

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

Issue 83, May 2<sup>nd</sup>, 2024



**AMARYLLIS LILY blooms in the Garden Next to Library. (PC: Dr Prakash KM, Librarian, SJMC)**

## **WORLD AUTISM AWARENESS MONTH 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



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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 eighty third issue of “What’s Up? @ St John’s!” magazine today.

This month's edition coincides with two important health related events: World Social Work Day, observed on March 19th, and World Autism Awareness Month. We take this opportunity to acknowledge the invaluable contributions of our medical social workers and raise awareness about autism.

While the medical field focuses on treating illnesses, social workers play a crucial role in the holistic well-being of patients. Our Medico Social Work department plays a significant, often unseen, part in the healing process. Their dedication extends beyond medical care, addressing social, emotional, and practical challenges faced by patients and their families. In this issue, we recognize the Medico Social Work department as our "Team of the Month" and express our gratitude to Mr. Sachin K Thomas for sharing insights into their World Social Work Day activities. Their commitment to patient well-being deserves our highest praise.

Thanks to many of our readers, we have a lot of updates from the campus. Do not miss to read the news from the periphery where you will know everything about Shanthi Nilaya health care centre from TC Palya.

Additionally, we extend our heartfelt congratulations to the graduating classes of the Medical College and College of Nursing. May their futures be filled with success!

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**



# WORLD AUTISM AWARENESS MONTH

15<sup>th</sup> February 2024

April marks the observation of World Autism Awareness Month, a time dedicated to fostering understanding, acceptance, and support for individuals on the autism spectrum. Since its inception in 2007, when the United Nations adopted a resolution to recognize World Autism Awareness Day on April 2nd, this annual event was observed with the theme of **“surviving to thriving”**.

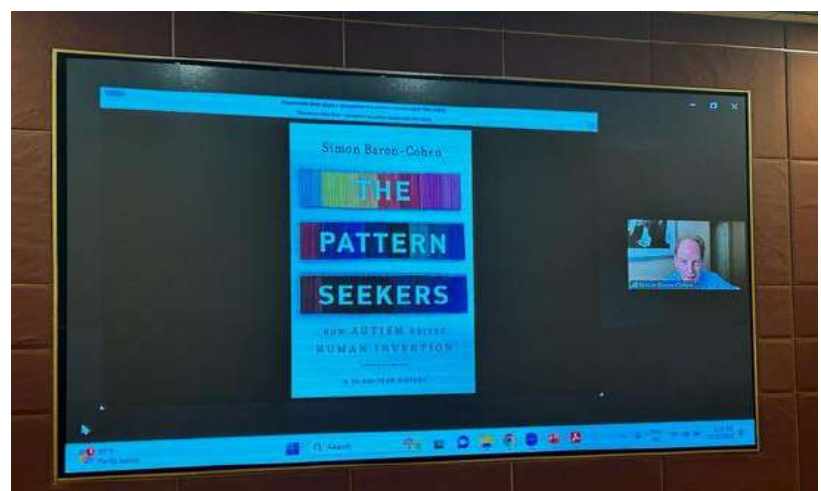
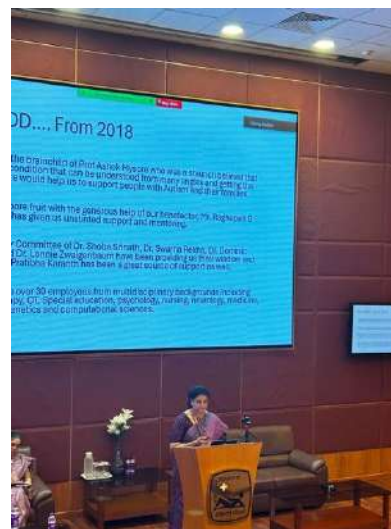
Through April 2024, the Center for Advanced Research and Excellence in Autism and Developmental Disorders (CAREADD) took the reins in organizing a series of impactful events. A spirited walkathon was held on April 8th, where participants proudly displayed banners, adorned their hands with colorful paintings, and greeted one another with wide smiles and enthusiastic waves. This lively display of neurodiversity and inclusivity served as a powerful reminder of the beauty found in our differences. Adding to this, CAREADD hosted a campus-wide poster and poetry contest, inviting participants to express their insights and emotions creatively. The submissions ranged from informative posters shedding light on autism to heart-warming poetry capturing the essence of resilience and hope.



# Health Related Day...

In a touching tribute to Dr. Ashok Mysore, CAREADD inaugurated the 1st Memorial Lecture in his honor. Dr. Mysore's legacy and profound contributions to the field of autism research were commemorated through insightful lectures delivered by esteemed professionals. Dr. Vijaya Raman, Head CareAdd gave a brief overview of the activities of CAREADD and plans for the future. Prof. Shoba Srinath, Consultant Child and Adolescent Psychiatrist, and Prof. Simon Baron-Cohen, Director of the Autism Research Centre, Cambridge, UK, shared their expertise on vital topics including parental support for children with autism to the role of autism in driving human invention.

The lectures were chaired by Prof. Swarnarekha Bhat, who further emphasized the collaborative spirit and interdisciplinary approach in advancing our understanding of autism spectrum disorders. As we reflect on the events of World Autism Awareness Month 2024, let us carry forward the spirit of empathy, acceptance, and advocacy throughout the year, ensuring that every individual, neurodiverse or otherwise, has the opportunity to thrive and contribute meaningfully to society.



Acknowledgement: Dr. Sowmyashree Mayur Kaku, CAREADD



*Updates this month...*

# 15th Annual International One Week Course on Health Research Methodology and Evidence Based Medicine (HRM-EBM)

March 11th to 15th 2024

**Division of Clinical research and training (DCRT), St. John's Research Institute, in collaboration with faculty from McMaster University, Canada.**

The 15<sup>th</sup> annual, one-week international course on 'Health Research Methodology and Evidence Based Medicine (HRM-EBM) was conducted by Division of Clinical research and training (DCRT), St. John's Research Institute, in collaboration with faculty from McMaster University, Canada.

The inaugural function was held on 11<sup>th</sup> March. It was attended by the Director, ADC, both Deans, CMS and Faculty. Objectives of the course was to familiarize a wide range of health professionals in fundamentals of health research methods, and in evidence-based medicine and to provide an opportunity to interact with like-minded professionals from varied health fields and to explore collaborations. They had 103 participants from 51 institutes who represented 32 cities from India and Sri Lanka. The faculty were from St. John's Medical College, St. John's Research Institute, AIIMS Bhopal, AIIMS Nagpur, Public Health Foundation of India, Delhi and McMaster University, Canada.

**Course Methods:** There were 20 interactive lectures, four small group protocol discussions, three statistical practical sessions, four journal clubs and four project presentations. The highlight of the course is each group preparing a project on a randomly chosen research design. They include cross-sectional, Case-control, Cohort and RCT. On the final day each group presents their project and defends questions from their peers and judges. This year we had 24 judges from 16 institutes. The lectures on evidence-based medicine (EBM) were given by Dr. Gordon Guyatt and Dr. P J Devereaux from McMaster University, Canada. At the valedictory, awards to the participants were distributed by Dr. Tony D S Raj, Dean, SJRI.



