

What's Up? @St John's!

Issue 84, June 1st, 2024



Bird of Paradise (*Strelitzia reginae*) or Crane flower on College Lawn.
(PC: Dr Rakesh Ramesh)

WORLD HAND HYGIENE DAY 2024!

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St John's National Academy of Health Sciences
St John's Medical College Hospital, Bengaluru



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* We now present a fully interactive menu. It works best with Adobe reader application (on computers, mobile phones and tablets)



MESSAGE FROM THE EDITORIAL TEAM

Dear All!

We are pleased to release the eighty fourth issue of “What’s Up? @ St John’s!” magazine today.

In this issue, we celebrate our dedicated nurses at St. John's on **International Nurses' Day**, held on May 12th, 2024. We extend our deepest gratitude for their tireless compassion and expertise.

We also have some other interesting features for you this month:

- **Know Your Hospital:** Take a deep dive into the Department of Neurosurgery and learn about the vital services they provide.
- **Heatstroke Awareness:** Our Watchdog debunks a viral myth regarding heatstroke, providing you with accurate information to stay safe during hot weather.
- **Institution Updates:** Stay informed about the latest news and developments at St. John's with our comprehensive update section.

The editorial team strives to bring you the most relevant and informative content possible. While we can't cover every single achievement, we are committed to keeping you connected to the ongoings at our institution.

Please note that the web link for our hospital magazine has been changed after migration to a new website. All the previous issues can be accessed by clicking the following Link:

<https://www.stjohns.in/hospital/Newsletter.php>

Feedback on any section of the magazine is welcome. We are happy to evolve to meet the needs of our beloved readers. Happy Reading!!

Editorial Team



HAND HYGIENE DAY

IPC & Quality team, SJMCH

5th May 2024

WORLD
HAND HYGIENE
DAY



The World hand hygiene day was commemorated on May 5th every year by the WHO to raise awareness about the importance of hand hygiene. Theme for 2024 was- "Power of Hand Hygiene".

This year the IPC (Infection Prevention Control) & Quality team of SJMCH celebrated this day by creating awareness among general public and the hospital staff. The following activities were undertaken.

PUBLIC ENGAGEMENT DEMONSTRATION:

On 6th May, demonstration of Hand Hygiene for the gathered public in Vihara by the IPC team. This was graced by our Chief of Medical Services, Dr Arvind Kasturi, IPC and Quality team. Everyone reinforced the importance of hand hygiene to the gathering in multiple languages (Kannada, Hindi and English). Different steps of hand hygiene were emphasized by an ingenious dance routine by the nursing team. The public were encouraged to provide their feedback and their perceptions about hand hygiene. Children were encouraged to practice hand washing steps. A lady explained her experience with COVID-19 and stressed the importance of hand hygiene in prevention. Volunteers including children demonstrated the 7 steps of hand hygiene.



Health Related Day...

HEALTH CARE WORKER AWARENESS ACTIVITIES:

On 7th May the critical care team of doctors, nurses and nursing aides conducted a role play in the mini auditorium highlighting the importance of hand hygiene. Common scenarios in the ICU where hand hygiene is often missed were highlighted. Prizes were distributed to the members of the audience for active participation in the role play. All health care workers in the ICU joined together and took a pledge to improve hand hygiene practices for better patient safety. Each of the bedside hand sanitizer bottles in the ICU were labeled to highlight the importance of the event. The WHO hand hygiene online course link was sent to nursing staff and 80% of them completed successfully. Similarly, medical interns and PGs were encouraged to complete this course. A hand hygiene quiz was also planned with exciting prizes.

ANNOUNCEMENT ON HAND HYGIENE BY CMS:

A pre-recorded audio message by the CMS was used as a played for reminding health care workers to practice hand hygiene at specified time periods. Soap dispensers are now provided in both IP and OP washrooms for the public.

"When a health facility's quality and safety climate values hand hygiene and infection prevention and control, this results in both patients and health workers feeling protected and cared for." WHO.



Health Related Day...

