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April-May 2020

### My Dear Doctors, Paramedics, and all the other Staff Members

The onslaught of Corona Virus (COVID-19) has severe impact on the society as a whole. These are testing times for all of us too. For you, being health warriors, it is critical that you fight the battle from the frontline to defeat the spread of the virus. I urge all of you to be safe and take all precautions. While on duty, take all measures to implement the guidelines issued by WHO, governments and other professional bodies from time to time. All department heads must ask their colleagues to follow safety guidelines in the line of duty. Always remember, the guiding philosophy of Ramaiah group while on duty; "Inclusive Excellence".



As a group we all have to put up a united front to combat and contain the spread of Covid-19. As part of our responsibilities, it is also necessary to sensitise the patients and people around us. At this hour of crisis, I urge you to stay safe, stay fit, serve the people. To quote our founder Sri M S Ramaiah, "Acts done for ourselves, die with us. Done for others, they live on".

**Dr. MR Jayaram**

Chairman, Gokula Education Foundation

### Gokula Education Foundation donates Rs.3 crores to fight Covid-19

**Dr. M.R. Jayaram** Chairman, Gokula Education Foundation, M.R.Seetharam, Vice Chairman, Gokul Education Foundation, Directors M.R. Janakiram, Dr. M.R.Kodandaram, M.R. Anandram, M.R. Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical), BS Ramaprasad, Chief Executive, Gokula Education Foundation (General Sciences), met chief minister Shri BS Yediyurappa on Monday, April 6, 2020, at his residence and handed over a cheque for Rs. 2 crore to the Chief Minister's relief fund and also donated Rs. 1 crore to the PM CARES (Prime Minister's Citizen Assistance and Relief in Emergency Situation Fund) to help fight Corona virus in the country.



### My Dear Colleagues,

For all of us, these are testing times as the rapid spread of Covid-19 has wide-ranging impact on the society, health and economy of the country. The spread of the virus poses an immediate challenge to our doctors, nurses and supporting staff in hospitals who are the frontline warriors struggling to halt its spread. We in the Ramaiah Group of Institutions are united in the fight against Corona following the guidelines issued by the WHO and other competent authorities from time to time. Complying with the lockdown and screening requirements will help all of us in tackling the Covid-19 pandemic without compromising on the safety guidelines.

As a leading Foundation providing educational and healthcare facilities, we have a greater social responsibility than many other sections of our society. At this hour of crisis, all our doctors, paramedics and other staff members must take adequate precautions for their safety while performing their duty with dedication. Since it's going to be a long-drawn battle, our preparedness matters a lot at this juncture. Constant inter and intrapersonal communication will help us combat the situation and emerge victorious.

It is a matter of immense pride that our medical fraternity is gearing up to face the challenges. All of us in the Ramaiah Institutions are committed to supporting their efforts. For the sake of everyone's wellbeing and future, we must stay safe and stay healthy in this fight against COVID-19.



**MR Sreenivasa Murthy**

Chief Executive, Gokula Education Foundation (Medical)



**RAMAIAH**

April-May 2020

## **Covid-19** **We salute Corona warriors**

The world is witnessing unprecedented ravage caused by the onslaught of COVID 19. The entirety of mankind is fighting to ward off this contagion. During these times of misery and uncertainty, stories of kindness are emerging across the globe reiterating our faith in humanity. We are seeing strangers helping strangers with food and essential items. Frontline workers comprising of doctors, nurses, paramedical staff, ASHA, Anganwadi workers, field workers, GOK, BBMP personnel, health and non-health officials of government as well as private, law enforcement police personnel, journalists, drivers, and delivery personnel are toiling day and night ensuring a semblance of normalcy to an otherwise abnormal situation. People are unlearning their routine and relearning the simple joys of life. Digital ecosystems are changing the way we communicate, learn, and share both socially and culturally.

Nature is bouncing back to its pristine self with the birds chirping in urban telephone towers! Surely, the nation of 1.3 billion people is displaying a united front against this threat. Experts are fairly certain that India has responded to the challenge in the right direction through quick decisions of lockdown and other public health measures. The danger is still lurking beyond the curve. This is no time to let our guard down and relax as the active transmission of the contagion is still a cause for major concern. Our testing strategies need to be in place and we need to have tighter control over the community spread. The loosening of lockdown, that needs to happen eventually, should not lead to a release phenomenon of the disease bouncing back to higher levels. All stakeholders need to continue the important components of social distancing, personal hygiene, and avoiding the congregation of large crowds.