## Updates this month...

There were 2 categories of awards for the participants

1. Dr. David Sackett Memorial Award
2. Dr. Gordon Guyatt Team Award.

Dr. David Sackett Memorial Award was presented to the top 3 participants. The Course director was Dr. Denis Xavier, MD, MSc (Clin Epi), Professor and Head, Dept. of Pharmacology, Head, Division of Clinical Research and Training, St. John's Medical College and Research Institute

Acknowledgement: Dr. Aakanksha Singh, Project Officer,  
Division of Clinical Research and Training,  
St. John's Research Institute

## Nephrology Medical Camp

12<sup>th</sup> March 2024



The Nephrology Medical Camp aimed to provide comprehensive kidney health services to the community, focusing on education, prevention, and access to care, free of cost. Prevention and early identification of kidney disorders was emphasized in the camp. This was organized on account of World Kidney day 2024.

The camp was held at the St. John's Health Centre, Brigade Meadows. Free consultations, educational materials, and lab tests were provided. The camp was aimed to bridge the gap in equitable access to kidney care and promote early detection of kidney disorders. A multidisciplinary team of 41 members from St. John's Medical College Hospital participated in the camp. Several people availed benefit from the camp and made it a grand success.

Acknowledgement: Mr Stephen, PRO



*Updates this month...*

# Enhancing Financial Security: Fraud Awareness Session at St. John's Medical College Hospital

Staff Welfare Fund Society

15<sup>th</sup> March 2024

The session, led by Mr. Satish Lal from the ICICI Foundation, commenced with a warm welcome from the Society's officials and the hospital's Associate Director Rev. Dr. Fr. John Thekkekara. Mr. Lal's insightful presentation delved into online fraud, covering phishing scams and identity theft, offering practical tips for protection. Participants were left empowered and eager to implement newfound knowledge. Recognizing the importance of extending awareness, a subsequent session was organized for Allied health sciences students.

This initiative reflects the hospital's dedication to staff welfare and security. Through collaboration and education, St. John's Medical College Hospital continues to foster a culture of resilience against financial threats, ensuring the well-being of its staff and students in the digital age.



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





*Updates this month...*



*Updates this month...*

# World Social Work day Program

19<sup>th</sup> March 2024

## Department of Medical Social Work & Department of Psychiatric Social Work

In the ever-evolving landscape of healthcare, the role of Medical Social Work stands as a beacon of support and empowerment for patients and their families. Rooted in the belief that every individual deserves to function at their highest level of physical, psychological, and social well-being despite the challenges posed by illness and treatment, Medical Social Work epitomizes compassion, resilience, and holistic care.

At the heart of this noble profession lies the commitment to provide an integrated healthcare program that addresses the multifaceted needs of patients, their families, and the wider community. Anchored by the vision to foster physical, psychological, and social well-being in both medical and non-medical settings, Medical Social Workers at St. John's Medical College are dedicated to facilitating optimum recovery and rehabilitation for those under their care.

With a mission to conduct biopsychosocial assessments and implement tailored interventions, our Medical Social Workers work tirelessly alongside the healthcare team to ensure that each patient receives comprehensive support on their journey towards recovery and an enhanced quality of life.

Our objectives are clear: to focus on symptomatology, behavioral and psychosocial issues, and their impact on disability and functionality; to conduct social diagnoses and provide tailored treatment plans in medical settings; to adopt a holistic approach to case work, group work, and community organization; to spearhead community outreach programs that integrate persons with disabilities and enhance their quality of life; and to promote the ethical values inherent in both medical and social work practices.

Recently, St. John's Medical College organized a World Social Work Celebration, a testament to our dedication to advancing the field of Medical Social Work. During this event, our esteemed social workers delved into various pertinent topics, including effective parenting, organ donation and tissue pledging, adoption procedures, mental health initiatives, and more. Each topic was approached with the same fervor and commitment to improving the lives of those we serve.



## Updates this month...

As we continue to uphold our principles and forge ahead in our mission, let us reflect on the profound impact that Medical Social Work has on the lives of individuals, families, and communities, and reaffirm our dedication to serving with compassion, integrity, and excellence.

Topics covered:

- Effective Parenting
- Adoption Procedures
- Organ Donation and Tissue Pledging
- Government Schemes
- Mental Health Initiatives

The program was organized in various locations within the hospital to accommodate different topics simultaneously. This setup enabled attendees to participate in the sessions most relevant to their interests. The event started at 9:00 AM and concluded by 1:00 PM. Numerous attendees participated in the program. The variety of subjects likely catered to a broad audience, including individuals interested in healthcare, social services, and community welfare.

### Effective Parenting

A workshop titled "*Effective Parenting*" was conducted by a team of social workers to provide guidance and support to parents in enhancing their parenting skills. The workshop aimed to equip parents with strategies and techniques to promote positive parenting and strengthen family relationships.

Ms. Kannika, Ms. Jemini, Mr. Savio, and Mr. Martin collaborated effectively to deliver a valuable workshop on effective parenting. The program contributed to promoting healthy family dynamics and strengthening community well-being.



## Updates this month...



*Effective Parenting*



### **Adoption Procedures**

As part of Social Worker's Day, Ms. Jisha, Ms Merin, Ms. Jainy, and Ms. Annriya conducted adoption awareness sessions in the Gynecology OPD. The objective was to raise awareness among the public about the legal formalities for adoption and CARA.

The program aimed at reaching out to parents facing infertility, individuals with an interest in adoption, and the public who are unaware of adoption procedures. Multiple sessions were held, including both group sessions for the public and one-on-one counseling sessions.



## *Updates this month...*

### **Organ Donation and Tissue Pledging:**

On World Social Worker Day, a session focused on Organ Donation and Tissue Pledging was conducted by Ms. Roopa, Ms. Veena, Ms. Misha, Mr. Philip, and Mr. Mathew. Attendees learned about the importance and procedure of organ donation, dispelled myths, and understood the benefits of donation. The session was engaging, and participants left well-informed and inspired, to consider becoming donors. This initiative showcased social workers' dedication to promoting healthcare awareness and the well-being of fellow beings.



## Updates this month...

### Government Schemes:

On World Social Worker Day, a program titled "Government Schemes in Medical Settings" was conducted by medical social workers to inform participants about various government healthcare schemes and benefits available to them.

The primary objective of the session was to educate participants about government healthcare schemes to improve access to medical services and support.

Ms. Anveera and Mr. Arokiyaswami, Mr. Jayakrishnan and Mr. Joyal facilitated a valuable session that empowered attendees with crucial knowledge about available government support in medical settings. This initiative contributes to promoting healthcare accessibility and social welfare within the community.



### Mental Health Oasis:

On the occasion of World Social Worker Day, a program titled "Mental Health Oasis" was conducted by psychiatric social workers Dr. Anu K N and Dr. Reni Thomas. The event aimed to promote mental well-being and raise awareness about mental health issues in our community. The program took place on March 20th, in Vehara, opposite the utility complex.