WORLD HAND HYGIENE DAY



Acknowledgement: Dr. Savitha Nagaraj, IPC,
Department of Microbiology



Updates this month...

Invention of Integrated Hearing Aid Device

Congratulations Dr Ramesh!!

Dr Ramesh, Professor of ENT and team is a proud holder of a patent granted in April 2024, after a grueling 5 year process. The patent is for an integrated hearing aid device, which benefits children under five with hearing impairment.

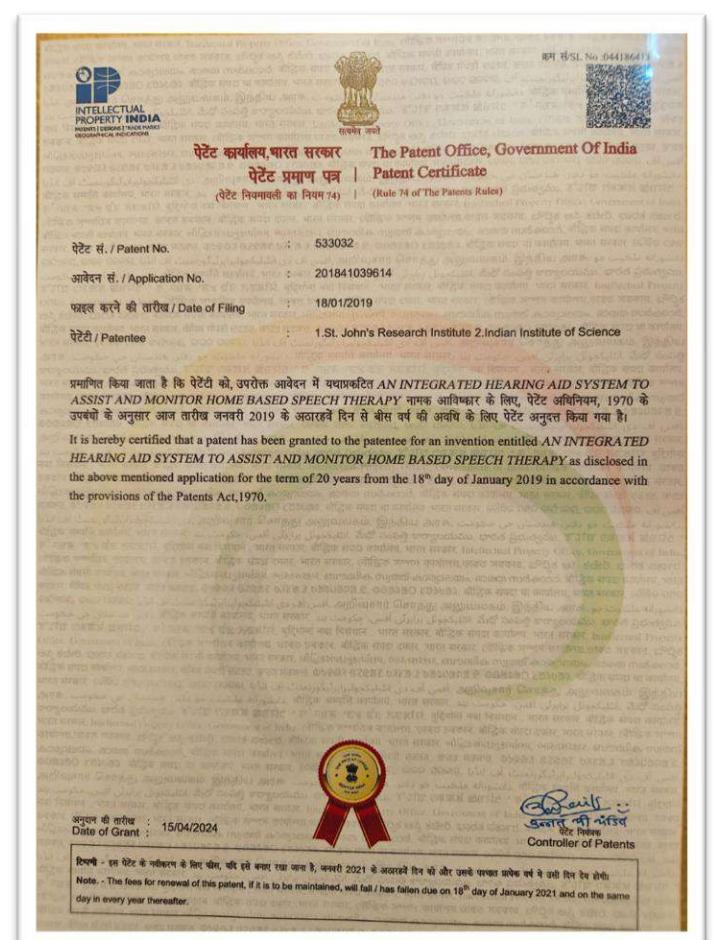
Purpose of the invention - Empower parents or caretakers of deaf and hard of hearing children to train their children to orally communicate with minimal assistance from healthcare professionals.

Benefit to parent - Reduces the cost of treating Deaf & Hard of hearing children by 75% and dependence on healthcare systems.

Components of the invention - A system consisting of indigenously designed hearing aid, educational modules for motivating and training the parent, feedback and transmitting devices to monitor quality of training remotely by trained community level health activists.

How can you be part of this mission -

This invention is presently a team effort of Parents of deaf & hard of hearing children, E.N.T specialists, Audiology and speech therapists, Social work professionals, Scientist - Engineers, Data scientists and Patent attorneys.



Getting **a patent is just the beginning**. The team intends to establish a Social Innovation Initiative to ensure this invention reaches the socially and economically marginalized children in the entire world. Please get in touch with Dr Ramesh.A, Professor (ENT) 9845236298 / research.sjmc@gmail.com to contribute your ideas to forward the mission.



Updates this month...

Congratulations! Dr. Bobby Joseph

27th April to 3rd May 2024

Dr. Bobby Joseph MD DNB, Professor and Head of Community Health and Head of the Division of Occupational Health at St John's Medical College was invited to make a presentation at a plenary session of the 34th International Congress on Occupational Health that was held in Marrakech, Morocco from 27th of April to 3rd of May 2024. This is a triennial event conducted by the International Commission on Occupational Health (ICOH) with almost 2000 delegates from 94 countries participating. Dr Bobby was the first Indian physician to be given this honour in the 118 year history of the ICOH.

