

## Know Your KEM Colleague

### Dr. Valentine Lobo (Consultant Nephrology)

Dr. Valentine Lobo has studied in St. Vincents High School and Nowrosjee Wadia College, before considering himself lucky to go on to do his medical education in B. J. Medical College. This was followed by his post-graduation in Internal Medicine from KEM hospital Pune and Nephrology at Muljibhai Patel Urological Hospital Nadiad. He is a full time Consultant in KEM Hospital Pune since 2002, and the DNB Nephrology guide since 2011.

Dr. Lobo is a member of The Indian and International Society of Nephrology, Indian Society of Nephrology West Zone Chapter, Peritoneal Dialysis Society of India and the Pune branch of Indian Society of Nephrology Chapter.

He is also the editorial reviewer for Indian Journal of Nephrology and Indian Journal of Critical Care Medicine since 2010 and Plos One since 2015 and Indian Journal of Medical Research from 2012 to 2014.

His publications include 15 journal articles and 7 textbook chapters. Dr. Lobo is currently working on the revision of guidelines for the Indian Society of Nephrology Hemodialysis.



**Dr. Valentine Lobo**

Dr. Lobo's other interests include infection control and rational use of antibiotics and is a member of the KEM Hospital Infection Control and Pharma therapeutic committees. He has a special interest in sustained low efficiency daily dialysis and thrombotic microangiopathies.

On a personal note, Dr. Lobo is known to be an avid bird watcher, wildlife photographer, enjoys playing the violin, gardening and reads quantum physics for fun!

## Welcome

The following consultants have joined us this month.

Please welcome...

**Dr. Sayali S. Shiras**  
DNB (Otorhinolaryngology),  
Fellow Rhinoplasty  
Associate Consultant  
ENT Surgeon (Locum)

**Dr. Ashwini J. Jaybhaye**  
MBBS, DGO, Fellowship in  
Advanced Obstetrics &  
Gynaecological Ultrasound  
Associate Consultant  
(Fetal Medicine)

**Dr. Mandar Doiphode**  
DNB (General Surgery)  
Panel Consultant  
GI Endoscopist

**Dr. Pranjali Gadgil**  
MBBS (General Surgery),  
Fellowship in Diseases  
of the Breast  
As Panel Consultant  
Surgeon (Breast Diseases)

**Date:** 6th October 2018

**Venue:** KEM Hospital Auditorium, TDH Building

**Session Speaker:**

**Mrs. Vinaya Desai**

Coming to us in the avatar of a motivational speaker on this day, Mrs. Desai wears many hats. She is a teacher for children with special needs (hearing impaired), a lecturer at Karve Sanstha, Mitra Mandal, Numavi School, and an author of books like Rangtarang, Guldasta, Hadaga and Shabda – Nishabda. She conducts the "Anandyatri" show and is a renowned columnist in Pune.

**The Talk: Points Highlighted - "Anandyatri"**

Mrs. Desai spoke about the importance of positivity and embracing your child in their whole unique identity. She sang many uplifting songs, and the whole audience was on their feet singing and dancing with her. Everyone was upbeat and energised.



**Session Speaker:**

**Dr. Shashank Shrotriya**

Paediatric Surgeon, KEMH Consultant

**The Talk: Points Highlighted - Care for Caregivers**

Dr. Shrotriya spoke about urinary and bowel movement challenges faced by children with Cerebral Palsy. There is very low awareness about this, and hence it is not always addressed through treatment. KEM Hospital has a bladder clinic which treats these commonly comorbid conditions. By addressing



**Session Speaker:****Mr. Sameer Risbud**

Mr. Risbud currently works with a renowned IT services company as an IT professional. As a person with Spastic Diplegia, he has successfully overcome significant challenges in living with the chronic condition and continues to do so on a daily basis. He will be sharing his experiences and learnings.

**The Talk: Points Highlighted - Sharing Life Experiences**

Mr. Risbud spoke about the stigma, bullying and shaming that he has faced in his life. He emphasised the importance of carrying on, of education, having goals and his strong support system. Despite the adversity, his family and care by healthcare professionals like Dr. Bharati Patil, HOD of the Occupational Therapy Department have always supported him in his endeavours. Today, he is a successful and independent young professional.

