



DESTINY'S CHILD



Our beloved Chairman, Dr M R Jayaram has been conferred an Honorary Doctorate of Humane Letters by the University of Illinois, Chicago on August 17, 2021 and the prestigious Sir M V Memorial Award by the Federation of Karnataka Chambers of Commerce and Industry (FKCCI) on August 18, 2021.

Dr Jayaram was honoured with the Sir M V Memorial Award by His Excellency Shri M Venkaiah Naidu, Hon'ble Vice President of India, in the presence of His Excellency Shri Thaawarchand Gehlot, Hon'ble Governor of Karnataka, Shri Basavaraja Bommai, Hon'ble Chief Minister of Karnataka and Shri P C Mohan, Member of Parliament (Bengaluru Central).



RAMAIAH

August - September 2021

Ramaiah Heart Rescue Programme

Saving life is a mission for Ramaiah group of hospitals. The Heart Rescue Programme in partnership with the Global Heart Rescue Project is a unique concept to save lives. A dedicated team led by Dr Aruna C Ramesh is spearheading this with a mission to save people who suffer from Sudden Cardiac Arrest (SCA). For team Ramaiah it is a dedicated duty and continued effort to save people who suffer from chest pain or cardiac arrest. In this effort, Dr Aruna and her team have developed novel systems and processes to reach out to the needy without missing the Golden Hour. They have tied up with smaller hospitals in and around Bengaluru to reach out to patients who suffer from SCA. This entire concept revolves around a toll-free dedicated number (18001231133-40503333) which links the patient and the mobile team operated by a set of scooter ambulances. The hub and an app is the key to reach out to the suffering person. Along with technology and many IT and social media platforms have been in use to save people who suffer from SCA. Continuous training of volunteers, doctors, and paramedics has helped to save many in the process of its efficient implementation.

Anyone with chest pains can call the toll-free number and the first responder will go to the patients' house and do an ECG and transmit it to the doctors at our hospital. It is a 24/7 service. Doctors will look at the ECG and tell if the person is having a heart attack or not. If the patient is having a cardiac arrest, they will bring them into the hospital. This is all done free of cost. As part of the dissemination and training, the team has adopted ten schools around Ramaiah. They are conducting a 10 module program for eighth-grade students where they teach them about the anatomy of the heart and brain, what happens during a heart attack, and what should be done. This training is imparted to students to make them aware of how to give CPR when someone they know experiences a heart attack. The intention is to make them know what the initial and basic treatment is until the patient is brought to our hospital. The Heart Rescue Project is designed to improve how SCA is recognised, treated, and measured around the world. The Heart Rescue Project is the fruit of decades of best practices at the bystander, pre-hospital, and hospital levels, combining them under one program in order to expand geographic reach.

HeartRescue India focuses on working with healthcare and community partners in Bangalore to improve access and quality for acute CVD care for the underserved, drawing upon lessons learned and expertise from the U.S. HeartRescue Project and from the expertise of its in-country partner, the Ramaiah Medical College.

This programme focuses on community education that empowers patients & the community in intervention and treatment. The team increases public awareness by providing risk assessments, education on signs/symptoms of heart attack, how and where to call for help, CPR, and AED usage. Lifestyle change has increased heart attacks and it is a mission for Dr. Aruna and her team to save lives.

Launched in the United States in 2011, the HeartRescue Project focuses globally to enhance life-saving emergency interventions for heart attacks. The project has programs in Shanghai and Suzhou China, Bangalore, India, and São Paulo, Brazil.

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Jnana Vahini

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Treatment First, Everything else will Follow: Dr Aruna Ramesh

Dr Aruna C Ramesh, Professor and Head, Department of Emergency Medicine, Ramaiah Medical College Hospital, in conversation with Manasa S Murthy of Corporate Communications, discusses the Emergency Care at Ramaiah Hospitals.



What are the criticalities involved in Emergency Medicine?

The Accident and Emergency Services is here where a patient has life or limb concerns and time is of utmost importance. The 'Golden Hour' as we describe it, is the time within which we have to intervene after the patient is injured or ill. This is the window of opportunity the physicians have to save the patient. In the eventuality that a patient has a life threatening condition, whether it is a medical or a trauma patient, we classify it as ABCDE. So we look at the air way, breathing, circulation, disability to the brain and the patient as a whole.

In Emergency Medicine, unlike other areas, we do not depend on the diagnosis or the history- the history will come later. We address the presenting problem. We have ten minutes, known as the 'Platinum 10 minutes' to intervene and do what is necessary to stabilise the patient.

What are the kinds of Emergency patients you receive? Can you share some patient testimonies?

Patients between the ages of 25-70 generally come in with a heart attack. The youngest person we treated for a cardiac arrest was a student of class 10 who had to be brought in by his teacher and principal. The patient complained of pain in the abdomen and we assumed it was gastritis, given his age. It was only when we connected him to a monitor that we saw that there were some changes in the ECG, which showed that the patient was having a heart attack!

Indians are genetically more prone to having cardiac arrests and given the stress that has increased over the year, we are definitely at a high risk of it.

Heart attack and Stroke, both are quite common however, most people tend to ignore it and by the time the patient is brought in, they have collapsed. We once had a patient who was home alone and had called an ambulance for himself. A 108 ambulance always has an EMT at the back, but that day unfortunately, the ambulance was not equipped with it and by the time we received the patient, he had died.

Knowledge of Emergency Medicine can quite literally save lives. Once we had a patient who collapsed from a cardiac arrest at the gym. Luckily for him, the gym instructor knew how to perform CPR, and that prevented his condition from worsening. Once he was admitted here, we did the necessary procedure and he was recently discharged. If people are brought to the hospital at the earliest, they can be treated, make a full recovery and lead a normal life.

How did you manage Emergencies during the pandemic?

Our Emergency Department took up the Triage in a big way. We had an application for patients to fill in their parameters and through that were able to determine whether or not the person was covid positive. We would then do the clinical exam, through which we were further able to triage most of the patients. Covid patients would be sent to the covid wing and we treated the non-covid patients. Sometimes, however, we needed to do the life-saving intervention and so we went ahead and did it anyway, not waiting to check if the patient had covid or not.

How do you coordinate with other departments? And which are the departments you coordinate with most often?

Well, it has become very easy for us as our work is to stabilise the patient. Once we receive a patient and determine their condition, we immediately start the required treatment. We inform the concerned departments of the patients' condition and by the time they arrive to assess them, we have already started the initial treatment and done what is required to prevent the patients' condition from becoming more serious. We are the Jack of all trades. We have the required knowledge in all fields to address the emergency.

When we receive trauma patients, we have to immediately book the Operation Theatre, the blood bank, the CT Room, any department we call, they respond well. They are also aware that a call from our department means it's of utmost urgency and they are there to aid us.

How unique is our Ramaiah Emergency Care department?

We started the Emergency department in Memorial Hospital in 2004. I was a Professor in the Department of Anaesthesia before and had responded to several Emergency calls. I received training in UK and when the Memorial Hospital was being built, we were all involved in the setting up of the Emergency unit. Our aim from day one was that no patient being brought in to

Contd. on page 4

A Second Chance

Following a road accident which left him comatose for over five months, today, Ravikanth, 23 is able to pick up a newspaper and have a conversation with his parents. This was possible only with the help of the Neurosurgery team of Ramaiah Memorial Hospital.

The patient had sustained a severe head injury leaving the front portion of his brain injured and requiring emergency decompressive surgery. The surgery required the removal of both frontal bones along with a portion of the injured brain. According to Dr Rakshith Srinivasa, Assistant Professor and Consultant Neurosurgeon, Ramaiah Memorial Hospital, the removal of the injured brain ensures adequate space for the remaining viable brain to expand due to oedema caused by the head injury.

As the patient was on ventilator, the doctors performed a tracheostomy to help his breathing and a percutaneous endoscopic gastrostomy, a procedure which helps with feeding. Once his condition improved with extensive therapy, the patient was discharged and the parents were given strict and specific instructions to look after him. After months of nursing him, Ravikanth's parents were overjoyed to see him finally out of his coma. "Over a period of nine months, the patient who was in a comatose state can now see, understand and even respond to his surroundings" said Dr Sunil Furtado, Associate Professor and Senior Consultant, Department of Neurosurgery, Ramaiah Memorial Hospital. Subsequently, the doctors have also closed



the tracheostomy as the patient can now breathe and consume food on his own without external support.