Dr. Bobby delivered the plenary talk on the International Labour Day (1st May). The topic of his session was ***“Development of Occupational Health Services in a Medical College setting in India: Looking back over 25 years to inform the future”***. In his talk he spoke about the journey in the Division of Occupational Health in St John's Medical College across 3 core work sectors namely the tea plantations, the apparel manufacturing industry and the healthcare sector. He highlighted his experiences and learnings while leading and mentoring the division's work over the past 25 years and how occupational Health can develop in India in the future.



Updates this month...

Congratulations!

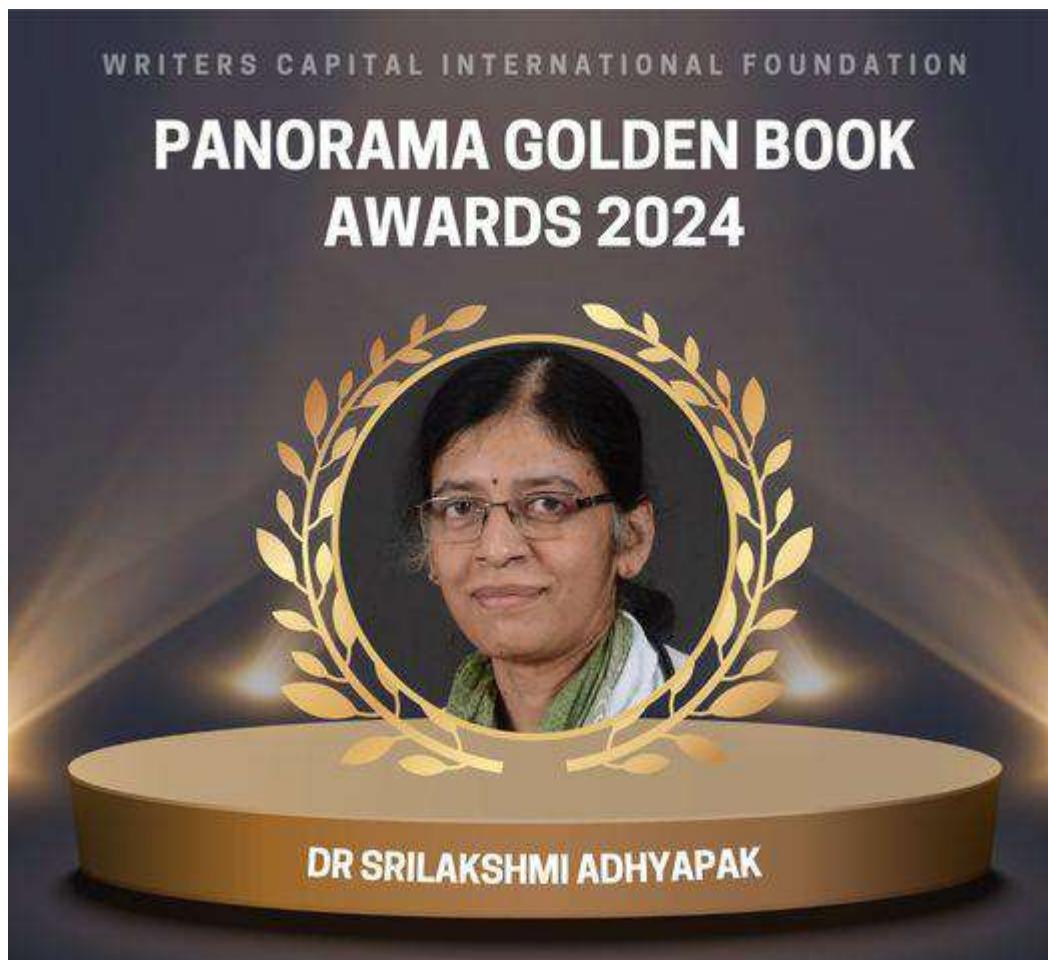
Dr Srilakshmi Adhyapak

29TH APRIL 2024

We are thrilled to announce that Dr Srilakshmi Adhyapak received a well-deserved recognition as an awardee of the prestigious Panorama Golden Book Awards 2024 for the book "The Song Divine"!