Our campus has been abuzz as usual with the activities which are shared in this issue. Through exemplary leadership, the management has stood with the efforts of the nation by contributing generously. To both, the state and PM's relief funds. The entire Ramaiah family has responded in a positive manner to the COVID-19 by providing personnel, resources, dedicated screening, and treatment facilities to combat this situation. Community screening, contact tracing, surveillance support, training, and capacity building through webinars, online meetings are continuously being held in association with GOK, BBMP, and RGUHS for various stakeholders. Several educational videos and training materials have been created and disseminated to the masses in supporting of the fight against COVID. We salute each person for their unstinting support and wish them all a healthy and safe future.

ಜ್ಞಾನವಾಹಿನಿ

**Jnana Vahini**

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## We are prepared to face Covid-19



As a consequence of the global pandemic of Covid 19, India reported its first case on 30<sup>th</sup> Jan 2020. As part of reducing panic among our citizens from 24<sup>th</sup> March, we started a Fever clinic at Dwaraka Hall. This is a screening centre where patients are evaluated by history, verbal cross-examination and non-touch fever check. Each patient goes through this before entering either hospital. To facilitate smooth functioning, the accident and emergency area of RMCH have been closed and a single window A&E functions at RMH for both hospitals. All the necessary precautions for the medical and paramedical staff are in place as per WHO recommendations. All elective cases in both hospitals were stopped and only emergency cases were taken. Starting 27<sup>th</sup> March, prophylactic medication of hydroxychloroquine has been given to all the frontline personnel as per ICMR guidelines

To start with, the MSR AYUSH centre has been identified for 50 patients with all isolation facility. All have single rooms facility and also has place for screening, blood collection & consultation. Two levels will be used for these patients while the second floor is dedicated for medical and paramedical staff with separate entry and exit points. They will have facility for Change & shower. All rooms have oxygen lines which was completed in record time. For critical patients, ventilators are in place. Trial runs were done with mock patients to rectify any issues. The centre is fully functional from 1st April. The access to this hospital would be separate from the existing two hospitals with separate oxygen facility and barrier nursing. Most of the beds will be monitored by remote access and attempt to have minimal human contact. Four teams are ready now for duty. Arrangements for staying two weeks in quarantine in our own block are looked at. The plan is each team will work for one week on 6 hours rotation followed by two weeks of quarantine and then one week leave. He/she rejoins after one month for next cycle.

The disaster management team was initiated as per the guidelines of WHO and assigned responsibilities. Ramaiah Hospital is one of the first among private hospitals to take up the challenge of having a separate Covid Hospital block with 200 beds as per the requirements. The last few weeks have been difficult for all the stake holders but everyone has really stood up during this testing time. We have a battle at hand and we have worthy soldiers to fight this war.

**Dr. Naresh Shetty**  
President, Ramaiah Memorial Hospital

## Ramaiah Hospital sets up 200 beds to treat Covid -19 patients



In a major initiative to fight Covid-19, the Ramaiah Medical College Hospital has set up exclusive, dedicated 200 beds to treat Covid - 19 patients in case of need and required by the state government. To join hands with the efforts of government in fighting Covid -19, Dr. MR Jayaram, Chairman, Gokula Education Foundation (which runs Ramaiah Group of Institutions) along with MR Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical) and BS.Ramaprasad, Chief Executive GEF( General Sciences) met Karnataka Chief Minister Shri BS Yediyurappa on Monday April 3, 2020 at his residence and assured him of all assistance to fight deadly Covid-19. Dr. Naresh Shetty, President of

the Ramaiah Memorial Hospital, Dr. Harish. K, Associate Dean, Ramaiah Medical College Hospital were part of the delegation. The hospital is ready to treat Covid -19 cases as per the protocol of treatment and guidelines issued by WHO, governments and other agencies.

