. It's both overwhelming and pitiful to feel confused amidst these subjects. However, I've come to understand the events and experiences at St. John's are cyclical and full of enthusiasm. Whether it's bidding farewell to seniors, celebrating Autumn muse, singing jingle bell carols, or enjoying campus dinners, there is always something happening that brings cheerfulness to the campus. The imminent arrival of ICC adds to the excitement. Unlike MBBS students, the AHS students do not have a welcoming event like the Freshers' Day.

Despite the fastidious and competitive environment at St. John's, the green surroundings, the peaceful atmosphere of the library, and the presence of friendly dogs and cats provide serenity to our souls.

There's a saying that goes, "If you can't explain something simply, you don't understand it well enough." That's how St. John's has made me feel. I have evolved from being a newbie to a proud Johnite, and I can confidently say that the hype surrounding this place is absolutely worth it.



*From the Periphery...*

## SNEHALAYA HOSPITAL - SOLUR



Snehalaya Hospital, Solur started as a Convent in 1975 under the guidance of Fr. Peter Penwin, MEF, a French missionary and Archbishop Arogyaswamy of Archdiocese of Bangalore. After studying the socio-economic, cultural, and ecclesial situation of the place, the community was erected on 27<sup>th</sup> February 1979, with the aim of reviving and strengthening the faith of Catholics and to render healthcare to the people of Solur and the surrounding villages to promote life and human dignity. This mission was started by Rev. Sr. Esther Iori then Provincial Superior, with three pioneering sisters Sr. Armida, Sr. Dr. Maristella and Sr. Clement, as an offshoot of the Stella Maris Convent, Bangalore.

This mission started with humble origins initially as a dispensary. In 1977, the mission felt the need to open a rehabilitation center for human promotion and undertook construction of 75 residential houses for the poor alongside health outreach programs in two sub centers at Baraganahalli and Sugganahalli. Both centers continued activities until 2018. The mission continued its social rehabilitation program with setting up of an embroidery unit in 1978 for school dropouts and young girls. In 1979, with the construction of Snehalaya Hospital outpatients and inpatients services were started. Subsequently, a crèche for unwanted abandoned babies with adoption work came into inception. To promote self-respect, women empowerment and financial independence, Grihini Training School for young girls and women was started in 1980.



## *From the Periphery...*

As there were no formal schooling available at that time to educate the poor children in that area, a Capitanio Nursery School was started in 1982 supported by sponsorship program, which ran successfully till 2015, when Anganwadi Centers were started by the State Government. Health Aide course was started in 1983 for the young girls to have better future. Many of these programs unfortunately ran into a roadblock by 2019 with onset of the COVID Pandemic, logistic difficulties and non-cooperation of local population.

Dr. Sr. Maristella Saldanha was transferred to Kripalaya, Karikal Bhatkal after serving the hospital for 24 years and Dr. Sr. Gladys Menezes replaced her. The people of Solur remain grateful to Sr. Maristella for her selfless service and compassionate care. She left this world for her eternal reward in 2022. On November 28th, 2023, Sr. Dr. Gladys was transferred to Jyoti Health center, Mundgod and Dr. Sr. Mary Martis who succeeded took charge as the Chief Medical officer of Snehalaya Solur. Sr. Gladys was instrumental in setting up structural facilities as per the requirement and growth of the Institution.



Solur is a village in Magadi taluk of Ramanagara District in Karnataka State, about 45 km away from Bangalore, located between Kunigal and Nelamangala. Most of the patients visiting the hospital are daily wage laborers and farmers. However, the inherent poverty, unhealthy ways of living, alcoholism, smoking, tobacco abuse and deep-rooted beliefs in superstitions and traditional practices have posed huge challenges to provide quality outreach care.

### **CURRENT SERVICES PROVIDED**

Snehalaya Hospital, Solur belongs to the Sisters of Charity community (SCCG), comprising of 17 sisters, who are committed to attaining the goal of human promotion in and around Solur.



