

NECTAR - The Human Milk Bank At KEMH

KEM Hospital has its own Human Milk Bank (HMB) now. It has been named Nectar and was inaugurated on 8th June, 2018. Nectar HMB has been set up within the Neonatal Intensive Care Unit (NICU) and established in association with Rotary Club of Pune South. The bank was inaugurated by Dr. Kurus Coyaji, Dr. Anand Pandit and Dr. Kiran Purohit (President, Rotary Club of Pune South)

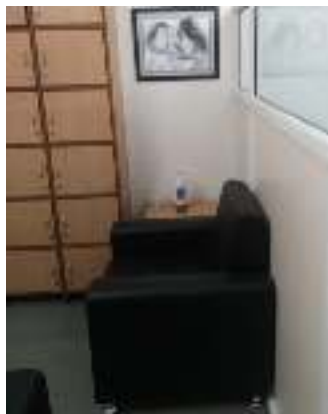
Dr. Yemul, Dr. Madhur Rao, Ms. Shirin Wadia and many rotary members were present for the occasion. This initiative was taken by Dr. Umesh Vaidya, In-charge, Nectar HMB who believes that now the NICU is truly complete, as mother's milk is of utmost importance for preterm babies in the NICU.

The idea of HMB was converted into reality in less than a month by great efforts of Dr. Rao, Dr. Vaidya, our

lactation counselors Ms. Rashmi Poduval and Ms. Sayali Sathe and our entire team from maintenance and purchase department.

Nectar HMB is the 5th Milk Bank in Pune and one amongst 46 HMBs in India. Rotary Club of Pune South has donated equipment for the bank which includes a new indigenous, fully automated pasteurizer called 'Kimie'. It has been developed and manufactured by Mr. Sudhir Waghmare, Director, Shreeyash Electro Medicals.

HMBs play an essential role in providing milk to infants who would otherwise not be able to receive it. Research has shown that pasteurized donor human milk has great benefits for babies in the NICU and helps decrease incidence of Sepsis, Necrotizing Enterocolitis (NEC) and also helps in reducing their



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hospital stay.

Our lactation counselors Ms. Rashmi and Ms. Sayali will be handling the working of the bank which will involve milk collection, storage, pasteurization, maintenance of hygiene protocols, record keeping and dispensing of milk to the needy NICU babies. Since KEMH NICU caters to large number of preterm, low birth weight babies every month, the pasteurized donor milk is expected to improve the outcome and be a boon for our NICU tiny babies.

Why Breastfeeding Matters?

Breast milk the first best form of immunization for the newborns

It provides over 300 rich nutrients to the babies that contains vital antibodies and an immunity boost

Dispelling Common Myths

Myths x	Truth
Babies require water	Only breast milk is recommended for the first 6 months
Sore nipples are inevitable	Breastfeed keeping baby in correct position
Nursing mother needs to only eat bland food	Nursing mother can eat almost everything except for food that she is allergic to.
Small breast produces less milk	Size of breast doesn't matter
Breastfeeding prevents you from getting pregnant	Even if the mother is exclusively breastfeeding, it is advisable to use additional birth control methods
Lactation is impossible in case of blocked ducts	Breastfeeding is the best solution to treat a blocked duct
Never wake a sleeping baby to breastfeed	Try to wake the baby within 3 and a half hours of continuous sleep and feed



**Empower Parents
Enable Breastfeeding
Now And For The Future!**



Its not just about hearing loss.
Its about communication !

It gives us great pleasure to inform you that 'BIG EARS', a full fledged Cochlear Implant Centre has successfully completed 13 years of service and 501 cochlear implant surgeries.

Congratulations to Dr. Neelam Vaid and her team



Dr. Nilesh Darawade belongs to Pune. He attended MES Boys' School, Sadashiv Peth and Sir Parashuram College. He was awarded many state and national talent scholarships during his schooling. He scored 2nd rank in the first ever medical entrance examination conducted in the State of Maharashtra, and went on to graduate from the Seth G.S. Medical College and KEM Hospital, Mumbai. Later, he was trained at Grant Medical College and Sir J.J. Group of Hospitals in Orthopaedics.

He returned to Pune after post graduation and worked for some time before pursuing training in subspecialty of Hand and Microsurgery at Ganga Hospital, Coimbatore. Ganga Hospital is considered the foremost training institutes in India for hand surgery. It boasts many visiting international faculty. Dr. Nilesh completed a 2 years national board training programme called 'Fellow of National Board' (FNB) in first attempt. He is the first national board-certified surgeon for Hand Surgery in state of Maharashtra and only one currently working in Pune. He also visited Kleinert Kutz Center for Hand Surgery, Louisville, USA. He is keen on teaching Orthopaedic trainees nuances of Hand Surgery.