Chandrashekar Rao, the patient's father admitted that hope of ever reviving his son was lost; however, with the help of the neurosurgery team at Ramaiah, today Ravikanth is on a path to recovery. Rao said that he is thankful to Dr Sunil and the team for the treatment they have provided and said that it was due to their effort that his son who was once in a coma can speak, eat and remember things from the past.

The Neurosurgery team is confident that it is only a matter of time before his condition improves and believes that the worst is now behind them.

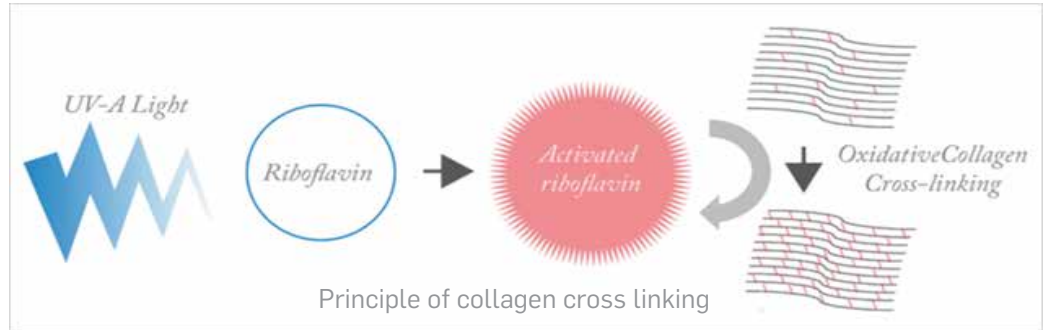
Contd. From page 3



our department would be turned away. Treatment first, everything else will follow is our motto. From having just a couple of residents initially, today we are a full-fledged department with an MD programme. We treat nearly 100 patients across both hospitals every day, but it does not feel so as it spaced out quite well. Our aim is for the patient to reach the definitive care area within four hours and trauma patients to reach there within an hour. Everybody in the department knows their role, and the nursing staff especially is very active and each person has all the training that is necessary. I can safely say that our Emergency Care Centre is on par with the global standards.

Corneal Collagen Crosslinking- A bioengineering technique to strengthen the Cornea.

Corneal collagen cross-linking (CXL) with riboflavin and ultraviolet-A (UVA) is a new technique of corneal tissue strengthening by using riboflavin as a photosensitizer and UVA to increase the formation of intra and interfibrillar covalent bonds in cornea by photosensitized oxidation.



- Instil 0.1% riboflavin 5-phosphate drops and 20% dextran solution every 2 minutes for 20 minutes.
- Exposure to UVA (370nm, 3mw/cm²) for 10 minutes while continuing instilling the above drops every 2 minutes.
- At the end of the procedure, apply topical antibiotics and soft BCL with good oxygen permeability.

Indications for Crosslinking:

- Corneal Ectasias - Such as Keratoconus, pellucid marginal degeneration. These ectatic changes are typically marked by corneal thinning and an increase in the anterior and/or posterior curvatures of the cornea, and often lead to high levels of myopia and astigmatism.
- Post refractive surgery ectasia (post LASIK): CXL may also be effective in the treatment and prophylaxis of iatrogenic keratectasia, resulting from excessively aggressive photoablation
- Treatment of infectious corneal ulcers.

Keratoconus with thinning and forward protrusion of the cornea

The primary purpose of cross-linking is to halt the progression of ectasia. Likewise, the best candidate for this therapy is an individual with a progressive ectatic disease of the cornea.

The most common indication is keratoconus. There currently are no definitive criteria for progression, but parameters to consider are change in refraction (including astigmatism), uncorrected visual acuity, best corrected visual acuity, and corneal shape (topography and tomography).

The surgical procedure is as follows:

The standard treatment protocol, called the Dresden protocol, was formulated by Wollensak et al. for corneas with minimal thickness of 400µm, and is as follows:

- Instil topical anaesthetic drops in the eye
- Debride the central 7-9mm of corneal epithelium



Application of Riboflavin eye drops every 2 minutes for 20 minutes

Exposure to UVA for 10 minutes



The Ophthalmology department in Ramaiah Memorial Hospital is highly equipped to conduct such procedures and encourages patients in need of this surgery to avail it without any apprehension.



Dr. Thanuja and Dr. Ksheeraja
Department of Ophthalmology
Ramaiah Medical College Hospital

A Day with Dr Sujani



When I was asked to do an off-beat interview with Dr Sujani, I knew that I had to follow one of the busiest doctors in the Ramaiah campus. For me it took few days of effort to catch up with Dr Sujani, Head of Gynaecology and Obstetrics and I must confess it was very tough. I turned up outside her OPD in Memorial Hospital one morning and the chuckle of dismissal from the receptionist should have been enough warning for me to know that the doctor in question had no time to answer personal phone calls, let alone sit with me for an interview.

That afternoon in her department, she sat with her colleagues as she introduced me to them. When I mentioned to them I was going to be following her to write an article, one of the doctors remarked that I would get a tour of the whole campus.

"I've been here thirty years, it's almost time for me to leave, and I don't think there's anything to write about me" Dr Sujani said humbly. Dr Sujani has seen the Ramaiah Institutions grow and change, and with it a generation pass by. She has witnessed the metamorphosis with humility and service. "If you were born in this hospital, there's a good chance Dr Sujani would have delivered you" her colleague said to me. She mentioned how a baby she had helped deliver two decades prior grew up to be her student and is now pursuing his Post Graduation in the very same institution. Few people witness life come around as a full circle, and from my personal interaction with her, I can say that it is Dr Sujani's dedication to her craft and service that has patients lining up at her door for hours.

The next morning at 10, I entered her OPD and she nodded in acknowledgement. She was treating a patient and although she seemed stern at first, her voice slowly became comforting and softer. The patient mentions that this is her second pregnancy and Dr Sujani remarks that she remembers how her first pregnancy had been slightly complicated but assures her that this one will be smooth sailing. As the patient leaves, she turns to me and lets out a short breath and raises a finger signalling me to wait as the phone rings behind her. I gathered from her conversation that she had a patient scheduled for an operation in an hour. She passes on the necessary instructions and proceeds to brief me about her morning. Its quarter past ten on a Wednesday morning and Dr Sujani has checked on patients in the operation theatre, labour ward and seven consults in her OPD. This is just a regular

morning in the life of this multitasking wizard.

"You want to follow me, but even I don't know what my schedule will be" she laughs. Despite having several pregnant women waiting to see her, I liked that she expressed no qualms about making time for me, when she seems to have little to none for herself.

Outside her OPD, in the waiting room, pregnant women clutch their bellies; hold their files containing scans, prescriptions and ultrasounds, waiting patiently for a consult. Post graduate interns, nurses and residents hustling in and out of exam rooms, carrying files, calling patients and somehow trying to run something by their Department Head, who despite juggling different things at once, never seems to be distracted or inattentive. She remembers even the littlest details and makes sure to remind her juniors of the same before they hurry along to attend to their duties. They know sometimes they have to wait for more than an hour just for a ten minute consultation, but they know it is worth it because they feel safe here, with Dr Sujani, said Jayanthi, Senior Nurse, Ramaiah Memorial Hospital. Having worked with her for several years now, Jayanthi said that although she is strict, Dr Sujani is respected by all her students, colleagues and her patients. "Madam is thorough with her work and she has many things to attend to at the same time but she manages it well", she concluded.

Dr Sujani has a meeting to attend, so she calls the Operation Theatre and informs them that she will be elsewhere for the next ten minutes. "Patient on the operation table?" I ask her. "Yes." Assuming she will be unavailable to her staff for some time, I asked her if they will wait for her to finish her meeting before going ahead with the procedure. She quickly dismisses that thought and says "for me, patient is most important. Even if I have a meeting with the Prime Minister and my colleagues call to ask about a patient, I will respond to their call" she said with utmost certainty and left.

The ten minute meeting lasts longer and as I waited in her room, I could tell she had returned as I heard some voices greeting her. I go outside to find her surrounded by a few patients, a nurse with whom she is talking and another nurse asking patients to settle down. Quick on her heels, she walks past them and enters her OPD where she has a patient already waiting for her.