## *From the Periphery...*

Their Vision is to serve the suffering of humanity with love, compassion, and care by providing Holistic Health care services to all. 13 sisters are directly engaged in the Health care sector. The Governing Body of the hospital consists of Sr. Janet (Administrator, Superior of the community), Sr. Dr. Mary Martis (Chief Medical Officer), Sr. Shanthy Mary (Nursing Superintendent), Sr. Jose Mary (Hospital Supervisor) and Sr. Agnes (Financial Administrator). All departments including Medical services, Laboratory, Pharmacy, Medical Records, Housekeeping, and security are coordinated by the Governing Body. We have one resident permanent Obstetrics-Gynaecology consultant (Sr. doctor), while visiting consultants cover the departments of Paediatrics, Anesthesiology, Radiology and Surgery. Hospital has 40 in-patient beds with basic facilities. We try to render health care to the poor patients of the surrounding villages at affordable cost, as there are not many good hospitals nearby. In 2023, 1429 patients were treated as inpatients and 18,300 patients as outpatients. In the same year, 394 normal deliveries and 242 LSCS were carried out, while 22,232 laboratory investigations were performed.



The hospital offers outpatient and in-patient services in General Medicine, General Surgery, Paediatrics, Obstetrics and Gynecology, with facilities like Ultrasound, Laboratory services, ECG, Pharmacy, Immunization services for children (Wednesday), and neonatal care (Phototherapy, NICU, Incubator care, Postnatal care). Emergency services are available round the clock. Every year, they train 15 girls as Health Aides, who help in fulfilling the healing ministry effectively.



## OUR COLLABORATION WITH ST. JOHN'S MEDICAL COLLEGE HOSPITAL

Snehalaya hospital is recognized by St. Johns Medical College for the MBBS graduates to pursue their rural obligation service. From 1987, several interns have come for their rural experience and rendered their dedicated service here. The Post-graduate residents and Interns from St. John's Medical College and nursing faculty and students aid them in the outpatient services, outreach programs, medical check-up camps & awareness programs on anemia, non-communicable diseases and HIV/ AIDS, which are conducted in the nearby villages. The management is grateful to Dr. Bobby Joseph, Vice-Dean, Community Outreach program, SJMCH for his valuable guidance, assistance and placement of bond-students for community service.



**FUTURE PLANS:** The center is looking to expand their medical services and is seeking to collaborate to provide doctors as full time or part time consultants in General Medicine, Surgery, Orthopaedics, and Radiology departments. Plans are drawn to procure an X-ray Machine to provide basic radiology imaging services and to start blood banking facilities which would be very helpful for patients, considering their remote location.

### Contact details:

**Dr. Sr. Mary Martis**, Chief Medical Officer, Ph: 9886094612

**Sr. Janet D'Souza**, Hospital Administrator, Ph: 9449279667

Snehalaya Hospital, Solur Post, Magadi Taluk, Ramanagara Dist. Pin – 562127

**Curated by:** Dr. Rajkiran Raju S, Assistant Professor, Paediatric Surgery, SJMCH

**Acknowledgement:** Dr. Bobby Joseph, Prof & Head- Vice Dean (Community Outreach), Department of Community medicine, SJMC.



## Fibromyalgia

Fibromyalgia (FM) is a condition characterized by chronic, widespread musculoskeletal pain. Fatigue, cognitive disturbance, psychiatric and multiple somatic symptoms often accompany the disorder. Fibromyalgia has been said to have an unknown aetiology and uncertain pathophysiology although there might be a genetic predisposition. It is classified as a *central sensitization syndrome*. Amongst non-pharmacological interventions, Physical Therapy plays an important role in management of symptoms of patients with FM. The following are the different treatment modalities that a PT can administer for a patient with fibromyalgia.

