

Warriors appreciate KEM Warriors



It was a moment of pride for the hospital, when KEM received gratitude from The Southern Star Army Warriors to appreciate our front line warriors who are working tirelessly against COVID-19. We thank them for such appreciation which keeps us going!





Dr Pradeep D'Costa
Associate ICU Consultant
In-charge,
Critical Care Unit

“ Dear Healthcare Providers, especially my nurses, doctors, mamas, mavshis, security personnel, administrative staff, lab personnel, radiology personnel who are battling on the frontline with this enemy of the world - Corona.

It is now more than 2 months since we started our battle. We are the epicentre of this pandemic in Pune, making our institute one of the hardest hit. You all have come forward fearlessly. No questions asked, gone into areas even the bravest ran away. You all have cared for, attended and cured many patients of this COVID besides others during this challenge.

I know how hard it has been - family concerns, societal concerns, travel difficulties, sometimes even rejections, difficulties with patients and relatives. This takes a tremendous amount of sacrifice and large heartedness.

The work area has been a big challenge. You all have so bravely and courageously accepted this. Not many will ever know the hardships you have gone through in these months. Not many will even know how many of you have fainted, fallen down, passed out due to exhaustion, dehydration, suffered trauma physically and emotionally while donning the PPE and handling these patients. Not many will ever know how many months many of you have had to stay away from your loved ones, young children, parents, elderly and what sacrifices your families have made too. We salute you and all of them.

Few warriors who are in the line of duty have also caught the infection, have battled it silently and courageously and overcome it. Most worthy of mention is that these people have promptly reported back to duty and continued their selfless service for the patients and that itself is so heartwarming and indeed increases the positivity of the full team!

In the coming days, we are likely to face new challenges, new problems and with current situations which we have never seen in our lifetime and hopefully will never ever see again. We must all face this bravely and steadfastly and most of all unitedly and we will overcome these odds! No number of words of appreciation, gratitude or prayers will be enough to make up for the services you have delivered to mankind during one of our darkest times.

I can proudly walk around with my head held high by your incredible work during these times. Many of us will be risking our lives during this pandemic, though working with these patients has indeed given us all morale and job satisfaction which cannot be explained by words alone.

Let us overcome these odds with courage, conviction and faith in the Almighty God. Bless all of you.



International Nurses Day 2020

What's Inside

- International Nurses Day 2020
- Mother's Day Special
- **International Day of Action for Women's Health**
- Lifestyle Disorders in Women
- Handling the Hormones: Ups and Downs
- Mental Health Issues Faced by Women
- Responding to Domestic Violence during Lockdown
- **Health Awareness Communications**
- World Asthma Day
- World Thalassaemia Day
- National Children's Mental Health Awareness Day
- World No Tobacco Day



INTERNATIONAL NURSES DAY
12TH MAY 2020



To the nurses,
thank you

for all you do, long working hours, unconditional service, and your patience.

We are grateful
for your spirit and hard work.

A Voice to Lead
Nursing the World to Health

#ThankYouNursesForAllYouDo
#May12ADayForOurInvaluableNurses

“ A nurse symbolises service to humanity. Nurses provide a supportive role to the doctors in the treatment of patients in the hospital or at the patient's home.

Compassion, care and dedication are the most important qualities of our nurses. International Nurses Day is celebrated on 12th May every year. The theme for this year is - 'Nursing the World to Health', focusing on the true values of nurses to the people of the world.

WHO has designated 2020 as the year of the Nurses and Midwives as it coincides with the 200th birth anniversary of Florence Nightingale.

I take this opportunity to thank all the nurses at KEM Hospital for their invaluable contribution in these difficult

and challenging times. They work tirelessly to identify and protect the need of patients and continue to lead from the front against the coronavirus pandemic. ”



Dr. Tehnaz Chothia
Assistant Medical
Administrator

“ I do not have words to thank our nurses enough. They have worked tirelessly over the last few weeks almost day and night. They swept away their fears, faced the protest by family members and made their oath of caregiving a truth. They have really sweated it out (in this hot summer, they were literally drenched in sweats after wearing the bulky PPE kits for hours). Their undeterred courage and service are worth a salute. ”



Dr. Poonam Deshmukh
Assistant Medical
Administrator



Veena Rane
Assistant Medical
Administrator

“ The word Nurse in itself means 'to care for', nurses endure every task with patience, skill, knowledge, empathy and compassion. We seldom thank a Nurse, but these difficult COVID times have made us realise that they are the backbone of our healthcare system. Today as we fight one of the toughest battles let us Thank our nurses for caring the way they do, for healing with love and for all that they put in for our well being and health! International Nurses Day brings an opportunity to show our gratitude for this selfless service which helps us serve quality care to our patients. On this occasion, I would like to congratulate every nurse for choosing this noble profession of serving mankind! ”

