

What's Zip? @St. John's!

Issue 85, July 1st, 2024



International Yoga Day program on 23rd June 2024, (PC: Dr. Karthik Jain, Anaesthesiology)

WORLD ENVIRONMENT DAY

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

This June issue embraces the spirit of St. John's in all its vibrancy. As World Environment Day resonates across the globe, we at St. John's take immense pride in highlighting the efforts undertaken by our institution to protect our precious planet. From impactful initiatives to foster sustainability to fostering environmental consciousness, this issue delves into the green heart of St. John’s.

But June isn't just about protecting the environment; it's also a time for community and celebration. We commemorate the nativity of St. John the Baptist, our heavenly patron, with the theme "***Coming together as a Johnite family.***" This spirit of unity echoes across the campus, reminding us of the strength we find in shared purpose.

This issue goes beyond the walls of St. John's. We venture out to Tharabanahalli, where the Nirmala health care centre serves as a beacon of hope for the community. Additionally, a captivating real-life experience from one of our MBBS Interns sheds light on their community medicine postings in Kaggalipura.

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 Environment Day 2024

5th June 2024

In view of World Environment Day celebration, a tree planting event was organised on 5th June 2024 at 3:00 pm in the St. Johns Herb Garden. This was done in collaboration with [Happiest Health](#) and Ecologics club under the guidance of Dr. Manjulika Vaz, Health and Humanities department.

The event was graced by Rev. Dr. Charles Davis (Associate Director of the college); Dr. George D'Souza (Dean, SJMC); Dr. Tony D S Raj (Dean, SJRI); Dr. Anuradha Ananthamurthy (Vice Dean, SJMC) along with staff from the department of Pharmacology and Community Medicine, people from Happiest Health and students.

The program commenced with the introduction to “kind cultivation” by Mr. Gowtham from Happiest Health followed by the introduction to Ecologics and role of medicinal plants by Jacy and Jessica, Ecologics club coordinators. Rev. Dr. Charles Davis gave an inspiring environment message to all the youngsters and appreciated our integrative efforts contributing to the environment.

Followed by the vine cutting and unveiling of the signage board, the dignitaries planted the first sapling and promoted the importance of planting trees. The happiest healthians, ecologists and Johnites brought out the real essence of program by planting the remaining saplings and showcased their love and support for the environment. Around 20-30 medicinal plants were planted.



Acknowledgement: Jessica and Jacy (MBBS 2021), Ecologics Coordinators



Health Related Day...

Sharon S Rajkumar, Vice president of Happiest Health ended the program by vote of thanks and appreciated the immense enthusiasm and their presence.

A group photograph was taken to capture it as memory preserving the history of St. John's to motivate the future generation to be grateful to the environment. At the end, tea and biscuits were served to everyone present there.

The event saw good participation, positive feedback and increased awareness about sustainability. I thank all the participants, volunteers and sponsors for their contributions.



Acknowledgement: Dr. Manjulika Vaz, Health and Humanities



Health Related Day...

Department of Pain and Palliative care marked Environment Day with a commendable initiative focused on promoting sustainability and enhancing green spaces within the community. The department undertook the planting of a total of 30 fruit trees and plant trees, dividing the efforts between two key locations. Fifteen of these trees were planted within the hospital premises, and the remaining fifteen were planted at the St. John's staff quarters.

This initiative was part of a broader effort to foster environmental stewardship and create a lasting positive impact on the surroundings. The trees were carefully selected from Hasiru, an NGO based in Bangalore that specializes in promoting green initiatives and sustainable practices.

The choice of planting fruit trees reflects a thoughtful approach to sustainability, as these trees will continue to give back to the environment and the people for many years to come. This effort also underscores the importance of community involvement in environmental conservation.



Acknowledgement: Dr. Nandini Vallath, Professor and Head, Palliative Medicine



Health Related Day...



Updates this month...

IAHAD 2024

Department of Physiotherapy

10th May 2024

Mr. Antony Paul, Assistant Professor of the Department of Physiotherapy has participated as a speaker in the Indian Association for Hemophilia and Allied Disorders – MSK webinar on the ankle equinus and calf muscle bleed management and Physiotherapy management. The webinar had participants across all domains including physiotherapists, occupational therapists, psychiatrists and orthopedicians. Kudos to him!



Acknowledgement: Antony Paul, Assistant professor, Department of Physiotherapy

ANACON 2024

Department of Anaesthesia

19th May 2024

Dept of Anaesthesiology at St. John's Medical College, Bengaluru, in affiliation with the esteemed Academy of Regional Anaesthesia (AORA), India conducted ANACON 2024, a Cadaver-based, ultrasound-guided regional anaesthesia workshop.

Dr. M Manjula Devi presided as Organizing Chairperson, Dr Surbhi Gupta as Organizing Secretary, Dr Sandeep Diwan as Course director, along with Dr. Bindu George (Head, Dept of Anaesthesiology) in collaboration with Department of Anatomy who ensured smooth conduct of workshop.

Our overarching objective was twofold: to provide an innovative learning platform for anaesthesiologists, enriching their anatomical acumen while equipping them with advanced proficiency in regional anesthesia techniques, thereby fostering enhanced competence and confidence in their clinical practice.



Updates this month...



This collaborative endeavor between Anatomy and Anaesthesiology, under the leadership of Dr. Yogitha Ravindranath forged a culture of mutual respect and teamwork. Cadaveric specimens were diligently prepared by a team of Anatomists to showcase various anatomical regions of interest, including intricate cross-sections at different levels.

WORKSHOP

Following lectures on comprehensive overview of regional anesthesia, sonography, peripheral nerve stimulation and the latest advancements in block techniques, practical sessions were initiated.

The program was inaugurated by Rev. Fr. Jesudoss Rajamanickam (Director, St. John's National Academy of Health Sciences). Rev Fr Charles Davis (Associate Director College) and Dr. George D' souza (Dean, SJMC) and the organizing team of ANACON 2024 graced the occasion.