Her exceptional talent and dedication have illuminated the literary world, marks her as an invaluable member of the esteemed community. Her remarkable contributions to literature inspire us all and set a high standard for excellence. Her work shines brightly in the Panorama Golden Book, serving as a testament to your creativity and passion for literature.

Warmest congratulations on this remarkable achievement! We eagerly anticipate witnessing your continued success and brilliance in the future.



Updates this month...

Hands-on Training Program for cervical, breast and oral cancer detection.

30th April 2024

Preparation is underway for upcoming mega camps in collaboration with IVDP, St. John's Medical College Hospital, and St. Louis Hospital, Krishnagiri, focusing on hands-on volunteer training programs for MHA Sisters in the detection of cervical, breast, and oral cancers. The department of Gynaecology Oncology, Surgical Oncology and Cancer Registry teams were involved in training.



Updates this month...

Congratulations! Dr Denis Xavier

29th April 2024

Dr. Denis Xavier, Professor, Pharmacology, and Head, Division of Clinical Research and Training at St. John's Medical College and Research Institute, has been appointed as a Global Faculty of Asian Health at Stanford University! Dr. Xavier has been a leader in cardiovascular health research in India for more than two decades.



His pioneering work has established the first large-scale cardiovascular collaboration in the country, involving 220 centers and recruiting over 120,000 participants for a multitude of projects. These initiatives encompass multi-center observational studies to elucidate disease burden, risk factors, and treatment modalities. Additionally, Dr. Xavier has led clinical trials investigating the efficacy of various interventions including anticoagulants, lipid-lowering agents, and antiplatelet agents. His leadership extends to national and international platforms, serving on 36 research steering committees and spearheading initiatives such as the Academic Consortium for Clinical Research in India. Furthermore, his academic contributions, with over 208 publications in esteemed journals and recognition as a top global scientist, underscore the profound impact on cardiovascular research and healthcare in India. We congratulate him on this new endeavor and wish him all the very best!

Congratulations! Dr Pretesh Kiran

Dr. Pretesh Kiran, Associate Professor, Dept of Community Health, has been nominated to the Rajiv Gandhi University Committee for initiation of new degree/ fellowship courses. This is a great honor for John's. Dr. Pretesh wears many hats in St. John's - senior staff involved in Geriatric care, and our very own press liaison expert. This nomination adds to his repertoire.



Updates this month...

International Nurses Day

13th May 2024

A weeklong celebrations were held on the occasion of International Nurses' Day with inter-batch and inter-house literary, cultural and sports competitions. There were 29 cultural events and 17 sports events in which all the students took part enthusiastically. Trained nurses' association also conducted various cultural and sports events for the staff. The theme of this year's nurses' day was "***Our Nurses, Our Future, the economic power of care.***" The competitions for the year came to an end on 13th May 2024 with a valedictory program. The chief guest for the program was Dr. S. R Gajendra Singh, principal of RV College of Nursing. Prizes were distributed to winners in cultural and sports events.



Updates this month...



Acknowledgement: Sr. Blessy, St. John's College of Nursing

Multiple sclerosis (MS) and Physical therapy

Multiple Sclerosis (MS) is a complex condition, which requires comprehensive, long-term management. There is a common fear notion that the patients might deteriorate with physical therapy interventions and still is a common factor that leads to very few patients being referred for therapy. However, recent evidence shows the importance of physical therapy interventions in both motor and non-motor symptoms of multiple sclerosis.

Physical therapy interventions aim to improve function and quality of life for people with MS. Currently, a wide variety of rehabilitation therapies are used to treat MS. The assessment and intervention mainly depend on the time of referral and the type of MS. Most patients are seen from early to transition care. It is important to target both the motor and non-motor deficits especially during the remission stage and this is why it's important to initiate therapy during the early stages. The intervention should be planned according to the disease stage, degree of impairment and neurological abnormalities.