Exercise plays a crucial role in FM. Studies have shown that physical exercise can reduce symptoms such as pain and fatigue in these patients. It was also seen that patients that exercise regularly exhibit better well-being compared to their sedentary counterparts, who share a negative self-perception of health. The type, frequency, intensity and duration is designed by a PT after careful examination. A balanced conditioning program for fibromyalgia patients can be extremely beneficial for these patients. Manual therapy techniques can also be incorporated into the treatment of these patients for pain relief.

Electro physical agents have also been shown to be alleviate pain. A systematic review with meta-analysis that evaluated the role of electrical modalities in fibromyalgia (acts through the activation of descending inhibitory pathways, from the midbrain and brainstem, to inhibit the excitability of nociceptive neurons in the spinal cord, thus reducing the pain), combined or not with other types of therapies, concluded that these types of intervention significantly reduced pain. Most importantly, health education is key for these patients. Patient education allows individuals diagnosed with fibromyalgia to actively participate in their treatment, providing substantial personal benefits and encouraging the adoption of behaviors that will lead to biopsychosocial well-being and the best possible quality of life.

Overall, PTs play a pivotal role in management FM and a structured exercise program designed by a PT becomes crucial in management of symptoms in individuals with FM. Keep calm & exercise on!



# Rhyme Chime...

## A Sunday Morning Walk

- Dr. Jyothi Idiculla

The serene lake beyond the rails  
Is a soothing view as the car trails  
Along the road filled with motors and bikes  
This is a sight which one always likes

As the sun rose on a Sunday morning  
To my mind came a sudden yearning  
To take a walk along the lake  
And to enjoy it without a break

The odour at the gate was far from sweet  
Emerging from heaped up peat  
On the cobbled walking track  
Canines were cuddled as a pack

All around the lake were weeds  
Mixed with scary big reeds  
Plastic cups and can were all around  
Paper strips and bags were also found

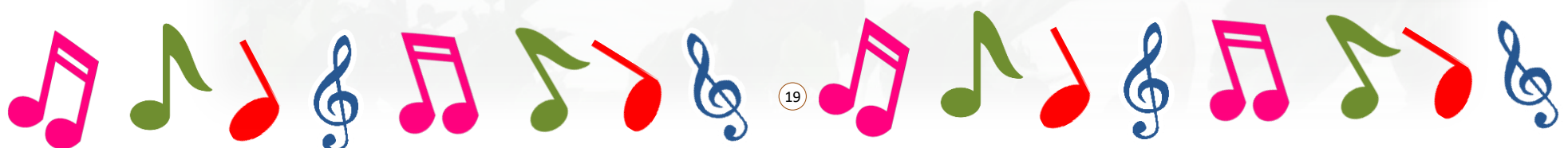
The rain had stirred the waters blue  
Into a murky mix of unknown hue  
The tardy waves came in tandem  
And some swans were seen at random

An occasional eagle found its prey  
Plunging in with a bubbly spray  
The hibiscus flowers were a delight  
In red, orange, pink, and shining bright

Bidding bye to the walking track  
Onto the slushy road I came back  
The distant green pines were a relief  
Only to see concrete above like a reef!



[CONTENTS](#)



# IG NOBEL



## 2000 – PEACE

### British Royal Navy

The British Royal Navy, for ordering its sailors to stop using live cannon shells, and to instead just shout “Bang!”



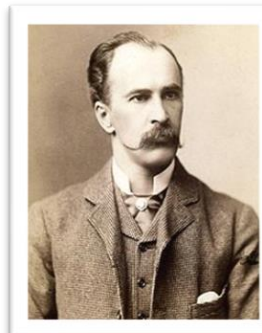
Economy Drive by United Kingdom in 2000, asked trainee gunners of Royal Navy to shout “bang” instead of firing live shells. Recruits at land-based HMS Cambridge near Plymouth, Devon, reportedly load shells and set their aim before shouting “bang” into a microphone.

This was done in the process to cut defense budget and apparently saved £5 million every year! However, at the cost of adequate training. The same was condemned.