Renowned faculty from AORA were invited to lead the workshops. A total of 29 delegates attended the workshop. We had External Faculty- Dr.Sandeep Diwan and Dr.Shweta Puntambekar from Pune, Dr.Medha Kulkarni from Aurangabad; Dr.Ramkumar Mirle and Dr.Sajana Mukundan



Updates this month...

from Manipal Hospitals, and Dr.Murali Thondebhavi from Apollo Hospital, Bengaluru. Dr.Bindu George, Dr.M.Manjuladevi, Dr.Surbhi Gupta, Dr.Vikram M.S, Dr.Deepa Baskaran, Dr.Arpana Kedlaya, Dr.Shilpa Joshi and Dr. Thomas T.V were the internal faculty department of Anaesthesiology. Dr.Yogita R, Dr.Stephen Dayal, Dr.Chhavi M, Dr.Daron M were the internal faculty from department of Anatomy.



A cadaveric oath was taken before touching the cadaver in the dissection hall; emphasizing on proper handling of the cadaver and paying tribute to the soul. The hands-on workshop of nearly 5 hours provided ample opportunity to the delegates to practice much needed skills in ultrasound guided blocks. The process of intellectual dialogue and sharing of knowledge was an enriching experience for the registered delegates. From landmark identification to needle insertion techniques and image optimization, participants were guided through a variety of nerve blocks, including brachial plexus, femoral, sciatic, and erector spinae plane blocks.

The crescendo of the workshop was a captivating live demonstration of block techniques by Dr. Sandeep Diwan, a fitting culmination that left an indelible impression on all participants. We actively sought participant feedback via post-workshop surveys and informal discussions during the event. The overwhelming consensus highlighted exceptional satisfaction with the workshop content, faculty expertise, and hands-on learning experiences. Feedback from the participants was very encouraging and most stations were rated excellent, for academic content, hands on experience of needling on cadaver, teaching on dissected specimens.



Updates this month...

Arrangements such as food and venue were also well appreciated by the faculty and delegates. It was indeed a good platform for sharing knowledge and skills.

ANACON 2024 was a transformative voyage, providing the participants anatomical insights to improve their clinical practice.



Moving forward, the knowledge and expertise gained from this workshop will undoubtedly contribute to the delivery of safe, effective, and patient-centered care in regional anesthesia practice. Looking ahead, we aspire to host numerous workshops, positioning our institution as a premier learning center for cadaver-based studies.

Acknowledgement: Dr. Shruthi R (Fellow in Regional Anesthesia), Dr. M. Manjuladevi (Professor), Department of Anaesthesia.

Thalassemia and Blood disorders day

Department of Paediatric Hematology Oncology, Paediatrics and Clinical Hematology and BMT.

25th May 2024

World Thalassemia & Blood Disorders Day is celebrated annually in the month of May to raise awareness about thalassemia, a genetic blood disorder, and to promote better understanding and support for those affected. This year's event had a significant gathering of patients, healthcare professionals, advocates, and supporters. The event was themed "**Be Aware, Share, Care,**" focusing on spreading awareness, sharing knowledge, and showing care for those affected by thalassemia & other blood disorders. The day's activities included keynote speeches, educational sessions for parents, patient testimonials, entertainment programs, games and a free HLA typing test.



Updates this month...



The event began with an opening ceremony featuring a welcome address by Rev. Fr. Jesudoss Rajamanickam, [Director, SJNAHS], who emphasized the significance of community engagement and the importance of combined efforts towards the treatment and care for children in need. Followed by some inspiring and energetic words from Rev Fr Tony A J (ADF, SJNAHS), Dr Cecil Ross (HOD, Clinical Hematology), Dr Fulton D'Souza (HOD, Pediatrics). At the end of the official session Dr. Sanjukta Rao addressed the gathering and took a session on new advances in the treatment of Thalassemia.

Post official session the Once Move dance team did an energetic performance followed by some charming and excellent performance by the Nursing College students. Invitees from the Farishtre Charitable Trust also did some talent presentations for the audience, which was later taken over and joined by the parents. Then the main event for children was conducted by the very enthusiastic Medico Social Workers Team and the intern students. They did games and activities for the kids and encouraged them with gifts and surprises and the event wrapped up with lunch served and enjoyed by all.



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



Updates this month...

Surgical Mentoring – by Senior Obstetrician

Department of OBG

8th June 2024

The department of Obstetrics and Gynecology invited Dr VP Paily, a senior and pioneer Obstetrician from Aluva, Kerala and conducted a surgical mentoring session for the faculty of OBG Dept. He demonstrated his patented newly designed “aortic clamp” and “iliac clamp” which is a user-friendly device which can be used for prompt control of pelvic hemorrhage without the need for extensive skill training. He highlighted the definite utility of the device which can be easily used by labor care providers, especially our doctor-sisters who serve in far-flung rural areas where external help may not be easily available.



Acknowledgement: Dr. Shashikala Karanth
Professor & Head, Dept of OBG



Updates this month...

CME on Medical Disorders in Pregnancy- Emerging Concepts

Department of OBG

9th June 2024

The department of Obstetrics and Gynecology of SJMCH conducted a one-day CME titled “Medical Disorders in Pregnancy- Emerging Concepts” This was conducted successfully with the graceful support of the management of SJNAHS and was executed in collaboration with the Bangalore Society of Obstetrics and Gynecology.

The day started off early with the voice of the youth, where selected postgraduate students from different institutions spoke about different niche topics in obstetric medicine. With other PGs on stage allowed to comment and rebut on the topics, it was almost like a cross between a “JAM” and a “debate”.

After seeking prayer invocation and blessings, the formal inauguration session was held with our Associate Director – Hospital, Associate Director- Finance and BSOG dignitaries on stage. The encouraging words by the administrators gave the organizers and delegates a lot of encouragement in continuing activities for improving teaching regarding improving maternal care. The presence of stalwart faculty from across the city and two out-of-station faculty members (Dr Anish K, JIPMER and Dr VP Paily, a senior and pioneer Obstetrician from Aluva, Kerala) made the day an academic feast.