## Flu Clinic at Ramaiah Campus



## Graduation Day Ramaiah Medical College



The 36<sup>th</sup> Graduation day of Ramaiah medical College took place on March 4, 2020. Dr. Mark I. Rosenblatt, Dean, University of Illinois, College of Medicine; Director, UIC Medical Scientist Training Program; Professor, Department of Ophthalmology and Visual Sciences was the chief guest and delivered the convocation address. He also handed degree certificates to the graduating students.

The convocation was declared open by Dr. M.R. Jayaram, Chairman, GEF; Mr. M.R. Sampangiramaiah, Director, GEF was the chief guest. Dr. Medha Y Rao, Principal and Dean, RMCH welcomed the gathering. Dr. Shalini Chandrashekar Nooyi, Vice Principal and Dr. Harish. K, Associate Dean, RMCH, Registrars, Dr. Prathab A.G. and Dr. Hemanth T. and others were present among others at the ceremony.

### Congratulations

Jnana Vahini Congratulates twin brothers **Dr. Ram Mohan** and **Dr. Shyam Mohan** for bagging overall MBBS ranks



Overall University  
Topper, 2<sup>nd</sup> Rank



Overall University  
Topper, 4<sup>th</sup> Rank

### University Rank Holders

#### Super Speciality



**Dr. Mubarakunnisa M  
Abbas Tonse**  
DM Med. Oncology -1<sup>st</sup> Rank



**Dr. Renuka  
Sathyamurthy M.ch.**  
Plastic Surgery - 1<sup>st</sup> Rank

### Post Graduate Diploma Holders



**Dr. Priyadarshini. B**  
DCH, 3<sup>rd</sup> Rank



**Dr. Anusha D.S.**  
DMRD 3<sup>rd</sup> Rank



**Dr. Jaseel Ahmed. F**  
DA, 5<sup>th</sup> Rank



**Dr. Lollian Tuely Benjamin**  
DCH, 7<sup>th</sup> Rank

## Post Graduates



**Dr. Abhishek. K.B**  
Emergency  
Medicine, 2<sup>nd</sup> Rank



**Dr. Haricharan**  
M.S.Orthopaedics, 2<sup>nd</sup> Rank



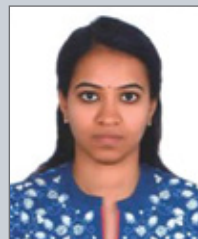
**Dr. Soundarya  
Yamakanamard**  
M.S. Gen. Surgery, 2<sup>nd</sup> Rank



**Dr. Nishant  
Vidyasagar**  
M.D.Radiotherapy, 3<sup>rd</sup> Rank



**Dr. AkshaySethi**  
M.D Radiodiagnosis, 9<sup>th</sup> Rank



**Dr. Spandana T  
Bharadwaj**  
M.D Pharmacology, 9<sup>th</sup> Rank



**Dr. Anusha Paluri, MD**  
Radiodiagnosis, 10<sup>th</sup> Rank

## Under Graduates



**Sharanya M**  
Forensic Medicine,  
6<sup>th</sup> Rank



**Harshini Victor**  
General Medicine,  
6<sup>th</sup> Rank



**Manjima Mohan. J**  
General Medicine,  
8<sup>th</sup> Rank



**Amruta. R. Vernekar**  
Biochemistry,  
10<sup>th</sup> Rank



**Dr Jyothi**, Professor, OBG,  
RMCH participated in A  
webinar on "Management of  
Anemia during Pregnancy".





A webinar hosted by RGUHS at the digital convention hall which imparted **training for doctors and nurses on perinatal and paediatric aspects of COVID-19**. Vice Chancellor of RGUHS, Dr. Sachidananda was in attendance. The session was moderated by Dr. Somahekar A.R, Dr. Mallikarjuna HB, Dr. Karunakara BP and Dr. Prashanth Urs, Faculty of Department of Pediatrics, RMC



**Dr. Aruna C Ramesh**, Professor and HOD, Emergency Medicine, attended Webinar convened at RGUHS Nimhans Digital Centre on March 30, 2020 and was a faculty for the ToT. Minister for Medical Education Dr. Sudhakar, was present and discussed current issues.