REF: <https://www.improbable.com/ig/winners/>

REF: [http://news.bbc.co.uk/2/hi/uk\\_news/757788.stm](http://news.bbc.co.uk/2/hi/uk_news/757788.stm)





SIR WILLIAM OSLER

## Control the mind as a habit.

Control of the mind as a working machine, the adaptation in it of habit, so that its action becomes almost as automatic as walking, is the end of education - and yet how rarely reached! It can be accomplished with deliberation and repose, never with hurry and worry. Realize how much time there is, how long the day is. Realize that you have sixteen waking hours, three or four of which should be devoted to making a silent conquest of your mental machinery.



©Pinterest

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

## Did You Know?

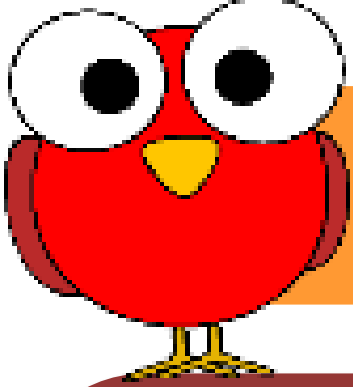
Weighing in at 0.05 to 0.07 ounces, with a head-to-body length of 1.14 to 1.29 inches and a wingspan of 5.1 to 5.7 inches, the bumblebee bat—also known as Kitti's hog-nosed bat—is the smallest mammal in the world, according to the Guinness Book of World Records. To see this tiny bat for yourself, you'd have to visit one of a select few limestone caves on the Khwae Noi River in Kanchanaburi Province of southwest Thailand.

REF: Readers Digest



©Mongabay





# MEDICINE THIS MONTH

*A Bird's Eye View.....*

## Statins for primary prevention of cardiovascular disease in persons with HIV

HIV infection is associated with an excess risk of cardiovascular disease. A randomized trial evaluated the efficacy of lipid-lowering therapy with pitavastatin for primary prevention in over 7700 persons with HIV  $\geq 40$  years of age receiving antiretroviral therapy who had a 10-year atherosclerotic cardiovascular disease (ASCVD) risk score  $< 15$  percent. Pitavastatin reduced the relative risk of major cardiovascular events (eg, myocardial infarction, stroke) by 35 percent compared with placebo; the trial was stopped early for this apparent benefit.

- Grinspoon et al. N Engl J Med. Aug 2023.




Click Here  
to Access  
Abstracts 

## Risk of reinjury following ACL repair

Despite advances in surgical techniques, the risk of reinjury following repair of a ruptured anterior cruciate ligament remains substantial, ranging from 5 to 15 percent depending on the patient's age and activities. According to a systematic review of 71 studies involving over 600,000 patients, factors associated with an increased risk for re-tear following surgery include male sex, younger age, preoperative high-grade knee laxity, return to a high activity level or sport, and concomitant medial collateral ligament injury. The modifiable factors identified highlight the importance of following a rigorous rehabilitation program and allowing time for complete healing before returning to sport.

- Zhao et al. Am J Sports Med. Sept 2023.



Click Here  
to Access  
Abstracts 

**CONTENTS** 

# RESEARCH SNIPPETS

## Bland-Altman Analysis

The Bland-Altman analysis, named after statisticians Martin Bland and Douglas Altman, is a statistical method used to assess the agreement between two quantitative measurements. It is particularly applied in comparing the agreement between two different methods of measuring the same variable. The analysis provides insights into the magnitude and patterns of disagreement, allowing researchers to evaluate the level of agreement and identify potential biases between the two methods.