The morning session covered long term impact of pregnancy-related disorders, heart disease in pregnancy, pregnancy after artificial reproductive technology and a much-appreciated niche session on domestic violence in pregnancy. It was definitely a “more than that meets the eyes” session.

The forenoon session was highlighted by a panel discussion on Placenta Accreta Spectrum, with the star panelist being Dr VP Paily. Viewpoints from the senior obstetrician, urologist, anesthesiologist and interventional radiologist were exchanged, in a vibrant session bringing out the optimal management and difficulties encountered with the condition.

This was followed by intriguing thoughts on pregnancies after cancer treatment, thrombocytopenia, liver disorders and psychiatric disorders.



Updates this month...

The two-way relationship between pregnancies and medical disorders were aptly highlighted by these discussions.

The second panel discussion was on autoimmune disorders in pregnancy, and the way forward was paved by views and thoughts from the team of immunologists, pediatric cardiologists and neonatologists. Though the lunch was much delayed, the ardent crowd of 230+ delegates enjoyed every bit of the session. It was an honor to have delegates from outside the city, with a team from Hubli participating as delegates.

The last session included less discussed topics such as acute kidney injury, headache, respiratory emergencies, obesity, and cardiopulmonary resuscitation, in the context of pregnancy.

Each session was chaired by senior faculty in the subject and mementoes and gifts were strictly eco-friendly. The valedictory session concluded with presentation of prizes to the victorious ones in the poster presentation.

Overall, the session was a grand success, and the department of OBG wishes to conduct more such programs with the able support of the management of SJNAHS.



Updates this month...

Inauguration Of Special Free Cardiology Camp

Department of Cardiology

10th- 15th June 2024

The Department of Cardiology at St. John's Medical College Hospital started in 1984, and was one of the first in Karnataka state to introduce Interventional cardiology in 1995. Over a period of time, this department has grown and has made a difference to several thousands of deserving and underprivileged patients.

20 years ago, a special cardiology poor patient's fund was initiated at the institution to enable more needy patients to avail complete cardiac treatment. As part of this initiative, the Cardiology department, under the able leadership of Dr. Kiron Varghese, is presently conducting a special free camp of 25 angioplasties and 100 angiograms over the next one month, from 10th June to 15th July 2024. The focus is on younger patients below 55 years, and who are bread winners from the economically weaker sections.

At the inauguration of this initiative that was held on June 18th, 2024, by Shri Ramalinga Reddy, Hon'ble Minister for Transport and Muzrai, Govt. of Karnataka who was the Chief Guest.



Updates this month...

Rev. Fr. Tony A.J. (Assoc. Director Finance) welcomed the gathering. He emphasized on the need to create awareness among the public about timely identification and early treatment of heart attacks.

Dr. Kiron Varghese explained that this was the second such initiative. The first free angioplasty camp last year benefitted 23 people, but this time, in addition to 25 angioplasties, they have also introduced 100 free angiograms upon the feedback from the first camp. Top quality, imported, drug coated stents would be used in the angioplasties. He thanked all those who contributed and supported this drive. It is a notable fact that Dr. Kiron Varghese, in 2014, performed an angioplasty on a patient aged 108 years, which is documented as the oldest person to undergo an angioplasty, and the gentleman is still alive and healthy today.



Rev Dr. Jesudoss Rajamanickam (Director, SJNAHS), who presided over the function assured the Minister of continued people friendly initiatives by the institution and reiterated that the mission of St. John's is to reach out to the underserved.

Shri Ramalinga Reddy complimented the institution for its inclusive and affordable quality health care over the last 50 years to all sections of society.



Updates this month...

Given that there is an increase in younger adults having heart attacks, this camp will serve to help such individuals and their families to cope with this catastrophic event that can incur heavy expenditure and loss of life.



The Hon'ble minister also visited the Cath lab and interacted with the first few beneficiaries and the Cardiology team, led by Dr. Srilakshmi (Prof. and Head of Cardiology). He also visited the upcoming St. John's Geriatric Centre with the Executives of the institution. Dr. Arvind Kasthuri, Chief of Medical Services and Lead, St. John's Geriatric Centre, explained about the four pillars of the Geriatric centre – Service, Training, Research and Community Engagement, through which, elderly populations across the state and country would benefit, being the first of its kind in India.

Acknowledgement Dr Pretesh Kiran, Professor, Community Health, Press and Media Liaison, St John's National Academy of Health Sciences.

Inauguration & Blessing – New Ambulance



The new Ambulance donated by RBL Bank was blessed and inaugurated on 18th June 2024.



Updates this month...

Student Executive Committee Roundup

15th June 2024

The Student Executive Committee (2024-25) took charge through formal handing over ceremony on 15th June with the blessings of Dr. George D'Souza (Dean, SJMC), Rev. Dr. J. Charles Davis (Associate Director College), Anuradha Ananthamurthy (Vice Dean, UG), Committee Mentors - Dr. Binu T Kurian and Dr. Sejil T.V. It was truly a graceful event where the newly elected members swore the oath to work with vigour and to best of their potential.

The Spotlight

Midsummer Mic the annual open mike event organised by Spotlight was conducted on 24th May. The event witnessed Johnites portray their vivid talents in music, theatre and literature.



Conscientia Club

On March 31st hundreds of Johnites participated in Anti Tobacco Day drive organised by the Conscientia club chanting the slogan in unison '**Reject, Don't Regret**' where hundreds of Johnites signed up never to use Tobacco and took up the mission to educate public on harmful effects of smoking and using Tobacco products. Dean signed off the campaign followed by faculties and students. Reels and public awareness videos were created with special interest to influence youth to quit Smoking.

I.M.P.A.C.T Club

I.M.P.A.C.T organised an array of events the past month, such that the overall participation and membership of the club spirited up several folds in a single month. Beginning with, World Thalassaemia Day was observed on May 8th. World blood donor day of was celebrated on 14th June.