**Who attended:**

About 35 Parents of children with cerebral palsy, with their children  
TDH Morris Child Development Centre Staff: Dr. Sudha Chaudhari, Dr. Bharati Patil, Shilpa Saste, Madhura Khole  
KEM Hospital: Taysir Moonim

**Organised by:**

KEMH Hospital Pune's Mental Health and Psychosocial Services and TDH Morris Centre's Occupational Therapy Department, with the support of Dr. Sudha Chaudhuri and Shirin Wadia

\*\*Dr. Sudha Chaudhuri had done the honours – welcoming and thanking guests, etc.



6<sup>th</sup> September 2018 is World Suicide Prevention Day. KEM Hospital invited Pune city's renowned Connecting NGO to hold an awareness session for staff and students. Anchored by three speakers, Anita Sharma, Suhasini Ravindranath and Tejas Bhujbal, the session began with an thought provoking balloon filling activity where volunteers were asked to keep filling it with air, till filled beyond capacity, it bursts. While the activity created much cheer and relaxed the audience, it also underlined the dark phenomenon of suicide.

Common perceptions, myths and facts, warning signs and symptoms, risk factors for suicide were presented while also explaining how we can take care of ourselves, reach out for help and what kind of clinical interventions are available. Often the most effective factors which protect us are having a sense of connection, available support, accessing mental healthcare services and allowing our survival instincts to kick in to save us from harmful acts.

Connecting NGO runs a toll free suicide helpline number from 12:00 p.m. – 8:00 p.m. : 1800 843 4353. Help is always available, reach out.



## Sexual Health and Associated Mental Health Aspects

On 7<sup>th</sup> and 8<sup>th</sup> September 2018, Dr. Ujjwal Nene, senior clinical psychologist and sexual health expert, spoke to two groups of male staff, about sexual health and associated mental health aspects. The discussion addressed topics like desire, the importance of foreplay, sexual health and hygiene, masturbation, consent and partner satisfaction in marital relations and common sexual problems by both men and women.

Sexual health is an area around which there are many taboos and this can make it difficult to openly learn and discuss more about it. She also presented how the pornography industry creates unrealistic standards of body image, desire and sexual performance that affects people's personal sex lives when access to information is limited to popular media.

World Heart Day, celebrated world over on 29<sup>th</sup> September – saw KEM spreading awareness to the Marketing Department at Zensar Technologies, Kharadi. KEM Internal Medicine and Physician Consultant, Dr. Rashida Patanwala Melinkeri conducted an educative talk on: Cholesterol – A Silent Killer. Dr. Rashida is also a specialist in Lipodology and had designed the workshop keeping in mind the rising number of Cardiovascular Disease (CVD) deaths in India in the last few years.

20 members of the Zensar Technologies team were educated about how the management of hypertension, diabetes, dyslipidemia and obesity plays a vital role in having a healthy heart. It was an interesting interactive session where the attendees got to address their personal health issues and were made aware of what kind of further tests they require to start the right course of treatment.



# KEM Health Screening Programme for Children at School

The KEM Pune Nephrology Department with the support of the Kidney Foundation for Children carried out another camp for the Health Screening Programme For Children at School. The camp was set up at Sharadchandraji Pawar School, Vadu Budruk on October 3, 2018.



**Number of children screened : 267**

**Found hypertensive : 32**

**Two of these children also had blood in urine.**

This screening camp was possible because of the assistance extended by Dr. Sanjay Juvekar of KEMHRC, assisted by their field workers and supervised by Dr. Dhiraj Agarwal.

There are more such camps being planned in the near future.

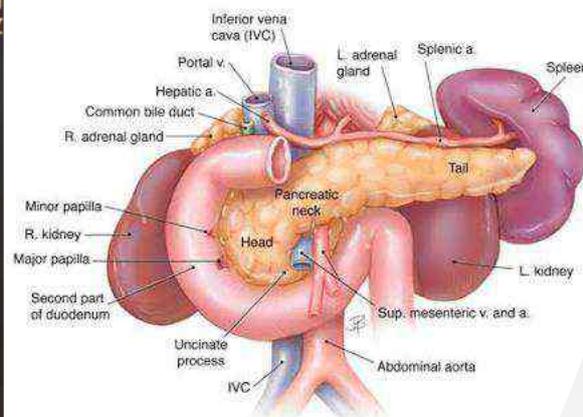
Saving a life is a regular scene at the hospital, but being able to save a life as well as successfully manage to save a young life from lifetime of disability is nothing less than a miracle.

