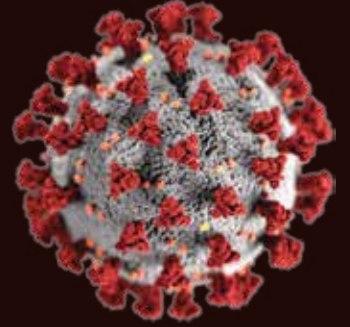




Delta-Omicron - A Discussion

In this issue Ramaiah Experts have discussed how different is Omicron compared to Delta, the treatment protocol and precautions to follow. They have also deliberated on pregnant women and child care, preparedness and infrastructure to face the challenge of the latest surge.



How are you going to face the challenge of omicron in the advent of rising 3rd wave concerns?

For the 3rd wave there are two things to note. One, It is felt Omicron is not as infective to the lungs as the Delta variant, so the number of admissions is less. If the infectivity is high, the number of cases will be large, so you will have a large number of cases, but less admission. It is somewhat positive thinking to keep in mind. But, if the infections grow too large, then the admissions might increase. Second, regarding our preparedness, we also had several meetings. Infrastructure is all set. Manpower and equipment is also in place.

There are certain handicaps in this wave such as the new batch of residents are over yet to get admitted, that much shortage is very evident will affect. Next, a large number of healthcare workers are likely to be infected in this wave. So, that could have a serious impact on the number of people available to treat covid patients. Since the admissions are very low compared to the last wave, we may be able to tide over the crisis. Also, the quarantine period is also less and just about a week, so many people are likely to return. The impact of the infection on the healthcare workers is likely to be mutant, so we should be able to go through, but we have to thoroughly adhere to the process that is in place. We seem to be reasonably confident of managing this wave.

Dr Harish K
Associate Dean
Ramaiah Medical College & Hospital



RAMAIAH

December 2021 - January 2022

Omicron and beyond

As the third wave of COVID19 is receding, leaving behind a large segment of the population passing through the trials and tribulations, the campus witnessed several activities indicating the return to new normal. While the issues related to vaccinations and treatment challenges remained fairly sorted, the resumption of offline activities in education and patient care were quite limited.

The administrators and the clinicians provided strategic inputs for organizing the services and ensuring minimal disruption to teaching and learning as well as patient care on the campus. The faculty organized and participated in several online webinars providing valuable information on the Omicron variant and its management. Some of the excerpts from the Ramaiah Medical College doctors are shared in this issue.

Several continued education and awareness programs were conducted on the campus. The institution conducted a vaccination awareness program in the rural field areas of Devanahalli to support the ongoing vaccination drive and address the issues of vaccine hesitancy among the general population. This is critical to ensure all the eligible citizens get vaccinated and the surge of covid is contained at the population level. The department of medicine conducted a training program related to the management of low-sugar levels focusing on the judicious use of insulin.

Our resident doctors from the departments of cardiology, general surgery, ophthalmology, OBG, and pediatrics received awards for their presentations at the state and national conferences.

The institution is keenly working on improving the research activities on the campus. The Division of Research and Patents along with the Medical Education Unit conducted a training program on sensitizing the interns towards the interpretation of journal articles and grants writing workshop for faculty.

Efforts are underway to adapt to the new normal and provide ICT tools for training health care professionals. The institution launched an online course "Geriatric Care- Essential Practical training for Nurses" through S.H.A.R.P.E.N based platform developed by the RICPHI team.

We hope that the new year ushers more positive vibes and takes us towards healthier and wiser bastions.

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Jnana Vahini

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How are we managing, coordination between authorities and Hospitals?

Those Government processes in technology support still continue between SAST, Arogya Karnataka and other state government run agencies including BBMP where lack of coordination is still rampant. No one seems to take the responsibility. Since the numbers affected in the last wave came down, they have reduced the allotment to BBMP beds, but not reduced the number of ICU patients. The numbers should be proportionate. They have kept the number of ICU and Ventilator beds to themselves; we can't run the system like that. We have raised this issue on several occasions at various forums, but not much support or reply has been forthcoming.

In the last wave, the governments, both state and center,

who were caught unawares by the surge, kept on changing guidelines very often. So, what is the scene now?