Updates this month...

An exclusive video shot by The Johnite Media team picturing a detailed and step by step approach to blood donation was released on Instagram and Whatsapp groups. This was followed by a flash mob in utility complex in association with the members of the Johnite Dance Club to 'Spread awareness with moves'. In light of observing the month of May as the month of Mental health awareness, the club started an anonymous insta page where people round the globe can come forward narrating the various mental health struggles they went through and how they coped up with it.



This small initiative received overwhelming response, with hundreds of people coming forward turning out to be inspirational for many. International day of action of women's health was observed on 28th May, Johnites as a whole, flooded the campus in pink showing support and appreciation. International Nurses day was celebrated on 12th May where the club organised interviews of nurses which were recorded and posted on the Instagram handle of the club. The interview brought to limelight the ambitions, emotions, day-to-day struggles and life experiences of nurses which received support and appreciation worldwide. An exclusive teaser by The Johnite Media team and poster was released the same day IPL Finals screening was organised at Assisi Boys Mess on 18th May which found Johnites united, thrilled with spirit and excitement. Inter Class Sports commenced with first game being basketball between MBBS O'21 and MBBS O'23, ICS is pacing with gruelling heat and enthusiasm every evening.

EVENTS TO WATCH OUT

Inter Class Sports (ICS) events are progressing, and July shall witness semifinals of several major sports. Inter Class Culturals (ICC) offline events shall be conducted from 27th June - 1st July. Farewell for Batch of O'19 and PG shall be conducted on 15th July.



Updates this month...



Acknowledgement Edwin Jose, MBBS
batch 2021, Literary Secy, SEC

Inauguration & Blessing – New Sample Collection area



New Sample Collection of Lab & Genetic Lab were blessing and inaugurated on 11th June 2024.



Updates this month...

CAMPUS DAY - Sports events

18th June 2024

What a fantastic sight it was to see almost 600 people at the Campus day sports events - energies running high and such fun - brought back memories of MBBS days on the sports field. The cheering, the action and the NOISE - were so so good.

Superb organization skills - kudos to the Staff Cultural Society.

For those who missed it - you missed witnessing the true Johnite spirit - there is always next time. Congratulations to the winners, to the organizers and to all who took part this afternoon.

Name of Person/ Team	Department
100 mts Running - Men	
1. Mr. Jebish MA	Pharmacy
2. Mr. Guruprasad	SJRI
3. Mr Franklin Joseph	SJRI
100 mts Running - Women	
1. Ms Roslin Jolly	OT
2. Ms Nandini Kelkar	HR
3. Ms Varsha Vincent	Molecular Biology
Back to Back Balloon Race	
1. Ms Anita & Ms Leela	Information
2. Ms Mary & Ms Nagapriya	Information
3. Ms Gifty and Ms Rosy	OT
Lemon & Spoon - Men	
1. Mr Arumugam	Pharmacy
2. Mr Naveen	Admin
3. Mr Lawrence	Dialysis
Lemon & Spoon - Women	
1. Ms Katherine	Pharmacy
2. Ms Pushpam	SICU
3. Ms Thanis Josna	5 th Rear
Tug of War - Men	
1. Team from Engineering & Facility Management	
2. Team from OT	
Tug of War - Women	
1. Team from Security	
2. Team from Pharmacy	



Acknowledgement: Dr Maya Mascarenhas



Updates this month...



CAMPUS DAY

24th June 2024

The campus day in St. John's National Academy of Health Sciences is celebrated on June 24th to commemorate the nativity of St. John, the Baptist who is considered as the heavenly patron of our Institution. The theme selected for this year's campus day was "**Coming together as a Johnite family**", which is truly reflected in our togetherness in all aspects with the aim of helping the unfortunate and sick in society.

The celebrations commenced with the Sports events, organized by the Staff Cultural Society, which included 100 mts running for Men and Women, Back-to-Back Balloon race, Lemon and Spoon for Men and Women and Tug of War for Men and Women. There was an overwhelming response with more than 450 registrations from the various departments of the Institution with the large number of participants who turned up to make the event such a grand success with such high levels of energy and enthusiasm.



The campus day lunch was provided for the different groups of the members of the Institution from 19th to 22nd June 2024. The Staff Cultural Society organized short games for the members to make it more lively.

The Holy Eucharist was Celebrated on 24th June 2024 at the Nursing College Auditorium. The culmination of the celebrations was with the formal cultural program organized by the Staff Cultural Society, held on 24th June 2024 at the Main Auditorium. The cultural events included a 1-minute showcase of the departmental activities from various Departments like Paediatric Hemat Onco, DCRT, College of Nursing, Pharmacy, Anaesthesia, Nursing Services and Critical Care Medicine. The enthusiasm and the vigor with which these events were displayed was commendable.



Updates this month...

This was followed by the fashion show which showcased the bond and diverse talents within the Academy, with active participation from the staff and faculty as well as the members of the Management.

On the whole, the campus day 2024 was celebrated with much pride and sense of belongingness to showcase the creativity and diversity within the Campus.



Acknowledgement: Ms. Smita Elizabeth, Associate Professor, Department of Physiotherapy



From the Periphery...

Nirmala Health Centre, Tharabhanahalli, Bangalore North



Nirmala Health Centre (NHC), is run by the religious Congregation of Sisters of St. Anne Bangalore (SAB) was started to render dedicated service to the poor children, youth and destitute women with primary focus on education, ministry of healing and social work. It is situated about 25 km from Bangalore city, under Huralichikkanahalli Panchayat, catering to a population of about 20 Lakhs. In liaison with Hesaraghatta PHC, it covers around 35 to 40 neighbouring villages.