**Dr. G. G. Gangadharan**, Director, RISA in a video conference with Prime Minister Sri Narendra Modi on March 28, 2020 at NIC Centre Bengaluru discussed various issues on Covid-19. Dr. Gangadharan has been nominated as Joint Secretary to the Task Force (AYUSH) constituted by the Prime Minister



Faculty, staff and Students of the Department of Community Medicine, Ramaiah Medical College along with BBMP are conducting contact tracing and containment activities, house to house awareness campaign in and around Sanjay Nagar and Ashwath Nagar areas for the past few weeks.



## Proud Moment

**Ramaiah Memorial Hospital has bagged the prestigious Economic Times – Healthworld.com Hospital Awards 20- as the Best Hospital in Clinical Services (South).**



Ramaiah Memorial Hospital has been awarded the Best Hospital for clinical services in South India by ET Health world (ETHealthworld.com). The Economic Times Health Awards are said to be the Oscars in Healthcare. The Award ceremony held at New Delhi was clubbed with EThealthworld Health Tech summit. Chiefs of over 200 corporate hospitals were also present to grace the occasion. Dr.Umashankar Raju, Quality Manager, RMH received the ET Health world award .



Department of Emergency Medicine conducted Covid 19 Awareness for Ambulance drivers in RMH on March 18, 2020

## Department of Community Medicine, Ramaiah Medical College

Faculty, Postgraduates and Interns are actively involved in Covid-19 response through contact tracing, surveillance, SOP development, training and capacity guiding through webinars and short video documentaries in association with BBMP, Government of Karnataka and RGUHS.

The department has also produced six training films for medical and paramedical staff involved in treatment of Covid-19.



Department of Paediatrics, Ramaiah Medical College and Division of Neonatology organized Quality Index Workshop on March 12, 2020 at Ramaiah Advanced Learning Center.



**RMC & Hospital gets SIRO renewal recognition Certificate from DSIR**

## “An Equal World is an Enabled World” International Women’s Day 2020 celebrations



Department of Nutrition and Dietetics at RMH celebrated International Women’s Day on March 10, 2020. Kannada actor, SihiKahi Chandru was the Chief Guest.



The Department of OBG, Ramaiah Medical College in association with FOGSI and BSOG organised Cancer Awareness & Screening for Breast and Cervical Cancer for Women Police, CRPF Staff and their families on the occasion of International Women’s Day on March 8, 2020, at RMCH.



Department of Paediatrics, Ramaiah Medical College and Division of Neonatology, organised Advance NRP programme on March 7, 2020, at Ramaiah Advanced Learning Centre.



Department of Radiation Oncology in collaboration with the Indian Cancer Society, Bengaluru conducted a free cancer screening camp on the occasion of international women’s day between 2<sup>nd</sup> and 7<sup>th</sup> March 2020 at Ramaiah Medical College Hospital.



The Department of Ophthalmology conducted the CME on Cornea 40 DIOPTRE on March 3, 2020, at Ramaiah Medical College. Sri M.R.Sreenivasa Murthy, Chief Executive, GEF(M), Dr. Mark I. Rosenblatt, Dean, University of Illinois, College of Medicine took part.



Dr.Kalaivani, Associate Professor, General Surgery, was a Moderator at R B Patil symposium, KSCASICON on February 14 to 16, 2020, Bengaluru.



NABL Audit team visited our campus on January 18 &19, 2020, at RMCH.



## ನನ್ನ ಮುದ್ದಿನ ಮಗ

ನನ್ನ ಕೈಗಳಿಗೆ ದಿನವಿಡೀ ಕೆಲಸ  
ನನಗಿಲ್ಲ ಆಡಲು ಸಮಯ ನಿನ್ನೊಂದಿಗೆ ಸರಸ  
ನಿನ್ನ ಸಣ್ಣಟವೆಲ್ಲ ನನಗೆ ವಿರಸ  
ನನ್ನ ದುಡಿಮೆಗೆ ಬಹುಮುಖ್ಯ ಪ್ರತಿ ನಿಮಿಷ ||

ನಿನ್ನ ಬಟ್ಟೆ ಮಡಿ ಮಾಡುವೆ  
ನಿನ್ನ ಶಾಲೆಗೆ ರೆಡಿ ಮಾಡುವೆ  
ನಿನಗೆ ಸದಾತಿಂಡಿ ತಿನಿಸು ನೀಡುವೆ  
ನಿನಗೆ ನಿರ್ದೆ ಮಾಡಿಸುವೆ ||