This time they have very confusing announcements on lockdowns and other measures that are changing every now and then. This changing of goalpost tactics is bound to continue, but, this is also an evolving situation, we can't blame the government as yet. On the other hand, the authorities need to be very practical when it comes to the role played by private hospitals and the government hospitals. Even in this wave, the government run hospitals hardly have any ICU cases and most of such serious cases are dumped on private hospitals. It's not right. Though the Central Government had a greater say in the last wave, this time they have decentralized and have given more powers to state and the Central Government only issues guidelines.



Dr Anil Kumar
 Prof. & Head
 Dept. of Medicine, Ramaiah Medical College & Hospital

What are the Symptoms of Omicron Infection?

The symptoms of Omicron are milder compared to the Delta variant. Upper respiratory system, Itchy throat, cold like symptoms with runny nose, body ache and fever that may last just for one or two days unlike in the previous surge where the fever was for a longer time.

Omicron infection also has symptoms of back ache and pain in the legs with generalized body aches and cramps. Generally these symptoms will reduce within three or four days compared to delta that lasted longer. These symptoms are seen in BA1 type of Omicron. In Denmark and the UK, BA2 variant is reported for which we have to wait on the kind of symptoms for that variant.

How harsh will it be on Victims?

It depends on the victims. If the victim is immune compromised, elderly, above 60, has hypertension, obese, Kidney ailments or other comorbidities, they need to be hospitalized and monitored. Young people with good immunity, the symptoms and the effects are very mild. Most importantly the vaccinated persons have very mild symptoms. So, the harshness depends on the victim's immunity or lack of it.

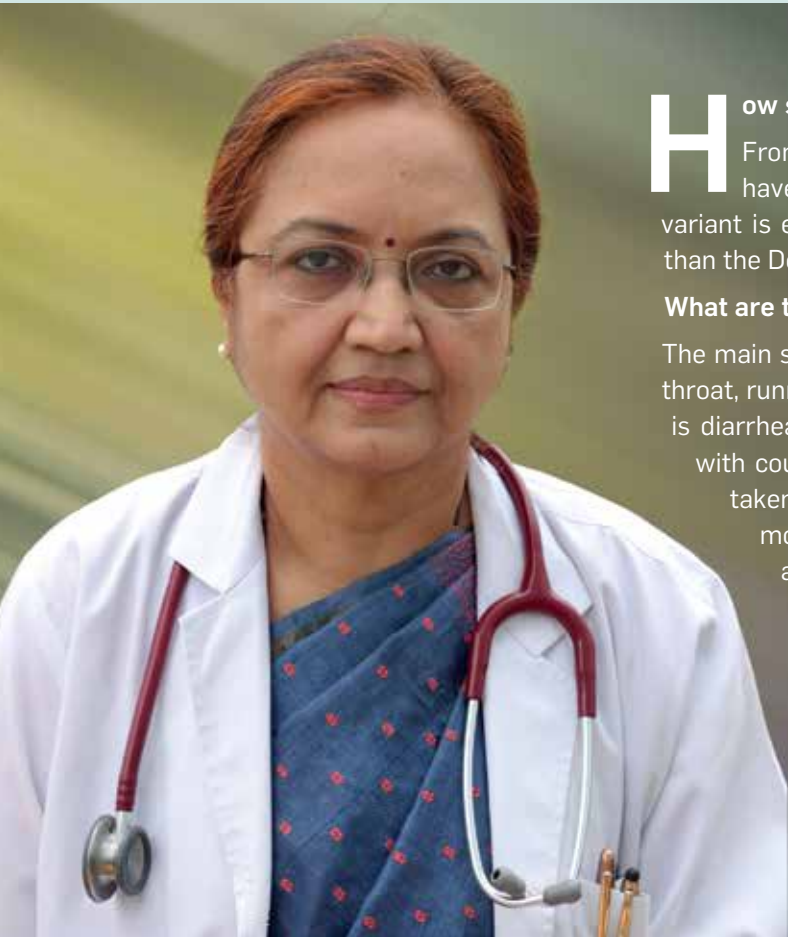
From past experience, what type of treatment protocol will be in place for the 3rd wave?