She soon gets up to go for her second operation that day, and it wasn't even noon. Patients follow her out onto the corridor and try to match her brisk pace. As she sees me walking behind her, she smiles and asks me what I think of her schedule. I remark that much like her, her colleagues are always on their toes and amidst all the chaos, as it may seem, OBG is one of the most sought after departments in the hospital. "Like most old people you know, I am stern. I need things to be organised. Very old-fashioned, right?" she says and goes into the OT. I remember how Dr Sujani and her team worked tirelessly during Covid, treating pregnant women who had tested positive for the virus.

It was a very memorable interaction with Dr Sujani, a pillar of strength in changing the very concept of treatment. For me she is an epitome of dedication in the team Ramaiah like many others who are pillars of these institutions. I came out with the interview I always wanted to do. Like Dr Sujani her colleagues are a team looking ahead at changing times.

Manasa S Murthy
Corporate Communications
Gokula Education Foundation (Medical)

Listen to the melody

This has been made possible by the fascinating science behind Cochlear Implants. This device composed of receptors and electrodes which are to be implanted by a surgeon, collects sounds by the microphone of a speech processor and transfer these sounds to signals, which in turn are transmitted to hearing nerves to induce auditory sensation.

The department of ENT at Ramaiah Hospitals, having already conducted a series of 4 successful implant surgeries, was all set to take on the fifth challenge. Amidst the COVID pandemic on June 26, 2021, our doctors rose to the challenge and managed a smooth execution of this achievement.



3 year old, Amanuel Teody from Ethiopia underwent all the required pre-operative investigations. A cheerful and active child, he also received his pre-surgery immunization, and the required imaging studies were also performed.

My mentor Dr. Rajesh Vishwakarma, a well-known name in the field, currently the President of the Cochlear Implant Group of India, and myself, with his impeccable surgical skills and vast knowledge on the subject, explained in great detail entire surgical procedure to the team. They demonstrated the nuances of the surgery, from the careful handling of the implant to the precise geometry involved in drilling the temporal bone.

The highlight of the surgery, much to the delight of the surgeons

was that all 12 electrodes were firing well during the Neural Response Telemetry that was done by the audiologist.

A post-surgery talk followed, where the team was in awe of Dr. Rajesh, as he elaborated on the importance of the Veria technique along with the steps of surgery and the scope of Cochlear Implants in the future, especially in India.



The child was discharged from the hospital within five days of undergoing surgery. The 'switch on', which is a post-operative procedure of the implant, was done at Ramaiah Hospital by the audiologist 30 days after the surgery. For the first time in his life, the child was able to hear and respond to sounds. The parents along with the child were counseled regarding AVT and further tuning of the implant.

In due course the child will be able to communicate with AVT and speech therapy.

The team looks forward to performing more such nuanced procedures and helping all patients in need of it.



Dr. Chandrakiran

Prof. and Head

Department of ENT

Ramaiah Medical College Hospital



BBMP felicitates Dr Shalini Pradeep

Professor, Department of Community Medicine, Dr Shalini Pradeep, was felicitated by the BBMP on Independence Day 2021 for her work as a Nodal Officer supervising the vaccination drive in Ramaiah Hospitals.

Webinar

A webinar on 'Opportunities in Optometry' was organised on August 23, 2021. The speakers were Dr Ananth Bhandary, Professor and Head and Dr Divya Sundaresh, Assistant Professor, Department of Ophthalmology, Ramaiah Memorial Hospital.

Long Covid and Physiotherapy



Throughout the COVID pandemic, the Ramaiah Physiotherapy Department has worked hand in hand with the other Health Professionals, providing services in acute care, intensive care, tele consultation, tele rehab and post COVID assessment and Rehab.

The COVID19 pandemic has been throwing new and unpredictable challenges at every turn and at present the challenge is Long Covid condition.

The common symptoms of Long COVID are breathlessness, low oxygen saturation levels, cough, fatigue, pain, muscle and joint pain, anxiety /depression etc.

However many individuals who are affected do not realize this unless they do a strenuous activity or go through an assessment, where they could present with reduced exercise capacity.

World Physiotherapy Day is observed every year on 8th September to generate awareness about the crucial contribution. In 1996, 8 September was designated as World PT Day. This is the date World Physiotherapy (World Confederation for Physical Therapy) was founded in 1951.

The day marks the unity and solidarity of the global physiotherapy community. It is an opportunity to recognise the work that physiotherapists do for their patients and community. Using World PT Day as a focus, World Physiotherapy aims to support member organisations in their efforts to promote the profession and advance their expertise.

The focus for this year's World PT Day is Rehabilitation and Long COVID and the role of Physiotherapists in the treatment and management of people affected by Long COVID.

Mrs Asha was diagnosed with COVID in March 2021 and was relieved to know that it was classified as mild. After completing her mandatory quarantine at home, she was looking forward to returning to her usual routine of household work and evening walks. However weeks turned to months and she still could not bring herself to do even half the household chores she used to do before this. Even climbing down one flight of stairs from her apartment seemed to take a lot of effort. She finally decided to seek help and was referred to Physiotherapy for Long Covid Rehab.

What is Long Covid-19: After the acute phase of COVID 19, people usually start to feel better in few weeks but unfortunately some individuals take longer to get better and if the symptoms extend beyond 12 weeks, it is termed as long COVID. People living with Long COVID describe the episodic nature of symptoms and impairments, and report exercise, physical activity, or cognitive exertion as common triggers for symptom relapse.

"I appreciate the holistic approach and here they analyze all the parameters and provide the guidance and direction and I like the scientific approach"

- Dr Manjunath (Patient)



While there is evidence that physical activity can reduce fatigue in some chronic conditions where fatigue is a common symptom, significant negative impact can result if physical activity is not carefully tailored to the individuals.

How can we as Physiotherapists and Rehabilitation Specialists help?

During our journey with COVID 19 in the past year, we have done around 2500 Post COVID consultations, out of which over 50% of the individuals presented with reduced functional capacity and strength deficits which came to light only when tested.

As a part of long COVID rehabilitation, our team works towards improving post COVID fatigue status, strength, cardiopulmonary endurance, physical fitness and facilitating early return to pre morbid status.

This year on World PT Day and also to mark the 25th Year of Physiotherapy Services in Ramaiah, the Physiotherapy department contributed to the theme of Long COVID Rehab by organizing free Physiotherapy consultation services for post COVID patients.

- Team Physiotherapy
Ramaiah Memorial Hospital

Transgender Care - A Holistic Approach

Gender is one of the most fundamental societal principles, and it is central to how people view themselves, interact with others, and experience their social world. The term gender identity describes a person's inner sense and perception of self as male, female, or other and the term gender role is concerned with the role, behaviour, attributes, and personality traits attributed to one's gender as determined by the prevailing cultural norms and constructs.

The terms transgender and gender incongruence describe a situation where an individual's gender identity differs from external sexual anatomy at birth. Gender identity-affirming care, for those who desire, can include hormone therapy and affirming surgeries as well as other procedures such as hair removal, speech therapy and various cosmetic surgeries.

The diagnosis of gender dysphoria is generally done by a mental health professional who has the appropriate experience and training related to transgender medicine. Core components of the DSM-5 diagnosis of gender dysphoria include longstanding discomfort with the incongruence between gender identity and external sexual anatomy at birth along with interference with social, school, or other areas of function. Once the individual obtains their certificate of diagnosis, gender affirming hormone therapy can be initiated, if the patient wishes so.

The criteria for starting hormone therapy include persistent, well-documented gender dysphoria/gender incongruence, capacity to make a well-informed decision and relevant medical or mental health issues are well controlled.

The usual aim of transgender hormone therapy is to induce physical changes to match gender identity. The treatment goal is to maintain hormone levels in the normal physiological range for the affirmed gender. Some transgender individuals self-medicate with hormones for a variety of reasons, including fear of rejection by health care providers, delays in initiation of hormone therapy, and the cost of undergoing treatment. Therefore, there should be careful assessment for self-medication, both past and current.