# Team of The Month

## THE MEDICAL SOCIAL WORK DEPARTMENT



**FIRST ROW:** Mr. Praksah Lobo (Paediatric Nephrology), Mr. Arokiasami (PMR), Ms. Roopa Hiremath (Adult Nephrology), Ms. Anjumol (IVDP project), Ms. Usha Devi (Dept. Secretary), Ms. Jisha Sara Jose (Paediatrics), Ms. Anveera Mendonca (Cardiology & MICU), Ms. Jainy Jose (Plastic Surgery & Ortho), Ms. Jemini James (Neurology & Urology Gastro, Ophthal), Ms. Veena Saldhana (ART Centre), Ms. Misha P. K. Haematology (BMT & General Medicine), Ms. Clera Lewis (PHO, Adult Oncology & BMT), Ms. Kannika (PICU, SICU & General Surgery), Ms. Merin Thomas (NICU, OB & Gynae), Ms. Annriya (Chest Medicine & Unit of Hope)

**SECOND ROW:** Mr. Hudson (Emergency), Mr. Joel Johnson (Emergency), Mr. Matthew Joseph Sabu (Liver & Renal transplant Co-Ordinator), Mr. Philip George (Blood Bank), Mr. Dominic Savio (Surgical Onco & Nuclear Medicine), Mr. Sachin K. Thomas (Head, Social Welfare Manager), Mr. Jayakrishnan (Sahaya Centre), Mr. Martin Kuriakose (Immunology & Rheumatology & Dermat), Mr. Benidict Anthony (Emergency)

Overall, the World Social Work day program was a comprehensive and engaging event, providing valuable insights and information on crucial societal issues. The collaboration between the Department of Medical Social Work and the Department of Psychiatric Social Work ensured a holistic approach to addressing pertinent social and health-related concerns.

Acknowledgement: Mr. Sachin,  
Head, Dept. of Medical Social Work



Updates this month...

# MBBS GRADUATION DAY 2024

16<sup>th</sup> April 2024

The 57<sup>th</sup> Annual Convocation and College Day of St. John's Medical College, Bengaluru was held at 3.00 pm on April 16<sup>th</sup>, 2024.

**Dr. Tessa Thomas**, Former Director General of Aeronautical Systems, DRDO, famously called '*The Missile Woman of India*', and currently Vice chancellor of NICHE University, Kanyakumari, was the Chief Guest. **Most Rev. Dr. Victor Thakur**, Archbishop of Raipur, and the Chairman, Governing Board, CBCI presided over the function. A total of 283 health professionals were awarded their degrees. This included 148 MBBS students, 109 postgraduates, 24 Super Specialty postgraduates and two PhD scholars.



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## *Updates this month...*

From the graduating batch of MBBS students, **Samudyata Satish** got the 10<sup>th</sup> Rank in Anatomy, 9<sup>th</sup> Rank in Pathology, 4<sup>th</sup> Rank in Pharmacology and 10<sup>th</sup> Rank in Pediatrics, **Aaron Antonio** got the 9<sup>th</sup> Rank in Biochemistry, 7<sup>th</sup> Rank in Pathology and 6<sup>th</sup> Rank in Pediatrics, **Sonia Janette** got the 3<sup>rd</sup> Rank in Microbiology and 3<sup>rd</sup> Rank in Pharmacology, **Alphonse Mary Mathew** got the 1<sup>st</sup> Rank in Pediatrics and **Sneha Ravindran** got the 9<sup>th</sup> Rank in Pediatrics.

The postgraduate pass rate was 100%, with **16 students getting among the top 5 university ranks in Karnataka state**. Three of them got the **university Gold medal** for obtaining the first rank - **Dr. Jeganish** in Community Medicine, **Dr. Shawn Serrao** in Psychiatry and **Dr. Arkaja Tripathy** in Radiation Oncology.

The super specialty pass percentage was 96%, with **10 of the 24 students securing among the top 5 university ranks in Karnataka state**. Four of them got the **University 1<sup>st</sup> rank in Karnataka state** - **Dr. Priyanka J** in Critical Care, **Dr. Anjali S. Raj** in Neonatology, **Dr. Dyan D'Souza** in Pediatric Surgery and **Dr. Devamish GN** in Gastroenterology.



**Rev Fr Jesudoss Rajamanickam** (Director, SJNAHS) welcomed the dignitaries and the gathering. He congratulated the graduates and postgraduates on this significant achievement. He stressed that they should spend their lifetime serving with integrity, excellence, and empathy. He reminded them to always keep in mind the oath that they took when they joined the institution to serve the underprivileged and the poorest of poor in rural areas.



## *Updates this month...*

There may be external pressures and influences that may come as a deterrent to this promise, but the graduates were encouraged by him to overcome these keeping in mind the values imparted at their alma mater.

**Dr. George D'Souza** (Dean, SJMC) highlighted the various accomplishments of the students, faculty, and staff of the institution and the various advanced teaching and research initiatives that have been implemented at the institution. He also acknowledged the alumni who have continued to support the institution in creating new scholarships, helping in infrastructure development and in fostering links with leading institutions across the world. He further encouraged the medical students and postgraduate residents to engage in research and avail the various facilities and workshops conducted in the college. He also emphasized to the graduates and postgraduates to use their learning at St. John's to make the right choices in life and excel in it without compromising on honesty and ethical principles.

The graduates, postgraduates and super-specialty graduates and faculty were presented their certificates and various awards won for various curricular and extracurricular activities.



## *Updates this month...*

The chief guest **Dr. Tessa Thomas**, in her address to the graduates and awardees saluted the services of those from St John's who have rendered their selfless service to rural and vulnerable populations. She paralleled the development of medical services to the development of defense systems



both of which are essential in protecting humankind. Using newer technology such as telemedicine and artificial intelligence, she urged the graduates and the postgraduates to consistently contribute through their medical profession to the welfare of the common man and thus, touch the lives of millions in our country. She concluded with a desire that the graduates would make their parents, teachers, and country proud by their selfless and dedicated services.



**Most Rev. Dr. Victor Thakur**, in his presidential address emphasized the need for the graduates to not only earn money but more importantly people and their blessings. He said that there is only one life to live, there is only one life to love, therefore never give up and be the best of whatever you are. He reminded the students to give back to their families and dear ones the love,

affection and trust that has been invested by them to ensure that this important milestone in their career has been achieved. He too reiterated the importance of rural service and thus contributing to a healthier and happier nation and world.

The program ended with a vote of thanks.

Acknowledgement: Dr. Pretesh Kiran,  
Dept. of Community Health



*Updates this month...*

# The Biju Mercy Siju Memorial Prize

16<sup>th</sup> April 2024

The Health and Humanities Division

## The Biju Mercy Siju Memorial Prize for “Social Consciousness” 2023:

“Social consciousness” is defined as insights and actions of individuals on matters that address societal concerns. The award was shared by **Dr Johnson Pradeep** (Professor, Department of Psychiatry) for his work in addressing the social determinants of tobacco cessation and **Mr Ali Sabi A** (Administrative Assistant, SJRI), for his work in addressing financial inclusion and digital access among support staff. A special mention of Social Consciousness was awarded to **Ms Sunitha A** (Senior Assistant Secretary, Critical Care Department, SJMCH), for the empathy she shows with patients’ family, putting them at ease through difficult times at the ICU.



*Dr. Johnson Pradeep*



*Mr. Ali Sabi A*



*Ms. Sunitha A*

## The Biju Mercy Siju Memorial Prize for “Reflective Narratives” 2023

The Biju Mercy Siju Memorial Prize for Reflective Narratives for the year 2023 goes to **Ms. Elizabeth K Sanson** (MBBS batch 2020) for her reflective narrative “*How are you?*”



These prizes are constituted by Mr. Siju Thomas Panniker in memory of his late wife. We are very grateful to him for supporting and encouraging these ideals in St John’s! Congratulations to winners!!

Acknowledgement: Dr. Manjulika Vaz



Updates this month...