In the last wave, we experienced shortage of man power, shortage of Oxygen, very sick and serious patients even before they got hospitalized, but this time we have seen very less of such emergencies and the requirement of Oxygen beds are as low as 2%. So we are not anticipating a huge

demand for Oxygen like the last wave. But, the unique thing about this surge is that it is prepared with good man-power, meticulous planning and since the R Zero is very high, we are seeing a large number of infections among health staff, consultants, post graduates, not only here, but, across the country. The backbone of fighting the virus is getting infected. So, greater emphasis in protecting the health care workers by properly rationing them, keeping good numbers in reserve, and providing them with proper PPE kits is most essential so the situation of shortage of health care workers and oxygen should not arise.

Do you anticipate a larger impact of this variant on the people?

The impact of this variant on the people of any new variant might be the long term effect, where even WHO declared this as the “Variant of concern” and spreading very fast. Though we are seeing very mild cases, we don’t know what are the post Covid complications on the brain or the heart are yet to be studied. Its impact on the children also needs a deeper look and understanding. These important concerns can’t be brushed off and need time and proper study of this variant on the impact on population.



How serious is the Omicron, the new Covid variant?

From the time the Covid virus started spreading many variants have emerged as the virus continues to mutate. The new Omicron variant is easily transmissible and spreads fast, in fact more infectious than the Delta variant.

What are the respiratory issues in this surge?

The main symptom is upper respiratory tract like fever, congestion, sore throat, runny nose and severe body ache and some unusual development is diarrhea and abdominal cramps, nausea and loss of appetite added with cough in breathlessness in few cases. Special care needs to be taken by persons with co-morbidities where fever persisting for more than three days is an alarming sign and if it doesn’t subside and also breathlessness. They have to monitor their temperature and the Oxygen saturation levels and keep in touch with your doctor in such cases.

How to tackle the situation?

The main protection is wearing the N95 Mask that continues to be the most important safety measure. If you come across the infected patient then you will have to isolate yourself completely and monitor yourself for any of the above mentioned symptoms. The third wave or the surge, the standard prevention remains Masking, Distancing, getting Vaccinated, Hand Washing and Good ventilation which is all also known as Covid Appropriate

Behavior. If you are eligible, then you can also get the Booster Dose that can greatly reduce the chance of infection and hospitalization. Avoid indoor gatherings and be very careful with people without masks to mitigate the spread.

Dr Gayathri
 Prof. & Head
 Dept. of Respiratory Medicine
 Ramaiah Medical College & Hospital



Dr Sujani B. K
 Prof. & Head
 Dept. of OBG, Ramaiah Medical College & Hospital

How will this third wave affect women in general and pregnant women in particular?

The third wave has peaked suddenly and we all know that, and thankfully we did pass through a second wave that taught good lessons and we were all ready for it. Since most of the pregnant women are asymptomatic we have boldly gone ahead with normal deliveries unlike in second wave where at the slightest hint of Covid infection we would opt for Caesarian as we had very less time to monitor and wait for the symptoms to come down. So most of the cases we are attending now, we are trying normal delivery even if the mother has tested positive. Only when they come to labour and test positive and with symptoms, that we resort to more tests and results before delivering. This will no away affect the baby or the health of the mother and we go ahead with the delivery.

For the last six months we have always encouraged the pregnant women to get themselves vaccinated, only a small number were hesitant, else, most of the pregnant women are vaccinated and no major complications have been reported.

Your team managed the second wave successfully, what are the challenges and risks in the third wave?

The major issue in the second wave was manpower and infrastructure. We didn't know where to operate or deliver, we did not know how to shift the baby and find a suitable place. Because of that experience, in the third wave now we have designated labour rooms, OTs, round the clock specialists, anesthetists and pediatricians are all in place. And we are fortunate that we did not have major complications or challenges like we faced in the second wave.

What are the tips and safety precautions for pregnant women?

Tips, first and foremost is mask, N95 in particular; even if they are vaccinated. Do the regular breathing exercises as prescribed. Most importantly not to go for any gatherings and also be very careful about the rituals like baby showers or other things, not to invite too many people, and even if you go ahead with rituals, be very careful and wear masks. Women who come to us after functions, we don't test them immediately and we would observe for any symptoms. After few days even if we test, the infection may have long gone without any symptoms.

