

Know Your KEM Colleague

Dr. Madhur Rao (Senior Deputy Medical Administrator)

Dr. Rao was born in Kisumu, a town on the shores of Lake Victoria (second largest fresh water lake in the world) in Kenya. He did his initial schooling at the Aga Khan School and then went on to Mayo College, Ajmer (Rajasthan). He completed his MBBS from Kasturba Medical College, Mangalore and a Diploma in Tropical Medical from the London School of Hygiene and Tropical Medicine. He moved to Pune and set up a clinic in Aundh and along with a Surgical Oncologist a small hospital in 1985. This is when his association with KEM Hospital began as he would refer difficult cases to the hospital. In addition he came in contact with Consultants presently connected to the hospital like Dr. Yajnik, Dr. Pandit, Dr. Paralikar, Dr. Gulabani, Dr. Hiremath, Dr. Shah and others. In 1991 Dr. Rao got an opportunity to go back to Kenya to work at the Aga Khan Hospital, where he was born. He managed the Paediatric unit there for a while before moving into private practice. He actually went to work at his late father (who was also a doctor)'s clinic which had been set-up in 1948 and still continues to this day.

Dr. Rao moved to the UK to pursue a Healthcare Management role and was a Director of Medical Affairs for a Medical Information Systems company. He got his MBA from the University Of Gloucestershire and for the next 10 years worked for Bupa, the oldest and largest Healthcare Company in the UK which has hospitals, Wellness Centres, Care Homes and is a Health Insurance provider. After leaving Bupa he was with PruHealth (now Vitality Health) for a few years before deciding to move back to Pune. As somebody once joked, he has a seven year itch- moving every seven years!

Dr. Rao's role at KEM Hospital is looking after the Critical Care units, the OTs (main and COT), the Cathlab, the Renal unit and the Diabetes unit.

He loves to travel and has been lucky to visit parts of Africa, Europe, America and Asia. He is now trying his hand (almost literally) at learning to play the tabla. That is, when he finds time from not dealing with KEM problems!

He considers himself fortunate to work for an organisation that still believes in the ethos of ethical and affordable care for all. Long may that continue.



Dr. Madhur
Rao

Imagine being trapped in a routine that includes regular checking of your health, constant consumption of medicines, eyeing your diet, carefully stepping over almost every activity of your daily life and never being able to compromise even a single caution. Sounds terrible, doesn't it?

Type 1 Diabetes: The Negative Impact

Well, unfortunately, this is the perfect narration of the life of a Type 1 diabetic patient, who has to take 3 to 6 daily injections, test their blood glucose level at least 3 to 6 times a day, eat right and exercise to maintain blood glucose levels in the optimal range in order to survive another day of their life. This common process ends up dejecting almost every Type 1 diabetic patient, which is followed by a course of zero enthusiasm.

Uniting for a Cause

As a step against these negative impacts of the disease and to encourage an optimistic attitude towards the disease, an incredible idea was put forth by **Type One Run**, a global platform that aims to bring together Type 1 diabetics from around the world and unite them through running and exercise.

The global platform is a programme of **Beyond Type 1**, which is a huge community spread across the globe. It is founded by Type 1 diabetic patients in the United States and has a following of over 1 million people on social media platforms and has the support of 106 local chapters all over the world.

Inspiration at your Doorstep

While Type One Run has over 106 local chapters all over the world, closer to home—Pune is the third Indian chapter of the global platform. **Nupur Lalvani** from our very own KEM Hospital in Pune, who is herself a Type 1 diabetic for 23 years now, is the **Chapter Leader of Type One Run—Pune edition**. Being an avid runner who runs marathons (42 kms) and ultra-marathons (races over 42 kms), it is easy to see why Lalvani is the perfect candidate to lead in this role.

Founding Members

Type One Run—Pune is conducted in collaboration with Club 1 Diabetes, an outreach programme of Diabetes Unit, KEM Hospital, Pune, which came into inception three months ago. This newly founded outreach programme at KEM Hospital has a sizable following of over 2,000 people on social media. It was founded by Type 1 diabetics under the aegis of Dr. CS Yajnik, the Director of the Diabetes Unit at KEM Hospital, Pune and Dr. Kalpana Jog, the Consulting Paediatrician, Diabetes Unit, KEM Hospital.