# TARGETED PHOTOTHERAPY MACHINE

Department of Dermatology

18<sup>th</sup> April 2024

The Department of Dermatology now has a Targeted Phototherapy Machine (TPT), which can deliver precise wavelengths of UV light for the treatment of vitiligo. The new machine was blessed and inaugurated by Rev. Fr. John Thekkekara on 18<sup>th</sup> April 2024. Existing phototherapy units continue to function at the department, and the new TPT service is being offered on all days except Sunday.



Acknowledgement: Dr. Sowmya Kaimal, Dermatology

## Best Social Worker Award 2024

We are thrilled to announce that **MR. SACHIN K THOMAS**, Head of Medico Social Work, and Social Welfare Manager has been honored with the esteemed 'Best Social Worker Award' for the year 2024. Conferred by Bishop Heber College on March 19<sup>th</sup> 2024, this distinguished recognition underscores Mr. Sachin's exemplary dedication and profound contributions to the field of social work.

Mr. Sachin's unwavering passion and steadfast commitment have positively impacted countless lives, serving as a beacon of hope and empowerment within our communities. His tireless efforts have inspired resilience and fostered meaningful change, embodying the essence of compassion and service.



*Updates this month...*

# **ADEPT 2024 - A WORKSHOP ON BASIC INVASIVE PROCEDURAL SKILLS FOR INTERNS, JUNIOR DOCTORS & POSTGRADUATES**

**Department of Anaesthesiology**

**21<sup>st</sup> April 2024**

The Department of Anaesthesiology, organised a hands-on invasive skills workshop specially designed for junior doctors and interns- ADEPT 2024. Following the overwhelming response last year, we designed the stations such that we could include postgraduates and seniors who were interested as well. This workshop welcomed 100 participants from around South India. They rotated through 9 stations, with over 25 faculty, who helped them learn invasive procedures through the day.

Senior faculty from the departments of Anaesthesia, Plastic Surgery, Surgical Oncology, and Cardiothoracic Surgery taught enthusiastically to our participants the tips and tricks to performing a successful invasive skill during their practice. They were trained step by step on manikins provided by the Skills lab. There was great enthusiasm and willingness to learn, practice and share knowledge and experience.

From a simple practical approach to assessment and monitoring a patient, securing IV lines, choosing the right iv fluids, difficult and skillful procedures like chest tube insertions and intubations, the participants were allowed to learn and practice the right techniques, with adequate knowledge to trouble shoot as needed.

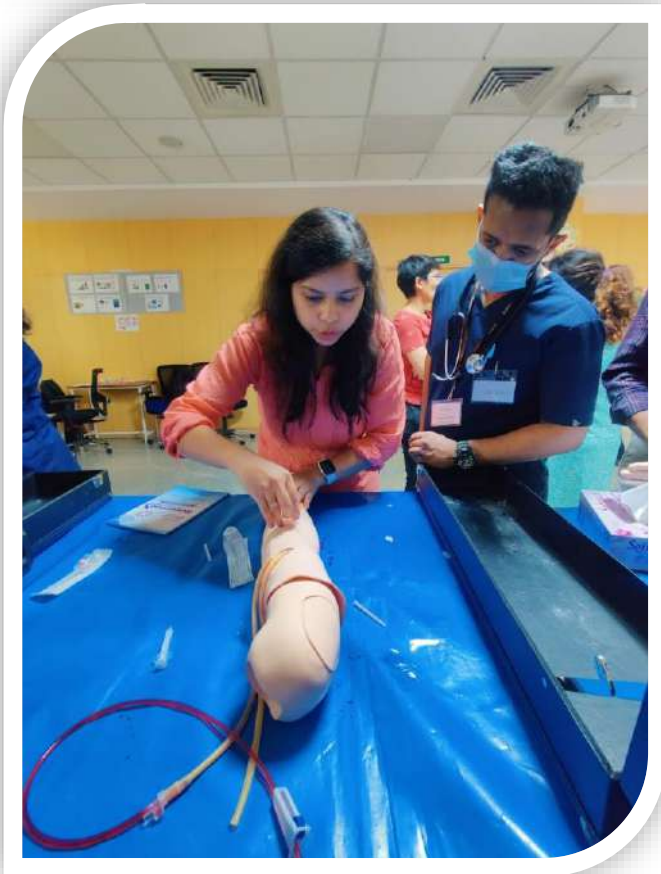


## *Updates this month...*

Our prime attractions were central line insertion techniques and the basic suturing station, where delegates were thoroughly excited to place lines and practice their suturing and knotting techniques on suture boards. The day was eventful, and action packed, with delegates and faculty giving it their best. The experience was fulfilling and motivating for all.

Our sincere word of appreciation to all our faculty, senior residents and postgraduates from Anaesthesiology, Surgical Oncology, Cardiothoracic Surgery and Plastic Surgery for their kind participation and teaching to our participants, minor details to help them with their skills. The team at the skills lab in the medical college, truly supported us every step of the way to make this workshop hassle free. We hope that the opportunity to learn and practice multiple times gave our students the confidence to perform their skills with ease.

May we all strive to continue teaching and sharing knowledge so that our patients may get the best possible care.



Acknowledgement: Dr. Nayanthara  
Joachim  
Assistant Professor  
Department of Anaesthesiology



*Updates this month...*

# COLLEGE OF NURSING – GRADUATION DAY 2024

25<sup>th</sup> April 2024

The 41st Annual Convocation and College Day of St. John's College of Nursing, was held on April 25<sup>th</sup> 2024. **Dr. Punitha Ezhilarasu** (Senior Consultant, Indian Nursing Council & Former Dean, College of Nursing, CMC, Vellore) was the Chief Guest. **Most Rev. Dr. Joshua Mar Ignathios** (Bishop of Mavelikara, and Board member, St. John's National Academy of Health Sciences), presided over the function. A total of 222 graduates were awarded their degrees. This included 52 GNM, 95 BSc., 53 PBBSc, 21 MSc and two NPCC students.

The year 2023 marked the dawn of Male candidates in the college of nursing for the first time. This year 24 BSc and 30 PBBSc students got top 10 University ranks with 14 of them getting the top 5 ranks from RGUHS University.

**Michael Amalorpava Mary**, doing her M.Sc Nursing, was awarded "Best researcher by the International Congress for Research"



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## *Updates this month...*

**Rev Fr Jesudoss Rajamanickam** (Director, SJNAHS) welcomed the dignitaries and the gathering. He congratulated the graduates and postgraduates on this significant achievement. He stressed that they should spend their lifetime serving with integrity, compassion and excellence. He reminded them to always keep in mind the oath that they took when they joined the institution to serve the underprivileged and underserved.

The Principal of St John's College of Nursing, **Sr. Sajitha Moothedan** highlighted the various accomplishments of the students, faculty, and staff of the institution and the various advanced teaching and research initiatives that have been implemented at the institution. Her message to the graduates was of congratulations to them and their parents to celebrate, rejoice and thank God.



The graduates and postgraduates were presented with their certificates and various awards won for various curricular and extracurricular activities. They were then administered the oath by **Ms. Sara Oomen**, Chief of Nursing Services.

The chief guest **Dr. Punitha** in her address to the graduates and awardees saluted the services of those from St John's who have rendered selfless work. The integrated nursing curriculum program implemented in St. John's and CMC Vellore, is a huge plus point, the results of which has shown that there is high efficiency in nursing quality.