ನಿನ್ನ ಆಟ ನನಗೆ ಕಾಟ  
ನಿನ್ನ ಚೇಷ್ಟೆ ಪರಾಕಾಷ್ಟೆ  
ನಾನು ಆಗುವೆ ಕೋಪಿಷ್ಟೆ  
ಥಳಿಸುವೆ ನಾನು ನಿನ್ನ ಯತೇಷ್ಟೆ ||

ರಾತ್ರಿ ನಿದ್ರೆಗೆ ಮುನ್ನ  
ನೀ ಕೇಳುವೆ ಕಥೆಯೊಂದು ನನ್ನ  
ಏವಿ ನೀರಿಯಲ್ ಮೇಲೆ ಗಮನವೆನ್ನ  
ನಾ ಕೋಪದಲ ಗದರುವೆ ನಿನ್ನ ||

ಕಾಲ ಓಡುವುದು ಬೇಗ  
ಪ್ರೌಢನಾದ ನೀನಾಗ  
ನಾ ನಿವೃತ್ತಿಯಾದೆ ಬಹು ಬೇಗ  
ನಿನ್ನ ಮೇಲೆ ಬಂತು ಬಲುಮೋಹ ಆಗ ||

ನಿನದೇ ಇದೆ, ಒಂದು ಲೋಕವೀಗ  
ನನಗಿಲ್ಲ ಸಮಯ ಈಗ  
ನಿನ್ನೊಡನಾಟದ ಸವಿ ತಿಳಿಯತೀಗ  
ರೈಲು ಹೊರಟಮೇಲೆ ಟಿಕೆಟ್ ಕೊಂಡಂತಿದೆ ನಮ್ಮ ಬಾಳೆಗ ||

ಓ ನನ್ನ ಮುದ್ದಿನ ಮಗ  
ನೀನೇ ನನ್ನ ಹೃದಯವೀಗ ||



ರಚನೆ: **ಮುಳುಕುಂಟೆ ಎನ್. ಪ್ರಕಾಶ್**  
ವ್ಯವಸ್ಥಾಪಕರು - ಸಾರ್ವಜನಿಕ ಸಂಪರ್ಕ,  
ಗೋಕುಲ ಶಿಕ್ಷಣ ಪ್ರತಿಷ್ಠಾನ (ವೈದ್ಯಕೀಯ)

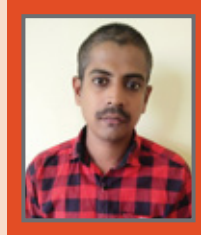
## ಈ ಮಾಸದ ಹೆಮ್ಮೆಯ ಉದ್ಯೋಗಿಗಳು



2006ರಲ್ಲಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಸ್ಟಾಫ್ ನರ್ಸ್ ಆಗಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ **ಮಾಲಿನಿಯವರು** ಪ್ರಸ್ತುತ ಶಿಫ್ಟ್ ಇನ್‌ಚಾರ್ಜ್ ಆಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. **ಬಿ.ಎಸ್ಸಿ** ಪದವೀಧರರಾದ ಇವರು ವಿವಿಧ ತರಬೇತಿ ಕಾರ್ಯಾಗಾರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು, ತಮ್ಮ ಉತ್ತಮ ಕೆಲಸ ನಿರ್ವಹಣೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಇವರಿಗೆ ಉತ್ತಮ ಶುಶ್ರುಷಕಿ ಪ್ರಶಸ್ತಿ ದೊರೆತಿದೆ. ಇವರ ಪತಿ ಖಾಸಗಿ ಕಂಪನಿಯಲ್ಲಿ ವೃತ್ತಿನಿರತರಾಗಿದ್ದು, ಇವರಿಗೆ ಐದನೇ ತರಗತಿಯಲ್ಲಿ ಓದುತ್ತಿರುವ ಮಗ ಮತ್ತು ಮೂರು ವರ್ಷದ ಮಗಳಿದ್ದಾಳೆ. ಓದುವುದು ಇವರ ಹವ್ಯಾಸ.