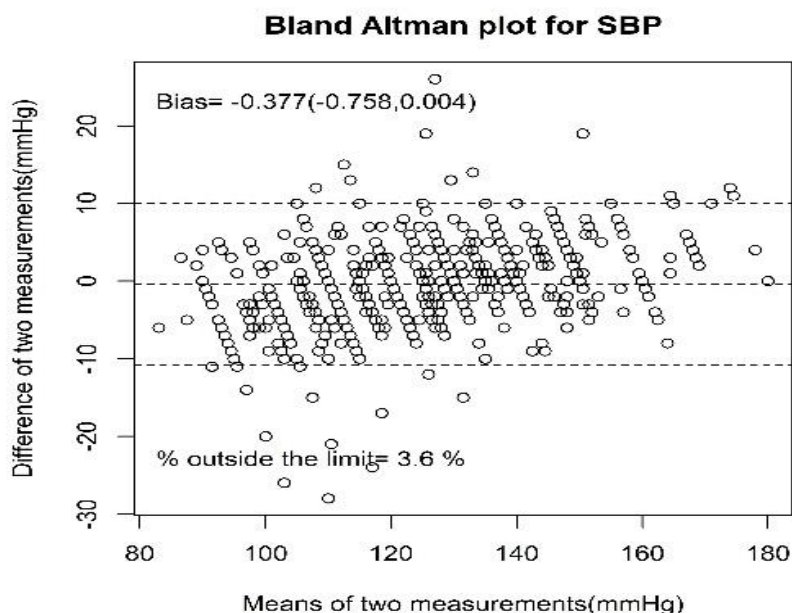
### Key Steps:

1. *Calculate the Differences:* Subtract the values obtained from one method from those obtained from the other for each observation.
2. *Calculate the Mean Difference:* Find the average of the differences.
3. *Calculate the Limits of Agreement (LoA):* Determine the standard deviation of the differences and multiply it by a chosen constant (commonly 1.96 for a 95% confidence interval). Add and subtract this product from the mean difference to establish the LoA.

### Interpretation:

- The mean difference represents the overall bias between the two methods.
- The Limits of Agreement provide a range within which most differences between methods are expected to lie.

Example: Let's assume we are comparing two methods of measuring blood pressure, Method A and Method B. The Bland-Altman plot would typically consist of:





# RESEARCH SNIPPETS

- **X-axis:** The average of the measurements from Method A and Method B.
- **Y-axis:** The differences between measurements obtained from Method A and Method B.

The Bland-Altman plot allows for a visual inspection of the agreement between the two methods, showcasing the spread of differences and helping to identify any systematic biases.

## Important Considerations:

- A narrow spread of differences suggests good agreement.
- Any trends or patterns in the plot may indicate systematic errors.
- Outliers should be carefully examined as they might highlight specific conditions or limitations.
- No of dots outside the limits of agreement <5% and negligible bias indicate good agreement.

In summary, the Bland-Altman analysis is a valuable tool in assessing the agreement between measurement methods, providing researchers with a comprehensive understanding of the level of agreement and potential sources of bias.



## Acupuncture

Acupuncture consists of the insertion into the skin and underlying tissues of a metal needle, either hot or cold. The theory is that the needle affects the distribution of the yin and the yang in the hypothetical channels and burning spaces of the body. The site of the insertion is chosen to affect a particular organ or organs. The practice of acupuncture dates from before 2500 BCE and is peculiarly Chinese. Little of practical importance has been added since that date, although there have been many well-known treatises on the subject.

A bronze model circa 860 CE shows the hundreds of specified points for the insertion of the needle; this was the forerunner of countless later models and diagrams. The needles used are 3 to 24 cm (about 1 to 9 inches) in length. They are often inserted with considerable force and after insertion may be agitated or screwed to the left or right. Acupuncture, often combined with moxibustion, is still widely used for many diseases, including fractures. Patients in the Western world have turned to acupuncturists for relief from pain and other symptoms. There is some speculation that the treatment may trigger the brain to release morphinelike substances called endorphins, which presumably reduce the feeling of pain and its concomitant emotions.



Acupuncture points, drawing from a Chinese manuscript; in the Bibliothèque Nationale de France.