There are different therapeutic approaches for the multiple neurologic deficits that may occur. Fatigue, a debilitating symptom, is a primary focus alongside cognitive deficits, contractures, pressure sore prevention, respiratory complications minimization, bladder disorders, ataxia, and other motor impairments. Treatment strategies include cognitive rehabilitation which generally targets the executive function and motor learning, prevention strategies for secondary complications, vestibular rehabilitation, balance training, aerobic exercise prescription and strengthening protocols. There is growing evidence indicating that even high-intensity training might be safe and effective for patients with MS.

All the intervention strategies prescribed have precautions that tend to vary according to the status of the patient at the time of referral. It is always wise for the patient to be assessed by a trained physical therapist before any of these intervention strategies are implemented to ensure that the intervention is not only effective but also safe.

In conclusion, let's ensure individuals living with MS access the full spectrum of benefits offered by physical therapy! After all, why let anything stand in the way of unleashing their potential and embracing the perks of PT?





HEAT STROKE!!

CLAIM: A message that has gone viral on social media makes the following claim –

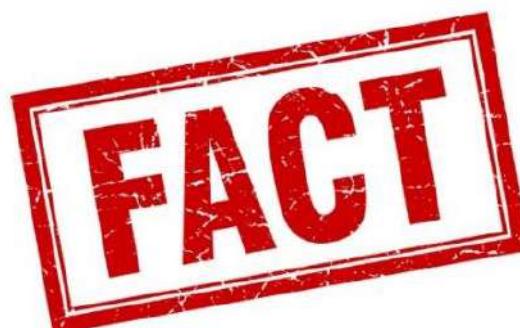
“Be prepared for the next heat wave between 40 to 50 degree celsius. These are the Do's and Don't's:

1. **Doctors advise not to drink very cold water when the temperature reaches 40 degree Celsius, as our small blood vessels may burst.**
2. **When the heat outdoors reaches 38 degree Celcius and you come home, don't drink cold water – drink only warm water slowly.**
3. **Someone wanted to cool down from the heat and immediately took a shower. After the shower, the person was taken to hospital with a stiff jaw and had a stroke.”**

The article goes on to give some examples of a doctors friend who came home from outside on a hot day and washed his feet with cold water – he collapsed and had a stroke.

FACT CHECK: It is more likely that a person has a stroke in hot weather due to severe dehydration. In fact, having a shower after coming home from a hot day is an effective way to cold down the body. Exposure to cold water will cause the blood vessels to constrict and thus, they will not burst. It is also perfectly fine to drink cold water once home. The only precaution being cold water should be drunk slowly in sips as some people may develop a headache while gulping down cold water.

CONCLUSION: The contents of this message are misleading and inaccurate. It is ok to have a cold-water bath or to drink cold water after returning from the hot outdoors.



Department Of Neurosurgery

Overview of the Department:

The Department of Neurosurgery was started in the year 1981 under the leadership of Dr. Vidyasagar C. The full spectrum of services with 10 beds commenced in 1989. At present, the Department has 30 common ward beds including three post-operative beds and six ITU beds. Two dedicated Neuro Operation Theatres function from Monday to Saturday.

The Department has several 'state-of-the-art' equipment. We have two high end Operating Microscopes (Zeiss Pentero 900[®] and Leica OH5[®]), Neuronavigation (Medtronic[®] S8 Stealth Station), Neuroendoscope (Karl Storz–LOTTA[®]), Ultra Sonic Suction Apparatus (Stryker[®]), Pneumatic & Electric drills (Midas Rex[®]), Manman Drills, Spinal Retractor System Natus IONM System, Diathermy Units, C-arm equipment (Phillips[®]), Minimally Invasive Spine Surgery system (Medtronic[®]), Skull frames etc. besides routine micro neurosurgical instruments in our operating armamentarium.