“ To all the Nurses,

It is said, “ Save one life and you are a hero, save a hundred lives and you are a nurse”. All of you give the profession of nursing a good name. I have a deep respect for what you do, what you do most of us cannot do and most importantly you do it selflessly and with a smile. I would like to take this opportunity to appreciate you for all the compassion you have with the patients, the dedication you have towards your duties and the patience you have with all of us professionals. Your ability to multitask efficiently is a quality I really admire. You are and will always remain an integral part of the family of KEM Hospital.

Thank you and may God bless you always. ”



Dr. Neelam Vaid
Consultant, ENT Unit



Surekha Joshi
Matron

स्टाफ नर्स ते मेट्रन : एक प्रेरणादायी प्रवास

मी सुरेखा जोशी के. ई. एम. या हॉस्पिटलमध्ये १९७६ मध्ये नोकरीस सुरवात केली. स्टाफ नर्स पासून आज मेट्रन या पदापर्यंत काम करत आते. मी नोकरी करत असताना एकाच गोष्ट लक्षात घेतली ती म्हणजे ही संस्था आपली आहे. यामध्ये नियम-अटी यांचे काटेकोर पालन करत सर्वांशी हितसंबंध जपत नोकरी केली. या माझ्या प्रवासात घरच्यांची पण खूप चांगली साथ मिळाली. त्याचबरोबर सर्व वरिहांनी देखील माझ्या संपूर्ण नोकरीमध्ये अगदी भरपूर सहकार्य केले. त्या सर्वांचे मी मनःपूर्वक आभार मानते आणि त्या सर्वांची मी ऋणी आहे.

मी नोकरी करत असताना सर्व बदलांचा आनंदाने स्वीकार केला आणि जवळ जवळ ४३ वर्षे नोकरी केली. आजदेखील एवढी वर्षे नोकरी करून मी आनंदी आणि सग्यापानी आहे. सुखी आहे. माझ्या बरोबरचे सहकारी आणि वरिष्ठ यांच्याकडून मिळणाऱ्या सकारात्मक ऊर्जेमुळे मी आज पर्यंत आणि यापुढे ही नोकरी आनंदाने करत राहील.

पुन्हा एकदा सर्वांचे आभार!

Mother's Day Special



TO THE WORLD
YOU ARE A MOTHER,
BUT TO YOUR FAMILY
you are the world.



Aditi Khaladkar
Internal Audit

Dear Aai,

Thank you for always being there in my life and always looking out for me. You always made me feel special and encouraged me all along the way. I know these are things that parents are supposed to do for their children, but I don't think anyone else could have done it any better.

I've never thanked you for doing so many chores and so much hard work.

I appreciate how you always worked so hard to show your love for us in the most selfless ways. Thank you for the laundry, the housekeeping, the care when I was sick, the special treats on special occasions or no occasion at all. Thank you for giving me advice when I needed it.

I love you!

आ म्हणजे आस्या, ई म्हणजे ईश्वर आणि याच दोन्ही शब्दांमध्ये जीवनाचा खरा अर्थ दडला आहे. ज्या व्यक्तीने माझ्या आणि माझ्या ५ भावंडांच्या मनावर आणि जीवनावर चांगले संस्कार रुजवले. जिच्या व्यक्तिमत्त्वाने आणि धाडसी वृत्तीने, धैर्याने आणि चांगल्या गुणांनी आम्हा ६ भावंडांना तिने वाढवले ती आमची आई - सौ. नलिनी शांताराम देवरे (आपमावशी). चांगले आई वडील प्राप्त होणे म्हणजे देवाचा आशीर्वाद मिळणे आणि तो आशीर्वाद आम्ही सर्व भावंडं आज आमच्या जीवनात प्रत्येक क्षणाला अनुभवतो. कारण आमच्या आईने आम्हाला गरीबीत, संकटात फक्त वाढवले नाही तर तिने आम्हाला प्रत्येक प्रसंगात करा प्रकारे खंबीरपणे, धैर्याने, सहनशीलतेने कुरकुर न करता कसे तोंड घापाचे आणि दुसऱ्या परीक्षेला पुन्हा कसे सामोरे जायचे ही जीवनाची गुरुकिल्ली तिने आम्हाला तिच्या वागणुकीतून दाखवून दिली. म्हणून आजपर्यंत आम्ही सर्व भावंडं शांत आणि स्थिर प्रत्येक परिस्थितीत असतो आणि तीच शिकवण आम्ही आमच्या मुलांना देत आहोत.