*Obituary...*

## **Mr. ALLEN JOBI MENACHERRY**



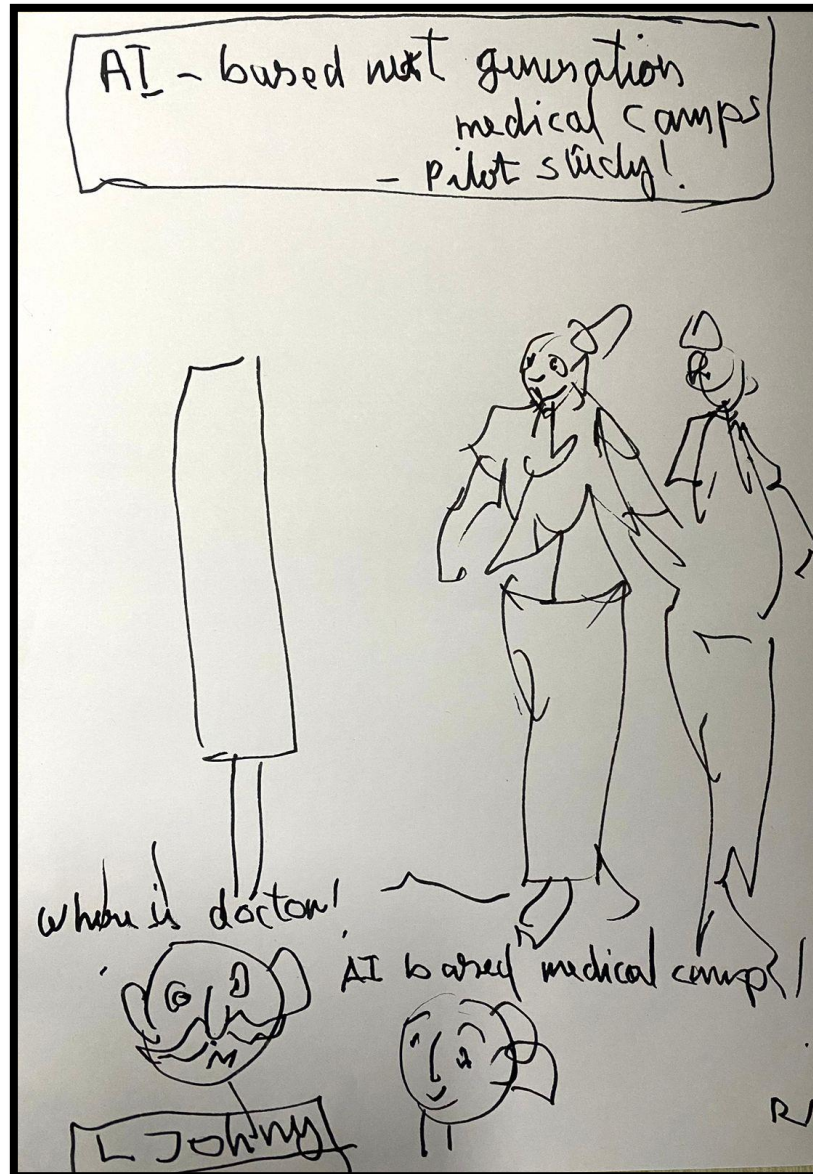
We are deeply saddened to inform you about the untimely demise of Mr. Allen Jobi Menacherry, a student from our MBBS Batch of 2020.

Mr. Allen Jobi Menacherry passed away on 11th February 2024. We extend our wholehearted condolences to his family and friends during this difficult time.

Our thoughts and prayers go out to Mr. Allen Jobi Menacherry's family and friends during this challenging time.



# L Johnny



Art by: Dr.  
Rakesh Ramesh

Do You Want to Access all the previous issues of  
the Magazine? CLICK BELOW



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

**DISCLAIMER: For Private Circulation and Academic Non-Commercial Purpose only**

**DO YOU HAVE ANY INTERESTING CONTENT TO BE PUBLISHED?**

Write to Dr. Avinash. H. U: [avinash.hu@stjohns.in](mailto:avinash.hu@stjohns.in)