## *Updates this month...*

New areas coming up will enable legal empowerment of healthcare. It is important that we all have self-accountability for what we are doing in our profession. Remember we are dealing with human beings; it is very important to uphold the values you have learnt. She asked them to lift their hands and recall the times they have served with those hands. She then invited them to touch their ears, to symbolically encourage them to listen to the patients, relatives, and others. She emphasized the importance of nonverbal communication and advised wise use of technology.



**Most Rev. Dr. Joshua Mar Ignathios**, in his presidential address emphasized the need for the graduates to stay humble, understanding and mature in their work. He appreciated the effort put in by the staff and faculty of the nursing college right from the beginning to now. He advised the new graduates the need to be morally upright, socially ready, caring for those in need, and providing emotional support to patients and their loved ones.

The program ended with a vote of thanks.

Acknowledgement: Mr.  
Stephen, PRO



*From the Periphery...*

# Shanthi Nilaya Health Care Centre T C Palya



Shanthi Nilaya Health Care (SNHC) Centre is a registered healthcare center under the religious Congregation of Sisters of St. Anne Bangalore (SAB). It started as a small dispensary on 14<sup>th</sup> January 1973 by Rev. Mother Presentation (Superior General of SAB) with Sr. Martin de Porres, as in-charge with aid from Sr. Irudaya Mary, to provide affordable and equitable healthcare for needy and destitute in a Thambu Chetti Palya area located about 20 km from city.

The humble beginning was made possible by valuable contribution from Rev. Mother Josepha (Provided a small building for dispensary along with aid for renovation of the existing structure), Rev. Fr. Lawrence Noronha and Salesian priests from Kristu Jyothi College who donated furniture, accessories and medicines. The old dispensary was very small to carry out the work of an efficient community health care center, therefore foundation stone was blessed by Rev. Fr. Fernandes, then Parish priest in the presence of Mother Presentation on November 12<sup>th</sup> 1974. This building was completed and inaugurated on 8<sup>th</sup> December 1975, by Rev Fr. Lovis Di Fiore SDB (Rector of K.J.C, President of the Social Service Guild (SSG) and the Founder of our Shanthi Nilaya health center), who made available the finance needed for the building through SSG.



## *From the Periphery...*

### **Scope of Health care services provided:**

This center currently provides round the clock medical services and first aid for fever, diarrhea, dysentery, tuberculosis, anemia, scabies, snake bites, road traffic accidents and poisoning cases. There is an in-house medical officer stationed and is supported by visiting consultants in Obstetrics and Gynecology, Physiotherapy, Cardiology and Paediatrics. The center has facilities for outpatient visits, antenatal care including ultrasound scanning, emergency room, and small inpatient care unit supporting upto 10 beds along with destitute care home in the same premises. This center conducts about 10-15 normal vaginal deliveries every month. They have a standalone Lab facility to process about 150-200 samples every month.

### **Community Care Services:**

Community Care Centre (C.C.C) for People living with HIV/AIDs (PLHA) began in 2009, with Sr. Mary Immaculate as the project coordinator and one wing of the first floor was dedicated for this purpose. During the 5 years of the project, more than 10,000 people living with HIV/AIDs were identified and treated. During this period, they also started an Eye clinic, Wellness clinic, Ultrasound scanning and X ray facilities, in collaboration with other health facilities.



### **Outreach Activities:**

The Sisters visit nearby villages (3-10 km radius) twice a week and farther villages once a week. An ambulance donated by Misereor on 8<sup>th</sup> September 1976, enhanced the scope of these outreach programs. The critically ill would be referred to various hospitals including St. John's Medical College, St. Martha's Hospital, St. Philomena's hospital and Victoria Hospital.



## *From the Periphery...*

### **Physiotherapy unit:**

Physiotherapy unit in association with the Garden City College was opened in Shanthi Nilaya Health Centre on 1<sup>st</sup> April 2019. Four cubicles in first floor were given to them on lease with the agreement of 3 years.

### **Face lift & Renovation:**

The front portion of the Shanthinilaya Health Centre was renovated, and face lift was done and blessed by Rev. Fr. Shijo. V.C. on 16<sup>th</sup> October 2019.

### **Eye and Ear Checkups:**

Health camps were organized in association with NGOs – Kairali Association and Lions Club at Shanthi Nilaya. Free eye and ear check up with distribution of spectacles was done by doctors from Solanki Eye Hospital. Those requiring surgery were referred for free cataract surgery and glasses. Dr. Chandrashekar Institute of Speech and Hearing arranged free audiometry testing and about 200 people benefited from this camp.

### **Destitute Centre:**

In collaboration with Dream India network, destitute men and women are cared for in this Institute, usually about 15-20 inmates are housed at any given time. They are identified and referred from nearby orphanages, destitute/shelter homes or local police teams to care for ailments like infectious diseases, infected wounds or for apathy following abandonment. They are provided hygienic environment, reassured, medical treatment along with spiritual and moral support, until they may be rehabilitated elsewhere back to domiciliary or institutional care. Sisters accompany the staff to various destitute homes and open shelters to monitor their progress periodically.



# From the Periphery...



## **Palliative Care:**

Palliative care is given to the patients those who are suffering with chronic debilitating diseases and confined to bed due to old age problems. Spiritual and moral support is given to the patients and caretakers or family members.



## *From the Periphery...*

### **Collaboration with St. John's:**

SNHC is recognized bond center for Indian Medical Graduates passing out of St. John's Medical College for rendering their rural/social obligation service. Since inception, many doctors have rendered their dedicated service here, rendering referrals easier, especially in cases of emergencies and difficult situations. Their presence has facilitated participation in medical camps, home based palliative care, casualty services and outpatient departments.

### **Scope for Improvement of Services:**

The center aims to have a full-time in-house physician and pediatrician to improve medical services. Plans are underway to procure an X ray unit and HbA1C testing unit, as the patients need to travel far to avail these services. Steps are underway to engage visiting/ part time consultants in cardiology, pediatrics and orthopedics.

### **Details for Contact/ correspondence:**

#### **Sr. Arogiamary (Administrator)**

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**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.



# Physiotherapy in Autism

April 2nd is designated as Autism awareness day!

Autism spectrum disorder (ASD) is a neurodevelopmental disorder characterized by deficits in social communication and the presence of restricted interests and repetitive behaviors. It is influenced by both genetic and environmental factors affecting the developing brain. Physical Therapy is an integral part of the multidisciplinary approach to managing autism spectrum disorder (ASD). Physiotherapy can address several associated challenges and improve the overall quality of life for individuals with ASD.

*Physical Therapy treatment includes:*

- 1. Motor Skills Development:** Many individuals with autism may have difficulties with motor skills, including coordination, balance, and muscle strength. Physiotherapy can target these areas through exercises and activities designed to improve gross and fine motor skills.
- 2. Sensory Integration:** Sensory processing issues are common among people with autism, and physiotherapy can help address these challenges by providing sensory integration activities. These activities aim to improve how individuals process and respond to sensory input, which can enhance their ability to participate in daily activities.
- 3. Improving Flexibility and Muscle Tone:** Some individuals with autism may have issues with flexibility and muscle tone. Physiotherapy can include stretching exercises and techniques to improve flexibility and muscle tone, which can help with movement and overall quality of life.
- 4. Promoting Physical Activity and Fitness:** Physiotherapists can work with individuals with autism to develop personalized exercise programs that promote physical activity and fitness while considering their unique needs and preferences.
- 5. Enhancing Communication and Socialization:** Physiotherapy sessions can also provide opportunities for communication and socialization. Through structured activities and interactions with the physiotherapist, individuals with autism can practice communication skills, turn-taking, and social interactions in a supportive environment.