2006ರಲ್ಲಿ ರಾಮಯ್ಯ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಸ್ಟಾಫ್ ನರ್ಸ್ ಆಗಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ **ಭಾರತಿಯವರು** ಪ್ರಸ್ತುತ ಅಪಘಾತ ಮತ್ತು ತುರ್ತುಚಿಕಿತ್ಸಾ ವಿಭಾಗದ ಉಸ್ತುವಾರಿಯಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. **ಜಿಎನ್‌ಎಂ** ಪದವೀಧರರಾದ ಇವರು ವಿವಿಧ ತರಬೇತಿ ಕಾರ್ಯಾಗಾರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು, ತಮ್ಮ ಉತ್ತಮ ಕೆಲಸ ನಿರ್ವಹಣೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಇವರಿಗೆ ಉತ್ತಮ ಶುಶ್ರುಷಕಿ ಪ್ರಶಸ್ತಿ ದೊರೆತಿದೆ. ಇವರ ಪತಿ **ಬಿಎಂಐಸಿಯಲ್ಲಿ** ನೌಕರಿಯಲ್ಲಿದ್ದು, ಓದುವುದು ಮತ್ತು ಸಂಗೀತ ಕೇಳುವುದು ಇವರ ಹವ್ಯಾಸ.



2006ರಲ್ಲಿ ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ **ಸಿ.ಎಸ್.ಎಸ್.ಡಿ** ವಿಭಾಗದಲ್ಲಿ **ಟೆಕ್ನಿಷಿಯನ್** ಆಗಿ ವೃತ್ತಿ ಆರಂಭಿಸಿದ **ಉಮೇಶ್‌ವರವರು** ಪ್ರಸ್ತುತ **ಸಿ.ಎಸ್.ಎಸ್.ಡಿ** ವಿಭಾಗದ ಹಿರಿಯ ಟೆಕ್ನಿಷಿಯನ್ ಆಗಿ ಕಾರ್ಯ ನಿರ್ವಹಿಸುತ್ತಿದ್ದಾರೆ. ಇವರು ವಿವಿಧ ತರಬೇತಿ ಕಾರ್ಯಾಗಾರಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದು, ತಮ್ಮ ಉತ್ತಮ ಕೆಲಸ ನಿರ್ವಹಣೆಯಿಂದ ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾಗಿದ್ದಾರೆ. ಇವರ ಪತ್ನಿ **ಗೃಹಿಣಿಯಾಗಿದ್ದು**, ಒಂದು ವರ್ಷದ ಮಗಳಿದ್ದಾಳೆ. ಕ್ರೀಡೆಯಲ್ಲಿ ಆಸಕ್ತಿಯಿದ್ದು ಹಲವಾರು ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ಭಾಗವಹಿಸಿರುತ್ತಾರೆ.

## Poison in the air- Musings of an epidemiologist.



'Fear not the disease, but don't be recklessly foolish to get killed by it!'

The above advice given by a senior epidemiologist reflects the current coronavirus situation in India. On one side, the government is trying to ensure social lockdown (a proven measure to check the force of spreading). On the other hand, few citizens (including some health care professionals) are trying their best to undo the whole effort due to their poor understanding of disease transmission dynamics.

Several mathematical models are predicting the rate of spread of the pandemic using predictive algorithms. Transmission speed depends on the ratio of the infected vs susceptible individuals in a given population and frequency of contact between them. Presently, a large number of probable suspects (Travellers from endemic countries, their primary contacts, secondary contacts, and possibly community / tertiary contacts) are not undergoing testing. As the number of symptomatic cases increases and more tests on large populations depicts the true positivity rate, the projections will be robust.

During the initial phase of the epidemic, the probability that the health care personnel being exposed to an infected patient is relatively low. As the prevalence of the infection increases in the community, there are higher chances of health care personnel getting exposed. The correct use of appropriate PPE (Personal Protective Equipment) is one of the essential aspects of protecting oneself in health care settings.

Each health care worker comes in contact with at least 8-10 individuals during the course of the day with potential for transmitting the infection if adequate precautions are not taken. This is the reason why public health experts are suggesting work flow separation among different categories of health workers and if a particular cadre of workers are not directly required for the delivery of critical services then they should be kept away from the high risk transmission zones.