We tell not to worry too much about 3rd wave, and from our side we are all ready and prepared for any surge. Most importantly, if the mother tests positive it does not affect the new borns unlike in the infections like Hepatitis or any other viral infection. The paediatrician will confirm whether the child is affected or not, but it is rare and a lot of studies are being done on that. Even if the baby is not infected, the mother and baby are in isolation anyways.



Covid-19 vaccination trail Awareness programme in Krishna College at Devanahalli. Dr. Shalini Pradeep, Professor, Dept. of Community Medicine, Dr. Tharanth, Asst. Professor, Dept. of General Medicine also seen in the picture.



Dr. Anusha Aynala third year Ophthalmology postgraduate student won the Best Paper Award in Ocular Surface in the recently conducted State conference - Karnataka Ophthalmic society conference 2021 held between 10-12 December 2021. Topic: Relationship between

intensity modulated radiotherapy for buccal mucosal tumors and dry eye. Chief author Dr. Thanuja G. Pradeep, Associate Professor, Ophthalmology

Presenting author - Dr.Anusha Aynala, Chief author Dr.Thanuja G.Pradeep, Associate Professor, Ophthalmology

Cardio Resident Dr Dhanachand Singh got a prize for his poster in Endocrinology conference ESICON 2021 for his collaborative work with endocrinology department on Acromegaly

Pediatric first year resident Dr. Charitha is awarded the first prize in oral paper presentation on Associated factors in adolescent prediabetes in National adolescent conference - Adolescon 2021.

Pediatric first year resident Dr. Deepti is awarded the second prize in oral AWARD paper presentation on Blood levels of heavy metals in adolescents in National adolescent conference - Adolescon 2021.

Final year postgraduate student, Dr. Monica N, Department of General Surgery at the annual national conference ASICON 2021 held at New Delhi (virtual) – won the 2nd prize for poster presentation titled "Delayed presentation of colonic perforation in a patient with chronic pancreatitis: A diagnostic dilemma", moderated by Dr. Srikantaiah H C, Associate Professor, Dept. of General Surgery.



Dr. Prerana Anadure, Final year OBG Post Graduate received 3rd prize in the KSOGA state conference held at Davangere on Dec 17,18,19, 2021, in paper Presentation - Topic - A case series of placenta accreta at tertiary care hospital under the guidance of Dr Manjula NV, Associate Prof , OBG and Dr Sujani, Prof & HOD, OBG





Dr. Jeffrey A Loeb, Prof and Head, Dept. of Neurology & Rehabilitation, University of Illinois, Chicago, addressing the Postgraduate Students of Departments of General Medicine, Pediatrics, Emergency Medicine, Neurology & Neurosurgery on 15th December 2021 at Ramaiah Memorial Hospital.



Dr. Somashekar A. R., Prof. & Head, Paediatrics, Ramaiah Medical College was the Faculty for first Respicon AP held at Rajahmundry. Also he spoke on Group Management, Panelists for NTEP and GINA guidelines 2021.



Dr. Karunakara B.P., Professor & Pediatric Intensivist has been elected as Vice President of Indian Academy of Pediatrics, Karnataka state branch for the year 2022. He has been continuing as President of IAP Respiratory chapter Karnataka for 2022



Dr. G. Balamurugan, Registrar, RINER is invited as a Resource Person for the topic "Role of Nurse in Promotion of Mental Health in an Unequal World". Webinar is organized by MNR CoN, MNR Higher Education & Research Academy (MNR-HERA), Sangareddy, Telangana on 23rd October 2021.



Dr Sampangi Ramaiah, Dept. of Radio Diagnosis has been awarded IRIA President Appreciation award for excellent work.



Dr. Shabari Girishan, Dept. of Neuro Surgery his project has been selected for PhD program of Indian Institute of Science. This project aims to look at the rehabilitative aspects of fine motor movements of hand.



Lecture on "The Pandemic, Global Growth and Global Equity Market : Is there a disconnect?" by Dr.Partha Ray, Director, NIBM, Pune. Organized by School of Social Sciences, Ramaiah University of Applied Sciences on 4th December 2021 at Council Room, Ramaiah Medical College



Department of Radio Diagnosis, Ramaiah Medical College & Hospitals in association with Indian Radiological & Imaging Association conducted a CME on Foetal Cardiac Imaging An Update on 19th December, 2021 at Ramaiah Medical College . **Dr. Umesh** seen in the picture.