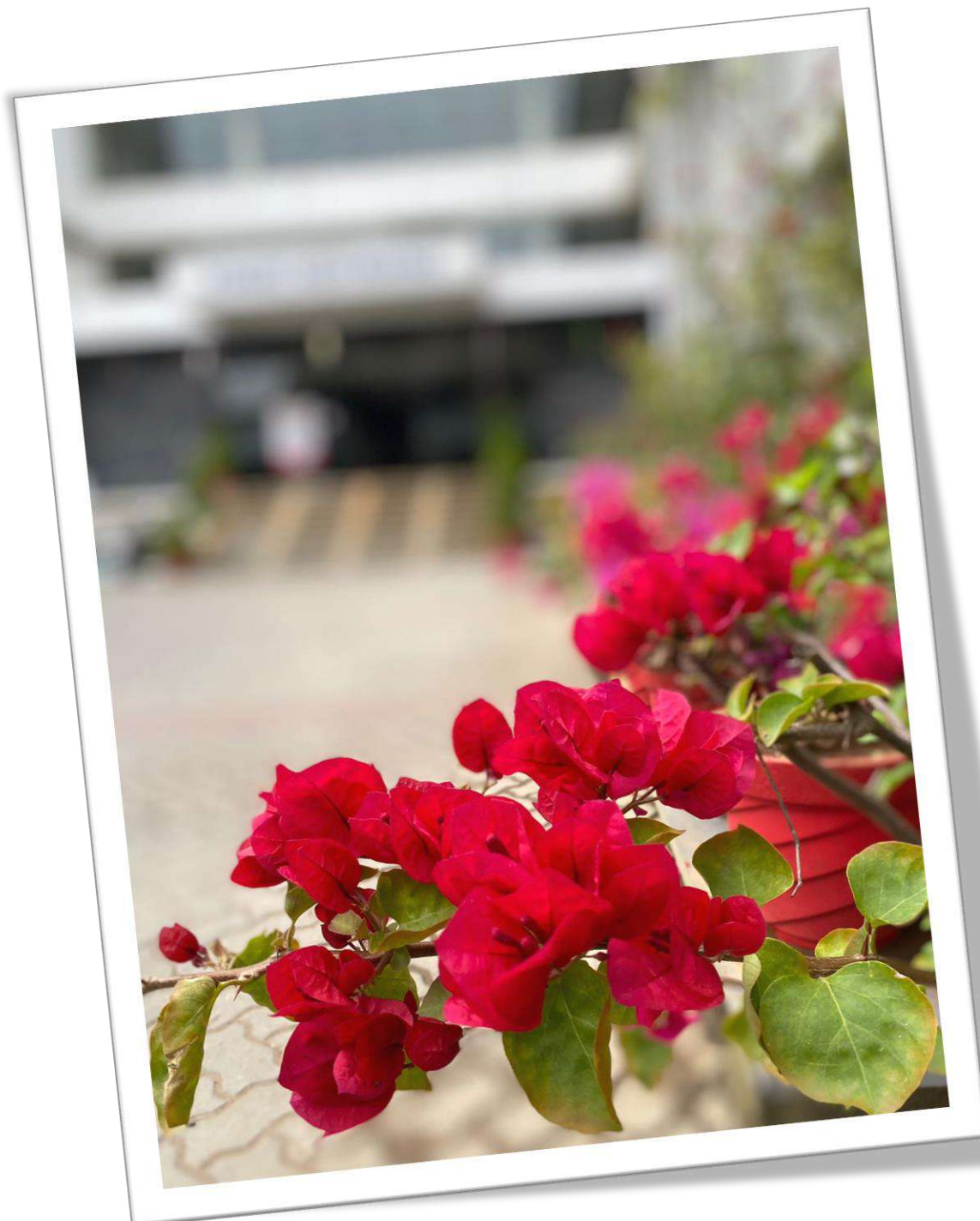




## Physiotherapy in Autism

6. Addressing associated conditions: Physiotherapy can address associated conditions such as muscle weakness, joint stiffness, or poor posture.

Overall, physiotherapy can play a valuable role in supporting individuals with autism by addressing physical challenges, promoting health and fitness, and providing opportunities for communication and socialization. It's essential for physiotherapists to work closely with other members of the individual's care team. Keep calm and PT on!



Robert Koch  
Bhavan. PC:  
Dr. Rakesh  
Ramesh.

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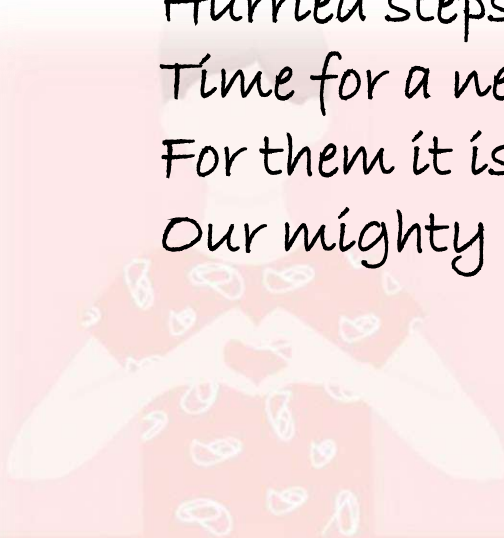




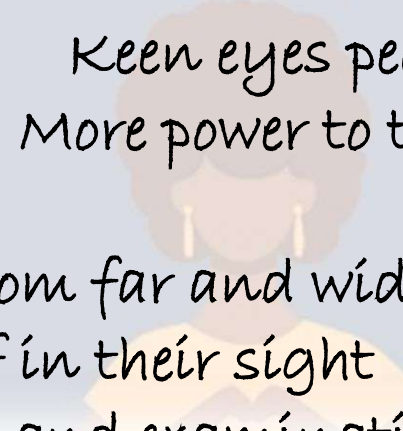
# Rhyme Chime...