Transgender man/transman/transmasculine person:

Transman is a person with a masculine gender identity who was born as a phenotypic and genetic female. So, the goal of hormone therapy is two-fold in such patients. First is to suppress the innate hypothalamic pituitary gonadal axis and second is to induce sexual characteristics of the affirmed male gender.

Transgender woman/transwoman/transfeminine person:

Transfemale is a person with a feminine gender identity who was born as a phenotypic and genetic male. Like transmen, the goal of hormone is to suppress the features of innate biological sex and to induce the physical changes to match the affirmed female gender.

After at least 6 months of living in the role of affirmed gender and 1 year of hormone treatment, they can plan surgeries like breast implants, orchidectomy and vaginoplasty in case of transfemales and mastectomy, hysterectomy and sometimes oophorectomy in transmales with penile reconstruction if the patient wishes so. A proper monitoring for any complications of hormone therapy is needed throughout for proper care.

The patients need to be counselled about ovum banking and sperm banking in case of transmales and transfemales respectively. This is necessary because they may plan for their biological children in future.

After sex reassignment surgery, these individuals will have to be on long term gender affirming hormone replacement to prevent osteoporosis and various metabolic derangements.

The care of transgender population involves multidisciplinary team approach consisting of Psychiatrist, Psychologist, Endocrinologist, Urologist, Plastic Surgeon, surgeon, Gynaecologist, Dermatologist and ENT specialist.



Dr Pramila Kalra

Professor

Department of Endocrinology
Ramaiah Medical College and Hospital

World Heart Day

Cardiology Department at Ramaiah Narayana Hrudayalaya celebrated World Heart Day on Wednesday, 29th September 2021 by organising a workshop on the awareness of Bystander CPR procedure that may save lives in case of emergencies. This CPR workshop was conducted jointly by RICPHI, RMC & RUAS.



ಸ್ವನ್ಯಪಾನ ಆರೋಗ್ಯ ಅರಿವು

ಮಗುವಿಗೆ ತಾಯಿಯ ಹಾಲು ಕುಡಿಸುವುದು ಹೇಗೆ ಆಕೆಯ ಕರ್ತವ್ಯವೋ ಹಾಗೆಯೇ ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಒಂದು ಮಗು ಜನಿಸಿದ ಕ್ಷಣದಿಂದ, ತಾಯಿ ಮತ್ತು ಮಗು ಆರೋಗ್ಯವಾಗಿ ಆಸ್ಪತ್ರೆಯಿಂದ ಮನೆಗೆ ಹೋಗುವವರೆಗೂ, ಮಗುವಿನ ಸ್ವನ್ಯಪಾನ ಮತ್ತು ಆರೋಗ್ಯದ ಕಡೆ ಸದಾ ಗಮನ ನೀಡುವ ಕರ್ತವ್ಯ ನಿರತ ಮತ್ತು ವಿಶೇಷ ಸ್ವನ್ಯಪಾನ ತರಬೇತಿ ಪಡೆದ ನುರಿತ ಶುಶ್ರೂಷಕಿಯರ 8 ಜನರ ತಂಡವಿದೆ. ಇವರು ಪ್ರಸೂತಿ ವಿಭಾಗ, ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ವಿಭಾಗ, ನವಜಾತ ಮಕ್ಕಳ ತುರ್ತುನಿಗಾ ಘಟಕ, ಸ್ತ್ರೀರೋಗ ಮತ್ತು ಮಕ್ಕಳ ವಾರ್ಡ್‌ನಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿದ್ದು, ಇವರು "ನವಜಾತ ಶಿಶು ಮತ್ತು ಮಕ್ಕಳ ಸ್ವನ್ಯಪಾನ (ಐವೈಸಿಎಫ್) ತರಬೇತಿ ಪಡೆದ ಶುಶ್ರೂಷಕಿಯರಾಗಿದ್ದಾರೆ. ಇವರ ಕಾರ್ಯನಿರ್ವಹಣೆಯನ್ನು ಕಾರ್ಪೋರೇಟ್ ಕಮ್ಯುನಿಕೇಷನ್ ವಿಭಾಗದ ಚಂದ್ರು, ವಿವರವಾಗಿ ತಿಳಿಸಿದ್ದಾರೆ.

ತಾಯಿ ಹಾಲು ಅಮೃತ



ಸುನೀತಾ

ಮಗುವಿನ ಬೆಳವಣಿಗೆಗೆ ಬೇಕಾದ ಪೋಷಕಾಂಶಗಳು, ವಿಟಮಿನ್, ಖನಿಜಾಂಶಗಳು ತಾಯಿಯ ಎದೆ ಹಾಲಿನಲ್ಲಿ ಇರುತ್ತದೆ.

ತಾಯಿಯ ಎದೆ ಹಾಲನ್ನು ಮಗುವಿಗೆ ಕುಡಿಸುವುದರಿಂದ ಮಕ್ಕಳ ದೇಹದಲ್ಲಿ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಹೆಚ್ಚಿಸುತ್ತದೆ ಮತ್ತು ಮಗು ಸೋಂಕಿಗೆ ತುತ್ತಾಗದಂತೆ ತಡೆಯುತ್ತದೆ. ಜೊತೆಗೆ ತಾಯಿಯ ಎದೆ ಹಾಲಿನಿಂದ ರೋಗ ಪ್ರತಿರಕ್ಷಣಾವಾಹಕಗಳು ಮಗುವಿಗೆ ಬರುತ್ತದೆ, ಇದೊಂದು ದೇವದತ್ತವಾದ ಕೊಡುಗೆ ಮತ್ತು ತಾಯಿಯಿಂದ ಮಗುವಿಗೆ ಸಿಗುವ ಪ್ರಥಮ ಲಸಿಕೆ ಎಂದು ಹೇಳಿದರೂ ತಪ್ಪಾಗಲಾರದು.



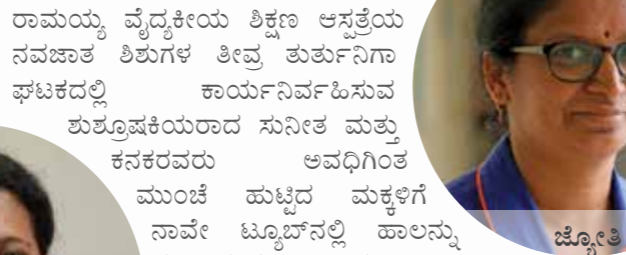
ಕವಿತಾ

ಮಗು ಹುಟ್ಟಿದ ಒಂದು ಗಂಟೆಯೊಳಗೆ ಎದೆ ಹಾಲನ್ನು ಕುಡಿಸಬೇಕು, ಅದರಲ್ಲೂ ಪ್ರಥಮ ಮೂರು ದಿನ ಬರುವ ಹಾಲನ್ನು ಮಗುವಿಗೆ ತಪ್ಪದೇ ಕುಡಿಸಬೇಕು ಇದರಿಂದ ಮಗುವಿನಲ್ಲಿ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಹೆಚ್ಚುತ್ತದೆ. ಮಗುವಿಗೆ 6 ತಿಂಗಳು ತುಂಬುವವರೆಗೂ ತಾಯಿ ಎದೆ ಹಾಲನ್ನು ಮಾತ್ರ ಕೊಡಬೇಕು, ಈ ಸಂದರ್ಭದಲ್ಲಿ ಬೇರೆ ಯಾವುದೇ ರೀತಿಯ ಪೂರಕ ಆಹಾರ ಕೊಡುವ ಅವಶ್ಯಕತೆ ಇರುವುದಿಲ್ಲ. ಒಂದೊಮ್ಮೆ ಕೊಡಬೇಕಾದ ಅವಶ್ಯಕತೆ ಬಂದರೆ ವೈದ್ಯರ ಸಲಹೆಯನ್ನು ಪಡೆದು, ವೈದ್ಯರು ಸೂಚಿಸಿದಂತೆ ಆಹಾರವನ್ನು ಮಗುವಿಗೆ ನೀಡಬೇಕು. ಎದೆ ಹಾಲನ್ನು ಕುಡಿಸುವುದರಿಂದ ತಾಯಿ ಮತ್ತು ಮಗುವಿನ ನಡುವೆ ಭಾಂಧವ್ಯ ಹೆಚ್ಚಿಸುತ್ತದೆ. ಮಗುವಿಗೆ ಎದೆ ಹಾಲನ್ನು ಕುಡಿಸುವುದು ಒಬ್ಬ ತಾಯಿಯ ಜವಾಬ್ದಾರಿ ಮತ್ತು ಕರ್ತವ್ಯವೂ ಹೌದು..