ಕನ್ನಡ ಅಭಿವೃದ್ಧಿ ಪ್ರಾಧಿಕಾರ ದಿನಾಂಕ 3-12-21 ರಂದು ಆಯೋಜಿಸಿದ್ದ 'ವೈದ್ಯಕೀಯ ವಲಯದಲ್ಲಿ ಕನ್ನಡ ಕಾರ್ಯಾಗಾರ' ದಲ್ಲಿ ಮಕ್ಕಳ ವಿಭಾಗದ ಪ್ರಾಧ್ಯಾಪಕರು ಹಾಗೂ ಮುಖ್ಯಸ್ಥರಾದ ಡಾ. ಅ ರಾ ಸೋಮಶೇಖರ ಅವರು 'ಕನ್ನಡದಲ್ಲಿ ಆರೋಗ್ಯ ಮಾಹಿತಿ' ಬಗ್ಗೆ ವಿಷಯ ಮಂಡನೆ ಮಾಡಿದರು.

Ramaiah Medical College & Hospital launched an online course (S.H.A.R.P.E.N based platform) developed by Dr Nayanjeet and team from RICPHI titled "Geriatric Care- Essential Practical training for Nurses on 4th January 2022 by Dr Medha Y. Rao, Principal and Dean, RMC and practicing Geriatrician supported by Geriatric Department & Nursing Supervisors Ms Lissy John and Ms Lysamma Mathew. The program was co-ordinated by Dr Shalini Pradeep, Community Medicine, RMC

Department of Paediatrics, Ramaiah Medical College coordinated along with Aniketana Foundation and charitable society the Annual Dharmasasta Sri Ayappa temple health screening activities held at Sri Rampuram Ayappa temple clinical premises on 24th December 2021.



Importance of Interdisciplinary Studies In Law

The term interdisciplinary means “relating to more than one branch of knowledge.” Interdisciplinary study allows for synthesis of ideas and the synthesis of characteristics from many disciplines. At the same time, it addresses students’ individual differences and helps to develop important, transferable skills. The new cannot be expected to emerge phoenix-like from the old and it evolves on the basis of the old. The interdisciplinary approach plays an important role in the field of law.

The legal profession has changed drastically over a few decades and today it is not what it was even a generation ago. The field of law knows no boundaries and it does not operate in isolation. Law is enacted to govern myriad activities in society. Lawyers now practice from early in their careers in highly specialized areas in which unique tools and knowledge, in addition to traditional training in law, are essential. A lawyer doing corporate transactions needs different skills from a lawyer working on the frontiers of intellectual property. A lawyer working in health law needs a different base of knowledge from a lawyer serving as general counsel to a high-tech firm.

Equally important, an ever-growing number of graduates do not go into law at all. They take their legal training into government service, private sector start-ups, children’s services organizations, or an umpteen of other fields. This is a wonderful change. It highlights an aspect of law that attracted many to law school in the first place—namely, the relevance of legal training to so many areas of society.

Students who study law with other allied subjects have an edge over those who study law in isolation. Interdisciplinary study helps in developing advance critical thinking and cognitive abilities (brain-based skills and mental processes that are needed to carry out tasks). Critical thinking skills are used and developed as students look across disciplinary boundaries to consider other viewpoints and also begin to compare and contrast concepts across subject areas. Law students can cover topics in more depth because they are considering the many and varied perspectives from which a legal topic can be explored.

It helps in acquiring different perspectives. It helps in building the capacity to understand multiple viewpoints on a given topic. Law students should strive to develop an appreciation of the differences between disciplines on how to approach a problem and their discipline specific rules regarding viable evidence. This leads to a broader understanding of the issue under investigation. It develops structural knowledge i.e. both declarative knowledge (factual information) and procedural knowledge (process-based information). Each of these forms of knowledge is needed to solve complex problems. Thus, as students enhance their knowledge formation capacity, teachers can engage them in conversations dealing with more complex issues.

It helps to integrate conflicting insights from alternative disciplines. A host of disciplines attempt to understand the same or related problems, but each discipline adopts different mechanisms of analysis and approaches to evaluating the viability of their insights. Obtaining a clear understanding of problems with roots in multiple disciplines requires the capacity to integrate ideas and this skill is advanced by interdisciplinary learning.