Together we walk


- Dr. Twinkle Agrawal, Community Health



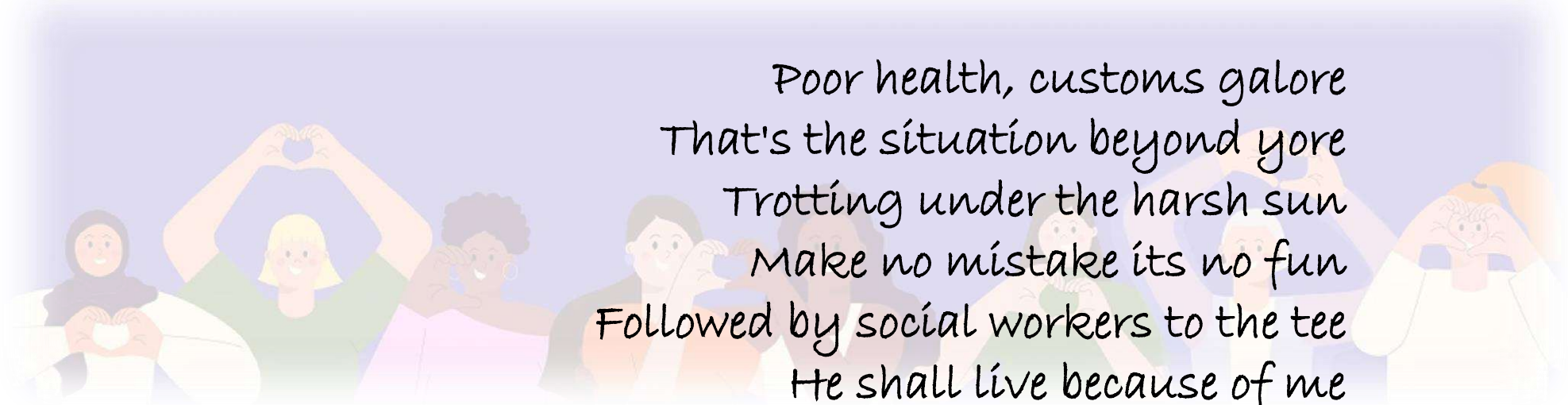
Screams of pain fill the room  
Hurried steps ahead loom  
Time for a new life to be born  
For them it is no con  
Our mighty obstetricians toil on



Tissue pieces unknown  
Surgeon wants it known  
Answer lies in the frozen section  
Keen eyes peer into the dissection  
More power to the pathology women

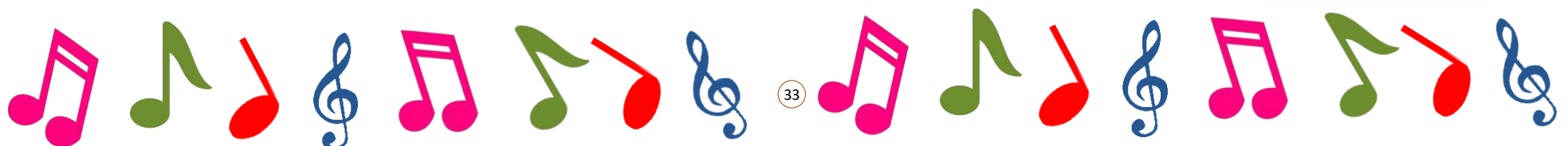


Sick traveling from far and wide  
Looking for relief in their sight  
Thorough history and examination  
They are no less than a magician  
That's the might of the lady physician



Poor health, customs galore  
That's the situation beyond yore  
Trotting under the harsh sun  
Make no mistake its no fun  
Followed by social workers to the tee  
He shall live because of me

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# Rhyme Chime...

Together we walk

Health is our right  
We shall all fight  
With all our might  
Knowing what is wrong and what is right  
PSM girls show the light

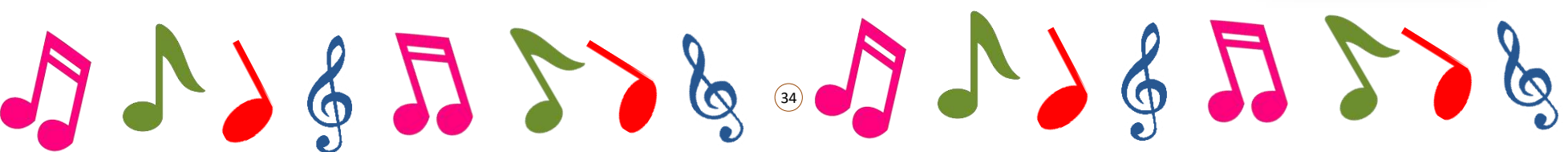
Failing health, tender care  
It's where no one else dare  
Night after unremitting night  
Without a single fight  
That's our magical nurses might

From helpers to managers  
Technicians, nurses or docs  
Together we walk  
Making no exclusion  
St. Johns women inspire inclusion

**Award Winning Poem – Jwala 2024 (2<sup>nd</sup> Prize). Theme was International Women's Day – Inspire Inclusions**



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# IG NOBEL



## 2000 – PUBLIC HEALTH

### Jonathan Wyatt, Gordon McNaughton, and William Tullett

Jonathan Wyatt, Gordon McNaughton, and William Tullett of Glasgow, for their alarming report, “The Collapse of Toilets in Glasgow.” [Published in the Scottish Medical Journal, vol. 38, 1993, p. 185.]



©Emergencynumber.uk.com

Three cases are presented of porcelain lavatory pans collapsing under body weight, producing wounds which required hospital treatment. Excessive age of the toilets was implicated as a causative factor. As many toilets get older episodes of collapse may become more common, resulting in further injuries.

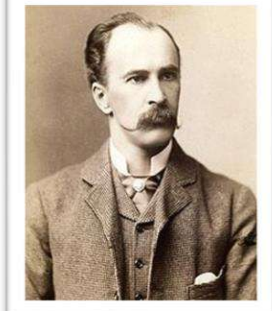
The toilet collapses described in this study. Whilst not producing life-threatening injuries, resulted in considerable embarrassment and discomfort for those involved. Toilet collapse appears to be unusual. The cause remains unclear, except that all of the toilets were believed to be very old.

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

REF: <https://pubmed.ncbi.nlm.nih.gov/8146638/>



# THE QUOTABLE OSLER



SIR WILLIAM OSLER

## Do first what has to be done.

Think not of the amount to be accomplished, the difficulties to be overcome, or the end to be attained, but set earnestly at the little task at your elbow, letting that be sufficient for the day.

## Live in the present.

As to your method of work, I have a single bit of advice, which I give with the earnest conviction of its paramount influence in any success which may have attended my efforts in life- *Take therefore no thought for the morrow* [from the Sermon on the Mount, Matthew 6:34]. Live neither in the past nor in the future, but let each day's work absorb your entire energies, and satisfy your widest ambition.



©Verywell Mind

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

## Did You Know?

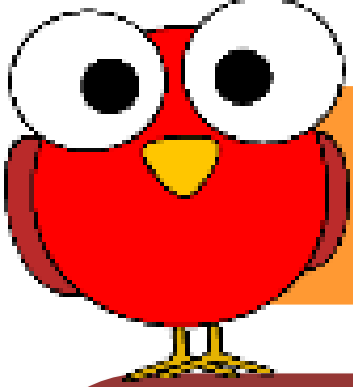
Most maps of the world are wrong. On most maps, the Mercator projection – first developed in 1569 – is still used. This method is wildly inaccurate and makes Alaska appear as large as Brazil and Greenland 14 times larger than it actually is. For a map to be completely accurate, it would need to be life-size and round, not flat.



©Geology.com

REF: Sciencefocus.com





# MEDICINE THIS MONTH

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

## **Emerging microbiologic colonization in mechanically ventilated patients**

Mechanically ventilated patients act as reservoirs for hospital-acquired pathogens, including *Staphylococcus*, *Pseudomonas*, and *Aspergillus* species. However, a recent surveillance study of 51 acute care and long-term health care facilities reported the emergence of two additional species in mechanically ventilated patients, *Acinetobacter baumannii* (31% of patients, and one-half were carbapenem-resistant) and *Candida auris* (7%, and one-third were newly identified). Clinicians should be aware of emerging microbiologic species in their local facility so that appropriate surveillance can be conducted, and antimicrobial therapy initiated, if indicated.

- Harris et al. JAMA. Nov 2023.