His family includes many doctors. His father is a Maxillofacial Surgeon and mother a practicing Dental Surgeon. His brother and wife are also post graduates in



Dental Surgery. His hobbies include reading and playing badminton and following other sports.

The spectrum of hand surgery includes traumatic injury to hand including industrial crush injuries and flap cover to hand, wrist problems, wrist arthroscopy, tendinitis, nerve repairs or reconstruction, tendon transfers, paediatric hand problems, paediatric and adult brachial plexus injuries, rehabilitation of spastic hand due to brain injuries or cerebral palsy, treatment of degenerative and inflammatory arthritis of hand, tumours of upper extremity etc.

Dr. Nilesh Darawade
MS (Ortho), D (Ortho),
FNB (Hand & Microsurgery)
Associate Consultant
Hand Surgeon

Circular

Dr. Nilesh Darawade
MS (Orthopaedic),
D (Orthopaedic),
FNB (Hand & Microsurgery)
Associate Consultant
Hand Surgeon

He will conduct Orthopaedic
OPD every Tuesday from
01:00 PM - 03:00 PM

Healthcare Management Institute (HMI) of KEM Hospital conducts the Postgraduate Diploma in Hospital Management program (PGDHM) under the Savitribai Phule Pune University. It is a one year part time program with a maximum intake capacity of 60 students. Students come from different parts of India and also from other countries. Over the years, HMI's reputation has grown exponentially due to the excellent quality of teaching and training in soft skills, interview techniques and management skills. This is reflected in the fact that almost all students secure good placements in a variety of healthcare sectors even before their final examinations.

The twelfth batch of PGDHM students showed their management and team work skills in organizing the most well attended seminar to date on 3rd February, 2019. The theme of the seminar was: Mandatory Hospital Accreditation – Pros and Cons. Over 150 delegates participated in the seminar

which turned out to be a resounding success.

To prove that College is not only about studies, the students got together to organize picnics out of Pune. Two picnics were organized during the academic year. The first was to Mahabaleshwar on 18th December, 2018 and the second on 13th February, 2019 to Alibag. Members of the faculty also joined the fun and all had a great time. The picnics enabled the students to get to know each other on a more personal basis and develop a rapport amongst themselves and with the faculty.

The twelfth batch of PGDHM students have outperformed all previous batches in the final examination conducted by Pune University. The top six positions in the University went to the HMI students, all of whom had an outstanding grade. In addition, 13 students had A+ and A grades. Almost all these students have been placed or are working in good positions in the hospital and healthcare industry.



KEMH Flagships Postgraduate Diploma In Hospital Management Program

In order to provide training in quality measures in healthcare and make students aware of NABH standards, HMI launched a new certificate course in hospital accreditation in December 2018. The course has 8 modules and is conducted over a period of 8 weeks only on Sundays to enable working healthcare professionals participate in the program. To date 3 batches have been completed and the fourth is being conducted. The student response from all over Pune, Nagpur and Mumbai has been good. We were gratified to see that quite a few students had also secured jobs as NABH consultants or coordinators for different hospitals on completion of their training.

HMI's flagship vocational training course, the Postgraduate Diploma in Hospital Management program (PGDHM), continues to gain in popularity year after year with graduates and diploma holders. Sixty students (maximum capacity) have been admitted to the thirteenth batch and many more are on the waiting list. The College commenced in the second week of July. We look forward to another year of hard work with the new members of the HMI family.



Inauguration Of The 13th Batch Of The Healthcare Management Institute

An inauguration ceremony was held on 15th July, 2019 for the 13th batch of PGDHM students at the Healthcare Management Institute (HMI) of KEM Hospital, Pune. Amongst the senior management who attended were Dr. V. L. Yemul, Medical Administrator, Dr. Madhur Rao, Sr. Deputy Medical Administrator, Dr. D. D. Shetty, Director-Academics, Dr. Tehnaz Chothia, Asst. Medical Administrator and Ms. Ananya Biswas, Asst. General Administrator. Past students were also invited –including the top six students of the 12th batch who had obtained an outstanding grade in the final examination conducted by Pune University in May 2019.

Dr. Yemul addressed the students and gave them an overview of the issues facing hospital managers. Dr. Rao expressed satisfaction with the way the course was being conducted and exhorted the students to study well and use the knowledge gained at the HMI in their careers. This was reiterated by Ms. Ananya Biswas, who also encouraged them to look for jobs that would match their qualifications, skills and experience.