Anjana Gurav
ICU



Kiran Shere
TPA

आई... आई या शब्दातच ईश्वराचे रूप दडले आहे. असे म्हणतात ते काही खोटे नाही. माझी आई मेघा भारत रॉरे, खरेतर ती एक आहे. पण तिने वडिलांची कधीही कमी भासू दिली नाही. कायम पाठीशी खंबीरपणे उभी असणारी आई आणि आजही हिरा सुरेशा डिवळे सगळ्यांनाच मिळत नाही हे ही खरे आहे. मी खरेच खूप भाग्यवान आहे. मी जे काही आहे ते फक्त माझ्या आईमुळे आणि माझ्या आज्जीमुळे. त्या माझ्या मागे खंबीरपणे उभ्या आहेत आणि त्या दोघीसुद्धा माझ्यासाठी एक आदर्श आहेत. ही आमची तिसरी पिढी आहे ज्यांनी के.ई.एमच्या कार्यासाठी वाढून घेतले आहे.

Before writing anything else first I want to thank God for giving me such a wonderful and lovely mother. My mother- Mrs. Madhavi Kuchekar, has brought up me and my brother from a very difficult period and she tried to fulfil our needs at her level best and it means a lot for us. My mom has been working with KEM for 21 years as a staff nurse and she is very sincere and dedicated towards her work and I am very proud of her. My thanks giving does not end up here because my grandma - Mrs. Nalini Devare is been a part of KEM since 40 years, as well as my aunt Mrs. Anjana Gurav, even she works as an ICN, like my mother, these two also have a great and biggest contribution in my life. So, once again I thank you God for giving such brave and honest mothers in my life.



Sayali Kuchekar
TPA



Sheetal Patrick
Nursing Home

मी के.ई.एम हॉस्पिटलमध्ये गेली ५ वर्षे नर्स म्हणून काम करते. माझी आई सध्या सतीश अवगडे हे सुद्धा गेल्या २९ वर्षांपासून के.ई.एम. हॉस्पिटलमध्ये मावशी म्हणून काम करते. माझी आई ही माझ्यासाठी एक मार्गदर्शक असून माझ्यासाठी अव्यंत जवळची व्यक्ती आणि प्रिया मैत्रीण देखील आहे. मला या सुंदर जगात तिने आणले. रालंदिक्स कष्ट करून तिने मला शिकवले आणि आणि आज मी एक नर्स म्हणून लोकांची सेवा करू शकते ते सुद्धा माझ्या आईमुळेच. मला माझ्या आईचा खूप अभिमान वाटतो. आम्ही दोघीही एकाच ठिकाणी काम करतो. ती सर्वांना कीतुकाने मी नर्स असल्याचे सांगते. त्याचप्रमाणे मला देखील लोक तिच्या नावाने ओळखतात याचा अभिमान वाटतो. स्वतः एक मावशी असून तिने आपल्या मुलीला नर्स बनवायचे स्वप्न बघितले आणि ते खरे देखील करून दाखवले. तिने यासाठी घेतलेल्या कष्टांसाठी मी तिची आयुष्यभर ऋणी आहे.

माझी आई एक उत्कृष्ट आई असून ती माझी गुरु आणि माझा आदर्श आहे.

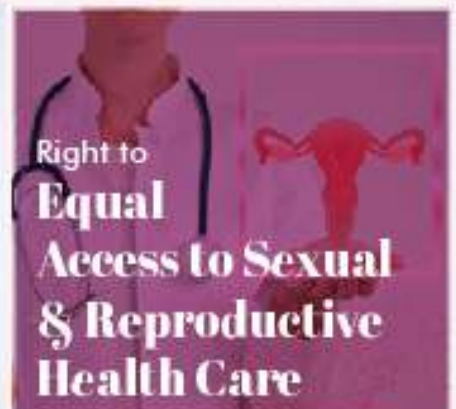
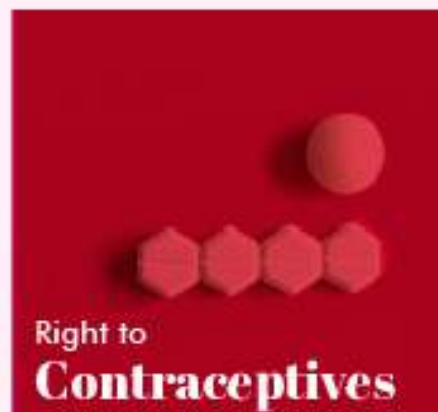
International Day of Action for Women's Health



28th May 2020



**Mobilise.
Speak Out.
Take Action.**



**#SRHRisEssential #WomensHealthMatters #NoLockDownOnRights
#May28 #OurHealthOurRights**

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Lifestyle Disorders in Women



Dr. Smita Dhadge
Junior Consultant, Diabetes Unit

Today's woman has to walk a tightrope between her career and family.