The focus has been on complex, innovative, minimally invasive brain & spinal surgeries, Neuro Navigation guided spinal and cranial surgeries. Other areas of expertise are Neuro Endoscopic Surgery for Pituitary and other Skull Base Tumors. Neurovascular Surgery, Functional & Stereotactic Surgery, Minimally Invasive Brain & Spine Surgery, Neuro Oncology & Skull Base Surgery, Epilepsy Surgery etc. These are being done in a cost-effective, safe manner.

Our cranial and spinal surgeries are done with Microscopes, Neuroendoscope, Neuronavigation, Intra-operative Fluorescence, Intra-operative Neuromonitoring or C-Arm guidance.

Working Hours:

Daily Morning OPD: 9 am to 1 pm.

Daily Evening OPD: 4 pm to 6 pm.

We offer 24x7 hrs Emergency Neuro services throughout the week.

Innovations/ Achievements:

Sl. No	Year	Milestones
1	1981	Inception of the department
2	1989	Exclusive Neurosurgery ward with 10 beds
3	1993, 1994, 1995	Pioneering effort like lumbar instrumentation initiated. First CT guided surgery for Parkinsonism was done. Cervical planning, transpedicular and cervical trans-articular screw.
4	2000	Neuro Endoscopic Surgery started in the year 2000
5	2011	MCh Neurosurgery super specialty course was started, and intake of candidates increased to 3 in the year 2023-2024.
6	2024	Fellowship in “Minimally invasive Neurosurgery” has been initiated with two seats.

Location & Physical Infrastructure:

- A Block / 3rd Floor.
- Neurosurgery Office - 3rd Floor Corridor / A Block
- General Wards - 3rd Floor / A Block
- Private Wards – 3rd Rear Pvt / A Block
- Neurosurgery OTs - 3rd Floor / A Block / OT 2 & 3
- Neurosurgery OPD - Ground Floor Silver Jubilee Block - Room Number 18

Courses / Training Programs:

- MCh Neurosurgery Super Specialty Course was started in the year 2011 with one candidate per year. It was enhanced to three candidates per year since 2023.
- Fellowship in “Minimally Invasive Neurosurgery” is started with sanctioned two seats per year since 2024.

Camps/ Recent CMEs/ Workshops

- **Guest Lecture “Use of Hyperbaric Oxygen Therapy in Neurological conditions”** by Dr. Sumalatha, Consultant PMR, Aster Group of Hospitals Bangalore was held in the Department on June 16th, 2023.
- **Hands on Workshop “Neurosurgical Simulation for Intracranial Aneurysm”** was held in the Department on June 22nd, 2023.
- **CME on “Neuro Infections -Trends in Management”** was held as a part of Diamond Jubilee Celebrations of the Institution. This was held in the Pope Paul Auditorium in the SJNAHS Campus on July 22nd, 2023.
- **Guest Lecture on “Glymphatic System, Brain Detoxification Pathway”** by Dr. Nagesh C. Shanbhag, Translational & Clinical Neuroscientist was held in the Department for an hour on August 1st, 2023
- **Workshop on “Microvascular Anastomosis”** was held on March 9th, 2024.
- **Workshop on “Minimally Invasive Spine Surgery”** was held on March 16th, 2024.
- **Workshop on “Hemostatic Agents in Neurosurgery”** was held on April 13th, 2024.

Services Offered:

Neuro Endoscopy Surgery

Neuro Vascular Surgery

Pediatric Neurosurgery

Traumatic Neurosurgery

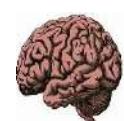
Functional & Stereotactic Neurosurgery etc.

Complex Spine Surgery

Neuro Oncology

Awake Neurosurgery

Two dedicated Neurosurgical Operation Theatres function from Monday to Saturday. Emergency Neurosurgeries are done 24x7. Neurosurgery OPDs run from Monday to Saturday, both morning and evening. At present, the Department has 30 common ward beds including three post-operative beds and six ITU beds.



Staffing:

Dr Shailesh A V Rao - MBBS, MCh, DNB – Professor and Head
Experience : Over 30 years
Area of specialisation:Neuroendoscopy, Vascular Neurosurgery, Neuro-oncology, Neuro Critical Care.