The toppers of the previous batch were given their certificates and a memento as a token of appreciation for their excellent work throughout the past year. Students of the Certificate



Course in Hospital Accreditation (CCHA) who had cleared their exams were also awarded certificates. Many past students spoke about their experiences at HMI and paid glowing tributes to the way in which the course was conducted, the motivation they had received from all faculty members and the fun time they had arranging and participating in picnics and seminar. The ceremony ended with a vote of thanks to all attendees and students.

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World Brain Day - “Share The Painful Truth About #Migraine”

World Brain Day is celebrated on 22nd July by the World Federation of Neurology. This year's theme was migraine and was celebrated all over the world in association with the International Headache Society. The objective was to 'share the painful truth about #migraine'.

Department of Neurology, KEM Hospital, Pune organized a public awareness program on 22nd July. The session was chaired by Dr. Anand Alurkar who conveyed a message from key members of the executive committee of the World Federation Of Neurology.

It was followed by a talk by the Head of Department of Neurology, Dr. Pradeep Divate on identifying various types of migraine. Dr. Divate emphasized the differences between a migraine and more serious brain diseases like tumours. Dr. Dhairyashil Saste spoke on various aspects of migraine treatment like avoiding migraine triggers, various medicines available for aborting an acute attack of migraine as well as various preventive therapy medicines. Dr. Saste emphasized that relief may take months and treatment should be supervised by a neurologist or headache specialist.



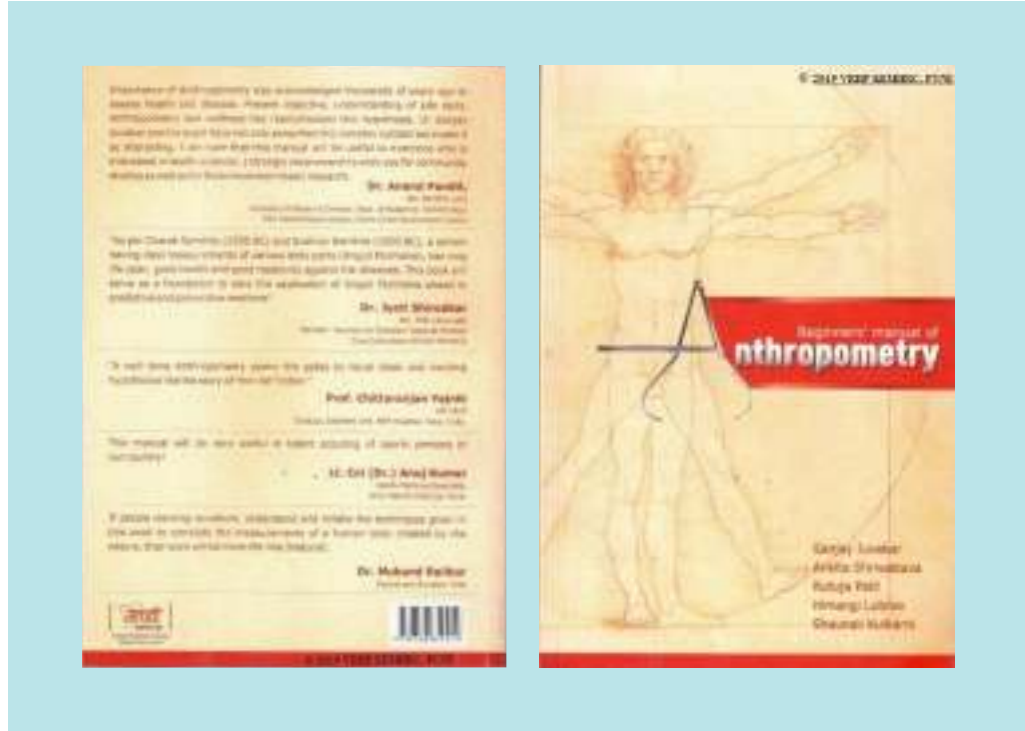
Dr. Swapna Malshe spoke on various aspects of migraine in pregnancy and effects of medicines on patient as well as baby. Most medicines are contraindicated during the first trimester of pregnancy and newer devices may have used to reduce headaches during this particular period when the fetus is developing.

Finally, Dr. Abhijit Botre spoke about migraine in children, including prevalence, identification and treatment options available in the paediatric population.