Established on 8th December 1994, and registered under Shanthi Nilaya Health Care Society, it caters to sick and suffering mother and child with primary health facilities for the locality. It was started with a vision of nurturing health with care and compassion while providing affordable care to the sick and suffering with love and compassion. At the time of inception, the centre covered 15 villages with a population of 20,000; currently they cater to 35 to 40 villages with population of over 2 Lac population. Dr. Sr. Susheela (1995-2001) and Dr. Sr. Helen Mary (2002- till date) have been instrumental in the development of this centre.



Current services:

The centre primarily caters to mother and child health, in addition to general health care, integral rural development and lifestyle health awareness programs, health education in neighboring schools, empowerment of women, mobile clinics, and free health check-ups and eye camps. The centre sees a footfall of 50-60 outpatients daily, in addition to providing minor outpatient procedure and emergency/casualty services. The antenatal (ANC) clinic runs on all weekdays except Thursday and sees about 100-110 ANC mothers monthly. Basic laboratory services with ECG and ultrasound facilities are available in-house. A Visiting Orthopaedic consultant is available on call. Emergency cases are referred to referral centres like Sapthagiri Medical College and other nursing homes which is 5 km away from our centre.

Key personnel:

The Staffing of this centre includes Sr.Jolly(Administrator), Dr.Sr.Helen Mary(OBG, Medical Officer), Sr.Susheela(Counselor), four staff nurses, two assistant nurses, a lab technician, driver, security officer and a helper.

Highlights of services provided:

1. Institution based palliative care: Palliative and rehabilitative nursing care services are provided at the “Birds of the Air - men and women” - institution caring for the destitute, located 5 km from the centre.
2. Care of the physically challenged children and adults living around the health centre.
3. Alcoholics Anonymous: Every Saturday, around 30 members alcoholic Anonymous gather in this health centre to review their lifestyle and rejuvenate their spirit of new living and share their success story with other members to encourage to live an addiction free and guilt free life.
4. Conduct of medical camps in adjacent rural areas.
5. In association with SDFI (Sister Doctors Forum of India), awareness and screening programs for lifestyle diseases and cancer of the cervix are periodically conducted.
6. Outreach programs: Every 3rd Friday of the month, free medical and eye camps are conducted. 12 cataract surgeries were performed this year so far, in association with Dr. Modi Eye Hospital.



From the Periphery...



Medical camp in Akashaparava



From the Periphery...



Collaboration with St. John's Medical College:

Nirmala Health Centre at Silvepura was St. Johns bond centre till 1984, when it was closed. In 1994, SAB took special interest to give medical assistance to the people, when Sr. Helen Mary, trained in St. Johns and took over the centre. Interns from St. John's Medical College were posted at this centre for 3 months during their Compulsory Rotating internship for peripheral postings in Community Medicine.



BEFORE SURGERY



"JESUS GAVE SIGHT TO THE BLIND"

Nirmala Health Centre at Tharbanahalli
strengthens our Senior citizens
eye sight to see the World brightly
after The Cataract Surgerv.

AFTER SURGERY

Scope for Improvement and Expansion:

The centre is looking at expansion of services to provide orthopaedics facilities including inpatients/OPD and minor surgeries and to be supplemented by physiotherapy services in collaboration with One Health hospital.

Address for Correspondence:

Sr. Jolly (Administrator)
Nirmala Health Centre,
Tharabhanahalli, Bangalore North – 560092
Phone: 8660118147
Email ID: nirmalahealthcentre2022@gmail.com

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.



THE KAGGALI DAYS: A COMMUNITY MEDICINE POSTING INSIGHT

– Dr. Mohit D, Intern, MBBS 2019

Internships are a steppingstone in our lives—a transition from books to practice where expertise and experience surpass our theoretical knowledge. This new chapter in our life's meanders through all sorts of terrains, some really rewarding, some quite challenging. Here is a flashback to my very first internship posting in community medicine, placed in one of the hinterlands of Bangalore's urban sprawl.

On April 25th, out of the blue, a slide emerged that determined our fates for the batch and the postings that was yet to be assigned. It turned out that neither was in my favor, as I didn't want to start with such a posting. But as my favorite quote says, "Stay hungry, stay foolish," I was ready to add value by going 23 km away to this place named Kaggalipura with my fellow mates. From here on the journey did unfold within the blink of an eye.

Upon reaching our centre on a sizzling hot Saturday afternoon, we realized that it was a posh place, making me perplexed and stressed when MBBS internship duties were pressed on me that too from the very first day. The month of April went by in a blur, as we oriented ourselves and met our new staff and RMO's –a 2016 batch senior and family medicine PG at our centre. Our postings were mainly centred in Casualty, OPD, Lab, Pharmacy, and the Government CHC. But on the hindsight things weren't as smooth especially the food and accommodation situation which required brainstorming solutions, leading to some creative ideas like cooking with pasta and chicken.

One of our duties required us to go to Government CHC of Kaggalipura which in itself was a maze at first to figure out what chores to do, but turns we made our friends for life. Integrating ourselves with Ayurveda students, who generously taught us many useful things, and making bond with our Oxford counterparts did also help us to get oriented faster along with our RMO Dr. Radha. The Govt. CHC honestly has allowed us to venture those dimensions which had been a barrier elsewhere. Additionally, the CHC also allowed us to visit camps and be a part of many national programs.



Student Reflections...



The month of May arrived subsequently a time when things started to get a bit crazy. Firstly, we boys were banned from cooking, then syringes went missing, IV lines were misplaced, and we endured both nail-biting scoldings and mosquito-biting sessions every night. One incident that stands out was when a chair, which was our makeshift cricket wicket, was stolen, leading to humiliation for the precedents of our previous batch. These challenges ultimately made us dig deep into our pockets. Nevertheless, we soon got engrossed in our lives until Dr. Vineet came back from his US trip and shared his amazing stories and tried elevate our learnings to a new level. Despite our mistakes, whether it was maintaining cleanliness, billing patients, or keeping up with our duties, we had the endurance to handle everything.