ನಮ್ಮ ಕರ್ತವ್ಯ

ಮಗು ಜನಿಸಿದ ಅರ್ಧ ತಾಸಿನೊಳಗೆ ಹಾಲನ್ನು ಕುಡಿಸಬೇಕಾದ ಅವಶ್ಯಕತೆ ಇರುತ್ತದೆ. ಮಗು ಜನನದ ನಂತರ ತಾಯಿ ಆರೋಗ್ಯವಾಗಿದ್ದರೆ ಆಕೆಯೇ ಸ್ವತಃ ಮಗುವಿಗೆ ಹಾಲನ್ನು ಕುಡಿಸುತ್ತಾರೆ. ಆದರೆ ಪ್ರಸೂತಿ ನಂತರ ತಾಯಿ ತುಂಬಾ ಸುಸ್ತಾಗಿದ್ದರೆ ಅಥವಾ ಅರೆ ಪ್ರಜ್ಞಾವಸ್ಥೆಯಲ್ಲಿದ್ದರೆ ನಾವೇ ಮಗುವನ್ನು ತಾಯಿ ಎದೆ ಹತ್ತಿರ ಹಿಡಿದು ಹಾಲನ್ನು ಕುಡಿಸುತ್ತೇವೆ. ಕೆಲವೊಂದು ಸಂದರ್ಭದಲ್ಲಿ ಪ್ರಸೂತಿಯಾಗಿ ಮಗುವಿನ ಜನನವಾಗಿರುತ್ತದೆ ಆದರೆ ತಾಯಿಗೆ ಇನ್ನೂ ಚಿಕಿತ್ಸೆಯ ಅವಶ್ಯಕತೆ ಇರುತ್ತದೆ, ಇಂತಹ ಸಂದರ್ಭದಲ್ಲಿ ತಾಯಿಯ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯ ಜೊತೆಗೆ ಮಗುವಿಗೆ ಪ್ರಥಮವಾಗಿ ಹಾಲನ್ನು ಕುಡಿಸುವ ಜವಾಬ್ದಾರಿ ನಮ್ಮದು. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಮಗುವಿಗೆ ಹಾಲನ್ನು ಕುಡಿಸುವುದರಿಂದ, ತಾಯಿಗಾಗುವ ಹೆಚ್ಚಿನ ರಕ್ತ ಸ್ರಾವವನ್ನು ತಡೆಯಬಹುದು ಎಂದು ಪ್ರಸೂತಿ ವಿಭಾಗದಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿರುವ ಶುಶ್ರೂಷಕಿಯರಾದ ಲತಾ, ರೂಪ ಮತ್ತು ಗಂಗರತ್ನರವರು ತಮ್ಮ ಅನುಭವವನ್ನು ಹೀಗೆ ಹಂಚಿಕೊಂಡಿದ್ದಾರೆ..

ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಆಸ್ಪತ್ರೆಯ ನವಜಾತ ಶಿಶುಗಳ ತೀವ್ರ ತುರ್ತುನಿಗಾ ಘಟಕದಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುವ ಶುಶ್ರೂಷಕಿಯರಾದ ಸುನೀತ ಮತ್ತು ಕನಕರವರು ಅವಧಿಗಿಂತ ಮುಂಚೆ ಹುಟ್ಟಿದ ಮಕ್ಕಳಿಗೆ ನಾವೇ ಟ್ಯೂಬ್‌ನಲ್ಲಿ ಹಾಲನ್ನು ಕೊಡುತ್ತೇವೆ, ಮಕ್ಕಳಿಗೆ ಪ್ರತಿ ಎರಡು ಗಂಟೆಗಳಿಗೊಮ್ಮೆ ಹಾಲನ್ನು ಕುಡಿಸಬೇಕು, ಕೆಲವೊಮ್ಮೆ ಮಕ್ಕಳು ಹೆಚ್ಚು ಅಳುತ್ತಿದ್ದಾಗ ಬೇಗನೇ ಹಾಲನ್ನು ಕೊಡಬೇಕಾದ ಅನಿವಾರ್ಯತೆ ಇರುತ್ತದೆ. ಹಾಗಾಗಿ ತಾಯಂದಿರು ಮಕ್ಕಳಿಗೆ ಹಾಲನ್ನು ಕುಡಿಸಲು ತುರ್ತುನಿಗಾ ಘಟಕಕ್ಕೆ ಬಂದಾಗ ಹೆಚ್ಚುವರಿಯಾಗಿ ಹಾಲನ್ನು ಕೊಡುವಂತೆ ಕೇಳಿ ಪಡೆಯುತ್ತೇವೆ.



ಜ್ಯೋತಿ

ಮುಂಚೆ ಹುಟ್ಟಿದ ಮಕ್ಕಳಿಗೆ ನಾವೇ ಟ್ಯೂಬ್‌ನಲ್ಲಿ ಹಾಲನ್ನು ಕೊಡುತ್ತೇವೆ, ಮಕ್ಕಳಿಗೆ ಪ್ರತಿ ಎರಡು ಗಂಟೆಗಳಿಗೊಮ್ಮೆ ಹಾಲನ್ನು ಕುಡಿಸಬೇಕು, ಕೆಲವೊಮ್ಮೆ ಮಕ್ಕಳು ಹೆಚ್ಚು ಅಳುತ್ತಿದ್ದಾಗ ಬೇಗನೇ ಹಾಲನ್ನು ಕೊಡಬೇಕಾದ ಅನಿವಾರ್ಯತೆ ಇರುತ್ತದೆ. ಹಾಗಾಗಿ ತಾಯಂದಿರು ಮಕ್ಕಳಿಗೆ ಹಾಲನ್ನು ಕುಡಿಸಲು ತುರ್ತುನಿಗಾ ಘಟಕಕ್ಕೆ ಬಂದಾಗ ಹೆಚ್ಚುವರಿಯಾಗಿ ಹಾಲನ್ನು ಕೊಡುವಂತೆ ಕೇಳಿ ಪಡೆಯುತ್ತೇವೆ.



ಕನಕ

ಹಾಗೆಯೇ ಕೆಲವೊಂದು ಕಾರಣಗಳಿಂದ ತೀವ್ರನಿಗಾ ಘಟಕದಲ್ಲಿರುವ ಇತರೆ ಮಕ್ಕಳ ಸಕ್ಕರೆ ಪ್ರಮಾಣವನ್ನು ನೋಡಿಕೊಂಡು, ಅವಶ್ಯಕತೆ ಇರುವಾಗಲೆಲ್ಲಾ ತಾಯಂದಿರುನ್ನು ಕರೆದು ಹಾಲು ಕುಡಿಸುವಂತೆ ನೋಡಿಕೊಳ್ಳುತ್ತೇವೆ. ತುರ್ತುನಿಗಾ ಮತ್ತು ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ವಿಭಾಗ ಎರಡರಲ್ಲೂ ಕಾರ್ಯನಿರ್ವಹಿಸುವ ಶುಶ್ರೂಷಕಿ ಕನಕ ಸಾಮಾನ್ಯ ಹೆರಿಗೆ ಸಂದರ್ಭದಲ್ಲಿ ಹೇಗೆ ಅರ್ಧ ಗಂಟೆಯೊಳಗೆ ಹಾಲನ್ನು ಕುಡಿಸಲು ಪ್ರಯತ್ನಿಸುತ್ತೇವೆಯೋ ಹಾಗೆ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯಿಂದ ಹೆರಿಗೆ ಆಗುವವರಿಗೆ ಹಾಗೆ ಅಂದರೆ ಒಂದು ಗಂಟೆಯೊಳಗೆ ಮಗುವಿಗೆ ಹಾಲನ್ನು ಕುಡಿಸುತ್ತೇವೆ, ಕೆಲವೊಂದು ಸಂದರ್ಭದಲ್ಲಿ ತಾಯಿಗೆ ಇನ್ನೂ ಹೊಲಿಗೆ ಮುಂತಾದ ಚಿಕಿತ್ಸೆ ಅನುಭವವನ್ನು ಅನುಭವಿಸಿದರೆ ಇದ್ದು, ಚಿಕಿತ್ಸೆ ಮಾಡುತ್ತಿರುವಾಗಲೇ ಇಲ್ಲ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ನಂತರವೂ ತಾಯಂದಿರು ಅರೇ ಅಥವಾ ಪ್ರಜ್ಞಾ ಸ್ಥಿತಿಯಲ್ಲಿ ಇಲ್ಲದಿದ್ದಾಗ ಮಗುವಿಗೆ ನಾವೇ ಹಾಲನ್ನು ಕುಡಿಸುತ್ತೇವೆ ಎಂದು ತಮ್ಮ ಅನುಭವವನ್ನು ತಿಳಿಸಿದ್ದಾರೆ.