All speakers spoke in lucid Marathi which was well perceived by the people who attended this program in large numbers. It was followed by a lively question and answer session. Dr. Saste also announced a similar program about Epilepsy awareness on 17th November (National

Anthropometry is the science that helps to measure the human body. Measurements include length, weight of human organs. A manual prepared by the researchers at Vadu Rural Health Programme (VRHP) has simplified the process of taking precise measurements. The primary author of this manual, Prof. Sanjay Juvekar explained that this manual will be useful to anthropologists, health scientists, field workers in the field of nutrition science to understand growth and development of children and various aspects of adult life. It will also benefit medical professionals who are not trained in conducting anthropometry to ensure a correct and scientific manner. Researchers including Ankita Shrivastav, Rutuja Patil, Himangi Lubree -all from the Vadu Rural Health Program of KEMHRC Pune and Shaunak Kulkarni, the Head of Anthropology at Pune University are also co-authors on this manual along with



Prof. Sanjay Juvekar who is the HOD of VRHP.

This manual of operations focuses on the how of anthropometry rather than dwelling on theory. This feature of the manual makes it unique. It helps us understand the steps that need to be taken during data collection in order to accurately measure and weigh children, avoiding

common errors. It is important for field workers that they should follow the instructions in the field and also review them regularly. This manual will also help trainers to train those accurately and scientifically conducting Anthropometry.

The Manual was released at the Anthropology congress held recently at Pune University by the hands of Dr.Vijay Bhatkar.



Diabetes Guest Lecture On: Metabolism Of Vitamins And Cofactors In Plant And Algae

