

## Know Your KEM Colleague

**Dr. Rajesh Kaushish**  
Cardiovascular & Thoracic (CVTS) Surgeon



Dr. Rajesh Kaushish is an alumnus of the Armed Forces Medical College, Pune. After completing his MBBS in 1985, he served in the Army Medical Camps for 23 years. He completed his M.S. in General Surgery and M.Ch in Cardio-thoracic and Vascular Surgery (CTVS) from his Alma Mater during his service. He went on to

complete a fellowship under Dr. Albert Sterr at Portland, Oregon, USA and has been a Cardiothoracic Surgeon for 23 years.

Dr. Kaushish has well-rounded experience in Adult and Paediatric Cardiac Surgery and Lung Surgery as well. After leaving the Army, he initially worked in Delhi under the banner of Max Healthcare for 5 years. He moved back to Pune in 2013 and has performed more than 2000 Cardiac Surgeries in Pune since then. His key skills include Total Arterial Revascularisation for Coronary Artery Disease, Aortic Root Surgery & Vascular Heart Surgery. Dr. Kaushish has performed more than 300 operations on children in the last 5 years for various congenital heart defects.

Dr. Kaushish is now settled in Pune. His wife is a management consultant and his son is a student in the same field at the Symbiosis Centre for Management Studies.

Dr. Kaushish loves music, movies and reading. A recently developed hobby is enjoying staying at home and doing nothing - an area that needs a lot of catching up.

## Please Welcome

The following consultants have joined us this month



**Dr. Shailendra Date**  
MD (General Medicine)

Associate Consultant  
Echo Cardiologist



**Dr. Swapnil Kulkarni**

Associate Consultant  
Respiratory Medicine

On 28th March Thursday we started our day with some delicious breakfast and the company of a few of our dynamic Consultants. This was the first of its kind breakfast meet where we invited a small group of Consultants for an informal interaction to get to know each other better.

It was encouraging to see all our invitees walk in with happy faces - they left even happier.

This platform facilitated a healthy interaction and information exchange between all those present. The highlight of the meet was the comprehensive presentation by our Maxillofacial surgeon Dr. Pushkar Gadre and our Paediatric Dentist Dr. Pratibha Kukreja Pandit on the services provided by their relevant specialties.

It was a pleasure to see the room buzzing with discussion. We intend to meet you all in groups every month and use this as an opportunity for you all to get to know each other and the wonderful work that you are all doing. We hope that this will help you all collaborate as a team and bring out the best that this institute has to offer. We would be more than happy to have you come up with suggestions and feedback about our new initiative towards building a stronger KEM.

Thank you for your enthusiastic support.



An international live surgical workshop was held in Bangalore from 8th March to 10th March, at the Verdant Indian Institute of Science, Bangalore. It was a live surgical workshop exclusively on Facial Nerve Disorders. Live surgeries were relayed via 3D technology using Zeiss microscopes. Various eminent international faculty discussed Imaging and Surgical approaches along with the surgery demonstrations. The conference was well attended by practicing otologists and residents alike. I was invited to chair the session with the live surgical demonstrations. The conference was followed by a banquet dinner which was a great opportunity to interact with faculty and colleagues. Glimpse of the meeting can be seen in the photographs.

Dr. Kantilal Desarda  
HOD - Department of ENT,  
KEM Hospital, Pune



TDH Rehabilitation and Morris Child Development Center, Department of Paediatrics, KEM Hospital conducted a workshop on 11th March 2019 in the Auditorium, TDH Building. The Speech Therapy Workshop for children with Autism Spectrum Disorder, was attended by the parents of children with ASD.

### The topics that were covered:

- Speech Stimulation in Today's Digital World
- Critical Age Period and Speech-Language Development in Early Childhood
- Speech and Language Intervention in the Individual with ASD
- Recent Advances in Alternative and Augmentative Communication in Individuals with ASD

Mrs. Namita Joshi, Mrs. Sonakshi Rawal and Mrs. Ashwini Bibve, the Consultant Speech Language Pathologist, Big Ears, KEM Hospital were the speakers. Mrs. Richa Mulay, Medical Social Worker organised the workshop.

65 parents whose children were diagnosed and are continuing their treatment in TDH Centre benefitted from the workshop. The workshop was successful due to the active involvement of the parents. They were keen listeners and curious to know and understand more about ASD. They exchanged doubts and thoughts during the interactive session. Parents shared positive feedback and mentioned the importance and relevance of the topics discussed. They have requested to arrange more such workshops on various topics to create awareness.