This puts them under stress both physically and mentally and they are more prone to suffer from lifestyle disorders.

Some important lifestyle disorders in women are:

Obesity | Diabetes | Hypertension | Metabolic disorders | Chronic backache | Depression | General anxiety disorders | Cardiovascular diseases

As per the study conducted by ASSOCHAM, 68% of working women suffer from lifestyle disorders.

Sedentary lifestyle, changing food habits, lack of exercise, poor sleep leads to weight gain.

The Metabolic syndrome which is characterised by increased waist circumference, increased cholesterol, high blood pressure and glucose intolerance is directly related to lifestyle. Similarly these factors are also responsible for Hypertension and cardiovascular diseases. Long working hours of static posture at work, inappropriate bank support and obesity aggravate backache. Along with all the physical stress, many psychological factors as strict deadlines, impractical efforts to be a superwoman, self-guilt lead to depression and general anxiety disorders.

Women's physical and mental health has a huge impact on her family and subsequently on society. There are few tips we can advise to prevent lifestyle disorders:

Eat natural food - green vegetables, fresh fruits, whole grain, fibre rich food | Drink plenty of water | Avoid junk food or processed food | Avoid smoking/ alcohol | Regular exercise | Adequate sleep | Timely screening of lifestyle diseases | Regular meditation

Identifying these disorders early will prevent complications.

Let's walk together to have healthy, happy and blessed womanhood.



Handling the Hormones: Ups and Downs



Dr. Mugdha Parasnis
Head, Tata Centre for Reproductive
Health & the Head of the ART Unit

Extremes of age groups in women are associated with maximum hormonal problems - puberty and menopause.

Puberty - The median age of menarche in India is around 13 years based on nutrition, genetic factors and ethnicity. The most common problems encountered in these girls are:

- Dysmenorrhoea or painful menses - Symptoms are mostly managed with general advice and mild analgesics. Serious pathology like endometriosis needs to be ruled out
- Menstrual irregularities- like menorrhagia, polymenorrhoea or oligomenorrhoea due to an immature hypothalamic pituitary ovarian axis and improve 1-2 years after menarche. Conditions like haematological abnormalities, thyroid disorders, genital Kochs and PCOS need to be ruled out

- PCOS - It is the most common endocrine disorder in adolescents. A polycystic ovarian morphology on ultrasound is not diagnostic and the diagnosis is made based on the history of anovulation and signs of androgen excess. Lifestyle modification is the first line of treatment

Perimenopausal Women - The most common gynaecological problems are:

- Irregular menstrual cycles presenting as menorrhagia, prolonged length of time between periods (oligomenorrhoea), a shorter interval between periods (polymenorrhoea) or some may have irregular bleeding or spotting. These women require a check-up and an ultrasound to rule out conditions like fibroid uterus or malignancies of the endometrium or the ovary
- Hot flashes, mood changes and sleep disturbances
- Vaginal dryness and bladder problems



The above symptoms are due to low oestrogen levels. Oral pills, oestrogen creams and gels maybe required for few cases.

Premenstrual Syndrome (PMS) - It can occur in women of all age groups starting few days before their periods. Symptoms of PMS can include emotional changes-such as depression or irritability or physical changes-such as bloating and soreness. More commonly, it affects older teenagers and women with depression and mood disorders. As much as 85% of women encounter some form of PMS in their lives. It is caused by decrease in oestrogen and progesterone hormone levels prior to menses. It is also attributed to intake of salty food, caffeine and vitamin and mineral deficiencies.

Prevention includes dietary changes, regular exercise and methods of reducing stress like yoga. Mild analgesics are helpful in some cases and vitamin B supplementation may also help. Others require medications like oral contraceptive pills, danazol, GnRh agonists and in some cases antidepressants like SSRIs.

To conclude, a clinician should be aware of a gamut of disorders which can be caused by hormonal imbalances in women of different age groups.

Mental Health Issues Faced by Women



Dr. Arvind Panchanadikar
Associate Consultant, Psychiatry Unit

Women differ from men not only in their physical characteristics but also in their psychological makeup. Because women process information differently, they communicate, express, relate and deal with stress in a different way than men. Hence it comes as no surprise that the presentation of mental health issues in them changes from men.