It is prudent to split the work teams and ensure sequential exposure rather than placing all the cards on the deck in a single go. Generally, it is expected for the leader to be at the forefront. However, in the case of infectious disease epidemics, save the best till the last. Protect senior and more experienced health care personnel from unnecessary exposures as their expertise is essential for guiding teams of staff with less experience during a crisis.

Thousands of health care workers have been infected with Coronavirus during their course of work, and unfortunately, few have died. Retrospective analyses point to a single disturbing fact that the use of PPE (Personal Protective Equipment) was either inadequate or inappropriate. Previous studies in India have reported low knowledge, attitude, as well

as practice regarding PPE use among health personnel, which is a matter of grave (pun intended) concern.

With potential high-risk transmissions in health care settings, it is advisable to deploy minimal required staff at any given time. Staff turnover should be rational; as shorter intervals may expose the family contacts /community to contagion. Wherever it is possible, dissociate the workers through zone stratification without mixing the corona care workers with general administrative or other non-clinical staff.

Restricting population movement is a sure way to reduce the force of infection and spread of disease. Implementers and citizens need to understand the dynamics of disease transmission and the process of contagion spread in the community.

The disease exhibits what is called the 'Ice Berg' phenomenon where the floating tip represents the clinically apparent cases, and the submerged more significant portion is the undetected and inapparent cases. In India, few experts suggest, the percentage of testing is meagre to get the right picture.

Assuming that all primary cases in India were imported cases, the total number of unscreened travellers (at the beginning of January-February 2020) would have already ensured the spread of the contagion. All secondary and tertiary contacts, including airport workers, security staff, cab drivers, public transport, household contacts, co-workers, are potential suspects. The disease might have completed several cycles of transmission, and by merely tracking down the primary and secondary contacts at this stage of community transmission may not yield great results. In addition to this critical task of tracking secondary and tertiary contacts for cluster containment, it is essential to ensure zone wise restriction to prevent inter-cluster spread with continued testing and quarantining more number of people.

Public understanding of quarantine is hugely displaced. Transmissions can occur (exaggerated in some cases) when a large number of people come together for essential supplies, food distribution centers, shopping areas, and health care facilities themselves. A ward wise zonal lockdown by restricting the unnecessary movement of people for essential services will enable tighter control over the inter-cluster spread. The use of ward-wise screening at local health care facilities (geo-tagged) data will allow density mapping. Most of the localities in India have local multi-service outlets that can double up as the supermarkets for a smaller population during the lockdown. Zonification of services avoids the congregation of people in large numbers and interrupts community transmission.

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## Kudos to Team Ramaiah

**Ramaiah Doctors operated upon a farmer and removed the world's largest infected Kidney on March 12, 2020**



According to available records, this is probably the world's largest kidney weighing 7.72 kgs, measuring 34X15 cms and Ramaiah doctors surpassed their previous record of removing an ADPKD kidney weighing 7.20 kgs in 2019. According to information available, a Kidney weighing 2.14 kgs was removed in 2011 at the Urology Institute in Dhule in Maharashtra followed by a kidney weighing 4.25 kg in a Hospital in Dubai in 2017.

A team of doctors of the Urology Department, Ramaiah Medical College Hospital (RMCH) removed an infected and diseased polycystic kidney which weighed 7.72 Kgs. Dr.Puvvada Sandeep, Assistant Professor, Department of Urology along with a team of doctors comprising of Dr. Prasad Mylarappa, Dr. D Ramesh and Dr.Manasa T performed over 90 minutes of surgery and removed the infected polycystic kidney. The team performed "Retroperitoneal Nephrectomy", a critical lifesaving surgery and removed an infected and swollen kidney weighing 7.72 kg which stands as a record today. A 45 year old farmer from Mandya, in the Cauvery valley came to them saying he had stomach and back ache and was passing blood in urine. After thorough investigations the doctors found that both his kidneys were swollen and bleeding with small cysts. They decided to perform the surgery with his consent and removed the swollen and infected left kidney. According to doctors, this condition is called Adult Polycystic Kidney Disease (ADPKD) with Chronic Kidney Disease (CKD) which runs in the family. The patient has recovered and was discharged on day five postoperation. The family members also underwent counselling.