ಸ್ತ್ರೀರೋಗ ವಿಭಾಗದಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುವ ಶುಶ್ರೂಷಕಿ ಕವಿತ ಮತ್ತು ಮಕ್ಕಳ ವಾರ್ಡ್‌ನಲ್ಲಿ ಕಾರ್ಯನಿರ್ವಹಿಸುವ ಶುಶ್ರೂಷಕಿ ಜ್ಯೋತಿರವರು ವಾರ್ಡ್‌ನಲ್ಲಿ ತಾಯಂದಿರು ಮಕ್ಕಳಿಗೆ ಹೇಗೆ ಹಾಲನ್ನು ಕುಡಿಸಬೇಕು, ಮಗುವಿಗೆ ಹಾಲನ್ನು ಕುಡಿಸುವ ಸರಿಯಾದ ವಿಧಾನವನ್ನು ತಾಯಂದಿರಿಗೆ ಹೇಳಿಕೊಡುತ್ತೇವೆ. ಯಾಕೆಂದರೆ ಕೆಲವು ತಾಯಂದಿರು ಕೇವಲ ಎದೆಯ ತೊಟ್ಟನ್ನು ಮಾತ್ರ ಮಗುವಿನ ಬಾಯಿಗೆ ನೀಡಿರುತ್ತಾರೆ, ಇದರಿಂದಾಗಿ ಮಗುವಿಗೆ ಸರಿಯಾಗಿ ಹಾಲು ಹೋಗುತ್ತಿರುವುದಿಲ್ಲ, ಹಾಗಾಗಿ ತಾಯಂದಿರು ಮಗುವಿಗೆ ಹಾಲನ್ನು ಕುಡಿಸಿ ಸುಸ್ತಾಗುತ್ತಿದೆ ಎಂದು ತಮ್ಮ ಬಳಿ ಅಳಲನ್ನು ತೋಡಿಕೊಳ್ಳುತ್ತಾರೆ, ಜೊತೆಗೆ ಮಗುವು ಕೂಡ ಹಸುವಿನಿಂದ ಅಳುತ್ತಿರುತ್ತದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಅವರಿಗೆ ಸರಿಯಾದ ಕ್ರಮವನ್ನು ಹೇಳಿಕೊಡುವುದರಿಂದ ತಾಯಿ ಮತ್ತು ಮಗು ಇಬ್ಬರೂ ಆರಾಮವಾಗಿ ಇರುತ್ತಾರೆ ಎಂದು ತಿಳಿಸಿದರು.



ಉಷಾ ಬಾಯಿ

ಸ್ವನ್ಯಪಾನ ಆಪ್ತ ಸಮಾಲೋಚಕರಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತಿರುವ ಶುಶ್ರೂಷಿ ಉಷಾಬಾಯಿ ಪ್ರತಿದಿನ ನಾನು ಪ್ರಸೂತಿ ಹೊರರೋಗಿಗಳ ವಿಭಾಗಕ್ಕೆ ತೆರಳಿ, ಪ್ರಸೂತಿಗೆ ಹತ್ತಿರ ಇರುವ ಗರ್ಭಿಣಿಯರಿಗೆ ಸ್ವನ್ಯಪಾನದ ಬಗ್ಗೆ ಅರಿವು ಮೂಡಿಸುವುದರ ಜೊತೆಗೆ, ಹೆರಿಗೆಯಾದ ನಂತರ ಸ್ವನ್ಯಪಾನ ಮಾಡಲು ಹೇಗೆ ಸಿದ್ಧವಾಗಬೇಕು ಎಂದು

ನುರಿತ ಶುಶ್ರೂಷಕಿಯರು

ಹೇಳುತ್ತೇನೆ. ನಂತರ ಮಕ್ಕಳ ಹೊರರೋಗಿ ವಿಭಾಗಕ್ಕೆ ತೆರಳಿ, ಗರ್ಭಿಣಿ ತಾಯಂದಿರು ಇದ್ದರೆ, ಅವರು ಸರಿಯಾಗಿ ಹಾಲುಣಿಸುತ್ತಿರುವ ಬಗ್ಗೆ ಕೇಳಿ ತಿಳಿದು, ಅವರಿಗೆ ಏನಾದರೂ ಸಮಸ್ಯೆ ಇದ್ದರೆ ಅವರನ್ನು ವೈದ್ಯರ ಬಳಿ ಕರೆದುಕೊಂಡು ಹೋಗಿ, ಅವರಿಗೆ ಸರಿಯಾದ ಮಾರ್ಗವನ್ನು ತಿಳಿಸಲಾಗುತ್ತದೆ. ನಂತರ ಒಳರೋಗಿಗಳ ವಿಭಾಗ, ಪ್ರಸೂತಿ, ನವಜಾತ ಶಿಶುಗಳ ತೀವ್ರನಿಗಾ ಘಟಕಕ್ಕೆ ತೆರಳಿ ತಾಯಂದಿರಿಗೆ ಅಗತ್ಯ ಮಾಹಿತಿ ಮತ್ತು ನೆರವನ್ನು ನೀಡುತ್ತೇನೆ ಮತ್ತು ತಾಯಂದಿರಿಗೆ ಆಪ್ತ ಸಮಾಲೋಚನೆ ಮಾಡಿ ತೀವ್ರನಿಗಾ ಘಟಕದಲ್ಲಿ ಹೇಗಿರಬೇಕು ಎಂದು ತಿಳಿಸುತ್ತೇನೆ ಎಂದು ತಿಳಿಸಿದರು.

ಚಿಕಿತ್ಸೆಯ ಜೊತೆಗೆ ನಾವು ಪ್ರತಿವರ್ಷ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ವಿಶ್ವ ಸ್ವನ್ಯಪಾನ ಸಪ್ತಾಹ ಅರಿವು ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಿ, ಸ್ವನ್ಯಪಾನ ಚಿತ್ರಕಲಾ ಸ್ಪರ್ಧೆ, ಸ್ವನ್ಯಪಾನ ವಸ್ತು ಪ್ರದರ್ಶನ ಹಾಗೂ ಅರಿವು ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಿ ಶುಶ್ರೂಷಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ, ಶುಶ್ರೂಷಕಿಯರಿಗೆ, ಗರ್ಭಿಣಿಯರಿಗೆ ಸ್ವನ್ಯಪಾನದ ಮಹತ್ವ ಮತ್ತು ಪ್ರಯೋಜನಗಳನ್ನು ತಿಳಿಸುತ್ತೇವೆ. ಹಾಗೂ ಒಳರೋಗಿ ವಿಭಾಗದಲ್ಲಿ ದಾಖಲಾಗಿರುವ ಬಾಣಂತಿಯರಿಗೆ ಸ್ವನ್ಯಪಾನ ಮಹತ್ವದ ಬಗ್ಗೆ ತಿಳಿಸಿಕೊಡುತ್ತೇವೆ. ಇದರ ಜೊತೆಗೆ ಈ ಸಪ್ತಾಹ ಮಾಡುವಾಗ ನಮ್ಮ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಯಾರಾದರೂ ಸಿಬ್ಬಂದಿ ಗರ್ಭಿಣಿಯರಾಗಿದ್ದರೆ ಅವರನ್ನು ಕರೆದು ಗೌರವಿಸುತ್ತೇವೆ.