Dr Rajesh R Raykar - MBBS, MS, MCh – Professor
Experience : 22 years
Area of specialisation: Spine Surgery, Functional & Stereotactic Neurosurgery, Psychosurgery, and Chronic Pain Management.



Dr J Adesh - MBBS, DNB, FINR – Assistant Professor
Experience : 7 years
Area of specialisation: Endovascular Neurosurgery, Vascular Neurosurgery, Spine Surgery



Dr Ajay M - MBBS, MS, MCh – Assistant Professor
Experience : Over 7 years
Area of specialisation: Spine Surgery, Skull Base Neurosurgery, Neuroendoscopy



Dr Sachin Jose Pulickal - MBBS, MCh – Assistant Professor
Experience : 2 years
Area of specialisation: Neuro Oncology, Spine Surgery, Skull Base Surgery, and Neurotrauma Surgery.





LAUGHTER IS THE BEST MEDICINE...



My husband and I couldn't decide which jacket to buy our granddaughter, so we asked the young salesman.

"If you were buying a jacket for your girlfriend," I said, "what would you get?"

"A bulletproof one," he said. "I'm married."



www.dreamstime.com



www.vectezy.com

My fruit and vegetable business has unfortunately gone into liquidation. We now sell smoothies

I got sacked today for downloading games onto my work computer and causing everything to crash," I told my friend.

"That's a bit harsh," he replied.

"They don't mess about at air-traffic control," I said.



www.vectezy.com



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P. Thomas, S. Sahoo, S. Mahajan, D.L. Hiremath, A.H. Udayashankara, S. Srivastava, Aloe vera Alters Periostin Expression, Abolishes EMT Phenotype, and Sensitises Cells to Radiation in Conjunction With Atorvastatin in Cervical Cancer, *Journal of Herbal Medicine*, Volume 45, 2024, 100873, ISSN 2210-8033. <https://doi.org/10.1016/j.hermed.2024.100873>.

(<https://www.sciencedirect.com/science/article/pii/S2210803324000307>)

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Department of Radiation Oncology, St. John's Medical College, Bangalore, 560034, India

Tripathy, A., Muzumder, S., Srikantia, N., Babu, A., Sebastian, M.J., Udayashankar, A.H., Vashishta, G.D., & Raj, J.M. (2023). A comparison of conventional and accelerated hypofractionated radiotherapy in definitive chemoradiation for locally advanced head and neck carcinoma: a retrospective cohort study. *Radiation Oncology Journal*, 41, 248 - 257. PMID: 38185929
PMCID: PMC10772594 DOI: 10.3857/roj.2023.00248

Available on:

<https://www.e-roj.org/journal/view.php?doi=10.3857/roj.2023.00248>

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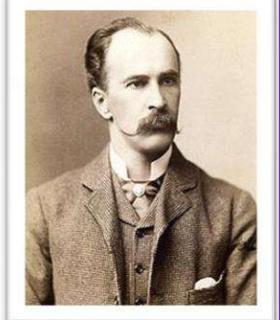
THE QUOTABLE OSLER

Shut off the past.

Shut off the past! Let the dead past bury its dead. So easy to say, so hard to realize! The truth is past haunts us like a shadow. To disregard it is not easy.



© Power of positivity



SIR WILLIAM OSLER

Learn to live one day at a time.

The way of life that I preach is a habit to be acquired gradually by long and steady repetition. It is the practice of living for the day only, and for the day's work, *Life in day-tight compartments.*



© Reflections from my Porch

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

Did You Know?

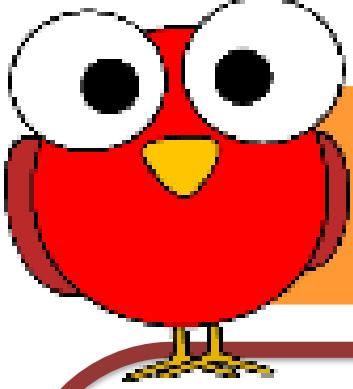
Comet Churyumov–Gerasimenko is the only comet which is explored in detail by mankind. **Rosetta** was a space probe built by the European Space Agency launched on 2 March 2004. Along with Philae, its lander module, Rosetta performed a detailed study of comet. Philae made first successful landing on the comet on 12th November 2014. Comet is just 4km in diameter!