Running for a Cause

This community in Pune meets every month wherein about 80-100 *Type 1 runners from different part of the city and beyond unite along with their friends and families and join for a fun 5 km run.* This is further followed by a *wonderful breakfast, organised also by Diabetes Unit, KEM Hospital.* The KEM doctors and medical professionals also join this community each month and run with our fellow Type 1 diabetic runners to show them real-time support and encouragement.

Building a Strong Community—A KEM initiative

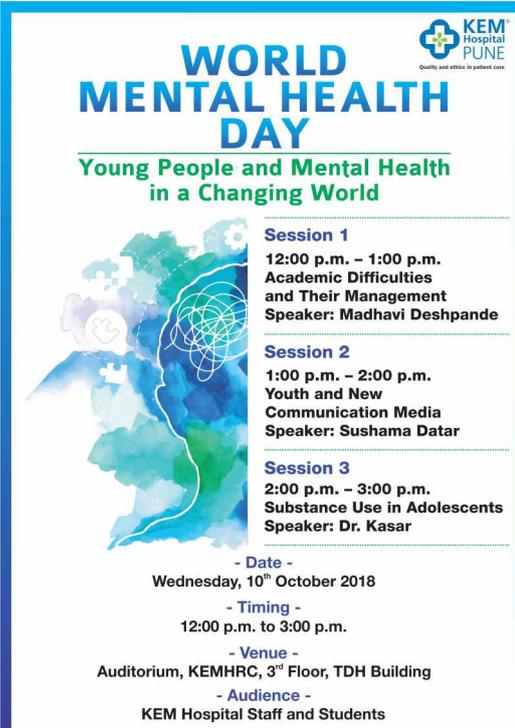
Thus, your own '*Hospital with a Heart*', once again, brings to you yet another initiative, which brings hope to all diabetic patients of the city of Pune. The **Type One Run—Pune** organisation has undoubtedly brought forth an *optimistic outlook to patients with this long-term illness.*

By building a strong community of diabetic patients, who are standing by each other to live a life full of hope and be each other's support, the organisation and community is serving as an inspiration, going beyond its reach to impact and motivate even healthy individuals and encouraging them to take care of themselves in time so that they can avoid the ordeal of facing diabetes in their lifetime.

JOIN US: Sunday 2nd December | 5 km run, walk or volunteer | Koregaon Park
To register, Facebook PM Nupur OR call on 98339 10160



World Mental Health Day 2018



WORLD MENTAL HEALTH DAY
Young People and Mental Health in a Changing World

Session 1
 12:00 p.m. – 1:00 p.m.
Academic Difficulties and Their Management
 Speaker: Madhavi Deshpande

Session 2
 1:00 p.m. – 2:00 p.m.
Youth and New Communication Media
 Speaker: Sushama Datar

Session 3
 2:00 p.m. – 3:00 p.m.
Substance Use in Adolescents
 Speaker: Dr. Kasar

- Date -
 Wednesday, 10th October 2018

- Timing -
 12:00 p.m. to 3:00 p.m.

- Venue -
 Auditorium, KEMHRC, 3rd Floor, TDH Building

- Audience -
 KEM Hospital Staff and Students

On October 10th, KEMH Pune celebrated World Mental Health Day 2018 with the World Health Organisation’s global theme of Young People and Mental Health in a Changing World. A programme was organised at KEMHRC, TDH building auditorium on the theme and was attended by staff and students. It addressed three topics deemed important to create awareness about the Child Development Center Psychology team (view on poster) – the first was delivered by Mrs. Madhavi Deshpande about how academic difficulties in children can be screened, recognised and supported, and the role that parents, educators and psychologists can play in converting the difficulty from an obstacle to an alternative, meaningful path for the child. The keynote session by Ms.

Sushama Datar addressed the theme by speaking about what the changing world for youth looks like shaped by new forms of communication media, and the effect on youth. The third session was about a growing societal affliction, substance use in adolescents. Dr. Niket Kasar who anchored this session spoke of easy access, addiction, consequences, the need for social support, seeking help and recovery through case examples. It was an evocative session with preventive and educative focus.