Publication metrics in academic institutions- An overview

Globally academic institutions are being rated and ranked for various criteria by leading entities such as The Times Higher Education World University Rankings, National Institute Ranking Framework (NIRF), National Assessment and Accreditation Council (NAAC), and National Board of Accreditation (NBA). The institution's research output is one of the critical components (accounting for over 30-40% of the overall score) in all ratings or rankings. The essential research outputs refer to publications, patents, and funds received for projects. Scientific journals have received significant importance in the research realm for a long time. Over time the scientific world has developed vital metrics to measure and compare the quality of publications. Each of these metrics has its inherent strength as well as huge limitations. While the institutions are encouraging the faculty and students to publish, it is essential to note the value of such publications through the lens of quality metrics.

In the medical field, publications play an essential role in creating evidence for the management of cases and applying newer treatment modalities. While the primary research institutions generate evidence for fundamental principles of medicine, the health care institutions often work in applied or translational research.

In recent years, there has been an explosion of journals available

for researchers to publish their work. In this age of digital-first initiatives, assessing the quality and impact of the journal is a tedious process. Towards this, several standardized quality measures have evolved and used to determine the quality and impact of a given publication. These metrics are referred to as bibliometrics, citation metrics, and altimetric.

One of the commonly used measures is that of Scimago Journal Rank (SJR) that provides information regarding the influence of research work in terms of citations received and the impact factor of the journal. The journal in SJR is ranked and categorized into four quarters based on the score computed. The Q1 journal is the most coveted journal for publications. A detailed list of journal rankings are available online and the same for each specialty has been circulated to the individual departments.

In this context, it is strongly suggested to all faculty and students that they get expert inputs while choosing the right journal for their publication.



Dr. Nanda Kumar B S
Head-Division of Research & Patents
Ramaiah Medical College

Third Workshop On Normal Delivery- Enhancing Nurses Clinical Competence



Ramaiah Institute of Nursing Education & Research (RINER), Bangalore, conducted the third workshop on "Normal Delivery-Enhancing Nurses Clinical Competence" on 27th and 28th July 2021. Forty three participants from four hospitals and three nursing colleges participated in this workshop. After the registration, pre-assessment for knowledge and practice was done using a questionnaire. Resource persons were industry experts who are working towards encouraging normal births and respectful maternity care. There were five teaching/ discussion sessions along with 10 hands-on practice sessions. The topic was presented and discussed followed by demonstration of the procedure at the skill station by the experts. The participants were divided into small groups and were given hands on practice and re-demonstration. Post assessment was carried out at the end of the workshop.



Dialysis Service Extension

An extended Dialysis service by Ramaiah Hospitals in association with Rotary Club was inaugurated by Dr MR Jayaram, Chairman, Gokula Education Foundation with District Governor of Rotary District 3190 Sri Fazzal Mahmood. Dr Gurudev KC, President, Ramaiah Memorial Hospital and others were present at Ramaiah Leena Hospital in Devanahalli on Wednesday August 04, 2021.

Advanced Learning Centre (ALC) completed the first Indian Association of Gynaecological Endoscopist's cadaver course on July 31 and August 01, 2021.

The President of IAGE – Dr Krishnakumar appreciated the dedication and professional conduct of everyone associated with ALC as well as the infrastructure and has requested 2 more slots for a similar course in the next 6 months.



The course was conducted by Dr Shailesh Puntambekar - International Secretary, Treasurer for AAGL and the first surgeon to successfully perform uterine transplant in India. The course was attended by 15 delegates and Dr Vinod Gopal, Director – Professional Education, Johnson & Johnson attended the inauguration.

Cadaveric Dissection Workshop

Endoscope is a tool to see unseen areas with clarity – this was perfectly true after witnessing the exclusive and unique hands-on Workshop of Cadaveric Endoscopic Sinus Surgery and Anterior Skull Base, held on August 26th, 2021 at Ramaiah Advanced Learning Centre.

The workshop included a demonstration of Basic FESS by the Faculty which includes Handling of Endoscope & Camera, Uncinectomy, Middle meatal antrostomy, Intact bulla Frontal Recess approach, Anterior and posterior Ethmoid clearance, Orbital decompression and Endoscopic Endonasal DCR. Advanced endoscopic procedures like skull base surgeries was demonstrated which includes Endoscopic Transnasal approach to Sphenoid and beyond, cavernous sinus and ICA anatomy, Trans-sphenoidal Hypophysectomy, optic nerve decompression, Medial maxillectomy, Trans maxillary approach to Pterygoids, Pterygopalatine fossa, Sphenopalatine foramen and infratemporal fossa approaches, Modified Lothrop's Procedure.



A training programme was organised by RMCH for nurses on Nursing Excellence Programme on August 18, 2021 at Ramaiah Medical College.

Sad Demise

Prof. A. Santham Lillypet

Vice Principal, RINER

DOB- 18.12.1975

DOD- 22.07.2021

Saluting the soul that brought light in our lives, our hearts and now lives in our memories forever



Ramaiah & JSS sign MoU

In a major development the Ramaiah Centre of Excellence for Epilepsy of Ramaiah Memorial Hospital signed an MoU with JSS Hospital, Mysore to set-up the 'JSS-Ramaiah Comprehensive Epilepsy Surgery Centre' in the JSS hospital campus in Mysore.

Patients with refractory epilepsy which cannot be controlled with medications can undergo a minimal invasive surgery which is a definitive treatment and can be cured of their condition said Dr K C Gurudev, President, Ramaiah Memorial Hospital. "This is a huge step for two big institutions to collaborate in extending their services to help cure a drug-resistant condition" he added as he discussed the importance of extending the hospital services to Mysore and neighbouring districts.

Col (Rtd) Dr Dayanand, JSS Director said that this was an important initiative to help patients with Epilepsy.

The mission is to improve the health and well-being of epilepsy patients through integration of clinical care, outreach, research, and education. The centre of excellence is the need of the hour in order to serve the large population of epilepsy patients. This centre not only ensures the appropriate and timely diagnosis and treatment of long standing epilepsies which have failed the medication but also ensures constant update of the knowledge through research.

"This initiative will help us reach the rural population suffering from epileptic attacks, and treat and cure them with the help of robotic surgery" said Dr Shabari Girishan, Consultant Neurosurgeon, Ramaiah Memorial Hospital.



Independence Day celebrations at Ramaiah Medical College on 15th August 2021



PALS course was conducted at ALC where nursing PG students were trained on paediatric care.

Breastfeeding week was celebrated from 1st August to 7th August 2021 in the department of paediatrics in association with OBG and nursing departments. The theme for this year was 'PROTECT BREAST FEEDING: A SHARED RESPONSIBILITY.' Week long activities including, seminar on Initiation of lactation failure, complementary feeding, milk bank, health education, role play, poster presentation, essay competition and distribution of complimentary feeds were conducted.



Dr A Surya Prakash, Former Chairman, Prasar Bharati, Vice Chairman (Executive Council), Nehru Memorial Museum and Library visited the Ramaiah campus and interacted with MR Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical)

Teachers' Day at Ramaiah

Teachers Day was celebrated at Ramaiah University of Applied Sciences. The event was attended by Chancellor of RUAS Dr MR Jayaram and the chief guest was Prof Samir K Brahmachari, Former Director General of Council of Scientific and Industrial Research (CSIR). Dr Kuldeep Kumar Raina Vice Chancellor of RUAS and Prof M Sai Baba, Registrar, RUAS were also present. More Than 50 Teachers were honoured during the occasion and a new Website of RUAS was launched by the chief guest.



Simulation training on assisting women in normal vaginal delivery



The department of OBG nursing conducted a simulation training programme for the emergency medical technicians (EMTs) working with Manipal Ambulance Response Services (MARS) as part of their departmental project

on 03.08.2021. The training programme included teaching sessions on assessment of labouring women in the ambulance, preparation of the women, assisting in normal birthing, immediate new born care and management of the woman in 3rd stage of labour. This was followed by simulation, hands on practice by the participants and demonstration. A total of 19 EMTs participated in training programme.

Public Health Lecture

As part of series of Public health talks organised by Department of Community Medicine, the second guest lecture on "Battling COVID-19 pandemic in Wales, UK – Lessons to share" was delivered by public health expert, Dr Ananda Giri Shankar, Lead Consultant for Health Protection and Communicable Disease Control, Public Health Wales, United Kingdom on 19th August 2021. During the session, COVID bulletin developed by Department of Community Medicine was released by Dr Harish K, Associate Dean, Ramaiah Medical College and Hospital.