© Wikipedia

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MEDICINE THIS MONTH

A Bird's Eye View.....

Revised classification criteria for antiphospholipid antibody syndrome

The American College of Rheumatology and the European Alliance of Associations for Rheumatology have recently updated the classification criteria for APS to allow more rigorous classification in research. The new criteria include a broader range of clinical manifestations (eg, microvascular complications, cardiac valve disease, thrombocytopenia, changes to pregnancy morbidity), risk stratification of macrovascular events, and a more nuanced weighting system for antiphospholipid antibodies (eg, considering immunoglobulin G versus immunoglobulin M isotypes).

- Barbhaiya et al. Arthritis Rheumatol. Oct 2023.



SCAN QR CODE

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Validation of a low-risk rule for children with blunt abdominal trauma

The Pediatric Emergency Care Applied Research Network (PECARN) has previously derived a clinical prediction rule in children with blunt abdominal trauma who are at low risk for intraabdominal injury (IAI) that requires acute intervention (eg, laparotomy, blood transfusion, or prolonged hospitalization). The PECARN rule has now been validated in a multicenter, prospective cohort of over 7500 children with blunt abdominal trauma. As in the derivation cohort, the rule identified patients at low risk of IAI requiring acute intervention with high sensitivity (100 percent) and negative predictive value (100 percent; prevalence of IAI requiring acute intervention, 2 percent). Based on these findings, children at low risk according to the PECARN rule do not require abdominal and pelvic computed tomography during initial evaluation.

- Holmes et al. Lancet Child Adolesc Health. May 2024.



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L Johnny



Art by: Dr. Rakesh Ramesh

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What's Up?
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DO YOU HAVE ANY INTERESTING CONTENT TO BE PUBLISHED?

Write to Dr. Avinash. H. U: avinash.hu@stjohns.in





ANNOUNCEMENTS



ST. JOHN'S MEDICAL COLLEGE HOSPITAL, BENGALURU

Golden Jubilee Art Competition: Design a Logo and a theme for your Institution

Established in 1975, St John's Medical College Hospital has grown from a 300 bedded hospital with few departments to an 1800 bedded facility with 44 specialties. Its GOLDEN JUBILEE is planned from 8th December 24, with various activities to commemorate the yearlong celebration. This competition is one such activity.

Who can participate?

- Undergraduate students
- All paramedical and non-teaching staff
- Postgraduate students
- All faculty teaching/clinical/research/nursing

From St. John's National Academy of Health Sciences

Logo:

The Logo for the Golden Jubilee celebration of St. John's Medical College Hospital must be different from the current logo of the institution. Include a brief explanation of what the logo represents.

Theme:

The theme should be original and creative, comprising a phrase which is not more than 8 to 10 words. It can be based on any aspect of the hospital's 50-year journey.

General Guidelines

- This is a Solo Competition. Each participant can attempt one logo and/or one theme.
- Draw the logo on an A4 size sheet, take a photograph as described below.
- Original hand-drawn digital art is allowed.
- Use of software/apps is not allowed.
- All artworks will be screened by professionals for plagiarism.
- Rights of all submitted artworks will belong to the Institution – St John's National Academy of Health Sciences.
- One best logo and theme will be awarded prizes. The decision of the judges will be final.



Submission of Work

For Logo

- Take a clear, good-resolution image/photo of artwork under good illumination with all 4 edges visible and zoomed to a full and clear fit on the frame.
- Blurred/inappropriate images will not be considered, and organizers will not approach the participants to resend images.
- Upload images in JPEG/PNG format. Size of the image within 9MB.
- Resubmission/double submissions are not allowed.

For Theme

- Text should be typed in the body of the email.

Submit your entry to this email-id: gj.sjmch@stjohns.in

Each submission by email should include Name, Designation, Department, Email-id, and Phone Number

Last date of submission: 15.06.2024 midnight at 23:59hrs.