Children’s Day Programme



CHILDREN'S DAY PROGRAMME WITH
Dr. Anil Awachat
Mental Health and Psychosocial Services with TDH Morris Child Development Centre
Activities for Children: Drawing & Origami

- Date -
 Wednesday, 14th November 2018

- Timing -
 10:00 a.m. to 12:00 p.m.

- Venue -
 Auditorium, 3rd Floor, TDH Building, KEMHRC

- Audience -
 Children (aged 8 – 15) and their parents

KEMH Pune celebrated a wonderful Children’s Day Programme this November. The hospital paediatric wards were decorated with banners and balloons. This created a playful moment and a spot of fun and colour for many parents and children who are admitted for care with us, as well as the staff who work with them!

The highlight of the day was a creative programme conducted by Dr. Anil Awachat for the children who come to the TDH Morris Children Development Center and their parents. Dr. Awachat skilfully demonstrated multiple quick sketches of animals, hats, vehicles and portraits transforming, one after

the other into a new image with just a quick change of a line's curve. The wonder, awe and fun (for child and adult alike) continued as he demonstrated origami – making hats, crowns, and even animals that could move their limbs.

The programme ended with a meaningful conversation he had with the parents on his and their parenting experiences, while the children recreated what they had just been shown with their own art and origami kits, over refreshments.



Suicide Prevention Sensitisation



Invitation

Join Us For
An Interactive Session With

Dr. Panchanadikar

On
**Suicide Prevention
Sensitisation**

Date
28th November 2018

Time
3:00 PM To 4:00 PM

Venue
Auditorium, 3rd Floor, KEMHRC, TDH Building

RSVP
Taysir Moonim
Short Dial No. 1670
tmoonim@kemhospital.org

Dr. Arvind Panchanadikar, Senior Psychiatry Consultant with the Psychiatry Unit, KEMH, anchored three crucial sessions on Suicide Prevention Sensitisation at KEMH this November. Two of these sessions were conducted with the staff of the Emergency Medicine Department (EMD). The third session was conducted with 29 out of the 62 Heads of Departments (Clinical and Administrative) of KEM Hospital who attended. The sessions emphasise the clear priority of KEMH on capacity building in coping, in sensitivity toward suicide, and in preventing and relating to people who are suicidal, and to enable seeking help - of its on ground staff in a critical area such as the EMD that is the first line responder to care for to suicide attempts by clients,

the nodal notifying agent to the organisation and the police for such cases, and as an emergency site of care, a stressful place of work. The intent of these sessions is to understand the causes,

prevalence and enable you to respond to anyone (that you may know personally or as a client or staff member) who is in distress enough to consider suicide as an option with care, compassion and sensitivity instead of dismissing them at a crucial moment. Listening and giving reality based hope helps. The sessions also addressed how the underlying fear for most people is not to talk about suicide or someone being suicidal, even if suspected, because of a fear that the idea will be planted and acted upon by the person if it hasn't been yet. This is a myth. Another myth is that only an expert (a psychiatrist or a psychologist) can have this conversation. Saving a life around you, could begin with a simple conversation that can help you gauge if they need help. You can ask – “How bad is it for you right now? Are you thinking of hurting yourself?”

To have a conversation about suicide prevention, do connect with staff psychologist Taysir Moonim at her short dial 1670 or her Office Extn. 7612. Dr. Arvind Panchanadikar can be reached at his short dial 1089 and is available at KEMH at the Psychiatry Unit OPD (Extn. 7462) on Mondays.



I have often asked has anyone seen god, apart from the idols... No has been the answer.

Well I have!

Dr. Shashank Shrotriya at KEM Hospital.

Thanks to the entire team: Dr. Abhijit, Dr. Prasad & Dr. Sindhuja.

-Patient from the Nursing Home



A Premature Baby Can Teach You Compassion

- Family members must look after each other and provide support
 - Parents should cherish every moment spent with the child, even the small ones
 - Relatives and friends must provide practical support to the family like cooking dinner or taking them to hospital