As month of May came to an end, with two more months to go, some life-changing experiences unfolded. On one sluggish morning, when Sr. Alphonsa, a Family medicine PG and I were ready to go to the Church, a patient came in with heart failure and pulmonary edema. There was no other option but to refer her to Jayadeva Hospital. As the duty intern, I had to accompany her at that time. It turned out to be a spine-chilling process as the patient's SPO2 level had fallen to a mere 79%, and the only way to improve it was to increase the oxygen cylinder level as much as possible.



Student Reflections...

The very next day, another patient arrived with hepatic encephalopathy and had a GCS of 12, leaving us with no option but to refer again via ambulance. Unfortunately, a whole vial of Vitamin B12 spilled over my shirt due to the ambulance's swift movement at 140 kmph on NICE Road- An unforgettable ordeal though.

But for now, there is still a month remaining, but the memories made shall always remain. Throughout this journey, we encountered numerous people, whether it was our warm-hearted lab guy Mr. Chetan, new friends, or even some regular reviews patients whose smiles and commendations always encouraged us. Our communication and teamwork with our fellow batchmates allowed us to come out of our cocoons. We also enjoyed picturesque places around, like Prani Pet Sanctuary, which was a success due to the efforts of Mr. Vinod and even our pharmacist Ravi.

Thus, PSM postings are among the most fruitful ones in comparison which constitutes 1/4th of our internship time. What makes it unique is that it actually simulates our rural bond. From basic health centre case management to essential surgical skills, this experience illuminates our skills making us ready for healthcare system's comprehensive operations and challenges. The rural-urban health gap in India is an inconvenient truth, therefore making use of every opportunity and working towards betterment at grassroot level is of utmost need.



Physical Therapy in Dementia

June is considered to be Alzheimer's and Brain Awareness month! Hence, this month the discussion is on Physical Therapy and Dementia!

Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — to such an extent that it interferes with a person's daily life and activities. Cognitive decline can begin from as early as the age of 30.

Physical therapy management comes under the realm of “non-pharmacological therapies (NPT)”. NPTs are known to increase brain derived neurotrophic factor (BDNF) levels which is a known biomarker for neuroplasticity.

Physical therapy plays an important role in the management of cognitive impairment and dementia. There is also sufficient literature that talks about the importance of undergoing physical therapy to manage symptoms of Alzheimer's disease. The kind of intervention depends on if there are cognitive deficits or mild cognitive impairments, or if the person has been diagnosed with dementia. Non-pharmacological therapies can help through all stages. Early diagnosis and intervention is imperative in early stages, as more number of cognitive faculties can be engaged in rehabilitation compared to later stages.

A careful assessment by a physical therapist specialized in neuro rehabilitation is imperative to understand the stage of cognitive decline and to plan treatment strategies for the same. The treatment strategies commonly include strategies that work on cognitive-motor interactions, prevention of falls and secondary complications, pain management and aerobic training. Dementia secondary to other neurological deficits specifically Stroke and Parkinson disease can also benefit immensely from therapy. In conclusion, NPT play a pivotal role in management of Dementia, and is underutilized in the usual care of the disease. Keep calm and join us in spreading awareness!





Rhyme Chime...

Echoes of Compassion

- Ms. B. Aishwarya,
Dept. of Pain and Palliative Medicine

In the heart of the St. John's Campuses bustling hive,
Where women weave the threads of care,
Each soul a beacon, every step a guide,
Inclusion blooms, a tapestry rare.

Amidst the corridors, we all stand tall,
With hands that heal, and all the spirits bright,
The voices echo, a great universal call,
In each ward, in the darkest night.

From nurses to doctors, technicians to aides,
All our roles diverse, our skills a blend,
In unity, we march, resolute by tides,
Our empathy a force that knows no end.

In this sacred ground where our lives entwine,
Women at work, a symphony profound,
Our presence a testament, a shrine,
To inclusion's grace, forever unbound.

So let us honour, let us celebrate,
The women at work, in hospital's embrace,
Our dedication, our strength innate,
Inspiring inclusion, in every space.

**Award Winning Poem – Jwala 2024 (1st Prize). Theme
was International Women's Day – Inspire Inclusions**

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IG NOBEL



2001 – MEDICINE

Peter Barss of McGill University

Peter Barss of McGill University, for his impactful medical report
“Injuries Due to Falling Coconuts.”



Falling coconuts can cause injury to the head, back, and shoulders. A 4-year review of trauma admissions to the Provincial Hospital, Alotau, Milne Bay Province, Papua New Guinea, revealed that 2.5% of such admissions were due to being struck by falling coconuts. Since mature coconut palms may have a height of 24 up to 35 meters and an unhusked coconut may weigh 1 to 4 kg, blows to the head of a force exceeding 1 metric ton are possible. Four patients with head injuries due to falling coconuts were described in the article. Out of which, Two required craniotomy and two others died instantly in the village after being struck by dropping nuts.

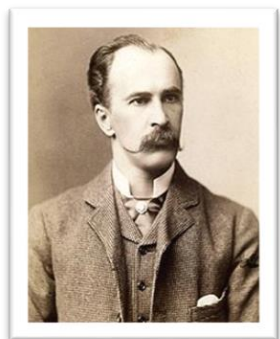
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REF: <https://pubmed.ncbi.nlm.nih.gov/6502774/>



The future is today.

The load of to-morrow, added to that of yesterday, carried to-day makes the strongest falter. Shut off the future as tightly as the past. No dreams, no visions, no delicious fantasies, no castles in the air, with which, as the old song so truly say, "hearts are broken, heads are turned." To youth we are told, belongs the future, but the wretched to-morrow that so plagues some of us has no certainty, except through to-day. Who can tell what a day may bring forth? ... The future is to-day- there is no to-morrow! The day of a man's salvation is now - the life of the present, of to-day, lived earnestly, intently, without a forward looking thought, is the only insurance for the future. Let the limit of your horizon be a twenty-four-hour cycle.



SIR WILLIAM OSLER



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

Did You Know?

India Recently launched its E20 program where the petrol is mixed with 20% Ethanol.