The sociocultural and family systems of the prevailing times underpin the expression of mental illness in women. Access to education, financial dependence and being less empowered plays a role too. Common mental illnesses like anxiety, depression and panic attacks are observed more in women than in men. While, even though the incidence of severe mental illnesses like schizophrenia and mood disorders is almost the same in men and women, the age of onset varies. Addictions and certain personality disorders are less common in women.

The mental health issues need to be tackled on an individual as well as wider societal and cultural levels. On an individual level, healthy lifestyles, tackling stress and coping with change as women get older need to be addressed. This would include good diet, regular exercise in whichever form, ability to express and exercise opinions will help reduce the stress. Early and quick access to mental health services without the stigma attached to it, will help reduce the suffering.



Responding to Domestic Violence during Lockdown



Taysir Moonim
Psychologist, Mental Health &
Psychosocial Services


Gender based violence involves a pattern of physical, psychological, emotional, verbal, financial and sexual abuse. If locked in with an abuser, one may be facing violence, assaults, threats, humiliation and intimidation.

In the lockdown, abusers may also react to the sense of feeling trapped inside and other increased stress factors, by acting out aggression on those people who are locked in with them - their spouses, children and other vulnerable dependents. For victims, home may not be a safe place at all right now, and they may be at a higher risk than ever. During the COVID-19 lockdown, there has been a huge surge in cases of domestic violence being reported nationally (National Commission for Women). However, there are less ways in which to respond - victims may not be able to escape or flee from their homes.

- Do not blame yourself for what is happening to you
- If and where possible, try to set healthy boundaries for acceptable behaviour
- Hold your abuser accountable for their behaviour (at least privately)
- There is always an option to call the police. However, if you choose not to call the police, develop a safety plan. (What is a safe exit in an emergency? Is there a safe phone number or a safe time to call you? Inform a 'safe' dependable contact/s of what is happening with you and keep them updated. Should someone - a safe contact - that you are calling in an emergency use a fake name/ reason so that you can speak with them?)
- Create a signal to use with friends, neighbours, family to ask for help and support when you are in a threatening situation. This will help in emergencies, help to involve people who can step in as a buffer, and also build social accountability of the abuser when they act to hurt/ harm you
- There are a number of helplines for Domestic Violence set up that can help you as a free service. Reach out, keep speaking to someone you connect with. This could help you with the guidance you need to get through these days




Health Awareness Communications



WORLD ASTHMA DAY

5th MAY 2020











Making each breath
and each step count





Causes

- Most patients have concomitant other allergies e.g allergic rhinitis or sinusitis, skin allergies etc. which may lead to Asthma
- Usually family history of asthma or other allergic diseases


Asthma Triggers

| | | | |
|---|---|---|---|
|  |  |  |  |
| Pet fur | Pollution | Anger | Cold Air |
|  |  |  |  |
| Weather/ season change | Exposure to dust | Strong Odours | Stress |

Symptoms (usually intermittent)


-  Frequent coughing
(especially at night)
-  Fatigue
-  Shortness of breath
with wheezing
-  Chest tightness,
pain or pressure

For Enquiry: ☎ +91 20 2621 7460 | +91 20 6603 7460








WORLD THALASSAEMIA DAY

8th MAY 2020







SPREAD SMILES
DONATE BLOOD
SAVE A LIFE

SYMPTOMS

| | | |
|--|---|---|
|  |  |  |
| Fatigue & Weakness | Pale or Yellowish Skin | Abdominal Swelling |
|  |  | |
| Slow Growth | Dark Urine | |

TREATMENT

| | | | |
|---|--|---|---|
|  |  |  |  |
| Vitamin Medicines | Blood Transfusion | Iron Reducer | Get Recommended Vaccinations |

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NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY

9TH MAY 2020

SUICIDE PREVENTION: STRATEGIES THAT WORK

SYMPTOMS TO LOOK FOR



Easily upset or sad with the situation



Overreaction to small issues



Lack of energy, regular headaches, sleeping issues



Quiet & withdrawn



Often tearful

WHAT PARENTS CAN DO?



- Be vigilant & present around the child
- Maintain a positive environment
- Listen to them attentively
- Allow exploration & encourage questions
- Give unconditional love & self-acceptance
- Support them in building strong & caring relationships
- Support them to develop self-esteem
- Take their ideas, emotions & feelings seriously
- Discuss coping strategies to reduce negative thoughts

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WORLD NO TOBACCO DAY

31ST MAY 2020