To mark its 50<sup>th</sup> Anniversary, the KEM Hospital Renal Unit hosted a function and dinner in the JW Marriott on 23<sup>rd</sup> March 2019, specially to express its gratitude to all the persons and organisations who have supported it and stood by it over the years at all times. The guests included many past and present Donors, KEM Hospital & Renal Unit trained Alumni & Nephrologists, Friends of the Unit, Members of the Hospital Governing Council and Administrators past and present. About 150 invitees graced the function.

The programme showcased the journey of the Renal Unit from 1969 through an illustrated talk by Dr. F. F. Wadia, Director of the Renal Unit. This traced the early struggles and the important milestones in the development of the Unit until the present time.

Thereafter Dr. Jyoti Sharma, Cons. Paediatric Nephrologist, presented the noteworthy progress of the Paediatric Nephrology service since November 2013 through a PPT. The service plans to start a special Bladder Clinic for children with abnormal lower urinary tracts, supported by in-house urodynamic studies, with the collaboration of Paediatric Surgeons & Urologists. It should be noted that the Urodynamic service will be available for adult patients also.

Later, the demographics of the patient population, the financial assistance and funding for needy patients to tide over costs, and the use of the Renal Fund to extend maximum care and safety to patients was showcased through another presentation by Rohini Sahasrabudhe, Patient Counselor and Dialysis & Transplant Co-ordinator.

Before closing, Dr. Wadia briefly commented on the Renal Unit's further plans for the immediate future. In particular he emphasised the need to expand the scope of preventive nephrology – where small early interventions can make big differences to the course of Chronic Kidney Disease



## Workshop on Children Suffering from Attention Deficit Hyperactivity Disorder

The Department of Paediatric Research and Morris Rehabilitation Center, KEM Hospital organised a workshop for Children suffering from Attention Deficit Hyperactivity Disorder - ADHD. A total of seventeen children with ADHD participated in the workshop.

An introductory yoga session was held on the 19th January 2019 followed by 5 consecutive therapeutic yoga sessions every Sunday. The workshop was organised by Dr. Sudha Chaudhri, a Consultant Paediatrician and Dr. Sana Khan. Mrs. Sadhana, a well-experienced yoga teacher conducted the yoga session. Different yoga postures and meditation techniques were incorporated to improve the concentration and to reduce the impulsiveness of ADHD patients. The initiative was appreciated and applauded by the parents who attended.



# Epilepsy Awareness Day (Purple Day) March 26, 2019

Every year, March 26, is celebrated as Epilepsy Awareness Day. In India, we have 3-5% of the population, which is living with epilepsy disorder. Epilepsy still has social stigma and it still affects a person's personal and professional life. People are still afraid to discuss it openly, even with their families. Epilepsy is one of the medical conditions which is chronic and requires continuous monitoring.

The slogan for the day was, "Yes! I can live normal with Epilepsy". Talking about the occasion of a Purple Day, Dr. Abhijeet Botre - Consultant, Paediatric Neurology and Epilepsy and Dr. Dhairyasheel Saste - Consultant, Neurology, and the management of KEM took the opportunity to spread awareness about the same. It was well attended by patients, parents, KEM staff and medical professionals.

Dr. Saste started his speech with the brief introduction about epilepsy, its etiology and various clinical presentations and highlighted the need of timely follow ups for medication and care during an ongoing treatment. He also touched upon the essential and sensitive topics like pregnancy, lactation and old age with epilepsy. Dr. Botre briefed about the Childhood Epilepsy and its management. He also discussed about the association with epilepsy like Intellectual Disability, Developmental Concerns and Scholastic Issues. He gave an illustrative video presentation about the few of the types of epilepsy. He also addressed the parents and family, for timely diagnosis in ongoing treatment for a better outcome.



The first aid and do's & don'ts of epilepsy were discussed in detail. Both the speakers emphasised early diagnosis, wisely advised investigation and treatment in the form of medication as well as adherence to the medication and counselling of the patient and their family.

During the question-answer session, the audience was active and connected with the faculties to know about their routine and important problem areas like profession, marital life and society interaction.

Few patients and their families joined voluntarily to narrate their hurdles and successful journey while managing their epilepsy.

Dr. Madhur Rao (Dy. Medical Administrator), concluded the session by sharing his valuable inputs about epilepsy.





Dr. Desarda was invited to the 5th International Rhinoplasty Workshop (Organised by MIT Medical College, Talegaon) as a faculty. He shared the stage with illustrious international faculty such as Prof. Wolfgang Gubisch and Dr. Sebastin Haack from Germany, Prof. Yong Ju Jang from Korea and Dr. Virendra Ghaisas from India.

Various nasal deformities and reconstruction techniques and cosmetic techniques were demonstrated.

It was well attended with nearly 250 delegates participating.

Dr. Kantilal Desarda  
HOD - Department of ENT,  
KEM Hospital, Pune