Ethanol is a biofuel, which reduces the dependency on fossil fuels and saves India Rs. 30,000 crore per annum on imports. It also improves the fuel efficiency and reduces the emission of

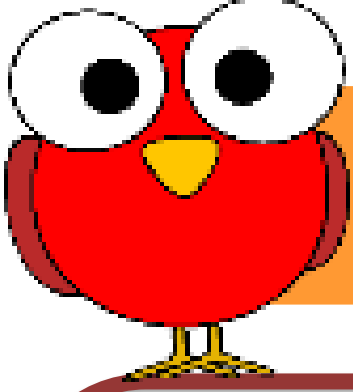
Carbon dioxide, Carbon monoxide, hydrocarbons and nitrogen oxides compared to pure form of petrol. We also improve the income of our farmers who grow crops like sugarcane, which are used for producing Ethanol. Hence we move towards greener India and profitable move.

REF: Times of India



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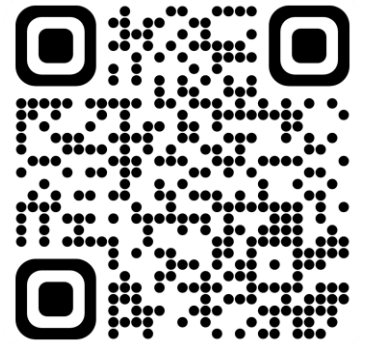
MEDICINE THIS MONTH

A Bird's Eye View....

Association between obesity in adolescence and development of chronic kidney disease

Observational studies have suggested that adolescents with obesity are at increased risk for impaired kidney function. In a new study of 630,000 adolescents in Israel, high body mass index (BMI) in late adolescence was associated with development of chronic kidney disease in early adulthood, as measured by albuminuria. For severe obesity, the adjusted hazard ratio for early chronic kidney disease was 9.4 for males and 4.3 for females. These findings support our suggestion to screen for impaired kidney function in patients with risk factors for chronic kidney disease, including severe obesity, hypertension, or type 2 diabetes. Screening consists of measuring urine albumin-to-creatinine ratio.

- Tsur et al. JAMA Pediatr. Feb 2024.



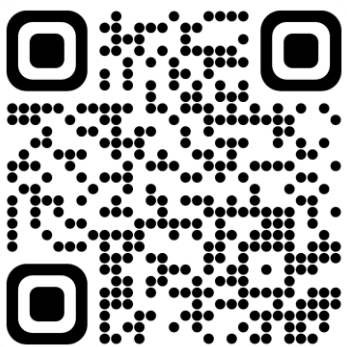
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Abstracts



Lack of overall survival benefit for primary tumor resection in metastatic colorectal cancer

For patients with unresectable metastatic colorectal cancer (CRC) and an asymptomatic primary tumor, randomized trials are evaluating the benefits of upfront primary tumor resection. In a combined analysis of two multicenter, randomized clinical trials in almost 400 such patients, primary tumor resection prior to initial systemic therapy failed to improve overall survival compared with immediate systemic therapy (median 17 versus 19 months, hazard ratio 0.94) [3]. Based on these data and the potential risks of surgery, we recommend against upfront primary tumor resection for patients with unresectable metastatic CRC and an asymptomatic primary tumor.

- Rahbari et al. J Clin Oncol. May 2024.



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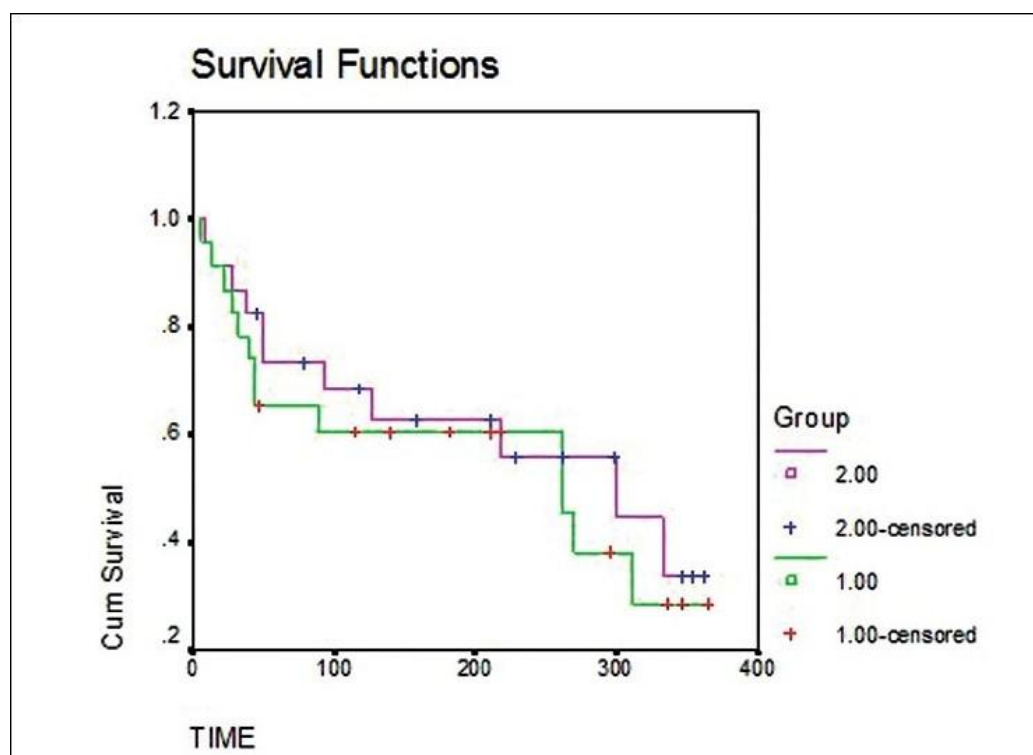


RESEARCH SNIPPETS

Understanding Survival: Unveiling the Kaplan-Meier Curve

The Kaplan-Meier curve, a powerful tool in statistics, sheds light on survival analysis. It's not just about how long things last, but rather the probability of them lasting for a certain period. This concept is particularly valuable in medical research, where it helps us understand disease progression, treatment effectiveness, and patient outcomes.