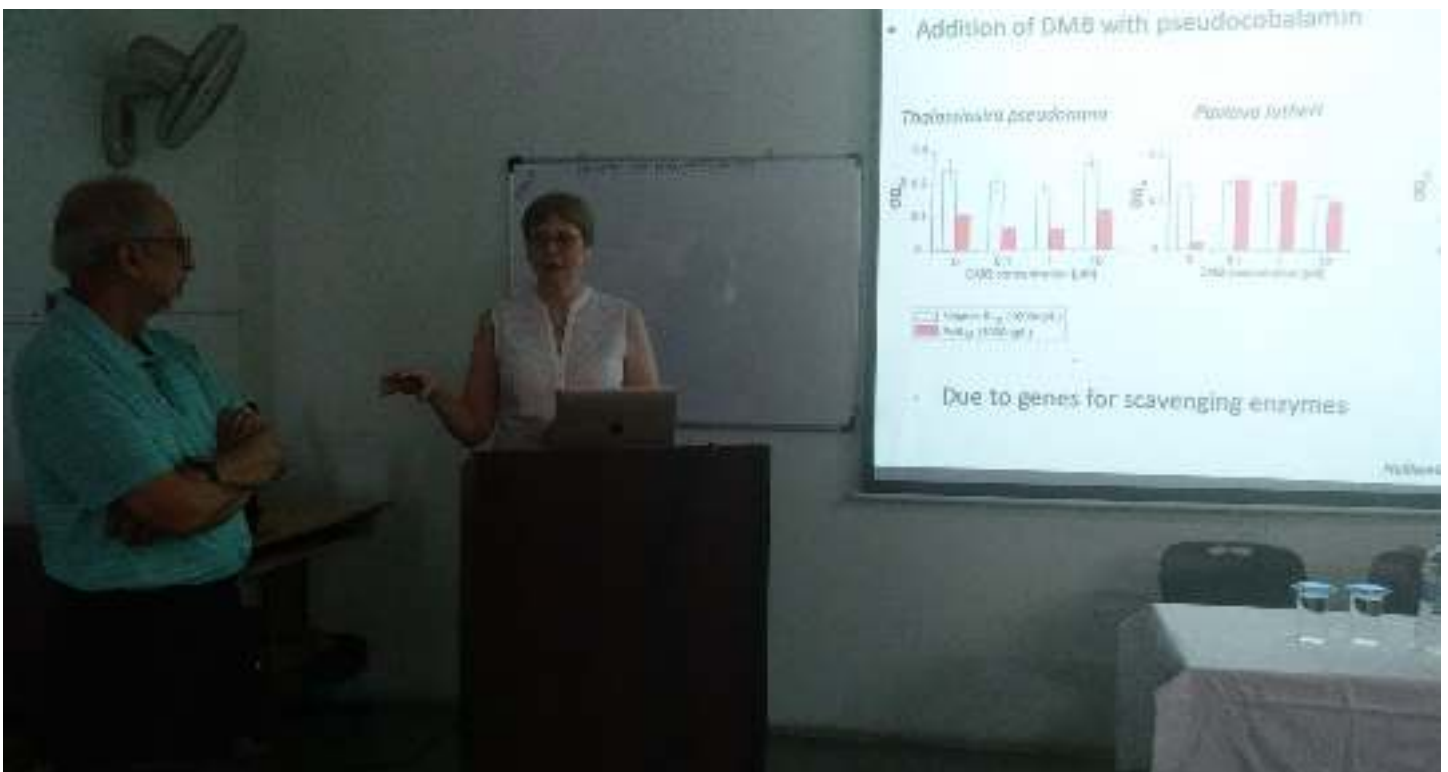


A guest lecture was arranged by Diabetes Unit on Wednesday, 24th July, 2019. The speaker was Professor Alison Smith, of the department of Plant Sciences at Cambridge University, UK. Professor Smith is a plant biochemist with research interests in understanding the metabolism of vitamins and cofactors in plants and algae. Her group has demonstrated the role of thiamine and cobalamin in algae, and have developed metabolic engineering strategies to enhance production of such compounds in algae. Her talk introduced the audience to the fascinating world of algae, their uptake and utilization of Vitamin B12. This is being explored in a joint project with the Diabetes Unit where algae enriched in B12 could be served as vegetarian, and therefore culturally acceptable, sources of B12 in our population. This is an exciting novel way of



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approaching the widespread problem of B12 deficiency. The audience comprised research staff, clinicians and the administration was represented as well. Dr. Yajnik summarized the talk and opened the discussion before concluding the session.



Jeroo Wadia : Celebrating My Half A Century With KEMH

On 25th July, 1969, when I started my very first job at the KEM Hospital, Pune, little did I realise that this appointment - or relationship as I like to call it - would outlive and outnumber everyone and everything else in my life. My first job has been my only job and definitely my last one. It has evolved into a calling of sorts.

As a young 19 year old from a small town, it was daunting to be interviewed first by the Late Mr. Gadkari and then officially 'screened' by Late Dr. Banoo Coyaji. I was thrilled when I got the job - and determined to do my best! Especially because my mom and aunt kept reminding me that THIS is where I'd been born - all of 19 years ago! I joined five days short of the Nursing Home inauguration and have watched this wonderful institution flourish and grow from strength to strength over the years. In a way, the hospital's growth and mine have been almost parallel -

we've grown from tender teenagers to mature sexagenarians rather gracefully over the last fifty years, even if I say so myself.

It is humanly impossible for a person to be so closely associated with an organization for so long and not form some deep, long lasting friendships and bonds. My affection for the first family of KEM Hospital, Pune transcends three generations - both KJC and Xerxes have been wonderful bosses whom I admire and cherish. Dr. Furrokh Wadia, who took me under his wing and not just trained me professionally but also mentored me kindly for many years, will always have a special place in my heart. His family, too, has always been the epitome of kindness and generosity towards my colleagues in general and me in particular. There are so many other people whose lives touched mine and transformed it. I've learned not just professional skills but I've grown as a

human being - all thanks to the wonderful people who gave me limitless amounts of time, kind words, encouragement and sometimes even hope. Their names, faces and memories weave a collage of deep emotion and gratitude in the fabric of my existence.

Over the years I have seen medical students graduate to residents, start private practices, succeed as specialists and thrive as some of the most gracious, generous and gentle human beings I know. Every medical practitioner here has his or her priorities and ethics absolutely aligned with the Hippocratic Oath. This makes the hospital a humane space - a space one is proud to have spent one's life's service in.

50 years roughly equals to 18,250 days or 4,38,000 hours or 2,62,80,000 seconds - but what does that translate to for me?

On the occasion of my 'half century' at KEM Hospital, Pune, as I reflect and reminisce, it is natural to start getting overwhelmed by the history, the gratitude, the personalities, the experiences and the millions of little things that make up these millions of moments. But the one emotion that wins by a distance is PRIDE! I have been and will always remain very VERY proud to be a small part of an amazing institution that works tirelessly, devotedly and effectively in the service of society. Thank you, KEM Hospital, Pune, for such a wonderful journey! May your tribe increase and you grow exponentially over the decades and centuries to come.






The KEM Annual Quizfest

Saturday, 28th September 2019

12 Noon - 2 PM

At
Auditorium, 3rd Floor,
TDH Building

    **The Quiz Is Open To ALL**

(The team size should comprise of **2** contestants)

Register before:

Wednesday, 25th September 2019

Round 1

Elimination Round - Survival of the fittest!

Round 2

Top 4 teams from Round 1

Register with:

Sunita / Shabana
General Administration Office



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+ 91 83789 87805

Have a fun
filled time with
our Quiz Master
Dr. Valentine Lobo