The Department of Paediatric Surgery was able to save the life of a 11 year old when he suffered a blunt trauma to his abdomen on August 1, 2018 from a fall while riding his bicycle. The initial treatment was done at another hospital, following which he was then referred to KEM Hospital for further treatment.

The patient was diagnosed with pancreatic transection in the region of the neck of the pancreas. The traumatic transection of pancreas is rare in the paediatric age group, the mortality of such cases range from 9% to 39%. This particular case, according to American Association of Trauma Classification, was a grade 4 injury; a high mortality case.

Dr. Abhijit Benare and his team, with the special guidance of Dr. Sachin Vaze and Dr. Shashank Shrotiya, successfully performed a challenging operation. They chose to preserve the spleen and pancreas, thus not only saving the life of a young boy, but also allowing him to have a normal life without any disability. The spleen is one of the most important organs of the body – it maintains the immunity of the body as well the filtration of blood. The removal of the spleen not only reduces the immunity, making them more susceptible to viruses and infections, but also means the patient gets a disability certification which would affect their lifestyle and future.

The patient underwent the expolatory laparotomy surgery and performed well post operatively. He was discharged from the hospital after ten days.



In September 1978 the Social Service Department started functioning with one full time social worker and one part time social worker. 40 years later we have eight Medical social workers and one dedicated Voluntary social worker.

The department has Medical social workers, who consider their first duty is towards the patients, who also stand up for what they believe is right and who are firmly grounded in the basic principle of professional Medical social work: Empathy, Compassion, Combined with objectivity and a non judgmental attitude.

The early days were not easy basically because most of the doctors and staff were not tuned to what the Social Worker could do! Gaining acceptance took time, but it happened eventually.

**MSW's Role** : Often we are asked what do you do? The common perception is that Social Workers give concessions and collect funds.

The MSW does much more. She explains and anticipates any underlying and socio-economic problems which could have led to the illness as well as those which could arise from the illness and disease. A MSW is a good listener. She understands what the patient says and also what he/she does not say.

**Counselling** the patients and the relatives is the most important work of the MSW.

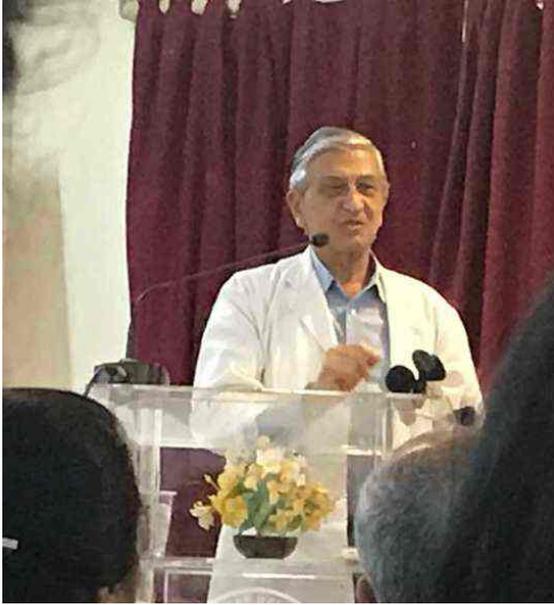
**Social workers also attend certain speciality OPD's** for counselling the patients in the OPD, keeping their follow up and tracking them down if they drop out specially in Renal ,Onco, T.B. OPD where taking regular treatment prevents further deterioration n in their condition.

**Other activities** undertaken by the social workers are running support groups of Cancer and HIV cases.



**Fund raising** for needy patients is also an important activity of the social workers.

**Some of the Social Worker** have been with the department for over two decades. They are proud of their department, profession and of course the hospital, where they have been given an important place in the hierarchy.



# Mental Health Awareness

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**Become Aware.  
Be Supportive.**

**Attention Deficit  
Hyperactivity Disorder  
(ADHD) Awareness**



**Setting the  
Record Straight**

**Down  
Syndrome  
Awareness**



**What I Bring To  
My Community**

**Bullying  
Prevention  
Awareness**



**Choose  
Respect**

**Domestic  
Violence  
Awareness**



**Break The  
Cycle**