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Abstracts 

## **Lymphatic venous bypass reduces cellulitis frequency in patients with lower extremity lymphedema**

Observational studies suggest lymphatic venous bypass procedures provide benefits beyond limb volume reduction. In a trial comparing lymphatic venous anastomosis (LVA) plus complex decongestive therapy (CDT) versus CDT alone in patients with lower extremity lymphedema, LVA resulted in a greater reduction in cellulitis frequency from baseline (0.57 versus 0.21 fewer episodes over six months). LVA also reduced thigh area hardness; however, limb circumference and pain were similar. All patients had undergone at least three months of CDT before randomization. The outcomes of this trial support our practice of offering LVA for patients with lymphedema and recurrent cellulitis.

- Mihara et al. Br J Surg. Jan 2024.



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# RESEARCH SNIPPETS

## Bernoulli Trial and its application in health research

In health science research, Bernoulli trials are commonly used to model binary outcomes, such as success or failure, presence or absence of a disease, survival or death, etc. A Bernoulli trial is an experiment with only two possible outcomes, typically denoted as success (often coded as 1) and failure (coded as 0), each with a certain probability of occurrence. It is named after Jacob Bernoulli, a 17th-century Swiss mathematician, who analyzed them in his *Ars Conjectandi* (1713).

Here are some applications of Bernoulli trials in health science research:

- Clinical Trials:** In clinical trials, researchers often use Bernoulli trials to model treatment outcomes. For example, in a drug trial, the outcome for each patient could be whether they respond positively to the treatment (success) or not (failure). By analyzing the results of multiple Bernoulli trials (patients), researchers can assess the effectiveness of the treatment.
- Epidemiological Studies:** Bernoulli trials are also used to model the occurrence of diseases or health events in epidemiological studies. For instance, researchers might investigate the probability of an individual contracting a particular infectious disease given exposure to certain risk factors. Each individual can be considered a Bernoulli trial, where success represents the occurrence of the disease, and failure represents its absence.
- Diagnostic Testing:** In diagnostic testing, Bernoulli trials are used to model test outcomes. For example, in a screening test for a disease, each individual can be considered a Bernoulli trial, where success represents a positive test result (indicating the presence of the disease), and failure represents a negative test result (indicating the absence of the disease).
- Public Health Interventions:** Bernoulli trials can also be applied to evaluate the effectiveness of public health interventions. For instance, researchers might conduct trials to assess the impact of an educational campaign on health behavior change, where success could be defined as adopting the recommended behavior.

# RESEARCH SNIPPETS

In all these applications, the Bernoulli distribution provides a simple yet powerful framework for quantifying the probability of binary outcomes and analyzing the associated uncertainties. By understanding the underlying probabilities of success and failure, researchers can make informed decisions in health science research, such as designing interventions, evaluating treatment efficacy, and assessing risk factors for diseases.

PC: Dr.  
Prakash,  
Librarian





## Japanese Medicine

Beginning in 608 CE, when young Japanese physicians were sent to China for a long period of study, Chinese influence on Japanese medicine was paramount. In 982, Tamba Yasuyori completed the 30-volume *Ishinhō*, the oldest Japanese medical work still extant. This work discusses diseases and their treatment, classified mainly according to the affected organs or parts. It is based entirely on older Chinese medical works, with the concept of yin and yang underlying the theory of disease causation.

In 1570 a 15-volume medical work was published by Menase Dōsan, who also wrote at least five other works. In the most significant of these, the *Keitekishū* (1574; a manual of the practice of medicine), diseases—or sometimes merely symptoms—are classified and described in 51 groups; the work is unusual in that it includes a section on the diseases of old age. Another distinguished physician and teacher of the period, Nagata Tokuhun, whose important books were the *I-no-ben* (1585) and the *Baika mujinzo* (1611), held that the chief aim of the medical art was to support the natural force and, consequently, that it was useless to persist with stereotyped methods of treatment unless the physician had the cooperation of the patient.

Important medical breakthroughs by the Japanese followed, among them the discovery of the plague bacillus in 1894, the discovery of a dysentery bacillus in 1897, the isolation of adrenaline (epinephrine) in crystalline form in 1901, and the first experimental production of a tar-induced cancer in 1918.



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*Ishinhō* is the oldest surviving Japanese medical text. The above is from 22<sup>nd</sup> Volume.

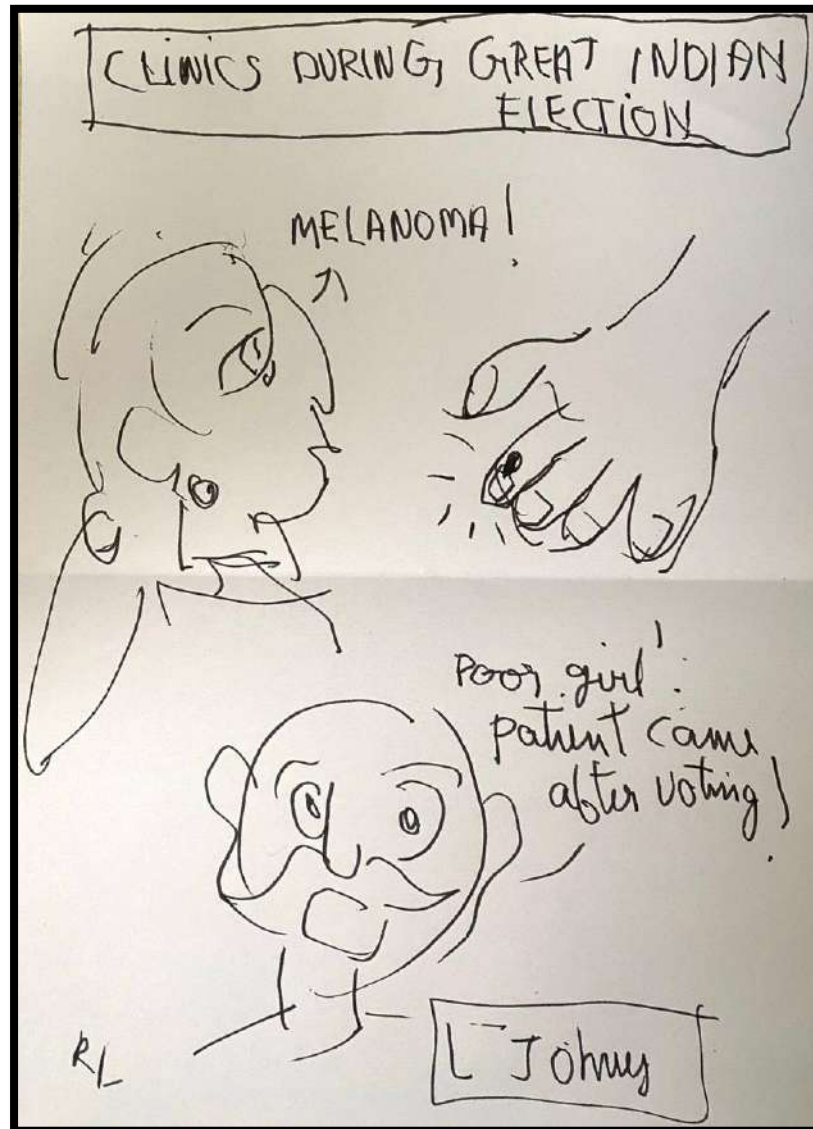


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Menase Dosan



# L Johnny



Art by: Dr.  
Rakesh Ramesh

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