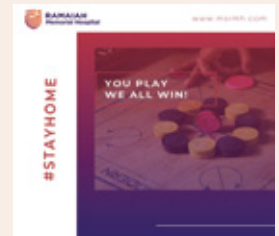
## Brinda Jain, genius child developed app help ambulances reach hospitals faster



7 year old Brinda Jain, daughter of Dr Darshan Kumar Jain, Associate Professor, Dept. of Orthopaedics, RMC and Dr. Divya. D.S, Assistant Professor, Dept. of Ophthalmology, RMC has developed an app to ease access to hospitals and save lives.

Metro cities are dealing with increasing traffic woes which also have a grave impact on emergency services like ambulances leading to a delay in admitting critical patients in the hospital on time. To overcome this challenge, Brinda Jain, a 7-year-old girl from Bengaluru has created the Ambulance Whizz app that aims to create a faster corridor for ambulances across the city by informing the traffic police about an upcoming emergency vehicle.

Brinda is one of the twelve winners of the Silicon Valley Program conducted by WhiteHat Jr. Her app was selected after vetting 7000+ entries from across India, where kids were invited to think of an original idea that solves a real-life problem and code an app independently. As a part of this programme, she will visit the Silicon Valley in the US to pitch her app to top venture capitalists (VCs) to take her app to the next level.



## WELCOME



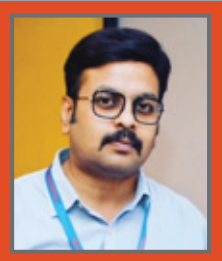
**Dr. Satyashankar P**

Ramaiah Family welcomes Dr. Satyashankar P who has been appointed as Medical Superintendent at the Ramaiah Medical College Hospital. Dr. Satyashankar P was in the second graduating batch of RMCH. He has worked at Manipal Hospital and SDM Dharwada as an administrator. He also has many research publications to his credit.

## ಆಯೋಜಕರು – ರಾಮಯ್ಯ ಮೆಮೋರಿಯಲ್ ಆಸ್ಪತ್ರೆ



## CERTAINLY UNCERTAIN



As the prince enters the battle field, the alarms are sounded. The self-proclaimed crowned prince, standing afar, visualizes the destruction he intends to wreak.

The first line of defense is alerted and is on the move. The macrophages with their hawk eyes, observe the enemy and look for areas of weakness, they present their data to the lymphnodes, the office of all defense operations, the Pentagon.

Meanwhile the soldiers, the innate immunity, have already sprung into action, dominated by the neutrophils, they try vehemently to impede the attack, not knowing the caliber of its enemy, essentially buying time for the pentagon to strategize and launch its best offense.

The host offense is fought under the watchful eyes of the Chief in command, the Thelper cell, who is a master strategist, controls and directs all cadres of the defense system. He has information relayed to him consistently.

The Prince as he forays into the battlefield, carries with him an aura of fear and destruction having conquered many a host. The Chief in command is wary, just as he fears the worst.

He deduces the grade of the warrior-a virus and sends forth the interferons, a specialist against viruses, to attack and go

for the kill. The interferons are highly effective against viruses, but to the prince and his army, they prove inadequate. The prince masterfully continues his infiltration, producing more and more of his kind as the war progresses.

At the pentagon, the Chief, calm yet consumed, primes his next cadre of fighters, the T killer cells, who are known for their ruthlessness. They launch grenades, missiles (granzymes & perforins) and destroy the virus containing cells, which thwarts the prince's army, but only until the numbers game catch up and overwhelms the host. The prince with his large army, can easily afford a few casualties.

With the onslaught showing no signs of retreat, the Chief, brings on the Blymphocytes into play, they are armed with the ability to manufacture weapons that essentially function as heat seeker missiles, the antibodies.

Each of these missiles have certain unique properties, one that in capacitates with urgency, the IgM; one that comes in late, watchful for any late resurgence; the IgG, and so on.

This series of on slaughters, orchestrated by the Chief, incapacitates the Princeandhisarmy.

Will the Prince succumb or will he rebound with vengeance, is a tale left to unfold.

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