Imagine a study tracking individuals after a medical event. The Kaplan-Meier curve portrays the probability of these individuals surviving for a specific time interval. The x-axis represents time, while the y-axis reflects the survival rate. The curve starts at 100%, indicating everyone is alive at the beginning. As the study progresses, the curve dips whenever an event (like death) occurs. The steeper the decline, the higher the event rate, suggesting a poorer prognosis. Conversely, a flatter curve indicates a lower event rate and a better survival outlook.



The beauty of the Kaplan-Meier curve lies in its ability to handle "censored data." This occurs when individuals are lost to follow-up or haven't experienced the event by the study's end. The curve acknowledges these cases with small vertical ticks, ensuring a more accurate picture of survival probability.

RESEARCH SNIPPETS

Beyond its medical applications, the Kaplan-Meier curve finds uses in various fields. It can analyze product lifespans, customer retention rates, or even the survival of endangered species. By visually depicting the probability of something lasting over time, this curve offers a valuable tool for understanding survival across diverse contexts.

In conclusion, the Kaplan-Meier curve is a cornerstone of survival analysis. It provides a clear and insightful way to analyze time-to-event data, helping us make informed decisions in healthcare, research, and beyond.



Background Picture on
Coverpage
PC: Dr. Rakesh Ramesh



Early Greece and Medicine

The transition from magic to science was a gradual process that lasted for centuries, and there is little doubt that ancient Greece inherited much from Babylonia and Egypt and even from India and China. Modern readers of the Homeric tales the Iliad and the Odyssey may well be bewildered by the narrow distinction between gods and humans among the characters and between historical fact and poetic fancy in the story. Two characters, military surgeons Podaleirius and Machaon, are said to have been sons of Asclepius, the god of medicine. The divine Asclepius may have originated in a human Asclepius who lived about 1200 BCE and is said to have performed many miracles of healing.

Asclepius was worshipped in hundreds of temples throughout Greece, the remains of which may still be seen at Epidaurus, Cos, Athens, and elsewhere. To these resorts, or hospitals, sick persons went for the healing ritual known as incubation, or temple sleep. They lay down to sleep in the dormitory, or abaton, and were visited in their dreams by Asclepius or by one of his priests, who gave advice. In the morning the patient often is said to have departed cured. There are at Epidaurus many inscriptions recording cures, though there is no mention of failures or deaths.



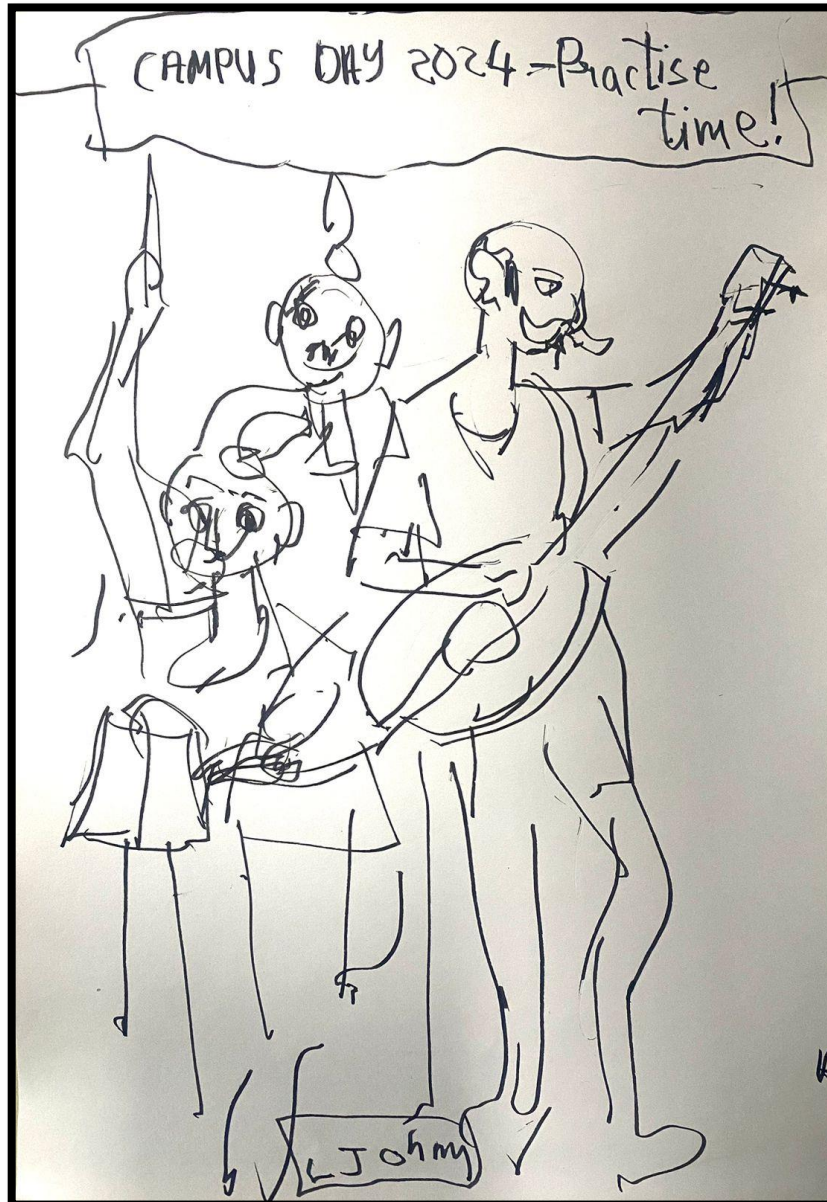
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ivory diptych

Asclepius, from an ivory diptych, 5th century CE; in the Liverpool City Museum, England.



L Johnny



Art by: Dr.
Rakesh Ramesh

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