It motivates the students to pursue topics in which they have vested interest. As a result, the content is often rooted in life experiences, giving an authentic purpose for the learning and connecting it to a real-world context. Consequently, the learning becomes meaningful, purposeful and deeper resulting in learning experiences that stay with the student for a lifetime. Students begin to consolidate learning by synthesising ideas from many perspectives and consider an alternative way of acquiring knowledge. At last but not the least, interdisciplinary knowledge and application of different disciplines can lead to greater creativity.



Dr. Prashanth Desai
Dean

School of Law
Ramaiah University of Applied Sciences

Paramitas to Counter Fear

This is the frequent question, I have been asked across the spectrum of doctors may be interns, postgraduates or senior faculty. It is a natural reaction with the bombarding by social media, TV channels and peer group. The fear manifests in many ways

- 1) Some are paralyzed and become hermits confined to their chambers
- 2) Some people are so scared that they make their own colleagues stand at a distance and take updates
- 3) A student who has just entered under graduation demands CT etc, though he has mild symptoms
- 4) A resident close to me goes incognito and stops communicating
- 5) A VIP goes and gets admitted for a mild infection when not required
- 6) Another VIP just demands a particular cocktail be given and he is discharged by afternoon though it is not advised by any scientific body
- 7) A large body of students shows what is known as passive dissent and start seeing through you without acknowledgement
- 8) Some students send their parents who say that their ward is incapable of any activity in spite of many consultations and medications
- 9) We seniors behaving as though covid is a common cold and saying there is no problem and to come to work as soon as possible
- 10) False bravado across the spectrum of health care workers who don't wear masks properly, eat in confined rooms together, meet in closed spaces.

All this would sort of agitate me, but if

analyzed the root cause of the problem appears to be fear manifesting in various ways. This fear may be justified or not justified, but fear is fear and makes you behave abnormally. Fear is an emotion that gnaws you from inside and reduces the productivity.

I was thinking of ways to tackle this emotion personally and also among my colleagues and juniors and that led me to the 6 paramitas of Mahayana Buddhism.

- 1) **Wisdom** - The balanced knowledge about the illness that it is neither a common cold and everybody will get it to the other extreme of I will die of it. The truth is somewhere in between. This decides how much care you take about yourself and others. Wearing an N95 mask, avoiding closed space meetings, frequent hand washing, using appropriate PPE, following government guidelines, segregation of covid cases in one area and getting vaccinated is wisdom
- 2) **Morality** - Giving evidence based care, valuing every life, knowing our capacity, assign work to the person who is supposed to do it. This involves everything from giving good PPEs to giving proper infrastructure
- 3) **Patience** - This is the very important paramita. Lending an ear to hear the problems, understanding the concerns of the patients in wards and care givers, listening to all the stakeholders. Compassionate speech and a proper body language while talking to either your peers or juniors.
- 4) **Energy** - This involves constant vigilance about protecting yourself,

your patients and society at large by using protecting measures, constant interaction with stakeholders, constant updating of knowledge regarding treatment and guidelines. Daily physical exercise, Pranayama and attention to diet and taking prescribed medications regularly

- 5) **Meditation** - Contemplation and being realistic. Trying to understand others, not trying to bulldoze but try to reach a consensus which is the basic tenet of evidence-based medicine. The final realization that we are not gods and there is a higher power and acting according to our conscience.
- 6) **Generosity** - This not only involves financial but also many other ways. A simple gesture such as enquiring the quality of food and timely interventions are also being considered as generosity. Finally, we must understand that all of us are together in fighting a common enemy. Probably Buddha would have been compassionate to the virus also but we can be compassionate to our colleagues and juniors.

This is not a sermon but my musings at the end of a covid day. Most of the religions believe that there is a divinity within us. There may be more meanings and more depth in each one of us which can support us in the times of extreme pain and misery. The buddha in you needs to be awakened.



Dr. Anilkumar
Prof. & Head
Dept. of Medicine

Ramaiah Medical College & Hospital

Christmas & New Year celebrations at Ramaiah Hospitals



Ramaiah Hospital Health Care Workers Wishes everyone Covid Free - 2022