Guest lecture on exclusive breast feeding: Counselling for new mothers

A Guest Lecture was organized by department of Child Health Nursing on "Exclusive breastfeeding and counselling of new mothers" on 31/08/2021 at Ramaiah Institute of Nursing Education and Research (RINER).

The lecture was delivered by Dr Maheshwari M an international board certified Lactation consultant. She emphasized on the benefits of breastfeeding, initiation, positions, correct latching and management of breast feeding related issues.



Dr. Prathap Kumar J secured 1st position in the "Anatomy Quiz Competition" during the E- National Conference titled "AVEOCON 2021" organized by Department of Anatomy, Teerthanker Mahaveer Medical College & Research Centre, Moradabad, Uttar Pradesh under Anatomical Society of India from 9-10th July 2021.



Division of Research and Patents, Ramaiah Medical College organised a talk by Dr Roli Mathur, Head, ICMR Bioethics Unit on Ethics in Research on August 04, 2021.

A webinar on Tele Physiotherapy during Covid was organised by the Society of Indian Physiotherapists. Kirthi Joshi, Assistant Professor, Ramaiah Medical College and V Sundar Kumar, Assistant Professor, Ramaiah Medical College, participated in the event.

Permanent Pacemaker Implant

A patient successfully became the recipient of the novel functional dual chamber leadless pacemaker on August 19, 2021. The Successful "dual" chamber leadless permanent pacemaker implant was done by Dr V S Prakash, Professor and Head, Department of Cardiology, Ramaiah Narayana Hrudayalaya, and team. The entire procedure was completed in under 30 minutes, with only femoral vein access. This was a no-touch technique procedure, thereby significantly reducing risk of infection and almost pain free permanent pacemaker implantation.



The nursing staff celebrated International Patient Safety Day on September 17, 2021 with a poster presentation competition and a skit to raise awareness regarding patient safety.

Post graduate student Dr Sowmya, Department of Radio diagnosis, won the Prize for scientific paper presentations in a recently held international ultrasound virtual conference among 300 papers.

A webinar on "Access to Geriatric Disability Care" was conducted by Ramaiah Public Health Working group by Ramaiah Public Policy Centre on Friday, Sept 17th, 2021.

E-poster presentation competition was organized on common social problems (illiteracy, poverty, substance abuse and AIDS) on 07.09.2021 to 08.09.2021 from the department of sociology for 2nd year B.Sc. nursing students.

Ayurveda Wellness Centre inaugurated in Madhya Pradesh

Two Ramaiah Ayurveda Wellness Centres were inaugurated on August 27, 2021 in Madhya Pradesh. The Kanha Centre in Kanha, Madhya Pradesh was set up in association with the Madhya Pradesh Tourism Corporation, and was inaugurated virtually. The Ayurveda Centre in Bhopal was set up in association with Aikiya Foundation and was inaugurated by Kumari Usha Thakur, Minister for Tourism, in the presence of S Vishvanathan, IAS, MD, Madhya Pradesh Tourism Development Corporation, Rahul Kothari, Convenor, BJP State Cell, Dr M R Jayaram, Chairman, Gokula Education Foundation, M R Sreenivasa Murthy, Chief Executive, Gokula Education Foundation (Medical) and Dr G G Gangadharan, Director, RISA.



Dr. Mala Dharmalingam, Professor and Head, Department of Endocrinology, Ramaiah Medical College Hospital, attended the GLP odyssey.

She was also a speaker at the 5th International Diabetes Expert Conclave.



People's Business Workshop for faculty was conducted on August 13, 2021 in Ramaiah Medical College.

Institution Innovation Council

An Impact Lecture was organised to enable the students and staff of Ramaiah Medical College to be aware of the functioning of the Institution Innovation Council and the opportunities available to pursue innovation at our campus. In addition, the students and staff were also introduced to the medicine and industry aspects of innovation on August 25, 2021.

Dr Aruna Ramesh, Professor and Head, Emergency Medicine, Ramaiah Medical College Hospital was invited as Master trainer for the AB- HCWs program aimed at strengthening existing RCH and communicable diseases related services and introduction of new services - Non- Communicable Diseases, Ophthalmology, ENT, Oral, Mental Health, Elderly, Palliative and Emergency medical care services to create a pool of State trainers for Emergency care.

Orientation workshop on revised B.Sc. Nursing programme

A Virtual training program was organized by Indian Nursing Council on 'Orientation to revise B.Sc. Nursing syllabus' for the entire nursing faculty from 01.09.2021 to 04.09.2021. The faculty of RINER participated in this training program.



Inauguration of Ramaiah Memorial Hospital Lobby on August 19, 2021.



Hand Hygiene Drive



The staff of Ramaiah Memorial Hospital organised the Hand Hygiene Drive. On Friday, September 03, 2021, the staff organised a flash mob and a mime performance on Hand Hygiene, Wearing Mask and social distancing to raise awareness regarding proper handwashing and hygiene. While WHO celebrates Handwashing Day on May 5th every year, due to the pandemic, the staff decided to celebrate it in the first week of September.



World Physiotherapy Day



On the occasion of World Physiotherapy Day on September 08, 2021 the Department of Physiotherapy, Ramaiah Memorial Hospital conducted a flash mob to create an awareness amongst the general public about the common health issues faced due to and during the pandemic. Through a flash mob The Department aimed to promote health and wellness.

Division of Research and Patents, Ramaiah Medical College conducted an Online Training Programme on Manuscript writing and Plagiarism on 15th September 2021.

A chapter on Lipid Metabolism written by Dr Anupama V Hegde, Assistant Professor, Department of Cardiology, Ramaiah Medical College Hospital was published in a book entitled Inflammation by Society of Inflammation Research.

Ramaiah ranks 8th amongst AMC

The National Coordinating Centre, Indian Pharmacopoeia Commission, Ghaziabad, has appreciated Pharmacovigilance Centre of Ramaiah Medical College for regular and quality reporting of Individual Case Safety Reports (ICSRs) and ranked 8th amongst the ADR Monitoring Centres in India.



➤ Top 10 AMCs have appreciated for their contribution in terms of reporting ICSR to PvPI.

S.No.	Name of the AMCs
1	JSS-Mysore
2	PGIMER-Chandigarh
3	KEM-Mumbai
4	LHMC-New Delhi
5	PGIMS-Rohtak
6	BJMC-Ahmedabad
7	STM-Kolkata
8	MSRMC-Bengaluru
9	GMC-Guntur
10	AIIMS-Bhopal

National Pharmacovigilance Week 2021

The Department of Pharmacology, Ramaiah Medical College in Collaboration with IPC, Ghaziabad celebrated National Pharmacovigilance week from 17th- 23rd September 2021. The theme was Pharmacovigilance "A step towards patient safety". The broad objective of the programme was to create awareness on the importance of reporting Adverse Drug Reactions among healthcare professionals. Pharmacovigilance sensitization sessions were conducted for the nursing staff. Essay competition and e-Poster competition were held for medical and allied health sciences students.



World Breastfeeding Week celebrated by Department of Community Medicine

Every year, the Department of Community Medicine, Ramaiah Medical College has been celebrating WBW on a large scale at the community level both at urban and rural filed practice areas. The theme for this year's Breastfeeding Week was Protecting Breastfeeding: A Shared Responsibility as declared by WABA and on similar lines by BPNI - Protecting Breastfeeding: Where lies the Responsibility.

AN awareness campaign was organised for about 108 Antenatal women, 102 postnatal mothers, 27 ASHA workers, 44 Anganwadi workers and 146 general public on the importance of breastfeeding.

The Department of Community Medicine also organized a pencil sketching competition and poem writing competition for the under graduates, interns, post graduates and faculty.

BPNI recognized the Departments of Community Medicine and Paediatrics, Ramaiah Medical College for their Breastfeeding awareness activities.



ORS week was celebration based on theme "ORS REHYDRATION NO MORE DEHYDRATION" from 25 to 31st July 2021 by the Department of Paediatrics, Ramaiah Medical College Hospital.

YOU ARE OUR INSPIRATION SIR
We salute you



Glimpses of the award ceremonies